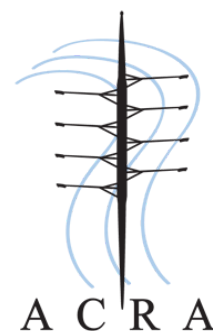


ACRA NATIONAL CHAMPIONSHIP REGATTA

www.americancollegiaterowing.com



This document provides information for entering and attending the 2019 American Collegiate Rowing Association National Championship Regatta. Please read the document in its entirety to ensure that your entries will be accurate and accepted without the need for further information. Entries are not complete without ALL of the following:

1. Institutional membership in ACRA: www.regattacentral.com/clubs/
2. On-time entry at Regatta Central: www.regattacentral.com
3. Payment of entry fees
4. Submission of athlete eligibility form
5. Athlete USRowing Waivers

The regatta and our organization's operation are still growing and we appreciate members' feedback. We will attempt to provide relevant information to all programs as soon as it is available. Please contact me if you have specific questions or suggestions about this packet.

Thank you and we look forward to receiving your entries and seeing you at Lake Lanier. The following table of contents should help you find the answers to specific questions you may have.

Kurt Butler, President

kurt.e.butler.69@gmail.com

Peter Rosberg, Registrar / Secretary

peter.w.rosberg@gmail.com

Julia Gamache, Treasurer

rownovice@gmail.com

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NEW INFORMATION AND CHANGES FOR ACRA 2019 REGATTA

- Men's 3V8+ Event added
- Men's & Women's Varsity 8+ will have C/D Semi's; if entries warrant
- Regatta Race Schedule starts at 12 Noon on **Friday** May 24th, 2019
 - **ALL CREWS SHOULD BE PREPARED TO RACE ON FRIDAY MAY 24TH**
 - **See Contingency Plans in the Appendix**
 - Racing Starts on Friday May 24th
 - For Events with **17+ entries** which require Semi's
 - Expected **Men's** Events: MV8+, MN8+, MV4+, MN4+, M2-, M2x & M1x
 - Expected **Women's** Events: WV4+, W2x & WN4+
 - Possible **Women's** Events: WV8+
 - Possible **Men's** Events: M2V8+ & MVL4+
 - Reps will start after the Heats are finished on Friday
 - Some Reps may need to be run 1st thing Saturday AM
 - Semi's will be run on Saturday
 - Finals on Sunday
 - Only Events with 33+ entries will have a Time Trial
 - Racing Starts on Saturday May 25th
 - For Events with 16 or Less entries
 - Men's Events: M2V8+, MVL4+, M4x, M3V8+, M2N8+ & MNL4+
 - Women's Events: WV8+, W2V8+, WN8+, WVL4+, W2- & W1x
 - Heats will start in the Morning and Reps will be in afternoon
 - Race for Lane Events will run Saturday morning
 - C & D Level Finals (except V8+) will run Saturday afternoon
 - Finals for "Race For Lane" Events will run Saturday Evening
 - **Weigh-ins are from 7 to 10 AM for coxies racing on Friday; and 10 am to 12 Noon for everyone on FRIDAY May 24th**

GENERAL REGATTA INFORMATION

The **Twelfth** - American Collegiate Rowing Association National Championship Regatta will be held in Gainesville, GA from Friday to Sunday May 24-26, 2019. The Lake Lanier Rowing Club is the local organizing committee.

Please note the following important points:

- 1) For maps and other information: [Lake Lanier Rowing](#)
- 2) Shirt Betting is to-be assumed for both men and women. Failure to follow this rule may be grounds for non-acceptance of future years' entries.

WAIVERS

All competitors should have an electronically signed USRowing Waiver.

RULES OF RACING

The regatta will operate under the USRowing Rules of Racing except as altered by ACRA or LOC rules and regulations. (See Appendix)

ANNUAL ACRA REGATTA MEETING for Coaches

Each program must have a coaching representative at the Regatta Meeting on **Friday, May 24 at 9:30 am**. This is NOT a "coaches and coxswains" meeting. The meeting will be at the boathouse.

NOTE: The meeting will have a roll call, and cover ONLY specific safety instructions and schedule changes. The meeting WILL NOT go over the rules of racing, starting procedures, nor boat handling advice. Crews attending a National Championship Regatta are expected to know the rules and how to handle their equipment.

