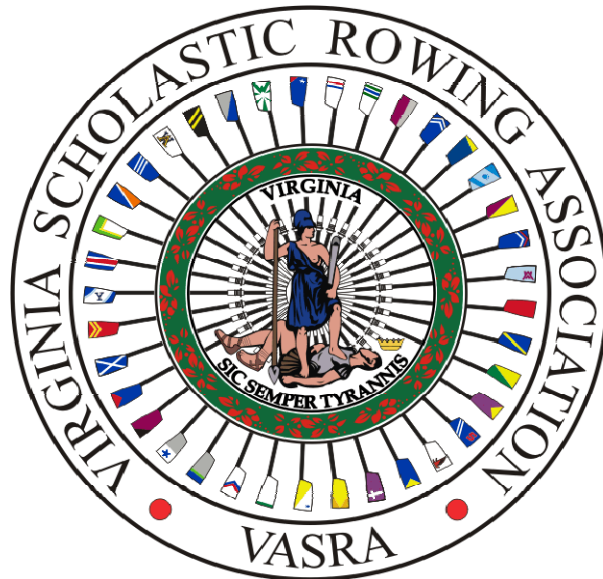


2010 Rules of Rowing VASRA Supplement

to the

USRowing Rules of Rowing



by the

Crew Council

**Governing the Member Teams of the
Virginia Scholastic Rowing Association**

December 1, 2009

VASRA's modifications to the USRowing Rules of Rowing are set out in this Supplement. The VASRA Supplement is to be used in conjunction with the USRowing Rules of Rowing. This Supplement is numbered to mirror the USRowing Rules of Rowing and is specifically identified by an "S" preceding each provision. If there is no VASRA modified provision set out in this Supplement, the USRowing Rules of Rowing provision applies.

