

Rules and Regulations

2010 Texas Rowing Championships

April 24–25, 2010 • Austin, TX



1. Registration

Online registration, at RegattaCentral.com, closes at midnight PST, Friday April 16, 2010. After registration closes, no scratches or substitutions may be made on-line; any changes made online have no effect. **Any on-line entry whose fees are not paid in full when registration closes is incomplete, and must be resubmitted as a late entry.** Any entrant whose circumstances require alternative payment arrangements must contact the Registrar before the registration deadline. Such arrangements are accepted at the discretion of the Registrar.

Entries are accepted after the deadline only at the discretion of the Registrar, and only to fill empty lanes; no heats will be added to accommodate late entries. Late entries are accepted only if accompanied by prescribed entry fees, which are **DOUBLE** the regular fees. Late entries must be submitted on the late-entry form <<http://tinyurl.com/yk2xm2o>>, which may be mailed to

Austin Rowing Club
Registrar
P.O. Box 1741
Austin, TX 78767-1741

Alternatively, late-entry forms may be scanned and **emailed** to the registrar as PDFs, faxed to (512) 472-0700, or handed in at the regatta site at least two hours before their events.

Competitors should be registered under their full names. Nicknames should be avoided, and competitors entered in multiple events should be registered using the same name in all of them. Every entry must include each crew member's USRowing Membership ID; free (non-privilege) membership IDs can be obtained from USRowing.org.

The number of entries in each event is limited to 18. Entries are accepted in order of submission, and in cases of oversubscription RegattaCentral will maintain a waiting list.

2. Junior Events

Junior events are restricted to junior crews from Texas.

3. The Rule of 4

Competitors should not be entered in events whose event numbers differ by less than 4. Competitors who ignore this recommendation risk being unable to get from the finish of one race to the start of their next race. Under no circumstances are races delayed to wait for tardy boats.

When heats are drawn, it is possible for a competitor conforming to the Rule of 4 to be competing in two heats that are too close together. For example, if Events 103 and 107 have heats while Events 104, 105, and 106 do not, a competitor entered in Events 103 and 107 could be racing in heats 103B and 107A, which would be back-to-back. Even if the problem entries were moved to 103A and 107B, the competitor would still have difficulty getting to 107B on time.

In such cases the LOC will introduce breaks in the schedule to ensure that every competitor whose original entries conform to the Rule of 4 will have at least three intervals (i.e., races or breaks) between each pair of his/her races. *No such accommodations will be made for competitors whose original entries violate the Rule of 4.*

4. Duplicate entries

The Regatta Committee is not responsible for detection of duplicate entries. Please coordinate with your club, as entry fees for duplicate entries will not be refunded.

5. Liability Waivers

Every competitor must have signed a USRowing Release of Liability Waiver. Waivers can be signed on-line at USRowing.com <<http://tinyurl.com/8y6ofq>>, and are due by the registration deadline. Any competitor whose online waiver is not signed before registration closes may be required to sign a paper waiver at the regatta site. Under absolutely no circumstances will entries with missing waivers be allowed to race.

6. US Rowing Membership

Every participating organization must be an organizational member of USRowing. Please see the US Rowing web site <<http://www.usrowing.org/organizations/>> for further information about becoming an organizational member.

7. Crew Representation

A team is considered to represent the usual way the program practices and competes. A club or varsity program that represents a single organization (being a single high school OR club program), with distinct location, colors, and coaches for the entire competitive season (starting March 1, 2010) is a team.

No competitor may represent two different organizations in the Regatta. Any crew composed of competitors from different organizations must be entered as a composite crew. Composite crews are not permitted in junior events.

8. Schedule Changes

The event schedule is subject to change depending upon the number of entries received. Masters events may be split into separate age categories, and events may be cancelled or combined if there are fewer than three entries as of the entry deadline. Any crew entered in a canceled event will be contacted and offered the option to switch to another event or to receive a refund of the registration fee.