PRACTICE INFORMATION

NO coaching launches are allowed on the water on **Thursday, May 23rd and Friday, May 24th or during the regatta**. Traffic patterns will be posted at the boathouse. All coaches, coxswains, and **bow-seat of 1x, 2x/- & 4x** must read and be familiar with these rules prior to launching for PRACTICE OR RACING. Crews must be off the water by 11:00 AM Friday. No crews may launch for practice Saturday, unless given specific approval by the ACRA Board of Directors and Chief Referee.

REGISTRATION

Registration will be from 3:00-6:00pm **Thursday** and all day **Friday** at the boathouse. There is NO Regatta Packet to pick-up (What you are reading is the Regatta Packet); check-in and pick-up All-American Awards.

WEIGH-INS (see page 7 for full procedures)

Weigh-ins for coxswains and lightweights will be conducted at the boathouse on Friday **morning** from 8:00am until 10:00am. All coxswains and lightweights are only required to weigh-in once for the weekend, in racing attire.

Coxswain minimum weights in racing attire: **125** pounds for coxswains of men's crews; **110** pounds for coxswains of women's crews. It is requested that you bring your own sandbags, as the LOC & ACRA do NOT guarantee that we will have any on hand.

Lightweight weight limitations are: Women - no more than 130 pounds for each individual, no average; Men - no more than 160 pounds, no average. Crews must weigh-in with all members present & in racing attire

TEAM TENTS

Tents may be erected only at designated sites. Check with the Lake Lanier RC LOC prior to tent setup regarding approved locations and anchoring systems.

MEDALS

First, second, and third place medals will be awarded in all ACRA events with four or more entries, first and second for an event with only three entries. In the event of placing the W2V8+ or W2N8+ into the WV8+ or WN8+ (respectively), a first place medal will be awarded to the higher placing crew if there are 2 entries. No medal will be awarded if only 1 team has entered the event.

ALL-REGION TEAM CEREMONY

ACRA will honor its Six All-Region Teams during the racing on Saturday **afternoon**. Everyone including team members, alumni, and parents, is welcome to attend the main ceremony.

ENTRY INFORMATION AND RULES

The schedule and fees are available at the Regatta Central site. After you have familiarized yourself with the regatta rules, please make your entries at [RegattaCentral](#) and make your payment there by credit card, or send a check made out to "ACRA" to:

Kurt Butler, ACRA
203 Joyce Center
Notre Dame, IN 46556

- 1) Each organization must complete and submit, with appropriate university signatures, the [ACRA Eligibility Certification](#), available on the [ACRA website](#). Forms should be scanned & emailed to Julia

Gamache (rownovice@gmail.com) and the Original can be brought to on-site registration, or mailed to:

ACRA

c/o John Ferriss

Lake Lanier Rowing Club

3105 Clarks Bridge Road

Gainesville, GA 30506

- 2) **SCRATCHES:** The entry deadline is the scratch deadline. All scratches not made online by the deadline must be emailed from the coach's email address to BOTH kurt.e.butler.69@gmail.com and peter.w.rosberg@gmail.com. Scratches after the deadline and before 9:30 am Eastern time on Thursday May 23rd will be assessed a scratch fee of \$50 per scratch and no refund of entry fee. Any scratches after Friday at 9:30am, or any no-shows, will be assessed a \$100 scratch penalty. Any team assessed a scratch fee will not be permitted to participate in the regatta until the fee is paid.
- 3) Late entries might be accepted with a penalty fee of \$50 per entry, plus the entry fee. Late entries will not be accepted without extraordinary circumstances and a majority vote of the ACRA Board of Directors.
- 4) A minimum of three entries is required to run an event. ACRA will attempt to place crews from cancelled events in another appropriate event if possible, and will make every effort to confer with the coaches of affected teams in this process.
- 5) USRowing Waivers and the Athlete Eligibility Form (available at Regatta Central and at www.americancollegerowing.com) also should be mailed to John Ferriss as outlined above, or brought to the regatta registration.
- 6) Entries will only be accepted from programs that have paid the annual membership fee. Membership is available at the "Clubs" link on the Regatta Central site.
- 7) Entries must be made online at Regatta Central (www.regattacentral.com). Entry deadline is Tuesday May 14, 2019. Entries must be COMPLETED before midnight Eastern time. This is also the deadline for scratches with refunds.
- 8) Only one entry per event is allowed from each program, with the following exceptions:
 - a) Two entries are allowed in the Doubles (2x) and Singles (1x) events.
 - b) Multiple entries are allowed in the M3V, M2N, and WN eight events, and if there are enough crews entered a separate event may be added.

