



2010 New England Rowing Championships

Instructions to Coaches and Coxswains



I General

I.1 Location Lake Quinsigamond, Worcester, Ma.

I.2 Date Saturday, May 1, 2010. (Always the first Saturday in May)

I.3 Rules Changes

I.3.1 Recent changes in the Instruction to Coaches and Coxswains are shown using the "Courier" font and are colored blue.

I.4 Contacting the QRA

I.4.1 The preferred method of correspondence with the QRA is Email. Please use the specific address given in these instructions or on the QRA Web Site. If a specific address is not given please use info@qra.org.

I.5 Regatta Information on the World Wide Web

I.5.1 Most information concerning the regatta is available on the QRA's Web site (<http://www.qra.org/nerc/>). The Web Site can be used to enter the regatta, send weekly race results to the seeding committee, send scratch notices to the QRA and keep informed on the latest developments concerning the regatta. Following the seeding meeting, the race schedule and the lightweight weigh-in schedule will be posted. Crews should check the page regularly for the latest regatta information.

I.6 USRA

I.6.1 Compliance The Regatta will comply with the USRA Rules of Rowing with some exceptions as marked by (☐) below.

I.6.2 Registered Regatta The Regatta is a USRowing Registered Regatta.

I.7 Exemptions

I.7.1 Exemptions to these rules may be requested by written petition only. The request must be received in writing by the QRA no later than Monday, April 12, 2010. Requests for exemptions to the rules may also be made by sending an email to info@qra.org and putting NERC Rules Exemption in the Subject.

I.8 Coaches and Coxswains Meeting

I.8.1 Time - 7:00 AM

I.8.2 Location - The south flagpole at Regatta Point. **

I.9 Shirt Bets

I.9.1 All competitors **MUST** bet shirts at the regatta. Betting shirts for an entire crew must be packaged with the event and school name easily visible and turned in by the coxswain at weigh in time. Coxswains will not be weighed in without them.

I.10 Regatta Office

I.10.1 Located at the Regatta Point Sailing Club office. **

I.11 Spectators

I.11.1 Spectators will not be allowed on any docks or near the approaches to any docks. Spectators are also prohibited from the Finish Line Island.

I.11.2 ☐ Parking is not permitted on Lake Ave. at any time during the regatta. Parking is available in the UMass Medical Center parking garages. (UMass does charge for parking)

I.11.3 ☐ Team Buses may park on Lake Ave. north (towards the starting line) of the main gate.

I.12 First Aid Location

I.12.1 EMTs will be located next to the regatta office opposite the Awards dock, at the Donahue Rowing Center and two will be on the water. **



1.13 Results

- 1.13.1 Results will be posted at the regatta office on race day and complete results will be posted on the web page following the regatta.

1.14 Fairness Committee

- 1.14.1 The Fairness Committee will consist of the ECAC Director of Rowing or his designate the Head Referee, The QRA Regatta Director and a representative of the coaches designated in advance by seeding the seeding committee.

1.15 The Race Committee

- 1.15.1 The Race Committee shall consist of the Chief Referee, the ECAC Director of Rowing or designate and the QRA Regatta Director or designate.

1.16 Precedence

- 1.16.1 [This document will be considered the authoritative source for all instructions, rules and information about the New England Rowing Championship and will take precedence over any other sources of information.](#)

2 Eligibility

2.1 Schools

- 2.1.1 Any College or University in the six New England States not a member of the EARC or the EAWRC
- 2.1.2 Composite entries are not allowed. (All entrants in each event must be from the same school.)
- 2.1.3 Competitors including coxswain may row in only one event.
- 2.1.4 Sub Varsity and Sub Novice Entries
- 2.1.4.1 Schools entering a 2nd Varsity Eight must enter a Varsity Eight.
- 2.1.4.2 Schools entering a 2nd Varsity Four must enter either a Varsity Four or a Varsity Eight.
- 2.1.4.3 Schools entering a 2nd Novice Eight must enter a Novice Eight.
- 2.1.4.5 Schools entering a 3rd Varsity Eight must enter a 2nd Varsity Eight.
- 2.1.5 Division I & II programs men or women that individually meet all of the following conditions will be restricted from entry in the regatta.
- 2.1.5.1 Is classified as varsity by their institution and
- 2.1.5.2 Awards scholarships on which athletics ability is a consideration in any degree excluding those whose scholarships are need-based (I.E. No participant in the program is receiving any athletics related scholarship or institutional financial aid in excess of the difference between the total cost of education at the institution and the total expected family contribution of the participant.)

