

## Table of Contents

<b>ARTICLE I – GENERAL</b> .....	<b>3</b>
<b>PART A – INTRODUCTORY PROVISIONS</b> .....	<b>3</b>
S1-101.1    TITLE.....	3
S1-102.1    PURPOSE .....	3
S1-103.1    INTERPRETATION .....	3
S1-104.1    SCOPE AND EXCEPTION .....	3
S1-105.1    SITUATIONS NOT COVERED .....	3
S1-106    RULES OF ROWING CREW COUNCIL/VASRA SUPPLEMENT REVIEW .....	3
S1-107    USROWING MEMBERSHIP .....	4
S1-108    COMPETITIVE SEASON AND OUT-OF-SEASON PRACTICE POLICY.....	4
<b>ARTICLE II – CONDUCT OF THE RACE</b> .....	<b>5</b>
<b>PART A – OFFICIALS</b> .....	<b>5</b>
<b>PART B – SAFETY AND FAIR CONDITIONS</b> .....	<b>5</b>
S2-201.1    SUSPENDING RACING .....	5
S2-202.1    PRE-REGATTA MEETING.....	5
S2-202.2    BOAT EXCHANGES.....	5
S2-203.1    TRAFFIC PATTERNS; SAFETY INFORMATION.....	5
S2-203.2    COXSWAIN (OR ROWER) TOSSING.....	5
<b>PART C – THE START</b> .....	<b>6</b>
S2-303.1    CHANGING RACING TIMES AND LANE ASSIGNMENTS .....	6
<b>PART D – THE BODY OF THE RACE</b> .....	<b>6</b>
S2-410    UNSPORTSMANLIKE CONDUCT .....	6
<b>PART E – THE FINISH</b> .....	<b>6</b>
<b>PART F – PENALTIES AND PROTESTS</b> .....	<b>6</b>
S2-609    ADJUDICATION PANEL .....	6
S2-610    PROTESTS AND PENALTIES CONCERNING COMPETITION RULES .....	6
<b>ARTICLE III – EQUIPMENT</b> .....	<b>8</b>
<b>PART A – CONSTRUCTION AND DESIGN</b> .....	<b>8</b>
<b>PART B – INSIGNIA AND ADVERTISING</b> .....	<b>8</b>
<b>ARTICLE IV – COMPETITORS</b> .....	<b>8</b>
S4-101.1    AMATEUR STANDING.....	8
S4-102.1    ILLEGAL USE OF DRUGS.....	8
S4-104.1    CLASSIFICATION BY AGE .....	8
S4-104.2    JUNIOR EVENTS.....	8
S4-106.1    LIGHTWEIGHTS .....	8
S4-107.1    INDIVIDUAL ELIGIBILITY AND DISCIPLINE .....	9
S4-107.2    ELIGIBILITY OF SCHOOL TEAMS .....	9
S4-107.3    INDEPENDENT TEAMS.....	9
S4-107.4    ATHLETIC ELIGIBILITY LIMITATION.....	9
<b>ARTICLE V – REGATTAS</b> .....	<b>10</b>
<b>PART A – REGATTA ORGANIZATION</b> .....	<b>10</b>

**PART B – ENTRIES.....10**

S5-201.1 SUBMISSION OF ENTRIES..... 10

S5-201.2 SCHOOL SPONSORSHIP RULE..... 10

S5-201.3 SCHOOL RECOGNITION RULE..... 10

S5-201.4 HIGH SCHOOL LEAGUE MEMBERSHIP RULE ..... 10

S5-201.5 ORDER OF EVENTS ..... 11

S5-202.1 REPORTING OF ENTRIES..... 11

S5-202.2 SCRATCHES..... 11

S5-203.1 GENERAL REQUIREMENTS FOR ENTRIES AND AFFILIATION ..... 12

S5-203.2 REGATTA SCHEDULING PROCEDURES ..... 12

S5-203.3 DOUBLE ROWING..... 13

S5-204.1 COMPOSITE CREWS ..... 13

S5-204.2 MIXED GENDER RULE..... 13

S5-204.3 REQUIRED ENTRIES ..... 13

S5-209.1 PROGRESSION OF EVENTS ..... 14

Events by Boat Classification and Type..... 14

S5-209.2 WEEKLY RANKINGS ..... 14

S5-209.3 ORGANIZED SCRIMMAGES ..... 15

S5-209.4 TEAM SPONSORED REGATTAS..... 15

**PART C – NATIONAL CHAMPIONSHIP REGATTAS .....16**

S5-302.1 THE VASRA CHAMPIONSHIP REGATTA ..... 16

S5-303.1 CHAMPIONSHIP SEEDING ..... 16

S5-305.1 PLAQUES, TROPHIES, MEDALS, AND RIBBONS ..... 16

S5-306.1 CHAMPIONSHIP EVENTS ..... 16

S5-307.1 VSRC CHAMPIONSHIP - POINTS TROPHY PLAN ..... 17

**ARTICLE VI – TRAILS RULES .....18**

**ARTICLE VII – THE COURSE.....18**

**ARTICLES VIII – HEAD RACES.....18**

**ARTICLE IX – SUPPLEMENTAL RULE .....18**

## ARTICLE I – GENERAL

### PART A – INTRODUCTORY PROVISIONS

#### S1-101.1 TITLE

The Virginia Scholastic Rowing Association (VASRA) and its member organizations sponsor a series of spring regattas, which are the central competitive events for scholastic rowing in the Virginia and Washington D.C. metropolitan area. Oversight of VASRA rules supplement to the USRowing Rules of Rowing is provided by the Crew Council consisting of the principals or authorized representative of all VASRA member schools.