TABLE OF CONTENTS

ARTICLE I – GENERAL 1

Part A – Introductory Provisions 1

 S1-101.1 **TITLE 1**

 S1-102.1 **PURPOSE 1**

 S1-103.1 **INTERPRETATION 1**

 S1-104.1 **SCOPE AND EXCEPTION..... 1**

 S1-105.1 **SITUATIONS NOT COVERED 1**

 S1-106 **RULES OF ROWING VASRA SUPPLEMENT REVIEW..... 1**

 S1-107 **USROWING MEMBERSHIP 2**

PART B – DEFINITIONS 2

ARTICLE II – CONDUCT OF THE RACE..... 2

PART A – OFFICIALS..... 2

PART B – SAFETY AND FAIR CONDITIONS..... 2

 S2-201.1 **SUSPENDING RACING..... 2**

 S2-202.1 **PRE-REGATTA MEETING 2**

 S2-202.2 **BOAT EXCHANGES..... 3**

 S2-203.1 **TRAFFIC PATTERNS; SAFETY INFORMATION..... 3**

 S2-203.2 **NVRPA OCCOQUAN WATER CONDITION FLAG SYSTEM 3**

 S2-203.3 **COXSWAIN (OR ROWER) TOSSING 3**

PART C – THE START..... 3

 S2-303.1 **CHANGING RACING TIMES AND LANE ASSIGNMENTS..... 3**

Part D – The Body of the Race..... 3

 S2-411.1 **UNSPORTSMANLIKE CONDUCT 3**

Part E – The Finish..... 4

Part F – Penalties and Protests 4

 S2-609 **ADJUDICATION PANEL 4**

 S2-610 **PROTESTS AND PENALTIES CONCERNING COMPETITION RULES 4**

ARTICLE III – EQUIPMENT 5

Part A – Construction and Design..... 5

Part B – Insignia and Advertising..... 5

ARTICLE IV – COMPETITORS 5

 S4-101.1 **AMATEUR STANDING 5**

 S4-102.1 **ILLEGAL USE OF DRUGS..... 5**

 S4-104.1 **CLASSIFICATION BY AGE..... 6**

 S4-104.2 **JUNIOR EVENTS..... 6**

 S4-106.1 **LIGHTWEIGHTS 6**

 S4-107.1 **INDIVIDUAL ELIGIBILITY AND DISCIPLINE 6**

 S4-107.2 **ELIGIBILITY OF SCHOOL TEAMS..... 6**

 S4-107.3 **INDEPENDENT TEAMS 6**

 S4-107.4 **ATHLETIC ELIGIBILITY LIMITATION 7**

ARTICLE V – REGATTAS..... 7

Part A – Regatta Organization 7

Part B – Entries 7

S5-201.1 SUBMISSION OF ENTRIES 7

S5-201.2 SCHOOL SPONSORSHIP RULE 7

S5-201.3 SCHOOL RECOGNITION RULE 7

S5-201.4 HIGH SCHOOL LEAGUE MEMBERSHIP RULE 8

S5-201.5 ORDER OF EVENTS 8

S5-202.1 REPORTING OF ENTRIES..... 9

S5-202.2 SCRATCHES 9

S5-203.1 GENERAL REQUIREMENTS FOR ENTRIES AND AFFILIATION 9

S5-203.2 REGATTA SCHEDULING PROCEDURES 9

S5-203.3 DOUBLE ROWING 10

S5-204.1 COMPOSITE CREWS..... 10

S5-204.2 MIXED SEX RULE 11

S5-204.3 REQUIRED ENTRIES 11

S5-209.1 PROGRESSION OF EVENTS 11

S5-209.2 WEEKLY RANKINGS 12

S5-209.3 SCRIMMAGES..... 12

S5-209.4 TEAM SPONSORED REGATTAS..... 12

Part C – NATIONAL CHAMPIONSHIP REGATTAS 13

S5-302.1 THE VASRA CHAMPIONSHIP REGATTA 13

S5-303.1 CHAMPIONSHIP SEEDING 13

S5-305.1 PLAQUES, TROPHIES, MEDALS, AND RIBBONS 13

S5-306.1 CHAMPIONSHIP EVENTS 14

S5-307.1 VSRC CHAMPIONSHIP - POINTS TROPHY PLAN 14

ARTICLE VI – TRAILS RULES 15

ARTICLE VII – THE COURSE 15

ARTICLES VIII – HEAD RACES 15

ARTICLE IX – SUPPLEMENTAL RULE 15

ADDENDUMS 15

ARTICLE I – GENERAL

PART A – INTRODUCTORY PROVISIONS

S1-101.1 TITLE

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

S1-102.1 PURPOSE

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

This supplement shall:

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

S1-103.1 INTERPRETATION

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

S1-104.1 SCOPE AND EXCEPTION

The VASRA Rules of Rowing Supplement to the USRowing Rules of Rowing sets forth and describes policy and procedures to be followed by all VASRA member schools and schools invited to participate in VASRA regattas. This Supplement has been developed by the VASRA Coaches Committee and duly-appointed representatives of the Crew Council and VASRA specifically for rowing in the Virginia and Washington D.C. metropolitan area.

S1-105.1 SITUATIONS NOT COVERED

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

S1-106 RULES OF ROWING VASRA SUPPLEMENT REVIEW

1. Proposals for changes in rules must be forwarded to the Rules Committee by October 31 of each year. Proposals will be accepted, in writing, only from the Coaches Committee, from the Crew Council, or from the VASRA Board of Directors. Proposals from individuals will not be considered. The recommendations of the Rules Committee will be directed to the VASRA Executive Board for review and comment and then will be presented to the Crew Council for acceptance at its January meeting. Once these recommended rule

changes are accepted by the Crew Council, they will be fixed for the spring competitive season. Further changes will not be considered until the next annual rules review cycle.

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

S1-107 USROWING MEMBERSHIP

Competitors do not have to be individual members of USRowing to compete in a VASRA championship (or regular season regatta) as long as the team is an organizational member of USRowing. However, individual membership is required should a team compete in the USRowing Youth National Championship. Additionally, individual membership is required for nomination for awards sponsored by USRowing, including nomination for the annual USRowing Scholastic Honor Roll.

