

SPECIFIC ASPECTS OF ACADEMIC ROWING

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ABSTRACT

This article provides information about academic rowing. In addition, rowing techniques, rowing competitions, its history and development are discussed. The Head of the Charles Regatta is the largest two-day regatta in the world. Held on the Charles River in the USA. Most races that are held in the spring and summer feature side-by-side, or sprint racing; all the boats start at the same time from a stationary position, and the winner is the boat that crosses the finish line first. The positions at the end of the last race are used to set the positions on the first day of the races the next year.

KEYWORDS: *Rowing, Sport, Championship, Technique, Boat Race, Non-Standard Distance, Dual Races.*

INTRODUCTION

Rowing is a kind of rowing sport, racing on academic courts. Athletes sit in boats with their backs to the direction of travel and row with oars. The most common and popular in Western Europe, Russia, USA, Australia, New Zealand and Romania.

Included in the program of the Olympic Games since 1896 (for women since 1976). In addition to the Olympic Games, the World Championship, the World Cup, the Nations Cup, the World Championship among students, the World Championship among youths are held annually.

The International Rowing Federation (FISA) organizes and conducts rowing competitions in the program of the Olympic Games, improves the system of competitions, holds world championships, oversees international competitions and works to develop the sport, expand its geography, improve the rules of competitions, methods of training rowing inventory and development of water tourism. This work is carried out by the relevant commissions within FISA. There is no perfect rowing technique, each "academician" has his own technique based on

different feelings and ideas about rowing. The task of the coach is to maximally adapt the athlete's individual rowing technique to various conditions.

There are two main points in stroke technique - the beginning (also "hook" or "capture") and the end of the stroke. Both affect the balance, speed, and trajectory (both horizontal and vertical) of the boat. With an increase in the crew (i.e. rowers in a boat), the value of these two moments increases, since in the "ideal" the moment of the beginning and end of the stroke of all crew members should be the same, in fact, the difference between rowers (for professional rowers) in one crew at the moment of the beginning (or end) of the stroke is several hundredths, and sometimes thousandths of a second.

Most races that are held in the spring and summer feature side-by-side, or sprint racing; all the boats start at the same time from a stationary position, and the winner is the boat that crosses the finish line first. The number of boats in a race typically varies between two (which is sometimes referred to as a dual race) to eight, but any number of boats can start together if the course is wide enough.

The standard length races for the Olympics and the World Rowing Championships is 2 kilometres (1.24 mi) long. In the United States, some scholastic (high school) races are 1.5 kilometres (0.93 mi), while many youth races are the standard 2 kilometres. Masters rowers (rowers older than 27) often race 1,000 m. However the race distance can and does vary from dashes or sprints, which may be 500 metres (1,640 ft) long, to longer dual races like the 6.8kilometres (4.2 mi) Boat Race.

Two traditional non-standard distance shell races are the annual Boat Race between Oxford and Cambridge and the Harvard-Yale Boat Race which cover courses of approximately 4 miles (6.44 km). The Henley Royal Regatta is also raced upon a non-standard distance at 2,112 meters (1 mile, 550 yards).

In general, multi-boat competitions are organized in a series of rounds, with the fastest boats in each heat qualifying for the next round. The losing boats from each heat may be given a second chance to qualify through a repechage. The World Rowing Championships offers multi-lane racing in heats, finals and repechages. At Henley Royal Regatta two crews compete side by side in each round, in a straightforward knock-out format, with no repechages.

Head races are time trial / processional races that take place from autumn (fall) to early spring (depending on local conditions). Boats begin with a rolling start at intervals of 10 – 20 seconds, and are timed over a set distance. Head courses usually vary in length from 2,000 metres (1.24 mi) to 12,000 metres (7.46 mi), though there are longer races such as the Boston Rowing Marathon and shorter such as Pairs Head.

A bumps race is a multi-day race beginning with crews lined up along the river at set intervals. They start simultaneously and all pursue the boat ahead while avoiding being bumped by a boat from behind. If a crew overtakes or makes physical contact with the crew ahead, a bump is awarded. As a result, damage to boats and equipment is common during bumps racing. To avoid damage the cox of the crew being bumped may concede the bump before contact is actually made. The next day, the bumping crew will start ahead of any crews that have been bumped. The positions at the end of the last race are used to set the positions on the first day of the races the next year. Oxford and Cambridge Universities hold bumps races for their respective colleges twice a year, and there are also Town Bumps races in both cities, open to non-university crews.

Oxford's races are organised by City of Oxford Rowing Club[43] and Cambridge's are organised by the Cambridgeshire Rowing Association.

The stake format was often used in early American races. Competitors line up at the start, race to a stake, moored boat, or buoy some distance away, and return. The 180° turn requires mastery of steering. These races are popular with spectators because one may watch both the start and finish. Usually only two boats would race at once to avoid collision. The Green Mountain Head Regatta continues to use the stake format, but it is run as a head race with an interval start. A similar type of racing is found in UK and Irish coastal rowing, where a number of boats race out to a given point from the coast and then return fighting rough water all the way. In Irish coastal rowing the boats are in individual lanes with the races consisting of up to 3 turns to make the race distance 2.3 km.

Rowing competitions are held among men and women. Rowing is divided into sculling and rowing. Pair rowing is performed with two oars, swing rowing with one oar. The composition of the boat is from one, two, four or eight rowers. In a number of classes, the weight of the athlete is limited.