#### S1-102.1 PURPOSE

The purpose of the Supplement is to provide uniform guidance concerning policies and procedures for the VASRA rowing season. The Crew Council has determined to adopt the USRowing Rules of Rowing, and to issue this Supplement to be used in conjunction with the USRowing Rules of Rowing.

This supplement shall:

- a. Provide for the safety of competitors and officials;
- b. Provide for fair and equitable racing under rules that are adapted herein to the needs of the sport of rowing in Virginia and the Washington D.C. metropolitan area;
- c. Promote consistent application of rules in situations where they apply.

#### S1-103.1 INTERPRETATION

These rules shall be interpreted to support the purposes described in section S1-102 (“Purpose”) above. Wherever possible, provisions of these rules shall be interpreted consistent with each other, but if such interpretation is not possible, the more specific language shall control the general, and provisions regarding safety shall control any other provision. Captions, titles and headings are part of these rules. In cases of ambiguity, these Rules shall be interpreted consistent with the rules of the USRowing Rules of Rowing.

#### S1-104.1 SCOPE AND EXCEPTION

The VASRA Rules of Rowing Supplement to the USRowing Rules of Rowing sets forth and describes policy and procedures to be followed by all VASRA member schools and schools invited to participate in VASRA regattas. This Supplement has been developed by the Southern Mid-Atlantic Association of Crew Coaches (SMAACC) and duly-appointed representatives of the Crew Council and VASRA specifically for rowing in the Virginia and Washington D.C. metropolitan area. **ONLY** head coaches from VASRA member schools may comment or vote on any VASRA rules or policies.

#### S1-105.1 SITUATIONS NOT COVERED

In situations not covered under these rules, the Regatta Director and the designated Head Coach (in conjunction with the Chief Referee) are empowered to make such decisions and give such instructions as are necessary to carry out their responsibilities, and to implement the purposes described above in section S1-102 (“Purpose”).

#### S1-106 RULES OF ROWING CREW COUNCIL/VASRA SUPPLEMENT REVIEW

1. Proposals for changes in rules must be forwarded to the Competition Rules Committee (See Operations Manual) by October 31 of each year. Proposals will be accepted, in writing, only from the Coaches Association, from the Crew Council, or from the VASRA Board of Directors. Proposals from individuals will not be considered. The recommendations of the Rules Committee will be directed to the VASRA Executive Board for review and comment and then will be presented to the Crew Council for acceptance at its January meeting. Once these recommended rule changes are accepted by the Crew Council, they will be fixed for the spring competitive season. Further changes will not be considered until

the next annual rules review cycle.

2. The Crew Council shall annually review the provisions of this Supplement.

**S1-107 USROWING MEMBERSHIP**

Competitors have to be Basic Members of USRowing to compete in a VASRA championship (or regular season regatta). All teams are required to be Organizational Members of USRowing. Championship Membership is required should a competitor be the representative of a team which does not itself have Organizational Membership or if the competitor/team wishes to compete in the USRowing Youth Regional or National Championship.

Additionally, Championship membership is required for nomination for awards sponsored by USRowing, including nomination for the annual USRowing Scholastic Honor Roll.

**S1-108 COMPETITIVE SEASON AND OUT-OF-SEASON PRACTICE POLICY**

1. **COMPETITIVE SEASON.** Crew Council/VASRA recognizes only a single spring season for competitive scholastic rowing. On-water practice for the spring season shall not start before the First Practice Date specified in the Virginia High School League (VHSL) Calendar and competitions shall not be entered before the First Contest Date in the VHSL Calendar. VASRA will sponsor a series of weekly regattas during the spring season, culminating with the Virginia Scholastic Rowing Championship (VSRC). The Stotesbury Regatta (Philadelphia), Scholastic Rowing Association of America (SRAA), and the NSRA Championship Regatta are considered a normal part of the local spring season. The season shall generally end after the NSRA Championship Regatta, however, teams may enter national and / or international regattas after the spring season that are approved by the Crew Council.

2. **WEEKLY LIMITATION POLICY.** No member of any VASRA team shall be engaged in crew competitions and / or practices on more than six days in any calendar week unless exceptions are granted by the Crew Council. No racing or practice will be conducted on Sundays unless approved by the Crew Council. Teams may compete on any specific weekend on Saturday or Sunday (if permitted by local league rules), but not on both days unless approved by the Crew Council

3. **OUT OF SEASON POLICY.** Out-of-season practice policy for rowing will be in accordance with the guidance provided by the Virginia High School League, as modified by Region, County, or School Athletic Authorities. Enforcement of out-of-season policies is a Crew Council responsibility. Observations of policy infractions should be reported to the Crew Council, through a school Director of Student Activities. The Crew Council will then take appropriate action.

4. **NOTIFICATION OF POLICY.** Any policy established by the Crew Council will be disseminated by VASRA to all members.

## ARTICLE II – CONDUCT OF THE RACE

### PART A – OFFICIALS

### PART B – SAFETY AND FAIR CONDITIONS

#### S2-201.1 SUSPENDING RACING

The following procedures will be followed for suspending/canceling races due to hazardous racing conditions or unsafe weather conditions.

1. If there are indications of possible problems, the Regatta Director, the Chief Referee and, in the case of the Occoquan site, the Sandy Run Park Ranger, will meet at the earliest possible time. The Regatta Director has the ultimate authority to postpone or cancel a regatta.
2. If the Chief Referee finds that either of the requirements of safety or fairness cannot be met under then existing conditions, they shall stop or suspend all racing until such time as safe and fair conditions are restored.
3. Regatta status will be tweeted on VASRA's twitter account #vasraresults. Time permitting, it will also be e-mailed to Head Coaches.

