



**ONTARIO UNIVERSITY ATHLETICS  
SPORTS UNIVERSITAIRES DE L'ONTARIO**

**2016-2017  
OUA ROWING  
Rules and Regulations**

(Updated June 2016)

## 1. ADMINISTRATION

1.1 See General Regulations

1.2 The OUA operating season for rowing:

- a. the formal start of the season shall be nine (9) days prior to Labour Day at which time formal training camps may begin
- b. University coaches are not prohibited from coaching university athletes at a club between May 30<sup>th</sup> and September 1<sup>st</sup>.

## 2. AWARDS

2.1 The **P.C. Fitz-James Trophy** - Presented to the overall Men's team champion.

The **Mrs. W. Lathrop Challenge Trophy** - Presented to the overall Women's team champion.

2.2 OUA Gold, Silver and Bronze Medals shall be awarded to the winning crew members and coxswains in all events in the Championship Regatta.

2.3 OUA Banners shall be awarded to the institution winning the Men's and Women's team championships.

2.4 Event winners at the OUA Championship will be designated as OUA All-Stars.

## 3. ENTRIES

3.1 The Convenor shall receive no later than **nine (9) days** prior to the Championship: **(updated August 2016)**

- i) a listing of events to be entered
- ii) the names of individual crew members in each event, with their appropriate student numbers
- iii) the names of the spares designated for each crew entry and
- iv) all eligibility sheets must be in the hands of the Regatta Chair/Convenor five (5) days prior to the championship.

3.2 For the OUA Championship Regatta, the minimum complement of officials shall be: two certified Canadian Rowing Referees in separate boats, two Starters and two Finish Judges.

3.3 A member institution may field crews in events of its choice. It shall not be necessary to be represented in all events.

3.4 Spare Designation: Institutions are allowed to substitute up to 50% of the designated crew or single, from the spare list provided for that event. A single spare may be listed for singles events.

## 4. RULES

4.1 The rules shall be the regatta rules of Rowing Canada Aviron.

4.2 Changes to the rules for OUA rowing will be directed by the OUA Rowing Rules Committee who will be responsible for establishing guiding principles for OUA rowing rules. These guidelines will be used to determine changes in boat classes, point system, gender balance, etc with the intent of developing a long term vision for OUA rowing. The Committee is to be chaired by the convenor and included three knowledgeable rowing resource people to be selected by coaches association. The Committee will invite suggestions from the coaches and the rowing community, research proposals and make recommendations to the coaches at the annual coaches meeting. Any rule changes approved by the coaches will then be presented to the OUA Sport Committee for approval as per the established process.

4.3 The following events shall be held at the Championship Regatta:

Men's and Women's Lightweight & Heavyweight 8+ coxed  
Men's and Women's Lightweight & Heavyweight 4+ coxed  
Men's and Women's Lightweight & Heavyweight double  
Men's and Women's Lightweight & Heavyweight pair

Men's and Women's Lightweight & Heavyweight single

- 4.3.1 When necessary, preliminary heats will be raced to determine A and B finalists.
- 4.3.2 LIGHTWEIGHT – OUA Men’s and Women’s event weights reflect the weights of the RCA light weight Men’s and Women’s weights.
- 4.3.3 Each coxswain must weigh in and meet the standards as established by Rowing Canada Aviron Rules and Regulations.
- 4.4 The term crew refers to all members, including the coxswains. In order to compete in a race, the crew must have a full complement.
- 4.5 Each competitor shall be permitted to compete in a MAXIMUM of two (2) events at the Championship Regatta.
- 4.6 Universities shall enter one crew only in each event at the Championship Regatta.
- 4.7 The team quota shall be 34 for both Men and Women.
- 4.8 The distance of each race in the Championship Regatta shall be 2,000 metres.
- 4.9 Championship Scoring - for the declaration of Men's and Women's champions, team points will be calculated as follows (updated in 2014):

	1	2	3	4	5	6	7	8	9	10	11	12	Heat
<b>8+</b>	100	60	40	30	25	20	15	10	7	6	5	4	4
<b>4+</b>	80	48	32	24	20	16	12	8	6	5	4	3	3
<b>2-</b>	60	36	24	18	15	12	9	6	5	4	3	2	1
<b>2x</b>	60	36	24	18	15	12	9	6	5	4	3	2	1
<b>1x</b>	40	24	16	12	10	8	6	5	4	3	2	1	1

In the event of a tie, the team with the most first place finishes shall be the winner. If a tie still exists, it will then be determined by second place finishes, then third, then fourth, etc., until a tie is broken.