Since 1996, competitions under the Olympic program have been held in 14 classes:

"W" stands for Women;

"M" stands for Men;

"1-2-3-4-8" - This is the number of rowers in the boat;

"+" - This term means that the boat is with a helmsman;

"-" - This term means that the boat is without a helmsman;

"L" - Indicates that the rowers are light weight;

Boat classes in rowing, not included in the program of the Olympic Games, but participating in the program of the World Championships:

Light weight singles - women's (LW1x), men's (LM1x);

Light weight quads - women's (LW4x), men's (LM4x);

Two-piece swing light weight - women's (LW2-), men's (LM2-);

The weight of the helmsman is limited (if it is less than the norm, then ballast is placed in the boat), and his gender does not depend on the gender of the crew members. A female crew may have a male helmsman, and vice versa. The exception is the Olympic Games (all athletes in the crew must be of the same gender).

Occasionally, mixed fours and eights competitions are also held at commercial tournaments, half consisting of women and men.

In academic rowing, rowers of a double oar (rowing with two oars at the same time) and rowers of a swing oar (rowing with only one oar) are clearly distinguished.

Oar rowers are divided into rowing (oar on the right) and tank rowers (oar on the left). Calculations show: in order to avoid wobbling of the boat, rowing should apply 5% more effort than bow; in fours and eights, the strongest strokeurs should be planted closer to the bow [2].

Rowing is very different from kayaking and canoeing: both in terms of the way of movement and in terms of the loads received from the athlete. Rowing is one of the few sports in which an athlete uses about 95% of the muscles of the entire body. The main differences from kayaking and canoeing are as follows:

It varies from 500 meters to 160 kilometers, depending on the nature of the races: For juniors "B" (under 16 years old) - 500-1500 meters, for juniors "A" (16-18 years old) from 1000 to 2000 meters, for "U -23" and older standard 2000 meters. A race over 2000 meters is considered a marathon.

For "academicians" it is typical to move backwards, and the correction of the movement of the boat is carried out along special paths (buoys)

Up to 20 km/h (medium running for 8+) and up to 30 km/h (in jerks (start/finish)), this can be judged by the shown time of passing the distance (2000 m).

Definition of terms and jargon

Bank - a movable seat (made of plastic or wood), has 4 wheels, moves along the skids (rails).

Footboard - shoes, united by a metal plate, are used for support and push at the time of rowing. As a rule, in classes without a coxswain, the right boot of one of the rowers is connected to the steering mechanism in the bottom of the boat, thanks to which the course of the boat can be corrected.

The steering wheel is a metal rod with a plastic end (not always) on one side (in the water) and a metal plate in the shape of the letter "T" (cables are attached to the sides, the central protrusion-arrow is a guide for the helmsman) on the other.

Runners - two rails designed to move the can inside the boat. They have plastic stops at both ends.

Branch / bracket - tubes (metal, carbon) fastened in the form of a triangle. Mounted on the sides of the boat (left and right for doubles, left or right for swing). Used as a fulcrum for the oar.

Bulwark - a plate (made of the same material as the boat itself), attached perpendicularly along the sides. Provides splash protection.

Breakwater - fastened behind the first number. Serves to protect against water ingress while the boat is moving.

The hatch is a movable plastic plate in the shape of a circle, with a handle and thread. Serves as a "door" between the environment and the internal cavity of the boat.

The swivel is a plastic-metal product that is attached to the end of the bracket. Serves for movable attachment of the oar to the boat.

Carriage - a metal structure on plastic wheels equipped with bearings, which is an element of a movable seat (can). Carriages have two standard sizes, depending on the distance between the wheels of one axle.

Stop fastening - a plastic bar with a movable latch for fastening and changing the location of the stop (footboard) in various types of academic courts.

Spout - a ball-shaped rubber tip on the bow of an academic boat. Safety element to prevent injury to athletes and damage to equipment in collisions.

The lamb is a plastic retainer for a double and swing swivel with a metal threaded insert.

The heel is a plastic limiter for the length of the oar lever.

Cuff - a plastic pad for the forearm to fix the angle of attack of the scapula in the working phase of the stroke.

The Olympic Games are the most prestigious international competitions in rowing, held every four years. The Head of the Charles Regatta is the largest two-day regatta in the world. Held on the Charles River in the USA. The Henley Royal Regatta is an annual five-day regatta that takes place in England, in the city of Henley-on-Thames. Oxford-Cambridge is a traditional, annual boating regatta on the Thames between the boat clubs of Oxford and Cambridge universities. Rowing is one of the few bearing sports that exercises all the major muscle groups, including quads, biceps, triceps, lats, glutes and abdominal muscles.[51] The sport also improves cardiovascular endurance and muscular strength. High-performance rowers tend to be tall and muscular:[52] although extra weight does increase the drag on the boat, the larger athletes' increased power tends to compensate. The increased power is achieved through the increased leverage on the oar provided by the longer limbs of the athlete. In multi-person boats (2,4, or 8), the lightest person typically rows in the bow seat at the front of the boat.

Rowing is a low-impact sport with movement only in defined ranges, so that twist and sprain injuries are rare. However, the repetitive rowing action can put strain on knee joints, the spine and the tendons of the forearm, and inflammation of these are the most common rowing injuries.[53] If one rows with poor technique, especially rowing with a curved rather than straight back, other injuries may surface, including back pains. Blisters occur for almost all rowers, especially in the beginning of one's rowing career, as every stroke puts pressure on the hands, though rowing frequently tends to harden hands and generate protective calluses. Holding the oars too tightly or making adjustments to technique may cause recurring or new blisters, as it is common to feather the blade. Another common injury is getting "track bites", thin cuts on the back of one's calf or thigh caused by contact with the seat tracks at either end of the stroke

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