

EVSRA Regional Championship Regatta Guidelines Revision 5 (4/2018)

The EVSRA Championship Regatta shall be competed in accordance with the current USRowing Rules of Rowing, with the following additions/clarifications:

- Revisions to these rules
 - Proposed changes and associated justification/reasoning must be submitted in writing.
 - Changes for the current calendar year must be proposed for consideration by the competition committee no later than 20 January.
 - After deliberation, the competition committee may, if desired, update the written rules with a refined form of the proposed change.
 - Both the original proposed change (plus justification) and the refined form (if produced) will be sent to all EVSRA member team head coaches for consideration no later than 6 February.
 - As a part of the distribution of proposals, the competition committee may list a vote tally for acceptance/rejection of each original and/or refined rules change.
 - As a part of the distribution, any competition committee member submit written justification of their vote for consideration by the full coaches group.
 - Changes for the current calendar year must be approved no later than 15 March.
 - Changes are accepted by a 2/3 majority of all EVSRA member teams (one vote per team).
 - EVSRA member teams are those that have paid membership fees in the current year.
 - This meeting is voting to approve/disapprove proposals only. Discussion/debate is allowed for clarity prior to the vote.
 - Changes for the current calendar year will not be considered after 15 March.
 - Deviation from these rules cannot be considered or approved by anyone.
- Events
 - Championship events are those listed in Table 7.
 - Changes to the offered events must be approved in accordance with the guidelines for revisions described above.
- Participation
 - Grades/eligibility
 - Athletes must not turn 19 years of age before 1 Sept of the prior calendar year.
 - 9th to 12th grade athletes have 4 years eligibility to compete in high school events.
 - 8th grade athletes at, or rising to a school may participate as their school decides.

Practicing and racing with novice crews does not subtract from the four years of high school eligibility, nor does racing in exhibition varsity events.

- 7th grade athletes may train in all aspects (on land and water) with high school crews and can participate in regattas in a junior novice boat that races as a junior novice or exhibition entry.
 - See below under 'Novices' and 'Junior Novices' for associated implications.
 - o Scholastic status
 - Scholastic entries consist of students from the same school. Non-scholastic entries will compete as exhibition.
 - Home-schooled students can participate in any EVSRA regatta. Championship entries with home-school students are non-scholastic. Any team entering home-school students must verify those individuals are covered by the proper insurance (injury and liability).
 - o Guest programs (non-EVSRA teams, including non-scholastic organizations) may be invited to race by a member team. The guest program must provide written proof they are covered by proper insurance (injury and liability) to the EVSRA. Even if these crews are scholastic, guest program entries are exhibition.
 - o Gender
 - Crews competing in championship events will consist of rowers of the listed gender, but may include coxswains of a different gender.
 - Crews with any rowers of the opposite gender will be designated exhibition.
 - o Double-rowing
 - There will be no double-rowing in championship events.
 - Coxswains may cox in two championship events, or cox once and row once in two championship events.
 - Any championship entry not meeting the two previous guidelines will race exhibition. Specifically, the primary row is a valid entry. The second row is exhibition.
 - This rule does not apply to non-championship events.
 - o Coxswains will not be weighed.
 - o Lightweights
 - The maximum weight for rowers is 132lbs for women and 152lbs for men.
 - Weigh-ins will be held from 1.5 to 0.5 hours before the first event of the day.
 - All rowers of a lightweight crew must weigh-in together.
 - Entire crews that make weight will receive a bracelet they must wear through the entire regatta.
 - Bracelets will not be given to any member of a crew until all members of that crew
- qualify.
- Rowers will be notified if they are within standards, not of their actual weight.
 - Failure to make weight
 - Athletes who fail to make weight are permitted to re-weigh immediately after all other teammates have attempted to weigh in. Each athlete is allowed two attempts to weigh in.
 - If a rower/rowers fails to make weight, the team will be given 15 minutes in which to identify an alternate and qualify the entry.
 - If an entry cannot be qualified, the students within the boat can be moved into other entries for which they are eligible.

