

Special Notes for Competitors

- A. Rowers are permitted to compete in back to back divisions but are reminded that launch docks and the canal have strict cut off times and missed races are considered a scratch.
- B. All safety marshals on the course have the power to ensure safety and monitor adherence to the HOCR Rules. Marshals may assess time penalties or exclude crews as appropriate. Athletes are reminded to treat all safety boats, race marshals and officials, RCA Umpires, and fellow competitors with courtesy and respect.
- C. As this is a Head Race, it is possible that there may be clashing of oars and potentially even collisions, as attempts are made to pass. However, any intentional interference caused by a crew, may result in a time penalty or even exclusion by the Umpires or race officials.

Rowing Canada Rules of Racing that are not observed or are augmented by a local rule:

(Head of the Trent Regatta will be referred to as HOCR)

- ❖ 2.3 - Categories of Rowers and Proof of Age and Identity
 - For university events, the OUA requirements and categories will be used, which vary from the categories in the RCA Rules of Racing. ID will not be required at registration and will not be checked for any other division
 - For university events, all participants must be student athletes registered at their institution and on the roster for their respective teams.
 - Identification will be not checked but upon request, government or for university events, institutional identification must be produced.
- ❖ 2.4- Coxswains, 2.5 Coxswains Weights, 2.6 Weighing of Coxswains
 - Coxswains will not be weighed at the regatta and therefore, no weight minimum or deadweight are required
- ❖ 2.7 - Master's Rowers
 - HOCR uses an alternative masters Category system
- ❖ 2.8 - Master's age Adjusted time Systems
 - HOCR does not use this system
- ❖ 2.10 - Lightweight Competitors
 - An allowance to the maximums for lightweight competitors will be 2.0kg. Men: No individual rower shall weigh more than 74.5 kg. Women: No individual rower shall weigh more than 61 kg
- ❖ 2.11 – Weighing of Athletes in Weight Restricted Events
 - Test scales will not be available during practice session or race day
 - Lightweight competitors must weigh-in for weight restricted events that they are competing in, but they do not have to weigh-in as a crew.
 - Lightweight rowers or crews that exceed the required weight may still race but with the status exhibition.
- ❖ 4.1 - Length, Marking and Number of Lanes of Course
 - HOCR uses a Non Standard course
- ❖ 4.2 - Stretches of Water - Standard Course

Head of the Trent Regatta Rules

2019



- HOTR uses a Non Standard course with varying depths and non linear lanes
- ❖ 4.3 - Wind and Water Conditions
 - HOTR uses a Non Standard course, as there is one racing lane all competitors have equal opportunity or potential for disruption
- ❖ 6.4 - Tobacco and Liquor Products
 - Fundraising Beer Tents have sponsor advertisements on the course
- ❖ 7.5 - Withdrawals (Scratches)
 - See section D, 28 & 29 of HOTR Rules
- ❖ 8.7 - Traffic Pattern on the Course (8.7.1 & 8.7.2)
 - See section 7 for course rules
- ❖ 8.8 - Other Boats on the Water
 - The HOTR Course is not a closed private course although every effort is made to work with local users to minimize interaction between pleasure craft and crews racing
- ❖ Part 9 - The Draw and Progression System
 - HOTR is a Head Race and does not follow this format. There is no progression for the sprint races.
- ❖ Part 10 - Racing (10.1 - 10.14)
 - HOTR has its own racing rules please see section 7

A. ENTRY RULES

ALL ENTRIES ARE DONE ONLINE THROUGH REGATTA CENTRAL

ATHLETES

1. All athletes are permitted to race back to back divisions but regatta organizers remind athletes and coaches to consider weather, temperature and race distance when planning back to back races.

UNIVERSITIES (SATURDAY EVENTS)

2. All universities will be guaranteed entry with their administration fee of *one* boat per event for all university events (with the exception of the JV and Novice events).
3. There are no guaranteed University entries based of the previous year's winning times but previous year's results for the top 3 will dictate starting order for returning boats.
4. There are no restrictions on the number of entries in a category by a University
5. Any university that is not a member of the OUA will be able to register for university events according to the fee schedule assessed to clubs.
6. Entries for non-OUA universities are guaranteed in the same manner as for OUA universities.
7. After September 20th , entries will be accommodated as space allows on a first-come, first-served basis — there is no guarantee of entry acceptance after September 20th .