- 4.10 The order of events shall be as follows:

- |                           |                            |
|---------------------------|----------------------------|
| 1. Women’s Heavyweight 2- | 11. Women's Lightweight 2X |
| 2. Men’s Heavyweight 2-   | 12. Men's Lightweight 2X   |
| 3. Women's Lightweight 1X | 13. Women's Heavyweight 1X |
| 4. Men's Lightweight 1X   | 14. Men's Heavyweight 1X   |
| 5. Women's Heavyweight 2X | 15. Women's Lightweight 4  |
| 6. Men's Heavyweight 2X   | 16. Men's Lightweight 4    |
| 7. Women's Lightweight 8  | 17. Women's Heavyweight 8  |
| 8. Men's Lightweight 8    | 18. Men's Heavyweight 8    |
| 9. Women's Heavyweight 4  | 19. Women’s Lightweight 2- |
| 10. Men's Heavyweight 4   | 20. Men’s Lightweight 2-   |

- 4.11 All races shall be run at fifteen (15) minute intervals from the start of each race unless otherwise determined by the OUA Rowing Regatta Chair.
- 4.12 The official weigh-in will be held starting 2 hours prior to the first lightweight race and shall remain open for 2.5 hours for each racing day. All coxswains and lightweight athletes must weigh-in in their race uniform prior to racing. A calibrated test scale will be made available.

4.13 In the event an entry in a Heat scratches at the last minute creating a row over, the number of boats to qualify for the Final shall be reduced such that one crew shall be eliminated in order to ensure that all crews in heats have to race to qualify for the Final. For example, in a four boat heat with three to qualify, the number to qualify for the Final shall be reduced to two boats if only three boats race the heat.

4.14 In the event of seven entries a seven boat final can be operated, if the Championship venue has seven lanes. Otherwise, one heat of 3 and one heat of 4 will be drawn and the slowest time (boat) from all 7 entries will be eliminated and 6 boats progress to the final.

4.15 In the event that there are eight (8) or more entries, heats will be run. (Added June 2016)

4.15.1 Winners of each heat advance plus the next fastest times to get to a six (6) boat final.

## 5. Coaches Meeting

A coach or coach representative must be present at all Coaches meeting, or available via conference call. A \$50 fine per institution will be applied for not meeting the criteria outlined in the Constitution. See Constitution Article XII 12.4 (Added June 2016)

## APPENDIX

### OUA REGATTA OPERATION GUIDELINES

1. Entries for the championship must be received by the Regatta Chair/Convenor no later than **NINE (9) days** prior to the championship. Entries must be typed and are only acceptable if delivered by e-mail. The entry form to be used will be a single entry sheet for each competition event. This entry sheet shall list crew members by name. Entry form must be accompanied by a complete team roster with all athletes' names and student number. Spares, up to a maximum of 50% of the crew or single prior to registration, shall be listed by name on the team roster. A sample entry form will be provided in the regatta package. Each entry sheet is to be signed by the Head Coach and the Director of Athletics or designate.
2. The Regatta will take place on a Friday and Saturday determined at least one year prior, with heats on Friday and finals on Saturday. All participants must be prepared for schedule changes to accommodate all racing on either Friday or Saturday due to weather conditions. The back-up date for extreme weather delays is the Sunday immediately following the planned race date.
3. Prior to the championships, only 50% of the members of an entered crew may be replaced by individuals listed as spares on the entry form.
  - a) Any changes to the rosters occurring 24 hours prior to racing, can only be done for medical reasons or on compassionate grounds. All requests are to be submitted for approval by the OUA Sport Operations Coordinator. (added June 2016)
4. ALL COMPETING ATHLETES must have in their possession at the championship, a piece of identification which bears their picture (acceptable I.D. includes current student cards, driver's license, passport) **as well as have all names of crew members publically published at least 24 hours prior to racing.** (modified June 2016)
5. OUA Championship entries use the FISA rules for substitutions, which ensures all spares be listed on an Alpha list (Team roster) enabling coaches to draw from this list for all boats. The 50% substitution will remain in place.
6. At the Championship Final:
  - a) Seeding for lanes for each event of the Men's and Women's Championship Regattas shall be based upon the institutions results in that event at Brock Invitational. The Head of Trent will be used as the secondary seeding event if required. Following this regatta teams will be assigned a ranking for each event of the regatta program which shall correspond to their final placing in that event on that day. All institutions not participating in an event at the Brock Invitational Regatta or who fail to make the final of an event at that regatta shall have their seeding assignments determined by random draw. Should the Brock Invitational be cancelled due to weather then all crews will have their lane assignments for the OUA Championships determined by random draw.
  - b) Lane assignments for the Men and Women shall be made according to the following formula.
  - c) In alternating years, the men's and women's events will alternate enabling the future last event of the day for the women one year and the men the next. The rule will be effective with men having the last event in the 2009 and women in 2010.
  - d) NOTE: If the Championship venue has seven lanes than a seven boat final can be operated.

