

## SCRC SCULLING / ROWING GUIDELINES

### SCRC USRowing 2006 Rules of Rowing definition of Junior – page 48:

#### “4-104 Classification by Age

- (a) Junior: a Junior is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in a secondary school as a full-time student seeking a diploma. A competitor thus ceases to be a Junior after December 31 of the year of his or her 18<sup>th</sup> birthday, or of the year in which he or she completes the 12<sup>th</sup> grade of secondary school, having been a full-time student, whichever is later.”

**Junior Sculler or Rower** – must be with a coach at all times in either a sanctioned SCRC program or private lessons. (As outlined by USRowing above.)

**Sculler One** – No longer a Junior rower or new adult rower. Adults must first complete learn to row lessons. A Sculler One must be accompanied by a Sculler Two in an outing that is not with a SCRC sanctioned program with SCRC coach.

**Sculler Two** – At least the age of 20, having a minimum of 1 year of rowing as a Sculler One, and having demonstrated a high level of care and good judgment to the coaching staff. May row on his/her own as long as sign in and sign is observed so that boathouse staff/coach can verify who is on the water and returned.