



2009 ECAC METRO LEAGUE ROWING
CHAMPIONSHIPS HANDBOOK

SATURDAY, MAY 2, 2009
COOPER RIVER, CAMDEN COUNTY, NJ

2009 ECAC Metro League Championships
Championship Personnel

Regatta Director:

Michael Letzeisen

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Chief Referee:

Roxanne Everetts

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Michael Letzeisen

Director of Sport Administration

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Race Committee:

Chief Referee – Roxanne Everetts

Chief Judge – Announced at Coaches/Coxswains Meeting

Starter – Announced at Coaches/Coxswains Meeting

Regatta Director – Michael Letzeisen

Timeline for Coaches:

Friday, April 10

Registration Opens

Monday, April 20

Registration Closes

Entry Fees Due

Waivers Due

Tuesday, April 28

Final Boating Forms Due

Friday, May 1

Practice 9:00 a.m. to 6:00 p.m.

Saturday, May 2

6:00 a.m. Coaches and Coxswain Meeting

7:00 a.m. Competition Begins

Coaches Meeting in Central Command Tent 15 minutes after
conclusion of morning heats

2009 Participants

Bucknell University
University at Buffalo
Colgate University
University of Delaware
George Washington University
College of the Holy Cross
Marist College
University of Massachusetts
Princeton University
University of Rhode Island
Rutgers The State University of New Jersey
Temple University
Villanova University

Declaration Procedures:

All entries and boating forms must be completed online at www.RegattaCentral.com.

Withdrawal Policy:

Institutions that declare their intent to participate in the ECAC Championships may withdraw their intent to participate without financial penalty until the entry deadline date (Friday, April 20). Institutions that withdraw from the competition should notify Michael Letzeisen, ECAC Director of Sport Administration (email: mletzeisen@ecac.org; phone: 508-771-5060 ext. 236; fax: 508-771-9486; mail: ECAC, 1311 Craigville Beach Road, Centerville MA 02632).

No-Show Policy:

If an institution enters the meet by submitting an entry form and subsequently fails to compete in the championship, the institution shall forfeit the entry fee, and will be subject to an additional \$100 penalty. These must be paid prior to admittance to any future ECAC Championship event.

Hotel Accommodations:

Institutions are responsible for making their own hotel accommodations. A room block has not been secured by the ECAC.

Parking:

Buses will be allowed to park on the road adjacent to the river outside of the staging area.

Credentials:

Credentials will not be needed for this ECAC Championship.

Awards:

Awards will be presented to crews finishing in first, second and third place at the conclusion of each events grand finals. Awards will be presented in the order of third, second and first. At the end of the regatta the overall champion awards will be presented at the central command tent.

Crews finishing second and third should pass in review in front of the spectator area at the finish line, stop at the awards float and receive their respective medals without getting out of their shell. These crews should then proceed to the launch area. This procedure will be verified or modified at the coaches and coxswains meeting.

The winning crew in each event will then proceed to the awards float located adjacent to the finish line. The Cup or Trophy for the event and the individual gold medals will be awarded to the champion crew and its coach on the awards dock. This procedure will be verified or modified at the coaches and coxswains meeting

Sports Medicine/Athletic Training:

EMT's will be located at the staging area.

Sports Information and Media Relations

The official web site for this championship is: www.ECACSports.com

Questions regarding sports information should be directed to Michael Letzeisen, ECAC (508-771-5060 ext. 236, mletzeisen@ecac.org).

Banners:

The hanging of banners and signs will be allowed in the competition area under the following restrictions:

- Teams may hang signs and banners at their designated tents.
- Any other team posters or signs in the event area will be removed.

Tents:

Tents may be erected at staging area or at the finish line.

Ethical Behavior by Coaches:

The ECAC encourages and promotes good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or ethnic comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition.

As a member of the coaching profession, coaches have an obligation and a responsibility to the sport, to the student-athletes, and to all those with whom they come into contact with. The ECAC expects coaches to be role models and to conduct themselves with integrity and high ethical standards at all ECAC events. In order to fulfill these responsibilities, a coach should follow the guidelines listed below.

