

**Intercollegiate Rowing Association
108th Annual National IRA Regatta
Entry Confirmation**

May 22, 2010

To: Athletic Directors and Rowing Coaches
Selected NCAA/ECAC Colleges

From: Clayton W. Chapman, Regatta Director,
Bob Appleyard, Chief Referee
Gary R. Caldwell, ECAC Director of Rowing

Re: 2010 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT

The Board of Stewards of the Intercollegiate Rowing Association (IRA) has invited your institution to compete in the 108th Annual National IRA Regatta on the Cooper River in Camden County, NJ on Thursday, Friday and Saturday June 3, 4, and 5, 2010.

This mailing provides all the essential information and material you'll need to finish your entries, confirm your final entry declaration at www.regattacentral.com, post boat lineups, and pay the remainder of your regatta invoice, should you have an outstanding balance on your affiliate account for this year's Regatta. We urge you to review the entire packet carefully, and complete the appropriate forms in accordance with the specified deadline dates.

As always, we look forward to greeting you and your crews at this year's IRA Regatta in early June on the Cooper River.

cc: IRA Board of Stewards

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Remaining Affiliate Entry Fees (if applicable) for the 2010 Regatta are due with your Final Entry Declaration. Please go to your regattacentral.com account and enter the boats that have been accepted into the 2010 IRA from your school. Your account has already been invoiced for the balance for the 2010 IRA Championships. Final entry fees are due no later than May 28, 2010. If you need any assistance, please email support@regattacentral.com or cal 614-360-2922

YOUR FINAL BOATING LINE-UPS must be submitted at www.regattacentral.com. The Entry Window at that web site will remain open so that you may list your accepted entries directly on the web site. **Final boatings are to be posted at RegattaCentral no later than 12:00 PM on Wednesday, June 2, 2010.**

Important: WAIVER OF LIABILITY FORMS: It is required that all competitors read, and complete the ECAC Rower Education Survey located at www.RegattaCentral.com. Coaches should log on to their account at the site and enter the names of all student-athletes participating in the championships on their roster. Please include the students' email address on the roster form. Once that is completed check on the tab marked "ECAC Athlete Compliance" located just under "Add Athlete" section and then check off those athletes who need to take the survey. Upon completion of the survey the athletes will be able to sign an on line waiver. This replaces the old paper waiver you were asked to bring on site. If athletes have already competed in other ECAC Championships this spring they do not need to repeat this process. One waiver is good for the entire season. Please complete surveys as soon as possible, but no later than May 28, 2010

(1) For the men's events, ECAC Rules of Eligibility shall be enforced, with the following exceptions:

A. **Freshman rowers** shall be eligible to compete only in men's freshmen or freshmen/novice events or in the men's Open-4 event. Freshman shall NOT be eligible to compete in the men's Varsity or Second Varsity eights, or the men's Varsity Fours events.

B. **Participation** by a student in rowing competition **at the collegiate club level** during the freshman year or subsequently during any upper class year, at any collegiate institution, shall be counted the same as a season of competition at the intercollegiate freshman/varsity level.

C. **Standard waivers** that are permitted under existing NCAA Regulations are applicable, and may be processed through the ECAC or any other NCAA affiliated conference office. **Notice of any such waiver** that is granted to a rower in the 2010 IRA Regatta, however, **must be reported to the Regatta Director in writing** no later than the deadline date for 2010 Regatta entries, May 28, 2010.

D. A "**novice**" is a competitor who has never had **any** rowing experience in a prior year.

E. **Upper-class transfer students** are permitted to compete in sub-varsity competition. (The IRA Stewards, therefore, have ruled that upper-class transfer students may compete in the men's Second Varsity Eight, and they may compete in the men's Open and Varsity Fours events.)

F. **The Men's "OPEN" 4-Oared With Coxswain** event is limited to a crew whose lineup includes at least one freshman/upper class novice oarsman **and** at least one upper class oarsman and is limited to schools that enter **both** a Heavyweight Varsity Eight, **and** a Heavyweight Freshman Eight.

