

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

53rd REGATTA

Saturday and Sunday, April 15 – 16, 2023



Website: www.siraregatta.com

Welcome back!

Please familiarize yourself with this entire document to ensure that your entries are accurate and accepted without the need for further information. Entries are not complete without all of the following:

1. On-time entry at Regatta Central www.regattacentral.com (Deadline 9 April)
2. Payment of fees (Deadline 9 April)
3. Entries conforming to regulations outlined within this document
4. Submission of athlete eligibility form. This is required of all programs, including Athletic Department programs regardless of their NCAA or NAIA certification process
5. Competitors' waivers (USRowing waivers via the Regatta Central portal)
6. Institutional membership in USRowing, required at Oak Ridge for insurance reasons.

Further, there will be a Power Point presentation posted on siraregatta.com and the Regatta Central SIRA page. This will serve as a virtual coaches and coxswains meeting, and is required viewing for all coxswains, coaches, and the bow person of each coxless boat.

Thank you, and I look forward to receiving your entries and seeing you in Oak Ridge.

Bob Jaugstetter, Registrar/Secretary, SIRA

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GENERAL REGATTA INFORMATION

SIRA REGATTA 2023

www.siraregatta.com

The 53rd **Southern Intercollegiate Rowing Association (SIRA) Championship Regatta** will be held in Oak Ridge, Tennessee on **Saturday (approx. 7am-6pm) and Sunday (approx. 7am start and conclude as close to 1pm as possible) April 15-16, 2023**. The Oak Ridge Rowing Association is the local organizing committee.

The racing format: SIRA's preliminary rounds and most semifinals and lower finals will be raced on Saturday with finals and some semifinals on Sunday, ending as early in the afternoon as the entry levels allow. Included this year are time trials, semifinals, C and lower finals, Petite (B) Finals, and Grand (A) Finals.

Please note the following important points:

The tradition of awarding your shirt to the winner of your event is a requirement at the SIRA regatta. The only exception is an Athletic Department program prohibited to award or receive shirts by its athletic department compliance officer. Coaches and captains are expected to ensure that their teams honor this tradition. Crews who do not honor this can be disciplined, especially crews who accept shirts after victories but do not award shirts after losses.

The regatta will have a Fairness Commission to assess conditions and determine whether a lane shift, postponements, cancellations or any other alteration to the schedule or race procedures to ensure safety and fairness is warranted, likely to consist of the Chief Referee, a member of the SIRA Board of Directors involved with regatta management, and a third member who is neither a Board of Directors member nor a referee.

PROGRAM ELIGIBILITY / ENTRY RULES

The SIRA Regatta is a championship event run for the 20 current SIRA member organizations and invited guests. Current members of SIRA are:

Clemson (Club only)	Duke (Club only)	Embry-Riddle AU
Florida Tech	Florida	Georgia
Georgia Tech	Jacksonville	Marietta
Murray State	North Carolina (Club only)	Northwestern State (LA)
Purdue	Rollins	Tennessee-Chattanooga
Texas (Club only)	Tulane	Vanderbilt
Virginia (Club only)	Washington-StL	

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All other programs are invited guests. There are two categories of guests, and there are different entry regulations for each. One category is “southern” programs, defined by SIRA as a rowing program recognized by a college or university with its primary campus in Florida, Georgia, Alabama, Mississippi, Louisiana, Texas, Arkansas, Tennessee, South Carolina, North Carolina, or Virginia.

Programs from outside this regional footprint are defined as “non-southern” for SIRA purposes.

REGULATIONS FOR ENTRIES (No entry rules are appealable)

ALL programs, regardless of category are required to comply with the following.

1. Only one entry per event is allowed, except in the circumstances outlined below. Note that in the case of women’s events being split into “Club” and “Open” categories, they are still listed as one event (e.g. 13a and 13b). A club program may enter only one or the other, not both. Programs are allowed to enter some boats in a Club and others in an Open event.
2. Doubling of rowers is not permitted; a competitor may row in only one event. A coxswain that also rows is limited to a total of one event as a coxswain and one as a rower. Coxswains that do not also row may cox two events. In no case will the doubling of a coxswain be allowed to cause a change or delay in the schedule.
3. Athletic Department women’s programs must enter the Open category.
4. Programs must enter a varsity eight in order to enter the junior varsity event, and a first novice crew in order to enter a second novice crew.
5. Multiple entries are allowed in the JV 8 and 2nd Novice 8 events. “B” entries are allowed in Varsity 4 events IF AND ONLY IF the program has entered a Varsity 8 and JV 8 (exception: varsity D2 programs with only a V8, V4, and spare 4 on the roster). “B” entries are allowed in Novice 4 events IF AND ONLY IF the program has entered a Novice 8 and Second Novice 8. All entered crews may medal; only one crew per program can score points.

