



2016 Head of the Cuyahoga Regatta Rules Saturday, September 17, 2016

REGISTRATION: Online registration, Credit Card payment, and online waivers will be available through Regatta Central at www.regattacentral.com. Waivers and payment, which are not submitted online, must be submitted at the Check-In Tent before a race packet will be issued. To be complete, entries must include payment, a completed entry form for each event, and a waiver signed by each competitor (parent/guardian must sign for competitor under 18 years old). Checks should be made payable to "Cleveland Rowing Foundation." The **deadline for registration is Sunday, September 11, 2016 at 11:59PM**. There is no late deadline. The HOTC will give refunds for scratches communicated to the registrar prior to 11:59PM on September 11, 2016. No other refunds will be made.

Technical questions regarding use of Regatta Central should be directed to:
support@regattacentral.com (no regatta-related questions please.)

FEES:

Eights: \$90.00

Doubles/Pairs: \$45.00

Fours/Quads: \$70.00

Singles: \$35.00

ELIGIBILITY: This is a USRowing event so while all rowing clubs and scullers are invited to participate, rowing clubs must be organizational members of USRowing and unaffiliated rowers must have an individual membership to USRowing.

ATHLETE ROSTER FROM COACHES: The US Coast Guard requires us to provide a full list of all participating athletes. While Regatta Central will be the primary source of this information, coaches may be asked for additional information or data on late add-ons. All participants including substitutes must include their birthdates on their registration to be valid. Your cooperation is greatly appreciated in this matter.

CHECK-IN: All coaches or other parties responsible for each school or club must check-in to confirm registration and receive race packets. Teams not affiliated with the Cleveland Rowing Foundation (CRF) must check-in on Friday, September 18th from 5:00 to 7:00 PM, or on race day from 5:45 AM to 8:00 AM. All crews from CRF member organizations must register during the Friday check-in hours.

RIVERGATE PARK: The Cleveland Rowing Foundation is located at Rivergate Park. The size of our property allows us to host both athletes and spectators in one location. Spectators will be able to see the finish line from the spectator viewing area as well as see the launch and recovery docks. Athletes will have a designated location for team tents. No camping will be permitted at Rivergate Park. CRF is

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committed to being environmentally responsible, and is actively encouraging rowers to use only reusable plastic bottles for water. Trash bins will be located throughout the property. Please help us keep our area clean and support our efforts to be environmentally friendly. All coxswains and rowers must wear appropriate footwear to and from the docks. There are several gravel areas that crews will be crossing so be prepared! A map with information regarding the layout of Athlete & Spectator Village will be printed in the program and will be available online prior to the regatta.

BOAT AND TRAILER STORAGE: security-patrolled, overnight shell storage will be available at Rivergate Park. Trailers must arrive between 3:30-9:00 PM on Friday, September 16, 2016 or between 5:45-7:00 AM on Saturday September 17, 2015. Trailers arriving after 7:15 AM on Saturday, September 19th may not be able to park at Rivergate Park in order to ensure the safety of rowers and spectators. Although there will be room in the trailer parking lot for boat and equipment trailers, tow trucks will need to be parked at an alternative location. Scullers car topping their shells will be able to park at Rivergate Park in designated areas on a first come first serve basis. Once the sculler parking area is full scullers will still be permitted to unload their shell at Rivergate but will then need to move their car to another parking area. ***All teams will be assigned a specific area for their trailers and boats in order to accommodate all crews.***

PARKING & DIRECTIONS: Parking for trailers and handicap parking will be located at Rivergate Park. There will also be parking at Rivergate Park for scullers who are car topping their shells. Scullers should enter through the main entrance (British Steet Entrance). Due to limited space athletes and spectators will NOT be able to park at Rivergate Park. There will be designated lots or street parking available surrounding Rivergate Park. The Directions and Parking tab on RegattaCentral gives more detailed information on parking & directions.