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G. **Steward's Cup: Men's Freshmen/Novice 8-oared Event:** A maximum of two novice upper-class rowers (oarsman and/or coxswain) are permitted to compete as members of the first freshmen/novice eight. (Note: A "novice" is a competitor who has never had any rowing experience in a prior year.)

(2) **For the Lightweight Women's Championship Event,** NCAA Rules of Eligibility shall be enforced.

(3) **Individual rowers** and coxswains are restricted to participation in **only one event**.

(4) **For Men's Lightweight National Championship Varsity 8 Event:** Varsity oarsmen competing in the IRA Championship Regatta are restricted to an individual weight limit of 160 pounds. The average crew weight is set at 155 pounds.

(5) **For Women's Lightweight National Championship Varsity 8 Event:** Varsity oarswomen competing in the IRA Championship Regatta are restricted to an individual weight limit of 130 pounds.

(6) **Coxswains Weights:** Coxswains of all men's heavyweight and lightweight crews participating in the 2010 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains of all women's lightweight crews participating in the Regatta are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks is less than 125/110 pounds, will be required to carry external weight in order to achieve the minimum standard during the course of their race.

(7) **Shell Weight - Men's Heavyweight Varsity 8 Event:** The weight of the shells utilized in the men's heavyweight varsity 8 event in the Regatta shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will be weighed-in by Wednesday, June 2, prior to being placed on the water to ensure adherence to the minimum weight standard.**

(8) **Substitutions** are permitted only by approval of the Regatta Director. Substitutions for illness or injury shall be judged in accordance with USRowing Rules of Racing. Substitutions for academically related or other reasons shall be judged in accordance with the same principles as for injury/illness.

The IRA is conducted under modified USRowing Regulations. It is anticipated that all events will involve heats, repechages, third level finals (when appropriate), petite finals, and championship final races.

It is essential that **all rowers dress at their sleeping quarters**, as there are no facilities at the Regatta site.

Crews may need to provide their own boat rack for storage of shells and oars during the Regatta. Shells and oars may be kept at the Regatta site near the launching beach. Schools should anticipate providing their own lowboys and slings. On site overnight security will be provided by the regatta beginning Tuesday evening, but equipment, tools, and/or items of value should be stored in secured areas. It is vitally important that you make arrangements well in advance for the transportation of your equipment and personnel to and from the Cooper River.

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Eastern College Athletic Conference (ECAC) and Intercollegiate Rowing Association (IRA) Institutional and Student/Athlete Rules of Eligibility are listed below. Final registration form is not complete unless the **INSTITUTIONAL CERTIFICATION FORM that was** provided with the final entry packet is returned.

That form **must be signed** by the Senior Athletic Department Administrator at the institution for the entry to be accepted. With few exceptions, that form was completed prior to the Amended Declaration Deadline on May 17, 2010. If your form has not been returned you will be notified by the ECAC Office.

I. AMATEURISM, RECRUITING, AWARDS AND BENEFITS

Institutions planning to compete at the 2010 IRA Regatta agree to abide by NCAA operating bylaws regarding amateurism (Article 12), recruiting (Article 13), and awards and benefits (Article 16). All NCAA regulations and interpretations related thereto shall apply. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the ECAC Rowing Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

II. STUDENT/ATHLETE ELIGIBILITY

The ECAC applies NCAA eligibility rules (Article 14), including interpretations related thereto. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the ECAC Rowing Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

Clayton W. Chapman
Regatta Director

cc: IRA Board of Stewards

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May 22, 2010

To: All Participating Institutions, 2010 IRA Regatta
From: Clayton Chapman, Regatta Director
Re: **Final On Site Registration, Practice Hours, and Instructional Material.**

The Cooper River Staging area will open for trailers at 9:00 a.m. on Tuesday, June 1, 2010. All crews must have a (ONE) representative/coach **check-in** at the Regatta Headquarters Tent, upon arrival. Check-in will open at 10:00 a.m. on Tuesday, June 1, 2010. Team parking passes will be issued to the representative/coach as well as **wristbands** for free admission for all members of the official party. **IF WRIST BANDS ARE LOST THEY WILL NOT BE REPLACED.**

Practice Hours:

Tuesday, June 1, 2010: 12:00 p.m. – 6:00 p.m.
Wednesday, June 2, 2010: 8:00 a.m. – 12:00 p.m. and 2:00 p.m. – 6:00 p.m.
Thursday, June 3, 2010: 12:00 p.m. – 1:00 p.m. and 4:30 p.m. – 6:00 p.m.
Friday, June 4, 2010: 2:00 p.m. – 5:00 p.m.

