

GLOSSARY OF ROWING TERMS

Arms Only	A rower who is only able to propel the boat with the use of their arms and shoulders.
Backarm	Supports the swivel pin to the boat and is adjustable
Backstops	The end of the slide(s) nearest the bow
Bilateral	On both sides of the body.
Blade/Spoon	Flattened or spoon-shaped end of an oar or scull; often used as a term for an oar.
Bow	Forward end of boat.
Bow Ball	Safety ball fitted to sharp stem of racing boat
Bow Man	The rower in the seat nearest the bow
Bow side (Starboard)	All the rowers whose oars are in the water in the right hand side of the boat when viewed from the stern.
Button	Plastic sheath on an oar to prevent the oar from slipping through the rowlock; adjustable on modern oars.
Canvas	the canvas on bow and stern decks of a boat; in race verdicts, the distance between the bow ball and the bow man's seat
Catch	The part of the stroke when the blade is put in the water.
Collar/Sleeve	Sleeve round the oar to fix the button; make sit easier to move the oar in the swivel
Coxswain (Cox)	Steers the boat from a seat in the stern or laying position in the bow
Crab	occurs when the rower fails to get the oar out of the water at the finish of the stroke
Drive	The part of the stroke between the catch and the finish; the propulsive part of a stroke.
Ergometer	A rowing machine used for fitness and skill training; on land rowing device.
Feather	To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance.
Fin	Small flat plate perpendicular to the bottom of the boat to aid steering of a boat.
Finish (release)	The part of the stroke just before the blade is taken out of the water.

FISA	Fédération Internationale des Sociétés d’Aviron (International governing body for rowing).
Fixed Seat	A seat that is unable to slide along the rails on the deck of the boat. Can have a back support for some rowers.
Foot Stretcher	The unit that holds the shoes or clogs into which the rower puts their feet.
Gate	Bar across a rowlock/swivel to retain the oar. A bracket which swivels on the end of the outrigger to support the oar.
Handle	The part of the oar that the rower holds.
Hull	The underside of the boat that travels through the water.
Inboard	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard.
Lightweight	A rower with weight restrictions for
Oar	The lever used to propel the rowing boat, usually numbered to correspond to the seat number of the rower using the oar.
Outboard	The distance between the end of the blade on the oar to the face of the button; the remainder is called the inboard.
Pin/Swivel pin	The pin on which the swivel rotates.
Rate/Rating	The rate of stroking, or the number of strokes per minute that a crew is rowing at.
Recovery	The part of the stroke cycle between the finish and the catch in which the oar is feathered and the seat is returned to the aft end of the slide, or the oar is placed back into the catch position.
Regatta	A competitive event raced in rowing boats.
Release	When the blade is taken out of the water .
Rigger	A framework to support the rowlock which is placed approximately 78-88cm from the centre of the boat.
Rudder	Steering device attached to the stern or under the hull of a shell
Sculls	A pair of oars for sculling boats (singles, doubles, quads).
Seat	What the rowers use to sit on to slide up and down the rails during the action of the stroke.

Shaft	The shaft or part of the oar between the handle and the blade.
Slide	The parallel tracks on which the seat moves
Square Blade	Where the blade is square in the swivel.
Stroke side	All the rowers whose oars are in the water in the left hand side of the boat when viewed from the stern.
Stroke	The complete cycle of moving the boat through the water using the oars.
Sweep	Long oars with narrow blades (pairs, fours, eights). One oar per rower in a boat of 2, 4 or eight rowers.