2.2 Rowers

- 2.2.1 NCAA Division I II and III eligibility rules apply to the colleges in there respective divisions.

2.3 Novice/Freshmen

- 2.3.1 The competitor must be a freshman on the day of the regatta - OR - The competitor may not have competed in any races prior to the start of the current academic year
- 2.3.2 Competitors who have had previous experience exclusively as a coxswain may be permitted as novice rowers
- 2.3.3 Competitors who have had previous experience exclusively as a novice rower may be permitted as novice coxswain

3 Lightweights & Coxswains



3.1 Weight Limits

- | | | |
|-------|---------------------|--|
| 3.1.1 | Men's Lightweight | 155 lb. Boat average 160 lb. Individual maximum |
| 3.1.2 | Women's Lightweight | 130 lb. Individual maximum |

3.2 Coxswains

- | | | |
|-------|-------|-----------------|
| 3.2.1 | Men | 120 lb. minimum |
| 3.2.2 | Women | 110 lb. minimum |

3.3 Weigh-In Times

- 3.3.1 A Lightweight and Coxswain Weigh-In schedule will be posted on the QRA Web Site following the Seeding Meeting.
- 3.3.2 Crews and coxswains may weigh in at any time after 7:30 AM but no later than their assigned time on the day of the regatta.
- 3.3.3 Coxswains need only weigh in once for the regatta.
- 3.3.3 Weigh-ins shall take place in order of the event's appearance in the race schedule and lane.
- 3.3.4 Schools shall provide all weights a coxswain may be required to carry.
- 3.3.4 Events with heats will be weighed-in ahead of events with finals only.
- 3.3.5 Weigh in will take place at Regatta Point. **
- 3.3.6 All members of a lightweight crew must be present to weigh in.
- 3.3.7 Crews and coxswains are required to weigh in only once during the regatta.
- 3.3.8 Failure to weigh in by the assigned time will result in disqualification
- 3.3.9 Coxswains carrying weight will be required to show their weight to the on water officials following their heat and final.

4 Equipment

4.1 Certification

- 4.1.1 Coaches must certify the shells used in competition meet the requirements of USRowing Rules § 3-105 Bow balls § 3-109 Footgear Release and § 3-110 Boat Construction for Coxswains. Certification forms must be submitted with the entry materials.

4.2 Minimum Boat Weights

- 4.2.1 Boats must conform to the minimum boat weights as set forth by USRowing Rules of Rowing § 3-104.
- 4.2.2 Schools shall provide all weights a underweight shell may be required to carry.

5 Regatta Fees

5.1 Current Entry Fees.

- | | | |
|-------|--|----------|
| 5.1.1 | Each Four | \$200.00 |
| 5.1.2 | Each Eight | \$200.00 |
| 5.1.3 | In addition to the per entry fees each school must pay a fee (Regatta Point Permit Fee) of \$100.00 per school. | |
| 5.1.4 | Make payments by credit card through the Regatta Central web site. Those unable to pay by credit card on Regatta Central may apply for an exception to the rule as described in section 1. | |

5.2 Pre-Registration Fees



- 5.2.1 There is a Pre-registration fee of \$150. Payment to be made by credit card through the Regatta Central web site. See also the Pre-Registration section below.

6 Registration

6.1 Pre-Registration

- 6.1.1 Under a 2002 agreement Pre-Registration for the New England Rowing Championship is handled by the ECAC.
- 6.1.2 ECAC Sponsored Championship Policies on Entries and Withdrawals:
- 6.1.2.1 All ECAC championship deadlines are to be enforced with a no tolerance policy on late declarations or entries unless sport specific policies have been adopted for a given championship. There will be no provisions for late declarations or entries and there will be no appeal process
- 6.1.2.2 Withdrawal Procedure: In team championships institutions that declare their intent to participate in ECAC championships may withdraw without financial penalty if such withdrawal is initiated by an athletics administrator by noon Eastern Standard Time the Friday prior to the selection conference call to select the field. Written notification must be given to both: (Withdrawal Deadline is Friday, April 23, 2010)
- 6.1.2.2.1 The regional/divisional chair. (NERC Seeding Committee Chair).
- 6.1.2.2.2 The ECAC office. (ECAC Rowing Office Kim Maniery 508-771-5060x242 hockeyrowing@ecac.org)
- 6.1.2.3 Penalties for withdrawal after the Friday deadline: A member institution that elects not to participate in a team championship and fails to withdraw from consideration for selection in accordance with the Withdrawal Procedure shall be subject to the following penalties imposed by the ECAC Championships Committee.
- 6.1.2.3.1 A \$ 500.00 fine
- 6.1.2.3.2 The institution's team shall be declared ineligible to participate in that sponsored championship for the next year.
- 6.1.2.4 Penalties for Non-Acceptance of Bid: A member institution that fails to accept a bid to participate in the ECAC championship following its selection shall be subject to the following penalties be the ECAC Championships Committee.
- 6.1.2.4.1 A \$ 500.00 fine
- 6.1.2.4.2 The institution's team shall be declared ineligible to participate in that ECAC sponsored championship for the next year.
- 6.1.2.5 The member institution may appeal the ECAC Championships Committee decision through the ECAC Executive Council.