9. Scratches

No entry fees will be refunded for scratches made after the entry deadline. Please inform the registrar by email <info@austinrowing.org> of scratches that occur before race day. An entry that scratches during the regatta must submit a scratch form at the Registration table. No entry fees will be refunded for scratches made after the entry deadline.

10. Substitutions

An entry in a non-1x event may substitute up to one half of its rowers, and also its coxswain. No substitutions are allowed in 1x entries.

A completed Substitution form must be submitted at the registration desk at least two hours before the event. Complete information is required for every replacement competitor, including full name (no nicknames), and year of birth (for Masters events).

No substitution may be made in an entry that has already raced in a heat of its event, unless a member of the crew has experienced a serious illness or accident during the time between the heat and the final.

11. Juniors

A Junior is a competitor who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor ceases to be a junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later.

12. Masters

Masters' age categories are defined as in USRowing's *Rules of Rowing*, §4.104:

category	min. age	category	min. age
AA	21	F	60
A	27	G	65
B	36	H	70
C	43	I	75
D	50	J	80
E	55		

An entry in a Masters event must list every rower's **year of birth** in order to compete. Entries listing only ages will not be allowed to compete. Any Masters event may be split into two or more separate events according to the crews' ages.

13. Novice Rower Classification

A novice rower is in his/her first year of competition and did not race in the spring 2009 season. Crews entered in Novice events shall include only novice rowers.

14. Novice Coxswains

A novice entry's cox is not required to be a novice.

15. JV Competition

No rower who competes in a Varsity event—either sweep or sculling—may also compete in any JV event. For example, a rower competing in a Varsity quad may not also compete in a JV double, and a rower from a Varsity double may not compete in a JV quad.

In order for a team to enter a JV event, that team must also have an entry in the corresponding Varsity event of the same boat class and gender.

16. Men and Women Rowers in Boats

All rowers in men's events must be men, and all rowers in women's events must be women. A female rower cannot substitute for a man in any men's event, nor can a male rower substitute for any woman in a women's event. Coxswains are exempt from this rule. Any entry violating this rule will be disqualified.

17. Mixed Crews

Each mixed crew shall include men and women rowers. Doubles require a crew of one man and one woman, quads/fours crews may have either one man or two men, and eights crews may have two, three, or four men.

18. Lightweight Rowers

Lightweight men must weigh no more than 155 pounds, and lightweight women no more than 130 pounds.

The weight of rowers in lightweight events will be determined once each day between 6:00am and 8:00am. Rowers will be weighed in racing uniform, without shoes or other footgear.

Junior rowers in lightweight events will be weighed in the order that they sit in the boat (bow to stern). Each junior rower will have only one (1) initial opportunity to weigh in. A junior rower within one

(1.0) pound or less of the weight standard is allowed one (1) re-weigh within the official weigh-in time window. A junior rower whose initial weight is greater than one (1.0) pound above the weight standard will be ineligible to compete in the event.

19. Coxswain's Weight

Coxswains will not be weighed in for this regatta.

20. Regatta Check-in

All crews are required to check-in at the registration desk when they arrive. At that time, they can clear any problems with their entries, such as missing waivers. Wristbands will be issued for competitors who have submitted waivers. Entries with registration problems (e.g., missing waivers) will not be allowed to race. On the regatta weekend, the registration desk will be open from 3:00 PM to 6:00 PM on Friday and throughout the race day on Saturday and Sunday beginning at 6:30 AM.

21. Coach/Bow Meetings

The coach/bow meetings will be held Saturday and Sunday at the race course (ARC boathouse), one hour before each day's first race.

22. Friday & Saturday practice

The course will be open on Friday, April 23, 2–7 PM and on Saturday, April 24 from the last race until 7 PM. Crews are responsible for familiarizing themselves with the traffic pattern. Violations of the traffic pattern may result in penalties.

Rowers who practice on Friday, or on Saturday after racing, do so at their own risk (there may be no EMT's or safety launches at this time).