PART B – DEFINITIONS

ARTICLE II – CONDUCT OF THE RACE

PART A – OFFICIALS

PART B – SAFETY AND FAIR CONDITIONS

S2-201.1 SUSPENDING RACING

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

1. If there are indications of possible problems, the Regatta Director, the Chief Referee and, in the case of the Occoquan site, the Sandy Run Park Ranger, will meet at the earliest possible time. The Regatta Director has the ultimate authority to postpone or cancel a regatta. The decision to postpone or cancel will be made after consultation with the Chief Referee and presiding park official, if present.
2. A restricted telephone number will be provided head coaches in order to obtain a recorded regatta status report.
3. If the decision is made to suspend/cancel a regatta, the following groups will be called in order of importance:
 - a) all head coaches
 - b) scheduled officials
 - c) regatta staff
 - d) VASRA Personnel Committee Chair (to inform regatta volunteers)

S2-202.1 PRE-REGATTA MEETING

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

A meeting of all coxswains, and at least one rower of all boats without a coxswain, will be held prior to regatta for the purpose of reviewing regatta procedures. Attendees will be identified or marked and will provide that identification or marking to the Dockmaster/Control Commission to prove attendance at the coxswains meeting prior to being allowed to launch their shell. Events will not be delayed or rescheduled.

The Chief Referee will meet with all race officials.

S2-202.2 BOAT EXCHANGES

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

S2-203.1 TRAFFIC PATTERNS; SAFETY INFORMATION

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

S2-203.2 NVRPA OCCOQUAN WATER CONDITION FLAG SYSTEM

The attention of each team and team authority is directed to the NVRPA *Operating and Safety Procedures* and the VASRA *Safety Manual* for the regulations governing use of VASRA sites and for general safety guidelines during practices and other water related activities. Attention is also called to the condition flag system. Flag colors and meanings are as follows

Purple	Water over the dam
Yellow	High winds/rough water
White	Air/water temperature below 35 ⁰ F
Blue	Excessive debris in water
Orange	Approaching storms
Red	Facility closed, launching prohibited
No Flag	Coaches monitor the conditions

S2-203.3 COXSWAIN (OR ROWER) TOSSING

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

PART C – THE START

S2-303.1 CHANGING RACING TIMES AND LANE ASSIGNMENTS

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

PART D – THE BODY OF THE RACE

S2-411.1 UNSPORTSMANLIKE CONDUCT

All participating teams will be bound by the sportsmanship rules of the high school athletic league governing athletic competition at their school and all team members, students and adults affiliated with any school are expected to conduct themselves in a spirit of good sportsmanship. Acts which transgress the rules of sportsmanlike conduct as outlined in *USRowing Rules of Rowing* or the high school league rules governing VASRA schools will be subject to the penalties listed below. The *USRowing Rules of Rowing* defines "unsportsmanlike conduct" (Article 1-202(y)) as follows: It "shall include, but not be limited to, failure to heed

the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator.” This includes all regatta staff and park personnel. Unsportsmanlike acts occurring on the water or under the purview of a licensed USRowing official will be dealt with pursuant to *USRowing Rules of Rowing*. Transgressions occurring on land will be reported by a witness to the regatta director, who will investigate the act and assess the appropriate penalty.

PART E – THE FINISH

PART F – PENALTIES AND PROTESTS

S2-609 ADJUDICATION PANEL

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

S2-610 PROTESTS AND PENALTIES CONCERNING COMPETITION RULES

1. Protests involving high school athletic league rules shall be handled initially by the Crew Council, in accordance with high school athletic league procedures where applicable. Only principals may initiate such protests. Protests must be made in writing and must be addressed to the chair of the Crew Council, and must be delivered or postmarked within two working days of the contest or of receipt of the information on which the protest is based. The chair of the council shall choose a review committee to hear and adjudicate the protest. This committee shall consist of three persons drawn from the membership of the Crew Council and shall reflect the approximate geographical distribution of the council as a whole. Representatives of both the protesting teams(s) and the team(s) against which the protest is directed must be present. Should a penalty be imposed upon a team by the review board, that team shall have the right to request an appeal before the entire Crew Council (with the protesting and appealing school excused). Such request must be made in writing and delivered to the Chair of the Crew Council within seven days of the original hearing.
2. Protests concerning the official USRA rules of rowing or of local rules of competition, individual event entry requirements, or of a decision of a regatta director or referee, will be handled by a regatta protest Jury as stipulated by the USRowing Rules of Rowing and by VASRA. Decisions made by the Jury on a protest shall be final and binding and, subject to the agreement of the Regatta Director, who shall act as an observer/advisor to the Jury, not be subject to appeal to any outside agency, including, but not limited to, the Referee Committee and USRowing.
3. Coaches may file an administrative challenge (i.e., involving improper entry of a boat or ineligibility of a participant) with the Chief Judge any time during a regatta. *Such an administrative challenge is not a protest.*

PENALTIES

The following penalties may be applied by the Crew Council.

