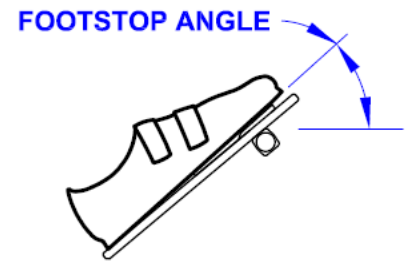


## Footstop Dimensions

By: Mike Purcer

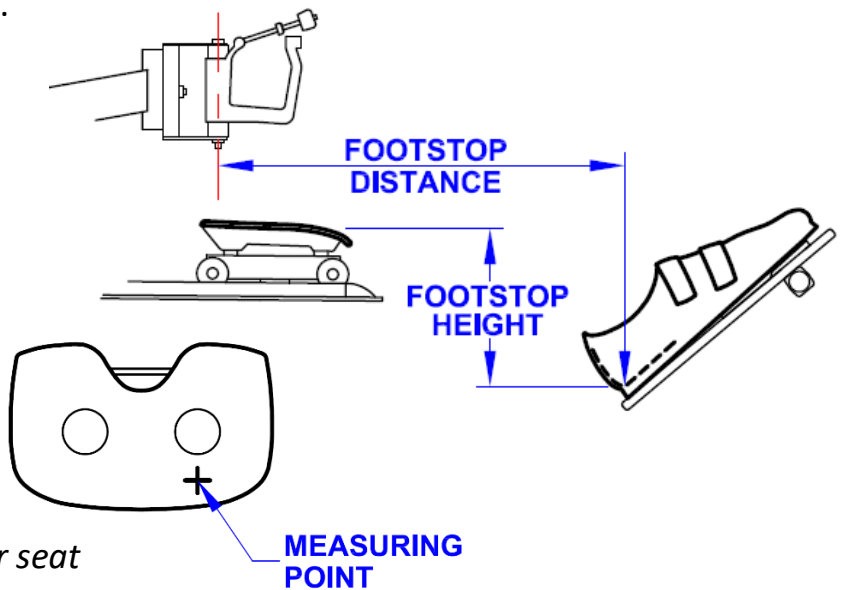
1. **Footstop Angle** – is the measurement, in degrees, between the horizontal plane of the boat and the plane of the soles of the shoes.

*This angle is set typically between 37 and 45 degrees and reflects the athlete's ankle flexibility.*



2. **Footstop Height** – is the distance from a point on the top of the seat measured vertically to the lowest point in the heel of the shoe.

*This measurement typically between 14 cm and 19 cm reflects the shoe size and the athlete's shin length/torso height proportion.*

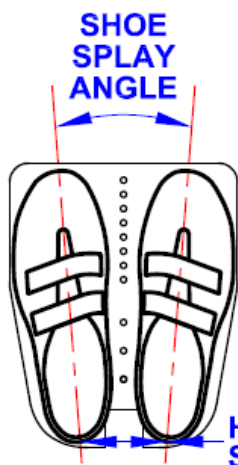


3. **Footstop Distance** – is the distance from the pin line (centre line of oarlock pins) to the lowest part of the shoe heel cup measured parallel and horizontally to the boat.

*This distance varies significantly with the length of the athlete's legs and their seat and oarhandle position at the finish of the stroke.*

4. **Shoe Splay** – is the angle between the shoes and reflects the degree the feet are pointed apart on the footboards.

*This angle should reflect the natural alignment of the feet when the athlete is standing and pushing to maximize the comfort and power transfer through legs.*



5. **Heel Separation** – is the distance between the centreline of the shoes at the heels.

*This distance along with the shoe splay angle provides a comfortable placement for the shoes in the boat.*

6. **Shoe Size** – special shoes designed to connect to the footplate are measured in standard US Men's shoe sizes and key to connecting the athlete to the shell.

*The proper shoe size is critical for comfort and a solid connection between the athlete and the boat.*