



# Rules of Rowing

2004 Edition



Edited by  
The Referee Commission



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## ARTICLE I - GENERAL

### Part A - Introductory Provisions

#### **1-101 Title**

These rules are established by The United States Rowing Association (USRowing), and shall be known and may be cited as the USRowing Rules of Rowing.

#### **1-102 Purposes (\*)**

The purposes of these rules are to:

- (a) provide for the safety of competitors and officials;
- (b) provide for fair and equitable racing under rules that are adapted to the needs of the sport of rowing;
- (c) promote consistent application of rules in situations where they apply.

#### **1-103 Interpretation (\*)**

These rules shall be interpreted to effect the purposes described in Rule 1-102 ("Purposes"). 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 International Rowing Federation (FISA).

#### **1-104 Scope and Exceptions (\*)**

(a) These rules shall apply to all rowing races and regattas that take place in the United States, and that are registered by USRowing. These rules shall not apply to any races or regattas that are within the exclusive jurisdiction and control of the International Rowing Federation (FISA).

(b) These rules shall apply without exception or amendment to all national championship regattas, regional championship regattas, and all trials races and regattas to select the National Team. Subject to





subsection (c) below, the local organizing committee of any other registered regatta may make exceptions or amendments to these rules if such exceptions are described in detail in the application to USRowing for registration, and are publicized in writing and distributed to every competing team. USRowing may take the extent and nature of variation from these rules into account in determining whether to register a regatta.

(c) Subsection (b) above notwithstanding, there shall be no exceptions or amendments to any provision designated as absolutely binding. (In these rules, such provisions are noted by an asterisk (\*) in the appropriate caption or subsection heading.)

(d) Head races (Article VIII) and races for Open Water Events (Part A of Article IX) shall be held under the specific rules designated for them.

**1-105 Situations Not Covered (\*)**

In situations not covered under these rules, race officials are empowered to make such decisions and give such instructions as are necessary to carry out their responsibilities, and to effect the purposes described in Rule 1-102 (“Purposes”).

**Part B - Definitions**

**1-201 Rowing Defined (\*)**

“Rowing” is the propulsion of a displacement boat through water by the muscular force of one or more rowers, with or without a coxswain, in which oars are levers of the second order, and in which the rowers are sitting with their backs to the direction of forward movement of the boat.

**1-202 Other Definitions (\*)**

Unless the context clearly indicates otherwise, the following definitions shall apply when the terms below, or grammatical variations thereof, are used in these rules:





(a) "Advertisement" shall mean any writing, symbol, emblem, mark, or other graphic design that identifies or promotes a person, club, organization, sponsor, corporation, trade product, association or entity, other than the club for whom a crew is competing.

(b) "Club" shall mean any entity recognized by USRowing as an organizational member that operates or sponsors a rowing program.

(c) "Competitor" shall mean any person who participates in a crew as a rower or coxswain.

(d) "Coxswain" shall mean any competitor in a crew who is not a rower and who, apart from operating a bona fide steering mechanism, does not participate in the physical propulsion of the boat.

(e) "Crew" shall mean an entity comprised of competitors and constituted for the purpose of competing in an event at a regatta. A crew shall be considered an entity subject to these rules, and members of a crew shall be collectively responsible for its conduct, from the time it has launched until it has returned to land.

(f) "Equipment" shall mean any part of a boat, oar, or other mechanism that is used in the normal propulsion, flotation or steering of a boat.

(g) "Event" shall mean a race or series of races, including all heats, repechages, semifinals, petite finals, and grand finals, that together determine the winner and order of placement in a particular class of competition. An event may be characterized by category of boat such as those described in Rule 3-103 ("Categories of Boats"), manner of construction of boat or other equipment, gender of competitors, age of competitors, weight of competitors, or level of skill of competitors.

(h) "FISA" shall mean the International Rowing Federation (Federation Internationale des Societes d'Aviron), or any successor body recognized by the International Olympic Committee as the international governing body of rowing.

(i) "Head race" shall mean a race in which the





participating crews start a race at different times, and where the order of finish is determined by comparison of the elapsed time taken to traverse the course.

(j) "International committee" shall mean whichever one of the following has jurisdiction over a given matter, as the context or situation may indicate: the High Performance Committee, Men's Junior Committee, or Women's Junior Committee.

(k) "May," when used in describing the duties, powers, or responsibilities of a race official or other authority described in these Rules, implies the exercise of discretion and judgment in light of training, knowledge, and experience.

(l) "National Team" shall mean all members of those crews that are selected to represent the United States, and bear the national colors, in international competition, as defined in the Amateur Sports Act of 1978, 37 U.S.C. § 371 et seq., including but not limited to the Olympic Games, the Pan American Games, and any FISA Championship Regatta. The National Team shall include all coaches, managers, trainers, doctors, administrators, or other staff selected to serve.

(m) "Novice" shall be a coxswain or rower whose initial competition within that same discipline has been in the previous 12 months of the date of the regatta. This definition is advisory only.

(n) "Race" shall mean the rowing of the course in a competitive manner by one or more crews, the results of which are used as part of the process to determine the winner and order of placement in an event.

(o) "Race official" shall mean the Chief Referee, members of the Jury, or any other person who serves at a regatta in one of the capacities described in Rule 2-104 ("Officials"), and who possesses a valid USRowing Referee license.

(p) "Regatta" shall mean a combination of different events sponsored by the same local organizing committee as a single unit.

(q) "Registered regatta" shall mean any regatta that has been specifically designated by USRowing as





meeting the requirements of a registered regatta.

(r) "Rower" shall mean any person acting as an oarsman or oarswoman who participates in the physical propulsion of a boat.

(s) "Scull" shall mean an oar used in a boat in which each rower uses two oars. "Scull" also shall refer to boats and events in which such oars are used.

(t) "Selection criteria" includes all procedures, policies, and regulations that determine the manner of selecting the National Team. Such criteria include the manner of selection, such as whether trials, camps, or other method of selection is used; whether time standards will be utilized; procedures regarding vacancies in a boat subsequent to trials; policies regarding entry in more than one trials event; and any other limitations on selection to the National Team or on the ability to participate in trials or camps to select the National Team.

(u) "Starting area" shall mean the first 100 meters of the course, as well as, the adjoining water at the perimeter of the course.

(v) "Sweep" shall mean an oar used in a boat in which each rower uses one oar. "Sweep" also shall refer to boats and events in which such oars are used.

(w) "Team" shall mean all competitors, coaches, managers, trainers, boatmen, and other administrators who represent the same club at a particular regatta. A team and members thereof shall be considered constituted and subject to these Rules throughout a regatta.

(x) "Unsportsmanlike conduct" 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.

(y) "USRowing" shall mean the United States Rowing Association, as well as, any officer, employee,





committee, or other entity acting within the scope of its authority granted under the USRowing Constitution or Bylaws, or delegated by USRowing Board of Directors.

(z) "Wash" shall mean the creation of water turbulence that affects the progress of a crew.

## ARTICLE II - CONDUCT OF THE RACE

### Part A - Officials

#### 2-101 Primary Duties of Officials (\*)

(a) It is the primary duty of every race official to provide for the safety of competitors and officials.

(b) Subject to subsection (a) above, it is the duty of all race officials to ensure that all crews have a fair and equal opportunity of winning or placing. Where a crew has been affected by unfair advantage or disadvantage, whether due to another crew or outside circumstances, it is the responsibility of race officials to restore fair racing conditions.

(c) These primary duties shall control the operation of all other provisions of these Rules.

#### 2-102 Appointment of the Chief Referee (\*)

(a) Before the regatta, there shall be appointed a Chief Referee.

(b) Appointment of the Chief Referee for all USRowing National Championship Regattas and all trials races and regattas to select the National Team shall be made directly by the USRowing Referee Commission. Appointment of the Chief Referee for all other registered regattas shall be according to procedures established or approved by the USRowing Referee Commission.

(c) All persons acting as Chief Referee at a registered regatta shall hold a Plenary Referee license.

#### 2-103 Duties of the Chief Referee (\*)

(a) The Chief Referee:





(1) shall assign the functions of all other race officials at the regatta;

(2) shall be President of the Jury;

(3) may act individually as a race official as described in Rule 2-104 ("Officials");

(4) shall verify the existence of safety requirements at the regatta site, and shall execute an appropriate document reporting his or her findings and send it to USRowing headquarters;

(5) shall perform such other functions as are assigned to him or her under these Rules.

(b) If these Rules call for a decision by the Chief Referee, the Chief Referee may refer such matter to the Jury for resolution.

(c) Assignment or appointment of race officials made by the Chief Referee, including members of the Jury, shall be subject to review and revision by the USRowing Referee Commission, but shall not otherwise be subject to challenge, review or protest before the Jury or another race official.



#### **2-104 Officials (\*)**

(a) For each race at a regatta, the Chief Referee shall cause to be assigned officials to perform the following functions:

(1) Referee: The Referee shall have general supervision of the race and shall follow the progress of the race from start to finish. All other officials for a particular race shall be subject to the control of the Referee except where duties are specifically delegated to them under these Rules. If more than one official follows the progress of a race, the official who begins the race following behind the lanes closest to the Judges' stand shall be the primary Referee, and all others shall be secondary Referees. Unless otherwise indicated, reference in these rules to the "Referee" shall include both the primary and secondary Referees.

(2) Starter: The Starter shall administer the





starting procedures and shall be responsible for their fairness. The Starter may be assisted by a deputy.

(3) Judge at Start: The Judge at Start shall supervise the process of bringing the crews into alignment with the plane of the starting line, shall decide when a crew has left the starting line before the proper commands, and may otherwise assist the Starter. The Judge at Start may be assisted by an Aligner provided by the local organizing committee.

(4) Chief Judge: The Chief Judge shall supervise the judges at the finish line and, along with the judges, shall inspect photographic records of finishes to determine the proper order. If there is disagreement, the finding of the Chief Judge shall prevail over an individual judge.

(5) Judges: Under the supervision and control of the Chief Judge, the judges shall determine and record the order of finish, when necessary inspect photographic records of finishes, determine the proper placement of crews, and compute the appropriate time margins.

(b) All persons acting as Referee (primary or secondary), Starter, Judge at Start, or Chief Judge at any registered regatta shall have a Plenary or Assistant Referee license.



### **2-105 The Jury (\*)**

(a) Before the regatta, the Chief Referee shall appoint a Jury.

(b) The Jury shall normally be comprised of five members, including the Chief Referee as President. A different number may be designated by the Chief Referee, provided that there is an odd number of members, and that there are no less than three members. Jury members shall have a valid Assistant or Plenary Referee license.







(c) The Jury shall:

(1) hear and decide all protests arising out of competition;

(2) decide matters referred to it by the Chief Referee.

(d) The decision of the Jury made within its jurisdiction shall supersede any decision of an individual race official.

(e) When the Jury is hearing and deciding a protest as authorized under subsection (c)(1) above, no official shall serve as a member if the issue to be decided involves a decision made by that official, or if that official must give testimony as a witness. The Chief Referee shall designate an alternate member to serve instead.

### **Part B - Safety and Fair Conditions**

#### **2-201 Suspending Racing (\*)**

If the Chief Referee finds that either of the requirements of safety or fairness described in Rule 2-101 ("Primary Duties of Officials") cannot be met under then existing conditions, he or she shall stop or suspend all racing until such time as safe and fair conditions are restored. The Chief Referee, if possible, shall consult with the local organizing committee either before suspending racing, or as soon as practical thereafter. If the Referee or Starter for a particular race finds that the requirements of Rule 2-101 ("Primary Duties of Officials") cannot be met under then existing conditions, he or she shall stop or suspend that race and shall inform the Chief Referee.

#### **2-202 Pre-Regatta Meeting**

No later than one hour before the first race in a regatta, a meeting for all competitors and coaches shall be held, which shall be conducted by the Chief Referee or his or her delegate. All crews and teams shall be responsible for any information disseminated at this meeting.





**2-203 Traffic Patterns; Safety Information (\*)**

(a) The local organizing committee shall devise and post in a conspicuous place at the regatta site a diagram showing all traffic patterns and regulations on the water. This diagram shall show the race course itself, the route to be taken by crews from the launching area to the start, any "warm-up" area, any "cool-down" area, and the route to be taken by crews returning from the finish line. To the extent possible, it shall show all known obstacles that may interfere with a crew's progress on or near the course. If conditions call for a different traffic pattern during practice hours than during racing, such practice traffic pattern shall be posted.

(b) The local organizing committee shall post, at the same place as the diagram showing traffic patterns, the location of the first-aid station (Rule 7-202(q)), the location of a telephone, and the method to summon medical assistance in case of emergency.



**2-204 Rowing Near the Course while Race in Progress (\*)**

Whenever a race is approaching, a non-competing crew rowing at or near the perimeter of the course shall stop rowing, come to a complete rest, and make sure that it does not interfere with the race, either by obstructing the path of the competing crews or accompanying launches, or by causing a wash.

**2-205 Approaching the Start; Warm-up on the Course**

(a) No crew shall enter the starting area until the previous race has cleared and unless explicitly permitted to do so by the Starter. Except where required by the posted traffic pattern (Rule 2-203), a crew shall not practice on the course itself during the time when racing is taking place without permission of the Starter.

(b) After a crew has been given permission to





practice on the course, it shall do so only in its assigned lane. If it is necessary to cross other lanes to reach its assigned lane, a crew shall yield to any other crew practicing in its own lane.

**2-206 Violation of Safety Rules**

A crew that violates a posted traffic pattern described in Rule 2-203, or that violates the provisions of Rule 2-204 (“Rowing Near the Course while Race in Progress”) or Rule 2-205 (“Approaching the Start; Warm-up on the Course”), may be assessed a warning as described in Rule 2-602(b) (“Types of Penalties”) by any race official. Such warnings shall be applicable to the next race in which the crew competes.

**2-207 Number of Referees; Safety Launches (\*)**

(a) The local organizing committee shall provide motor launches for use by Referees and by safety personnel. Each launch shall be capable, when occupied, of maintaining a speed necessary to follow a race, but without unnecessary wake. Each launch shall carry personal flotation devices for each occupant of the launch plus at least two extra. The local organizing committee shall use its best efforts to procure launches whose hull design minimizes wake, such as flat bottomed or catamaran launches.

(b) Each race shall be followed by at least one Referee. In a race without coxswains where there are more than four crews competing, a secondary Referee shall follow the race initially, may subsequently withdraw if he or she judges that the race is proceeding satisfactorily.

(c) In addition to one Referee launch, for each race there shall be another launch immediately accessible to the crews for use in case of emergency. This launch may be the secondary Referee launch, a safety launch following the race, or one of a series of safety launches stationed at the perimeter of the course that is within 500 meters of the crews at all times throughout the race.

(1) If for any reason a safety launch is unavail-





able in an emergency, the Referee launch shall assume immediate responsibility for attending to such an emergency. If the emergency requires the Referee to leave a race in progress for a significant amount of time, and if there is no other Referee available to follow the race, the Referee may stop the race.

### Part C - The Start

#### 2-301 Reporting to the Start

(a) Each crew is responsible for being attached to its starting station and ready to race two minutes before the scheduled time of the race, whether or not announcements have been made by the Starter. If racing is delayed, crews shall be responsible for being within voice range of the Starter and in a position to respond to instructions.

(1) The Starter shall, whenever practicable, announce the time remaining to the start of the race at five, four, three, and two minutes to the start.

(b) A crew that is not attached to its starting station at least two minutes before the scheduled time of the race may be assessed a warning (Rule 2-602(b), "Types of Penalties") by the Starter. A crew that is not attached to its starting station by the scheduled time of the race may be excluded by the Starter. If racing is delayed, the Starter may announce a new racing time, which shall have the same effect as the original scheduled time for purposes of this rule.

#### 2-302 Appearance of Crews

If a crew does not comply with Part B (Insignia and Advertising) of Article III (Equipment) of these rules, the Referee, Starter, or other race official may reprimand the crew as described in Rule 2-602(a) ("Types of Penalties"), and shall then report the incident to the Chief Referee. If, in any subsequent race at the regatta, the crew persists in the violation, the Chief Referee





may impose one of the penalties described in Rule 2-602 (“Types of Penalties”).

**2-303 Changing Racing Times and Lane Assignments**

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

**2-304 Alignment**

(a) Before the start, the Judge at Start shall cause the bows of all boats to be aligned with the plane of the starting line.

(1) If wind or other conditions make alignment difficult, the Judge at Start shall use best judgment to determine when alignment is as correct as possible under the circumstances.

(b) When the Judge at Start is satisfied with the alignment, he or she shall so indicate by raising and keeping aloft a white or fluorescent green flag. If proper alignment is lost thereafter, the Judge at Start shall lower the white or fluorescent green flag and, if necessary to gain the Starter’s attention, shall raise a red flag.



**2-305 Polling**

(a) After the Judge at Start signals that alignment has been achieved, the Starter shall poll each crew to see if it is ready to race. Polling shall consist of calling out the name of the crew. If a crew is not ready, either during polling or thereafter, the bowperson shall signal by raising his or her hand conspicuously in the air.

