

# Head of the Trent Regatta Rules

2024



## Special Notes for Competitors

- A. All safety marshals on the course have the power to ensure safety and monitor adherence to the HOTR Rules. Marshals and/or RCA Umpires 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.
- B. It is expected that the coxies of coxed boats or the bow rower of uncoxed boats has sufficient experience to navigate the river. All Novice or Rec boats must have experienced coxies.

## Rowing Canada Rules of Racing for which an exception has been granted under Rule 1.6:

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

- ❖ 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
- ❖ 2.11 - Weighing of Athletes in Weight Restricted Events
  - Test scales are not provided to athletes prior to weighing in
- ❖ 6.4 - Tobacco and Liquor Products
  - Fundraising Beer Tents have sponsor advertisements on the course

## A. ENTRY RULES

### ALL ENTRIES MUST BE 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 26th, entries will be accommodated as space allows on a first-come, first-served basis — there is no guarantee of entry acceptance after September 30th .

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8. Alumni events are reserved for past members of post secondary institutions and National teams. Entries must be placed under that school name, alumni organization, or other recognized rowing alumni association.

### CLUBS (SUNDAY EVENTS)

9. In single events, the entries will be granted to the individual and in all other club events to the club or school.
10. Entries received by *September 26th at 11:59pm* are guaranteed entries.
11. All 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 registration.
12. **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. All athletes must be registered as an RCA and Row Ontario participant

### B. DEADLINES

13. All entries must be received by *September 26<sup>th</sup> at 11:59pm*.
14. Confirmation of crews that have been accepted for each event will be posted on the Head of Trent website and Regatta Central by September 30<sup>th</sup>.
15. 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 October 3<sup>rd</sup> at 9am, at which point all entries will close. Further non medical scratches will result in a Scratch fee

### C. WAIVERS

16. All members of Rowing Canada have signed the annual waiver which covers participation in all regattas including Head of the Trent Regatta.

### D. ENTRY FEES AND CHARGES

#### FEE SCHEDULE

Masters/Club, Jr, University, Eights	\$120.00
Coxed Fours & Quads	\$95.00
Doubles	\$80.00
Singles	\$70.00
Alumni Eights	\$170.00

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Scratch Fee \$50.00

17. All Entry fees are subject to ROWONTARIO and Rowing Canada Seat fees.
18. Entries from OUA universities are subject to a single administrative fee of \$650.00 which covers one entry in each university event.
19. Entry fees will be required from all university crews entering club events and all non-OUA member university crews entering university or club events.
20. Entry fees are payable by credit card online through Regatta Central.
21. 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.
22. After the Draw is published on September 30<sup>th</sup> any club, university or individual that does not show up to their event will be charged a scratch fee of \$50.00 per entry, subject to application of the RCA Rules of Racing pertaining to medical substitutions.

### E. REGATTA PACKAGES AND BOW NUMBERS

23. Any outstanding fees or charges from previous years must be paid in order to receive a regatta package.
24. Bow numbers will not be issued until all applicable entry fees have been paid.
25. After returning to the dock, all boats are required to return their bow number to the dockmaster before leaving the dock.
26. 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

27. **Weight Restricted Events:** An allowance to the maximums for weight restricted 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
28. Weigh ins for weight restricted competitors will be open from Saturday 6:30am – 9:00am on the second floor of the PRC boathouse. Crews will be required to show Photo ID for weigh-ins. Crews who don't make weight by 9am will be automatically marked as Exhibition for their event.
29. 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 only be checked for any other division on a spot check basis.
30. For university events, all participants must be student athletes registered at their institution and on the roster for their respective teams.

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31. Identification will be not checked as part of the launching procedure at Control Commissions. Spot checks may be requested at which point University Crews will need to provide institutional IDs and Club crews will need to provide Government issued ID.

### MASTERS

32. Masters 1x and 2x events will no longer have age adjusted times. Instead, we have split the event into Masters and Grand Masters (60 years of age or older as per Regatta Central registration age). Medals will be awarded based on performance within those two categories.

### YOUTH EVENTS

33. Medals will be awarded for top U19, U17 and U15 athletes/crews in Single and Double events, all other events will be awarded based on top crew regardless of age.

### CLUB EVENTS

34. There are Club & Masters events on Sunday, as they are designated a combination of Club/Masters these events will not have age adjusted times applied to results.

35. Rec events on Sunday are intended for athletes who are new or newly returning to racing and may have minimal experience. These events are shorter and are intended for athletes looking to take part in a shorter course.

### UNIVERSITY AND ALUMNI EVENTS

36. Only those registered as full time students in a recognized Canadian University or College are eligible to participate in University or University JV events.

