

New York Collegiate Coaches Association January 2022

The New York State Collegiate Coaches Association and Saratoga Rowing Association would like to invite you to participate in the 30th Annual New York State Collegiate Rowing Championships. Racing will be held on Fish Creek, in Saratoga Springs, NY on Saturday, April 23, 2022.

Registration

1. Regatta registration is via [Streamline Rowing](#) website.
2. \$225 per 8+ / \$150 per 4+ / \$85 per 2- 2x
3. After the online registrations closes. Late entries can be taken with the Regatta Director's approval. No new heats will be created for late entries.
3. Each competitor must be on the Streamline Roster and have an up to date Waiver. This can be managed on the Streamline webpage.

Event Order

Championship Events

HEATS

Women's Varsity 8+

Men's Varsity 8+

Women's Varsity 4+

Men's Varsity 4+

Women's 2V 8+

Men's 2V 8+

Women's Frosh/Novice 8+

Men's Frosh/Novice 8+

Women's Frosh/Novice 4+

Men's Frosh/Novice 4+

MINI BREAK

FINALS: same order as heats

MINI BREAK

Non-Championship Events

FLIGHTS (one race only)

Women's Lightweight 4+

Men's Lightweight 4+

Women's 2-

Men's 2-

Women's Novice 4+

Men's Novice 4+

Women's 2x

Men's 2x

Event Details

1. **Championship Events** will have heats and finals. No doubling of athletes permitted. All championship events contribute to team points total.
2. **Non- Championship Events** will be run as flights only, no finals. Doubling of athletes permitted from Championship Events. No doubling of athletes within Non-Championship Events. Results do not contribute to team points total.
3. The **coaches and coxswains meeting** will be at 8:00 PM Zoom meeting Thursday.
4. **First Race will start at 8:00 AM**
5. Races will be run on 8 min centers.
6. Races will be run in EVENT ORDER
7. Multiple finals will be run for each Championship Event. As long as there are two boats, a final level will be contested. Finals will be run from lowest level final to the grand final.
8. For events with 7 entries: a 7 boat final will be run and moved to the last race(s) before the mini break.
9. Lightweight Weigh ins:
 - a. Weigh ins will be done via a google form starting Thursday April 21 at 3pm and must be completed before picking up regatta packets on Saturday April 23, 2022.
 - b. Each man will weigh 160.0 pounds or less.
 - c. Each woman will weigh 130.0 pounds or less.
 - d. NO boat averaging.
 - e. You have 3 chances to make weight. A rower can be no more than 2.0 pounds over and will have 1 hour to try 2 more times to make weight.
 - f. [WEIGH IN FORM 2022](#)
10. There will be NO coxswain weigh-ins

Scratches

Scratches received in writing before the closing date of General Registration will have their entry fee refunded. Institutions submitting scratches after the closing date will not be eligible to receive a refund for the event. Scratches after the regatta meeting should be sent to the Regatta Director. All crews participating in heats are expected to race their final.

Substitutions

In the case of an emergency, an institution may determine a change is necessary within a crew. Please email the Regatta Director with the new line-up. The athlete **MUST** be on your team roster.

Eligibility

1. All participants must be matriculated at the institution for which they are rowing. NCAA guidelines will be followed.
2. All participants must be affiliated with their institution's rowing program.
3. 2nd varsity crews must have an entry in the corresponding Varsity event.
4. **Coxswains:** Athletes in the coxswain seat **MUST** have previous coxswaining experience both in practice and a previous race.

5. **Frosh / Novice - Championship Events:** *Must be either a freshman or have not done any rowing prior to January 1, 2021*. An athlete who coxed a novice event may row as a novice the following year provided s/he meets the aforementioned requirements.
6. **Novice - Non Championship Events:** **Must not have not done any rowing prior to June 1, 2021**. An athlete who coxed a novice event may row as a novice the following year provided s/he meets the aforementioned requirements.
7. **Lightweight:** Men should weigh no more than 160.0 lbs. Women should weigh no more than 130.0 Lbs.
8. **Small boats:** With safety being our highest priority, the non-championship pairs and doubles should be rowed only by those athletes who have experience in the boat classes and are capable of racing at a varsity level.

* Because of the complexities of the 2020-2021 academic year with some teams being able to resume competition in the spring and others not being able to get on the water at all, we are allowing those rowers who began their collegiate rowing careers (frosh/novice) January 1, 2021 or later to remain eligible for the frosh/novice championship eights and fours.

** Not to be confused with the frosh/novice championship events. Eligibility for the novice non-championship fours will be restricted to those athletes who only started rowing this academic year.