(b) If alignment is lost during the polling of the crews, or if a crew previously polled signals that it is not ready, the Starter may suspend the polling process and resume when the previous condition is restored. If there is a significant delay, the Starter may repeat the entire polling procedure.





### 2-306 Starting Commands

(a) After the crews have been polled, the Starter shall start the race by: (1) calling out "Attention!", (2) raising a red flag overhead, preferably using two hands, and (3) after a distinct pause, calling out "Go!". The command "Go!" shall be accompanied by a quick downward motion of the red flag to one side.

(b) If, after the red flag has been raised, the Starter believes for any reason that the start should not occur, he or she shall call out "As You Were!", and gently lower the red flag directly in front of him or her. The Starter then shall repeat the starting commands in their entirety, but may dispense with repolling the crews.

(c) Crews may leave the starting line when the Starter's red flag begins to move.

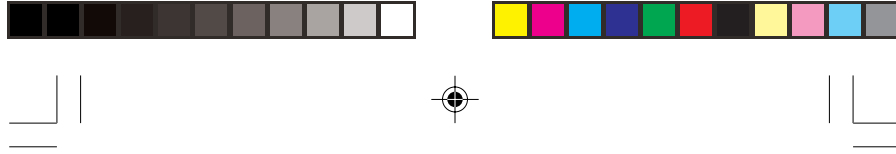
(d) Unless the Starter believes that a crew is engaging in intentional delaying tactics or other unsportsmanlike conduct, he or she shall recognize a crew signalling that it is not ready, except where the "countdown start" (Rule 2-308) is used. If the race is started while a crew is validly signalling before the start that it is not ready, that crew shall remain at the start (Rule 2-310). A crew that rows out of the starting area (100 meters) waives any right to protest on the grounds that the start was not fair. Any official in the starting area may stop the race if he or she observes a crew signalling that it is not ready.



### 2-307 "Quick Start"

If weather or other conditions prevent use of the normal starting procedure without inordinate delay, the Starter may dispense with the polling procedure described in Rule 2-305 ("Polling"). The Starter first shall announce to the crews that a "quick start" will be used. When all crews appear to be properly pointed and ready to race, the Starter shall immediately give the starting commands (Rule 2-306). The Starter shall nevertheless recognize a crew that signals before the start that it is not ready when required under Rule 2-





306(d), regardless of when such signal occurs.

### 2-308 "Countdown Start"

(a) If it appears to the Starter that conditions prevent use of either the normal starting procedures or a "quick start" without inordinate delay, he or she may resort to a "countdown start." The Starter first shall announce to the crews that a "countdown start" will be used. At an appropriate juncture, and without further polling the crews, the Starter shall count down in regular cadence: "five—four— three—two—one," and give the starting commands in normal cadence. It is the sole responsibility of the crews to point their boats while the countdown is in progress.

(b) The Starter may disregard any crew signalling that it is not ready under this procedure, regardless of when such signal is given.

### 2-309 False Start

(a) A crew commits a false start when its bow crosses the plane of the starting line before the Starter's red flag begins to move. More than one crew may be assessed a false start at the same time.

(1) A crew shall not be assessed a false start merely by beginning a rowing motion before the proper command, so long as the bow does not thereby cross the plane of the starting line. Nevertheless, if the Judge at Start is of the opinion that a crew has gained unfair momentum through such an early rowing motion, he or she shall cause the race to be stopped and restarted without penalty.

(b) The Judge at Start shall be the sole judge of whether a crew has left the starting line early.

(c) In the event of a false start, the Judge at Start shall raise a red flag. The Starter shall stop the race by sounding a bell or sound device, waving a red flag, and calling "Stop!" The Referee and the Judge at Start may use a red flag or sound device to assist the Starter in gaining the attention of the crews.





(d) After a race has been stopped due to a false start, the Starter shall instruct the crews to return to the starting line. Once the crews have returned, the Starter shall announce clearly the identity of the crew or crews that committed the false start, and assess a warning as described in Rule 2-602(b) (“Types of Penalties”) upon the offending crew or crews.

(e) A crew that receives two warnings, including false starts, applicable to the same race shall be excluded under Rule 2-602(c) (“Types of Penalties”).

### **2-310 Failure to Start**

If a crew fails to leave the starting line after the starting commands have been given, the Starter shall stop the race. If the crew’s failure to start is not justified, the Starter may impose one of the penalties described in Rule 2-602 (“Types of Penalties”).

### **2-311 Broken Equipment**

(a) If a crew suffers broken equipment before it has left the starting area, it may stop rowing and signal to the Referee. The Referee shall stop the race as described in Rule 2-407(d) (“Referee’s Instructions to Crews”) and inspect the damage. If there is in fact broken equipment, the race shall be restarted after the crew has had sufficient time to make repairs. If there is no broken equipment, the race shall be restarted immediately, and the Referee may impose upon the offending crew one of the penalties described in Rule 2-602 (“Types of Penalties”).

(b) A crew is deemed to have left the starting area once its bow crosses the 100 meter mark. If a crew attempts to claim broken equipment after it has left the starting area, and if the boat can still be operated safely, the Referee shall instruct it to continue rowing as described in Rule 2-407(c) (“Referee’s Instructions to Crews”).

(c) “Broken equipment” shall mean a condition in which any equipment, as defined in Rule 1-202(f), is not







in a normal operable state. The following shall not count as broken equipment:

- (1) A condition that is the obvious result of carelessness or neglect;
- (2) Crabs and jumped slides (in which a rower's seat comes off its track), unless accompanied by a condition that would independently constitute broken equipment;
- (3) The condition of a coxswain's sound amplification system (including a COX-BOX™), a stopwatch, strokewatch, or similar device.

#### **Part D - The Body of the Race**

##### **2-401 A Crew's Water (\*)**

Each crew shall be assigned a lane, which shall constitute that crew's own water for the duration of the race. A crew that rows in its own water is entitled to protection by the Referee. A crew that leaves its own water does so at its own risk and peril.



##### **2-402 Steering**

Each crew is responsible for its own steering. The Referee will not render assistance to crews merely to steer a better course, even if a crew leaves its own water, and will instruct a crew to alter its course only to prevent interference, or otherwise ensure safety, or to ensure fairness to other crews.

##### **2-403 Referee's Position (\*)**

The Referee shall have final authority over the operation of his or her launch at all times. During the race, the Referee shall position the launch wherever it might be necessary to observe and control the race, and take necessary action, either on or off the course. If the Referee is forced to overtake a trailing crew, he or she will, if possible, inform the crew to expect a wash and pass the crew in a way to minimize adverse effects, but nevertheless shall assume whatever position is required without delay.





#### **2-404 Interference or Foul (\*)**

(a) If a crew has left, or is about to leave, its own water and is in danger of interference with another crew that is rowing in its own water, the Referee shall instruct the offending crew to alter its course as described in Rule 2-407(a) (“Referee’s Instructions to Crews”). A crew leaves its water when any part of its boat or equipment leaves the crew’s assigned lane.

(b) Interference shall consist of physical contact with another crew (including clashing of oars), washing another crew, or forcing another crew to alter its own course in order to avoid imminent collision.

(1) It shall not be interference if a crew is washed or obstructed while rowing outside its own water. If two crews both rowing outside their own water are in danger of collision, the Referee shall instruct them to keep apart as described in Rule 2-407(a)(1) (“Referee’s Instructions to Crews”), but neither crew shall be entitled to claim interference as a result of any such collision. A crew, improperly rowing outside of its water, shall yield to another crew attempting to return to its own water.

(c) If a crew fails to respond to instructions, or if it is about to cause a serious collision, the Referee may order the crew to stop rowing as described in Rule 2-407(b) (“Referee’s Instructions to Crews”).

#### **2-405 Stopping a Race in Progress**

If, either due to interference or other unfair condition, it is likely that a crew in contention has been deprived of its opportunity of winning, placing, or advancing, and if further continuance of the race would be of no further competitive value, the Referee may stop the race by giving the instruction described in Rule 2-407(d) (“Referee’s Instructions to Crews”).

#### **2-406 Penalizing Interference**

(a) The Referee may impose one of the penalties described in Rule 2-602 (“Types of Penalties”) upon a





crew guilty of interference, and shall take such action under Rule 2-603 (“Restoring Opportunity of Winning; Altering Results”) as is necessary to restore the aggrieved crew’s fair opportunity of winning. Penalties for interference may be imposed at the conclusion of the race, or after the race has been stopped in progress (Rule 2-405).

(b) The appropriate penalty for interference shall be presumed to be exclusion. Nevertheless, the Referee may impose a different penalty if he or she explicitly finds that special circumstances existed. Such circumstances may include the following:

(1) The interference was so slight that there is no significant possibility that the results of the race were affected, in which case, the Referee may choose to impose no penalty, or one of the lesser penalties described in Rule 2-602 (“Types of Penalties”), applicable to the next race in the event.

(2) The interference was flagrant or intentional, in which case the Referee may impose the penalty of disqualification.

(3) The interference took place before the Referee was able to instruct the offending crew (Rule 2-404(a)), in which case the Referee may choose to impose no penalty, or one of the lesser penalties described in Rule 2-602 (“Types of Penalties”), applicable to the next race in the event.

(4) The race was stopped in progress under Rule 2-405 (“Stopping a Race in Progress”), and the interference occurred before the aggrieved crew left the starting area, in which case the Referee may impose the lesser penalty of a warning upon the offending crew.

#### **2-407 Referee’s Instructions to Crews**

(a) An instruction for a crew to alter its course shall consist of raising a white flag vertically, calling out the crew’s name, and dropping the flag laterally to whichever direction the crew should move. This procedure





may be repeated if the crew does not respond to this instruction.

(1) Alternatively, if the Referee wishes to instruct two crews simultaneously to keep apart, he or she may instruct them by raising a white flag vertically, calling out the names of both crews, and calling out "Keep Apart!"

(b) An instruction for a crew to stop rowing shall consist of raising a white flag vertically, calling out the crew's name, and calling out "Stop!" If thereafter the reason for stopping the crew ceases to exist, the Referee may instruct the crew to continue rowing as described in subsection (c).

(c) An instruction for a crew to continue rowing shall consist of raising a white flag vertically, calling out the crew's name, dropping the flag directly forward, and calling out "Continue Rowing!"

(d) An order to stop an entire race shall consist of sounding a noise-making device such as a bell, siren or airhorn; waving a red flag; and calling out "Stop!"

(e) An instruction for a crew to return to a racing cadence as defined in Rule 2-409 ("Racing Cadence") shall consist of raising a white flag vertically, calling out the crew's name, and calling out "Race Cadence".

#### **2-408 Instruction to Avoid Unsafe or Unfair Conditions (\*)**

(a) If a crew is steering toward a previously known or identified obstacle or installation, and is in reasonable danger of collision, the Referee shall name the crew and call out "Obstacle!" If collision is imminent, the Referee shall order the crew to stop as described in Rule 2-407(b) ("Referee's Instructions to Crews"). That crew then may correct its course and continue with the race, but shall not be entitled to any consideration, such as a rerow or advancement in the progression system, as a result of such occurrence.

(b) If a crew is steering toward a previously unknown or unidentified obstacle or installation





obstructing its assigned lane, and is in reasonable danger of collision, the Referee shall name the crew, call out "Obstacle!" and instruct the crew to alter its course as described in Rule 2-407(a) ("Referee's Instructions to Crews"). If collision is imminent, the Referee shall order the crew to stop as described in Rule 2-407(b) ("Referee's Instructions to Crews"), after which it may correct its course and continue with the race. If the opportunity of a crew to win or advance is affected by such occurrence, the Referee may take appropriate action to restore that opportunity pursuant to Rule 2-603 ("Restoring Opportunity of Winning; Altering Results").

(c) If a crew is rowing outside its assigned lane, and is thereby in a position to gain an unfair advantage, either by shortening its course, or by receiving the benefit of more favorable environmental conditions, such as wind or current, the Referee shall instruct the crew to return to its lane as described in Rule 2-407(a) ("Referee's Instructions to Crews"). If the crew does not comply with such instruction, the Referee may impose one of the penalties described in Rule 2-602 ("Types of Penalties").



**2-409 Racing Cadence**

A crew must maintain a racing cadence of which it is capable in good faith throughout a race, as indicated by its strokes per minute. Any stroke rate that causes a crew to win or advance in a heat shall be considered in good faith, provided that the number of crews to advance is less than the number of crews competing. The Referee may impose one of the penalties described in Rule 2-602 ("Types of Penalties") upon a crew that does not maintain a racing cadence after having been instructed to continue rowing as described in Rule 2-407(e) ("Referee's Instructions to Crews").

**2-410 Outside Assistance**

(a) No crew shall receive any outside assistance,





coaching, or advice during a race. The Referee may exclude any crew that receives such assistance, coaching, or advice from another member of its team, regardless of whether or not any benefit was received, and any race official who observes such conduct shall report the incident to the Chief Referee, who may curtail or prohibit the further participation at a regatta of any team member found responsible. Nothing in this rule shall preclude communication to crews from shore using the unaided voice.

(b) No team member, including coaches, shall follow a race in a launch.

(c) Loudspeaker systems to announce the progress of the race to spectators in the finish area shall be turned off when the leading crew has entered the last 250 meters of the course, unless the speakers are pointed away from the water so that they are inaudible to the crews, and do not distract race officials.



#### **2-411 Unsportsmanlike Conduct (\*)**



(a) A crew that engages in unsportsmanlike conduct may be assessed by a race official with one of the penalties described in Rule 2-602 ("Types of Penalties"), regardless of whether such conduct otherwise constitutes a violation of these Rules. If another crew's opportunity to win, place, or advance is affected by such conduct, the Referee shall take appropriate action to restore that opportunity, pursuant to Rule 2-603.

(b) Any team member, including a competitor, who engages in unsportsmanlike conduct at any time during the regatta may have his or her further participation at the regatta curtailed or prohibited by a race official.

(c) If any team member engages in personally abusive language or conduct, the incident shall be reported by a witnessing race official to the Referee Commission.





## Part E - The Finish

### 2-501 The Order of Finish; Dead Heats

- (a) A crew has finished the race when its bow or any part of its hull touches the plane of the finish line.
- (b) It shall be considered a dead heat if two or more crews finish the race simultaneously, or if the judges, after having used all best efforts and available resources, are unable to determine the order of finish with reasonable certainty.

(1) If a dead heat occurs in a finals race, and if a proper order of finish is necessary to determine which crews are entitled to medals or awards, the Referee shall order the crews involved in the dead heat to rerow after a rest interval. If a crew refuses to rerow, the Referee shall award the higher place being contested to the other crew, and he or she may exempt it from reroxing the course. If a rerow is not practical, the Referee may order that duplicate medals be awarded.

(2) If a dead heat occurs in a race other than a finals race, and if a proper order of finish would be necessary to determine which crews advance in the progression system, the Referee shall, wherever possible, allow all crews involved in the dead heat to advance. If such action is not possible, the Referee shall order the crews to rerow, after allowing for a rest interval, and after having taken into account the scheduled time of the next race in the event. If a crew refuses to rerow, the Referee shall award the higher place being contested to the other crew, and he or she may exempt it from reroxing the course.

### 2-502 Finish Line Procedure

- (a) The Chief Judge and the Judges shall sit one behind and above each other so that each has a clear view of the finish line. They shall be equipped with stopwatches and a program or finish cards on which to record the order of finish.





(b) A Timer shall be stationed in the primary Referee's launch equipped with a stopwatch to record the time of the first place crew. He or she shall start the stopwatch when the Starter's red flag begins to move. The Referee may act as Timer.

(c) A Flagperson equipped with a highly visible flag shall be stationed just beyond the finish line, in such a manner as not to obstruct the view of the Judges, and so as to be visible to the Timer in the Referee's launch.

(d) As the bow of the first crew touches the finish line, the Chief Judge shall call out "One!" At that moment, the Flagperson shall quickly lower his or her flag, and the Timer in the Referee's launch shall stop his or her stopwatch. Thereafter, as the bow of each crew touches the finish line, the Chief Judge shall call out "Two", "Three", etc. A horn or other sound device shall signal to each crew when it crosses the finish line. The flag shall alternately be raised and lowered as each crew touches the finish line. This process shall be repeated until all crews have touched the finish line.

(e) At least three judges in addition to the Chief Judge shall be assigned to record the order of finish and calculate the time for each crew that finishes. They shall be provided with stopwatches capable of recording multiple intervals. The Chief Judge shall resolve any disagreements among the judges, and his or her factual findings shall be final.

(f) In lieu of the timing system described in this Rule, the local organizing committee may provide for electronic or automated timing systems.

### **2-503 Declaring the Race To Be Official**

(a) A race is not complete until the last crew has finished the race and the Referee has declared the race to be official.

(b) After the last crew has finished the race, the Referee shall observe the crews to determine if there are any protests, or if any competitor requires assistance.







(1) Before declaring the race to be official, the Referee may require that a coxswain display any deadweight required under Rule 4-109 ("Coxswain's Weight").

(2) If no crew signals that it has a protest, and if the Referee is satisfied that the results of the race are proper, he or she shall declare the race to be official by raising a white flag. The Referee then shall announce to the Judges the time of the first place crew received from the Timer. The Chief Judge then shall acknowledge the receipt of the time from the Referee by raising a white flag.