- c) Note: only the top finisher from a program with multiple entries is eligible for points, but all entries are eligible for medals.
- d) W2V8 & W2N8:
- i If only 1 entry
 - 1 Allowed to race in the 1V or 1N event.
 - 2 No 2V or 2N Points or Medals awarded. (Eligible for 1V or 1N medal.)
 - ii If 2 entries
 - 1 Allowed to race in the 1V or 1N event.
 - 2 2V / 2N Points and Gold medal awarded to higher placing crew. Medals awarded as per overall rules.
 - iii If 3+ entries, then stand-alone event.
- 9) Doubling of rowing-athletes is NOT permitted. A coxswain may compete as a coxswain in more than one event but no scheduling changes will be made to accommodate such doubling, and crews do so at their own risk of schedule conflicts!
- 10) Second Varsity 8+ and Second Novice 8+ Entries: An organization must enter and race a Varsity 8+, in order to enter a Second Varsity boat; and the 2V8+ must be entered & raced to have a 3V8+. A First Novice boat is required for a Second Novice entry.
- 11) Program entries will be accepted from only ONE designated representative. Specifically, this means that if a student who rows a single or double outside of a college's recognized program which is entering crews at the regatta, then that program's designated representative needs to submit the sculling entry for it to be accepted.
- 12) The ACRA Executive Committee will have final discretion regarding entries.

This is an attempt to summarize the main guiding rules of the ACRA and may not include all previous rulings. Except as noted above, all rules will reflect previous ACRA procedures. Special rulings may be invoked by the ACRA Executive Board.

INSTITUTIONAL ELIGIBILITY RULES

Institutional Eligibility:

- 1) All collegiate club rowing programs recognized by their respective universities are eligible for participation in the ACRA Championship Regatta.

- 2) The ACRA membership shall be made up of university and college club rowing teams, and junior college and community college teams (both men and women) that are not eligible through their institutions' athletic department for the NCAA or IRA Championship.
- 3) All programs must meet BOTH the eligibility requirements of their home institutions and the ACRA.
- 4) USRowing Organizational Membership: Because of insurance requirements, the ACRA regatta will be registered with USRowing. This means that all programs entering MUST be organizational members of USRowing to participate.

ATHLETE ELIGIBILITY / ENTRY RULES

Eligibility for the ACRA Regatta shall be dependent upon the conference rules of the competing institution, and ALL OF THE FOLLOWING:

- 1) All participants must be full time undergraduate students and enrolled at the institution they represent. To be considered a full time undergraduate student, he/she must currently be taking courses totaling at least 12 credit hours on the semester basis or its full time equivalent at that institution, and must be making normal progress toward his/her first degree. An exception is for students in their final term who may take less than a full-time load if it is sufficient to complete their degree during that term. The Academic Office of the involved institution must certify this and other potential exceptions to the 12 credit hour rule. A student athlete who has received a Baccalaureate or equivalent degree, and who is enrolled in graduate or professional school, or who is enrolled and seeking a second Baccalaureate or equivalent degree, may participate in ACRA, provided the student athlete has athletic eligibility remaining, and such participation occurs within the time period set forth in number 2 below.
- 2) An ACRA competitor has four years of eligibility, which must be completed during the first 10 semesters or 15 quarters after the student is enrolled in a collegiate institution in at least a minimum full-time program of studies as determined by the regulations of that institution. Competing for an institution in any one event within the academic year is enough to constitute one year of eligibility.
- 3) Any individual who has raced during the current academic year **on** a non-ACRA eligible college program; **(an NCAA or IRA team)** will not be eligible for participation in the ACRA Regatta.
- 4) Novice Classification:

- a) The ACRA defines novices as those in their first year of collegiate competition.
 - b) Coxswain turned rower or rower turned coxswain note: An individual who rows or coxswains competitively in any academic year is allowed to change roles in a subsequent year and compete as a novice.
 - c) Once an individual competes in ANY intercollegiate competition in an academic calendar year, novice eligibility has begun for that season.
- 5) A student athlete who is enrolled in a graduate or professional school of the college or university may participate, provided he/she has eligibility remaining and is within five calendar years of initial full-time collegiate enrollment.
 - 6) To compete at the ACRA, each athlete must be listed on the program's roster, and certified by the institution's registrar or program administrator (varsity athletics or rec sports level administrator, NOT the head coach or team officers).

