

# Coxing Commands



This is designed to be a reasonably comprehensive list of commands to get coxes to a useful stage of operation.

## BOAT TERMS

Bow	The front end of the boat. Also the rower at this position.
Stern	The back end of the Boat.
Stroke	The rower nearest the stern. He sets the rating and rhythm for the rest of the crew.
Bow Side	Usually the side on cox's right. Also known as <b>Starboard</b> .
Stroke Side	The side on the cox's left. Also known as <b>Port</b> .
2,3,4,5,6,7	Crew members are numbered from the <b>Bow</b> . So in a four, the order will be: Bow,2,3,Stroke.
Rigger	The metal things that hang off the side of the boat. See <a href="#">Glossary</a> for more confusing terms...

## GETTING ON THE WATER

Hands On!	Crew get ready to lift the boat.
Lift after 3	This is followed by...
1,2,3,LIFT!	To get the lift all at the same time. The boat is lifted on the "LIFT!".
Rolling the boat off the shelf.	The boat is rolled off the shelf to avoid riggers clashing.
Stroke/Bow Side going under	The respective side go under the boat to stand opposite their rigger.
Half Turn, Stroke/Bow side coming up	Rotate the boat 90 degrees along its length, with the named side coming up.
Full Turn, etc.	Rotate the boat so it is the other way up, i.e., if it was upside down, turn it the right way up.
Walking it out, watching the riggers	Walk the boat out from the boathouse, being careful not to hit the riggers on anything.
Easy there	Stop moving (on land)

Turn and Face	Everyone face the water, ready to walk to the edge OR turn to face the boat ready to put the boat in (depends on what has gone before...).
To The edge	(Of the steps...)
Down the steps together!, 1,2,3,etc.	Count down the steps, trying to get the crew in time, so they arrive at the bottom together!
Place the boat on the water	As it says...
The next commands assume that Stroke side is nearest the bank...	
2 and Stroke holding, everyone else get the seats and blades	Self-explanatory.
Stroke side blades in	Stroke side put their blades in the swivel, and fasten the gate.
Stroke side holding, bow side in	Stroke side push down on their riggers to keep the boat level. Bow side get into the boat and put their blade in the swivel and feet in the shoes.
[A]Stroke side in and pushing off	Cox gets in the boat at the same time as stroke side, and all push the boat off as they do this with their land-bound foot. If that is too much, try this:
[B1]Stroke side in	Cox gets in too.
[B2]Pushing off Stroke side	When Stroke side are in, they then push off the bank with their Blades (instead of feet).

**WE ARE NOW AFLOAT!  
MOVING THE BOAT ON THE WATER**

**Many of these commands are used together in sequence, e.g., "Full Crew, From Backstops, Normal Rowing, GO!" gets everyone rowing from a still position.**

Touch it N	Rower N take a light pressure stroke. Used for lining up, ready for rowing.
Back it N	Rower N take a backward stroke.
These next two commands, you may have to use the "meaning" until people know what you mean.	
Spinning the boat	Stroke side backing, bow side rowing on, stroke side begin
Reverse Spin	Bow side Backing, Stroke side rowing on, bow side begin.
...sitting the boat.	sitting is balancing the boat level with the blades on the water. Tell bow pair/full crew/etc to do this...
Bow/Stern pair	Two people in the bow/stern.
Bow/Stern	Four people in the bow/stern, only used in an eight (otherwise, it's

four	full crew!).
Full Crew	Get the whole crew to do the next command.
Number off from bow when ready!	The crew shout out their number, starting at bow, finishing at stroke. Used when the crew is removing kit, getting feet sorted, etc., so the cox knows when the whole crew is ready. Also gives the rest of the crew the chance to whine because 5 is taking 10 minutes to take off his splashtop!
From Backstops	Tells the rower to put his legs flat, body laid slightly back, arms bent, blades feathered(flat on the water); the FINISH position.
From Frontstops	Tells the rower to come forward, arms extended, body leaning slightly forward, with the blades square in the water, ready to PULL! (the CATCH position).
Arms Only	Row just with the arms.
With Bodies	Use the arms and the body to row.
Quarter slide	Row with arms, body, and the knees just rising slightly from the flat position.
Half slide	As above, but the legs now come up until the shin is at a right angle to the foot.
Three-Quarter slide	As above, the legs now rising until the heels almost leave the foot stretcher.
Full Slide	The legs come up until the shins are vertical relative to the water.
Square blade rowing	The "rowing" is optional. The rowers row with the blades at 90 degrees to the water. This takes more skill than...
Feathered blades	The rowers twist the blade between the flat (feathered) and the square position.
Normal Rowing	Rowing at full slide, with feathered blades. Used when starting off from stationary position or when finishing an exercise.
Light Pressure	Pulling lightly...
Half pressure	...Pushing the legs down a bit quicker...
Firm Pressure	...Give it EVERYTHING!!
Are you ready?	A command used only when the boat is stationary. When the command is "backstops, feathered blades", the rowers should feather the blades to 45 degrees, so that the top surface of the blade faces over the cox's head. From any other position, the crew sits ready to start the command. It is often a rhetorical question, used to get the attention of the rowers.
GO!	Shouted sharply at the end of a command, to tell the crew when to execute the last given command (example below).

### OTHER TERMS

Split Crew Warm-Up	The cox gets one half of the crew to sit the boat, and the other half to work from "Arms only" to "Full Slide" at square blades, then feathered blades, ten strokes on each. Issue the next command ("Next Stroke, Half Slide, GO!") starting on the eighth stroke of each ten.
Full Crew Warm-Up	As above, but with everybody rowing. This is also called....
Seventy Stroke Warm-Up	...Because it takes 70 strokes!