- a. For major violation of the sportsmanship rule by a participant (either as a crew member or as a coach) - minimum: suspension of the individual for one week. (Minor violations can be handled by

the Regatta Jury as provided for in the USRowing Rules of Rowing and VASRA regulations, with a maximum penalty of disqualification of the offending entry).

b. For other violations, penalties may include: i) warnings, ii) probation and iii) suspension for up to two years. In all cases involving a crew member, the entries in which s/he participated on the day of the protest shall be disqualified.

c. Penalties for violation of VASRA regatta entry rules as stipulated in VASRA regulations and Bylaws may include: i) fines, ii) disqualification of the team for the regatta in question, iii) disqualification from the VSRC or, iv) loss of VASRA membership.

ARTICLE III – EQUIPMENT

PART A – CONSTRUCTION AND DESIGN

PART B – INSIGNIA AND ADVERTISING

ARTICLE IV – COMPETITORS

S4-101.1 AMATEUR STANDING

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

S4-102.1 ILLEGAL USE OF DRUGS

1. Smoking and other illegal use of tobacco products, alcohol or controlled substances by rowers or coaches are incompatible with the best principles of scholastic rowing and will not be tolerated during organized practices, regattas or any other activity related to the NCASRA. It is also noted that the laws of the Commonwealth of Virginia and the regulations of the Northern Virginia Regional Park Authority and the National Park Service prohibit consumption of alcoholic beverages or use of illegal drugs. Violations will be reported to the appropriate authority.

2. Competitors are prohibited from engaging in the sport of rowing, whether in competition or in practice, while under the influence or effect of a drug that may enhance athletic capabilities. In addition, student-athletes violating the substance abuse policies may be disciplined in accordance with local school board policies.

S4-104.1 CLASSIFICATION BY AGE

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

S4-104.2 JUNIOR EVENTS

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

S4-106.1 LIGHTWEIGHTS

All teams participating in any VASRA lightweight rowing event shall follow the VASRA Rowing Weight Control Program. See the attached addendum entitled, “**VASRA Rowing Weight Control Program**” for further guidance and information.

S4-107.1 INDIVIDUAL ELIGIBILITY AND DISCIPLINE

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

S4-107.2 ELIGIBILITY OF SCHOOL TEAMS

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

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

S4-107.3 INDEPENDENT TEAMS

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

S4-107.4 ATHLETIC ELIGIBILITY LIMITATION

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

ARTICLE V – REGATTAS

PART A – REGATTA ORGANIZATION

PART B – ENTRIES

S5-201.1 SUBMISSION OF ENTRIES

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

S5-201.2 SCHOOL SPONSORSHIP RULE

All entries in any VASRA conducted event must either:

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

Interpretation:

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

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

S5-201.3 SCHOOL RECOGNITION RULE

All entries to any VASRA conducted event must either:

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

Interpretation:

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

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

S5-201.4 HIGH SCHOOL LEAGUE MEMBERSHIP RULE

1. All schools with recognized crew programs entering VASRA conducted competitions must be members in good standing of the high school athletic association that governs standard athletic competition in the jurisdiction in which the school is located.
2. All non-public schools and independent teams which cannot be members of a high school athletic association that governs standard athletic competition in the jurisdiction in which the school is located must agree in writing to abide by the public high school athletic association regulations in that jurisdiction.