(3) If the Referee decides to impose one of the penalties described in Rule 2-602 ("Types of Penalties") upon one of the crews, and there is no further protest as a result, the Referee shall raise a red flag, announce the penalty, and then raise a white flag and give the winning time.

(4) If there is a protest that cannot be resolved immediately, the Referee shall raise a red flag, announce the protest, and give the first place time for the information of the Judges. The Chief Judge shall thereupon inform the Chief Referee to convene the Jury.

(c) Once the Referee has raised the white flag, the results of the race shall be considered official and may be released by the Chief Judge to competitors, spectators, and the press. The results of a race that has not been declared official shall not be released.

#### **2-504 Placement of Crews**

(a) Subject to the other subsections of this Rule, crews competing in a race shall be placed by the Chief Judge according to the order of finish. Being placed shall entitle the crew to applicable awards, prizes, or advancement in the progression system.

(b) A crew that does not complete the course shall not be placed, and shall not be entitled to advance in the progression system, unless the Referee excuses the





crew from completing the course due to circumstances beyond its control.

(c) In events with coxswains, a crew that touches the finish line missing its coxswain shall not be placed. A crew, including a single scull, that touches the finish line missing one or more of its rowers shall be placed.

(d) A crew whose equipment does not comply with Part A (Construction and Design) of Article III (Equipment) of these Rules shall not be placed. A crew whose competitors do not comply with applicable provisions of Article IV (Competitors), or with the announced criteria for the event, of these Rules shall not be placed.

(e) A crew that has been excluded or disqualified as described in Rule 2-602 ("Types of Penalties") shall not be placed.

## **Part F - Penalties and Protests**

### **2-601 Imposition of Penalties; Effect on Crew Members**



(a) Race officials may in the course of their duties impose the penalties described in Rule 2-602 ("Types of Penalties") on crews as authorized under these Rules. It is not necessary for a competing crew to lodge a protest in order for a race official to impose a penalty.

(b) A crew and its members are each responsible for the individual acts of its members. Unless otherwise provided pursuant to Rule 2-602(d)(2) ("Types of Penalties"), any penalty imposed on a crew shall also be deemed imposed on each member of the crew.



### **2-602 Types of Penalties**

(a) Reprimand: A reprimand shall consist of an informal caution, and shall have no immediate effect upon a crew. Subsequent behavior by the crew inconsistent with the terms of the reprimand, however, may be evidence that the crew acted flagrantly or intentionally.

(b) Warning: A crew that receives two warnings applying to the same race shall be excluded pursuant to





subsection (c) below. A false start shall have the same effect as a warning.

(1) All warnings shall expire and be of no further effect once the race to which they apply has been successfully completed. If a race is rerowed, warnings applicable to the original race shall also apply to the rerow.

(c) Exclusion: A crew that is excluded shall be removed from the event. The excluded crew may still compete in other events.

(d) Disqualification: A crew that is disqualified shall be removed from all subsequent races and events in the same regatta. Disqualification shall be presumed to be appropriate where a crew has acted in flagrant or intentional violation of rules concerning safety or fairness.

(1) In no event shall the duration of disqualification imposed by an individual race official or Jury exceed the duration of the regatta. All cases of disqualification, however, shall be reported to the USRowing Referee Commission.

(2) Instead of disqualifying a crew, race officials may disqualify an individual competitor, in which case the remainder of the crew may continue in subsequent events in which it is able to comply with the rule regarding substitutions (Rule 5-207).

### **2-603 Restoring Opportunity of Winning; Altering Results (\*)**

(a) If the Referee finds that a crew has been deprived of its fair opportunity of winning, placing, or advancing, whether due to interference or other unfair condition on the course, he or she shall take such measures as are necessary to restore that opportunity. Such measures may include rerowing a race with all or some of its original participants, or advancing the aggrieved crew into an extra lane in a semifinal or final.

(b) If the Referee advances an aggrieved crew into a





semifinal or final under subsection (a) above, he or she may require the crew to row over a portion of the course at a racing cadence, if such action is necessary to prevent the crew from gaining an unfair advantage over other crews.

(c) Apart from imposing one of the penalties described in Rule 2-602 (“Types of Penalties”) or taking action under subsection (a) above, the Referee shall not alter the placement of crews in a race, except that:

(1) He or she may order, as an alternative to imposing one of those penalties, that a crew guilty of interference be placed directly behind the aggrieved crew in the order of finish, if such action would restore the aggrieved crew’s opportunity of winning or advancing, and if the rights of other crews in the race would not be adversely affected.

(2) He or she may order that an aggrieved crew shall be considered to have rowed a dead heat with the crew immediately preceding it in the order of placement. Such action may result in duplicate medals being awarded.



#### **2-604 Matters Subject to Protest (\*)**

(a) Any crew claiming that a race in which it competed was not fair or proper, or that the Rules of Rowing were not followed, or that its opportunity of winning was unfairly deprived, may lodge a protest as described in Rule 2-605 (“Lodging a Protest”).

(b) Only matters that affect the substantial rights of a crew shall be subject to protest, and the Jury shall disregard harmless errors that did not affect the outcome of the race.

(c) To the extent that race officials acting within the scope of their duties make explicit findings of fact, those findings shall be final and not subject to review, by protest, appeal, or otherwise. Such findings shall include, but not be limited to, a finding by the Referee as to whether a crew was out of its lane, a finding by





the Judge at Start as to whether a crew left the starting line early, or a finding by the Chief Judge and Judges regarding the order of finish.

#### **2-605 Lodging a Protest (\*)**

(a) A protest involving the conduct of a race shall be lodged by the crew at the finish while it is still on the water and before the Referee declares the race to be official, unless circumstances beyond its control prevent it from doing so. A coach or other team member may not lodge such a protest on behalf of a crew. A protest concerning exclusion of a crew at the start may be lodged with the Starter at the time.

(1) A protest concerning any action on land shall be lodged by an affected team member with the Chief Judge, or with another race official designated by the Chief Referee, within one hour after being informed of such action. The protest statement required under Rule 2-606 ("Filing the Protest Statement") shall be filed within the same time.

(b) A crew wishing to lodge a protest shall signal to the Referee immediately after finishing the race by having a member of the crew raise his or her hand until the attention of the Referee has been gained. The Referee shall thereupon inquire as to the nature of the protest.

(1) If the Referee concurs in the protest, he or she may impose whatever penalty or other corrective action is proper under these Rules, and shall announce that fact to the crews affected. If no crew protests that penalty or corrective action, he shall declare the race to be official as described under Rule 2-503(b)(3) ("Declaring the Race To Be Official").

(2) If the Referee does not concur in the protest, and if upon hearing the Referee's opinion the crew withdraws the protest, the Referee shall declare the race to be official as described in Rule 2-





503(b)(2) (“Declaring the Race To Be Official”). If the protesting crew does not accept the Referee’s opinion, or if a crew protests a penalty or corrective action imposed by the Referee, the Referee shall so inform the Chief Judge (Rule 2-503(b)(4)).

#### **2-606 Filing the Protest Statement (\*)**

(a) Once a protest is lodged, a crew wishing to be heard before the Jury shall submit a concise written statement, describing the facts that underlie the protest and the relief that the crew seeks, to the Chief Judge, or with another race official designated by the Chief Referee whose identity is conspicuously posted, within one hour after it reaches land. The statement shall be accompanied by cash or check payable to the local organizing committee in the amount of \$25.00. A protest in which such a statement is not filed shall not be heard.

(1) The protest statement shall be signed by a member of the protesting crew in his or her individual name. Such signature constitutes a representation to the Jury that the facts contained therein are true and correct to the best of the signer’s knowledge or belief.

(2) The \$25.00 shall be returned to the crew if the protest is upheld, or if it is found by the Jury to be substantially justified. The \$25.00 shall be returned to the crew if an appeal to the Referee Commission under Rule 2-608 (“Appeal from the Jury”) is sustained. The \$25.00 shall otherwise be remitted to the local organizing committee.

(3) The written protest statement may be amended after it is submitted, but the Jury may take such amendment into account in assessing the credibility of the statement.

#### **2-607 Protest Hearing Procedures**

(a) In deciding protests, the Jury shall use the procedures described in this Rule, in order to afford the parties a fair and speedy hearing. The Jury may adopt





supplementary procedures for situations not covered in this Rule.

(b) In deciding a protest, the Jury may impose any of the penalties described in Rule 2-602 (“Types of Penalties”), or take any other action that an individual race official acting in the same situation would be empowered to take.

(c) The Jury shall adjudicate a protest after having conducted a hearing. The decision of the Jury shall be based solely on the testimony and evidence presented before it in the hearing.

(1) The hearing shall not commence until after each crew named or involved in the protest has had a reasonable opportunity to inspect the written protest statement and gather evidence in its favor.

(d) Each crew named or involved in the protest shall have the right to have one representative present at the hearing, except for the actual deliberations of the Jury. This representative may be a coach, manager, or other team member. This representative shall not be a witness at the hearing.

(e) If the protest involves only the interpretation of USRowing Rules of Rowing, and does not involve disputes of fact, the Jury shall decide the protest after having heard the remarks, if any, of each representative of the crews named or involved in the protest. If the protest involves resolution of disputes of fact, and to the extent that inquiry into those facts is not forbidden by Rule 2-604(c) (“Matters Subject to Protest”), the Jury shall decide the protest after having heard relevant testimony and received appropriate evidence.

(f) Witnesses who give evidence before the Jury shall not be present at the hearing except for such time as they are actually giving testimony.

(g) Formal rules of evidence shall not apply, and the Jury may consider any evidence or testimony that it considers to be useful in resolving the issues. Presentation of evidence may be by narrative testimony, tangible evidence, or by questions asked by the Jury. A representative of a crew may request that a question be asked by





the Jury.

- (h) The order of proceedings of a Jury hearing shall be:
- (1) Introduction of members of the Jury;
  - (2) Reading of the protest statement;
  - (3) Any further evidence presented by the protesting party;
  - (4) Evidence, if any, presented by the crew or crews whose actions are complained of, or who would be affected by the outcome of the protest;
  - (5) Reports of the race officials involved and other necessary witnesses;
  - (6) Closing statements, if any, by the representatives of the crews;
  - (7) Deliberations of the Jury;
  - (8) Announcement of the Jury's decision by the Chief Referee. Upon the request of any party to the protest, the Jury shall provide a written statement of findings and conclusions that formed the basis of its decision.



#### **2-608 Appeal from the Jury (\*)**



- (a) Any crew aggrieved by the decision of the Jury may appeal from that decision to the USRowing Referee Commission.
- (b) The grounds for an appeal shall be limited to actions that affected the outcome of the race, and shall further be limited to:
- (1) actions that are at variance with the USRowing Rules of Rowing or custom or precedent established there under;
  - (2) actions in areas committed to the discretion of race officials that are demonstrably arbitrary or capricious, or where the exercise of discretion is without substantial foundation under the circumstances.
- (c) Actions that are not appealable under subsection (b) above but are nevertheless relevant in assessing the professional conduct of race officials may be reported to the Referee Commission or a member thereof for possible action.







(d) An appeal under this Rule shall be filed by placing in the United States mail or equivalent method of delivery an appeal statement to the Chair of the Referee Commission, care of USRowing Headquarters, within five working days of receiving the Jury's decision.

(e) The Referee Commission may hold such proceedings and establish such procedures as may be necessary to ensure fairness and protect the rights of the parties. It may, before deciding the appeal, require a written report from the Jury of the regatta involved stating the basis of its decision.

(f) The Referee Commission shall render a written decision on any appeal within 10 working days after having received the appeal, unless it finds that a longer time is necessary to ensure fairness and protect the rights of the parties. Decisions of the Commission are final and not subject to further review, except through the USRowing Grievance Procedure.



## ARTICLE III - EQUIPMENT

### Part A - Construction and Design

#### 3-101 Free Construction of Equipment (\*)

Except as specifically limited in these Rules, there shall be no limitations on the design and construction of boats, oars and other equipment.

#### 3-102 General Requirements for Boats (\*)

(a) A boat in the sport of Rowing shall have all its load bearing parts, including the axes of moving parts, firmly fixed to the body of the boat, but the seat of a rower may move along the axis of the boat.

(b) The use of "sliding riggers," in which the fulcrum of the oar is not stationary with respect to the body of the boat, is strictly forbidden, except that the local organizing committee may allow such equipment if the event is clearly publicized as "experimental," and





if all teams are informed in writing in advance that such equipment will be allowed in that event.

**3-103 Categories of Boats**

(a) Boats types may include:

<i># of Rowers</i>	<i>Oar</i>	<i>Coxswain</i>	<i>(Abbr.)</i>
1	scull	without	1x
2	scull	without	2x
2	sweep	without	2-
2	sweep	with	2+
<i># of Rowers</i>	<i>Oar</i>	<i>Coxswain</i>	<i>(Abbr.)</i>
4	sweep	without	4-
4	sweep	with	4+
4	scull	without	4x
4	scull	with	4x+
8	sweep	with	8+
8	scull	with	8x

**3-104 Minimum Weight of Boats**

(a) All boats described in Rule 3-103 ("Categories of Boats") shall comply with the following minimum weights:

<i>Category</i>	<i>Weight (lbs.)</i>	<i>Weight (kgs.)</i>
1x	30.86	14
2x	59.53	27
2-	59.53	27
2+	70.55	32
4-	110.23	50
4+	112.44	51
4x	114.64	52
4x+	116.85	53
8+	205.03	93
8x	213.85	97

(b) For purposes of this Rule, the weight of a boat shall not include oars, or detachable loudspeaker or electronic systems. Seats, rudders, skegs, fins, and riggers shall be included in the boat's weight. Other items that are not permanently affixed to the boat shall not be included in the boat's weight.





**3-105 Bowballs (\*)**

Every boat shall have a supple or plastic ball, of a white or fluorescent color, mounted on its bow unless equivalent provision for visibility and protection against puncture injury is included in the boat's basic construction. The bowball shall be at least 4 centimeters in diameter.

**3-106 Electronic Devices**

A boat may be equipped with an internal loudspeaker system, and electronic devices that provide statistical information about the progress of the race or performance of the crew (such as elapsed time or stroke rate). During a race, no boat shall have on board any electronic devices that are capable of sending or receiving information from any source external to the boat, regardless of whether it is actually used. The possession within the boat of any radio device is specifically prohibited.



**3-107 Foreign Substances**

No boat shall have on its hull any substance that is water soluble or partially soluble, or that alters the mechanical or chemical interaction between the hull and water, except that non-soluble varnishes, paints or other similar surface finishes may be applied. The use of "bottom tape," including "3M Riblets™" on the outside of the hull is specifically prohibited.

**3-108 Oars (\*)**

The blade of an oar shall have the following minimum thickness: sweep oar, 5 mm. (measured 3 mm. from the tip of the blade); scull oar, 3 mm. (measured 2 mm. from the tip of the blade).

**3-109 Footgear Release (\*)**

Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design





of such footwear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than three inches (7.5 cm) above the foot board to which it is anchored.

**3-110 Boat Construction for Coxswains (\*)**

A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

(a) The opening through which the coxswain enters and exits shall be at least 2.30 feet (70 cm.) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm.), the opening shall be as wide as the inner hull of the boat itself.

(b) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.



**Part B - Insignia and Advertising**



**3-201 Uniforms**

(a) Subject to subsection (b), all competitors in a crew shall wear identical clothing. Such clothing shall cover the torso of the body, and may include sweatgear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions.

(b) Individual competitors in a crew may choose whether or not to wear a hat or other headgear, which may be of the individual competitor's own choosing and need not be identical with those worn by other crew members.

**3-202 Bow Numbers**

Each boat shall be capable of having mounted on its bow a card indicating the number of its lane in a race, and each crew shall be responsible for supplying the bow number card. The local organizing committee may





have a supply of bow number cards for use in a regatta, but crews shall not rely on the local organizing committee to provide such cards. The local organizing committee may require that a member of a crew wear a number marker affixed to his or her uniform.

### **3-203 Manufacturer and Sponsor Advertisement**

[Deleted. See new Rule 5-311]

### **3-204 Advertising on Clothing (\*)**

[Deleted. See new Rule 5-311]

### **3-205 Scope of Rules on Advertising; Exceptions (\*)**

[Deleted. See new Rule 5-312]

## **ARTICLE IV - COMPETITORS**

### **4-101 Amateur Standing (\*)**

(a) Only amateur competitors may compete in any race or event classified by skill as intermediate or senior, or classified by age as junior. A competitor in a race or event classified as elite need not be an amateur, but any elite competitor receiving remuneration or other direct and immediate material gain or profit under a sponsorship contract must receive approval in advance from USRowing.

(b) An amateur is one who competes in rowing without obtaining, or having in the past obtained, from it, any direct and immediate material gain or profit.

(1) An individual who is remunerated for acting as coach, trainer, manager, or administrator in the sport of Rowing does not thereby lose his or her amateur standing.

(c) Clubs, local organizing committees and regatta sponsors of regattas may award, and team members may receive:

- (1) medals, diplomas, trophies, or other mementos of participation or achievement;
- (2) travel or other expenses incurred in





attending any regatta; and

(3) equipment intended for use by the team member in competition.