ADDRESS: The Head of the Cuyahoga will be hosted by the Cleveland Rowing Foundation and will take place on the Cuyahoga River in Cleveland, Ohio. The boathouse address may not be found in your GPS, so please use the address provided below which will direct you near the Cleveland Rowing Foundation Boathouse gate. The Directions and Parking tab on Regatta Central gives more detailed information on parking & directions.

GPS LOCATION – 1659 Fall Street, Cleveland, OH 44113

CLEVELAND ROWING FOUNDATION BOATHOUSE ADDRESS – 1003 British Street, Cleveland, OH 44113

COACHES, COXSWAINS, & SCULLERS MEETING: A meeting for coaches, coxswains, and scullers is required by our US Coast Guard permit, and will be held at Rivergate Park at 6:15 a.m. on Saturday, September 17, 2015. Please be sure you are familiar with the launching and racing pattern.

BOW AND BIB NUMBERS: Bow and bib numbers will be distributed in the race packet at check-in. Bow numbers must be returned at the conclusion of racing to the Dock Master. All shells must

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have bow clips to race. **Bib numbers must be worn visibly on the back of each single sculler or bow rower. Bib numbers must also be worn on the back of all coxwains of stern coxed boats.**

SAFETY: In accordance with USRowing standards all entries must comply with the following safety regulations:

- A) All shells must be equipped with a supple or plastic ball, of white or fluorescent color, firmly attached and mounted on its bow. The bowball shall be at least 4 cm in diameter.
- B) Each set of shoes within the shell must be equipped with quick release footwear.
- C) A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:
 - i. The opening through which the coxswain enters and exits shall be at least 2.30 feet long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet, the opening shall be as wide as the inner hull of the boat itself.
 - ii. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

WEIGH-IN: Weigh-in will be by challenge only. There will not be a weigh-in, Head Coaches will be responsible for their athletes complying with the weight limit.

Challenges must be within 30 minutes of race conclusion by notifying a race official. Should a challenge be made, both boats (boat posting the challenge and challenged boat) may be subject to the weigh-in rule at the Race Marshall's discretion. The Marshall's decision is final. Should a weigh in be required, the following apply:

- Crew members must weigh in wearing their uniform, identical in color/style to others on the crew.
- Members of each crew must weigh in together and be accompanied by their coach /club official.
- Crew members are to step on the scales in the order in which they row in the boat, bow to stern.
- Coxswains do not need to weigh-in.
- Clerk of the scales will communicate only with the coach or club official.

Lightweight: In accordance with US Rowing Rules of Rowing 4-104.3:

(A). Men:

1. A men's lightweight crew, including a single scull (1x), shall have no rower who weighs more than 160 lbs.
2. A men's Junior and Scholastic rowers shall have no rower that weighs more than 150 lbs.
3. The coxswain shall not be counted for puposes of this rule.

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(B). Women:

1. A women's lightweight crew, including a single scull (1x), shall have no rower who weighs more than 130 lbs.

CLASSES: All competitors must be eligible for the event division in which they are competing. Any crew containing an ineligible competitor will be violating the rules and will be disqualified from the Regatta.

Junior: A junior is a competitor who in the current calendar year does not attain the age of 19, or who is currently, and has been continuously, enrolled in secondary school as a full time student seeking a diploma.

Novice (scull): Any oarsperson who has not competed in any sculling event prior to Sept. 1, 2016.

Novice (sweep): Any oarsperson who is eligible to row as a freshman/novice at their own institution or has not rowed in a race prior to Sept. 1, 2016.

Open: Any rower, regardless of age, may compete in open events. (As of 2015: Juniors may enter Open Events; the LOC will seed colleges, adult and high schools appropriately in the event.)

Junior Varsity/2nd 8+: The JV classification is not open to any rower competing in a Varsity or Youth 8+ event unless all members are from the same high school and are enrolled as juniors or below in that high school. If a JV/2nd boat is a club/youth boat or includes seniors, those teams must also be entering a Varsity or Youth 8 boat. It is understood that the Varsity or Youth boat be entered as the faster of the two 8+'s.