CLUBS (SATURDAY & SUNDAY EVENTS)

8. All Boats which finish within 5% of the previous year's winning time will be guaranteed an entry into that event, as well as the winner of the over 60 sub-category of the Grand Master Singles.
9. Guaranteed entries are not given in recreational events.
10. In single events, the entries will be granted to the individual and in all other club events to the club, school or university.
11. Entries received by *Friday September 20th at noon* are not guaranteed as regatta officials may remove lower ranked entries in over subscribed events.
12. Individuals and crews that qualify for this entry guarantee are shown on the regatta's guaranteed entry list as posted on the website www.hotr.ca
13. All non-guaranteed entries for club events (i.e. 2x, 4+, 4x+, 8+) must be prioritized by the registering club during the registration process. Please use the ranking designation provided by Regatta Central at the time of booking.
14. **Club single events:** Entries are requested on an individual athlete basis. Individual athletes may enter themselves or clubs may enter on the rower's behalf. Athletes must be designated to a club if they have raced under a club already this season. Only if a single is not a member of a club can they register as independent. Athletes who qualify for a guaranteed entry must register by the registration deadline (September 20, 12:00 PM) to receive this guarantee. Athletes who are not guaranteed an entry will be selected by random draw.

B. DEADLINES

15. All entries must be received by *Friday, September 20th at noon*.
16. Confirmation of crews that have been accepted for each event will be posted on the Head of Trent website by September 27th.
17. Following this, should there be any Club or University events with available entry space, entries will be accepted on a first come first served basis until September 30th, at which point all entries will close.

C. WAIVERS

18. All members of Rowing Canada have signed the annual waiver which covers participation in all regattas including Head of the Trent Regatta.
19. Any Alumni event rowing participant must sign a waiver as part of the Alumni Try It event, these waivers are available at Registration, AC Docks Control Commission and PRC Docks Control Commission.

Head of the Trent Regatta Rules

2019



20. Alumni Crews must submit all 9 signed waivers to control commission at the time of launching.

D. ENTRY FEES AND CHARGES

FEE SCHEDULE

Club Eights	\$100.00
Coxed Fours & Quads	\$80.00
Doubles	\$70.00
Singles	\$60.00
Alumni Eights	\$160.00
Scratch Fee	\$75.00

21. All Entry fees are subject to ROWONTARIO and Rowing Canada Seat fees

22. Entries from OUA universities are subject to a single administrative fee of \$500.00 which covers one entry in each university event.

23. Entry fees will be required from *all university crews entering club events and all non-OUA member university crews entering university or club events.*

24. Entry fees are payable by credit card online through Regatta Central.

25. In the event that we are unable to accommodate an entry, the registration amount will be refunded to the credit card minus a \$10 admin fee.

26. After the Draw is published on September 30th any club, university or individual that does not show up to their event will be charged a scratch fee of \$75.00 per entry, subject to application of the RCA Rules of Racing pertaining to medical substitutions.

E. REGATTA PACKAGES AND BOW NUMBERS

27. Any outstanding fees or charges from previous years must be paid in order to receive a regatta package.

28. Bow numbers will not be issued until all applicable entry fees have been paid.

29. After returning to the dock, all boats are required to return their bow number to the dockmaster before leaving the dock.

30. Athletes or crews not returning their bow number will be charged \$10.00 per number. This fee must be paid prior to receiving entry numbers for the subsequent year.

F. EVENTS

31. Lightweight weigh ins will be open from 6:30am – 9:00am on the second floor of the Peterborough rowing club boathouse
32. All Sunday events are now designated with the [RCA Athlete Development Pathway](#) terms to help guide athletes and coaches in selecting the proper events for crews' ability level.
 - a. L2T/T2T – (Learn to Train / Train to Train) is targeted at athletes who are still early in their development and can race shorter distances.
 - b. L2C/T2C – (Learn to Compete / Train to Compete) is targeted at athletes who have been rowing for at least 2 seasons, have raced and are able to race longer distances.
 - c. T2C/T2W – (Train to Compete / Train to Win) is targeted at more experienced athletes who have raced before and have no issues with longer distances.

MASTERS

33. All entrants for the Masters events must be thirty (30) years of age or over at some time during 2019.
34. Grand Masters entrants must be 50 years of age or over during 2019.
35. No age adjusted time system will be observed in the Masters events.
36. The fastest Grand Masters (men and women) who are 60 years of age or older will also receive winning medals. Entrants wishing to compete for this award must declare they are age 60 or over in 2019 where specified on the entry form.

YOUTH EVENTS

37. All athletes competing in the U19 events must be under 19 during 2019 and enrolled in high school.
38. The Youth T2C/T2W single events are reserved for athletes 16+ years of age

CLUB EVENTS

39. There are Club, Masters and Champ events on both Saturday and Sunday.

UNIVERSITY AND ALUMNI EVENTS

40. Only those registered as full time students in a recognized Canadian University or College are eligible to participate in University or University JV events.
41. The Alumni event rows from the wall to the finish and is not timed.
42. Alumni events cannot have any athletes racing in both an alumni events and a University event at the same regatta.

