

Rules and Regulations

2009 Texas Rowing Championships

April 25–26, 2009 • Austin, TX



1. Registration

Online registration, at RegattaCentral.com, closes at midnight, April 17, 2009. After registration closes, no scratches or substitutions may be made online; any changes made online have no effect. **Any online 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://austinrowing.org/request.php?308>>, 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.

Competitors should avoid being 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 one. Under no circumstances are races delayed to wait for tardy boats.

2. 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.

3. 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.

4. 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.

5. 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, 2009) is a team.

No competitor may represent two different organizations in the Regatta. Any crew composed of competitors from different organizations will be categorized as a composite crew..

6. 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.

7. Scratches

No entry fees will be refunded for scratches made after the entry deadline. Please inform the registrar <info@austinrowing.org> of scratches before race day, and the dockmaster of any race-day scratches.

8. 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, USRowing Membership ID number, year of birth (for Masters events), and proof of a signed liability waiver.

No substitution may be made in an entry that has already raced in the first 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.

9. 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.

10. Masters

Masters' age categories are defined in USRowing's [Rules of Rowing](#). 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. Masters events may be split into separate age categories after the entry deadline.

11. Novice Rower Classification

A novice rower is in his/her first year of competition and did not race in the spring 2008 season. Crews entered in Novice events shall include only novice rowers.

12. Novice Coxswains

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

13. JV Competition

In order for a team or club to enter a JV event, that team or club must also have an entry in the corresponding Varsity event (i.e., a Varsity event of the same gender and boat class). No rower who competes in a Varsity 4x or Varsity 2x may also compete in a JV 4x or JV 2x.

14. Men and Women Rowers in Boats

In accordance with USRA rules, 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.

15. 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, and eights crews may have two, three, or four men.

16. Lightweight Rowers

Lightweight men must weigh no more than 160 pounds, and lightweight women no more than 130 pounds. Weigh-ins will take place from 6:30am to 7:30am each day. Each crew must finish its weigh-in at least one hour before its first race. Lightweight rowers will be issued wristbands when they make weight, and must wear these wristbands for all lightweight events. Any rower who appears without a wristband must make weight again in order to receive another wristband and to race.

A rower who fails to make weight may weigh in again **once** during the same weigh-in window. No rower who fails to make weight during the allotted period may compete in any lightweight event.

17. Coxswain's Weight

Coxswains will not be weighed in for this regatta.

18. 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 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.

19. Coach/Bow Meetings

The coach/bow meetings will be held Saturday and Sunday at 6:30 AM at the race course (ARC boathouse).

20. Friday & Saturday practice

The course will be open on Friday, April 24, 2-7 PM and on Saturday, April 25 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.

21. Safety 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.

22. Bow numbers

Bow numbers are required, but are not provided by the regatta committee. Crews are expected to bring their own.

23. Hot-Seating of Boats

Boats that are to change crews immediately upon returning to the dock are considered hotseating. Every crew of a hotseating boat must inform the dockmaster tent before departing from the dock.

24. 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.

25. 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.

26. Seeding and Progressions

For the quad events, seeding will take place after the Woodlands regatta. 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 place finisher in a heat never advances, even if this means a final with empty lanes.

27. Protests and Dispute Resolution

All protests must follow USRA rules. Please consult the USRA 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.

28. 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.

29. USRA Rules

Except as noted above, this regatta follows the Rules of Rowing of the USRA, 2008 edition.

30. 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.

31. Medals

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

32. 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.