Master: A competitor who has attained or will attain the age of 21 during the current calendar year. Categories will be as follows: (AA) 21 to 26 years, (A) 27 to 35 years, (B) 36 to 42 years, (C) 43 to 49 years, (D) 50 to 54 years, (E) 55 to 59 years, (F) 60 to 64 years, (G) 65 to 69 years, (H) 70 to 74 years, (I) 75 to 79 years, (J) 80 and over. The category of a Masters Crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number.

Recreational: The Recreational category is for **Masters Rowers** who practice on average **two days per week** and have not medaled in any USRA national or elite events. This category includes such crews as those rowing as a corporate crew, in a summer rowing league, as novices (in first year of rowing), or other occasional rowers. What distinguishes a recreational rower is the limited frequency with which he or she rows. A crew may **NOT** enter a Masters event and also a Recreational event. Recreational Rowers can be or will attain the age of 21 and over during the current calendar year.

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Composite Boats: Composite crews include competitors from more than one club and/or unaffiliated competitors and must register as a composite crew. Such crews will be ineligible to receive points used to determine the team points award. Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions.

Mixed Boats: Must contain an equal number of men and women excluding the coxswain. The coxswain may be of either sex. **(Male rowers shall not compete in events for women)**

HANDICAPPING: Masters races will be handicapped. Competitors/crews entered in masters races who do not have their ages listed on their entry forms will **NOT** have their handicaps calculated (actual elapsed time will be used). Handicaps will be applied for all masters boats using the standard US Rowing handicaps for a 1,000 meter course and will be multiplied by 2.75 to factor for the length of the course. Age handicaps published in the USRowing 2015 edition of the Rules of Rowing will be applied in races that combine age categories.

EVENTS: Please see the Events List and Schedule, attached. Although every effort will be made to keep to the published events schedule, the race times are subject to change. Two (2) entries are required to run an event.