MEMBER PROGRAMS AND NON-MEMBERS DEFINED AS “SOUTHERN”

Subject to the parameters above which apply to all programs, members and “southern” programs may enter appropriate events without further restrictions.

NON-MEMBER, NON-SOUTHERN PROGRAMS

No entries will be accepted from non-southern, non-member programs unless the program enters a varsity eight of the same classification: that is, to enter ANY Men’s event the program must enter and race the Men’s Varsity 8, and to enter ANY Women’s event the program must enter and race the

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Women's Varsity 8. If a varsity eight scratches or no-shows, no other crews from that institution will be allowed to compete in any event in the same classification. The only exception is for the lightweight fours events, which may be entered without the corresponding lightweight eight. A varsity eight is still required, either Open or Lightweight.

"SMALL BOAT" EVENTS

The single, double and pair events are not SIRA championship events. They are listed not by number, but as events A through F, and will receive a separate medal and score no points. These will be the first events to be sacrificed, if necessary, because of weather or other factors affecting the race schedule. These events are still subject to all entry regulations above.

ENTRIES AND FEES

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 www.regattacentral.com and make your payment there by credit card. Payment must be made to Regatta Central by the entry deadline. Late payments will be assessed a \$100 penalty.

Electronic waivers are available on the USRowing site (www.usrowing.org). The Athlete Eligibility Form (available at www.siraregatta.com) should be emailed to Gregory Caleca <gregorycaleca@outlook.com>.

Business ID number for SIRA, Inc.: 352225442

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 bojjaugst@gmail.com AND info@siraregatta.com. Scratches after the deadline and before 10:00am Eastern time on Friday April 14 will be assessed a scratch fee of \$50 per scratch and no refund of entry fee. Any scratches after Friday at 10:00am, or any no-shows, will be assessed a \$250 scratch penalty. Any team assessed a scratch fee will not be permitted to participate in the regatta until the fee is paid.

Late entries **may** 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 SIRA Board of Directors. This applies to ALL entries, and does not fall under the member cap limitations.

Regatta time trials, semifinals, and finals will be conducted in accordance with SIRA Progression Formula guidelines, available at the website siraregatta.com.

A minimum of three entries is required to run an event. SIRA will attempt to place crews from cancelled events in another appropriate event if possible.

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The regatta will operate under the US Rowing Rules of Racing except as altered by SIRA rules and regulations. NOTE: Crews are assigned to lanes after the time trials with the faster finishers assigned to middle lanes. Lanes may be reassigned if conditions appear to affect the fairness of the course, placing higher finishing time trial crews or semifinal winners in preferred lanes depending on which round of racing is underway.

The SIRA Executive Committee will have final discretion regarding entries and rule interpretations.

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

ATHLETE ELIGIBILITY / ENTRY RULES

Eligibility of rowers and coxswains to participate in the SIRA 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 at the institution they represent. To be considered a full time undergraduate student, each must currently be taking courses totaling at least 12 credit hours on the semester basis or its full time equivalent, and must be making normal progress toward his/her first degree. Exceptions to the 12 credit hour rule must be certified by the Academic Office of the involved institution. A student athlete who has received a Baccalaureate or equivalent degree, and who is enrolled in his or her first year of graduate or professional school, or who is enrolled and seeking a second Baccalaureate or equivalent degree, may participate in SIRA provided the student athlete has athletic eligibility remaining, and such participation occurs within the time period set forth in number 2 below.

2. A SIRA competitor has four years of eligibility, which must be completed during the first 10 semesters or 15 quarters in which after the student is enrolled in a collegiate institution in at least a minimum fulltime 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.

Due to COVID: Any athlete (club, varsity or NCAA) who was eligible to compete for their institution during the 2020-2021 season is allowed one extra year of eligibility. This exception will expire in the spring of 2025.