(d) No forms of award or prize other than those described in this rule shall be allowed.

[Editor's Note: This rule may not be the same as those imposed by scholastic or intercollegiate athletic organizations.]

#### **4-102 Doping (\*)**

(a) It is absolutely forbidden for any competitor, whether in competition or in practice, to engage in in doping.

(b) In determining which substances, or which methods, constitute doping, USRowing adopts the definitions contained in the Anti-Doping Code of the Olympic Movement, the Anti-Doping Bylaws of FISA, and the anti-doping rules of the United States Olympic Committee. The version of each of these provisions in effect at the time of the alleged violation shall apply.

(c) Competitors at USRowing registered regattas, and athletes in training for membership on the National Team, thereby agree to such testing and anti-doping controls by the independent anti-doping agency designated by the United States Olympic Committee, both during competition and out-of-competition, with or without advance notice, as may be promulgated by that agency, and as may be permitted by law.

(d) Upon the communication by the independent anti-doping agency to USRowing of a sanction imposed for violation of the rules against doping, the Executive Director shall take necessary steps to enforce those sanctions according to their terms. Sanctions imposed by the independent anti-doping agency are not subject to further review by USRowing, whether by protest, appeal, grievance, or otherwise.

[Editor's Note: As of October 2, 2000, the United States Anti-Doping Agency (USADA) has been designated by the United States Olympic Committee as the independent anti-doping agency as that term is used in this rule. Further information





about prohibited substances, and anti-doping procedures and protocols, can be obtained from the USADA website: [www.usantidoping.org](http://www.usantidoping.org). Participants in international competition are also directed to the Bylaws to FISA Rules of Racing, page 81 and to the website of the World Anti-Doping Agency: [www.wada-ama.org](http://www.wada-ama.org). At present, FISA imposes a lifetime ban for the first offense for serious cases of doping, including but not limited to use of anabolic steroids.]

#### **4-103 USRowing Membership (\*)**

[Deleted. See rule 5-301A]

#### **4-104 Classification by Age**

(a) Junior: A Junior is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor thus ceases to be a Junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later. [Editor's Note: Please note that rules relating to USRowing Junior National Team Trials' regattas and regattas governed by FISA, the International Rowing Federation, may vary; refer to Rule 6-203.]

(1) A competitor's eligibility to compete in Junior events is not affected by his or her classification by skill under Rule 4-105 ("Classification by Skill"). A Junior competitor's classification by skill in non-Junior events shall be as provided in that rule.

(2) Within the Junior classification, there shall be a subclassification known as "Junior B" made up of those Juniors who in the current calendar year do not attain the age of 17.

(b) Master: A Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the highest contained integer. A competitor





thus becomes a Master on January 1 of the year of his or her 21th birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

(1) Masters crews shall be classified by age according to the following categories: (AA) 21 to 26 years, (A) 27 to 35 years, (B) 36 to 42 years, (C) 43 to 49 years, (D) 50 to 54 years, (E) 55 to 59 years, (F) 60 to 64 years, (G) 65 to 69 years, (H) 70 to 74 years, (I) 75 to 79 years, (J) 80 and over. The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded to the nearest integer. The age of a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

(2) A Masters crew may compete in a lower (younger) age category, but not in a higher category. A Masters crew competing in the AA category may not compete in any category other than AA or A. If a crew competes in the A category with AA rowers, it must attain an average age such that it is eligible to compete as an A age category crew.

(3) Grandmasters: deleted.

(4) A Master competitor's eligibility to compete in Masters events is not affected by his or her classification by skill under Rule 4-105 ("Classification by Skill"). A Master competitor's classification by skill in non- Masters events shall be as otherwise provided in that Rule. A rower who is a member of the current year's National Team shall not be eligible to compete in the current year at the Masters Nationals.

#### **4-105 Classification by Skill**

(a) A competitor's classification by skill shall be determined separately with respect to sweep events







and sculling events. Except for the provisions of subsection (b)(2) below (Elite status affecting scull or sweep status), a competitor's classification in one category shall not affect his or her classification in the other. A competitor's classification by skill shall not be determined separately with respect to open events and lightweight events, and thus a competitor's status as Elite, Senior or Intermediate is applicable regardless of weight class.

(b) Competitors shall be classified according to skill by the following criteria:

(1) Intermediate: A competitor is an Intermediate who has not advanced to the status of Senior or Elite.

(2) Senior: A competitor is a Senior who has won any intermediate or senior event over 2,000 meters at the USRowing National Championships or at the Royal Canadian Henley Regatta, and who has not advanced to the status of Elite. A competitor who is an Elite as a sweep rower shall be advanced to Senior for all sculling events, and a competitor who is an Elite as a scull rower shall be advanced to Senior for all sweep events.

(3) Elite: A competitor is an Elite who has won one 2,000 meter event classified as Elite at the USRowing National Championship Regatta, an Open 2,000 meter event at the Royal Canadian Henley Regatta, or any 2,000-meter event other than a Junior or Masters event at a USRowing Open or Lightweight National Team Trials regatta. A competitor also becomes an Elite if he or she has won any two 2,000-meter events classified as Senior at the USRowing National Championships or equivalent level at the Royal Canadian Henley Regatta; or who has been a member of a USRowing National Team as a competitor (including as a spare) in the category at issue, other than in a Junior or Masters event.

(c) All trials events to select the National Team, except those for Junior or Masters events, shall be





classified as Elite events.

(d) Junior or Masters races do not effect competitor's classification by skill under this Rule.

(e) All changes in classification by skill shall take effect on January 1 following the year of competition.

(f) Any other provision of these rules notwithstanding, a competitor who is not an amateur shall be deemed an Elite for all events, whether sweep or sculling, open or lightweight.

#### **4-106 Lightweights**

A lightweight crew is one that complies with the requirements below. An open event is one that is not a lightweight event.

(a) Men: A men's lightweight crew shall average no more than 155 lbs. per rower, and no individual rower shall weigh more than 160 lbs. The coxswain shall not be counted for purposes of this rule. A male single sculler (1x) shall not weigh more than 160 lbs. A Junior men's lightweight crew is one in which no individual rower weighs more than 155 lbs. A men's masters lightweight crew is one in which no individual rower weighs more than 160 lbs.

(b) Women: A women's lightweight crew, including a single scull (1x), shall have no rower who weighs more than 130 lbs. The coxswain shall be not be counted for purposes of this rule.

[Editor's Note: Please note that rules relating to USRowing National Team Trials regattas and regattas governed by FISA, the International Rowing Federation, may vary; refer to Rule 6-203.]

#### **4-107 Eligibility to Compete in Events**

(a) No rower who is an Elite shall compete in a Senior or Intermediate event, and no rower who is a Senior shall compete in an Intermediate event. A coxswain may compete in any of those categories regardless of his or her classification by skill except that a coxswain who is not an amateur shall not





compete in events classified by skill as Intermediate or Senior or classified by age as Junior.

(b) No rower who does not comply with Rule 4-106 (“Lightweights”) shall compete in a lightweight event. Any coxswain who otherwise complies with applicable rules may participate in a lightweight event.

(c) No competitor, including a coxswain, who does not comply with Rule 4-104(a) (“Classification by Age”) shall compete in a Junior event.

(d) No rower who does not comply with Rule 4-104(b) (“Classification by Age”) shall compete in a Masters event, or in an inapplicable Masters age category event as described in Rule 4-104(b)(1). A coxswain may compete in any Masters event regardless of age.

(e) A female rower shall not compete in events for men and a male rower shall not compete in events for women.



**4-108 Coxswains**



(a) A coxswain is a member of the crew and subject to all rules governing competitors unless specifically excepted.

(b) A male coxswain may compete in events for women and a female coxswain may compete in events for men.

[Editor’s Note: Please note that rules relating to USRowing National Team Trials regattas and regattas governed by FISA, the International Rowing Federation, may vary; refer to Rule 6-203.]

**4-109 Coxswain’s Weight**

(a) A coxswain in an event for men’s crews shall weigh at least 120 lbs. A coxswain in event for women’s crews shall weigh at least 110 lbs. Weight shall be determined as provided in Rule 4-110 (“Weighing of Competitors”).

(b) Coxswains who do not comply with subsection (a) above shall carry deadweight, such as sand or other





ballast, in order to achieve the minimum weight. Any such deadweight shall be placed in the boat as close to the torso of the coxswain as possible, and it is specifically forbidden to distribute deadweight throughout the boat.

(c) Excess clothing, equipment, electronic systems, tools, or other utilitarian devices germane to competition, shall not be considered part of the coxswain's weight and shall not be included as part of any deadweight required under subsection (b) above.

[Editor's Note: Please note that rules relating to USRowing National Team Trials regattas and regattas governed by FISA, the International Rowing Federation, may vary; refer to Rule 6-203.]

**4-110 Weighing of Competitors**

The weight of rowers in lightweight events as described in Rule 4-106 ("Lightweights"), as well as coxswains, shall be determined once each day no less than one hour and no more than two hours before the scheduled time of the first race in which the weight is relevant. Competitors shall be weighed in racing uniform, without shoes or other footgear.



**ARTICLE V - REGATTAS**

**Part A - Regatta Organization**

**5-101 Types of Regattas (\*)**

There shall be four types of registered regattas:

(a) A "National Championship Regatta" shall mean any regatta that is explicitly designated by USRowing as determining the national champion for that year in a given event.

(1) The USRowing Nationals and the Masters Nationals shall be considered as National Championship Regattas.

(b) A "Regional Championship Regatta" shall mean any regatta that is explicitly designated by USRowing as determining the champion for that year in a given event for one of the geographical regions of USRowing.





- (c) A “championship regatta” shall mean:
- (1) all National Championship Regattas,
  - (2) all Regional Championship Regattas,
  - (3) all trials races and regattas to select the National Team;
  - (4) any other registered regatta that is specifically designated by USRowing as a championship regatta.
- (d) A “non-championship regatta” shall mean any registered regatta that does not fall within the definition of “championship regatta.”

#### **5-102 Local Organizing Committee**

Each regatta shall be sponsored by a local organizing committee, which shall be responsible for its operation. The duties and powers of the local organizing committee shall include:

- (a) seeking and receiving the status of registered regatta from USRowing;
- (b) choosing a name for the regatta, except for national championship regattas already named by USRowing;
- (c) establishing and collecting entry fees, including scratch fees, from participating crews;
- (d) determining the events to be offered at the regatta, establishing the applicable progression system, and where necessary, devising a progression system where the number of entries is beyond the capacity of existing systems;
- (e) receiving entries and establishing the racing schedule;
- (f) publicizing the regatta;
- (g) managing the finances of the regatta;
- (h) providing for the course as described in Article III of these rules;
- (i) providing for the comfort and convenience of competitors, team members, race officials, and spectators;
- (j) appointing a Regatta Director (Rule 5-103), a





Regatta Secretary (Rule 5-104), a Control Commission (Rule 5-105), and such other officers, committees or other bodies as are necessary for the operation of the regatta whose appointment is not otherwise provided for in these rules. The local organizing committee may provide for the allocation of duties among its officers that is different from those contained in these rules, provided that such allocation establishes equivalent responsibilities.

### **5-103 Regatta Director**

The Regatta Director shall have general responsibility for the logistical operation of the regatta, shall be the principal liaison between the local organizing committee and USRowing, and shall have the power to execute binding commitments on behalf of the local organizing committee.



### **5-104 Regatta Secretary**

The Regatta Secretary shall receive and administer procedures regarding entries, as described in Part B of this article, and shall publish necessary and proper information regarding such entries. The Regatta Secretary shall supervise the publication of results.



### **5-105 Control Commission**

(a) Under the supervision and control of the Chief Referee, the Control Commission shall verify that crews and competitors comply with the rules regarding equipment described in Article III ("Equipment") and the rules regarding competitors described in Article IV ("Competitors").

(b) The particular duties of the Control Commission shall include, but not be limited to, verifying compliance with rules regarding:

- (1) substitution of competitors;
- (2) replacement of ill competitors;
- (3) weighing of lightweight rowers;





- (4) weighing of coxswains and checking of deadweight to be carried by coxswains;
- (5) classification by age of competitors;
- (6) classification by skill of competitors;
- (7) requirement of a bowball on the boat;
- (8) requirement of foot release devices;
- (9) requirement of a bow number;
- (10) possession of prohibited electronic devices;
- (11) use of prohibited substances on the hull or oars of a boat;
- (12) minimum weight of boats and thickness of oars;
- (13) prohibited advertising;
- (14) uniforms;
- (15) bow coxed boats.

(c) If drug tests are being conducted, the Control Commission is responsible for escorting competitors to the drug testing station as soon as possible after getting out of the boat and for ensuring that such competitors do not take any action that would interfere with the administration of the drug tests.



## **Part B - Entries**

### **5-201 Submission of Entries**

(a) All clubs seeking to enter crews in a regatta shall submit entries in writing to the local organizing committee, accompanied by the proper amount of entry fees. An unaffiliated sculler shall submit his or her entry in the same manner as a club.

(b) Entries shall be received by the Regatta Secretary and the local organizing committee of a regatta shall establish and publicize a date by which all entries shall be received. The local organizing committee may establish one deadline for the submission of generic entries and a later deadline for the submission of the actual identities of the members of the crew.

(c) The local organizing committee shall provide a form or set of forms on which are listed: (1) the name of





the club submitting the entries, (2) the names of all competitors, (3) USRowing membership number of each competitor and the date of expiration, (4) the affiliation of each competitor, if such affiliation is not with the club submitting the forms, and (5) the boatings of all crews being entered.

(d) No entries received after the date established by the local organizing committee shall be accepted, unless that entry does not result in a change in the format of the progression system. The local organizing committee may assess additional fees for such late entries.

#### **5-202 Reporting of Entries**

The Regatta Secretary shall not report any entries, or release any information regarding the current state of entry lists, until the date established under Rule 5-201(b) ("Submission of Entries") has passed. After entries have closed, the Regatta Secretary shall publish the number of entries received, and the applicable format of the progression system that applies to each event.



#### **5-203 General Requirements for Entries and Affiliation (\*)**

(a) Registered regattas shall be open to entries submitted by United States clubs that are organizational members of USRowing, or by foreign clubs that are members of the appropriate national rowing federation recognized by FISA or its national Olympic Committee. Such clubs shall have been organized at least one month prior to the first day of the regatta.

(b) Registered regattas shall be open to unaffiliated competitors entering any single scull (1x) event. Other crews, including composite crews, must be comprised of competitors who are members of clubs.

(c) Only competitors who are bona fide members of a club shall be entered by that club, except that a composite crew may be entered by any of the clubs to







which one of the competitors in the crew belongs.

(d) A competitor shall represent only one club at a regatta. A competitor shall not represent more than two clubs in any calendar year. Individual exemptions from the requirements of this subsection may be granted by USRowing to competitors upon a showing a good cause.

#### **5-204 Composite Crews**

Composite crews are those that include competitors from more than one club. Such crews shall be ineligible to receive points or other scores used to determine team trophies or awards, including those described in Rule 5-307. Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions.

#### **5-205 Verification of USRowing Membership**

[Deleted. See Rule 5-301A]



#### **5-206 False Entries**

(a) The Chief Referee or his or her delegate shall exclude any crew when he or she determines that there has been intentional deception or falsehood in that crew's entry information concerning a competitor's identity, classification, affiliation, amateur standing, or other information relevant to his or her competitive status. The Chief Referee or his or her delegate also may curtail or prohibit the further participation at a regatta of any team member found responsible for such deception or falsehood. The Chief Referee shall make a report of such incidents to the USRowing Referee Commission.

(b) A challenge to the entry of a crew, or to the status of a competitor, may be made by any team to the Chief Referee or his or her delegate. Such challenge shall be made no later than one hour after the final race in an event is completed and shall be resolved pursuant to the procedures described in Rule 2-607.





### 5-207 Substitutions

(a) Once an entry has been submitted and the deadline for submitting the identity of members of the crew has passed, a crew other than a single scull may substitute up to one half of its rowers, as well as the coxswain, but the local organizing committee may prohibit such substitution if it is not submitted in writing to the local organizing committee at least one hour before the first race of the event in which the crew is entered.

(b) No substitutions shall be made for a competitor in a single scull (1x), except for illness or injury as provided in Rule 5-208(b) (“Illness of Competitors”).

(c) After the first race in an event has taken place, the composition of a crew shall remain the same and no substitution shall be allowed for any subsequent races in that event, except as provided in Rule 5-208 (“Illness of Competitors”).

(d) Any substitutions must comply with the same provisions regarding competitors contained in Article IV (“Competitors”), as applied to the original competitor.



### 5-208 Illness of Competitors

(a) If the Chief Referee finds that serious and sudden illness or injury prevents a competitor in a crew other than a single scull (1x) from competing, that competitor may be substituted at any time before the event is completed. A certificate from a health professional shall be required unless the Chief Referee finds the requirement impractical. Such substitution shall not count toward the maximum amount of substitutions allowed under Rule 5-207(a) (“Substitutions”).