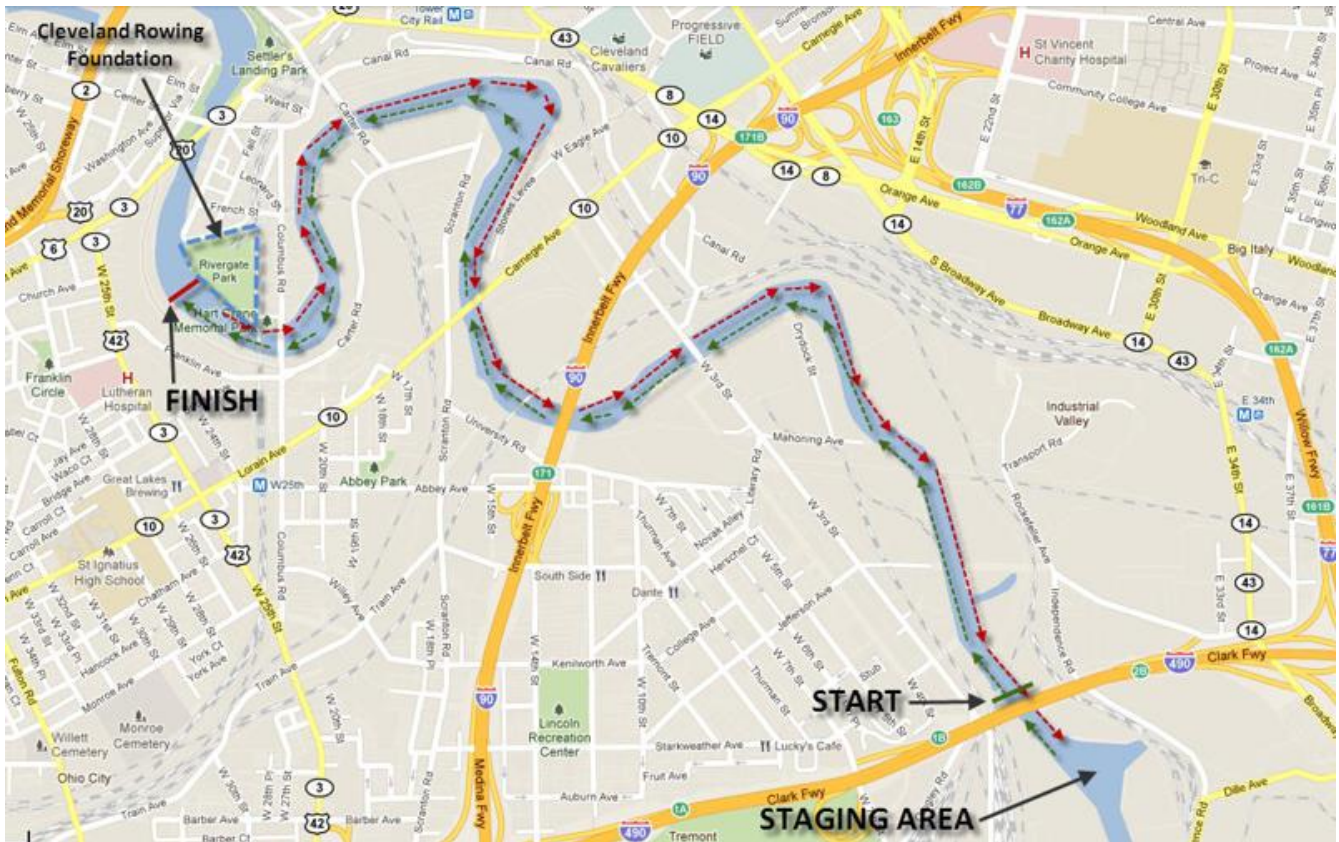
EVENT TIMES: Entries **MUST** row only at the time the event they are entered in is scheduled and raced. No boats will be permitted to race at any other time in the schedule (e.g., a men's junior 4+ will not be permitted to race when the women's masters 2x's are racing or at any other time except when men's junior 4+'s are racing). Unless determined by the chief referee.

HOT-SEATING: Races will not be delayed to permit hotseating. All crews are on notice of the scheduled launch and start times, and enter at their own risk. The Dock Master retains the final authority regarding the launch and retrieval order of shells. Crews missing their official start time due to hotseating **may** be allowed to race for time only at the discretion of the Regatta Director and chief referee.

INCLEMENT WEATHER POLICY: The Head Referee and the Regatta Director will work together to monitor the weather during the event. If schedule changes or event cancellations are necessary due to weather concerns this will be communicated through announcements over the sound system and by posting an announcement on the results board. Teams are responsible for staying updated on announced schedule changes.

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COURSE/COURSE MAP: All competitors are responsible for being familiar with the course. Crews will launch from the CRF docks and row to the marshalling area at the Mital Turning Basin. They will turn at the Basin & race back towards the boathouse. The start line is just below the I-490 Bridge. The finish line will be located on the Rivergate Property so that spectators will be able to view the finish. The course is approximately 5,000 meters, involves several challenging turns & goes under 7 bridges. Please note that boats must row on the **LEFT** side of the river (from the coxswain's viewpoint) at all times.



LAUNCHING & RECOVERY: There will be separate docks for launching & recovery to make the process more efficient. When facing the river from land the launch docks will be on the LEFT & the recovery docks will be located to the RIGHT. The CRF Boathouse dock is different than most traditional docks due to the bulkheads lining the river. At the recovery and launch docks, the boats will be walked from the dock onto a sloping ramp up to the bulkhead.

START: Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/scullers. Boats must be ready to leave the dock at the specified launch time. Announcements will be made indicating when to launch. Due to the large number of crews anticipated, quick launching is essential. Boats must arrive at the marshaling area 5 minutes before the start time of their event. Starting marshals located above the start line will assist as crews order themselves by bow number prior to the start of each event.