6.2 Entry Materials

- 6.2.1 Entries must be received by 5:00 PM Wednesday, April 21, 2010.
- 6.2.2 More than one entry per event (B entry) may be entered by a school provided the additional entry does not force the creation of a new heat. If an additional heat is required because of the number of B entries in an event then no B entries will be allowed in that event.
- 6.2.3 Only complete on-time entries will be accepted. To be considered complete entries must include all of the following:
- 6.2.3.1 A completed Invoice (printed from RegattaCentral.com) signed by your Athletic Director Club Sports Director or your overseeing authority. (Online)
- 6.2.3.2 Payment in full by Credit Card only (Online through Regatta Central).
- 6.2.3.3 Rowing Release And Waiver Of Liability Assumption Of Risk And Indemnity Agreement, electronically signed on RegattaCentral.com, by every competitor coach and manager attending the regatta.
- 6.2.3.4 A completed Rowing Equipment Compliance Form. (by Mail)



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- 6.2.3.5 A valid Certificate of Insurance (Due April 1, 2010. May be sent separately) (by Mail)
- 6.2.3.6 In order for the entry to be accepted at least two race results against other participating NERC schools must be received before the seeding meeting. (Online)
- 6.2.4 In cases where schools submit separate entries for men and women each entry must include all items required in § 6.1.3 to be considered complete.
- 6.2.5 Late or incomplete entries will not be accepted.
 - 6.2.5.1 Entries received after the entry deadline or incomplete entries will be returned. There is no appeal for late or incomplete entries.
- 6.2.6 All Entry forms and other entry materials may be downloaded from the web site and mailed to the QRA.

6.3 Removal from the Regatta

- 6.3.1 There are four ways an entry can be removed from the regatta
 - 6.3.1.1 Withdrawn - Schools may voluntarily withdraw an entry any time prior to the Scratch Deadline. Although entry fees are not refunded for withdrawn entries no additional penalties are incurred. See also the Pre-Registration section above.
 - 6.3.1.2 Not Accepted - Entries that did not qualify for the regatta will not be accepted. Entry Fees are refunded.
 - 6.3.1.3 Scratched - Entries qualifying for the regatta but removed from competition after the scratch deadline or entries not showing up at the starting line are considered a scratch. Entry fees are not refunded for scratched entries and scratch penalties will apply. See also the Pre-Registration section above.
 - 6.3.1.4 Disqualified - Entries qualifying for the regatta but found to be in violation of the rules of this regatta or USRowing Rules of Rowing by regatta officials may be disqualified. Entry Fees are not refunded for disqualified entries.

6.4 Scratches

- 6.4.1 See also the Pre-Registration section above.
- 6.4.2 Schools scratching entries after 11:00 PM Friday, April 23, 2010 will be fined \$500.00 per scratch payable in cash only before the start of racing. Failure to pay this cash fine before the start of racing will result in the disqualification of all the school's entries in addition to additional penalties specified in §6.1.2.
- 6.4.3 To scratch a crew do one of the following:
 - 6.4.3.1 1. Send Email to info@qra.org and put NERC Scratch as the Subject
 - 6.4.3.2 2. Notify the ECAC contact Kim Maniery at the ECAC Rowing Office 508-771-5060x242 hockeyrowing@ecac.org.
 - 6.4.3.3 Be sure to include the name of the school the name of the coach a telephone number the entry being scratched and a reason for the scratch.
- 6.4.4 Entries may be withdrawn without penalty in writing or by email any time before the scratch deadline.
- 6.4.5 Entry Fees are NOT refunded for scratched or withdrawn entries.
- 6.4.6 All scratches must be confirmed by the QRA by Email or by phone before they can be accepted. It is extremely important to leave a return Email address or phone number with your scratch notice. Scratches that cannot be confirmed will be liable for all penalties.