S5-201.5 ORDER OF EVENTS

1. The scheduling and intervals of events are subject to agreement between the Regatta Director and Chief Referee. The race course for all VASRA races is 1,500 meters. Normal intervals are considered to be 8 minutes apart. All events must have a minimum of two entrants.
2. Quads may be entered with or without coxswains.
3. Freshman boats are rowed by students in the eighth or ninth grade only.
4. Lightweight boats are rowed by students meeting the weight requirements as a lightweight.
5. Novice athletes are students who have never competed in a regatta before the current season. Novice boats are comprised solely of novice athletes.
6. The agreed upon order of events is as follows:

VSRA Rowing Order of Events			
Event #	Events	Event #	Events
1	M 1x	28	M3rd 4 / Novice - - RACE
2	M 2x	29	W 3rd 4 / Novice - - RACE
3	M 1st 4 - HEATS	30	M 1st 4 - - FINAL
4	W 1st 4 - HEATS	31	W 1st 4 - - FINAL
5	M 1st 8 - HEATS	32	W 1st 8 - - FINAL
6	W 1st 8 - HEATS	33	M 1st 8 - - FINAL
7	M 2nd 4x	34	W Light 2x
8	W 1x	35	M 1st 4x
9	W 2x	36	M Fr 8 - - RACE
10	M 2nd 4 - HEATS	37	W Fr 8 - - RACE
11	M Junior 4 - HEATS	38	M 2nd 4 - - FINAL
12	W 2nd 4 - HEATS	39	M Junior 4 - - FINAL
13	W Junior 4 - HEATS	40	W 2nd 4 - - FINAL
14	M 2nd 8 - HEATS	41	W Junior 4 - - FINAL
15	M Junior 8 - HEATS	42	M 2nd 8 - - FINAL
16	W 2nd 8 - HEATS	43	M Junior 8 - - FINAL
17	W Junior 8 - HEATS	44	W 2nd 8 - - FINAL
18	M Light 4 - HEATS	45	W Junior 8 - - FINAL
19	W Light 4 - HEATS	46	M Light 4 - - FINAL
20	M Light 8 - HEATS	47	W Light 4 - - FINAL
21	W Light 8 - HEATS	48	M Light 8 - - FINAL
22	M Light 2x	49	W Light 8 - - FINAL
23	W 2nd 4x	50	W 1st 4x
24	M 3rd 8 - HEATS	51	M 3rd 8 - - FINAL
25	W 3rd 8 - HEATS	52	W 3rd 8 - - FINAL
26	M 4th 8 / Novice - - RACE	53	M 4th 8 / Novice - - RACE
27	W 4th 8 / Novice - - RACE	54	W 4th 8 / Novice - - RACE

S5-202.1 REPORTING OF ENTRIES

1. Each coach is responsible for reporting weekly regatta entries to the Regatta Scheduler before 9:00 PM of the Wednesday prior to the regatta. Entries for the championships must be made by 9:00 AM on the Monday prior to the regatta.
2. Individual scheduling problems will be discussed by coaches and the regatta scheduler *no less than* 30 minutes prior to the coaches meeting of each regatta. At this time coaches may make additional entries, notify of any double rowing in non-championship events, notify/requests hot docking privilege, and other issues that need to be addressed during the coaches meeting. The scheduler will present all changes to the regatta director and the coaches during the coaches meeting. All changes the day of the regatta must be approved by the Regatta Director.
3. Additional entries will be accepted only on a first come, first serve basis the morning of the regatta based on lane availability. If there are no available lanes, no additional events or heats will be added to the schedule to accommodate late entries.
4. Championship events will race in an A, B, or C heat, which will be based on rankings. Non-Championship events will not have heats and will only race in an A, B, or C event, which will be drawn at random.
5. Member organizations are encouraged to arrange for guest teams from outside the VASRA membership area, so long as such teams will enter the normal VASRA regatta events. However, the final invitation to any such guest teams must come from VASRA.

S5-202.2 SCRATCHES

A scratch is defined as a cancellation of an entry as submitted. Each team is allowed 3 scratches per season. For each additional scratch a team will be fined \$50.00. Scratches will only be allowed in the lowest boat entered. Fines will be paid to VASRA which will, at the end of the season, distribute the collected fines equally among those schools who have scratched 3 or fewer times during the season. *(Example: If a crew has entered third, fourth and fifth eights, and that school has to scratch one eight, the fifth eight will be scratched, leaving the progression intact. If a team scratches the 4th and 5th eights this counts as two scratches.)*

S5-203.1 GENERAL REQUIREMENTS FOR ENTRIES AND AFFILIATION

All VASRA regular season regattas shall be hosted by VASRA. An individual school will be identified by the Crew Council to obtain sanctioning for the event from all interested high school athletic leagues. The Crew Council will be responsible for providing medical coverage by a licensed doctor, nurse or certified athletic trainer.