SPRINT EVENTS

43. Sprint races will be racing in the 500 meter stretch from the opening of the Canal to the University Library corner. The course is straight and will travel in the designated racing lane without a bouy lane separating the 2 lanes.
44. Times will be taken by HOTR race officials and aggregated to provide an overall event ranking by time. Starts will be floating, and all will be Quick Starts.
45. Starts will be floating starts, positioned at the northern exit of the canal and will be started by an Umpire who will also serve as the Race Umpire and will follow the race for the length of the 500m course for safety.
46. Sprint racing crews will be assigned Alphabetical bow letters to differentiate them from Division racing boats. They will be called to the dock separately from the Division racing boats and will be held in the staging area off the West bank docks in advance of their race.
47. Once called to the start they will need to quickly position their boats and be ready for a Quick Start.
48. Upon completing their sprint they will be instructed to return to their dock either along the East bank return lane or through the staging area.

G. DIVISIONS

49. There are 5 Divisions on Saturday and 6 Divisions on Sunday. Divisions are groupings of events that are racing longer distances (full course or Wall course).
50. Canal closure preventing late crews from proceeding up the course will be strictly enforced.
51. The Control Commission on both launch sites coordinate by radio and will inform the trailer areas via PA system when the next launch window will open and close. Please anticipate the launch windows as per the schedule but wait until the announcements to proceed to the docks to avoid being turned back to your trailer.

H. BOAT TRAILER PARKING

52. The following clubs/universities are to use the Peterborough Rowing Club boathouse parking and docking facilities:
 - Ottawa/Ottawa University
 - Peterborough/Trent University
 - Ottawa Valley R.C.
 - Kingston RC/Queen's University
 - Brock University

- Argonaut RC

53. All others are to use the west bank of the river next to the University Athletic Complex (AC). Boat trailers will be directed where to park in this area by Head of Trent staff.

54. All vehicles with boats on the car top must park on the AC (West) side of the river.

I. RACE INSTRUCTIONS AND VIOLATIONS

BOW NUMBERS

55. Bow numbers are to be picked as part of the registration package at the Medals tent at the University Athletic Complex boat compound/parking lot.

56. A regulation Bow Number holder will be required on the bow of all boats.

57. Bow numbers and “pin on” numbers must be visible for the duration of the race—i.e., all four corners must be pinned.

58. Failure to have a visible “pin on” number on the back of the rower in Bow will result in a **10 second time penalty**.

LAUNCH & WARMUP

59. Boats are asked to stage themselves towards the north in the launch area (in the direction of the university library) pointing their bow north towards the Library.

60. Staging will be planned to take place after the end of the sprint races between Divisions.

61. While in the “Launch holding area” any boats that cross into the active race course and impede a racing crew will be given a **20 second time penalty**.

62. Once all racers have passed and the canal is opened for the next division all boats will proceed first north towards the Library before turning into the course and proceeding in a straight line into the canal towards the Start.

63. Crews crossing the RED dotted buoy line that extends from the West side of the canal up in line with the northern end of the PRC dock, thereby “cutting the corner into the canal”, will incur a **10 second time penalty**.

64. All crew members should be rowing when passing through the canal. There is no stopping in the canal to adjust foot stops, clothing, oars or do drills etc. If Umpires see this occurring your crew will be assessed a **10 second time penalty**.

65. Proceeding to the start, crews will be required to move through the canal narrows and down the course at a reasonable pace.

Head of the Trent Regatta Rules

2019



66. Launch docks will close for launching 5 minutes before the scheduled canal closing time unless otherwise specified by regatta officials.
67. Using PA systems on both the PRC and AC sides of the river there will be announcements notifying crews when the docks will open for launching and for each division there will be warnings given as to when the docks will close.
68. Crews that fail to reach the canal entrance before the announced closing time will be asked to return to the dock and will be excluded from the race
69. Crews that fail to keep moving at a reasonable pace towards the Start may be assessed a race **10 second time penalty** by Race Officials or RCA Umpires on the course at the official/Umpire's discretion.
70. Once through the canal narrows, boats proceeding to the start cannot turn around at any time until they have rowed past the start line. Violating this rule will result in a **20 second time penalty** for the offending crew.

MARSHALING THE START

71. Crews must follow the safety directions of the marshal boats in the staging area
72. Crews may not continue past the bridge in the marshaling area
73. The starting marshal or starting official **will exclude a crew** that arrives at the start rowing a boat that does not match the listed regatta event. (ie no straight quads in the coxed quad events, no straight fours in the coxed four events and no quads of any type in coxed four events.)

