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## RCA RULES OF RACING - RULE 3.5 QUICK RELEASE FOOT STRETCHERS

Under Rule 3.5 - Quick Release Foot Stretchers, the rule outlines foot stretchers in two ways: 1) Foot stretchers with mounted shoes where the shoes remain in the boat in the case of an emergency and, 2) foot stretchers with shoes that come out of the boat in the case of an emergency.

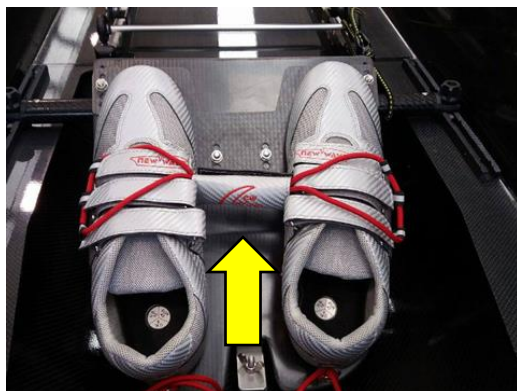
The changes to the rule have enhanced the safety aspect of the foot stretcher rule.

### Foot Stretchers - Shoes remain in the boat

This rule has two components to it:

1) Heels need to be independently restrained to a maximum of 7cm. The purpose is to ensure that in the event of an emergency (typically after capsizing), when the rower pulls their feet upwards to release from the shoes, the heel restraint will pull against the rower and allow their foot to release. This component has not changed from the 2013 rules of racing.

2) A strap that will allow a rower to release all straps with one hand. This is an enhancement to the rules. This means that there needs to be a strap that is tied to all the straps of the shoes so that in the case of an emergency, the rower can easily grab the single strap and release all the closures thereby freeing the rower's feet quickly. (Shown by the arrow below.) **This rule change does not allow the use of laces to secure the feet in the shoes. Laces will no longer be permitted to be used during a sanctioned regatta because there is no way to effectively have a single release point.**



**Example of Foot Stretchers where the shoes stay in the boat**

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### **Foot Stretchers-Shoes come out of the boat**

The shoes release from the foot stretcher, usually with a quick turning of the foot. The important aspect is to ensure that each shoe is able to be released by the rower without using his/her hands **or** via a single quick hand action of pulling on one easily accessible strap or release device.

**The heels on this type of foot stretcher MUST not be tied down as this would be contrary to the safety features of this type of foot stretcher where the shoes are intended to come out of the boat with the athlete.**



### **Example of Foot Stretchers where shoes come out of the boat**

**\*For 2018, the shoes remaining in the boat MUST comply with the heels being restrained to 7cm or be released from the foot stretcher to come out of the boat with the rower.\***

**\*All foot stretchers MUST comply with the 2018 rule effect January 1, 2019\***

### **For further clarification, please contact:**

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