2010 REGATTA INSTRUCTIONS (enclosed) and TRAFFIC PATTERNS: Please make copies of the enclosed instructions and distribute them to your coxswains prior to your arrival at the Cooper River. Course maps and traffic patterns will be made available and distributed to you on site at the time of your registration.

There will be a Referee's Meeting to which all coaches and coxswains are required to attend. At this meeting, we will review all Regatta procedures and applicable racing rules. **The meeting will be held on Wednesday, June 2, at 7:30 PM, at a site TBD. Written Special Instructions to Coxswains are included in this packet and will also be handed out on your arrival at the Cooper River Staging area.**

WAIVER FORMS: Please be reminded that the Rowing Release and Waiver of Liability form **must be completed at www.RegattaCentral.com by May 28, 2010.**

SEEDINGS, DRAW FOR HEATS and LANE ASSIGNMENTS: Again this year, there will be a **draw for heats and lane assignments** for the competition in all the events. Prior to the draw, the **IRA Heavyweight Coaches will seed** the all entries in the Men's Heavyweight Varsity, 2nd Varsity, and Freshmen/Novice Eight Events. The Men's Lightweight Seeding will be based on the results of the EARC Varsity Lightweight Eight Finals, and the Lightweight Women's Eight Seeding based on the latest USRowing Collegiate Poll. The seeded entries for the heavyweight eight events will be assigned to specific heats, and to preferred lanes within their heat. The seeded entries in the lightweight eight events will be assigned to specific heats, but lanes within these heats will be assigned by open draw. Heat and lane assignments for all other events will be by open draw. **The draw for all events will take place at 4:00 PM on Tuesday, June 1, at the Regatta site.**

I look forward to your participation in this year's **108th IRA National Collegiate Championship Regatta.**

Clayton W. Chapman
Regatta Director

INTERCOLLEGIATE ROWING ASSOCIATION

1311 Craigville Beach Road, Centerville, MA 02632

May 22, 2010

To: Coaches, Coxswains and Officials - 2010 IRA Regatta

Subject: **Weigh-In Procedure for Coxswains**

1. Coxswains of **ALL MEN'S CREWS**, including the Master's Alumni Eights, participating in the 2010 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains for **ALL WOMEN'S CREWS** are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks, is less than the required standard, will be required to carry external weight in order to achieve the minimum standard during the course of their race.
2. **Initial weigh-in for coxswains of the men's crews** will take place beginning at 10:00 AM, Wednesday, June 2 at the Boat Weigh In/Control Tent. (NOTE: Initial weigh-in for coxswains of the women's lightweight eights will take place Thursday, June 3 with their respective crews, and men's lightweight and Master's Alumni eights will take place with their respective crews on Friday afternoon, June 4). Subsequent weigh-in for the men's events will **NOT** be required for races on Thursday or Friday. However, **coxswains of all men's crews that qualify for the Championship Finals only on Saturday WILL BE REQUIRED to weigh in before they launch their shell. Coxswains for all women's crews will weigh in for Saturday's competition.** Said subsequent weigh-in will take place at the same location within 60 minutes prior to the scheduled launch time for a coxswain's crew.
3. The IRA will provide external weight, in the form of sand bags for all coxswains whose body weight is less than the minimum standard. It is suggested and encouraged however, that all coxswains, who know that they will require external weight, provide their own form of weight. This applies especially to those who will require external weight in excess of 10 pounds. **ALL WEIGHTS**, whether provided by IRA or not, must be marked for specific individuals at the time of the coxswains weigh-in.
4. Regatta officials will accept responsibility for storing external weight until race time.