#### S2-202.1 PRE-REGATTA MEETING

A meeting of coaches, regatta staff and USRA officials will be held before the first race of each regatta. The site and time for this meeting will be decided by the local organizing committee (LOC) and announced before the beginning of the regatta season. The purpose of the meeting is to announce scratches and double rows, adjust the schedule to allow for conflicts in equipment and people, discuss regatta procedures and review the rules of racing. It is imperative that each organization participating be represented by a coach at this meeting. Failure to attend does not justify raising any issue after the meeting which should properly have been considered at the meeting. No special consideration will be given those organizations not represented. The meeting will be conducted by the designated representative of the coaches Committee, assisted by the Chief Referee and Regatta Director.

A meeting of all coxswains, and at least one rower of all boats without a coxswain, will be held prior to regatta for the purpose of reviewing regatta procedures. Attendees will be identified or marked and will provide that identification or marking to the Dockmaster/Control Commission to prove attendance at the coxswains meeting prior to being allowed to launch their shell. Attendance at the meeting is mandatory. Failure to attend will result in the shell being denied permission to launch, until the crew receives a brief by the Chief Referee or designated representative. Events will not be delayed or rescheduled to accommodate this.

The Chief Referee will meet with all race officials.

#### S2-202.2 BOAT EXCHANGES

Boat exchanges (hot docking) may be made at the awards dock next to the grandstands or the Point at the crew's own risk. It will be the responsibility of the crew to make the exchange and arrive at the starting line in a timely manner. A race will not be delayed or rescheduled for any boat which has not allowed at least 40 minutes between races involved in an exchange.

#### S2-203.1 TRAFFIC PATTERNS; SAFETY INFORMATION

The Race Day traffic pattern will be in effect from two hours prior to the scheduled start of a regatta until one hour after the actual completion of the last event of the regatta.

#### S2-203.2 COXSWAIN (OR ROWER) TOSSING

Coxswains or rowers will not be tossed into the water for any reason.

## **PART C – THE START**

### **S2-303.1 CHANGING RACING TIMES AND LANE ASSIGNMENTS**

The Starter may change the schedule of racing or any lane assignments previously made.

At the first two regattas of the year, heat and lane assignments will be determined by random draw. At subsequent regattas, the schedulers will use existing rankings and race results to place lanes three and four in each heat for all entries received on time, and then will use a random draw to place all other crews.

## **PART D – THE BODY OF THE RACE**

### **S2-410 UNSPORTSMANLIKE CONDUCT**

All participating teams will be bound by the sportsmanship rules of the high school athletic league governing athletic competition at their school and all team members, students and adults affiliated with any school are expected to conduct themselves in a spirit of good sportsmanship. Acts which transgress the rules of sportsmanlike conduct as outlined in *USRowing Rules of Rowing* or the high school league rules governing

VASRA schools or schools competing in VASRA events will be subject to the penalties listed below. The *USRowing Rules of Rowing* defines "unsportsmanlike conduct" (Article 1-202(y) as follows: It "shall include, but not be limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator." This includes all regatta staff and park personnel. Unsportsmanlike acts occurring on the water or under the purview of a licensed USRowing official will be dealt with pursuant to *USRowing Rules of Rowing 2-602*. Transgressions occurring on land will be reported by a witness to the regatta director, who will investigate the act and assess the appropriate penalty.

## **PART E – THE FINISH**

## **PART F – PENALTIES AND PROTESTS**

### **S2-609 ADJUDICATION PANEL**

Should an altercation arise between two VASRA crew teams -- whether between individuals or groups -- outside of actual regattas but during time relating to VASRA activity, including time relating to official practice, it is the responsibility of the principals/heads of the respective schools to settle the dispute. It is the responsibility of the school of the aggrieved individual/team to bring the matter to the attention of the administration of the other school(s), along with notification of the incident to the Chair of the Crew Council. If the dispute has not been settled within three weeks to the satisfaction of all school administrations concerned, the dispute will be brought to the attention of an adjudication panel. The panel will consist of three persons appointed by the Crew Council Chair. The adjudication panel will issue an opinion on the dispute within two weeks which will be binding on all parties. Either party will have the right to request an appeal before the entire Crew Council. A request for appeal must be made in writing and delivered to the Chair of the Crew Council within seven days of release of the decision of the adjudication panel.

### **S2-610 PROTESTS AND PENALTIES CONCERNING COMPETITION RULES**

1. Protests involving high school athletic league rules shall be handled initially by the Crew Council, in accordance with high school athletic league procedures where applicable. Only principals may initiate such

protests. Protests must be made in writing and must be addressed to the chair of the Crew Council, and must be delivered or postmarked within two working days of the contest or of receipt of the information on which the protest is based. The chair of the council shall choose a review committee to hear and adjudicate the protest. This committee shall consist of three persons drawn from the membership of the Crew Council and shall reflect the approximate geographical distribution of the council as a whole. Representatives of both the protesting teams(s) and the team(s) against which the protest is directed must be present. Should a penalty be imposed upon a team by the review board, that team shall have the right to request an appeal before the entire Crew Council (with the protesting and appealing school excused). Such request must be made in writing and delivered to the Chair of the Crew Council within seven days of the original hearing.

2. Protests concerning the official USRA rules of rowing or of local rules of competition, individual event entry requirements, or of a decision of a regatta director or referee, will be handled by a regatta protest Jury as stipulated by the USRowing Rules of Rowing and by VASRA. Decisions made by the Jury on a protest shall be final and binding and, subject to the agreement of the Regatta Director, who shall act as an observer/advisor to the Jury, not be subject to appeal to any outside agency, including, but not limited to, the Referee Committee and USRowing.