- If an entry cannot be qualified, the crew can be moved into an open racing slot for which they qualify.
- o Juniors
 - Junior crews are comprised of rowers and coxswains that are not seniors.
 - Athletes must not turn 18 years of age before 1 Sept of the prior calendar year.
- o Novices
 - Novice crews are comprised of rowers and coxswains who:
 - have never competed as a high school athlete in a spring regatta season, and
 - have not raced on the water as a high school athlete more than 12 months before the date of the event.

Any rower meets the requirements above if their prior participation/training was as a coxswain.

Any coxswain meets the requirements above if their prior participation/training was as a rower.

- o Junior Novices
 - Junior novice crews are comprised of rowers in the 7th or 8th grade. Otherwise the crew is exhibition.
 - A rower may only have one junior novice season.
 - Participation as a junior novice has no impact on high school novice status.
 - Junior novice crews race other junior novice crews, or may race against high school crews in exhibition events.
 - For all races, junior novice crew rower makeup can be any gender combination/ratio, but crews must race in the same hull type as their competitors (4s vs. 4s, etc.).
 - Junior novice crews may be coxed by a coxswain of any level.
 - Junior novices will not race in the first regatta of the sprint season.
 - If a junior novice entry is deemed to be unsafe by a regatta official, that associated school will lose the ability to make junior novice entries during for the remainder of the season.

➤ Entries

- o Entries are due by the online entry deadline the Tuesday prior to the event.
- o Exhibition entries in championship events do not progress through the regatta, earn medals/ribbons, or score points.
 - Entries known to be exhibition at submission must be designated as such via email to the regatta scheduler no later than one hour after the entry deadline. Uncertainty as to which entries will become exhibition is not an option. The designations must be made on time.
 - Entries that change to exhibition status can be identified as such at any time. On the day of the regatta, changes to exhibition status must be communicated immediately to the regatta director.
 - Entries can change out of exhibition status back to normal, but only before the completion of the coaches meeting on the morning of the regatta.
- o Progression of Entries

- Teams must enter a Varsity crew before entering a 2nd Varsity crew for that same crew type. A 2V crew must be entered before a 3V entry can be made.
 - Any program younger than three years may start their progression at the 2V level.
 - Progression must be verifiable through event results. A team's higher crew must race faster than their lower crew, or both entries will be disqualified. Only the fastest times posted by each crew during the entire championship regatta will be compared. This rule applies after all races are complete, and each crew's max effort has been recorded (heat times are unreliable, as max effort may not be required to advance). This rule can be nullified if the affected team can prove significant cause (injury, crab, weather, etc.) for the slower time in the upper boat. Faster times in the lower boat are not valid explanation.
 - o Events outside Progression: A team may enter a lightweight, junior, or novice crew without first making a varsity entry of the same crew type.
 - o Teams are only permitted one entry per championship event, except as noted below.
 - Second entries may be made, and will row exhibition.
 - In the 1x, a team may have two entries progress and medal (but not score).
- Scheduling
- o Initial heat and lane assignments will fall to the judgment of the regatta scheduler (the individual creating the original lane assignments from the online registrations). Decisions here will be informed by results this spring season.
 - o Schedule review meeting
 - The coaches will convene either Wednesday or Thursday prior to the event to review the schedule for accuracy and fairness.
 - The schedule will be adjusted as much as possible to accommodate hull conflicts.
 - Adjustments can also be made for coxswain double-participation in championship events. These shifts are secondary to hull conflicts.
 - Coaches may debate heat and lane assignments. The regatta scheduler has final say
- on any adjustments.
- Should an event have less than three scoring entries (based on initial entries or due to scratches), the affected team(s) may adjust their entries to other events.
 - Should an event in progression have only one remaining entry (and that entry cannot be moved per the prior bullet), that crew moves up to the higher event in progression (e.g. 2V8+ moves up to compete in V8+), becoming a second entry for their school. The second entry is allowed to progress and medal. Second entries created under this rule shall be placed in the same heat as the school's first entry. The crew is automatically awarded Thomson Cup trophy points for winning a single-boat race in their original event. The crew cannot be counted as a result for the efficiency cup, as no competition was defeated. Thompson cup points for the event they joined are calculated as if they had not raced.
 - Should an event outside progression have only one remaining entry (and that entry cannot be moved per

the fourth bullet), that crew moves to the lowest event in progression for that boat type (e.g. J4+ moves to compete in 2V4+). This causes the moving crew to become a second entry for their school, and they are treated in the same way as a second entry in the previous bullet.