Any concerns about these guidelines should be brought to the attention of the Regatta Director. Any violations to eligibility requirements will result in an institutional sanction as determined by the Regatta Director.

Seeding

Seeding will be completed by polling. Each institution will poll the events that they have entered. The poll will be sent out through Streamline.

Rules of Racing for Coxswains and Coaches

The NYS Collegiate Rowing Association Championships (States) will be conducted in accordance with the [US Rowing Rules of Racing](#) except as modified in these special instructions.

Violation of Safety Rules

A crew that violates any of the safety rules described below may be assessed a "warning" by the Starter or Referee. Such a warning shall be applicable to the next race in which the crew competes. Two warnings will result in exclusion.

Procedures Prior to Race Day

1. If you would like to practice before the regatta you MUST contact the SRA Regatta Director for permission. Practice on the course is possible between 12-3 PM, crews will need to be off the water by 3PM due to SRA practice after that. All crews must be accompanied by a safety launch. Please reach out to the regatta director to schedule a practice time and reserve a launch. There will be a limited number of safety launches available. NO CREWS SHOULD LAUNCH DURING DANGEROUS CONDITIONS, including but not limited to: lightening, high winds, darkness and

fog. The Regatta Director and/or the Head Referee have the final say for launching on practice. If either party closes the course, all crews must land immediately.

2. All boats must adhere to the safe equipment standards listed below.
3. Follow designated traffic patterns. MAPS on SRA webpage.

Equipment

1. Bow balls: Every boat shall have a supple or plastic ball, of a white or fluorescent color, firmly attached and 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.
2. Foreign Substances: No substance or structures (including riblets) capable of modifying the natural properties of water or the boundary layer of the hull/water interface shall be used during a Race.
3. Footgear release: In all boats, the foot stretchers, shoes or other devices holding the feet of the Rowers shall be a type which allows the Rowers to get clear of the boat with no delay. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5 cm) above the foot board to which it is anchored.
4. Boat Construction for coxswain: 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.

RACE DAY PROCEDURE

Prior to the Race

1. Check that all equipment adheres to the rules listed above.
2. Check with the Dockmaster to confirm your lane assignment and launching schedule. The Dockmaster is the Referees' official representative at the staging area and his/her instructions concerning launching must be strictly followed.
3. Teams are responsible for bringing their own bow numbers. If a team has forgotten their bow numbers, please see the Regatta Director. There will be a few bow numbers available on site. If you borrow a bow number please be sure to return it to Regatta Headquarters.
4. Shells departing the float area will be given priority over incoming shells.
5. Crews proceeding to the start line and warm up area will follow the designated traffic patterns. **IMPORTANT: CREWS MUST KEEP RIGHT and ROW ON THE PADDLE** when approaching the start line.
6. At no time will urinating from the boat be permitted.
7. If, on the way to the starting line, your shell has any breakage, report said breakage to the Referee, Assistant Referee or Starter and follow his or her instructions. Do not return to the dock for repairs unless instructed to do so. If possible, repairs will be made on the water.
8. When reaching the start, identify yourself to the Starter and remain within voice distance.

Your crew must be in position, pointed and ready to race two minutes prior to your scheduled race time. Crews not in position two minutes prior to race time will be charged with a warning.

9. Pre-race warm-up should be completed on the way to the start line. All crews are restricted to rowing on the paddle within 100 meters off the starting line and whenever a race is passing as they row to the start.
10. Check the map carefully to be sure that you understand the traffic pattern. Both cox and bow should stay alert, as the warm up area will be a very high traffic area with crews moving at high speed.
11. A practice start on the course is permitted, but only after the previous race has left the start zone. During such practice starts, a crew may row at race speed down the course in its lane only. The crew must remain in its lane while turning, paddling back to the start, and turning again to back into the starting platform. Turn with caution and be alert at all times for other crews.

At the Start

1. Starting platforms and “bows on line” start will be used for all races
2. When all crews are in position, the Aligner will bring the crews even and raise a white flag, raise a fluorescent green flag, or illuminate a white light when all the bows are on the line.
3. The aligner’s flag will remain aloft throughout the starting procedure. If the crews lose alignment at any time, the aligner will lower the flag, regain alignment, and then raise the flag again.
4. When the Starter is satisfied, the alignment is complete and the crews are ready to race, s/he will announce the name of each crew. If alignment is lost during this process, the Starter may suspend the process, and resume once the previous condition is restored. Once announcement of the names begins, the Starter shall disregard any Crew signaling that is not ready under this procedure regardless of when such signal is given.
5. THE START: When all the crews have been polled and all hands are down, The Starter will give the following starting commands: “Attention,” “Go”, and lower a RED FLAG. The Starter will use an indeterminate pause between the “Attention” and the “Go” command.
6. During inclement weather the referee will notify the crews that a QUICK start will be used. When the starter feels it is safe and fair, the starter will call out “Quick start, Attention, Go” and drop the red flag. No hands will be recognized during this procedure.
7. IF A CREW FAILS TO LEAVE THE START after the starting commands has 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.

