



**ONTARIO UNIVERSITY ATHLETICS
SPORTS UNIVERSITAIRES DE L'ONTARIO**

2017-2018

OUA ROWING

Rules and Regulations

(Updated July 2017)

1. ADMINISTRATION

1.1 See General Regulations

1.2 The OUA operating season for rowing:

- a. the formal start of the season shall be nine (9) days prior to Labour Day at which time formal training camps may begin
- b. University coaches are not prohibited from coaching university athletes at a club between May 30th and September 1st.

2. AWARDS

2.1 The **P.C. Fitz-James Trophy** - Presented to the overall Men's team champion.

The **Mrs. W. Lathrop Challenge Trophy** - Presented to the overall Women's team champion.

2.2 Winning institutions are responsible for the maintenance of the OUA Rowing Championship trophies. This includes updating the name plates and/or shields each year the trophy is awarded, repairing and updating trophies as needed, and the replacement of lost or stolen trophies while in their possession. All costs associated with the above are to be the responsibility of the institution. Failure to update and/or bring the championship trophy and/or major award trophy(s) to the championship will result in a \$500 fine. (Updated July 2017)

2.3 OUA Gold, Silver and Bronze Medals shall be awarded to the winning crew members and coxswains in all events in the Championship Regatta. The OUA will provide a total of 228 medals (76 gold, 76 silver, and 76 bronze medals).

2.4 OUA Banners shall be awarded to the institution winning the Men's and Women's team championships. One (1) Men's championship banner and one (1) Women's championship banner will be provided by the OUA.

2.5 All-Stars

Event winners at the OUA Championship will be designated as OUA All-Stars. The OUA will provide a total of 76 all-star certificates to be presented to event winners (38 men's and 38 women's).

2.6 Coach of the Year

The OUA coaches will select a Coach of the Year from the Men's team and a Coach of the Year from the Women's team. Candidates for this award are the coaches of each University participating in the current championship, and shall be awarded based upon a vote by the coaches in attendance at the OUA Championship (one vote per participating institution per award). Nominations and selection for coach of the year are due at the end of the regatta, following the final race.

2.7 Athlete of the Year

The OUA Coaches will nominate and select one (1) male and one (1) female Athlete of the Year at the end of the regatta, following the final race. One vote per participating institution per award is permitted.

3. OUA CHAMPIONSHIP REGATTA OPERATION GUIDELINES

3.1 The rules shall be the regatta rules of Rowing Canada Aviron.

3.2 The Regatta will take place on a Friday and Saturday determined at least one year prior, with heats on Friday and finals on Saturday. All participants must be prepared for schedule changes to accommodate all racing on either Friday or Saturday due to weather conditions. The back-up date for extreme weather delays is the Sunday immediately following the planned race date.

3.3 The host convenor for every OUA Championship must be a full-time staff member from the host athletic department or host organization. (Updated July 2017)

3.4 The term crew refers to all members, including coxswains. In order to compete in a race, the crew must have a full complement.

- 3.5 The team quota shall be 34 for both Men and Women.
- 3.6 For the OUA Championship Regatta, the minimum complement of officials shall be: four (4) certified Canadian Rowing Referees in four separate boats, two Starters and two Finish Judges.

3.7 **Volunteers**

Participating member institutions must supply volunteers to assist throughout the championship. A volunteer schedule will be sent to each school prior to the championship by the Host Convenor, and must be completed and sent back prior to the race schedule being released. The number of volunteers will be based upon the number of entries each school submits. (Updated July 2017)

4. **ENTRIES**

- 4.1 Entries for the championship must be received by the Regatta Chair/Convenor no later than NINE (9) days prior to the Championship. Entries must be entered into the Regatta Registration online. (Updated July 2017)

- 4.2 OUA Eligibility deadline is October 15th. Coaches must submit the URL (Website link) to their sport specific roster to the OUA office, Sport Operations Coordinator and the championship convenor at Row Ontario.

a) A complete team roster of all athletes eligible to compete in the OUA rowing Championships shall be provided to Regatta Central nine (9) days prior to the championship beginning. Only athletes listed on the roster may compete or be used as a spare or substitute in any entry for any reason.

b) All entries will be complete online using Regatta Central. An entry is only valid when all crew members are named, nine (9) days prior to the Championship beginning.

c) **Substitutions:** After entries close, and prior to racing beginning a maximum of 50% of a crew or the single, may be substituted from the submitted team roster.

- 4.3 Universities shall enter one crew only in each event at the Championship Regatta.
- 4.4 Each competitor shall be permitted to compete in a MAXIMUM of two (2) events at the Championship Regatta and may only compete in one category; varsity, junior varsity, or novice.
- 4.5 A member institution may field crews in events of its choice. It shall not be necessary to be represented in all events.
- 4.6 ALL COMPETING ATHLETES must have in their possession at the championship, a piece of identification which bears their picture (acceptable I.D. includes current student cards, driver's license, passport) as well as have all names of crew members publically published at least 24 hours prior to racing.
- 4.7 Any changes to the rosters occurring 24 hours prior to racing, can only be done for medical reasons or on compassionate grounds. All requests are to be submitted for approval by the OUA Sport Operations Coordinator and Regatta Chair.
- 4.8 OUA Championship entries use the FISA rules for substitutions, which ensures all spare's be listed on an Alpha list (Team roster) enabling coaches to draw from this list for all boats. The 50% substitution will remain in place.