For events not requiring heats the Regatta Chairman shall for each event make a draw to determine the format of the draw. These formats are predetermined and shall follow format A or B. A and B formats are as follows:

#### FORMAT A

Lane:	1	2	3	4	5	6
Rank:	6	3	2	1	4	5

FORMAT B

Lane:	1	2	3	4	5	6
Rank:	5	4	1	2	3	6

For events requiring heats the following format base shall be used to determine lanes for the initial heats. Following the completion of the heats the Regatta Chairman shall draw to determine which of the final formats, either A-1 or B-1 shall be used to assign lanes to those competitors who have qualified for the final.

FORMAT HEAT – 1

Lane:	1	2	3	4	5	6
Rank:	11	8	4	1	5	9

FORMAT HEAT – 2

Lane:	1	2	3	4	5	6
Rank:	12	7	3	2	6	10

FORMAT A-1

Lane:	1	2	3	4	5	6
Rank:	3 <sup>rd</sup> in 1 <sup>st</sup>	2 <sup>nd</sup> in 2 <sup>nd</sup>	1 <sup>st</sup> in 1 <sup>st</sup>	1 <sup>st</sup> in 2 <sup>nd</sup>	2 <sup>nd</sup> in 1 <sup>st</sup>	3 <sup>rd</sup> in 2 <sup>nd</sup>

FORMAT B-1

Lane:	1	2	3	4	5	6
Rank:	3 <sup>rd</sup> in 2 <sup>nd</sup>	2 <sup>nd</sup> in 1 <sup>st</sup>	1 <sup>st</sup> in 2 <sup>nd</sup>	1 <sup>st</sup> in 1 <sup>st</sup>	2 <sup>nd</sup> in 2 <sup>nd</sup>	3 <sup>rd</sup> in 1 <sup>st</sup>

7. Selection process for OUA Men's and Women's Rowing Coach of the Year.

The Coach of the Year selections shall be made at the end of the regatta, after the final race.

8. At the Championship Regatta, the test scales will be available from 5:00 to 6:00 p.m. on the day prior to the championship.
9. Weigh-ins for lightweight crews and coxswains will occur at the Brock Invitational. All crew members must meet the standards as set out in the Rowing Regulations. A test scale will be available at 6:00 a.m. on the day of the event.
10. It is the responsibility of the host, to provide a mandatory Championship recap by 8:00am the following day of the Championship to the OUA Office. (Added June 2016)
11. It is mandatory for the host to have a photographer at every playoff and championship game (unless OUA specifies that a photographer will be provided) and must provide photos to the league office no later than 10-days following the event. (Updated June 2016)
12. It is the responsibility of the host to submit a Championship report due to the OUA 15 days after the completion of the event: (Added June 2016)
- i. Any unused medals and awards, and all sponsorship banners;
  - ii. Convenor's Report including detailed financial statement of incomes and expenditures.

## REGATTA CODE OF CONDUCT

### Definition

- a) The Code of Conduct shall apply to all regattas hosted by members of OUA.
- b) The term "Regatta Site" will include the following: boat loading areas, docks, boathouses, parking lots, shoreline of the course and any other area so deemed by the regatta host.
- c) The term "rower" will refer to any individual or group of individuals belonging to an OUA affiliated club, including coaches.

### Code

- a) No alcoholic beverages and/or other illegal substances shall be permitted on or at the Regatta site - this includes consumption of and/or possession.
- b) No athlete shall be intoxicated at the Regatta site.

Anyone found guilty of one or more of the above offenses must answer to the Disciplinary Committee and may face the penalties as outlined.

### Discipline Committee

A Discipline Committee at each Regatta shall be composed of all Head Coaches or their designate who are in attendance. Any questions regarding violation of the code shall be considered by the committee and suitable penalties determined. Each member shall have a vote with the majority deciding the committee's deliberation.

### Penalties

Any team or individual rower found guilty of offenses under the code shall be subject to the following penalties as determined by the Discipline Committee.

- a) Disqualification of any rower.
- b) The disqualification of any crew from racing or previously raced crew on the date(s) of the Regatta in question.
- c) The suspension of the rower's team from the Regattas for a minimum of one year and a maximum of no more than three years.

(NOTE: the punishment should reflect the seriousness of the offense, suspension of being implemented in the most serious of offenses).

It is the responsibility of each institution through their head coach to provide each athlete with a copy of the code of conduct. Institutions should impress on their coaches that they support the code which will be applied to those not abiding by it