



2025 New England Rowing Championships

Instructions to Coaches and Coxswains



I General

I.1 Location Lake Quinsigamond, Worcester, Ma.

I.2 Date Saturday, May 3, 2025. (Always the Saturday before the first Sunday 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 patrickdiggins@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 coxswain weigh-in schedule will be posted. Crews should check the page regularly for the latest regatta information.

I.6 USRowing

I.6.1 Compliance: The regatta will comply with the USRowing Rules of Rowing with some exceptions as marked by ☒ below.

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 14, 2025. Requests for exemptions to the rules should be emailed to patrickdiggins@qra.org. Please put "NERC Rules Exemption" in the subject.

I.8 Coaches and Coxswains Meeting

I.8.1 Time - TBA

I.8.2 To be held virtually.

I.9 Shirt Bets

I.9.1 All competitors MUST bet shirts at the regatta. Schools with boats that do not present betting shirts to the winner of their event at the end of racing risk not being invited to race in future regattas.

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 Automobile and van 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 in the UMass Medical School Pine Tree lot. See the Spectator Parking map on the QRA website. https://www.qra.org/nerc/pdf/raceday_bus.pdf. Buses may drop off athletes at the park gate. There is no parking on Lake Avenue North.

I.12 First Aid Location

I.12.1 Emergency medical staff will be stationed next to the regatta office opposite the Awards dock, at the Donahue Rowing Center and on the water.

I.13 Results

I.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.

I.14 Fairness Committee



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1.14.1 The Fairness Committee will consist of the IRA Commissioner or designee the Head Referee, the QRA Regatta Director or designee, and highest polling men's and women's coaches for the varsity 8 and varsity 4 .

1.15 The Race Committee

1.15.1 The Race Committee shall consist of the Chief Referee, the IRA Commissioner 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.

1.17 Regatta Governance

☒ 1.17.1 The New England Rowing Championships (NERC) is the trade name of this regatta and the regatta is operated and governed by the Quinsigamond Rowing Association, Inc. The NERC is by invitation only. The QRA Regatta Committee reserves the right to make all final decisions on any matter involving the NERC.

2 Eligibility

2.1 Schools

☒ 2.1.1 Any College or University with their primary campus located in Maine, New Hampshire, Vermont, Massachusetts, Rhode Island or Connecticut.

☒ 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. Schools entering a 3rd Varsity Four must enter either a 2nd Varsity Four or a 2nd Varsity Eight.

2.1.4.3 Schools entering a 3rd Varsity Eight must enter a 2nd Varsity Eight. Schools entering a 4th Varsity Eight must enter a 3rd Varsity Eight.

2.2 Rowing Programs

☒ 2.2.1 All schools entering the regatta will be required to provide certification that their program(s) follow(s) NCAA rules and/or rules for the sport of Rowing as they apply to their respective sports and divisions. This is required regardless of the fact that a particular program is a varsity sport or a club sport at the participating school. The certification form must be completed online and requires the electronic signature of the head coach and the school administrator that oversees the program.

☒ 2.2.2 All schools will have to confirm in writing, signed by their supervisory authority that the team meets or exceed all requirements set by the NCAA for concussion training and abuse and molestation training.

2.2.3 Rowing programs are expected to enter the top rowers in their program in each entered event.

3 Coxswains

3.1 Weight Limits

3.1.1 Men's Events 125 lb. minimum

3.1.2 Women's Events 121 lb. minimum

3.2 Weigh-Ins

3.2.1 A Coxswain Weigh-In schedule will be posted on the QRA Web Site following the Seeding Meeting.

3.2.2 Coxswains may weigh in at any time after 6 AM but no later than their assigned time on the day of the regatta.

3.2.3 Coxswains need only weigh in once for the regatta.

3.2.4 Schools shall provide all weights a coxswain may be required to carry.

3.2.5 Weigh in will take place at Regatta Point.



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- 3.2.6 Failure to weigh in by the assigned time will result in disqualification
- 3.2.7 Coxswains carrying weight will be required to show their weight to the on water officials following their heat and final.
- 3.2.8 Weigh-ins shall take place in order of the event's appearance in the race schedule and lane.
- 3.2.9 Events with heats will be weighed-in ahead of events with finals only.

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.

5 Regatta Fees

5.1 Current Entry Fees.

- 5.1.1 Each Four \$450
- 5.1.2 Each Eight \$450
- 5.1.3 Make payments by credit card through the Regatta Central web site.