- Following this meeting, the only permitted changes to the schedule will be scratches of entries, designation of those entries as exhibition, or retraction of exhibition designations. Events will not be expanded or created to accommodate changes.
- Scratches or exhibition designations/retractions made more than 24 hours before the coaches' meeting on the day of the event impact scoring.
- Scratches or exhibition designations made less than 24 hours before the coaches' meeting on the day of the event do not affect scoring. Exhibition retractions in this time frame do affect scoring.
 - All scratches or exhibition designations/retractions must be communicated to all EVSRA coaches as soon as the status is certain. In good faith, coaches are encouraged to communicate these potential changes ASAP, even if they are not certain.
- o Morning coaches' meeting on the day of the event
 - Schedule changes made at, or before this meeting affect medal/ribbon eligibility.
 - Reshuffling the schedule at this meeting to compress the entire event is allowed. Should there be disagreement on how to do this, the regatta director will consult the regatta scheduler and make the final decision.
- o There are several circumstances in which open racing slots can be filled due to changes based on the rules above. The priority in taking open slots is:
 - A crew that will be eligible to earn points in that slot takes priority over a crew that will not earn points.
 - For 1x events where both crews may earn medals, schools with no entries take priority over schools with one boat already entered.
 - If no other priority rules apply, filling slots is first-come, first-filled.
 - Boats entered online cannot be bumped from their racing slot, even if they are exhibition.
- Event compression contingency plan – The event may be compressed for cause (weather, venue availability, etc.) by eliminating events in the following order:
 - o Any exhibition events (mixed boats, coaches race, etc.) are first.
 - o Reps are second. Progression from heats to finals still apply. Advancement from reps to finals is done using heats times.
 - o Petite finals are third. Rankings for points are determined using heat/rep times (reps take precedence).
 - o Finals of only two boats are fourth. Sweep finals of only three boats are fifth.
 - o If further events must be eliminated, this is done from lowest to highest 1st place Thomson Cup points.
 - o Should weather make it unsafe for a boat category (1x, novices, etc.) to race in finals, or if that final is cancelled

using the rules above, heat/rep times will be used for final rankings.

- o Note: crews that cannot meet the compressed schedule due to equipment availability (and are unable to borrow) must forfeit.

➤ Rules Violations

- o Concerns regarding potential rules violations are submitted to the regatta director by the head coach of any team entered in the affected event.
- o Potential violations will be investigated and ruled on by the regatta director, in consultation with the head referee.
- o By signing the trophy points form for their team, each head coach confirms they have no concerns regarding rules violations.
- o Potential violations will not be addressed after the day of the event.
- o The regatta director will recuse from any decision affecting a team to which they are associated. The regatta commission chairperson will take on the responsibilities of making the ruling.

➤ Progression of Competition

- o Varsity 4+ and 8+ events require Petite and Grand Finals to rank teams for scoring. These categories will use the progressions presented in Tables 1-3. All other events will follow the progressions of Tables 4-6.
- o Should a crew be unable to race after they have advanced, the next eligible crew (per progression rules) will be offered the open slot. This crew is eligible to progress, medal, and score points.
- o Alternates (replacement athletes) may not be inserted into a crew between heat/reps/ semis/finals. Once competition begins, the crew must compete in the same lineup.

Table 1. Varsity 4/8 Events (6-10 entries)						
Event	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Heat A	1st, 2nd, better 3rd to GF, remainder to PF	Rank 9	Rank 5	Rank 1	Rank 4	Rank 8
Heat B		Rank 10	Rank 6	Rank 2	Rank 3	Rank 7
Petite Final		5th Ht B	4th Ht A	Slowest 3rd	4th Ht B	5th Ht A
Grand Final		Fastest 3rd	2nd Ht B	1st Ht A	1st Ht B	2nd Ht A

Note: When only 6-7 entries are made, petite finals will not be held. Finishing order for crews 6 and 7 will be determined using heats times