CONDUCT DURING TRANSIT, RACING AND PENALTIES:

(A). Boats will row to the start line upriver along the river's east bank (to the coxswain's left, sculler's right), and race back to the west of the centerline of the river.

(B). Boats passing other racing boats shall pass on the inside of a turn or curve in the river (on those limited areas of straight-away on the course, the passing boat may take its choice of sides); the overtaken boat will yield to the outside of a turn or curve, or to the side not chosen by the overtaking boat on the straightaway.

(C). Boats rowing to the start will at all times stay between the coxswains left of the course buoys and the east bank. Passing another boat while rowing to the start line is permitted on straight-aways where the river is wide enough to pass. Passing another boat should only be done if necessary. Crews passing in an unsafe manner may result in exclusion.

(D). Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing. All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty. Boats in transit to the start may also be charged a penalty for crossing the buoys.

(E). Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a time penalty or be excluded, at the discretion of the officials. A 30 second penalty will be given for slight interference and a 60 second penalty for unsportsmanlike conduct, flagrant behavior, or unsafe passing.

(F). After crossing the finish line, shells must continue to row toward the Detroit-Superior Bridge. Unless otherwise instructed by course officials, boats will turn before the bridge and row single file towards the recovery dock along the east bank of the river (on the coxswain's left, sculler's right).

SAFETY ZONES: Due to the complexity of the course and in the event of an Emergency, the US Coast Guard has asked us to identify "Safe Zones." Crews will be directed to the "Safe Zones" by safety launches.

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GENERAL RULES. US Rowing Association Rules of Racing apply to all situations not covered above. AS A REMINDER, the US Coast Guard Permit allowing the river closure is only in effect from 8AM until 4PM sharp on Saturday, September 19, 2015. CRF and the HOTC Directors will strongly enforce the 4PM rule. ***NO RACING will be done after 4PM for the safety of all crews.*** This will be reiterated at the Coaches, Coxswains and Scullers Meeting.

RESULTS: Results will be posted as they occur. Results will be unofficial until such time as the referee reports have been received and penalties assessed. Official results will be available on Regatta Central.

PROTESTS: Protests regarding the outcome of a race must be made to Race Central within 30 minutes of the time the provisional results of the race in question are posted. Protests made outside of that time period will not be allowed. A fee of \$75.00 at the time the protest is submitted must accompany protests to Race Central. The fee will be refunded if a decision in favor of the protest is made.

MEDALS, AWARDS & TEAM POINTS AWARD:

- **MEDALS:** Medals (gold, silver, and bronze) will be awarded to winning crews when race results are confirmed and official.
- **TEAM POINTS AWARD:** Points will be awarded in each 8+ and 4+ event to the school or club with whom the winning boat is affiliated (NOTE: if a team has more than one entry in any event, only the highest finishing entry is eligible to win team points.) Points will be awarded as follows: 1st place - 6 points; 2nd place - 4 points; 3rd place - 2 points; 4th place - 1 point. The school or club winning the most points overall will be awarded the ***HOTC Team Points Award***.
- **AWARDS:**
 - ***The Marcovy Cup*** - Introduced in 1990, the Marcovy Cup is presented to the first place winner of the Open Women's 4+. This cup is named after Tim Marcovy, first President of the Western Reserve Rowing Association
 - ***The Ivanhoe Boat Club Award*** - Introduced in 1996, the Ivanhoe Boat Club Award is presented to the men's 4+ (junior, open or masters) with the overall best time in honor of the 150th Anniversary of Racing the Cuyahoga.
 - ***The Chris Ernst "A Hero for Daisy" Award*** - Presented to the women's 8+ (junior, open or masters) with the overall best time in honor of Chris Ernst, a former Yale and Olympic Rower and noted advocate of women's sports.
 - ***Youth Boy's Points Award*** – Points will be awarded in each 8+ and 4+ event to the school or club with whom the winning boat is affiliated (NOTE: if a team has more than one entry in any event, only the highest finishing entry is eligible to win team points.) Points will be awarded as follows: 1st place - 6 points; 2nd place - 4 points; 3rd place - 2 points; 4th place - 1 point.
 - ***Youth Girl's Points Award*** – Points will be awarded in each 8+ and 4+ event to the