3. Coaches may file an administrative challenge (i.e., involving improper entry of a boat or ineligibility of a participant) with the Chief Judge any time during a regatta. *Such an administrative challenge is not a protest.*

#### PENALTIES

The following penalties may be applied by the Crew Council.

- a) For major violation of the sportsmanship rule by a participant (either as a crew member or as a coach) - minimum: suspension of the individual for one week. (Minor violations can be handled by the Regatta Jury as provided for in the USRowing Rules of Rowing and VASRA regulations, with a maximum penalty of disqualification of the offending entry).
- b) For other violations, penalties may include:
  - Warnings,
  - Probation
  - Suspension for up to two years.
  - In all cases involving a crew member, the entries in which s/he participated on the day of the protest shall be disqualified.
- c) Penalties for violation of VASRA regatta entry rules as stipulated in VASRA regulations and Bylaws may include: i) fines, ii) disqualification of the team for the regatta in question, iii) disqualification from the VSRC or, iv) loss of VASRA membership.

## ARTICLE III – EQUIPMENT

### PART A – CONSTRUCTION AND DESIGN

### PART B – INSIGNIA AND ADVERTISING

## ARTICLE IV – COMPETITORS

### S4-101.1 AMATEUR STANDING

- a) A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived there from.
- b) Exception: Accepting a fee for instructing, supervising or officiating in an organized youth recreation, playground, or camp activities program shall not jeopardize amateur status.
- c) An individual loses amateur status and thus shall not be eligible for interscholastic competition in a particular sport if the individual uses his or her athletic skill directly or indirectly for pay, or the promise of pay, even if such pay is to be received following the completion of interscholastic athletic competition, in any form in that sport.
- d) Status is also lost if the athlete accepts payment of expenses beyond actual necessary travel, room and board for practice or competition in that sport.
- e) This rule applies equally to rowers and coxswains.

### S4-102.1 ILLEGAL USE OF DRUGS

1. Smoking and other illegal use of tobacco products, alcohol or controlled substances by rowers or coaches are incompatible with the best principles of scholastic rowing and will not be tolerated during organized practices, regattas or any other activity related to the VASRA. It is also noted that the laws of the Commonwealth of Virginia and the regulations of the Northern Virginia Regional Park Authority and the National Park Service prohibit consumption of alcoholic beverages or use of illegal drugs. Violations will be reported to the appropriate authority.
2. Competitors are prohibited from engaging in the sport of rowing, whether in competition or in practice, while under the influence or effect of a drug that may enhance athletic capabilities. In addition, student-athletes violating the substance abuse policies may be disciplined in accordance with local school board policies.

### S4-104.1 CLASSIFICATION BY AGE

Students who have reached the age of 19 on or before the first day of August of that school year are no longer eligible to participate in a VASRA regatta. The school year concludes on the last day of classes for that academic year.

### S4-104.2 JUNIOR EVENTS

Junior events are restricted to competitors in the 11<sup>th</sup> grade (junior year) or lower. Juniors, including coxswains, must not have attained the age of 18 years prior to September 1 of that academic year.

### S4-106.1 LIGHTWEIGHTS

All teams participating in any VASRA lightweight rowing event shall follow the VASRA Rowing Weight Control Program (WCP). Details on the WCP program are available on the VASRA Webpage.



**S4-107.1 INDIVIDUAL ELIGIBILITY AND DISCIPLINE**

All teams participating in VASRA regattas must abide by all the rules of the High School Athletic League which governs Athletic competition at the school they represent. *Where these rules vary from any VASRA rule listed below, the more stringent rule will apply.*

**S4-107.2 ELIGIBILITY OF SCHOOL TEAMS**

Every member of each entry at any VASRA conducted competitive event must be eligible to represent that school in athletic competitions under the rules of his/her school and the rules of the athletic association to which that school belongs. Should a school belong to no athletic association, it must be eligible under the public high school athletic association which governs standard athletic competition in the jurisdiction in which the school is located. To participate in a VASRA regatta, a team and its members must also comply with the VASRA regatta entry rules and be in "Good Standing" with the Crew Council and VASRA. The Crew Council and VASRA define "Good Standing" for their respective bodies. "Good Standing" will include: fulfilling meeting attendance requirements; meeting financial obligations; completing administrative requirements of submission of Rule Book Certifications, and Master Eligibility Certificates (or their equivalent); providing personnel to support permanent regatta staff positions of the Georgetown Local Organizing Committee (LOC) or Occoquan Local Organizing Committee (LOC); and meeting VASRA requirements.

Interpretation: Public high school athletics in Virginia are hereby recognized as being governed by the Virginia High School League (VHSL), and the rules governing student eligibility for athletics are contained in Chapter 28 of the VHSL Handbook. Public high school athletics in the District of Columbia are hereby recognized as being governed by the Athletic Department of the District of Columbia School System, and the rules governing student eligibility for athletics are contained in the Interscholastic Athletic Handbook. Public high school athletics in Maryland are hereby recognized to be governed by the Maryland Department of Public Education. Independent high schools are hereby recognized to be governed by their respective league rules or must abide by the public high school athletic association in the jurisdiction in which the school is located.

**S4-107.3 INDEPENDENT TEAMS**

Independent teams must agree in writing to draw their members from the regular student body of a single secondary school and to abide by all the eligibility rules governing the recognized high school program of the school from which they draw their membership, as if they were a recognized high school sport. Independent teams' high schools must agree in writing to abide by the public high school athletic association in the jurisdiction in which the school is located.