Table 2. Varsity 4/8 Events (11-15 entries)						
Event	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Heat A	1st to GF, remainder to Rep	Rank 13	Rank 7	Rank 1	Rank 6	Rank 12
Heat B		Rank 14	Rank 8	Rank 2	Rank 5	Rank 11
Heat C		Rank 15	Rank 9	Rank 3	Rank 4	Rank 10
Rep A	1st to GF, 2nd, 3rd, & better 4th to PF	4th Ht A	3rd Ht B	2nd Ht C	3rd Ht A	4th Ht B
Rep B		Fastest 5th	3rd Ht C	2nd Ht B	2nd Ht A	4th Ht C
Petite Final		Fastest 4th	3rd Rep A	2nd Rep B	2nd Rep A	3rd Rep B
Grand Final		1st Rep B	1st Ht C	1st Ht A	1st Ht B	1st Rep A

Table 3. Varsity 4/8 Event (16-20 entries)						
Event	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5

Trials	Advance to Reps by Time	Rank 17	Rank 9	Rank 1	Rank 8	Rank 16
Trials		Rank 18	Rank 10	Rank 2	Rank 7	Rank 15
Trials		Rank 19	Rank 11	Rank 3	Rank 6	Rank 14
Trials		Rank 20	Rank 12	Rank 4	Rank 5	Rank 13
Semi A	1st, 2nd, better 3rd to GF, remainder to PF	9th Time	5th Time	1st Time	4th Time	8th Time
Semi B		10th Time	6th Time	2nd Time	3rd Time	7th Time
Petite Final		5th Semi B	4th Semi A	Slower 3rd	4th Semi B	5th Semi A
Grand Final		Fastest 3rd	2nd Semi B	1st Semi A	1st Semi B	2nd Semi A

Table 4. Other Events (6-10 entries)						
Event	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Heat A	1st, 2nd, better 3rd to F	Rank 9	Rank 5	Rank 1	Rank 4	Rank 8
Heat B		Rank 10	Rank 6	Rank 2	Rank 3	Rank 7
Final		Fastest 3rd	2nd Ht B	1st Ht A	1st Ht B	2nd Ht A

Table 5. Other Events (11-15 entries)						
Event	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Heat A	1st, top two non-winning times to F	Rank 13	Rank 7	Rank 1	Rank 6	Rank 12
Heat B		Rank 14	Rank 8	Rank 2	Rank 5	Rank 11
Heat C		Rank 15	Rank 9	Rank 3	Rank 4	Rank 10
Final		Second Non-1 st	1st Ht C	1st Ht A	1st Ht B	Fastest Non-1st

Table 6. Other Events (16-20 entries)						
Event	Progression	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Trials	Advance to Finals by Time	Rank 17	Rank 9	Rank 1	Rank 8	Rank 16
Trials		Rank 18	Rank 10	Rank 2	Rank 7	Rank 15
Trials		Rank 19	Rank 11	Rank 3	Rank 6	Rank 14
Trials		Rank 20	Rank 12	Rank 4	Rank 5	Rank 13
Final		5th Time	3rd Time	1st Time	2nd Time	4th Time

➤ Medals & Ribbons

- o Medals will be awarded in events with two or more entries.
 - Four crews, or more = gold, silver, and bronze.
 - Three crews = gold and silver.
 - Two crews = gold.
- o Ribbons will be awarded to:
 - Mixed boat races, per breakdown above for medals.
 - Other exhibition races per breakdown above for medals.
- o Medals/ribbons will not be awarded outside the (grand) final.

- Post-event Ceremonies
 - The individual racing awards will be presented in the following order: N4+, N8+, V1x, J2x, V2x, V4x, J4+, 2V4+, L4+, V4+, 2V8+, L8+, V8+.
 - Team trophies will be awarded after the individual race awards, first the Efficiency Cup and then the Thomson Cup.