(b) If the Chief Referee finds that serious and sudden illness or injury prevents a competitor in a single scull (1x) event from competing, that competitor may be substituted by the club that submitted the entry at any time before the first race in that event. No substitution shall be made for a competitor in a single





scull (1x) event after the first race of the event, regardless of the circumstances.

(c) A competitor substituted due to illness or injury under this rule may return and participate in subsequent races in that event, if the competitor is restored to good health.

### 5-209 USRowing Progression Systems

(a) In the USRowing progression systems, events shall consist of finals, and if necessary, heats and semifinals. Those crews advancing out of each heat are placed in the semifinal or final; all others in the heats are eliminated. In events having semifinals, those crews advancing out of each semifinal are placed in the final; all others in the semifinal are eliminated. In events with more than 36 entries, there shall be one heat conducted as a "head race" (Rule 1-202(i)), as well as, repechages, semifinals and finals. The course distance for the head race shall be as close as practicable to the prescribed distance for the event under Rule 7-102, with such variances as may be required by the particular configuration of the venue.

(b) Random lots or a randomized computer program shall be used to determine the composition of heats and the assignment of lanes in heats. In events with more than 36 entries, the composition of the repechages shall be determined by seeding entries according to the order of finish in the heat. Lanes for semifinals and finals shall be assigned from the center lanes outward according to the orders of finish in the heats or semifinals.





(c) The following shall constitute the forms of progression in USRowing Progression System “A” for six lane racing.

Entries	Heats	Advancing in Each Heat	Semi-Finals	Advancing in each semifinal (final only)
1-6	0			(final only)
7	2	(all but last)	0	(five boat final)
8-12	2	(3)	0	
13-15	3	(2)	0	
16-18	3	(4)	2	(3)
19-24	4	(3)	2	(3)
25-36	6	(2)	2	(3)
37+	1(head race)	(1st 6)	2	(3)

next 36 to  
to repechages;  
rest eliminated.  
(1) from each repechage advances.

(d) The following shall constitute the forms of progression in the USRowing Progression System “B” for six lanes.

Entries	Heats	Advancing in Each Heat	Semi-Finals	Advancing in Each Semifinal (final only)
1-6	0		0	
7-12	2	(3)	0	
13-18	3	(2)	0	
19-24	4	(3)	2	(3)
25-36	6	(2)	2	(3)
37-54	9	(3)	3	(2)

e) The following shall constitute the forms of progression in the USRowing Progression System “C” for seven lane racing.

Entries	Heats	Advancing in Each Heat	Semi-Finals	Advancing in Each Semifinal (Finals only)
1-7	0		0	(Finals only)
8-14	2	(3)	0	
15-21	3	(4)	2	(3)
22-28	4	(3)	2	(3)
29-42	6	(2)	3	(2)
43-63	9	(2)	3	(2)

### 5-210 FISA Progression Systems

(a) In the FISA progression systems, events shall consist of finals, and if necessary, heats, repechages, and semifinals. Crews advancing out of each heat are placed directly in the semifinals or finals. All others in the heats go to the repechages. Those advancing out of the





repechages are placed in the semifinals or finals; all others in the repechages are eliminated. All those advancing out of the semifinals are placed in the grand final; all others in the semifinals may be placed in a petite final.

(b) Random lots or a randomized computer program shall be used to determine the composition of heats and the assignment of lanes in heats. The composition of repechages and semifinals shall be according to the options prescribed by FISA. In events with more than 36 entries, the composition of the repechages shall be determined by seeding entries according to the order of finish in the heat. The assignment of lanes for semifinals and finals shall be assigned from the center lanes outward according to the orders of finish in the previous level of competition.

(c) The following shall constitute the forms of progression in the FISA Progression System "A" for six lane racing.



Entries	Heats	Adv. in each heat	Repechages	Adv. in Each Repechages	Semi-Finals	Adv. in Each Semi (final only)
1-6	0					
7-8	2	(1)	1	(4)	0	
9-12	2	(1)	2	(2)	0	
13-15	3	(3)	1	(3)	2	(3)
16-18	3	(1)	3	(3)	2	(3)
19-24	4	(1)	4	(2)	2	(3)
25-36	6	(1)	6	(1)	2	(3)
25-36	6	(1)	6	(2)	3	(2)
37+	1	(1st 6)	6	(1)	2	(3)

(head race) (next 36 to repechages; rest eliminated)





(d) The following shall constitute the forms of progression in the modified FISA Format Progression System "B" for seven lane racing.

Entries	Heats	Adv. in each heat	Repe-chages	Adv. in Each Repechages	Semi-Finals	Adv. in Each Semi (final only)
1-7	0					
8-11	2	(2)	1	(2)	0	
12-14	2	(1)	2	(2)	0	
15-16	3	(3)	1	(3)	2	(3)
17-20	3	(2)	2	(3)	2	(3)
21-22	4	(2)	2	(2)	2	(3)
23-28	4	(1)	4	(2)	2	(3)
29-42	6	(1)	6	(2)	2	(3)
43-63	9	(1)	9	(1)	3	(2)

**5-211 Changes in the Form of Progression**

(a) Once the form of progression has been published, according to the number of entries received pursuant to Rule 5-202, it may be changed only under the following circumstances:

(1) by the local organizing committee, no later than one hour before the scheduled time of the first race in the event, if due to scratches, the reduced number of entries would call for a different form of progression under the applicable progression system;

(2) by the local organizing committee any time before the first race in the event, if due to scratches, the event would be reduced to a final only, with no heats, under the applicable progression system.

(b) If the local organizing committee changes the form of progression under Subsection (a), it shall conduct a new draw to determine composition of heats and lane assignments.

**Part C - National Championship Regattas (\*)**

**5-301 Rules Governing National Championship Regattas**

(a) The rules contained in this Part shall apply to all national championship regattas. Parts A (Regatta Organization) and B (Entries) of this article governing





regattas also shall apply to national championship regattas.

(b) At national championship regattas, a staff member from the Events Department shall act as the representative of USRowing to the local organizing committee. The representative shall consult with the Regatta Director on the conduct of the regatta, and, along with the Chief Referee, shall supervise the local organizing committee to ensure compliance with the Rules of Rowing and the specifications for a national championship regatta.

**5-301A USRowing Membership**

All competitors at national championship regattas shall be individual members of USRowing, or in the case of foreign competitors, members of their national rowing federation recognized by FISA or its national Olympic committee.



**5-302 Annual National Championship Regattas**

There shall be two national championship regattas held each year. The USRowing Nationals shall be held for all Elite, Senior, Intermediate, Junior and Junior B events. The Masters National Championships shall be held for all Masters events.



**5-303 Progression Systems**

At the USRowing Nationals, either the USRowing Progression System "B" or the modified FISA Progression System "A" shall be used. The local organizing committee of any national championship regatta may alter the published progression system during the course of the regatta in response to extraordinary or unexpected circumstances, such as extreme weather and water conditions.

**5-304 National Champions**

The domestic crew finishing highest in each national championship event shall be designated as the National





Champion for that year, and shall receive medals, awards, or mementos reserved exclusively for national champions. If a crew entered by a foreign club or rowing federation, or a foreign unaffiliated single sculler, places first, second or third in a national championship event at the USRowing Nationals it shall receive special gold, silver or bronze medals memorializing the accomplishment, but the national championship medals, whether gold, silver or bronze, and the designation and entitlements of National Champion, shall be given only to domestic crews according to order of placement. At the USRowing Masters National Championships, the national championship medals shall be awarded according to the order of finish, regardless of nationality, but the records of USRowing shall designate the highest place domestic crew as the National Champion for that event.

#### **5-305 Other Events**



Events other than national championship events may be added by the local organizing committee at national championship regattas, but the winning crew of such an event shall not be given the title of National Champion, nor shall it be entitled to the medals, diplomas of victory, or other awards bestowed on national champions. The local organizing committee shall provide for a certificate of accomplishment or other award to acknowledge such winners.



#### **5-305A Medals**

National championship gold medals shall be awarded in all national championship events with three or more entries. Silver medals for second place shall be awarded in all events with four or more entries. Bronze medals for third place shall be awarded in all events with five or more entries. The state of entries shall be determined one hour before the first race in the event.







**5-306 National Championship Events**

(a) The National Championship events, other than Masters events, shall be:

	1x	2x	2-	2+	4-	4+	4x-8+	1x	500 m.
<b>Elite Men</b>									
Open	x	x	x	x	x	x	x	x	x
Lightweight	x	x	x		x	x	x	x	
<b>Senior Men</b>									
Open	x	x	x		x	x	x	x	x
Lightweight	x	x	x		x	x	x	x	
<b>Intermediate Men</b>									
Open	x	x	x		x	x	x	x	
Lightweight	x	x	x		x	x	x	x	
<b>Junior Men</b>									
Open	x	x	x			x	x	x	
B (16 and under)	x	x				x		x	
<b>Elite Women</b>									
Open	x	x	x		x	x	x	x	x
Lightweight	x	x	x		x	x	x	x	
<b>Senior Women</b>									
Open	x	x	x		x	x	x	x	x
Lightweight	x	x	x		x	x	x	x	
<b>Intermediate Women</b>									
Open	x	x	x			x	x	x	
Lightweight	x	x	x			x	x	x	
<b>Junior Women</b>									
Open	x	x	x			x	x	x	
B (16 and under)	x	x				x		x	



(b) The national championship events for Masters shall be as described in Rule 5-310 ("Masters National Championships").

**5-307 Team Point Trophies**

(a) The following trophies shall be awarded to clubs based upon the points earned by that club's crews in national championship events each year. They shall be awarded at the USRowing National Championships.

- (1) Overall Point Trophy, awarded to organizaions that earn points in both men's and





women's events. The total points shall be the sum of points awarded in men's Elite, Senior, Intermediate and Junior events, open and lightweight, plus the points awarded in women's Elite, Senior, Intermediate and Junior events, open and lightweight. The points earned in the events of one gender, however, shall not comprise more than 60% of the total points awarded. Thus, organizations that receive no points in the events of one gender receive no points for the Overall Points Trophy.

(2) The Barnes-Sulger Point Trophy, based on aggregate points received in all open and lightweight men's Elite, Senior, Intermediate, and Junior events;

(3) The Marion Ventura Trophy, based on aggregate points received in all open and lightweight women's Elite, Senior, Intermediate and Junior events;

(4) The Men's Youth All-Event Trophy, based on aggregate points received in all men's Junior events;

(5) The Women's Youth All-Event Trophy, based on aggregate points received in all women's Junior events;

(6) The Men's Lightweight All-Event Trophy, based on aggregate points received in all men's Elite, Senior and Intermediate lightweight events.

(7) The Women's Lightweight All-Event Trophy, based on aggregate points received in all women's Elite, Senior and Intermediate lightweight events.

(b) The club of the winning boat in each national championship event shall receive points as follows:

Type of Event	Points
1x	10
2x, 2+, 2-	15
4+, 4-, 4x	20
8+	30





The clubs of the remaining boats in the finals race of a national championship event shall receive points according to the following percentage of the points awarded to the national champion in that event. If more than six boats raced in heats in an event, points shall be awarded as if six boats raced in the final, regardless of the number of crews that actually race in the final.

Number of Boats Place Points in Event	Percentage of 1st				
	2nd	3rd	4th	5th	6th
2	20%				
3	40%	20%			
4	60%	30%	5%		
5	80%	40%	10%	5%	
6 or more	80%	40%	20%	10%	5%

**5-308 Course Requirements (\*)**

National championship regattas shall take place on a Class "A" course, unless specific approval for another level of course is given by USRowing.

**5-309 Entry Fees at National Championship Regattas**

[Deleted.]

**5-310 Masters National Championships**

(a) The proposed listing and order of events for the Masters National Championships will be published by USRowing and the Masters Committee in the entry packet generally available by March 31st. Actual entries and events will be published prior to the Masters National Championship regatta after the entries have been received and processed.

(b) When a race consists of only one entrant per age category, age handicapping will be applied. If there is more than one entry in a given age category, no handicap shall be used. Time handicaps shall always be applied in age category J (80+ years) and older.





(c) The USRowing Masters Committee shall approve or disapprove the proposed order of events, as well as, any additional non-championship events suggested by the local organizing committee.

(d) The USRowing Masters Committee may on its own authority approve changes or deviations from the description of events contained in this rule.

(e) Coxswains will be weighed in once during the event, on the first day in which they race, no later than one hour prior to that race.

(f) Coxswains for mixed events will weigh a minimum of 120 lbs.

(g) Lightweight weigh-ins will occur once a day, no more than two hours and no less than one hour before the competitor's first race.

(h) The handicaps listed on the next page shall be applied in events where time handicaps are used. The time handicap for each crew shall be calculated by subtracting the handicap for the youngest crew in the event from the handicap that applies to each crew.

(i) Mixed events must be 50% women, excluding coxswains.

(j) At the Masters National Championships the USRowing Progression System "B" for six lanes (Rule 5-209 (d)) will be used.

(k) Gold, silver, and bronze medals shall be awarded regardless of the number of entries in the event.

(l) No competitor (excluding coxswains) shall enter more than six events at the Masters Nationals. If a competitor violates this limit, the competitor shall forfeit all medals won and be ineligible for the following year's Masters National Championships. In addition, the boat in violation will forfeit its medals.

(m) A Masters crew competing in the AA category may not compete in any category other than AA or A. If a crew competes in the A category with AA rowers, it must attain an average age such that it is eligible to compete as an A age category crew.





	Age	4x	2x	1x		Age	4x	2x	1x	
		8+	4+/4-	2-			8+	4+/4-	2-	
A	27	0.0	0.0	0.0	E	55	15.7	16.9	19.6	
	28	0.0	0.0	0.0		56	16.8	18.2	21.0	
	29	0.1	0.1	0.1		57	18.0	19.4	22.5	
	30	0.2	0.2	0.2		58	19.2	20.8	24.0	
	31	0.3	0.3	0.4		59	20.5	22.1	25.6	
	32	0.5	0.5	0.6		F	60	21.8	23.5	27.2
	33	0.7	0.8	0.9			61	23.1	25.0	28.9
	34	1.0	1.1	1.2			62	24.5	26.5	30.6
	35	1.3	1.4	1.6			63	25.9	28.0	32.4
	B	36	1.6	1.7			2.0	64	27.4	29.6
37		2.0	2.2	2.5	G	65	28.9	31.2	36.1	
38		2.4	2.6	3.0		66	30.4	32.9	38.0	
39		2.9	3.1	3.6		67	32.0	34.6	40.0	
40		3.4	3.7	4.2		68	33.6	36.3	42.0	
41		3.9	4.2	4.9		69	35.3	38.1	44.1	
42		4.5	4.9	5.6		H	70	37.0	39.9	46.2
C		43	5.1	5.5			6.4	71	38.7	41.8
	44	5.8	6.2	7.2			72	40.5	43.7	50.6
	45	6.5	7.0	8.1	73		42.3	45.7	52.9	
	46	7.2	7.8	9.0	74		44.2	47.7	55.2	
	47	8.0	8.6	10.0	I		75	46.1	49.8	57.6
	48	8.8	9.5	11.0			76	48.0	51.9	60.0
	49	9.7	10.5	12.1		77	50.0	54.0	62.5	
D	50	10.6	11.4	13.2	78	52.0	56.2	65.0		
	51	11.5	12.4	14.4	79	54.1	58.4	67.6		
	52	12.5	13.5	15.6	J	80+	add the following for each year over 80			
	53	13.5	14.6	16.9		2.0	2.3	2.7		
	54	14.6	15.7	18.2						



To calculate handicaps:

$$HC = (\text{age} - 27)^2 * K \quad \text{*AA category (ages 21-26)}$$

K = .020 for 8+'s and 4x's has no handicaps.

.0216 for 2x's and 4's

.025 for 1x's and 2-'s

When determining boat age averages, always round down.  
(example 59.8 = 59.0)





### 5-311 Manufacturer and Sponsor Advertisement

(a) General Provisions: The specific provisions of the rule with regard to the appearance of manufacturer or sponsor advertisement on equipment and clothing are subject to the following general provisions.

(1) This rule allows for advertisement on equipment and clothing by both manufacturers of the equipment and clothing, and sponsors of a crew or club. A manufacturer may be considered as if a sponsor and utilize any space not otherwise used by other sponsors as permitted in this Rule, but may not combine the specified areas to produce a single larger area in which to display its advertisement.

(2) If the area reserved for the manufacturer is not used by the manufacturer, it may not be used for sponsor advertisement.

(3) The advertisement need not be the same on the boat, the oars and the clothing, but within each of those three categories only one manufacturer and one sponsor may appear.

(4) This rule applies to each crew. Accordingly, for example, the advertisement appearing on the clothing of the competitors in the 4+ from one team need not be the same as that for the competitors of the 8+ from the same team.

(5) Advertisements promoting tobacco products and alcoholic beverages whose alcohol content is more than 15% are prohibited. A crew competing in a junior event shall not display advertisement promoting any alcoholic beverage. A sponsor who is commonly identified as a provider or manufacturer of a prohibited product or service, but who also provides or manufactures permitted products or services, may advertise according to this rule, but only if the advertisement affirmatively and clearly associates itself with the permitted product or service only.