S5-203.2 REGATTA SCHEDULING PROCEDURES

1. A school's principal must approve all contests in which representatives of the school participate. No agreement to engage in any contest shall be binding unless approved by the principal.
2. Each fall VASRA will advise the Coaches Committee of the regattas VASRA will host the following spring. The Coaches Committee will receive from each individual school all competitions that they wish to enter in the spring, VASRA and otherwise. The Coaches Committee will develop an overall schedule and coordinate it with VASRA to assure executability. The coordinated proposed schedule will then receive a final review by the coach representing each school. The coach is responsible for coordinating and receiving the approval of their initial input and the final proposed schedule from their school administration and booster organization. The final proposed schedule will be forwarded to the Crew Council not later than 1 December for review and approval. Once the schedule is approved in December by the Crew Council, each principal shall have the right only to accept or decline participation in the entire regatta schedule as approved.

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

Interpretation:

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

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

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

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

7. Teams with "upper boats" rowing in separate regattas will be permitted to enter lower boats in VASRA regattas without being required to row in events higher than their normal competitive level would be if their upper boats were present.

S5-203.3 DOUBLE ROWING

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

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

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

S5-204.1 COMPOSITE CREWS

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

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

S5-204.2 MIXED SEX RULE

VASRA teams will not mix crew members (rowers) of opposite sexes in the same entry. In accordance with a variance granted by the VHSL in March 2001, coxswains may be of a different sex than the rowers in the same entry.

S5-204.3 REQUIRED ENTRIES

1. The following minimum entries will be required for each member team competing in all VASRA regular season and championship regattas
 - a. First year of operation: Minimum of a Third level boat must be entered. All additional boats must be entered in descending order.
 - b. Second year of operation: Minimum of a Second level boat must be entered. All additional boats must be entered in descending order.
 - c. Third and succeeding years: All entries must be in descending order.
 - d. Teams may choose to enter above the minimum requirement (i.e. a first-year team may enter a second eight). The above applies to all regattas, including championships.
2. Teams will not be allowed to enter more than one entry per event (No "B" Boats). It is understood if there are more entries than events then the scheduler per the direction of the regatta director will place these entries in available non-championship events (Freshman 8, 4th-8, 5th-8). Exceptions will be permitted on a case basis.

S5-209.1 PROGRESSION OF EVENTS

The progression order of events is First Eight, Second and/or Junior Eight or Lightweight Eight, Third Eight, and Fourth Eight. Fours and sculling events are also subject to the same progression. Teams may not skip events (i.e. teams not entering a 1st-8 will not be able to enter a 2nd or Junior-8 or a 3rd-8). Lightweight, Freshman, and Novice events are NOT subject to progression to enter their respective events. Teams are expected to follow progression of events at all times. The following is the progression for championship and non-championship events for each gender for all regularly scheduled VASRA regattas including the VSRC championship:

Eight Events	Classification
1 st Eight	Championship Event
2 nd and/or Junior Eight	Championship Event
Lightweight Eight	Championship Event
3 rd Eight	Non-Championship Event
4 th /Novice Eight	Non-Championship Event
Freshman Eight	Non-Championship Event

Four Events	Classification
1 st Four	Championship Event
2 nd and/or Junior Four	Championship Event
Lightweight Four	Championship Event
3 rd /Novice Four	Non-Championship Event

Sculling Events	Classification
1 st Quad	Championship Event
2 nd Quad	Non-Championship Event
1 st Double	Championship Event
Lightweight Double	Championship Event
Singles	Championship Event

S5-209.2 WEEKLY RANKINGS

Only Championship events will be ranked. Rankings will be used to determine weekly lane assignments for each race location. Rankings will be updated weekly with the results obtained from Regattas and Team Sponsored Regattas only. To be valid, such results must be published results (i.e., on Row2K, VASRA Web Page, etc.) and notification made to the Ranking Committee within one week of the event. Late notifications will not be accepted.