**S4-107.4 ATHLETIC ELIGIBILITY LIMITATION**

After eight consecutive semesters, a student will have completed his/her athletic eligibility and may no longer participate in a VASRA regatta. The eight consecutive semester rule begins with the student's initial enrollment in the 9th grade.

## **ARTICLE V – REGATTAS**

### **PART A – REGATTA ORGANIZATION**

#### **PART B – ENTRIES**

##### **S5-201.1 SUBMISSION OF ENTRIES**

Entry into VASRA conducted competitive events will be limited to teams which meet all the following requirements. Compliance with these rules will be a part of the competition contract and noncompliance may result in forfeiture of the right to participate in VASRA regattas.

##### **S5-201.2 SCHOOL SPONSORSHIP RULE**

All entries in any VASRA conducted event must either:

- (1) Represent school teams sponsored in competition by a Crew Council member school and a booster organization that is a member of the VASRA, or
- (2) Represent other schools as guests of the VASRA itself, in accordance with the USRowing Rules of Rowing, the Crew Council/VASRA to the USRowing Rules of Rowing Supplement, and the VASRA Operations Manual.

*Interpretation:*

*a. The membership area of the VASRA is defined in the organization's bylaws as the Commonwealth of Virginia with particular focus on the counties of Northern Virginia, and MD/DC schools may be members.*

*b. Upon acceptance for VASRA membership, an organization is permanently recognized as being the sponsor of entries from one particular school.*

##### **S5-201.3 SCHOOL RECOGNITION RULE**

All entries to any VASRA conducted event must either:

- (1) Be recognized by the school they represent either as an integral part of the school's interscholastic athletic program or as a school club sport, or
- (2) Represent a school where school system policy does not permit recognition of a crew program.

*Interpretation:*

*a. Existence of at least one recognized crew program at a school within a given school system and of procedures for recognizing others will be taken as evidence that school and school system policy permit such recognition.*

*b. Crews which are not recognized by the school are "independent" teams under normal high school athletic association rules, and will be so referred to in these rules. The VASRA considers formal school recognition to be the normal and preferred situation for scholastic sports, and expects its independent members to actively seek such recognition.*

##### **S5-201.4 HIGH SCHOOL LEAGUE MEMBERSHIP RULE**

1. All schools with recognized crew programs entering VASRA conducted competitions must be members in good standing of the high school athletic association that governs standard athletic competition in

the jurisdiction in which the school is located.

2. All non-public schools and independent teams which cannot be members of a high school athletic association that governs standard athletic competition in the jurisdiction in which the school is located must agree in writing to abide by the public high school athletic association regulations in that jurisdiction.

#### **S5-201.5 ORDER OF EVENTS**

1. The scheduling and intervals of events are subject to agreement between the Regatta Director and Chief Referee. The race course for all VASRA races is 1,500 meters. Normal intervals are considered to be 5-8 minutes apart. All events must have a minimum of two entrants.
2. Quads may be entered with or without coxswains.
3. Freshman boats entered in the VSRC Regatta are rowed by students in the ninth grade only.
4. Lightweight boats are rowed by students meeting the weight requirements as a lightweight having met the weight control guidelines or SRAA weight verification if visiting teams
5. Novice athletes are students who have never competed in a regatta before the current season. Novice boats are comprised solely of novice athletes. Former coxswains who row for the first time are considered novice rowers. However, a former rower who then becomes a coxswain is not considered to be a novice coxswain.

#### **S5-202.1 REPORTING OF ENTRIES**

1. Each coach is responsible for reporting weekly regatta entries to the Regatta Scheduler/Director according to the schedule published on Regatta Central. Entries for the VSRC championships must be made by the time published on the Regatta Central Website.
2. Individual scheduling problems will be discussed by coaches and the Regatta Scheduler/Director *no less than* 30 minutes prior to the coaches meeting of each regatta. At this time coaches may make additional entries, notify of any double rowing in non-championship events, notify/requests hot docking privilege, and other issues that need to be addressed during the coaches meeting. The scheduler will present all changes to the regatta director and the coaches during the coaches meeting. All changes the day of the regatta must be approved by the Regatta Director.
3. Additional entries will be accepted only on a first come, first serve basis the morning of the regatta based on lane availability. If there are no available lanes, no additional events or heats will be added to the schedule to accommodate late entries.
4. Championship events will race in an A, B, or C flight, which will be based on rankings beginning the third scheduled regatta of the season. Non-Championship events will not have heats and will only race in a Flight 1, Flight 2 or Flight 3 event, which will be drawn at random. At the last scheduled regatta(s) before the VSRCs, all events will have heats and finals.
5. Member organizations are encouraged to arrange for guest teams from outside the VASRA membership area, so long as such teams will enter the normal VASRA regatta events. However, the final invitation to any such guest teams must come from VASRA.

#### **S5-202.2 SCRATCHES**

A scratch is defined as a cancellation of an entry as submitted. Each team is allowed 3 scratches per season. For each additional scratch a team will be fined \$50.00. Scratches will only be allowed in the lowest boat entered. Fines will be paid to VASRA which will, at the end of the season, distribute the

collected fines equally among those schools who have scratched 3 or fewer times during the season. (Example: If a crew has entered third, fourth and fifth eights, and that school has to scratch one eight, the fifth eight will be scratched, leaving the progression intact. If a team scratches the 4th and 5th eights this counts as two scratches.)

### **S5-203.1 GENERAL REQUIREMENTS FOR ENTRIES AND AFFILIATION**

All VASRA regular season regattas shall be hosted by VASRA. The Crew Council will be responsible for providing medical coverage by a licensed doctor, nurse or certified athletic trainer.