37. The Alumni 8+ event rows from the Wall to the finish and is not timed. All other Alumni events race the full course and will be timed.

38. Alumni events cannot have any athletes racing in both an alumni events and a University event at the same regatta.

### G. DIVISIONS

39. There are six Divisions on Saturday & six on Sunday. Divisions are groupings of events that are racing the same distances (Full course or Wall course).

40. Canal closure preventing late crews from proceeding up the course will be strictly enforced.

41. 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

42.

The following clubs/universities are to use the Peterborough Rowing Club boathouse parking and docking facilities:

- Ottawa/Ottawa University
- Peterborough/Trent University
- Brock University
- Argonaut RC / UofT
- Montreal
- Limited Car Topping vehicles

The following clubs/universities are to use the West Point (accessible via Armour Rd)

- Western
- Guelph
- Leander/McMaster
- Hanlan
- Durham / UOIT
- St. Catharines / Ridley
- Laurentian / Sudbury
- London
- Island Lake
- Queens
- All other trailers

43. All trailers that are not listed please reach out to regatta officials ahead of arrival for parking instructions.

44. All vehicles with boats on the car top must park on the PRC side along the East side of Nassau Mills Rd.

## I. RACE INSTRUCTIONS AND VIOLATIONS

### BOW NUMBERS

45. Bow numbers are to be picked as part of the registration packages at the Registration office on the second floor of the PRC Boathouse.

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

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47. Bow numbers and “pin on” numbers must be visible for the duration of the race—i.e., all four corners must be pinned.
48. 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

49. 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
50. 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.
51. Staging boats for the next division will be done by race officials on the water and over the loud speaker.
52. 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**.
53. 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.
54. Entering the canal without first rounding the turnaround buoy unless instructed by an on water official will be an automatic **10 second time penalty**.
55. 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**.
56. Crews should proceed through the canal at a steady speed that allows for safe and quick navigation 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**.
57. Proceeding to the start, crews will be required to move through the canal narrows and down the course at a reasonable pace. Crews obviously incapable of doing this may be excluded from racing or asked to race at the back of the event for safety reasons. This is at the discretion of the umpires and regatta organizers.
58. Launch docks will close for launching 5 minutes before the scheduled canal closing time unless otherwise specified by regatta officials.
59. Using PA system on PRC shoreline 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.

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60. 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
61. 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.
62. 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 AT THE START

63. Crews must follow the safety directions of the marshal boats in the staging area
64. Crews may not continue past the bridge in the marshaling area
65. The starting marshal or Start Umpire **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

66. Crews being overtaken are required to give way to passing boats. The boat being passed must alter its course, so that the overtaking crew can maintain the best racing line, provided moving over can be done in a safe manner while remaining on the race course.
67. 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.
68. 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.
69. 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.
70. 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.
71. 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.

72. 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.
73. The Canal Entrance Umpire will be clearly visible on a dock or in a boat, on the West side of the river, as close to the Buoy line as possible.
74. Any direction the Canal Entrance Umpire gives to a crew must be acted upon by the time they reach the first bridge.
75. 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.
76. 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.
77. 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.
78. 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.
79. 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.
80. Crews who fail to heed the directions of the Canal Entrance Umpire are subject to **automatic exclusion** regardless of circumstance.
81. The canal will be watched by regatta officials/RCA Umpires and may be videotaped.
82. 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 that impedes the blades of the crew ahead, will be subject to a **time penalty of 5 – 20 seconds** or **exclusion** at the discretion of the RCA Umpires.
83. These rules will be enforced by RCA Umpires and regatta officials and CANNOT BE WAIVED at the discretion of competitors.



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

### RETURNING TO THE DOCK

85. 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. Crews who do not continue to row after the finish line north under the bridge to the turn around will be given a **20 second time penalty**

86. 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.

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

88. Crews returning to the West Point 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. A coloured line above your bow number will help identify crews needing to cross to the West Point side for docking.

89. 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

90. Each Club, University, or team must have a representative present at the online coaches and coxswains meetings.

For 2024 we will be hosting a coaches and coxswains meeting on Thursday October 3rd at 7pm via Zoom, a link will be sent to all registrants.

### H. ADDITIONAL NOTES

91. Crews arriving on Friday are permitted to practice from 2pm – 5pm but must notify the Peterborough Rowing Club and ensure they are accompanied by an on water coach. Coach boats may be acquired through the PRC.

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

93. In accordance with Appendix #2, Section 2.1 of the 2022 RCA Rules of Racing, these above rules and regulations are in effect the “Local Regatta Rules”