(6) The advertisement of the manufacturer and sponsor may consist of the company's name,





trademark and/or the name of the product service. Therefore one, two or three of these elements may be displayed provided they appear together and are directly related to a single company and a single product or service of that company. The names, trademarks and other products or services of different companies may not, therefore, be combined.

(7) The area included in the size restrictions identified in this rule is calculated by drawing vertical and horizontal lines at right angles to each other extended from the most extreme points of the name or trademark.

(8) If the advertisement appears on a background color that is different from that of the surface that it covers, that background color is also counted when determining the size of the advertisement.

(9) The Chief Referee or the referee of a particular race may excuse a crew from compliance with this rule for good cause, including situations in which a crew is required to borrow equipment.

(b) Oars: The following rules apply to each oar whether it is a sweep oar or sculling oar.

(1) Oars must be uniform throughout the crew, except that each rower in a composite crew may use the colors of his or her own club. Only the national or club colors may appear on oar blades. Unpainted oars are also permitted for all boats, whether composite or otherwise, if all rowers use such oars. Use of National Team oar colors without the approval of USRowing is specifically prohibited.

(2) Any portion of the loom or shaft beyond the collar must be free of any advertisement or inscription. Manufacturer and sponsor advertisement may appear on the section of the loom or shaft inside of the collar, provided that the area of the manufacturer advertisement shall not exceed 100 square centimeters, and the area of the sponsor





advertisement shall not exceed 100 square centimeters with one of the linear dimensions being no greater than five centimeters.

(3) Nothing else (including the name of the nation or club, or its emblem) may appear on the oar, except that marks to identify the owner of the oar are permitted.

(c) Boats and Related Equipment: The following rules shall apply to advertising on boats and anything affixed to the boat.

(1) Boat manufacturer: The manufacturer's name, address, trademark, and name of the product may appear on the inside of the boat on a plaque or equivalent marker, provided that plaque has a maximum area of not more than 100 square centimeters. The manufacturer's advertisement may also appear on the outside of the boat once on each side in the area of the boat occupied by the rowers or coxswain, provided the maximum area of that advertisement does not exceed 100 square centimeters.

(2) Boat Sponsor: The sponsor's advertisement may appear on the side of the boat (including the gunwale and washboard) as follows:

1x, 2x, 2-, 2	Once on each side
4x, 4-, 4+	2 times each side maximum
8+, 8x	4 times each side maximum

All sponsor's advertisements that appear on the outside of the boat pursuant to this subsection must be exactly identical with each other, except that boats designed for four or more rowers may have no more than two different identifications, which may be for different sponsors. Each advertisement shall have a maximum area of 800 square centimeters.

(3) Name of Boat or Emblem of Club: Each boat may also carry once on each side of the shell (including the gunwale and washboard) the name of the boat and emblem of the club that the crew represents. The letters used in any such name may







not be more than six centimeters in height, and the area of the emblem may not be more than 60 square centimeters. If the name of the boat advertises a sponsor, then it must comply with provision governing boat sponsors in subsection (c)(2) above.

(4) Electric Equipment: Any internal loud speaker or electronic equipment permitted by Rule 3-106 ("Electronic Equipment") may bear the name and trademark of the manufacturer of that equipment.

(5) Footgear: Any footgear attached to the stretcher for use by a rower may bear the name and trademark of the manufacturer.

(d) Clothing: The following shall apply to any clothing worn for purposes of competition:

(1) Uniformity: Subject to Rule 3-201, the clothing of all the members of a crew shall be identical. This means that any manufacturer or sponsor advertisement appearing on crew member clothing shall be identical both in design, size and location for each member of the crew.

(2) Manufacturer: The advertisement of the manufacturer of each main piece of clothing (i.e. clothing covering the torso of the body, such as shirt or trunks), may appear once, provided that such advertisement does not exceed 16 square centimeters. Visible manufacturer advertising on socks, hats, headbands, or other incidental clothing is not allowed, Rule 3-201(b) notwithstanding.

(3) Sponsor: The advertisement of a sponsor may appear only once on clothing worn by a competitor (it may not appear both on the shirts and shorts, for example) and the total area of the advertisement may not exceed 50 square centimeters.

(4) National Team Uniform: No competitor may wear the uniform of the National Team while participating as a member of a crew without the express approval of USRowing.





**5-312 Scope of Rules on Advertising; Exceptions (\*)**

(a) Rules governing the use of advertising, including those contained in 3-204 (“Advertising on Clothing”), shall apply throughout the duration of the regatta, and shall extend throughout the regatta site. Such rules shall not apply to the local organizing committee, and thus shall not limit the ability of the local organizing committee to sell advertising in programs, billboards, or regatta installations.

(b) USRowing may grant specific exceptions to the prohibitions against advertising contained in these rules.

**ARTICLE VI - TRIALS RULES**

**Part A - General Organization**

**6-101 Title, Purpose and Scope of Trials Rules**

(a) The rules contained in this article shall be known as the USRowing Trials Rules.

(b) The purpose of these Trials Rules, in addition to those described in Rule 1-102 (“Purposes”), is to facilitate the process of selecting the most competitive crew to represent the United States in international competition.

(c) These Trials Rules shall apply to all races, events, and regattas that are used to select the National Team that will represent the United States and bear the national colors in international competition, as defined in the Amateur Sports Act of 1978, 37 U.S.C. § 371 et seq., including but not limited to the Olympic Games, the Pan American Games, and any FISA Championship Regatta.

(d) Except where specifically altered or superseded in these Trials Rules, all other applicable USRowing Rules of Rowing shall be in effect. USRowing may publish each year such supplemental Selection Procedures as are not inconsistent with these Trials Rules.





#### **6-102 Organization**

(a) USRowing shall determine and publish the venue and date of trials events, and the selection criteria to be used, under the procedures established under the USRowing Constitution, and, or the USRowing Bylaws or their successor provisions.

(b) Trials events may be held either as a separate regatta or in conjunction with another regatta.

(c) The local organizing committee shall perform the functions normally assigned to it under USRowing Rules of Rowing. Any racing schedule involving trials events shall be approved by USRowing.

#### **6-103 Trials Race Officials**

(a) The Chief Referee shall be designated directly by the USRowing Referee Commission.

(b) The assignment and function of race officials, including the Jury, shall be as provided in the applicable Rules of Rowing, subject to the review and approval of the Referee Commission.



#### **6-104 Trials Director**

(a) For each trials there shall be appointed a Trials Director, who shall be appointed by the Executive Director, or in default of such appointment, shall be the USRowing Programs Director.

(b) The Trials Director shall be responsible for implementing and executing the selection criteria and procedures adopted by the Board of Directors pursuant to Rule 6-101(d). The Chief Referee and duly appointed officials of the regatta shall remain responsible for enforcement of these Trials Rules and the applicable USRowing Rules of Rowing. The Trials Director shall have right of audience at all meetings and deliberations of the Jury, and the Trials Director shall consult whenever practicable, with the Chief Referee on decisions related to the conduct of a trials regatta.

#### **6-105 Standards Coordinator [Deleted]**





#### **6-106 Course Requirements**

Trials races shall be held on a Class “A” course. The power of USRowing to certify substantial compliance with Class “A” course requirements despite certain deviations (Rule 7-201(b)) shall be vested in the Trials Director after consultation with the Chief Referee.

#### **6-107 Heat and Lane Assignments [Deleted]**

#### **6-108 Substitutions**

The Trials Director, after consultation with the Chief Referee, may relax the limitations on substitutions (Rule 5-207) if such relaxation is appropriate in order to select the most competitive crew.

### **Part B - Selection Criteria**

#### **6-201 Citizenship, Age, and USRowing Membership**

All competitors in a trials event shall be citizens or nationals of the United States. All competitors shall produce a United States passport for inspection at the trials venue. All trials competitors shall be individual members of USRowing.

#### **6-202 Time Standards [Deleted]**

#### **6-203 International Classification and Eligibility Rules**

Competitors shall comply with the classification and eligibility rules of FISA or the sponsoring authority of the international regatta for which trials are being held. Rules and procedures concerning the weighing of competitors shall be consistent with the applicable rules and procedures of FISA in effect at the time of the international regatta for which the trials are being held, notwithstanding any inconsistent provision of this rule or any other provision of the Rules of Rowing.

(a) Coxswains: In trials events, a coxswain for a men’s crew shall weigh at least 55 kg. (121.26 lbs). A





coxswain for a women's crew shall weight at least 50 kg. (110.24 lbs.). The coxswain of a crew shall be of the same gender as the other competitors in the crew. A coxswain shall not carry more than 10 kilograms (22.04 lbs.) of deadweight in order to comply with minimum weight requirements described in Rule 4-109 ("Coxswain's Weight"). A male coxswain therefore shall have at least 45 kg. (99.21 lbs.) in natural body weight, and a female coxswain shall have at least 40 kg. (88.19 lbs.) in natural body weight.

(b) Juniors: For purposes of trials events, a competitor ceases to be a Junior after December 31 of the calendar year in which he or she turns 18, Rule 4-104 (a) (Classification by Age; Junior) notwithstanding.

(c) Men's Lightweight: In trials events, a men's lightweight crew shall average no more than 70 kg. (154.32 lbs.) per rower, and no individual rower shall weigh more than 72.5 kg. (159.84 lbs.). A male single sculler shall not weigh more than 72.5 kg. (159.84 lbs.).

(d) Women's Lightweight: In trials events, a women's lightweight crew shall average no more than 57 kg. (125.67 lbs.) per rower, and no individual rower shall weigh more than 59 kg. (130.07 lbs.). A female single sculler shall not weigh more than 59 kg. (130.07 lbs.).

#### 6-204 Drug Testing

(a) All competitors in trials events are subject to testing for drugs prohibited under Rule 4-102 ("Doping"), and participation in trials events shall constitute consent to such testing. Testing shall take place under the procedures approved by FISA, and for Olympic and Pan American trials, shall be administered under the auspices of the United States Olympic Committee. Apart from a positive result for prohibited drugs, all information collected under drug testing procedures shall be kept confidential.

(b) If a competitor is found to have used a prohibited drug, he or she shall be removed from the





National Team, and further penalties may be imposed pursuant to Rule 102(d).

#### **6-205 Entries**

(a) All competitors shall be individual members of USRowing. Composite crews and unaffiliated competitors shall be permitted in all events.

(b) There shall be no entry fee charged for trials to select the United States National Team for the Olympic Games or the Pan American Games. For all other trials, the entry fee shall be \$15.00 per person per event.

(c) Entries shall be received in writing by USRowing accompanied by the correct entry fee payable to USRowing no later than the Monday of the week preceding the first race in the event, except that in trials events held in conjunction with another regatta, entries shall conform to that regatta's published procedures and deadlines, and the entry fees shall be paid to the local organizing committee.



### **Part C - Trials Competition Procedure**

#### **6-301 Equipment Check**

(a) The Chief Referee or the Trials Director shall cause the equipment of the crew winning a trials event to be checked as a matter of course for compliance with Part A (Construction and Design) of Article III (Equipment) of these rules. If the equipment is found not to be in compliance, the offending crew shall, pursuant to Rule 2-504(d) ("Placement of Crews"), not be placed. The Jury shall determine whether to order a replacement race, or to accept the existing results without the offending crew.

(b) The equipment of any crew may be checked at any time during the regatta, and the local organizing committee shall provide the facility for a crew to check the weight of its boat prior to racing.





### **6-302 Progression Systems**

The published Selection Procedure shall announce the progression system to be used at the trials event.

### **6-303 Pre-Trials Meeting**

At any pre-regatta meeting held under Rule 2-202 (“Pre-Regatta Meeting”), the Trials Director shall be present and shall explain the specific selection criteria and procedures applicable to the trials event. The identity of the Jury shall be announced. Competitors are nevertheless responsible for knowledge of published selection criteria and procedures and of these Trials Rules.

### **6-304 Order of Racing**

(a) The start of each racing session shall be separated by at least six hours.

(b) If a trials event is held in conjunction with another regatta, the schedule of racing shall be approved by USRowing.

(c) The exact schedule of racing shall be posted at the regatta site no later than 6:00 PM on the day preceding the first race in the event. Racing is nevertheless subject to change depending upon weather or other conditions.

### **6-305 Starts**

(a) The polling of the crews and the subsequent starting commands shall be given as specified in the FISA Statutes and Racing Bylaws in effect at the time.

### **6-306 The Race**

(a) The Referee following a race may order that a race in progress be stopped, whenever he or she judges that some misadventure draws into question the validity of the race in determining the most competitive crew. Such misadventure need not be otherwise cognizable under USRowing Rules of Rowing. In





particular, a race in progress may be stopped when a crew that is in contention to win or advance capsizes, suffers broken equipment, or suffers injury or illness, at any time during the race, regardless of whether such incident took place in the starting area.

(b) A race stopped before completion under subsection (a) above shall be rerowed from the start with all the original crews participating, after a suitable interval has elapsed.

### **6-307 Penalties for Interference in Trials Races**

If interference occurs in a race, the Referee may order a race rerowed without penalty, or with a lesser penalty than exclusion, regardless of where in the race the interference took place. The presumption in favor of exclusion contained in Rule 2-406(b) ("Penalizing Interference") shall not apply to trials events.

### **6-308 Protests and Appeals**

(a) Protests will be heard by the Jury in accordance with the applicable Rules of Rowing, except that there shall be no fee for lodging a protest. In particular, the Jury shall rule on matters committed to the jurisdiction of race officials either under the generally applicable Rules of Rowing or these Trials Rules, including but not limited to interference, misadventure, or unequal racing conditions.

(b) A crew that wishes to appeal from a decision of the Jury or the Trials Director may, in cases in which the composition of the United States National Team is at stake, resort immediately to the USRowing Grievance Procedure without first appealing to the Referee Commission. Upon receiving such a complaint under the Grievance Procedures, the USRowing Executive Director shall forward a copy to the Referee Commission for an advisory opinion on those aspects of the dispute that call for an interpretation of the USRowing Rules of Rowing, but the grievance procedure shall not be delayed as a result.







**6-309 Results**

The Chief Referee and Jury of a trials event shall certify in writing the results prepared by the Chief Judge as being in accordance with the Rules of Rowing. The results so certified shall be transmitted by the Chief Referee to USRowing headquarters.

**6-310 Declaration of Intent**

The winning crew of the trials event shall declare to the Chief Referee or the Trials Director its unanimous intention to represent the United States at the international competition and in the event at issue, no later than two hours after the finals race has been declared official.

**ARTICLE VII - THE COURSE**

**Part A - General Course Requirements**



**7-101 Minimum Requirements**

All race courses used for registered regattas, except those used for head races, shall be held on a body of water at least as long and as wide as is required under these rules for the course itself and the area beyond the finish. The race course furthermore shall comply with all the other requirements of this Part.



**7-102 Length**

(a) The length of a race course shall be 2,000 meters from start line to finish line, except that the race course for Masters shall be 1,000 meters.

(b) There shall be an additional expanse of open water beyond the finish line in order for the crews to safely to come to rest. At least 100 meters shall be available for such runoff, unless the local organizing committee arranges for alternate means of providing for safety; such as conspicuous warning markings or marshals' boats.





**7-103 Width**

(a) Course: The course shall be wide enough to accommodate lanes described in subsection (b) below. The course shall be able to accommodate at least three lanes. No more than eight lanes shall be used in racing.

(b) Lanes: If the Albano or other similar buoy system is used, each lane shall be no less than 12.5 meters and no more than 15 meters wide; 13.5 meters preferred. If such a buoy system is not used, each lane shall be no less than 15 meters and no more than 20 meters wide; 15 meters recommended.

**7-104 Certification; Other Conditions**

(a) USRowing may render a determination on whether the natural environment existing at a course site generally renders the site sufficiently safe and fair to hold a registered regatta. The fact that such certification is granted shall not be construed as a representation or guarantee that safe and fair conditions will actually exist, nor shall it limit the authority of race officials to make determinations on whether safe and fair conditions actually exist at the time the regatta takes place.

(b) In determining whether a course is generally suitable for a registered regatta, USRowing may consider, among other things, the following factors:

- (1) whether the course is uniformly sheltered from wind;
- (2) whether the course is free of obstacles lining the shore, such as trees, buildings, or dikes, that would cause unequal wind or water conditions on the course;
- (3) whether the course is free of any current, or whether any current that does exist is slight and equal across the course;
- (4) whether the banks of the course will absorb rather than reflect waves;
- (5) whether the course is free of obstructions such as bridge abutments or islands;





(6) the prevailing climate.

### **Part B - Classes of Courses**

#### **7-201 Classification of Courses**

(a) USRowing may classify courses within the United States as either Class "A," Class "B," or Class "C" courses.

(b) In classifying courses, USRowing shall rely on the criteria set forth in this Part. If USRowing is of the opinion that a course not complying with all the applicable specifications should nevertheless be certified as falling in a particular class, it may do so provided that it specifically finds that the course complies with substantially all the requirements for the class, and that any deviations do not detract from the quality of the course as compared to others in that class.

#### **7-202 Class "A" Courses**

A Class "A" course is one that complies with the following specifications:

(a) Body of Water: The water shall be capable of accommodating the course, plus any required runoff area, with no bends or turns. Any current shall be less than one meter per minute.