DURING THE RACE

74. Crews being overtaken are required to give way to passing boats. The boat being passed may need to alter its course, provided this can be done in a safe manner while remaining on the race course.
75. In situations where the crew being overtaken cannot alter course in a safe manner to accommodate the overtaking crew, the overtaking crew must adjust its course to allow safe passage of both boats.
76. Once through "The Canal" narrows there are buoy lines on both sides of the course to separate racing crews from returning and launching crews. Leaving the race area between the Canal and the Finish line will result in a **5 Second time penalty** for each buoy the hull of the boat passes on the wrong side of.
77. In the event of a collision, capsize, crab or any other incident where a safety boat may respond to a boat in distress while racing that crew or sculler may not continue to race if they or their equipment is assisted by the safety boat operator.

78. If a safety boat operator feels the competitor is placing themselves or other participants at risk by continuing to race after the incident they are able to intervene and advise that the crew yield to other competitors and allow the safety boat to assist them back to the docks.

CANAL RULES

The narrow connection between the Otonabee River and the Trent Canal, located beside and south of the Peterborough Rowing Club, is referred to as "THE CANAL". As the area is extremely narrow, for reasons of safety, the follow rules WILL BE STRICTLY ENFORCED.

79. The Entrance of "The Canal" will be marked with 2 large buoys on either side of the course which are preceded by 2 lines of smaller buoys along the shore to act as a warning zone leading into "The Canal". The warning zone is a visual aid to coxed and uncoxed boats that they are approaching "the Canal" and should be aware of any direction that the "Canal Entrance Umpire" may give them.

80. The Canal Entrance Umpire will be clearly visible on a dock on the West side of the river, as close to the Buoy line as possible.

81. Any direction the Canal Entrance Umpire gives to a crew must be acted upon by the time they reach the first bridge.

82. No passing is allowed in the canal between the marker buoys at the entrance to the canal (immediately south of the bridge) and the red marker on the east bank at the extreme north end of the canal.

83. In the event a boat becomes disabled or crashes into the shoreline within "The Canal" an RCA Umpire in proper uniform using a white flag can verbally give authorization to a crew to pass the disabled boat in order to avoid backlog or potential accidents.

84. If a crew passes another crew (disabled or not) within "The Canal" without the direction of an RCA Umpire using a Flag they **will be excluded** from the race.

85. All crews are to proceed through the canal in the order in which they are directed by the Canal Entrance Umpire located at the canal entrance red buoys.

86. This order as determined by the Canal Entrance Umpire will be either the lead crew OR the crew clearly about to overtake the lead crew. The Canal Entrance Umpire is the sole determinant of the order crews proceed through the canal.

87. Crews who fail to heed the directions of the Canal Entrance Umpire are subject to **automatic exclusion** regardless of circumstance.

88. The canal will be watched by regatta officials/RCA Umpires and may be videotaped.

89. While in the canal boats seen to be impeding the progress of other crews through poor steering, intentionally slowing down, or following too closely, including moving the bow of a boat in a position

Head of the Trent Regatta Rules

2019



that impedes the blades of the crew ahead, will be subject to a **time penalty** or **exclusion** at the discretion of the regatta officials or RCA Umpires.

90. These rules will be enforced by RCA Umpires and regatta officials and CANNOT BE WAIVED at the discretion of competitors.

91. Any crew that is excluded and completes the course does NOT receive a time for their race.

RETURNING TO THE DOCK

92. After crossing the finish line and hearing the horn crews must continue to row up the river away from the finish line before turning to starboard and entering the return lane.

93. The return lane is along the east side of the river and is separated from the active race course by a line of orange buoys.

94. Crossing back into the active race course without the direction of a marshal may result in a **10 Second time penalty**.

95. Crews returning to the AC side will row along the east side of the river until they are directed by a race marshal to cross over at a safe interval between racers. When crossing the course crews must turn and row straight across to reduce the time you are on the course.

96. Crews returning to the PRC side will continue to stay close to the east bank and be mindful of crews racing out of the canal in the opposite direction.

J. COACHES AND COXSWAINS MEETING

97. Each Club, University, or team must send a representative to one of the 2 coaches and coxswains meetings.

Saturday Meetings

Meeting 1 will be located at the Peterborough Rowing Club Control Commission Tent at 7:15am on race day.

Meeting 2 will be at the Medals tent and PA truck at the University Athletic Centre Boat compound at 8:30am on race day.

Sunday Meeting

Coaches and Athletes meeting will be held Peterborough Rowing Club Control Commission Tent at 7:30am on race day.

H. ADDITIONAL NOTES

98. Crews arriving on Friday are permitted to practice from 2pm – 4pm but must notify the Peterborough Rowing Club and ensure they are accompanied by an on water coach.

Head of the Trent Regatta Rules

2019



99. There is no practice time on Saturday night, after the last race.