S5-209.3 SCRIMMAGES

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

No VASRA member team may participate in more than two scrimmages in any given season. Students may not be dismissed from classes before the end of the school day to participate in a scrimmage.

S5-209.4 TEAM SPONSORED REGATTAS

1. A Team Sponsored Regatta is *any regatta sponsored by an individual school team and it's booster organization*.
2. Size: All team-sponsored regattas will be limited to no more than three teams.
3. Number of Events: No team is allowed to compete in more than two team-sponsored regattas
4. Regatta/Meet Director: All team-sponsored regattas will have a Certified VASRA Regatta/Meet Director. Any coach who assumes this responsibility must relinquish his/her coaching responsibilities during the regatta.
1. Rules: The Regatta/Meet Director is responsible for insuring that the United States Rowing Association rules of racing and local regulations (*School and Rowing Association*) are in effect.
 - USRowing Rules of rowing: www.usrowing.org
 - VASRA Rules: www.VASRA.org/Documents.htm
 - VHSL Rules: www.vhsl.org/forms.htm
 - Nation Federation of High School Associations: www.nfshsa.org
6. Sanction: When necessary, it is the responsibility of the sponsoring team to sanction their regatta with their local high school league.
7. Site Reservation: It is the responsibility of the Regatta/Meet Director to reserve and or make arrangements for use of the regatta site with the appropriate organization.
8. Officials: It is the responsibility of the Regatta/Meet Director to insure that the correct numbers of officials out lined by the United States Rowing rules of racing are present.
9. Insurance/Safety: It is the responsibility of the Regatta/Meet Director to (*from rule 50-3-2 of VHSL*)

- Provide that a certified athletic trainer is present during the regatta
- Provide that all athletes be covered by accidental insurance that protects them during athletic participation
- Provide a healthful, safe and sanitary environment for all participants

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

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

PART C – NATIONAL CHAMPIONSHIP REGATTAS

S5-302.1 THE VASRA CHAMPIONSHIP REGATTA

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

S5-303.1 CHAMPIONSHIP SEEDING

The VSRC will be seeded for championship events only. The seeding will be maintained throughout the season by the VASRA Regatta Scheduler. Final seeding will be sent to all coaches not more than three days following the final regular-season regatta. Coaches wishing to protest the seeding order must do so within 48 hours. Issues which cannot be resolved between the scheduler and disputing coach will be sent to the Regatta Director for final ruling.

S5-305.1 PLAQUES, TROPHIES, MEDALS, AND RIBBONS

1. Plaques and Trophies:

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

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

2. Medals and Ribbons:

Medals: Medals shall be awarded only at championship regattas for only championship events.

Ribbons: Ribbons shall be awarded at all regular season regattas and for non-championship events held at championship regattas.

Medals and Ribbons will be awarded as follows:

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

S5-306.1 CHAMPIONSHIP EVENTS

The Rules for conducting Championships are further modified below:

1. Three Competitor Rule: Championship events with fewer than three entries shall not be held in the current year.
2. Entry Rule: Schools will be allowed to enter **only four boats** (per gender) in the Championship regatta. Singles and Doubles are not included in the four-boat limit. All entries must be received on the date two weeks prior to the Championship event.
3. Open.
4. Finals Rule: All Championship events will be given heats and finals.
5. Petition for Races Rule: Petition to add additional races may be done as long as the following conditions are met:
 - a). There are fewer than 48 total races scheduled
 - b). There are three or more separate school teams who wish to compete in the proposed race.
 - c). All petitions are to be in writing and given to the Regatta Director by the President of the VASRA Coaches Committee three weeks prior to the Championship.
 - d). Criterion for selection of races
 - 1st Criterion: Races will first be selected by seniority as follows: 1st boat, 2nd boat, lightweight boat, 3rd boat.
 - 2nd Criteria: Races which have the greatest number of schools entered.
 - 3rd Criteria: Races will be selected by lottery.
 - e). Petitions are the sole responsibility of the Coaches Committee Executive Board to adjudicate.
6. Lower Boat Championship Athletes: Lower boat championship athletes will NOT be permitted to participate in the VSRC Championships.
7. Double Rowing: Double rowing shall NOT be permitted at any championship. Rowers may compete in only one event. However, coxswains shall be permitted to cox in two events or cox in one event and row in one event, but not exceed two events.