1. Competition will be conducted according to the rules and procedures of both the NCAA and ECAC. Violations of ethical conduct are subject to immediate action, including NCAA Bylaws 11.1.1 and 11.1.2 for coaches; Bylaw 14.01.3.3 for student athletes; and Bylaw 10.1 for institutions.
2. Place the safety and welfare of others ahead of winning and prestige.
3. Treat all coaches, student athletes, and meet personnel, with honesty, fairness, and respect.

Inclement Weather:

In the event of inclement weather the Chief Referee and Regatta Director will consult and cancel events in the following order if necessary:

1. Lightweight Varsity 8
2. Novice 8
3. Varsity 4
4. Second Varsity 8
5. Varsity 8
6. Cancellation of the championship.

Note: In order for a Team Champion to be declared the following three (3) events must be completed:

- a. Varsity 4 – Grand
- b. Second Varsity 8 – Grand
- c. Varsity 8 – Grand

Practice:

Practice will be held from 9:00 a.m. to 6:00 p.m. on Friday, May 1. PRACTICE WILL NOT BE ALLOWED ON COMPETITION DAY.

Crews participating in practice must follow the Cooper River Practice Traffic Pattern (Appendix 1).

Weigh-Ins:

Primary weigh-ins will take place the night before the event (Friday, May 1) from 3:00 p.m. to 6:00 p.m. at the dispatch area. An alternate weigh-in time on Saturday morning will be available for those teams who will not be traveling in/practicing on Friday (beginning one hour before the first heat and ending one hour before the last heat). Coxswains must weigh a minimum of 110 pounds, no maximum-teams MUST provide all weights an underweight coxswain may be required to carry if coxswain are more than five (5) pounds beneath minimum weight standards. The LOC will supply sand weights in small weigh increments to correct any difference in weight.

Spare Oars/Parts/Equipment:

Following your last workout, identify and tag your 'spare' oars and any other spare parts/equipment that may be required for use by your crews on race day. Keep these spare oars and parts in your possession, but readily accessible in the event any are needed by your crews because of breakage on race day.

Prior to the Race:

1. **Check all equipment and shells before launching on race day. If on the way to the starting line your shell has breakage OF ANY KIND, REPORT SAID BREAKAGE TO THE REFEREE OR STARTER AND FOLLOW HIS/HER DIRECTIONS. DO NOT RETURN TO THE LAUNCHING AREA FOR REPAIRS UNLESS SO INSTRUCTED.** A "Repair Launch" will be dispatched to the starting line area utilizing the Oars/Parts/Equipment previously **TAGGED** for your crews for this purpose.

2. **BOW BALLS: Mandatory** on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shells basic construction. (See USRowing Rule of Rowing 3-105)
3. **Bottom Tape:** Bottom tape or other artificial substances on the hull are **banned** from use in this Regatta (see USRowing Rule of Rowing 3-107).
4. **ALL COXSWAINS will report to the dispatcher** within 45 minutes prior to their scheduled launch time. Those coxswains who are required to augment their body weight to reach the minimum weight standard will obtain their external weights, which are to be carried in the shell at the coxswain's seat, as close as possible to the coxswain's torso. At the same time, all coxswains will pick up their bow markers, and secure them to the bow of their shells.
 - a. Check your launching time schedule and confirm your lane assignment with the Dispatcher. **See that your crew is prepared to launch its shell when called by the DISPATCHER.** The Dispatcher is the Referee's official representative at the staging area, and **his/her instructions concerning launching are to be strictly followed.** Launching shells at any time other than that listed on the schedule shall be only at the direction of the Dispatcher. Coxswains are responsible for getting their crews on the water on time.

Note: Review Race Day Traffic Pattern (Appendix 2)

After shoving off, turn right towards the race course, and stay adjacent to the shore from which you launched, moving up along the shore toward the finish line awards dock. Be careful to follow the contour of the shore and stay well below, and inside, the "run off" area beyond the finish line marked by two red buoys. Keep the finish line well to your left, to provide plenty of room for crews racing on the course to cross the finish line in their lane. Once past the finish line proceed up lane "0", inside the race course, in a single file progression toward the starting line.