ON RACE DAY it will be the coxswains' responsibility to report to the Dispatcher prior to their crew's scheduled launch time and obtain their individual weights, **which shall be carried at the coxswain's seat, as close to the torso of the coxswain as possible, during the course of the race.** Immediately upon returning to the launching site after the race, the same coxswains will surrender their weights to the dispatcher. Coxswains are also advised that they must display their weight to the Referee, if so requested.

Clayton W. Chapman
Regatta Director

Men's Lightweight Varsity 8 Weigh-In Instructions

May 22, 2010

To: Men's Lightweight Varsity Coaches and Officials
2010 IRA Regatta

Subject: **Weigh-In Procedure for Men's Lightweight Varsity Eight Crews**

- * The IRA will provide Official(s) familiar with these rules, and a hard level "floor" for the scale.
- * The formal weigh-in of all lightweight men's crews participating in the IRA Regatta, including coxswains, will begin at 3 p.m. on the day preceding the formal competition for Men's Lightweight Varsity 8's. Crews will weigh-in in order of seeding. Spares can be weighed in at this time, but may be weighed in at any time up to 60 minutes before their race.
- An oarsman's allowable weigh-in uniform may be any of the following: closed front boxer shorts, boxer briefs, or rowing shorts/unisuit.
- All members of an individual crew, including the coxswain, must weigh in together
- Two designated EARC Lightweight schools will each contribute one digital scale to be used for the formal lightweight weigh-in. Each scale must have been calibrated for use at, or since, the 2010 EARC Sprints Regatta.
- One of the two scales will be designated as the "practice scale", and will be located immediately adjacent to the weigh-in area for use throughout the duration of the weigh-in, but for practice only. The practice scale will be made available for use no later than noon on the day of the weigh-in.
- At the time of a crew's formal weigh-in, the coach of that crew must present a copy of the official IRA final entry/weigh-in form to the weigh-in official. The weigh-in form must be completely filled out and signed by the coach with the full names, typed or clearly printed, of the members of the crew, in order from bow to stroke, including the coxswain, and alternates.
- The weigh-in official will then record on the form the start time of the crew's initial weigh-in, and will also confirm the name of the school and the names of the rowers and coxswain of the crew.
- All weigh-in forms will be retained by the weigh-in official who will also confirm that a crew has "made weight" within its proscribed 60 minute time allotment, and the crew is "qualified" to compete in the Regatta.
- A crew that is not present when called for its initially assigned weigh-in time will be allowed the right to weigh-in on arrival, ahead of all others that are seeded below them.
- * A crew that fails to satisfy the "average" boat weigh requirement during its initial weigh-in, will be re-assigned a new weigh-in time **after** all other crews have been weighed in .
- * A crew that fails to satisfy the 155.0 lb. weight average at the time of its initial weigh-in shall have a maximum of 60 minutes from the start of its initial weigh-in time to satisfy this requirement. During the 60-minute time period, the crew may identify selected members of the crew to weigh-in again in order to satisfy the 155.0-pound requirement. The remainder of the crew may be considered "weighed-in", and are exempt from having their weight re-checked.
- * A crew that fails to satisfy the 155.0 pound weight average within the proscribed 60-minute additional time allotment must immediately make the necessary substitutions.
- * An oarsman who fails to satisfy the 160 lb weight limitation at his initial weigh-in will be allowed a maximum of 60 minutes from the beginning of his crew's initial weigh-in to satisfy that requirement.
- * An oarsman who fails to satisfy the maximum individual weight requirement of 160 lbs within the proscribed 60-minute additional time allotment will be disqualified from the Regatta. A qualified substitute must be named, and weighed-in immediately.
- An oarsman who, after successfully weighing-in, becomes incapacitated at any time and cannot race, may be replaced by a substitute, provided the crew's revised line-up will satisfy the 155 lb average weight requirement, and provided the substitute satisfies the individual oarsman's maximum weight limit of 160lbs. The substitute's weight may be recorded at any time prior to the actual race, or by using the weight recorded at his official weigh-in. The coach of the oarsman so affected shall report the need for the substitution to the Referee or Regatta Director in advance of the affected race.