7 Events

7.1 Events

- 7.1.1 Events may be added or substituted by the QRA if warranted by the number of entries.
- 7.1.2 Events with three or fewer entries will be canceled.
- 7.1.3 Events with three or fewer entries in two consecutive years will be dropped from future regattas.



- 7.1.4 Where possible, crews from under subscribed events may be absorbed into other events where competitively appropriate at the discretion of the regatta committee. Where possible "B" entries may be permitted in sub varsity events.
- 7.1.5 Heats will be run in the same order as the finals.

7.2 Order of Events

- 7.2.1 Women's Novice Four
Men's Novice Four
Women's Second Varsity Four*
Men's Second Varsity Four*
Women's Varsity Four
Men's Varsity Four
Women's Second Novice Eight*
Men's Second Novice Eight*
Women's 3rd Varsity Eight
Men's 3rd Varsity Eight
Women's Novice Eight
Men's Novice Eight
Women's Second Varsity Eight
Men's Second Varsity Eight
Women's Varsity Eight
Men's Varsity Eight

* Final Only

7.3 Petite and 3rd Level Finals

- 7.3.1 Petite Finals shall be held for Varsity and 2nd Varsity eight events with 8 or more entries. Petite Finals for all other events require 9 or more entries. 3rd Level Finals shall be held for events with 14 or more entries.
- 7.3.2 Petite Finals shall be held just prior to the Grand Final of the event. 3rd Level Finals shall be held just prior to the Petite Final of the event.
- 7.3.3 If the races are delayed the petite and 3rd Level finals in all events will be canceled.
- 7.3.4 No medals or trophies are awarded for Petite or 3rd Level finals.
- 7.3.5 Failure to race in afternoon finals without permission of the regatta director will result in institutional suspension from following year's regatta.
- 7.3.6 Petite or 3rd Level finals may be canceled or added at any time by the QRA.

7.4 Seeding

- 7.4.1 Seeding will take place on Sunday Sunday, April 25, 2010.
- 7.4.2 Proper seeding depends on your cooperation please send your results to the committee as early as possible.
- 7.4.3 Seeding results must be submitted electronically from the QRA Web Site(see above) weekly.
- 7.4.4 All schools are required to submit at least two race results against other NERC schools for each event they plan to enter. Entries failing to meet this requirement will not be accepted.
- 7.4.5 There are entry limits on all events in the regatta. Should these limits be exceeded in any event those crews seeded below the entry limit will not be accepted for competition.
- 7.4.6 The entry fee for crews not accepted for competition will be refunded.
- 7.4.7 It is the schools responsibility to check the status of their entries following the Seeding Meeting. Results of the Seeding Meeting will be posted on the QRA Web Site at the conclusion of seeding. No other notification of entry status will be made.

7.5 Race Schedule

- 7.5.1 The race Schedule will be posted on the QRA Web Site following the seeding meeting.
- 7.5.2 Only the Race Committee can make the decision to suspend or resume racing.



- 7.5.3 Following the suspension of racing the established cancellation/delay procedure will go into effect.
- 7.5.4 Typical schedule of events (Subject to change with the number of entries.)
- | | |
|--------------------|-------------------------------|
| 7:00 AM | Coaches and coxswains meeting |
| 8:00 AM to 1:15 PM | Heats |
| 1:15 PM to 2:00 PM | Lunch break |
| 2:00 PM to 6:15 PM | Finals |
- 7.5.5 Should the regatta or any events in the regatta be canceled entry fees for the effected events will not be refunded.

7.6 Lane Draw

- 7.6.1 The lane draw for heats and finals are calculated automatically following the Seeding Meeting and immediately following the last heat of each event at the regatta office. Lanes are assigned from lane one to lane six in order of an entry's seed (for heats) or finish order (for finals).
- 7.6.2 In the event of unfavorable winds, the lane assignments may be reversed. The decision to switch to a reversed lane assignment will be made by the Fairness Committee.

7.7 Progression System

| 7.7.1 | Entries | Heats | Advancing in Each Heat |
|-------|----------------|--------------|---|
| | 1- 7 | 0 | Final only |
| | 8-12 | 2 | 3 to Final, Remainder to Petite |
| | 13-18 | 3 | 2 to Final, 2 to Petite, Remainder to 3rd Level Final |