5. **SEEDING**

- 5.1 At the Championship Final:

a) Seeding for lanes for each event of the Men's and Women's Championship Regattas shall be done by a random draw. Seeding for finals will be done using regulation 5.6 in the rules and regulations – winners in each heat advance plus the next fastest times to get to a six (6) boat final. (Updated July 2017)

b) Lane assignments for the Men and Women shall be made according to the following formula below.

- c) In alternating years, the men's and women's events will alternate. The rule will be effective with the men having the last event in odd years and women in even years (i.e. men having the last event in the 2017 championship and women in 2018).
- d) A seven boat final can be operated.
- e) For events not requiring heats the Regatta Chairman shall for each event, make a draw to determine the format of the draw. The ranking for crews in these events will be based on results from the Brock University Invitational Regatta. Those crews that do not receive a ranking from that event will be randomly placed into a lane. These formats are predetermined and shall follow format A or B. (Updated July 2017)

A and B formats are as follows:

FORMAT A:

Lane:	1	2	3	4	5	6
Rank:	6	3	2	1	4	5

FORMAT B:

Lane:	1	2	3	4	5	6
Rank:	5	4	1	2	3	6

- f) For events that have preliminary heats, the placement of crews in lanes for the final will be determined by the Regatta Chair using a coin toss (Format A-1 is Heads and Format B-1 is Tails). This will not be published until the last crews have launched for the last preliminary heats.

FORMAT A-1:

Lane:	2	3	4	5	6	7
Rank:	6 th fsts	3 rd fsts	1 st fsts	2 nd fsts	4 th fsts	5 th fsts

FORMAT B-1:

Lane:	2	3	4	5	6	7
Rank:	5 th fsts	4 th fsts	2 nd fsts	1 st fsts	3 rd fsts	6 th fsts

As per regulation 5.6 (Updated July 2017)

- 5.2 When necessary, preliminary heats will be raced to determine A and B finalists.
- 5.3 In the event an entry in a Heat scratches at the last minute creating a row over (allowing all boats to qualify for the final), the number of boats advancing to the Final shall be reduced by one crew to ensure that all crews in heats have to race to qualify for the Final. For example, in a four boat heat with three to qualify, the number to qualify for the Final shall be reduced to two boats if only three boats race the heat. If the scratch is made before the first head of the event is rowed, all crews can advance to the final without rowing using regulation 5.1 d).
- 5.4 If the Championship venue has seven lanes then a seven boat final can be operated. Otherwise, one heat of 3 and one heat of 4 will be drawn and the slowest time (boat) from all 7 entries will be eliminated and 6 boats progress to the final.
- 5.5 In the event that there are eight (8) or more entries, heats will be run. (Added June 2016)
- 5.6 Winners of each heat advance plus the next fastest times to get to a six (6) boat final.
- 5.7 **Weigh-Ins & Test Scales**
Each coxswain must weigh in and meet the standards as established by Rowing Canada Aviron Rules and Regulations.
- 5.8 LIGHTWEIGHT – OUA Men's and Women's event weights reflect the weights of the RCA light weight Men's and Women's weights.

- 5.9 The official weigh-in will be held starting 2 hours prior to the first lightweight race and shall remain open for 2.5 hours for each racing day. All coxswains and lightweight athletes must weigh-in in their race uniform prior to racing. A calibrated test scale will be made available.
- 5.10 At the Championship Regatta, the test scales will be available from 5:00 to 6:00 p.m. on the day prior to the championship.
- 5.11 Weigh-ins for lightweight crews and coxswains will occur at the Brock Invitational. All crew members must meet the standards as set out in the Rowing Regulations. A test scale will be available at 6:00 a.m. on the day of the event.

6. EVENTS & SCORING

- 6.1 The distance of each race in the Championship Regatta shall be 2,000 metres.
- 6.2 All events shall be run at fifteen (15) minute intervals from the start of each race unless otherwise determined by the OUA Rowing Regatta Chair.

6.3 The following events shall be held at the Championship Regatta:

- Men's and Women's Lightweight & Heavyweight 8+ coxed
- Men's and Women's Lightweight & Heavyweight 4+ coxed
- Men's and Women's Lightweight & Heavyweight double
- Men's and Women's Lightweight & Heavyweight pair
- Men's and Women's Lightweight & Heavyweight single

6.4 The order of events shall be as follows:

- | | |
|---------------------------|----------------------------|
| 1. Women's Heavyweight 2- | 11. Women's Lightweight 2X |
| 2. Men's Heavyweight 2- | 12. Men's Lightweight 2X |
| 3. Women's Lightweight 1X | 13. Women's Heavyweight 1X |
| 4. Men's Lightweight 1X | 14. Men's Heavyweight 1X |
| 5. Women's Heavyweight 2X | 15. Women's Lightweight 4 |
| 6. Men's Heavyweight 2X | 16. Men's Lightweight 4 |
| 7. Women's Lightweight 8 | 17. Women's Heavyweight 8 |
| 8. Men's Lightweight 8 | 18. Men's Heavyweight 8 |
| 9. Women's Heavyweight 4 | 19. Women's Lightweight 2- |
| 10. Men's Heavyweight 4 | 20. Men's Lightweight 2- |