7. Use **EXTREME CAUTION** when you reach areas where the shoreline juts out close to the line of buoys marking the inside of lane 0. (NOTE: Lane 0 may be used in proceeding toward the start, but crews should proceed with caution, rowing on the paddle or at low cadence.)
8. When reaching the starting line all crews must identify themselves by **reporting to the Start Marshal** or his/her assistant, both of whom will be stationed on shore behind the starting line. **Your crew must be on the starting line, at your designated station, pointed and ready to race, two (2) minutes prior to the scheduled start of your race.** A crew will be assessed a warning if not **in position** two (2) minutes before its scheduled race time.

9. **WARM-UP AREA:** After reporting to the **Start Marshal**, crews should proceed immediately, on the paddle, to the “warm-up” area, (see map on site), exercising caution because of the flow of traffic in and out of this area. **Crews must keep to the right, on the paddle, when passing under the bridge and for the next 100 meters thru the first right turn, maintaining a COUNTER-CLOCKWISE traffic pattern.** The line of buoys which describes the centerline of this area should always be kept to the crew’s port side. When reaching the straightaway area after the first right turn, crews may take practice starts and short pieces at racing cadence, cautiously. Crews leaving the straightaway area should, again, keep to the right, on the paddle, until passing under the bridge to return to the starting line area. Crews should wait for clearance from the **STARTER** before moving on to the race course and into your lane. **PRACTICE STARTS ALONGSIDE THE COURSE, in either direction, in the area of the starting line are PROHIBITED.**
10. **Practice starts from the area of the stakeboats ONTO THE COURSE** will be permitted, but only **after** the preceding race has left the starting zone (one-hundred fifty meters of the starting line). A crew may row at racing cadence down the course **in its lane only**, but must remain within voice distance (one-hundred fifty meters) of the starting line. A crew following this procedure should turn in its own lane and, and **paddle** back to the start, in its own lane, turning and positioning itself in front of its designated station. **Crews should use extreme caution when turning**, and should be alert at all times to other crews on the course. NOTE: The privilege to perform racing starts on the course may be suspended or canceled at any time, but only by the Chief Official or Regatta Director, with appropriate notification to all competitors in a heat or final prior to their scheduled launch time.
11. At approximately ten (10) minutes prior to the start of each race, the Starter will announce the next event and the name and the lane assignment of each competitor. The Starter will also announce the five (5) and two (2) minute marks prior to each race.

At the Start:

1. **Stake boats and bows-on-line start will be used for all races.** The starting stations are numbered 1 through 6. (Lane 1 is on your port [left] side as you proceed toward the finish line.)
2. A crew must be attached to its starting station, ready to race, TWO MINUTES before the scheduled time of its race. A crew that is late to the start may be assessed a warning by the Starter. If a crew is not at the Start by the scheduled time of its race, the start may take place without them.
3. When all crews are in position, the **Aligner will bring the bows of the crews even.** When the crews are even (aligned), the Aligner will raise a **WHITE** flag. The Aligner’s white flag will be held aloft throughout the starting procedure. If the crews lose alignment at any time, the Aligner will lower the white flag, regain alignment, and then raise the flag again upon realignment.

