



Saturday June 19, 2010

Rules Governing Entries (specific to this regatta):

We will follow the USRowing Rules of Rowing. Please read these rules carefully before filling out your entries.

1. **Hot seating.** While we will do our best to accommodate the “hot seating” that will invariably occur at any regatta, we will not be rearranging races to allow for the reuse of either athletes or equipment. Teams repeat athletes at their own risk and must be aware of the complications that might result for both the crew and the overall regatta. A minimum of 40 minutes is required between races that involve using the same equipment or coxswain/athlete.
2. There is no minimum number of events that a coxswain may enter. However, please consult #1 above with regard to hot seating.
3. Coxswains of any of the boats (men’s or women’s) can be of either sex.
4. Crews will be on their honor that coxswains meet minimum weight requirements. Minimum cox weight for men’s crew: 120 lbs. Minimum cox weight for women’s crews: 110 lbs.
5. Masters races will be held in categories A through F if there are at least 3 entries per category. For 4+ and 8+ multiple age groupings may be used and handicapping will apply at the discretion of the race committee. For all races with groupings of multiple age categories handicapping will apply. (See USRA Rules of Rowing.)
6. All launching shells must have bow balls and foot-release devices. These will be checked prior to launching. No shell will be permitted to launch without a bow ball. Cracked, split or dry-rotted bow balls are unacceptable.
7. No electronic communications to shore are allowed in racing shells. This includes cell phones, walkie-talkies, radios, and cox-boxes equipped with a voice-transmitter.
8. No coaching launches may be on the course during the regatta except for those in use by the officials and the local organizing committee. Crews found to have coaching launches on the water will be disqualified from all events at this regatta.