

2010 Regatta Rules and Instructions

CONNECTICUT PUBLIC SCHOOLS ROWING CHAMPIONSHIPS

Failure to comply with regatta rules will result in your school being disqualified.

1. The Overall Rules: Coaches should relate all of this information to their coxswains and crews. There will be a short coxswains meeting at 8:00 at the beach.

- The CPSRA Regatta will be run in accordance with the USRowing's Rules of Rowing.
 - Exception - We do not weigh coxswains or boats.
 - There will be a 100 meter breakage rule.
 - No crabs or jumped slides allowed.
 - The starting command will be 5,4,3,2,1 Attention, Go!!
- **Each participant from your organization is required to have completed the necessary Release of Liability Waiver for each athlete.**
- **Each school is required by the State Police to provide a roster of athletes with emergency phone numbers and all permission to treat forms for athletes. Please provide an up-to-date list at the coaches/coxswains meeting.**
- **All athletes on the water will be required to have with them a long sleeve jacket or stretchy shirt in case of rain or cold.**
- All crews must be made up of students attending the same Connecticut Public High School and the Rowing Program must be acknowledged and administered by their school as a club or varsity sport.
- Each team will follow its schools athletic department student and coaching eligibility requirements.
- There will no "B" crews in any event except the Boys and Girls Fours
- No more than 2 athletes may be used to fill in a boat, they may only move up, and only if there are no other athletes on your roster.
- 1st and 2nd boats are required to have raced 2 different CPSRA schools on 2 different dates at the same boat level. 3rd and novice boats are required to have raced one CPSRA school at the same boat level. Fours are required to have at least one race during the season, against another competitor; it does not need to be a CPSRA school.
- Races must be side by side 1000-2000 meter sprint races.
 - Seeding Race Results should be turned into the seeding committee as soon as possible. All results must be turned in by Sunday, May 9, 2010.
 - It is the coach's responsibility to make sure that the 1st boat is the school's fastest possible boat, that the 2nd boat is the second fastest boat, 3rd boat is the third fastest boat, etc. Boatings should always be made based with an eye toward making the higher level boat as fast as possible. Novice crews must be comprised of athletes who are in their 1st year of scholastic rowing.
 - Racing Crews must race boats at the same boat level they will be racing at on regatta day. 1st boat sees 1st boat, 2nd boat sees 2nd boat, 3rd boat sees 3rd boat, Novice boat sees Novice boat.
- Each program entering must be USRowing members and must provide their membership number on the entry form.
- Entries will only be accepted that contain all pieces (Waivers, money, entry form, emergency roster and USRowing membership number.)

2. Important features for your equipment:

- a. All shells must have a bow ball or its equivalent.
- b. Make certain that heel tie-downs do not allow rowers to raise their heels from the footboard more than 3 inches. This will allow quick release of their feet in case of emergencies.
- c. Bow openings for coxswains in fours should be at least 70 cm (2.3 feet) long and at least 50 cm (1.65 feet) wide.

3. Bow Markers: Each school is responsible for supplying its own bow marker(s). Secure marker properly to the bow so that it will withstand wind and rain. Crews appearing without bow markers may be assessed a warning.

4. *State Park:*

- a. All trailers should be parked in the grassy area past the parking lot. Shells should be rigged in this area. School buses are to park on the left side of the grassy area opposite the trailers.
- b. Please remember to encourage your parents to carpool, as parking is limited. Also, remind your parent's that there is not parking on the road around the lake.
- c. Please remember to take all of your trash to the dumpster. If the dumpster is full please take trash home. **WE MUST LEAVE THE PARK IN BETTER CONDITION THAN WE FOUND IT!!**

5. Warm-ups: We will stick to the schedule. Crews must be within hailing distance of the start no later than 4 minutes prior to the published starting time. All schools should note that a crew with one warning for a traffic violation risks disqualification, if that same crew receives a second warning for being late to the start, a false start, or some other infraction. Also, please note the following points.