Clayton W. Chapman
Regatta Director

Women's Lightweight Weigh-In Instructions

May 22, 2010

To: Women's Lightweight Varsity Crew Coaches
IRA National Collegiate Championships
June 3, 4, and 5, 2010, Lake Natoma, CA

From: Clayton W. Chapman, IRA Regatta Director

Re: **Weigh-in Procedure for Women's Lightweight Crews**

The following procedures will apply to this year's IRA Regatta:

1. **Weigh-ins** will take place on Thursday, June 3, 2010 at the Boat Weigh In/Control Tent, beginning at 3:00 PM in order of heat and lane number. The Lightweight scale will be available from 10:00 AM on Thursday for practice weigh ins.
2. Each athlete must bring a photo ID.
3. Athletes will weigh-in wearing racing attire.
4. The entire crew must weigh-in at the same time from bow to stroke.
5. **Coxswains will weigh-in with their crew.**
6. **Athletes must be within 2 lbs. of the required 130.0 lbs. maximum weight on the first try (132.0 lbs. max.) or they will be ineligible to compete in the Regatta.**
7. Athletes who exceed 130 lbs. on the first try, but who weigh 132 lbs. or less, can weigh-in a second or third time within one hour of the first attempt for each weigh-in. Failure to meet the 130.0 lbs. maximum **by the third try** will make that athlete ineligible to compete in the Regatta. No re-weigh is necessary for those athletes who are at 130.0 or below on the first try.
8. The entire crew will receive certification at the same time.

May 22, 2010

To: IRA Coaches
Re: **2010 IRA Regatta Special Instructions**
From: Clayton W. Chapman, Regatta Director

Please distribute the enclosed **Special Instructions** to your coxswains for review prior to the first day's racing.

THERE WILL BE A REFEREE'S MEETING, TO WHICH ALL COACHES AND COXSWAINS ARE REQUIRED TO ATTEND, TO REVIEW ALL REGATTA PROCEDURES AND APPLICABLE RACING RULES. THE MEETING WILL BE HELD ON WEDNESDAY, JUNE 2, 2010 AT 7:30 PM AT A SITE TBD.

Please make note of the following:

1. **The Starter will use a red flag** to signal the start. Crews will start on the audio command "Go". (See page 5, At the Start #5.)
2. **"Count-Down and Starting Commands"**: The IRA will use the following count-down and starting commands for all races: "5-4-3-2-1, Attention, Go". The pause between "Attention" and "Go" may be an indeterminate one. (See page 5, At the Start #5.)
3. **"Crews must avoid any movement in their boat (including the "squaring" of oar blades) between the commands of "Attention" and "Go."** Such movement may result in the charging of a warning. (See page 5, At the Start #6.)

Please also be advised of the following from **2010 USROWING RULES**.

1. **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 footgear 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 3 inches (7.5 cm) above the footboard to which it is anchored. (Rule 3-109)
2. **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: (Rule 3-110)
 - a) The opening of the boat 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.

All boats shall be equipped with a quick-release as per USRowing Rules. Those not so equipped will not be allowed to row.

We will continue to utilize an “Ombudsman” to facilitate the handling of any protests. See page 7, After the Grand Finals, #7.

Any questions should be directed to the STARTER OR REFEREE prior to your race.

Note: This IRA Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special IRA Regatta Instructions.

VIOLATION OF RULES

1. **Propriety** - Urinating from shells at anytime while on the Cooper River is forbidden. Discarding of Plastic water bottles into the Cooper River. Any crew who engages in these practices will be subject to disqualification.
2. **Safety** - A crew that violates any of the safety rules described below may be assessed a “**WARNING**” by the Starter or the Referee. Such a warning shall be applicable to the next race in which the crew competes.

II. Procedures Prior to Race Day:

Tuesday, June 1, through Wednesday, June 2:

1. **Bow Balls:** **Mandatory** on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shell’s basic construction.
2. There are two launching docks. **OUT-GOING** traffic must use the right-hand dock (right as you face the river from the staging area), and **IN-COMING** traffic must use the other.

NOTE CHANGES TO THE TRAFFIC PATTERNS FROM PREVIOUS YEARS!!!