3. Freshman/Novice Classification: To row as a freshman, a competitor must be in his/her first year of attendance at the collegiate level and must be considered an academic

freshman by his/her institution. To row as a novice, a competitor must not have participated in the sport of rowing prior to the current academic year. A novice need not be a freshman.

COVID has not changed the novice rule. If an athlete rowed or coxed any race against outside competition during the 2019-2020 or 2020-2021 season (even if the season was canceled or suspended after just one race) he/she is no longer considered a novice.

A coxswain with previous rowing experience may compete as a novice coxswain. A rower with previous coxing experience may compete as a novice rower.

4. A transfer student who has participated in a collegiate rowing program in the academic year current to or preceding his/her attendance at the new institution may row in a Varsity Eight event (heavy, light, men or women) in his/her first year at the institution under the one-time transfer rule, and the following conditions are met:

- a) The student has not transferred previously from one four-year institution to another;
- b) The student must leave their current institution academically eligible.
- c) The student must have certified in writing that the new head coach and the student-athlete did not have direct or indirect communication with the new school's athletic staff prior to entering the NCAA Transfer Portal.

5. A student athlete who is enrolled in a graduate or professional school may participate in intercollegiate athletics, provided he/she has eligibility remaining and is within five calendar years of initial fulltime collegiate enrollment for Division I and within the first ten fulltime semesters of collegiate enrollment for Divisions II and III. A student athlete who has eligibility remaining and is within the specified five year or ten semester period also may participate while enrolled in a graduate or professional school at a Division I or II college or university **other than the institution at which he/she completed an undergraduate degree**, provided he/she meets the criteria of the onetime transfer exception to the general transfer residence requirement. That exception is as follows:

Due to COVID: Any athlete (club, varsity or NCAA) who was eligible to compete for their institution during the 2020-2021 season is allowed one extra year of eligibility. This applies to athletes enrolled in graduate or professional school and have eligibility remaining due to COVID. This exception will expire in the spring of 2025.

-- The student athlete must be seeking to participate in a sport other than Division I football, basketball and men's ice hockey, except that a student athlete who seeks to participate in Division IAA football may use this exception only if transferring from a Division IA program.

-- The student athlete may not have transferred previously from another four year institution unless he/she transferred previously and received an exception to the transfer residence requirement because his/her institution either discontinued the sport or did not sponsor the sport in which the student athlete is a participant.

-- The student must have been in good academic standing and eligible to compete had he/she decided to remain at the previous institution. The student athlete's previous institution must certify in writing that it has no objection to the student athlete being granted an exception to the transfer residence requirement.

NOTE: This exception does not apply to a student athlete who attends a Division III institution for graduate school, unless the student athlete is attending the same institution at which he/she was an undergraduate.

NOTE: If the student athlete transfers to the certifying institution from a Division III member institution and meets the above mentioned conditions, he or she may be eligible to compete but may not receive athletically related financial aid during that year.

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

PRE-RACE INFORMATION

SAFETY AND TRAFFIC PATTERN

NO coaching launches are allowed on the lake on Thursday April 13 or Friday April 14.

All shells will be inspected for safety according to the USRowing Rules of Rowing, including approved foot release systems and coxswain openings in bow coxed shells. Traffic patterns will be posted at the ORRA boathouse. All coaches, coxswains, captains, etc must read and be familiar with these rules **prior to launching for PRACTICE OR RACING.**

After SIRA officially assumes control of the lake on Thursday at 8am, no crews will be allowed to launch without the appropriate wristband for the cox or bow person. These will be available upon registration, once the designated coach has signed a document stating that each of his/her crews understand the traffic pattern for both practice and race day, and that severe penalties, up to disqualification of the entire program, may be assessed for violating the pattern. CLUB PROGRAMS: Note that a coach is required to sign this document, not a student officer. This is a safety issue which club sport departments will need to make an exception for despite officers' responsibilities taking precedence in other matters. Programs with no coach: contact the SIRA Board at info@siraregatta.com.

NOTE: Late arriving crews must check in before racing.

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During racing, teams are to report to the start line in order of lane assignment.

The LOC will distribute bow numbers at the launching docks, but programs should make certain to bring their own lane numbers just in case they are needed.