- a. Please refer to the attached course map
- b. Crews will launch from the dock and cross the course, past Lane 6 before rowing on the east side of the course to the 1200 meter point. At 1200 meters you will cross the course to the west basin. A Course Marshall will tell you when you may cross the course.
- c. After crossing the course, proceed to the start on the west side of the course. Note the buoy line in the center, which will designate the practice area. The traffic pattern in this area will follow a **counter clockwise** pattern. Please follow the Marshall's instructions

6. Voiding: There shall be **no** urination in the lake. This is strictly forbidden and will result in a warning or disqualification from the regatta.

7. Approaching the Starting Dock: When you reach the start and your race is called, crews should enter the lanes and row toward the finish in the lanes, backing into the start where the stakepersons are located. You may row toward the start within 100 meters of the start. Otherwise, **NEVER ROW TOWARD START IN COURSE LANE, unless otherwise directed to do so by a Marshall.** Lock on to the stakeperson 2 minutes before the scheduled race time. Failure to do so may result in a Warning or Disqualification. There will be a race every fifteen minutes. Therefore, crews should be well trained in the following:

a. Backing: Crews should back keeping the boat level and without catching crabs. Coxswains and crews should be ready to hold water so as not to back into the starting dock. This is especially important if there is strong wind blowing from lane 6. In this case, crews should be ready to hold water by actually taking a half-stroke. Coxswains should keep their rudders straight while backing. In bow-loaded coxed fours the coxswains cannot see the stern, therefore the stern pair should work together to back the shell into place. Stroke or three can make the commands.

b. Pointing the Boat: Coxswains may need to point their boats to the right or to the left of the targets on the shore. This will depend upon the wind direction and its force. If the wind is strong from either side, it may mean pointing the boat 10-15 degrees into the wind.

c. Pinching the Boat: If the wind is blowing lightly, this usually means that bow or two will take short strokes (arms only) to keep the boat angled properly. When "pinching," keep the blades square. If the wind is blowing hard, then two may need to take bow's oar, or three will take two's oar. If the wind is blowing very hard, then four may need to take

three or five will take four, in addition to the other person who is already pinching the boat. The rest of the crew should keep the boat set up. **Coaches should have trained their crews in the proper techniques. Crews should NOT use their legs, or slides, to pinch the boat.** If the crews cooperate, then no boat will pull off the stakepersons prematurely. Coxswains should remember that their “point” might be to the right or to the left of the target, depending upon the direction of the wind.

8. The Starting Command is a Countdown: Once all crews are locked on, there will be a polling of the crews from Lanes 1-6. If a crew is not ready, the coxswain’s **and the bowman’s arm** should go up--**FULLY EXTENDED**--**and the crew should be taking corrective action.** In bow-coxed boats, bow should raise his/her hand, not the coxswain.

Once all hands are down, the Starter will count down as follows: **“5 - 4 - 3 - 2 - 1. Attention! . . . Go!”** There will be a **distinct** pause between “Attention!” and “Go!” There should be **NO movement** in the boat until the Starter says, “Go!”

Coxswains are expected to manage their boats so that as the final starting command is given, all shells will be in the proper position. This means that during the countdown before “Attention!” one or two of the rowers may continue to pinch the boat to keep it in position.

Once the countdown begins, the Starter will NOT recognize coxswains’ hands. Thus, you must do all you need to do to keep the boat aligned. **Once again, please remember not to use the legs, or any large portion of the slide, in pinching the boat.**

9. Equipment Breakage: All crews are responsible for a complete check of equipment prior to leaving for the start. In the event of equipment breakage or any major mishap within the first 100 meters (crabs and jump slides are excluded) the coxswain should raise his hand immediately and stop the boat. The Referee will stop the race and determine the severity of the breakage and the appropriate action -- restart, postponement, etc. A crew that falsely claims breakage or any major mishap within the first 100 meters, and as a result stops the race, may be penalized by the assessment of a Warning or Disqualification.

10. Protests: In the event of a Protest, it must be made on the water at the end of the race and then presented in writing to the Regatta Director and head referee within one hour of the completion of the race in question.

11. Questions? Call Ann Carabillo @ 860-651-9542 or email at acarabillo@sbcglobal.net

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