During the Race

1. USRA rules will apply with the additions that are listed below.
2. The referee may stop a race if any one of the following situations occurs:
 - a. False Start: A crew may be assessed a warning for any action deemed to be unsportsmanlike in nature, and/or gives one or more crews an unfair advantage over the competitors. A crew, which makes or causes two false starts, shall be excluded from the event.
 - b. Collisions: Between crews within the first 100 meters of the race. The violating crew will

be assessed with a warning.

- c. When, during the first 100 meters of the race, the coxswain or any member of the crew puts up their hand to signal broken or damaged equipment or a rower is thrown out of the boat, jumps a slide or 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. Red buoys will mark the 100 meter breakage zone.
3. If the Referee observes any of the above incidents and determines that a race should not continue, s/he will stop the crews by raising a red flag and sounding an airhorn. The Referee will inspect the affected crew and determine when the race shall be rescheduled and whether or not any penalties are warranted.
4. Any attempt to stop a race for unauthorized reasons may be a cause for exclusion.
5. Exclusions: A crew that is assessed two warnings shall be excluded from the event. A crew may be excluded for causing a collision, or for causing interference with another crew. A crew may be excluded for unsportsmanlike conduct, by an official or jury.

Raising an Objection Post Race

1. An objection 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 an objection on behalf of a Crew
2. A Crew wishing to lodge an objection 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 Crew shall then explain its objection and state its requested resolution or outcome.
3. If possible, an informal pre-hearing will be given by the Ombudsman as soon as the crews return to the dock. The Ombudsman will act as a moderator to attempt to resolve the conflict in a mutually agreeable way between the protesting crew, other crews involved and the official most directly involved. If this is unsuccessful, or a more thorough investigation is needed, the matter will be formally referred to the Race Committee. A hearing will take place at the conclusion of the session's racing. The formal referral to the Race Committee must be submitted in writing by the team's head coach citing the specific rules applicable and be accompanied by a \$50.00 fee. Disposition of the protest will follow US Rowing rules including return of the \$50.00 fee if the protest is upheld.

Returning to the Dock

1. After each race, crews must clear the finish line promptly and return to the docking area directly by turning left and rowing back between the course and the shore.
2. Follow the Dockmaster's instructions when approaching the docks. Crews launching have priority over those landing.

TROPHIES AND AWARDS

1. Championship Events: Gold medals will be awarded to the individual members of every winning crew in a grand final where there are at least three entrants in an event, silver medals will also be awarded. Where there are at least four entrants in an event, bronze medals will also be awarded.
2. Non Championship Events: Gold medals will be awarded to the individual members of the winning crew in each flight. Silver and bronze medals will not be awarded regardless of the number of crews in a flight.
2. Trophies are awarded to the winning crews in the following races; Men's Varsity 8+ and Women's Varsity 8+.
3. Trophies are awarded to the highest placing "club program" crew in both the men's and women's Varsity 8+ event.
4. The Sanford Cup Trophy will be awarded to the team that accumulates the most points in the Championship Events.

Points are awarded to every crew racing in a final (Grand, Petite, etc) and scoring is calculated from the bottom up. The last place finisher in each event will receive the minimum amount of points, and the other finishers will receive the increasing number of points for each place above.

The following is the scoring system for each event using 10 entries as an example:

Multiplier	Event	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
3	Varsity 8	30	27	24	21	18	15	12	9	6	3
2	2nd Varsity 8	20	18	16	14	12	10	8	6	4	2
1	Varsity 4	10	9	8	7	6	5	4	3	2	1
2	Frosh/Nov 8	20	18	16	14	12	10	8	6	4	2
1	Frosh/Nov 4	10	9	8	7	6	5	4	3	2	1

5. The trophy for the most improved team will be awarded to the team, other than the Sanford Cup winner, that made the largest jump in points earned from the previous year.

Cancellations

In the event of inclement weather, the chief Referee and Regatta Director will make the final decision about postponements and cancellations. This may include, but not be limited to: compression of the schedule, elimination of the lunch break, elimination of lower level finals, cancellation of the event.

[HOTEL RECOMMENDATIONS](#)

[RESTAURANT RECOMMENDATIONS](#)