S5-307.1 VSRC CHAMPIONSHIP - POINTS TROPHY PLAN

1. Standings will be determined for four trophies:

Women's Division I
Women's Division II *

Men's Division I
Men's Division II *

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

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

The following table will be used to determine earned points:

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
1 st 8	46	34	26	20	16	14	12	10	8	6	4	2
2 nd 8	34	26	20	16	14	12						
Jr 8	34	26	20	16	14	12						
Lt 8	26	18	12	8	6	4						
1 st 4	26	20	16	14	12	10	8	6	5	4	3	1
2 nd 4	20	16	13	11	10	9						
Jr 4	20	16	13	11	10	9						
Lt 4	16	12	9	7	5	3						
1 st 4x	12	8	5	3	2	1						
2x	8	6	4	3	2	1						
Lt 2x	8	6	4	3	2	1						
1x	6	5	4	3	2	1						

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

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

3. In events with no semi-final, a crew must defeat at least one other crew in order to earn points. If the event has fewer than thirteen entries, crews in the petite final must defeat at least one other crew in order to earn points.

4. The table above is for events with semi-finals. For events which are finals only, use this guide:

- 6 boats entered, points start at 1st place on down, last place no points.
- 5 boats entered, points start at 2nd place on down, last place no points.
- 4 boats entered, points start at 3rd place on down, last place no points.
- 3 boats entered, points start at 4th place on down, last place no points.
- 2 boats entered, points start at 5th place on down, last place no points.

5. The tie-breaker for Division I teams is place of finish in the 1st 8. The tie-breaker for Division II teams is place of finish in the 1st 4.

6. No team may earn points in more than four events. The top four point totals earned will be used to determine a team's total.

ARTICLE VI – TRAILS RULES

ARTICLE VII – THE COURSE

ARTICLES VIII – HEAD RACES

ARTICLE IX – SUPPLEMENTAL RULE

ADDENDUMS

**2010 CERTIFICATION AND ACKNOWLEDGMENT OF THE US ROWING RULES OF ROWING,
VASRA RULES OF ROWING SUPPLEMENT, VASRA OPERATIONS MANUAL
AND VASRA ROWING WEIGHT CONTROL PROGRAM**

All Athletic Directors, Head Coaches and Crew Booster Presidents will be provided with a copy of this VASRA Supplement, the USRowing Rules of Rowing, the VASRA Rowing Weight Control Program, and the VASRA Operations Manual. Head Coaches and Crew Booster Presidents are required to sign and return the acknowledgment below to their Athletic Director. Each Athletic Director will forward the signed acknowledgments to the Crew Council Chair by the Friday eight days prior to the first regatta. The Chair will notify the Regatta Directors prior to the first regatta if any members have not returned their acknowledgments. No member will be eligible to participate in any regatta until that school's acknowledgment has been received by the Crew Council Chair.

The undersigned hereby certify that they have read, understood and will implement and abide by the conditions and rules contained in the US Rowing Rules of Rowing, VASRA Rules of Rowing Supplement, VASRA Operations Manual, and the addendum entitled, VASRA Rowing Weight Control Program for lightweight rowing. Each acknowledges that he/she is required as a condition of his/her school's participation in Virginia Scholastic Rowing Association REGATTAS to perform all instructional and administrative duties herein stipulated.

By: _____
School Principal or Designated School Administrator

School: _____ Date: _____

by: _____ Date: _____
Crew Booster President

by: _____ Date: _____
Head Coach, Men

by: _____ Date: _____
Head Coach, Women

I hereby certify that all crew coaches of this school are satisfactorily pursuing and maintaining the appropriate USRowing Level Certification for the position they fill on the coaching staff as required herein except as noted below.

By: _____
School Principal or Designated School Administrator

To be signed and returned to the Crew Council Chair through the school Athletic Director prior to 19 March 2009 in order to allow the school's crew team to row in the first regatta.

Crew Council Co-Chair:

Ms Noel Deskins
Wakefield High School
4901 S Chesterfield Road
Arlington, VA 22206
ndeskins@arlington.k12.va.us