4. When the starter is satisfied that alignment is complete (Aligner's white flag aloft) and that the crews are ready to race, the crews will be polled, starting with lane one: naming the crew in lane one, proceeding likewise to lane two, etc. **A crew which is NOT ready will so signify by the BOW-PERSON'S raised hand.** If polling cannot take place without inordinate delay, the Starter may dispense with polling and use a "quick start." In that case, "Quick Start!" will be announced and the starting commands will be followed as described below.
5. When all the crews have been polled, the start will begin. **The Starter will give the following starting commands:** (1) "ATTENTION", (2) [raise red flag], and (3) "GO!" accompanied by the dropping of the red flag. **The pause between "Attention" and "Go" may be a variable one (approx. 2 to 4 seconds) to deter anticipating the start. Crews will start on the audible command "Go" and the dropping of a red flag. A countdown start may be used if wind conditions prevent a normal or quick start. The count down start will be "5, 4, 3, 2, 1, Attention - Go!" Raised hands will not be recognized in a countdown start, and it is the responsibility of each crew to make final adjustments during the countdown period.** The STARTER also reserves the right to go to a Quick Start if conditions require.
6. **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 assess the crew with a warning, which is the equivalent of a "false start.". A second warning or false start in the same race will result in a crew's exclusion from the event.
7. **The Referee may stop the race if any one of the following situations occurs:**
 - a. **False Start:** A crew will be assessed a false start if its bow crosses the plane of the starting line before the Starter's red flag begins to move. A crew that is assessed two (2) false starts or warnings in the same race shall be excluded from the event.
 - b. **Collision** between crews within the first 100 meters of the race. Collisions with fixed markers or structures already on course and known to participating crews will not be cause for stopping the race at any time. Collisions between crews beyond 100 meters are subject to the USRowing Rules of Rowing, with discretionary authority given to the Referee as to whether or not the race is to be stopped and/or restarted.
 - c. When, during the first **100 meters of the race**, the coxswain or any member of the crew raises a hand as a signal **for broken or damaged equipment, or a rower is thrown out of the boat, or experiences a full over-the-head crab**,. A partial crab is not grounds for recalling a race. REMINDER: The first 100 meters of the course are lined with green buoys. If the Referee, upon observing any of the above incidents (a), (b), or (c) determines that

the race should not continue, he or she will stop all crews by sounding an **AIR HORN** and waving a **RED** flag. The referee will inspect the affected crew or crews and determine when the race shall be rescheduled and whether or not any penalties are warranted.

8. **Any attempt by a crew to stop a race for unauthorized reasons may be cause for disqualification of the offending crew.**
9. **Other Penalties:**
 - a. **WARNING:** A crew may be assessed a warning for any action deemed to be unsportsmanlike in nature and/or which gives said crew an unfair advantage over other competitors. A crew that is assessed two (2) false starts or warnings in the same race shall be excluded from the event.
 - b. **Exclusion/Disqualification: A crew which makes or causes two (2) false starts and/or warnings in the same race shall be excluded from the event.** Pursuant to the USRowing Rules of Rowing, a crew also may be excluded for causing a collision with another crew, or by causing interference with another crew. A crew may be excluded for unsportsmanlike conduct, including urination from a shell while on the water, but only by action of the ECAC METRO Race Committee.

During the Race:

1. **Course Markers - Lanes:** Each of the six racing lanes will be lined on either side by floating buoys. The first 100 meters and the final 250 meters of the course are lined with green buoys. The remainder of the course is lined with red buoys. The buoys stop at the finish line. Markers on the shore on both sides of the course, indicate 500, 1,000 and 1,500 meters gone. In addition, a single green buoy is located on either side of each lane to signal each 500 meter mark. Targets marking all lanes are placed beyond the finish line.
2. **US Rowing Rules** will be followed during the progress of the race. 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. 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 by raising a white flag, calling the name of the crew, and dropping the flag in the direction the crew should move. A crew leaves its water when any part of its boat or equipment leaves the crew's assigned lane.
3. **Signaling Devices:** The use of any sound device (such as air horn) which is similar to that being utilized by the Regatta officials for recalling the crews, is prohibited for

use by any participating crew in this Regatta.

4. **Dead Heat Instructions:** In the event of a dead heat for first place in any of the Grand Final races, The ECAC METRO Race Committee may choose to schedule a re-row that would take place between the dead heat crews as soon as feasible, but not earlier than one (1) hour after the completion of the event in which the dead heat occurred.

After Each Race:

1. Coxswains who carried external weight may be required to display their weight to the Referee.
2. The crews participating should, after a short rest period, proceed immediately to the launching area. Do not remain around the finish line area, and particularly **do not obstruct the line of sight of Judges and Timers at the finish line.**
3. All crews are reminded to approach the launching docks in single file and be alert to other crews which are proceeding from the dispatch area to compete in their event. **Crews departing the float area have priority.** The Dispatcher will assist in this regard.
4. Upon returning to the launching site, coxswains should report to the dispatcher and return weights (if applicable), and bow markers.
5. After the grand finals crews finishing 4-6 should follow the instructions above. Crews 1-3 should follow the aforementioned awards procedures (Page 3).