4. Always maintain a **COUNTER-CLOCKWISE** traffic pattern during **PRACTICE HOURS** when on the water. The race course is the **PRIMARY AREA** available for practice.
5. After launching, turn right toward the race course, staying adjacent to the shoreline from which you launched. Head to the right of the "run-off" area below the finish line, then move along the shore, **inside** the race course. **Be alert to crews to your left, who are proceeding down the race course towards the finish line, rowing in the outside lanes (4, 5, and 6).** Give them room to cross the finish line to your left. . Then, proceed single file toward the starting line **USING LANE 0 ONLY**. Use extreme caution and maintain **COUNTER-CLOCKWISE** traffic pattern at all times.
6. Upon reaching the starting line, move **COUNTER-CLOCKWISE** (to your left) into lanes 4-5-6. Crews must then proceed back toward the finish line **USING LANES 4-5-6 ONLY**.

7. **LANES 1, 2 & 3 SHOULD NEVER BE USED FOR PRACTICE IN EITHER DIRECTION.**
8. **KEEP CLEAR OF ANCHOR LINES** in the area of the start (fore and aft of stake boats in each lane.) **DO NOT ROW between the stake boats and the shore line.**
 1. **WARM-UP AREA:** The race course is the primary area available for practice. However, an additional “warm-up” area located above and beyond the starting line (see map on site) will be available to crews for pre-race practice starts, and for short pieces at racing cadence. **During practice hours,** crews may enter this area, **on the paddle,** exercising extreme 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 after the first right turn, crews may take practice starts and short pieces at racing cadence, in either direction, **but cautiously, and always keeping to the right.** Crews leaving the straightaway area should again keep to the right, **on the paddle,** until after passing under the bridge, and then turn right toward the starting line area. Crews will then proceed back to the finish line, **using lanes 4, 5, or 6 only. Practice starts ALONGSIDE THE COURSE in EITHER direction within 150 meters of the starting line ARE PROHIBITED.**

Wednesday, June 2:

1. **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.
2. **All coxswains of men's crews will weigh-in** to establish that they will carry the minimum required 125 pounds while competing in the Regatta. **Initial weigh-in will occur at the dispatch area,** beginning at 10:00 AM. (Note: Initial weigh-in for coxswains for the women's lightweight eights will take place on Thursday, June 3, and for the men’s lightweight coxswains will take place on Friday, June 4, at the time of their crew's weigh-in).
3. **Weigh-in: Men's Heavyweight Varsity 8 Shells:** The weight of all eight-oared shells utilized in the Men’s Heavyweight Varsity Eight event shall be at least 205 pounds. This weight shall include only those items **permanently** affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will all be weighed-in no later than Wednesday, June 2, PRIOR TO BEING PLACED ON THE WATER,** to ensure adherence to the minimum weight standard.

III. Race Day Procedures (June 3, 4, and 5):

NOTE: Practice times are listed on the “Final On Site Registration, Practice Hours, and Instructional Material” page near the front of this packet.

Prior to the Race:

Check all equipment and shells before launching on each race day. If on the way to the

starting line your shell has breakage OF ANY KIND, REPORT SAID BREAKAGE TO THE REFEREE, ASSISTANT 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. Repairs will be made on the water whenever possible, 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.
3. **Bottom Tape:** Bottom tape is **banned** from use in this Regatta.
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 also pick up their lane markers, and secure them to the bow of their shells.(NOTE: On Saturday, coxswains of men's crews who qualify for the Championship Finals, and coxswains of all women's crews, will be required to weigh in again to re-certify that they satisfy the minimum required body weight.)
5. 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 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: RACE DAY TRAFFIC PATTERN - COUNTER CLOCKWISE

6. 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. 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. **At no time while the crews are on the water will urinating from the shells be permitted. Crews violating this directive will be subject to exclusion from the Regatta.**
9. When reaching the starting line all crews must identify themselves by **reporting to the Starter** or his 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. Don't be late. A crew will be charged with a false start if it not **in position two (2) minutes** before its scheduled race time.