Appeals for exceptions to these rules must be entered, prior to the entry deadline, in writing to the ACRA Eligibility Committee:

Kurt Butler (kurt.e.butler.69@gmail.com)

Nathan Lantz (wnlantz@gmail.com)

Peter Rosberg (peter.w.rosberg@gmail.com)

Violations of regulations may be cause for crew or team disqualification. Unusually serious violations may be grounds for even more sanctions.

WEIGH-IN RULES AND PROCEDURES

- 1) A men's lightweight crew shall have no rower who weighs more than 160 pounds.
- 2) A women's lightweight crew shall have no rower who weighs more than 130 pounds.
- 3) If any lightweight rower is more than 2 pounds over the maximum weight, that individual will be excluded from competition. If an individual is within 2 pounds of the maximum he/she will have two more tries within one hour of the initial weigh-in to make weight as long as the scales remain open. If the individual fails to make the weight in one hour or the third attempt (whichever occurs first) that individual will be excluded from competition.
- 4) Coxswain minimum weights: Men's Events - 125 pounds, Women's Events - 110 pounds. The Max weight a coxie can carry is 15 kg (33 lbs).

- 5) A test scale will be available for unofficial use at 8 am Friday; (we will attempt to have this in place on Thursday afternoon, but don't yet know if the Officials will have it).
- 6) Crews and coxswains will only have to make weight once for the competition. Crews must weigh in together in racing attire (shirt & shorts or unisuit). Crews and coxswains must present a picture ID (such as Student ID or driver's license) in order to weigh in.
- 7) Crew weigh-ins are Friday morning weigh-in from 8am-10am. (I'm checking with Chief Ref - Sam - to see when we start Weigh-ins.)
- 8) Up to 5 pounds of sand will be available for coxswains. If an individual requires more, he/she will be responsible for providing the extra weight.

SEEDING AND PROGRESSION SYSTEMS

The ACRA progression system will be posted on the web site:

www.americancollegiaterowing.com

SEEDED EVENTS

Events: (Eights) - MV8, M2V8, **M3V8**, MFN8, M2FN8, WV8, W2V8, WFN8.

SEEDING PROCESS

1. The vote is to be placed by the head coach of each program entered in the event, and not one of the assistants or team officers.
2. Voting will be conducted either by email or online a week prior to the championship, and initial votes will be viewed by all the head coaches.
3. The head coach **MUST** vote for his/her own crew in the poll.
4. Coaches may change their votes within two days of the closing.
5. After the second day, all voting is final.
6. At this point all votes **WILL BE MADE PUBLIC**.
7. Seeded crews will be sorted into heats according to the poll results. **EVERY CREW WILL BE GIVEN A SEED.**

SORTED EVENTS

Events: - MV4+, ML4+, MFN4+, MNL4+, WV4+, WL4+, WFN4+, M4x, M2x, W2x, M2-, W2-, M1x, W1x

This is an attempt to separate crews who have remained intact through the racing season and performed well at a major regatta. The goal is to create regional and competitive diversity in the heats.

This will be a responsibility of the Regatta Director, and two other designated members of the Championship sub-committee. Finalization of the sub-committee's recommended placements will be made by the Executive Board.

This is not an attempt to place every entered crew. Results will be considered PRIMARILY from the Dad Vail, ECAC-NIRC, ACRA-Henley, and WIRA; with consideration given to MACRA, SIRA, NY States, New England Championships, PCRC, and Knecht Cup, with a goal of splitting up crews who competed against each other in the Grand Finals at those events. It is also to prevent the winners of those events from being "stacked" into the same heat- The remainder of the field will be determined by trying to place crews in heats from different regions.

A random draw of The [ACRA progression system](#) will be used, with of lane **placement In Reps or Semis** after the Heats or **Time Trials have be run**. Sorted crews will not be assigned to certain lanes.

TIME-TRIALED EVENTS

For any event with more than 32 entries, a time trial will be used as the initial stage. An initial starting order will be determined by using the same system as SEEDED or SORTED crews – depending on the event, trying to make an effort to place known fast crews to the front. Other crews will be randomly placed behind them.

The time trial will be conducted using Lanes 5 & 8. The repechages and semifinals will be sorted based on the results of the time trial. See the progression system as posted on the ACRA website.