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school or club with whom the winning boat is affiliated (NOTE: if a team has more than one entry in any event, only the highest finishing entry is eligible to win team points.) Points will be awarded as follows: 1st place - 6 points; 2nd place - 4 points; 3rd place - 2 points; 4th place - 1 point.

BICYCLE and PEDESTRIAN CONNECTION: A NEW bicycle and pedestrian trail connects the finish area and several parts of the course for viewing. A link to the trail will be posted on RegattaCentral. In addition, bicycle rentals will be available on regatta day to rent.



2016 RACE SCHEDULE (Subject to Change):

1	8:00 AM	Mens Jr 1x
2	8:10 AM	Mens Open Ltwt 8+
3	8:10 AM	Womens Open Novice 8+
4	8:10 AM	Women's Rec 8+
5	8:15 AM	Womens Masters 2x
6	8:25 AM	Womens Jr 4+
6	8:25 AM	Women's Jr 2 nd 4+ (HS JV also OK)
7	8:40 AM	Women's Open 2x
8	8:45 AM	Mens Masters 1x (A-B)
9	8:45 AM	Mens Masters 1x (C)
10	8:50 AM	Mens Masters 1x (D-F+)
11	9:00 AM	Mens Open 1x
12	9:10 AM	Mens Jr Ltwt 8+
13	9:15 AM	Womens Masters 4+
14	9:30 AM	Mens Open Novice 4+
15	9:35 AM	Mixed Rec 8+
16	9:45 AM	Womens Jr Novice 8+
17	9:55 AM	Womens Jr 1x
18	10:00 AM	Mens Masters 2x
19	10:10 AM	Womens Open Novice 4+
20	10:15 AM	Mens Jr 2x
21	10:25 AM	Womens Open 1x
22	10:30 AM	Womens Masters 1x (A-B)
23	10:30 AM	Womens Masters 1x (C)
24	10:30 AM	Womens Masters 1x (D-F+)
25	10:40 AM	Mens Open 8+
26	10:50 AM	Mens Jr Novice 8+
27	11:20 AM	Mens Rec 4+
28	11:25 AM	Mens Masters 8+

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29	11:40 AM	Mens Jr 4+
29	11:40 AM	Mens Jr 2 nd 4+ (JV also OK)
30	11:55 AM	Womens Open 4+
31	12:05 PM	Womens Jr Novice 4+
32	12:15 PM	Mens Open 2x
33	12:20 PM	Womens Jr 2x
34	12:25 PM	Womens Rec 4+
35	1:25 PM	Mixed Open 8+
36	1:35 PM	Mens Open Novice 8+
37	1:40 PM	Mixed Masters 2x
38	1:45 PM	Mens Jr Novice 4+
39	1:55 PM	Mens Open 2-
40	2:00 PM	Womens Open 8+
41	2:05 PM	Mixed Rec 4+
42	2:15 PM	Womens Jr 8+
43	2:25 PM	Mens Jr 8+
44	2:40 PM	Womens Masters 8+
45	2:50 PM	Mens Jr Ltwt 4+
46	2:55 PM	Mens Open 4+
47	3:05 PM	Mens Masters 4+
48	3:10 PM	Womens Open 2-
49	3:15 PM	Womens Jr Ltwt 4+
50	3:20 PM	Mixed Open 8x Octuple w/cox

REGATTA DIRECTOR: Please direct all non-registration regatta-related questions to the Regatta Director, Kirk Lang at clevelandrowing@gmail.com