10. **WARM-UP AREA:** After reporting to the STARTER, 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.**
11. **Practice starts from the area of the stake boats 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: This privilege to permit racing starts on the course may be suspended or canceled at any time, but only by the Regatta Director, with appropriate notification to all competitors prior to their scheduled launch time.
12. 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. When all crews are in position, the **Aligner will bring the crews even**. When the crews are even (aligned), the Aligner will raise a **WHITE** flag.
3. 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.
4. When the starter is satisfied that alignment is complete (Aligner's white flag aloft) and that the crews are ready to race, he will **poll the crews**, starting with lane one: naming the crew in lane one, asking if it is “Ready?”, then proceeding likewise to lane two - “Ready?”, etc. As each crew is polled, the coxswain will acknowledge in the affirmative with a hand wave. **A crew which is NOT ready will signify so by the BOW-PERSON'S raised hand.**

5. When all the crews have been polled, the count-down start will begin. **The Starter will give the following “count-down” and starting commands, “5-4-3-2-1, Attention, Go”.** The pause between “Attention” and “Go” may be an indeterminate one. Coxswains hands will not be recognized once the count-down procedure has begun. **The Starter will use a red flag to signal the start.** Crews will start on the audio command “Go”.
6. Between the words “Attention” and “Go” crews must avoid any movement in their boat (including the squaring of oar blades). Any such movement may result in the charging of a warning.
7. **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. A warning, in combination with a false start or a second warning in the same race will result in a crew’s exclusion from the Regatta.
8. **The Referee may stop the race if any one of the following situations occurs:**
 - a. **False Start:** A crew may be assessed a false start for any action deemed to be unsportsmanlike in nature and/or which gives said crew an unfair advantage over other competitors. A crew which makes or causes two (2) false starts shall be excluded from the Regatta.
 - b. **Collision** between crews within the first 150 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 150 meters are subject to the laws of boat racing, 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 150 meters of the race, the coxswain or any member of the crew puts up his hand as a signal **for broken or damaged equipment, or an oarsman is thrown out of the boat, jumps his slide, experiences an over-the-head crab, or equipment is damaged as a result of a crab.** A partial crab is not grounds for recalling a race. **REMINDER:** The first 150 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 will stop all crews by sounding an **AIR HORN** and waving a **RED** flag. The referee will then inspect the affected crew or crews and determine when the race shall be rescheduled and whether or not any penalties are warranted.

9. Any attempt by a crew to stop a race for unauthorized reasons may be cause for disqualification of the offending crew.
10. **Exclusion/Disqualification:** A crew which makes or causes two (2) false starts and/or warnings in the same race shall be excluded from the Regatta. A crew may be excluded from the Regatta 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 IRA 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 150 meters of the course is lined with green buoys. The course is lined with red buoys from 150 meters to 1750 meters. The final 250 meters of the course is lined with yellow buoys. The buoys stop at the finish line. Markers on the shore on both sides of the course, indicate 500, 1000 and 1500 meters gone. In addition, there are large red buoys outside the course and a single green buoy 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.
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 1st place in any of the Grand Final races, a re-row will 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.

After the Trial Heats, Repechage Heats, Third Level and Petite Final:

2. The crews participating should, after a short breather, 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 who carried external weight must report to the Dispatcher, and return their weights and bow markers.

After the Grand Finals:

5. Crews finishing 4 through 6 in each Grand Final should follow procedures outlined in 2, 3 and 4 above.
6. **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 silver and bronze medals without getting out of their shell. These crews should then proceed to the launch area.
7. **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 float.

Protests

8. 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 given to them by a specially designated “ombudsman” official as soon as crews 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 IRA 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.

IRA RACE COMMITTEE

The Chief Referee, Associate Referee, Chief Judge, Chief Starter, and Regatta Director shall serve as the Race Committee for the duration of this Regatta.

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There will be a Referee’s meeting, to which all Coaches and Coxswains are required to attend, to review all Regatta procedures and applicable racing rules. The meeting will be held on Wednesday, June 2, 2010 at 7:30 PM at a site to be arranged.

Make sure your crews know the rules, and that your equipment is in good condition. If you have any further questions, ask the Referee before the start of the race, preferably at the boathouse, where you will find the Referee, until about 45 minutes before the start of each day’s racing program.

Good Luck and Good Racing.

Bob Appleyard, Chief Referee
Clayton W. Chapman, Regatta Director