### **S5-203.2 REGATTA SCHEDULING PROCEDURES**

1. A school's principal must approve all contests in which representatives of the school participate. No agreement to engage in any contest shall be binding unless approved by the principal.

2. Each fall VASRA will advise the Coaches Association of the regattas VASRA will host the following spring. The Coaches Association will receive from each individual school all competitions that they wish to enter in the spring, VASRA and otherwise. Coaches Association will develop an overall schedule and coordinate it with VASRA to assure executability. The coordinated proposed schedule will then receive a final review by the coach representing each school. The coach is responsible for coordinating and receiving the approval of their initial input and the final proposed schedule from their school administration and booster organization. The final proposed schedule will be forwarded to the Crew Council not later than 1 December for review and approval. Once the schedule is approved, usually in December, by the Crew Council, each principal shall have the right only to accept or decline participation in the entire regatta schedule as approved.

3. Schools wishing to change their schedule after the final schedule has been approved must submit their desired change and rationale for the change to the Crew Council Chair. The Chair will seek the advice of the President of VASRA and the head of the Coaches Association, and any crew council members the Chair deems appropriate. The Chair will advise the school of the decision on the request. Even if the schedule change is approved, the school remains responsible for any personnel and equipment support requirements that have been assigned to that school based on the original schedule.

#### *Interpretation:*

*Membership in the VASRA in no way binds a school or a team to entry into all of the Association regattas, nor does it prevent a school or team from entering or sponsoring any other athletic competition. However, membership does bind the school to providing the monetary and manpower support for the entire VASRA regatta season, as required by the Association's regulations and bylaws.*

4. Compliance during each regatta with the regatta regulations then in force and provision of the required regatta monetary and manpower support shall be a condition for fulfillment of a school's agreement to compete in that regatta.

5. Entry requirements may be placed by the Crew Council on the VASRA championship regattas based upon participation in the regular season regattas for that year. Otherwise, all VASRA member teams shall have the right to enter any VASRA regatta before the scheduled deadline.

6. Teams not associated with the VASRA may only compete in VASRA regattas at the invitation of the VASRA board. No teams from outside Virginia, except VASRA members, will be permitted to compete in the Virginia Scholastic Rowing Championship. Virginia Schools located more than 110 air miles of the Federal Capitol Building may participate in the VSRC at the invitation of VASRA without being members of VASRA or the Crew Council.

7. Teams with "upper boats" rowing in separate regattas will be permitted to enter lower boats in VASRA

regattas without being required to row in events higher than their normal competitive level would be if their upper boats were present.

### **S5-203.3 DOUBLE ROWING**

1. Championship Events: Double rowing shall NOT be permitted in any VASRA regatta championship event and/or championship regatta. Rowers may compete in only one championship event at any VASRA regatta and/or only one event at any VASRA championship regatta. Rowers competing in a championship event at any VASRA regatta may NOT row in a non-championship event. No participant may row in more than one event.

2. Non-Championship Events: Double rowing shall be permitted in any VASRA regatta non-championship event at any VASRA non-championship regatta.

3. However, double rowing will be limited to one boat per gender per team and must contain at least one rower who is competing in only one event.

4. Coxswains shall be permitted to cox in two championship/non-championship events or cox in one event and row in one event, but not exceed two championship/non-championship events.

4. EXCEPTION: In accordance with USRowing rule 5-208 (Illness of Competitors) if VASRA is presented with a competitor that **has a** serious and sudden illness or injury prevents them from competing at the VSRC Day 2, in a crew other than a single scull (1x), then a competitor who rowed in VSRC Day 1 the previous week, **and who has not qualified for an SRAA event**, may be substituted at any time before the event is completed. A certificate from a health professional shall be required. "**Matt Shoop Rule**"

*Clarification: Lower boats are not classified championship and therefore may be double rowed at regular season regattas. However, no double rowing will be allowed in the VSRC Regatta.*

### **S5-204.1 COMPOSITE CREWS**

No composite crews are permitted. Every member of the crew of any given entry in an VASRA competitive event must be a full time student at the same public or private secondary school, enrolled in a program leading to graduation from that school. A student need not be in full time physical attendance at said school, but may receive all or part of his/her instruction at other locations, so long as such instruction is a part of a program leading toward a diploma from the school at which he/she is enrolled. Students who do not live in the attendance area of the school they attend will be eligible only if such transfer is for educational or personal reasons not connected with their participation in crew. This rule will have precedence over any high school athletic league rules only when this rule is more stringent.

Interpretation: Students from a school's attendance area are not eligible unless they are actually enrolled at that school. Students who spend part or all of their time in extensions or distributive programs administered by their school are eligible. Students attending magnet or alternate schools are eligible only if the program will lead to a diploma from the school on whose team they participate.

### **S5-204.2 MIXED GENDER RULE**

VASRA teams will not mix crew members (rowers) of opposite gender in the same entry. However, coxswains may be of a different gender than the rowers in the same shell.

### **S5-204.3 REQUIRED ENTRIES**

1. The following minimum entries will be required for each member team competing in all VASRA regular season and championship regattas:

- a. First year of operation: Minimum of a Third level boat must be entered. All additional boats must be entered in descending order.

- b. Second year of operation: Minimum of a Second level boat must be entered. All additional boats must be entered in descending order.
- c. Third and succeeding years: All entries must be in accordance with published progression of events.
- d. Teams may choose to enter above the minimum requirement (e.g., a first-year team may enter a second eight).

2. In the championship regatta (VSRC) teams will not be allowed to enter more than one entry per event (No "B" Boats) except in the 1x (single) events. If there are no other entries in a race and the team desires that entry to row up in the progression, the scheduler, with the concurrence of the regatta director, will place these entries in the next higher event in the progression. The second entry is eligible to advance and place in the event.