23. Required Equipment

Every competing boat shall be properly equipped with a bow ball. Every competing boat shall also be equipped with quick-release shoes, and with heel ties whose length is three inches or less. Every boat will be checked for this equipment each time it is launched.

24. Bow numbers

All boats must be equipped with bow clips. Competitors are responsible for bringing their own bow numbers (lanes 1–6). Bow numbers may be borrowed from the dock master for a deposit of \$5 on an as-needed, as-available basis.

25. Hot-Seating of Boats

Boats that are to change crews immediately upon arrival at the docks after a race (and go back out to race without being removed from the water) are considered hot-seat boats. The Dockmaster must be notified of every hot-seat boat before the boat goes out for its first race. In all cases, crews should follow the instructions of the dock personnel. During the regatta the docks are very crowded; all crews should be practiced at quick launching and boat removal before arriving at the regatta site.

26. On-time arrival

Regatta officials can prohibit boats that are late to the starting line from racing. The Dockmaster can prohibit a boat from leaving the dock if in his or her judgment it cannot reach the starting line on time.

27. Race safety

All competitors should understand how to back boats into a starting dock, and should be able to "scull" their boat to achieve alignment without pulling forward and away from the stake boat holders. Please review the

ARC Guide to Start Platforms and Starts at
<<http://tinyurl.com/yzd7g6u>>.

28. Seeding and Progressions

For the quad events, seeding will take place after the Texas Junior Seeding Scrimmage. All coaches will have the opportunity to evaluate the seeding and make comments. Lane assignments from seeding will be as follows:

2-6 entries	Final	1 st seed lane 3, 2 nd seed lane 4, 3 rd seed lane 2, 4 th seed lane 5, 5 th seed lane 1, 6 th seed lane 6
7-12 entries	2 heats	Heat A: seed 1, 3, 6 Heat B: seed 2, 4, 5 Top 3 to advance
13-18 entries	3 heats	Heat A: seed 1, 4 Heat B: seed 2, 5 Heat C: seed 3, 6 Top 2 to advance

The last boat to finish in a heat never advances, even if this means a final with empty lanes.

29. Protests and Dispute Resolution

All protests must follow USRowing rules. Please consult USRowing's *Rules of Rowing* for the details on protesting. All protests involving the conduct of a race shall be lodged by the crew at the finish line while it is still on the water. For all protests, a crew representative must submit a written protest statement along with \$25, which will be returned only if the protest is upheld. The regatta officials will be consulted on all protest decisions. All questions of eligibility, qualification, and interpretation of the rules shall be referred to the Regatta Committee, whose decisions shall be final.

30. Penalties

Violations of the course lanes (which are marked by buoys), violations of the traffic pattern, late arrivals at the starting blocks, false starts, late departures from the dock, excessive time on the docks, and other violations may result in time penalties or exclusion, as deemed appropriate by regatta officials. To dispute an official ruling, please see Dispute Resolution, listed above.

31. Sportsmanship

The Regatta Committee reserves the right to rule on any situation not specifically covered by these guidelines and to penalize or disqualify any competitor or crew that appears to violate the spirit or letter of the rules of competition or sportsmanship, on the water or off.

32. Medals

The ceremony at which medals will be awarded will take place 15 minutes after the last event of the day.

33. State Champions

Crews from outside Texas may compete in masters events and earn medals, but junior events are restricted to junior crews from Texas. Championship trophies will be awarded only to crews from Texas.

34. Adaptive Events

Special medals for adaptive rowers shall be awarded only in events designated as adaptive events.

35. Schedule Changes

The event schedule is subject to change depending upon the number of entries received. Events may be cancelled or combined if there are fewer than three entries at the entry deadline. Any crew entered in a canceled event will be contacted and offered the option to switch to another event or receive a refund of the registration fee.

36. USRA Rules

Except as noted above, this regatta follows USRowing's *Rules of Rowing*, 2010 edition.

37. Barbecue

A meal will be provided Sunday afternoon for all competitors wearing wristbands. Meal tickets for others will be available for purchase at the registration tent on race day.