6.5 Championship Scoring - for the declaration of Men's and Women's champions, team points will be calculated as follows:

	1	2	3	4	5	6	7	8	9	10	11	12	Heat
8+	100	60	40	30	25	20	15	10	7	6	5	4	4
4+	80	48	32	24	20	16	12	8	6	5	4	3	3
2-	60	36	24	18	15	12	9	6	5	4	3	2	2
2x	60	36	24	18	15	12	9	6	5	4	3	2	2
1x	40	24	16	12	10	8	6	5	4	3	2	1	1

In the event of a tie, the team with the most first place finishes shall be the winner. If a tie still exists, it will then be determined by second place finishes, then third, then fourth, etc., until a tie is broken.

7. Coaches Meeting

A coaches meeting shall be held during the Championship weekend, at a site designated by the host Convenor. The convenor shall chair the meeting in conjunction with a representative from the OUA office. Attendance and detailed minutes must be kept and submitted to the OUA office along with any coaches' motions.

- 7.1 A coach or coach representative must be present at all Coaches meetings, or available via conference call. A \$50 fine per institution will be applied for not meeting the criteria outlined in the Constitution. See Constitution Article X11 12.4 (Added June 2016)
- 7.2 Changes to the rules for OUA rowing will be directed by the OUA Rowing Rules Committee who will be responsible for establishing guiding principles for OUA rowing rules. These guidelines will be used to determine changes in boat classes, point system, gender balance, etc with the intent of developing a long term vision for OUA rowing. The Committee is to be chaired by the convenor and included three knowledgeable rowing resource people to be selected by coaches association. The Committee will invite suggestions from the coaches and the rowing community, research proposals and make recommendations to the coaches at the annual coaches meeting. Any rule changes approved by the coaches will then be presented to the OUA Sport Committee for approval as per the established process.

7.3 Rule Change Years

Coaches may submit technical rule changes every two (2) years during the coaches' annual meeting. Rationale for technical rule changes occurring in off years, are to be sent to OUA Sport Operations Coordinator for review. Years in which technical rule changes can be submitted are: even years - 2018, 2020, 2020, etc. (Added July 2017)

8. Standard Operating Procedures (SOP) (recommended as guidelines)

- 8.1 Please refer to the OUA Hosting Policy http://oua.ca/members_info/OUA_Hosting_Policy_2016-2017_Final.pdf
- 8.2 The host convenor/institution must provide the OUA office with the following:
- a) It is the responsibility of the host, to provide a mandatory written Championship recap by 8:00am the following day of the Championship to the OUA Office. (Added June 2016)
 - b) It is mandatory for the host to have a photographer present at the Championship (unless OUA specifies that a photographer will be provided) and must provide photos to the league office no later than 10 days following the event. (Updated June 2016)
 - c) It is the responsibility of the host to submit a Championship report due to the OUA 15 days after the completion of the event which includes:
 - i. Convenor's Report including detailed financial statement of income and expenditures
 - ii. Any unused medals, awards, certificates, etc.
 - iii. All sponsorship banners or OUA pageantry

REGATTA CODE OF CONDUCT

Definition

- a) The Code of Conduct shall apply to all regattas hosted by members of OUA.
- b) The term "Regatta Site" will include the following: boat loading areas, docks, boathouses, parking lots, shoreline of the course and any other area so deemed by the regatta host.
- c) The term "rower" will refer to any individual or group of individuals belonging to an OUA affiliated club, including coaches.

Code

- a) No alcoholic beverages and/or other illegal substances shall be permitted on or at the Regatta site - this includes consumption of and/or possession.
- b) No athlete shall be intoxicated at the Regatta site.

Anyone found guilty of one or more of the above offenses must answer to the Disciplinary Committee and may face the penalties as outlined.

Discipline Committee

A Discipline Committee at each Regatta shall be composed of all Head Coaches or their designate that are in attendance, as well as an OUA representative. Any questions regarding violation of the code shall be considered by the committee and suitable penalties determined. Each member shall have a vote with the majority deciding the committee's deliberation.

Penalties

Any team or individual rower found guilty of offenses under the code shall be subject to the following penalties as determined by the Discipline Committee.

- a) Disqualification of any rower.
- b) The disqualification of any crew from racing or previously raced crew on the date(s) of the Regatta in question.
- c) The suspension of the rower's team from the Regattas for a minimum of one year and a maximum of no more than three years.

(NOTE: the punishment should reflect the seriousness of the offense, suspension of being implemented in the most serious of offenses).

It is the responsibility of each institution through their head coach to provide each athlete with a copy of the code of conduct. Institutions should impress on their coaches that they support the code which will be applied to those not abiding by it