**S5-209.1 PROGRESSION OF EVENTS**

The progression of events is First Boat, Second Boat, Third Boat, Fourth Boat, Fifth Boat etc. Boats must be of the same type, i.e., Eights progress behind eights and fours behind fours. A team may not skip events, i.e., teams not entering a 1<sup>st</sup> boat in an event may not enter a 2<sup>nd</sup> and or 3<sup>rd</sup> boat in that event.

The following are progression of events for each gender and type of boat at all regularly scheduled VASRA regattas:

**Events by Boat Classification and Type**

Classification	Eight Progression of Events	Four Progression of Events	Quad Progression of Events	Double Progression of Events	Single Progression of Events
Championship	1 <sup>st</sup> Eight	1 <sup>st</sup> Four	1 <sup>st</sup> Quad	1 <sup>st</sup> Double	1 <sup>st</sup> Single
Championship	2 <sup>nd</sup> Eight	2 <sup>nd</sup> Four			
Non-Championship	3 <sup>rd</sup> Eight	3 <sup>rd</sup> Four	2 <sup>nd</sup> Quad		
Non-Championship	4 <sup>th</sup> Eight	etc.	etc.		
Non-Championship	5 <sup>th</sup> Eight				
Non-Championship	6 <sup>th</sup> Eight				
Non-Championship	etc.				

**Non-progression Events for all Boats**

Classification	Event	Boat Class
Championship	Junior	8,4+,4x,2x,1x
Championship	Lightweight	8,4+,4x,2x,1x
Non-Championship	Freshman	8,4+,4x
Non-Championship	Novice	8,4+

**S5-209.2 WEEKLY RANKINGS**

Only Championship events will be ranked, except beginning the week before VSRC, non-championship events, will be ranked in preparation for VSRC. Beginning the third VASRA regatta of the season, rankings will be used to determine weekly lane assignments for each race location. Rankings will be updated weekly with the results obtained from Regattas and Team Sponsored Regattas only. To be valid, such results must be published results (i.e., on Row2K, VASRA Web Page, etc.) and notification made to the Ranking Committee within one week of the event. Late notifications will not be accepted. In the absence of current ranking information, the previous week ranking will be used. If no ranking for the prior week is available, random draw will be used for lane assignment.

**S5-209.3 ORGANIZED SCRIMMAGES**

An organized scrimmage is a practice session between two or three organized teams. It consists of a race or races in which no official time, score or distance is kept, no public report is made, coverage by the news media is discouraged, full team uniforms are not worn and the event is purely for instructional purposes. As few as two shells from two different teams rowing any distance head-to-head in a planned event constitute an organized scrimmage. An organized scrimmage will be considered an scrimmage for the entire team, regardless of the number of boats rowing.

No VASRA member team may participate in more than two organized scrimmages in any given season.

**S5-209.4 TEAM SPONSORED REGATTAS**

1. A Team Sponsored Regatta is *any regatta sponsored by an individual school team and it's booster organization.*
2. Size: All team-sponsored regattas will be limited to no more than three teams.
3. Regatta/Meet Director: All team-sponsored regattas will have a Certified VASRA Regatta/Meet Director. Any coach who assumes this responsibility must relinquish his/her coaching responsibilities during the regatta.
4. Rules: The Regatta/Meet Director is responsible for insuring that the United States Rowing Association rules of racing and local regulations (*School and Rowing Association*) are in effect.

USRowing Rules of rowing: [www.usrowing.org](http://www.usrowing.org)

VASRA Rules: [www.VASRA.org/Documents.htm](http://www.VASRA.org/Documents.htm)

VHSL Rules: [www.vhsl.org/forms.htm](http://www.vhsl.org/forms.htm)

Nation Federation of High School Associations: [www.nfshsa.org](http://www.nfshsa.org)

5. Sanction: When necessary, it is the responsibility of the sponsoring team to sanction their regatta with their local high school league.
6. Site Reservation: It is the responsibility of the Regatta/Meet Director to reserve and or make arrangements for use of the regatta site with the appropriate organization.
7. Officials: It is the responsibility of the Regatta/Meet Director to ensure that the correct numbers of officials out lined by the United States Rowing rules of racing are present.
8. Insurance/Safety: It is the responsibility of the Regatta/Meet Director to (*from rule 50-3-2 of VHSL*)

Provide that a certified athletic trainer is present during the regatta

Provide that all athletes be covered by accidental insurance that protects them during athletic participation

Provide a healthful, safe and sanitary environment for all participants

9. Posting: It is the responsibility of the meet director to announce to all other local teams three days prior to the regatta when and where the event will take place. A sign should be placed at all docks during the day of the regatta announcing the times for the regatta. The sign should be placed a minimum of one hour before the regatta. *Note this regulation is only in effect for areas where two or more schools are sharing the same body of water.*

Note: Use of local racecourses is limited. Only weekday regattas can be scheduled and must be scheduled with local regatta organizing committees, park and or water management officials.

## PART C – NATIONAL CHAMPIONSHIP REGATTAS

### S5-302.1 THE VASRA CHAMPIONSHIP REGATTA

The Virginia Scholastic Rowing Championship (VSRC) will be held on the first and second Saturday of each May for teams in Virginia and VASRA member teams in Maryland and the District of Columbia.

### S5-303.1 CHAMPIONSHIP SEEDING

The VSRC will be seeded for championship events only. The seeding will be maintained throughout the season by the VASRA Regatta Scheduler. Final seeding will be sent to all coaches two days before the VSRC Regatta. Coaches wishing to protest the seeding order must do so within 36 hours. Issues which cannot be resolved between the scheduler and disputing coach will be sent to the Regatta Director for final ruling.