- Trophy Points
 - Second finishing entries in the 1x events do not score points, but their finishing order does impact the points scored by other crews.
 - Competition Coefficient (CC)
 - Prior to being used for any trophy calculations, the scores listed in table 7 will be multiplied by a decimal value set for the number of entries competing in the event.
 - Eights, quads, and singles events with 5 or more entries use $CC = 1$. With 4 or fewer entries, $CC = \text{number of entries} \div 5$.
 - Fours and doubles events with 10 or more entries use $CC = 1$. With 9 or fewer entries, $CC = \text{number of entries} \div 10$.
 - Exhibition entries are NOT included in the count to establish the competition coefficient.
 - Second entries in the 1x events are included in the count to establish the competition coefficient.
 - Points will be awarded to crews based upon finals finishing order. Crews not making finals will receive points based upon heats and rep times (crews advancing from heats outrank all non-advancing crews).
 - Should crews be disqualified for any reason during finals, the finishing order for the event will be adjusted (for points purposes) using heat/petite final times.
 - Each team is awarded points from table 7 (adjusted using the competition coefficient).

- The Thomson Cup is intended to recognize the most dominant team in the EVSRA and will be awarded by a calculation of points earned under the following guidelines:
 - A team's score is the sum of its SIX highest point-value finishes.
 - Coaches will sign a Thomson Cup results card at the conclusion of the regatta to acknowledge the correct recording of all finishes and points.

- The Efficiency Cup is intended to recognize the team that competes the best in their events entered and will be awarded by calculating the percentage of possible points earned under the following guidelines:
 - A team cannot win both Cups. The winner of the Thomson Cup will be removed as a competitor for the Efficiency Cup.
 - Second entries in the 1x events: no matter the original designation of A/B entries, a team's higher finishing crew

is included in the calculation.

- o A team must have a minimum of three entries receiving scores (including scores of zero) to compete for the efficiency cup.
- o All of a team's scores are included. Crews earning no points, but eligible to score points are used for this cup, contributing to the denominator of the calculation. Teams with four or more scoring entries remove their crew that most negatively impacts the calculation.
- o The team score is the percentage of possible points earned. Total points awarded is divided by total points possible to be earned.
- o Coaches will sign an Efficiency Cup results card at the conclusion of the regatta to acknowledge the correct recording of all finishes and points.

➤ Ties

- o Crews tying on the river will both be awarded points for the higher finishing position.
- o In the event of a tie in trophy score, there will be a meeting of the Regatta Director and all the head coaches present at the event.
- o Coaches may choose to abstain from the meeting.
 - The tie can be broken by comparing the two teams in events where they competed against each other.
 - The winner will be the program that finished better in the highest valued event where the two teams both competed.
 - Use the Points Distribution Chart to establish the ranking of the importance of the events.
 - Sharing the trophy is an acceptable solution.

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
V8+	100	75	56	42	32	24	18	13	10	8	6	4	3	2	1
L8+	85	64	48	36	27	20	15	11	9	6	5	4	3	2	1
2V8+	75	56	42	32	24	18	13	10	8	6	4	3	2	1	
J8+	70	53	39	30	22	17	12	9	7	5	4	3	2	1	
V4+	60	45	34	25	19	14	11	8	6	5	3	2	1		
V4x	55	41	31	23	17	13	10	7	6	4	3	2	1		
3V8+	50	38	28	21	16	12	9	7	5	4	3	2	1		
N8+	50	38	28	21	16	12	9	7	5	4	3	2	1		
L4+	50	38	28	21	16	12	9	7	5	4	3	2	1		
2V4+	45	34	25	19	14	11	8	6	5	3	2	1			
L4x	45	34	25	19	14	11	8	6	5	3	2	1			
J4+	42	32	24	18	13	10	7	6	4	3	2	1			

2V4x	40	30	23	17	13	9	7	5	4	3	2	1			
N4+	30	23	17	13	9	7	5	4	3	2	1				
V2x	30	23	17	13	9	7	5	4	3	2	1				
V2-	25	19	14	11	8	6	4	3	2	1					
J4x	25	19	14	11	8	6	4	3	2	1					
L2x	25	19	14	11	8	6	4	3	2	1					
2V2x	20	15	11	8	6	5	4	3	2	1					
J2x	15	11	8	6	5	4	3	2	1						
V1x	15	11	8	6	5	4	3	2	1						
L1x	10	8	6	4	3	2	1								
N2x	10	8	6	4	3	2	1								

Note: The grayed events are not offered for competition.

- NSRC Qualifications – EVSRA Regional Championships is a qualification regatta for the National Scholastic Rowing Championships. This section is reserved for inclusion of rules regarding qualification bids to the NSRC.