

# Traffic Rules

## General

Infringement of the regulations can result in an official penalty, a warning, indicated by a yellow card. This yellow card shall remain in effect until the upcoming race has been rowed. A crew receiving two yellow cards which apply to the same race, for any infringement whatsoever, shall be excluded from the event.

## Racing – Normal Conditions

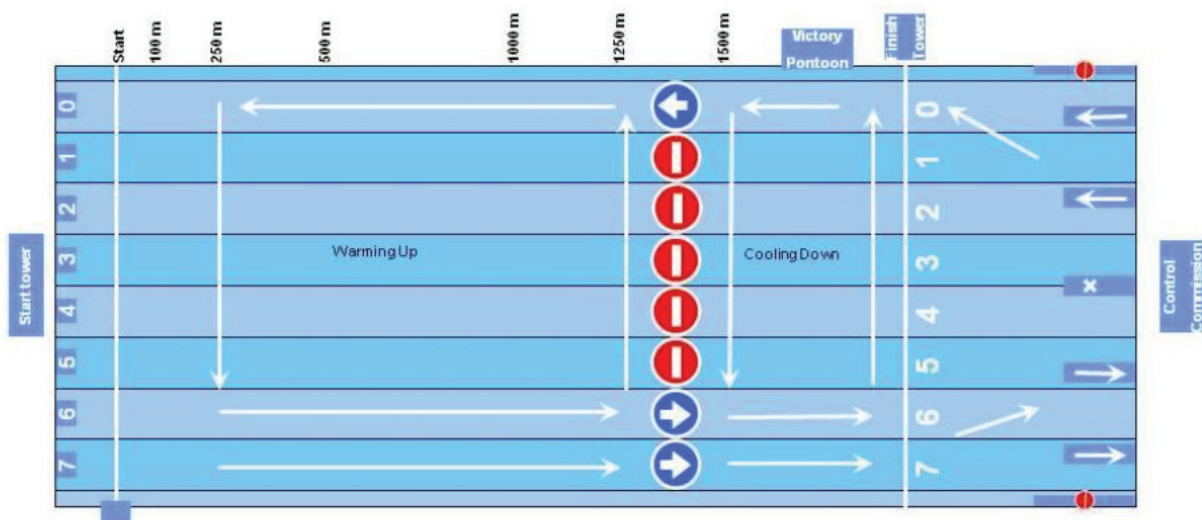
Traffic rules for racing will apply from 30 minutes before start of the first race until 15 minutes after approval of the last race of the day.

Only the outgoing and incoming pontoons are used to enter or return from the water.

The middle pontoon is only to be used when indicated by an official. The quays on the north and south side of the course are not to be used.

No crew is allowed to row towards the start or use the rowing course for warming up earlier than 45 minutes before the start of its event. All crews not involved in a race must always give way to those in a race and stop rowing at a distance of at least 250 meters. Cooling down is allowed as far as the 1500 meter line. Always cross lanes in right angles, and make way for the races. Crews should listen to the instructions of the marshals at all times.

During normal weather conditions lanes 1 – 6 will be used for races. Rowing towards the start must take place in lane 0, the lane closest to the finish tower. Crews should row in the direction of the finish using lane 7 (preferably) or 6, only if none of the racing crews are disturbed or hindered. Warming up and cooling down in lane 1 to 5 is strictly forbidden. In normal situations lane 7 is also in use by the umpire launches returning to the start.



## Training

Training rules will apply till 30 minutes before start of the first race and 15 minutes after approval of the last race of the day. Training rules will also apply on Friday.