7.8 Trophies and Medals

- 7.8.1 Schools are responsible for returning their trophies cleaned and engraved at the coaches and coxswains meeting.
- 7.8.2 All winning crews will be required to sign a release form to receive their trophy.
- 7.8.3 Event Trophies
- | 7.8.3.1 | EVENT | MEN | WOMEN |
|---------|-----------|-----------------------------|--------------------------------|
| | Varsity 8 | Rusty Callow Trophy (1961) | Alice P. Higgins Cup (1975) |
| | 2V 8 | George Pocock Trophy (1961) | Patricia A. Hasset Bowl (1976) |
| | 3V8 | No Trophy | No Trophy |
| | N 8 | Callow Alumni Trophy (1969) | Norton Cup (1990) |
| | 2N8 | The New England Cup (1990) | QRA Bowl (1990) |
| | Varsity 4 | The New England Cup (1990) | Jeppson Bowl (1990) |

7.9 Point Trophy System

- 7.9.1 Team Trophies
- | | |
|---------|---------------------------------------|
| Overall | Quinsigamond Commission Trophy (2002) |
| Men | The New England Cup (1990) |
| Women | The New England Cup (1990) |
- 7.9.2 Point for the team trophy are determined using the following formula:
- $$\text{Max Points} - ((\text{Finish Order} - 1) * (\text{Max Points} / (\# \text{ of Finals} * 6)))$$
- 7.9.3 Maximum Points awarded for eights events are:
- | | |
|-------------|-----------|
| Varsity | 36 Points |
| 2nd Varsity | 24 Points |
| Novice | 24 Points |
| 3rd Varsity | 18 Points |
| 2nd Novice | 12 Points |



- 7.9.4 Maximum Points awarded for fours events are:
- | | |
|-------------|-----------|
| Varsity | 18 Points |
| 2nd Varsity | 12 Points |
| Novice | 12 Points |
- 7.9.5 In the event of a tie or a dead heat between any boats, the total value of the points for the position in question is equally divided between those boats.
- 7.9.6 In the event of a tie between two or more schools in the value of total points scored in the points trophy competition the school scoring the greater number of first places shall be awarded the points trophy.
- 7.9.8 First place medals will be awarded in all events. Second place medals will be awarded in events with four or more entries. Third place medals will be awarded in events with six or more entries.

8 Traffic and Racing

8.1 Bow Markers

- 8.1.1 All entries must have a bow marker indicating their lane number.
- 8.1.2 Bow markers must be FISA type.
- 8.1.3 Schools are required to provide their own bow markers.

8.2 False Starts

- 8.2.1 For each race if one false start has been given to any crew the next crew or crews false starting in that race shall be disqualified from the event. This does not change the criteria for assigning false starts or the definition of disqualification(see Rules of Rowing § 2-309 False Start and § 2-602 Types of Penalties).

8.3 Public Urination

- 8.3.1 Urination in public by any member of a crew will result in the immediate disqualification of that crew from the regatta. Further the team to which the offending rower belongs will be suspended from competition on Lake Quinsigamond for the following year.

Note - Offending rowers are subject to immediate arrest and prosecution if caught by police.

8.4 Crews Launching From Regatta Point

- 8.4.1 All crews going to the start(northbound) must keep to the Worcester shore.
- 8.4.2 Caution should be used when rowing to the start at the 1000 Meter Mark to stay out of Lane 1. Crews traveling to the start should proceed in a single file at this point staying close to the Worcester shore.
- 8.4.3 Crews must enter the warm up area by passing under the Route 290 bridge between the first two abutments from the Worcester shore.
- 8.4.4 Wading in off the beaches at Regatta Point is not permitted.
- 8.4.5 Approaches to and from the launching docks must be kept clear.
- 8.4.6 Crews should spend as little time on the docks as is required. Hot seating is not permitted.

8.5 Crews Launching from Donahue Rowing Center

- 8.5.1 Crews going to the start(northbound) shall proceed directly across the course after launching making sure the course is clear of racing traffic. Crews must be clear of the course before turning towards the start and continuing.
- 8.5.2 Crews going towards the finish(southbound) may use lane 6 of the course. Provided the course is clear of racing.
- 8.5.3 Crews may only enter onto the course after a race has passed.
- 8.5.4 Crews may not proceed beyond the 1500 Meter mark.
- 8.5.5 Crews must clear the course immediately should a race overtake them.



8.6 Warming Up

- 8.6.1 Crews may not go south of the Route 9 bridge.
- 8.6.2 The traffic pattern in the warm up area North of the start is clockwise.
- 8.6.3 Crew may not go beyond the orange marker buoys into the far northern cove of the lake.
- 8.6.4 Crews may take practice starts on the course but must not go beyond the 500 Meter mark.

8.7 Warming Down

- 8.7.1 Crews should exit the finish area as soon as possible after they have been polled by the Regatta Official.