CANCELLATION POLICIES

Every effort will be made to retain all events, but in the case of persistent weather some events may require cancellation. **See appendix 2 for some of the possible cancellations.**

During the Finals, the cancellations will occur in the following order, unless weather dictates otherwise:

- 1) Officials Breaks
- 2) All 3rd Level Finals and below; **with the exception of the V8's.**
- 3) All Petite Finals; **with the exception of the V8's.**
- 4) Finals with fewer than a full field (8 entries at Gainesville)
- 5) All small boats (2-, 2x, 1x)
- 6) Novice and Lightweight 4's, Quads
- 7) Novice 8's
- 8) JV8's and Varsity 4's
- 9) Varsity 8's

Please note the racing format: **Heats will be on FRIDAY afternoon for those events that have 17+ entries and will have Semi's; Repechages** for these Events will be also be on Friday. Saturday AM will have the remainder of the **Heats**, followed by Race for Lanes; and **Semi's** will be raced on

Saturday afternoon; late Saturday afternoon will be the **Repechages** from the AM Heats; some **Finals** will be raced on Saturday. Most **Finals** on Sunday.

Should conditions dictate, the Fairness Commission, composed of the ACRA Executive Board and the Chief Referee or his/her designated representative, will have the authority to reassign lanes to prevent a disadvantage for higher seeded crews.

One of two progression alternatives will be chosen at random at the conclusion of each set of heats to place crews into semifinals.

ACRA Regatta Questions

Kurt Butler, President
kurt.e.butler.69@gmail.com
(330) 283-8283

Pete Rosberg, Secretary
peter.w.rosberg@gmail.com
(313) 452-7756

Gainesville Area Questions

John Ferriss, Lake Lanier RC
jaf19rowingemail@gmail.com

ACRA Eligibility Questions - send email to ACRA Eligibility Committee:

Kurt Butler (kurt.e.butler.69@gmail.com)
Nathan Lantz (wnlantz@gmail.com)
Peter Rosberg (peter.w.rosberg@gmail.com)

APPENDIX 1

GENDER IDENTITY POLICIES AND GUIDELINES AMERICAN COLLEGIATE ROWING ASSOCIATION

ACRA policies relate to participation in competition. State and federal laws and guidelines relating to issues around facility use, access, general program participation and travel policy must be adhered to, as well as each college or university's existing policies.

POLICY: All competitors are eligible to compete in the ACRA National Championship Regatta events based on their expressed gender identity. This is irrespective of the sex or gender listed on the participants' birth certificate or student records, and regardless of whether an individual has undergone any medical treatment.

For ACRA purposes, the gender listed on the USRowing membership profile indicated when signing the required participant waiver shall apply. An individual may go through USRowing's posted procedures to seek a change in the listed gender.

OPERATING PRACTICES

No individual should be challenged directly with questions regarding gender identity. No individual should be publicly identified as involved in gender identity processes. **If a question arises during an event, the individual should be allowed to participate as entered and any changes in a crew's advancement, placing or awards should be dealt with after the event following the proper appeals process.**

Any petitioner questioning a competitor's gender must go through the procedures instituted by USRowing. The burden of proof in any challenge to an individual's gender identity rests with the petitioner.

All communications surrounding issues arising from these or other gender identity policies or procedures shall be kept confidential.

APPENDIX 2

Cancellation Contingency

Contingency to race schedule:

Bad weather or other disruption:

If on Friday, we determine that all day Saturday looks bad, we leave open the option to run ALL events on Friday in a TT trial format. We would only really need to do this in a Worst Case Scenario.

- 1) Friday afternoon
 - a) Loss of ~1 hour
 - i) Move Heats of Events that have between 17 - 22 entries to Saturday AM
 - ii) Move Reps of the last 2 Events scheduled for Friday
 - iii) Start racing on Saturday at 7:30 am
 - b) Loss of greater than 2 hours
 - i) If before any of the Heats
 - (1) Run TT's for Friday Heats
 - (2) Determine if Reps can be run on Friday or Saturday
 - ii) If after heats but before Reps
 - (1) Push Reps to 1st events on Saturday AM
 - (2) Order to Cut on Saturday
 - (a) Race for Lanes Events
 - (b) Reps with 9 - 16 entries
 - (c) Reps with 17 - 22 entries
 - (d) D Finals with 25+ entries
 - (e) C & D Finals with 17+ entries
 - (f) Semi-finals with 23+ entries
- 2) Saturday Morning delays
 - a) Before Heats & Race for Lanes
 - i) Determine, based on time, if Events should be run as TT
 - ii) If events need to be eliminated, see Above
 - b) Determine order to Fill Finals
 - i) From Heats
 - ii) IAHBL - TT as Finals
- 3) Saturday Afternoon
 - a) D Finals
 - b) C Finals
 - c) Reps for 9 - 16 entries

