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Rowing also has its own list of commands. "Stop" does not exist, only Weigh enough and Let it run. The commands are listed below in boldface followed by their definitions and an example of their use in italics.

These basic commands are those which should be learned within the first week or two as they are essential for you to communicate with your teammates. A full list is in The Coxswain's Manual. Please note that your team may use commands slightly different than those below. In these cases, use your team's preferred commands, so that you do not confuse your teammates.

**Adjust the ratio** - Used to correct either a rush or sluggishness on the recovery. The ratio compares the time used by the hands away from the body motion to the slide speed. *Three man to adjust the ratio.*

**Back it (down)** - Row backwards. The blades do not need to be turned around in the oarlocks although they can be. *Bow four, back it down.*

**Check (it down)** - Drag the blades on the water to slow and/or stop the boat from moving forward or backward. Having only one side check their blades results in a turn to that side. *Port to check it down, starboard to row.*

**Down and away** - Push the hands down fully at the finish to give the blade more height off the water. *Three-man, down and away.*

**Drag (it down)** - See check (it down). *All eight to drag it.*

**Early** - A part of a stroke is early. By itself, the word usually refers to the catch timing. *Six-man, you're early.*

**Finish timing** - A reminder to the crew to align their finish times. *Five-man, watch your finish timing.*

**Feather** - Roll the blades to the feather position. *All eight to feather.*

**Glide it out** - See let it run.

**Hands on** - Grab onto the boat and prepare to move it. Interchangeable with lay hold. *Hands on.*

**Hold water** - See check it down.

**Heads up** - Pay attention, something to watch out for is near you. This should always be used when someone may not see your shell coming at them such as when leaving the boathouse. *Heads up, shell coming out.*

**Late** - A part of the stroke is late. By itself, the term usually refers to the catch timing. Do not use this over and over without explaining which part of the stroke is late and how to correct it. *Three, you're late.*

**Layback** - Go to the layback position. *All eight to layback.*

**Lay hold** - See hands on. *All eight, lay hold.*

**Let it glide** - See let it run. *Bow four, let it glide.*

**Let it run** - Oarsmen to stop rowing at the finish, hands away, or on the gunwale and allow the boat to glide (run) across the water's surface without the blades touching it. This command is used in some programs interchangeably with weigh enough. *All eight, let it run.*

**Over the (your) heads** - To lift the boat to the over the heads position. *Over the heads, ready, up.*

**Paddle** - Row at no pressure or to stop the drill/ piece. *All eight, paddle.*

**Roll** - Two meanings: 1. When out of the water, roll the boat from the waist position to the over the heads position or vice versa. To the waists, ready, roll. 2. When on the water, roll the blade.

**Shoulders** - To lift the boat so that the gunwales of the boat rest on or near the shoulder. *Shoulders, ready, up.*

**Square** - Make the blade perpendicular to the water. *Square it up.*

**Touch it up** - Someone to row gently to align or position the boat better. *Bowman to touch it up.*

**Weigh enough** - Stop whatever you are doing such as rowing, a drill, etc... Used interchangeably with let it run. *All eight, weigh enough.*

The Coxswain's Drill Card

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