

WEIGH-IN RULES

1. All competitors registered to row in Lightweight events at the regatta must weigh-in during the official weigh-in period.
2. The official weigh-in period will be from 7.30 am to 9.30 am on regatta day.
3. All lightweights will weigh in wearing the club rowing uniforms. No one will weigh-in wearing more or less uniform.
4. Re-weights will not be permitted. Lightweights not making weight will be allowed to race as heavyweights.
5. During the official weigh in periods testing of scales or checking weights will not be permitted.
6. Athlete changes will not be accepted in weigh-in room. Changes must be approved by the register prior.
7. Coxswains will not be weighed, nor required to carry weight (if underweight).
8. An individual's maximum weight (74.5 kg for men and 61 kg for women) determines eligibility. There is no averaging of the athlete's weights in the weight class events. The stated weight is the maximum an individual may weigh.

WEIGH IN PROCEDURES

1. Any changes to which athletes are racing in lightweight events must be made before you proceed to the scales. Weight In officials will be using a master list of all athletes registered to row in lightweight events.
2. When you reach the scales, please state what club you represent and your name and present Photo ID.
3. Weigh ins will occur on a first come first served basis, based upon when you report weigh-in room.
4. Athletes do not need to weight in as a crew, each club is responsible to have all athletes racing in lightweight events weight in during the official weight in period.
5. Any verbal abuse of umpires will result in disciplinary action as outlined in the RCA Rules of Racing.