(b) Lanes: There shall be a minimum of six lanes, with eight preferred.

(c) Depth: The water shall be at least three meters deep throughout the course.

(d) Perimeter: There shall be a distance of at least five meters between the outer perimeter of the course and the shore, obstacle, or any fixed installation.

(e) Obstacles: There shall be no fixed obstructions on the course, such as bridge abutments or islands.

(f) Buoys: A buoy system, such as the Albano buoy system, shall be used, in which the boundaries of each lane are marked with floating buoys every 10 to 12.5 meters; 10 meters recommended. The buoys shall be of supple construction and their horizontal diameter shall not exceed 15 centimeters.





(1) The first 100 meters of the course shall be indicated by a different color of buoy to mark the starting area.

(2) At every 250 meters along the course, a differently colored set of buoys shall be strung across the course to indicate the distance interval.

(3) The last 250 meters of the course shall be indicated by a different color of buoy to mark the finish area.

(g) Starting Stations: Each lane at the start shall be equipped with a starting station, platform, or stakeboat, solidly anchored.

(1) The starting station shall be capable of being occupied by at least one person who can hold a crew stationary or alter the crew's alignment as required during the starting procedures.

(2) The starting station shall be capable of adjustment to accommodate different sized boats, so that each type of boat can be aligned with its bow on the starting line.

(3) If stakeboats are used, each stakeboat shall be anchored by at least 200 lbs. of weight, or else attached to a fixed installation, to prevent the stakeboat from drifting.

(4) Each starting station shall be equipped with a headset or other communication device so that communication is possible between it and the Aligner's Station without being audible to the crews.

(h) Steering Marks: Behind the center of each lane there shall be placed two markers, one behind the other, and both visible for the first 500 meters of the course. These markers shall be placed so that, when aligned, they will point the occupant of the lane directly down the course.

(i) Starter's Tower: The Starter's Tower shall be firmly fixed 30 to 50 meters behind the starting line and in the center of the course.

(1) The Starter's Tower shall include a promi-





ment platform for the Starter that provides sufficient elevation so that the Starter and each crew have an unobstructed line of vision to each other. A height of no less than three meters and no more than six meters is recommended.

(2) The Starter's Tower shall be equipped with a loudspeaker system so that the Starter can be heard clearly for the first 500 meters of the course. It is recommended but not required that each lane have an individual loudspeaker connected to this system so that the Starter's commands are heard simultaneously at each starting station. Such an individual loudspeaker system shall be required if the Starter's Tower is more than 40 meters from the starting line.

(3) The Starter's Tower shall be equipped with a clock and with a chalkboard, or other means by which to post information, both of which shall be clearly visible to the crews.



(j) Communications: The Starter's Tower, Aligner's Station, Judges' Stand, and Launching Area shall be capable of direct communication with each other by radio, telephone, or other electronic medium.



(k) Aligner's Station: On one side of the course there shall be an Aligner's Station, situated directly on the starting line, which can accommodate the Judge at Start and the Aligner. The Aligner's Station shall be equipped with a vertical wire which, when aligned with a target on the opposite side of the course, indicates the exact starting line. Alternatively, the Aligner's Station may be equipped with two vertical wires which, when aligned with each other, indicate the exact starting line.

(1) The Aligner's Station shall be equipped with videotape equipment that shows and records the starting line wire, the bows of the boats, and the Starter's verbal or visual commands simultaneously.

(l) Repair Facilities: In the vicinity of the starting





line there shall be a facility equipped with tools and available spare parts with which to make simple repairs on boats. The local organizing committee may require that each team make available a spare oar to be stored at this facility for use by its crews if necessary.

(m) Distance Markers: The starting line shall be designated as 0 meters and the finish line as 2,000 meters. At each interval of 250 meters between the start and finish, the distance from the starting line shall be marked either on clearly visible boards on shore at least 2 meters by 1 meter in size, or else by floating cubes on the water at least 1 cubic meter in size.

(n) Intermediate Times: A station and necessary equipment shall be provided at every 500 meters so that intermediate times may be recorded and transmitted to the finish line. Each station shall be capable of accommodating two persons, one to record intermediate times, and the other to record intermediate orders of boats.



(o) Judges' Stand: The Judges' Stand shall be equipped with a facility so that the Chief Judge and the Judges may sit one behind and above another, and so that each has an unobstructed view of the finish line.



(1) The Judges' Stand shall be equipped with a vertical wire which, when aligned with a target on the opposite side of the course, indicates the exact finish line. Alternatively, the Judges' Stand may be equipped with two vertical wires which, when aligned with each other, indicate the exact finish line.

(2) The Judges' Stand shall be isolated from intrusion or distraction by spectators or team members.

(3) The Judges' Stand shall have a photofinish camera, designed for use in judging the order of finish in sporting events, firmly mounted and positioned directly on the finish line.

(p) Launching Area: Launching docks capable of accommodating at least three 8+ boats simultaneously





shall be provided for the competing crews. There shall also be facilities to accommodate a Dockmaster and the Control Commission.

(q) First Aid: First aid facilities shall be provided at the regatta site capable of dealing with minor injuries, and of providing immediate attention for hypothermia, drowning, dehydration, and heat stroke. The first aid facility shall have the capability of summoning an ambulance, paramedics, or other emergency assistance that is on call and within 10 minutes travel distance. If such emergency assistance is not located within 10 minutes distance, the local organizing committee shall provide for an ambulance or paramedic to be present at the site.

#### 7-203 Class "B" Courses

A Class "B" course shall comply with all of the requirements of a Class "A" course, with the following exceptions:



(a) Body of Water: Any current shall be less than six meters per minute.

(b) Lanes: There shall be a minimum of four lanes.

(c) Depth: The depth shall be sufficient to ensure safe racing.

(d) Perimeter: Any fixed installation or obstacle that encroaches nearer than five meters from the outer edge of the course shall, if not conspicuous, be marked with warning buoys or other device to indicate their presence.

(e) Obstacles: Any fixed obstructions such as bridge abutments or islands shall not obstruct the proper path of a crew in a race, and shall not create a hazard or unfair condition. If such obstacles are not conspicuous, they shall be clearly marked with warning buoys or other device to indicate their presence.

(f) Buoys: The Albano or other buoy system need not be used. There shall be buoys or overhead lane markers every 250 meters to mark the boundaries of each lane.





(1) The 100 meter mark of the course shall be indicated by two buoys at each side of the course to mark the starting area.

(g) Starting Stations: The starting stations, platforms, or stakeboats need not be adjustable. The Judge at Start may communicate with the starting station attendants by audible megaphone.

(h) Steering Marks: The steering marks may consist of a single marker behind the center of each lane.

(i) Starter's Tower: The Starter's Tower may consist of an anchored boat, so long as the Starter and the crews are still visible to each other.

(j) Communications: [Same as Class "A"]

(k) Aligner's Station: If a split screen videotape device is not available, the Aligner's Station shall be in direct communication with the Starter by radio or other electronic medium, so that the Judge at Start can hear the starting commands without delay caused by through-the-air transmission.



(l) Repair Facilities: The Repair Facilities may consist of simple tools kept in the Referee's launch or the Starter's Tower.



(m) Distance Markers: The distance markers at each 500 meters may consist of simple stripes painted on the shore, as long as they are clearly visible to the crews.

(n) Intermediate Times: The facility for intermediate times is not required.

(o) Judges' Stand: The Judges' Stand may be equipped with ordinary videotape recorder equipment firmly mounted and positioned directly on the finish line.

(p) Launching Area: [Same as Class "A"]

(q) First Aid: [Same as Class "A"]

**7-204 Class "C" Courses**

A Class "C" course is one that does not meet the requirements of a Class "A" or Class "B" course, but nevertheless meets the minimum requirements described in Part A of this article. If the course has not







previously been certified by USRowing under Rule 7-104 (“Certification; Other Conditions”), the local organizing committee, in its application to USRowing for registration, shall provide a complete description of the course configuration, installations, and facilities, and shall represent to USRowing that the course is adequate to promote safety and fairness.

#### ARTICLE VIII - HEAD RACES

##### **8-101 Scope of Rules Regarding Head Races (\*)**

This Article shall apply to all races at registered regattas that are conducted as head races. Articles I (General), III (Equipment), IV (Competitors), and V (Regattas) shall, where applicable by their terms, also apply to head races. Article VII (Courses) shall not apply to head races. Article II (Conduct of the Race) shall apply to head races to the extent is not superseded by the provisions of this Article.



##### **8-102 Course Configuration (\*)**

(a) Head races shall be conducted on a course that is wide enough for a participating crew to navigate safely, for an overtaking crew to pass another crew, and for non-participating crews to travel to and from a launching area without impeding crews involved in a race.

(b) Turns or changes in the direction of the race course shall be limited to those that can be negotiated at a normal racing pace with normal steering using a rudder and differential oar pressure.

(1) Turns of 180 degrees around a single point are forbidden.

(c) The starting area shall have ample room above the start line so that all crews in an event can be marshalled without interfering with the starting chute and starting line.

(d) The area beyond the finish line shall have ample room to allow crews that have finished a race to row





away from the finish line without interfering with crews still racing.

(e) The local organizing committee shall provide for first aid facilities at the regatta site capable of dealing with minor injuries, and of providing immediate attention for hypothermia, drowning, dehydration, and heat stroke. The first aid facility shall have the capability of summoning an ambulance, paramedics, or other emergency assistance that is on call and within 10 minutes travel distance. If such emergency assistance is not located within 10 minutes distance, the local organizing committee shall provide for an ambulance or paramedic to be present at the site.

(f) The local organizing committee shall provide for instantaneous communication, such as radio or telephone, between the starting line, finish line, and any monitors stationed along the course [supersedes Article VII].



**8-103 Course Markings (\*)**



(a) Hazardous areas, such as shallows, underwater obstructions, narrow passes, side channels, and areas where water traffic crosses the course, shall be conspicuously marked with buoys or other markers that are visible from both directions of the course.

(b) The starting line installation shall be marked with buoys on both sides forming a chute to guide the crews into the start, and extending at least 50 meters above the starting line.

(c) The finish line shall be conspicuously marked.

(d) Turns on the course shall be conspicuously marked with buoys.

**8-104 Officials**

For each race, the Chief Referee shall cause to be assigned officials to perform the following functions:

(a) Starter: The Starter shall be stationed on the starting line and shall be responsible for administering the starting procedures, including maintaining the





order of the start and the proper intervals between crews.

(b) Marshal: The Marshal shall be positioned in a launch in the starting area and is responsible for organizing participating crews above the start into the proper order and interval.

(c) Timer: The Timer shall be stationed at the start and shall mark the starting time of each crew.

(d) Clerk: The Clerk is responsible for recording and communicating the starting time for each crew.

(e) Monitors: Monitors shall be stationed at each point along the course, either on shore or in launches, wherever conditions may require the observation or control of crews. Monitors shall note any violation of local regatta rules, including traffic pattern rules, right of way rules, or turning rules, and report such violations to the Chief Judge for appropriate penalties. Monitors shall give instructions to crews to avoid serious collision or accident, to avoid interference, and are empowered to disqualify a crew on the spot while a race is in progress.



(1) A monitor shall be stationed at each point on the course requiring a turn of more than 45 degrees.

(2) A monitor shall be stationed at each point on the course in which a narrow passage would prevent an overtaking crew from passing safely.

(3) A monitor shall be stationed in any area where the local regatta rules prescribe penalties for not maintaining an established course or for making an improper turn.

(4) A monitor may be assigned to assist the Marshal in the starting area in enforcing the warm-up and staging traffic pattern.

(f) Chief Judge: The Chief Judge shall mark the finish time of each crew, and shall be assisted by sufficient timers and clerical personnel to provide for the rapid and accurate determination of the order of finish [supersedes Rule 2- 104(a)].





### 8-105 Qualifications of Officials (\*)

The Chief Referee, Starter, Marshal, members of the Jury, and Chief Judge shall possess a valid USRowing Referee license. Upon application by the local organizing committee, the USRowing Referee Commission may grant exemptions from this requirement to particular regattas [supersedes Rules 2-104(b)].

### 8-106 Local Regatta Rules (\*)

For each regatta sponsoring a head race, the local organizing committee shall devise and publish local regatta rules that govern the conduct of racing and that are adapted to the particular characteristics of the course. Such rules shall include the following items:

(a) The traffic pattern to be used by crews while launching, travelling to the starting area, waiting for their turn at the start, racing on the course itself, and travelling after the finish.

(b) Right of way rules during the race itself, including any circumstances in which passing is not allowed.

(c) Penalties, such as time penalties, to be enforced for violation of the traffic pattern, right of way rules, turning rules, or violation of course boundaries.

(d) Starting procedures, including the time at which crews must appear at the starting area, the starting order, the starting interval, and staging procedures.

(e) The manner in which instructions to crews will be given during the race.

(f) The map of the course required under Rule 8-107 [supersedes Rules 2-204, 2-205, 2-206, 2-401 to 2-403, 2-405, 2-406].

### 8-107 Map of Course (\*)

The local organizing committee shall prepare and publish a map of the course, showing the starting area, finish area, paths to be taken by launching or returning crews, the location of the first aid station, and the course itself. In showing the course itself, the map shall





indicate the location of turns, any known hazardous conditions, course boundaries, course markings, the assigned positions of monitors, and any no passing zones [supersedes Rule 2-203].

### 8-108 The Start

(a) Before the start of each event, the Marshal, Starter, or Clerk shall verify the presence of scheduled crews. Any crew that does not appear within the time specified in the local regatta rules may be excluded by the Marshal or Starter.

(b) The local organizing committee may require that each crew shall carry a bow number, denoting its place in the starting order, or that the bowperson of each crew have the bow number affixed to his or her back, or both.

(c) At the signal of the Starter, the Marshal shall direct the crews into the starting chute in the proper order and at the correct interval.

(d) Crews shall be responsible for maintaining their proper order, for maintaining the proper interval between it and other crews, and for staying within the chute as they approach the starting line. Crews not maintaining their proper position may be delayed, moved to the end of the starting order, penalized, or excluded by the Marshal or Starter.

(e) All crews not currently involved in the staging of the start shall yield to crews being summoned by the Marshal or Starter. A crew that interferes with the staging of the start may be penalized by the Marshal or Starter.

(f) As a crew approaches the starting line, the Starter shall instruct them as necessary to maintain the proper interval. As the crew touches the starting line, the Timer shall note the time and the identity of the crew for recording and communication by the Clerk.

(g) If racing is delayed, the Starter shall provide for a sufficient amount of time between events, such that crews in different events do not overlap at the finish





line [supersedes Part C of Article II].

**8-109 The Body of the Race**

(a) Launches for monitors normally shall be stationary while a race is in progress, but may move to respond to emergencies [supersedes Rule 2-207].

(b) Monitors shall give instructions to crews in the manner set forth in the Rules of Rowing. Should it be necessary to exclude or disqualify a crew during a race, the monitor shall raise a white flag, order the crew to "Stop!", and announce the decision.

(c) If one or more rowers are ejected or lost from a boat during a head race, the affected crew must stop and remain with those individuals until all are safely out of the water.

(d) After a crew has finished the race, it shall continue to row at least 100 meters to avoid interfering with following crews .



**8-110 The Finish**



(a) As each crew touches the finish line, the Chief Judge shall mark the time of finish and the identity of the crew.

(b) After the finish, the Chief Judge shall observe the finishing crews to see if assistance is needed.

(c) At the completion of each event, the timers and clerical personnel under the supervision of the Chief Judge shall calculate the elapsed time for each crew by comparing the finishing time with the starting time. The order of finish shall be determined according to the order of elapsed times, after any time penalties have been assessed [supersedes Part E of Article II].

**8-111 Types of Penalties**

(a) Time Penalties: The local organizing committee may provide in the local regatta rules for the imposition of time penalties, to be added to a crew's elapsed time, for violation of the traffic pattern, right of way rules, turning rules, or violation of course boundaries.





Time penalties may also be imposed by race officials for infractions of the rules that would have been punishable by a warning or false start under Article II of these rules.

(b) Exclusion: A crew that is excluded shall be removed from the event. The excluded crew may still compete in other events.

(c) Disqualification: A crew that is disqualified shall be removed from all subsequent races and events in the same regatta. Disqualification shall be presumed to be appropriate where a crew has acted in flagrant or intentional violation of rules concerning safety or fairness.

(1) In no event shall the duration of disqualification imposed by an individual race official or Jury exceed the duration of the regatta. All cases of disqualification, however, shall be reported to the USRowing Referee Commission.

(2) Instead of disqualifying a crew, race officials may disqualify an individual competitor, in which case the remainder of the crew may continue in subsequent events in which it is able to comply with the rule regarding substitutions (Rule 5-207) [supersedes Rule 2-602].



#### APPENDIX TO ARTICLE VIII - Customary Head Rules

*The provisions contained in this appendix are supplied as an example of customary rules for the conduct of head races. They are not binding unless and until incorporated into local regatta rules by the local organizing committee under Rule 8-106.*

(a) Starting: The Starter will arrange the crews so that crews cross the starting line at approximately 10 second intervals. The starting order shall be determined by random lot.