Protests:

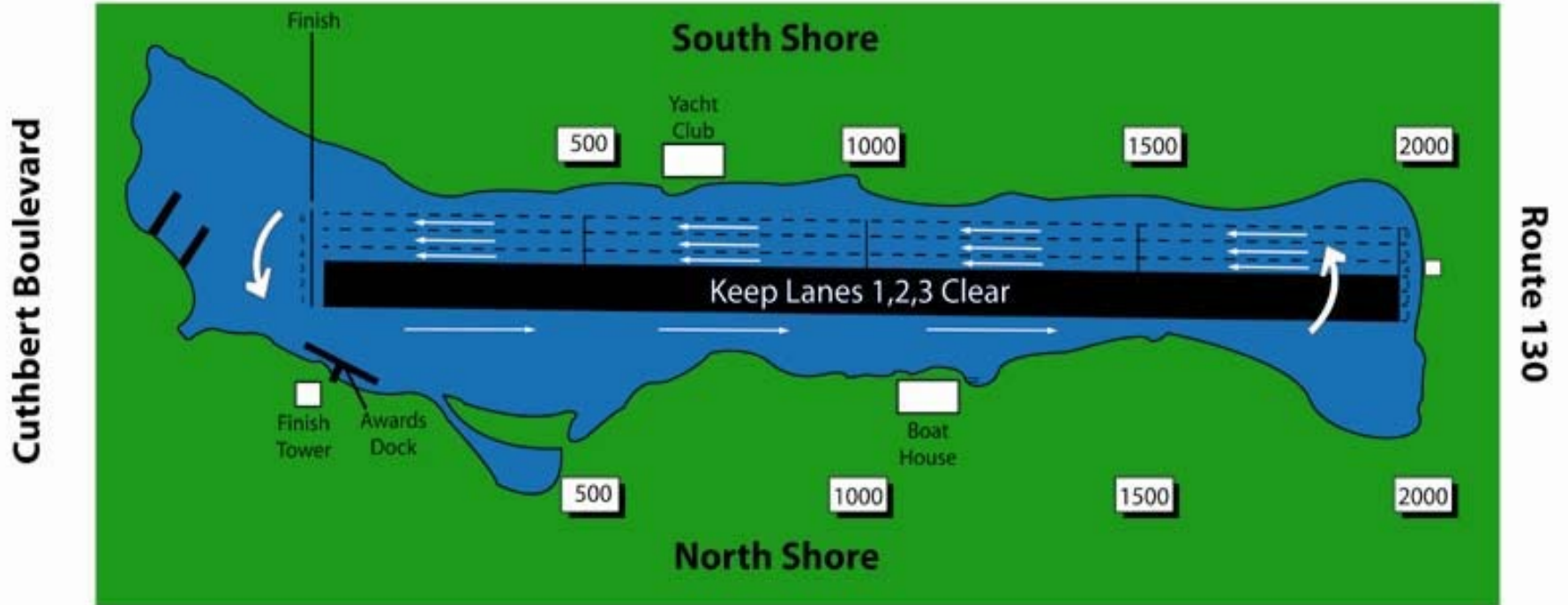
Protests should be registered on the water in accordance with US Rowing rules. In order to address protests as soon as possible an informal “pre-hearing” will be provided to crews by a specially designated “**ombudsman**” official as soon as they have returned to the boathouse staging area. This “ombudsman” will act only as a moderator and will attempt to resolve the protests in a way that is mutually agreeable to the protesting crew, any other crews involved and the official most directly involved. If no mutually agreeable resolution can be arranged within a short period of time, or if it seems necessary to consult additional witnesses, the matter will then be formally referred to the Race Committee (as indicated below) which will be convened when the day’s race schedule has been completed.

The formal referral to the Race Committee must be submitted to the Regatta Director by the head coach in writing within one (1) hour after the crew returns to the launching area citing the specific US Rowing or ECAC rule(s) applicable and be accompanied by a \$25.00 fee. Disposition of the protest will follow US Rowing Rules including return of the fee if the protest is upheld. Decisions of the Race Committee shall be final and binding, and not subject to appeal to any outside agency.

MKL April 9, 2009

Cooper River Rowing Course

Traffic Rules- Practice



Cooper River Rowing Course

Traffic Rules- Racing