Crews must be off the water one hour before the scheduled start of the first race. No practice rows are allowed during racing. No crews may launch after Saturday's racing until the last race has been completed.

PARKING

Trailer parking in the center of the area closest to the launch docks is restricted to SIRA members. **Information on parking and vehicle use on the main road is available on the ORRA site at www.orra.org. All crews should read the parking information thereon, especially since there have been changes implemented since previous regattas. Please pay particular attention to the information on buses.**

REGATTA MEETING

Each program must have at least one representative at the regatta meeting on Friday, April 14 at 6pm. This is not a "coaches and coxswains" meeting, which will be held online and available for review. The meeting will be at the point of land at the marina exit to the lake. 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, and boat-handling advice. Crews are expected to know the rules and how to handle their equipment to attend a championship regatta. All coxswains, coaches and coxless crews are required to consult the Power Point virtual meeting referenced above posted at siraregatta.com and on the Regatta Central SIRA page.

Programs without a representative at the meeting will be fined \$50 and proceed at their own risk if they do not have late-breaking important information.

WEIGH-INS

Health and safety concerns have compelled the SIRA Board of Directors to adjust the weigh in procedures for the regatta.

Any coxswain who is reasonably suspected of forcing liquids or concealing weights beyond his/her racing attire will be required to meet with regatta officials along with his/her coach. Both activities are cheating; forcing liquids is also unsafe.

Any competitor observed running or otherwise exercising in clothing clearly intended to induce excessive sweating, either prior to or after his/her official weigh-in, will be required to meet with regatta officials along with his/her coach.

COXSWAIN WEIGH-IN PROCEDURES

Coxswain minimum weights in racing attire: 125 for men's crews; 110 for women's.

Coxswains will be allowed ONE weigh-in only (there will be no "practice" weigh-ins), and must remain in the area if adjustments are necessary.

Coxswains will be responsible for their own carried extra weight. There will be a small supply of plastic bags and sand available at weigh-in, but each cox, especially if he/she is well below the limit, should bring weights to the scales to be as close as possible to the correct weight.

Those who do not make weight will be allowed to adjust what they are carrying, but NOT while in line. The adjustment can be made at a station nearby and then the cox will return to the end of the line. The coxswain must remain in the weigh-in area while these adjustments are made or risk exclusion of his/her crew from the regatta.

Coxswains may weigh in Friday afternoon from 4:00 to 7:00 or Saturday morning from 6:00 to 11:00.

LIGHTWEIGHT WEIGH IN PROCEDURES

Weight limitations for rowers are: women 135 pounds max, no average; men 160 pounds max, no average.

Lightweights will be allowed one official weigh-in only, between 2pm and 6pm Friday afternoon or 7am to 10 am Saturday morning. This is his/her initial official weight. All members of lightweight crews must weigh in at the same time, including coxswains.

Lightweights will need to be within ONE pound of the required weight or be excluded from competition, and if within one pound will have one hour from the first attempt to make the required weight. All crew members of the individual(s) requiring the extra hour to make weight must remain in the scales area until the entire crew has made, or failed to make, weight.

The official lightweight scale will be operational Friday afternoon between 4:00 and 7:00. Lightweight competitors may do a brief "weight check" during that period to compare the official scale to scales they may have brought with them.

CONCESSIONS

Food concessions will be available during the regatta. Any persons, teams, organizations, or businesses wishing to set up a concession for the sale of apparel or any other items must have the prior approval of the Regatta Director and SIRA President and must pay a vendor fee in advance of any sales.

RACING INFORMATION

SIRA PROGRESSION FORMULA

A complete progression formula is posted on the SIRA website.

MEDALS

First, second, and third place medals will be awarded in all SIRA events with four or more entries, first and second for an event with only three entries. At this time the women's events that are run as combined races will continue to award both club and open medals and trophies. Any varsity program must enter the open event. Club programs may enter the club or open event, but not both.

POINT TROPHIES

The point system for 2023 is posted on the regatta site www.siraregatta.com

CONTACTS

SIRA Regatta

Entries/rules:
bojjaugst@gmail.com

Eligibility (send to all three)
psweeney@kstatesports.com
spistor@rollins.edu
puhapalace703@gmail.com

Payments/financial questions
info@siraregatta.com

Oak Ridge Area

<http://www.orra.org>