(b) Right of Way: A crew is deemed to be overtaking another crew when it has moved to within one length of open water of the crew ahead. On those





portions of the course that are straight, a crew being overtaken shall move to the right and allow the overtaking crew to pass. Where the course turns, a crew being overtaken shall move to the outside of the turn and allow the overtaking crew to pass along the shorter path. Nevertheless, passing is not allowed, nor is the crew being overtaken required to yield, in cases where the overtaking crew's position clearly prevents safe passage or where there is insufficient room to yield.

(c) Penalties:

(1) Where buoys mark the boundaries of the course, and in particular mark turns on the course, a crew shall be penalized 10 seconds for each buoy that the crew passes incorrectly. A crew passes a buoy incorrectly when any part of its hull passes on the wrong side of the buoy.

(2) A crew that misses its correct order at the start shall be penalized 10 seconds.

(3) A crew that fails to yield to a crew being summoned to the starting area, or that otherwise interferes with the staging of the start, may be penalized 10 seconds by the Marshal or Starter.

(4) A crew that fails to yield to a crew having proper right of way shall be penalized 30 seconds.

(5) A crew that crosses the starting line without its required bow number shall be penalized 60 seconds.



## ARTICLE IX - SUPPLEMENTAL RULES

### Part A - Open Water Racing

#### 9-101 Scope of Open Water Rules (\*)

(a) The rules contained in Part A of this article shall be known as the USRowing Open Water Rules.

(b) These Open Water Rules shall apply to all races that are held on open bodies of water, such as bays, gulfs, large lakes, or the ocean, and that do not comply with the minimum requirements of Article VII (Courses). Other parts of the Rules of Rowing shall







apply only if specifically adopted pursuant to the particular rules for the event (Rule 9-103).

**9-102 General Principles of Open Water Racing (\*)**

The following principles shall govern the conduct of open water racing:

(a) The local organizing committee and race officials shall provide for the safety of participants and fairness of the competition, and shall be empowered to take whatever action is necessary to achieve those purposes.

(b) The equipment used shall be appropriate to the body of water on which the race is held, and shall be capable of being operated safely under the prevailing environmental conditions.

(c) Race officials shall be appointed in sufficient number to observe and control the race, and to protect the competing boats from outside interference and hazard.

(d) There shall be adequate communication between the competing boats, race officials and safety personnel, and there shall be a commonly understood method by which officials may relay instructions to competing boats.

(e) The course shall be adequately marked, and shall be described or identified to the competitors before the race begins.

(f) Crews shall progress on the course without outside assistance or interference. If a crew is affected positively or negatively by an unfair circumstance, it is the responsibility of race officials to restore fair racing conditions.

(g) Each boat shall be equipped with safety devices, including PFDs, in sufficient number to accommodate every competitor.

**9-103 Particular Rules of the Event (\*)**

To be eligible for registration by USRowing, each class or type of open water competition shall present for





approval a set of particular rules and requirements that implement the General Principles of Open Water Racing contained in Rule 9-102, and that are adapted to the particular needs of that event.

**Part B - [Reserved for Adaptive Rowing]**

**National Standard Regattas (NSR)**

*The referee structure requires all Referees to work a National Standard Regatta at least every other year. The Referee Commission established the following events as National Standard Regattas.*

- USRowing National Championship Regatta
- USRowing Masters National Championship Regatta
- USRowing Youth Invitational Regatta

- MA Virginia State Championships
- Stotesbury Cup
- IRA Championships
- Dad Vail Regatta
- Knecht Cup Regatta
- Mid-Atlantic Collegiate Crew Championships
- Independence Day Regatta
- EAWRC Women's Sprints
- Head of the Schuylkill
- Head of the Occoquan
- Head of the Ohio

- MW Great Plains Rowing Championships
- Mid-America Collegiate Rowing Assoc. Regatta
- Cincinnati H.S. Invitational
- Indianapolis Invitational
- NW International Regatta

- NE EARC Sprints
- NE Collegiate Championships
- ECAC National Invitational Collegiate Champ.
- New York State Collegiate Championships





NW USRowing NW Jr. Regional Championships  
 USRowing NW Masters Regional Championships  
 NCRC Championships

SE SE Regional Championship  
 SE Junior Regional Championship  
 FIRA Championships  
 Lexus Cup  
 SIRA  
 John Hunter Regatta  
 Head of the Chattahoochee  
 Head of the South

SW SW Regional Junior Championships  
 San Diego Crew Classic  
 Pac-10 Championships  
 WIRA Championships  
 PCRC





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**CONSTITUTION  
of The United States Rowing Association  
as of December 10, 2002**

**ARTICLE I**

The name of this Organization shall be The United States Rowing Association.

**ARTICLE II**

The purpose of this Association shall be:

**Section 1.** To serve and represent the amateur oarsmen and oarswomen of the United States of America with respect to:

- a. Promoting an educational program devoted to development of amateur rowing as a means of athletic competition and attainment of physical fitness;
- b. Establishing classifications and rankings for competitions, promulgating general rules and regulations for the sport of rowing; and sanctioning regattas run in accordance with these rules and regulations;
- c. Conducting an annual National Championship Regatta and promoting interest through competition in this and similar events;
- d. Serving as the National Governing Body for the sport of rowing in the United States, maintaining membership in the international rowing federation, and maintaining membership in the United States Olympic Committee;
- e. Extending representation through active member organizations.



**Section 2.** To receive money and other property, real, or mixed, by gift, devise, bequest, dues or otherwise; to apply the same both as to principal and income in furtherance of the foregoing and related educational, scientific and charitable purposes.





The Association shall not be conducted or operated for profit, and no part of its net earnings shall inure to the benefit of any member or individual, nor shall any of its net earnings or any of its profits or assets be used other than for its declared purposes. No substantial part of its activities shall consist of carrying on propaganda, or otherwise attempting to influence legislation, nor shall the Association participate in or otherwise intervene in (including publishing or distributing statements) any political campaign on behalf of any candidates for public office.

**Section 3.** USRowing shall provide equal opportunity for participation in its sport to all individuals who are eligible under applicable international or reasonable national amateur athletic rules and regulations and apply such rules and regulations concerning athletic competition without discrimination to all such individuals; and shall not deny eligibility to any athlete, except after according such athlete fair notice and hearing as to the issue of his or her eligibility.

**ARTICLE III  
Membership**



**Section 1.** The membership of the Association shall consist of individuals, organizations, and certain eligible national associations.



**Section 2.** The organization members shall consist of clubs, associations, educational institutions and other organizations which are interested in rowing and shall adopt the definition of amateur as set forth in Article IV hereof. No organization member may bar from membership in its own organization any person because of race, creed, color or national origin.

An association for membership purposes shall consist of four or more clubs, educational institutions, and/or other organizations which are united in order to combine their efforts to promote rowing. No association applying for membership may be admitted if a majority of its organization members are also members of any other member association. Associations of associations are also ineligible for membership.

The dues for each organization member and association member (as defined above) shall be as specified in the Bylaws.

**Section 3.** Individual memberships and fees shall be defined in the Bylaws.





**Section 4** National association membership;

- (a) The national association members shall consist of those organizations or associations that conduct national rowing programs or regular national rowing competitions that are on a level proficiency appropriate for selection of rowers to represent the United States in international competition not limited or defined by age.
- (b) National association membership dues and procedures shall be defined in the Bylaws.

**Section 5** When this Constitution calls for an elective office to be determined by vote of the individual members of the Association, each individual member shall have one vote. When this Constitution calls for an elective office to be determined by vote of the organizational members or the Association, each organizational member's vote shall be weighted to be equal to the number of individual members of the Association recorded as being members of that organization. This provision shall have no effect on the procedures for selection of organizational member delegates for the Annual Meeting or any other meeting of the organizational members, nor on the voting procedures to amend this Constitution pursuant to Article VI.



**ARTICLE IV  
Amateur Standing**

**Section 1.** No oarsman or oarswoman can be an amateur who practices rowing and who derives any direct monetary gain therefrom.

**Section 2.** The decision as to whether individuals are amateurs or professionals shall be made only by the Board of Directors.

**ARTICLE V  
Management**

**Section 1.** The management of this Association shall be vested in a Board of Directors, each of whom at some time has competed in, coached, or directly served rowing, is a member of one or more member organizations, and is as of July 1st of the year preceding the election and continues to be during his or her term, an





individual member of this association. The Board of Directors shall be selected without regard to race, color, religion, gender or national origin, except that reasonable provision may be made for representation of both males and females on the Board. The Board shall be composed of:

- a. One male Vice President elected to a three-year term by the individual members of the Association.
- b. One female Vice President elected to a three-year term by the individual members of the Association.
- c. One male and one female Director shall be elected from each of the regions specified below, to serve three-year terms. Such elections shall be conducted in January of the year specified in subsection (i) by vote of the organizational members located in the respective regions.
- d. One male and one female Athlete Representative who shall be the United States Rowing Association representative and the alternate to the United States Olympic Committee's (USOC) Athletes' Advisory Council selected according to the terms set out by the USOC.
- e. One male and one female Athlete Representative shall be elected to a three-year term by individual members meeting the definition of "active athlete" in paragraph (g) below, or a representative subset thereof. The election shall be held in the year specified in subsection (i) in accordance with procedures (including procedures defining voting eligibility) determined by the USRowing Board of Directors.
- f. One male and one female "At-Large" Director shall be elected in March of the year specified in subsection (i) three-year terms by those Directors described in the preceding paragraphs. In electing the Directors described in this paragraph, the votes of the Directors elected from the regions shall be weighted in proportion to the number of individual members of the Association residing in the Director's region as of the prior February 15. The vote of each Vice President and





each Athlete Representative shall be give an average weight.

g. In order to be an Athlete Representative on the Board of Directors an individual must, as of July1st of the year preceding election, qualify as an “active athlete”. An “active athlete” is an individual member of the Association who is actively engaged in rowing at a level of proficiency appropriate for selection to represent the United States in international competition that is not limited or defined by age, or who has represented the United States in such an international rowing competition within the preceding ten (10) years.

h. Additional Directors representing national association members (if any) of the Association, in a number commensurate with the nature, scope, quality and strength of the programs and competitions of each national association member relative to all other programs and competitions in the United States.



(i) Election:

1. Prior to the elections to be held in 2004, the Board of Directors shall cause to be held a public random draw in which USRowing’s six regions shall be divided into three classes, i.e. A, B & C. The classes shall be assigned to election years by resolution so that the regions are elected thereafter for three-year terms.

2. The Vice-Presidents of the Association shall participate in the public random draw and be assigned to a class for election on a three-year cycle.

3. The Athlete-At-Large Representatives shall also be elected for a special two-year term commencing in 2004, and then for four-year terms commencing in 2006 and thereafter.



There shall be six regions:

1. NORTHEAST: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, and Vermont.
2. MID-ATLANTIC: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia and West Virginia.
3. SOUTHEAST: Alabama, Arkansas, Georgia, Florida, Kentucky, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina,





- Tennessee, Texas and the Virgin Islands.
4. MIDWEST: Indiana, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, Oklahoma, South Dakota and Wisconsin.
  5. SOUTHWEST: Arizona, California, Colorado, Hawaii, Nevada, New Mexico and Utah.
  6. NORTHWEST: Alaska, Idaho, Montana, Oregon, Washington and Wyoming.

Any organization may petition the Board of Directors for placement into a contiguous region.

The term of all elected Directors shall begin in March at the first scheduled meeting of the Board of Directors. Any vacancy in the Board of Directors or any Standing Committee, whether by resignation, death, removal, or otherwise, may be filled by majority vote of the Board. The person chosen to fill a vacancy shall satisfy the same requirements for election (including, where applicable, gender, age, or regional residency) as the person being replaced.



A member of the Board or of a Standing Committee may be removed by a vote of two-thirds of the members of the full Board, but only after the person whose removal is sought receives two week's written notice of any vote for removal. A member of the Board or of a Standing Committee who is absent from two consecutive meetings without permission from the Board or Standing Committee shall be deemed to have resigned.



Any vote to remove or replace a member of a Standing Committee shall take place only after a week's written notice has been given to the Committee in question. Any vote to remove or replace a Regional Director shall take place only after two week's written notice has been given to the organizations of that region.

**Section 2.** Standing Committees of the Association shall be as follows:

- Junior Women's Rowing Committee
- Junior Men's Rowing Committee
- Masters Committee

These standing committees shall develop and manage programs designed to select the best representatives of the United States for international competition in that aspect of rowing described in the committee's name. The Masters Committee shall be charged with





emphasizing to the American public the lifelong health and exercise benefits of rowing and developing programs suitable for the involvement of former competitive rowers as well as of people who have never before rowed. The Masters Committee shall devise and advise the Board of Directors on appropriate age-group categories and recommend to the Board on sites and dates for the annual Masters National Championship for which the Masters Committee will provide oversight. Programs and appointments of standing committees shall be deemed to be the decisions of the Association upon review by the Board of Directors, unless they are overruled by a vote of two-thirds of the full number of Directors in person or by mail ballot, provided, however, that any and all budget allocations to such committees shall be made by the Board in its sole discretion.

Each of the standing committees shall be comprised of nine members, who shall be elected pursuant to this Section to serve two-year terms in January of each even-numbered year, except that for the Masters Committee, starting in 1996, five of the committee members will be elected for four-year terms and four of the members will be elected for two-year terms. In succeeding even-numbered years, elections for the Masters Committee will only be for four-year terms to fill those terms expiring in that year.



The term of standing committees shall begin on September 1 of the year of the election of its members, except for the Masters Committee, whose term shall begin on March 1. The new committee will assume responsibility for the following year's plans. No member of a standing committee shall also be a member of the Board of Directors

All standing committees shall have one member elected from each of the Association's regions defined in Section 1, with members of the committees that exclusively concern women's rowing being elected by the "women's ballots" specified in the Bylaws, and members of the committees that exclusively concern men's rowing being elected by the "men's ballots" specified in the Bylaws. All standing committees except the Masters Committee shall have two members designated as athlete representatives. All athlete representatives shall be designated by the President after consultation with the affected committee chair and with the chair of the USRowing Athletes' Advisory Council. Athlete representatives must meet the definition of "active athlete" contained in Article V of the Constitution. The remaining members of each committee shall be elected as follows:







Each ballot shall contain two identical lists of the names of persons who are candidates for a position on a committee, with the region of each candidate's residence noted. Each organization shall vote first to elect a representative from the organization's respective region by casting votes for candidates from the region in column one. The organization then shall vote to elect representatives from anywhere in the country by casting votes for At-Large representatives listed in column two. The highest vote recipient from each region shall be elected; and At-Large positions shall be filled by the top vote recipients in the nationwide voting, except that persons already elected by regions shall not be considered; and except for the Masters Committee where no more than the five top vote recipients of one sex shall be elected regionally and the sixth regional, if necessary, and the At-Large positions shall be filled, in order of next highest votes, to assure that at least four of the other sex serve on the Masters Committee.

**Section 3**



- a) There shall be a High Performance Committee, whose purpose shall be to determine, in consultation with the NTD and coaches, the plans and programs for the training and selection of teams to represent the United States in international competition at all levels other than Junior and Masters.
- b) The High Performance Committee shall be comprised of individuals who shall be selected in a manner and for a four-year term of office described in the Bylaws.
- c) At least 20% of the High Performance Committee membership shall be athlete representatives meeting the definition of "active athlete" in Article V, Section 1 and selected by athletes meeting the definition of "active athlete" in Article V, Section 1.
- d) Plans and programs of this committee shall be deemed to be the decisions of the Association upon review by the Board of Directors, unless they are overruled by a vote of two-thirds of the





full number of Directors in person or by mail ballot, provided, however, that any and all budget allocations to this committee shall be made by the Board in its sole discretion.

**Section 4.** The minutes of Board of Directors' meetings and the Annual Meeting shall be mailed to Board and Committee members and to each member organization no later than the fifteenth business day following each meeting. All decisions made by the Board or the Executive Committee between Board Meetings shall be reported to the member organizations and to Committee members no later than with the minutes for the next Board Meeting following the decision. All main motions voted upon by the Board or the Executive Committee shall be by roll call vote, unless the vote is unanimous.

**ARTICLE VI  
Amendments**

Amendments to the Constitution may be offered by any member organization in proper form and submitted to the Secretary through the national headquarters, and be distributed for voting as specified in the Bylaws. The present text and proposed amendments shall appear. Voting by mail or in person by men's and women's delegates, as specified in the Bylaws, is allowed with a two-thirds vote of those present at the Annual Meeting and those voting by mail necessary for the adoption of the amendment.



**ARTICLE VII  
Dissolution**

In the event of liquidation, dissolution or termination of the Association, whether voluntary or involuntary or by operation of law, its property or other assets, or any other proceeds thereof, shall be distributed to such nonprofit organizations which shall be exempt from Federal Income Taxes under Section 501 (c)(3) of the International Revenue Code or such corresponding section or sections as may be from time to time in force, as the members of the Association, by majority vote thereof, shall determine; and none of such property, assets or proceeds shall be distributed to, or divided among, any of the members of the Association.







# 2004 Rules of Rowing