5.2 Pre-Registration Fees

- 5.2.1 [There is a Pre-registration fee of \\$300. 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 Pre-Registration for the New England Rowing Championship is administered by the Intercollegiate Rowing Association, Inc..
- 6.1.2 Intercollegiate Rowing Association, Inc. Sponsored Championship Policies on Entries and Withdrawals:
 - 6.1.2.1 All Intercollegiate Rowing Association, Inc. 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 Intercollegiate Rowing Association, Inc. championships may withdraw without financial penalty if such withdrawal is initiated by an athletics administrator by noon Eastern Daylight Time the Friday prior to the selection conference call to select the field. Written notification must be given to both: (Withdrawal Deadline is Monday, April 28, 2025)
 - 6.1.2.2.1 The regional/divisional chair. (NERC Seeding Committee Chair).
 - 6.1.2.2.2 The Intercollegiate Rowing Association, Inc. office. (Laura Kunkemueller laura@irarowing.com)
 - 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 Intercollegiate Rowing Association, Inc..
 - 6.1.2.3.1 A \$ 500 fine
 - 6.1.2.3.2 The institution's team shall be declared ineligible to participate in that sponsored championship for the next year.



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- 6.1.2.4 Penalties for Non-Acceptance of Bid: A member institution that fails to accept a bid to participate in the Intercollegiate Rowing Association, Inc. championship following its selection shall be subject to the following penalties by the Intercollegiate Rowing Association, Inc..
 - 6.1.2.4.1 A \$ 500 fine
 - 6.1.2.4.2 The institution's team shall be declared ineligible to participate in that Intercollegiate Rowing Association, Inc. sponsored championship for the next year.
- 6.1.2.5 The member institution may appeal the Intercollegiate Rowing Association, Inc. decision through the commissioner.

6.2 Entry Materials

- 6.2.1 Entries must be received by 5:00 PM Friday, April 25, 2025.
- 6.2.2 Schools in seeded events may submit only one entry per event. The seeding committee along with the QRA reserve the right to move an entry or entries in an undersubscribed event to the next higher event. This decision is on a case by case basis and is not guaranteed.
- 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 Completed Entry Form. (Submitted through Regatta Central)
 - 6.2.3.3 Payment in full by Credit Card only. (Submitted through Regatta Central)
 - 6.2.3.4 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. (Submitted through Regatta Central)
 - 6.2.3.5 A completed Rowing Equipment Compliance Form. (Completed on Regatta Central)
 - 6.2.3.6 A valid Certificate of Insurance (Due Tue, Apr 1, 2025. (Submitted through email to patrickdiggins@qra.org)
 - 6.2.3.7 A minimum of at least two race results against other participating NERC schools must be received for each entry before noon on the Monday before the regatta. (Submitted through the QRA Result Reporting web site)
- 6.2.4 In cases where schools submit separate entries for men and women each entry must include all items required in § 6.2.3 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.
 - 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.



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- 6.4.2 Schools scratching entries after 11:00 PM Monday, April 28, 2025 will be fined \$500 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 the following:
- 6.4.3.1 1. Send Email to patrickdiggins@qra.org and put NERC Scratch as the Subject
 - 6.4.3.2 2. Notify the Intercollegiate Rowing Association, Inc. office, Contact Laura Kunkemueller at laura@irarowing.com.
 - 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 may be added or substituted by the QRA if warranted by the number of entries.

7.2 Events with three or fewer entries will be canceled.

7.3 Events with three or fewer entries in two consecutive years will be dropped from future regattas.

7.4 Where possible, crews from undersubscribed events may be absorbed into other events where competitively appropriate at the discretion of the regatta committee.

7.5 Seeded Events

7.5.1 Seeded events include heats and finals. Heats are seeded prior to the regatta and entries are assigned lanes in heats according to the results of the seeding.

7.5.2 The following events are included in the regatta:

- Women's Third Varsity Four
- Men's Third Varsity Four
- Women's Second Varsity Four
- Men's Second Varsity Four
- Women's Varsity Four
- Men's Varsity Four
- Women's Fourth Eight
- Men's Fourth Eight
- Women's 3rd Varsity Eight
- Men's 3rd Varsity Eight
- Women's Second Varsity Eight
- Men's Second Varsity Eight
- Women's Varsity Eight
- Men's Varsity Eight

7.5.3 Seeded events are limited to a maximum of 18 entries.

7.5.4 Heats will be run in the same order as the finals.

7.7 Petite and 3rd Level Finals



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- 7.7.1 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.
- 7.7.2 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.
- 7.7.3 If the races are delayed the petite and 3rd Level finals in all events will be canceled.
- 7.7.4 No medals or trophies are awarded for Petite or 3rd Level finals.
- 7.7.5 Failure to race in afternoon finals without permission of the regatta director will result in institutional suspension from following year's regatta.
- 7.7.6 Petite or 3rd Level finals may be canceled or added at any time by the QRA.