### S5-305.1 PLAQUES, TROPHIES, MEDALS, AND RIBBONS

#### 1. Plaques and Trophies:

Plaques and trophies will be awarded to championship event winners of the finals at VSRC. Trophies will be retained by the winning school until collected at the beginning of next season.

Plaques and trophies will be awarded to winners of total points in each of two classes for each gender: VSRC Division I Competitors (schools with 20 or more competitors on the roster); VSRC Division II Competitors (schools with 19 or fewer competitors on the roster). Points will be awarded for placing in each championship event in accordance with the Points Trophy Plan. Points will be weighted by event and finishing place.

#### 2. Medals and Ribbons:

Medals: Medals shall be awarded at the VSRC for only championship events.

Ribbons: Ribbons shall be awarded at all regular season regattas

Medals and Ribbons will be awarded as follows:

- a. Two Entries: Ribbons will be awarded only to the first-place crew.
- b. Three Entries: Medals or Ribbons will be awarded only to the first-place crews.
- c. Four Entries: Medals or Ribbons will be awarded only to the top three crews.
- d. Five or more Entries: Medals or Ribbons will be awarded only to the top three crews.

### S5-306.1 CHAMPIONSHIP EVENTS

The Rules for conducting Championships are further modified below:

1. Three Competitor Rule: Championship events with fewer than three entries shall not be held in the current year.
2. Entry Rule: Schools will be allowed to enter **only four boats** (per gender) in the Championship events. Singles and Doubles are not included in the four-boat limit. All entries must be received on or before the date published on Regatta Central.



3. Finals Rule: All Championship events will be given heats and finals. The 1<sup>st</sup> Eights and 1<sup>st</sup> Fours will have petite finals.
4. Petition for Races Rule: Petition to add additional races may be done as long as the following conditions are met:
  - a). There are three or more separate school teams who wish to compete in the proposed race.
  - b). All petitions are to be in writing and given to the Regatta Director by the President of the SMAACC Association three weeks prior to the Championship.
  - c). Criterion for selection of races
    - 1st Criteria: Races will first be selected by seniority as follows: 1st boat, 2<sup>nd</sup> boat, junior boat, lightweight boat.
    - 2nd Criteria: Races which have the greatest number of schools
    - 3rd Criteria: Races will be selected by lottery.
  - d). Petitions are the sole responsibility of the Coaches Association Executive Board to adjudicate.
5. Double Rowing: Double rowing shall NOT be permitted at the championship. Rowers may compete in only one event. However, coxswains shall be permitted to cox in two events or cox in one event and row in one event, but not exceed two events.

**S5-307.1 VSRC CHAMPIONSHIP - POINTS TROPHY PLAN**

1. Standings will be determined for four trophies:

Women’s Division I  
 Women’s Division II \*

Men’s Division I  
 Men’s Division II \*

Any team (defined as the competitors of one gender from a school) having 20 or more competitors on their roster are a Division I team. Any team having 19 or fewer competitors on their roster is defined as a Division II team. Coxswains are counted as competitors. Classification as Division I or Division II is made at the beginning of the season before the first regatta.

\* Division II teams may declare themselves to be "rowing up" to compete for the Division I championship. This declaration must be made in writing to the president of the coaches Association by the last Saturday in April.

The following table will be used to determine earned points:

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
1 <sup>st</sup> 8	46	34	26	20	16	14	12	10	8	6	4	2
2 <sup>nd</sup> 8	34	26	20	16	14	12						
Jr 8	34	26	20	16	14	12						

Lt 8	26	18	12	8	6	4						
1 <sup>st</sup> 4	26	20	16	14	12	10	8	6	5	4	3	1
2 <sup>nd</sup> 4	20	16	13	11	10	9						
Jr 4	20	16	13	11	10	9						
Lt 4	16	12	9	7	5	3						
1 <sup>st</sup> 4x	12	8	5	3	2	1						
2x	8	6	4	3	2	1						
Lt 2x	8	6	4	3	2	1						
1x	6	5	4	3	2	1						

2. Petite finals will be held for 1<sup>st</sup> 8 and 1<sup>st</sup> 4 if there are ten or more entries in the event.

Note: if petite finals are not held, those teams which finish one place away from the final in each heat will be awarded points in this manner: two heats, each team gets the average of 7<sup>th</sup> and 8<sup>th</sup> place points. Three heats, each team gets 8<sup>th</sup> place points.

- 3. In events with no semi-final, a crew must defeat at least one other crew in order to earn points. If the event has fewer than thirteen entries, crews in the petite final must defeat at least one other crew in order to earn points.
- 4. The table above is for events with heats/semi-finals. For events which are finals only, use this guide: 6 boats entered, points start at 1st place on down, last place no points; 5 boats entered, points start at 2nd place on down, last place no points; 4 boats entered, points start at 3rd place on down, last place no points; 3 boats entered, points start at 4th place on down, last place no point; 2 boats entered, points start at 5th place on down, last place no points.
- 5. The tie-breaker for Division I teams is place of finish in the 1<sup>st</sup> 8. The tie-breaker for Division II teams is place of finish in the 1<sup>st</sup> 4.
- 6. No team may earn points in more than four events. The top four point totals earned will be used to determine a team's total.

**ARTICLE VI – TRAILS RULES**

**ARTICLE VII – THE COURSE**

**ARTICLES VIII – HEAD RACES**

**ARTICLE IX – SUPPLEMENTAL RULE**