7.8 Seeding

- 7.8.1 Seeding is based on the coaches poll for all events. See below.
- 7.8.2 Proper seeding depends on your cooperation, please send your results to the committee as early as possible.
- 7.8.3 Seeding results must be submitted electronically from the QRA Website (see above) weekly.
- 7.8.4 All schools participating in seeded events 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.
- 7.8.5 There are entry limits on all seeded 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.
- 7.8.6 The entry fee for crews not accepted for competition will be refunded.
- 7.8.7 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.
- 7.8.8 All seeded events will be included in the NERC Coaches Poll.
- 7.8.9 All schools anticipating and entry in a seeded event must participate in the NERC Coaches Poll.
- 7.8.10 The final coaches poll will take place from noon on the Monday before the regatta to noon on the Tuesday before the regatta. Results for the poll will be published by noon the Wednesday prior to the regatta. All schools must participate in the poll in which they have made an entry. Schools that do not participate will risk removal from the regatta. The NERC Coaches Poll can be accessed from your QRA account's profile page.
- 7.8.11 One or more preliminary polls may be run in the weeks prior to the final poll. These will be held from Noon on Monday through Noon on Tuesday of each week they are held. Participation is strongly encouraged.

7.9 Race Schedule

- 7.9.1 The race Schedule will be posted on the QRA Web Site following the seeding meeting.
- 7.9.2 Only the Race Committee can make the decision to suspend or resume racing.
- 7.9.3 Following the suspension of racing the established cancellation/delay procedure will go into effect.
- 7.9.4 Typical schedule of events (Subject to change with the number of entries.)

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
- 7.9.5 Should the regatta or any events in the regatta be canceled entry fees for the effected events will not be refunded.

7.10 Lane Draw

- 7.10.1 The lane draw for seeded heats and finals are calculated automatically following the Seeding Meeting and immediately following the time trial or last heat of each event.
- 7.10.2 For seeded heats, lanes are assigned from lane one to lane six in order of an entry's seed.
- 7.10.3 For time trial events, lanes in the finals are assigned from lane one to lane six in order of an entry's time trial result.
- 7.10.4 For seeded events, lanes in the finals are assigned from lane one to lane six in order of an entry's finish order in the previous round of racing (heats).



7.10.5 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.

7.11 Progression System

7.11.1

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

7.12 Trophies and Medals

7.12.1 Schools are responsible for returning their trophies cleaned and engraved at the coaches and coxswains meeting.

7.12.2 All winning crews will be required to sign a release form to receive their trophy.

7.12.3 Event Trophies

7.12.3.1

EVENT	MEN	WOMEN
V8	Rusty Callow Trophy (1961)	Bernard Brown Cup (1975)
2V8	George Pocock Trophy (1961)	Patricia A. Hasset Bowl (1976)
3V8	Lincoln Pearson Cup (2004)	Patrick Diggins Cup (2004)
4V8	Peter Wells Cup (2024)	John Quinn Bowl (2024)
V4	Ricciardi Family Trophy (2019)	Lamert Family Trophy (2019)
2V4	Gil Birney Cup (2024)	No Trophy
3V4	The Gary Anger Bowl (2024)	Billy Bilotta Cup (2024)

7.13 Point Trophy System

7.13.1 Team Trophies

Overall	Quinsigamond Commission Trophy (2002)
Men	The New England Cup (1990)
Women	The New England Cup (1990)

7.13.2 Point for the team trophy are determined using the following formula:

Max Points - ((Rank - 1) * (Max Points / # of Entries))

7.13.3 Maximum Points awarded for eights events are:

Varsity	36 Points
2nd Varsity	24 Points
3rd Varsity	18 Points
4th Varsity	12 Points

7.13.4 Maximum Points awarded for fours events are:

Varsity	18 Points
2nd Varsity	12 Points
3rd Varsity	6 Points

7.13.5 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.

7.13.6 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.

7.13.7 Only the highest placing entry for each school in each event is eligible to receive points. All eligible crews competing in a final will receive points.

7.13.8 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. Entries in all events are required to provide their own bow markers.
- 8.1.2 Bow markers for finals or seeded heats must be FISA type. Rectangular shaped bow markers with white numbers on a black background are highly recommended. Shark fin style bow numbers are strongly discouraged.

8.2 Public Urination

- 8.2.1 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. Offending rowers are subject to arrest and prosecution.

8.3 Crews Launching From Regatta Point

- 8.3.1 All crews going to the start(northbound) must keep to the Worcester shore.
- 8.3.2 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.
- 8.3.3 Crews must enter the warm up area by passing under the Route 290 bridge between the first two abutments from the Worcester shore.
- 8.3.4 Wading in off the beaches at Regatta Point is not permitted.
- 8.3.5 Approaches to and from the launching docks must be kept clear.
- 8.3.6 Crews should spend as little time on the docks as is required. Hot seating is not permitted.

8.4 Crews Launching from Donahue Rowing Center

- 8.4.1 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.
- 8.4.2 Crews going towards the finish (southbound) may use the outside of lane 6 of the course.
- 8.4.3 Crews may only enter onto the course after a race has passed.
- 8.4.4 Crews may not proceed beyond the 1500 Meter mark.
- 8.4.5 Crews must clear the course immediately should a race overtake them.

8.5 Warming Up

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

8.6 Warming Down

- 8.6.1 Return to the dock: There is no additional cool down beyond returning to the docks. Crews should leave the finish area quickly after the conclusion of the race.