



1 STANDARDS

All events shall be rowed according to the NZRA Rules of Racing and the Conditions of the Otago Rowing Association and South Island Rowing Inc. (SIRI). The Race Committee may vary these conditions as circumstances arise.

2 DISTANCE

2000m on a ten lane Albano course with markers at every 500m and lanes 1-10.
All masters and adaptive events will be over 1000m, with the novice 2x having the option of 1000m and 2000m races.

3 TIME

The regatta will commence on Saturday 10th December, 2016 at 7:00am and continues on Sunday starting at 7:00am unless directed differently by the daysheet.

4 PROCEEDING TO START

All crews must proceed to the start on the inside of the course unless specifically directed. Crews must be in the START zone at least five minutes before the advertised start time of their race. The race will take place without reference to absentees. The starter will inform the crews of the time remaining before the start at appropriate intervals.

5 START PROCEDURE

Crews are to be held in their positions two minutes before the start time. Crews arriving late (less than 2 minutes) but before the start of the race automatically incur a penalty false start. To assist with recognition, it is preferred that prior to the attention the Bow or Two person of a crew raises their arm.

*****THE START AREA IS A QUIET ZONE*****

The starting commands are stipulated in Rule 57 of the NZRA Rules of Racing.

6 NON-START RETURNS

For safety reasons, non-starters must return to Boat Park on the outside of the regatta course or as directed.

7 NUMBERS

All boats must carry the correct LANE NUMBERS these will be Alpha Numeric numbers that will be provided by Ruataniwha Rowing. Numbers are to be collected prior to racing and handed back after completion of the race to the numbers hut, any loss of numbers will incur a fee which will be enforced by SIRI. The number displayed must be that designated in the draw. .

8 RACING COLOURS

Every competitor (excluding coxswain) must wear a uniform in club colours (see NZRA Rule 23). T-shirts or long sleeved tops may be worn under the official club uniform. In an emergency the Race Committee or Umpire may authorise the wearing of an alternative uniform. Prior agreement is essential. Crews comprising rowers from one (the same) school are permitted to row in that school's colours.



9 COXSWAINS

- (a) All Coxswains' shall be weighed in rowing costume, excluding life jacket, between one hour and two hours before their first race on each day of racing (Ref. NZRA Rule 22.5).
- (b) Minimum coxswain weight for all crews shall be 55kg. A dead weight of up to 20kg may be added to make weight (Ref. NZRA Rules 22.3 & 22.4).
- (c) Dead weight to be secured together or contained so that it is clearly identifiable as dead weight. Spanners and other tools are not acceptable as dead weight.
- (d) Dead weight may be check weighed at any time. If inadequate weight is carried in a race, the crew will be subject to relegation to last place in that race or other penalty imposed by the Chief Umpire.
- (e) Life-jackets – coxswains must wear an approved life-jacket, suitable for their size and weight, and worn outside all other clothing. Self-inflating or automatic-inflating life-jackets are not acceptable.
- (f) Coxswains are not to wear heavy cotton clothing (such as jeans or sweatshirts) but suitable clothing that will keep them warm if they become wet – for example, polyprops, polar fleeces etc
- (g) A coxswain may not compete for more than one club at any regatta – however, application for dispensation may be made to the Race Committee prior to the regatta with appropriate reasons. (Ref. NZRA Rules 22).

11 SUBSTITUTES

Substitutes are subject to NZRA Rule 46 & 47 and must be advised to the Regatta Control via the Regatta Secretary prior to the first race for the event in which the crew is entered. Substitutes can be made online prior to the event or via the Regatta Secretary during the event. Only 50% of sliding seats and the coxswain may be changed in any one crew.

12 PROTESTS

Any protests shall be made to the Race Umpire before leaving the boat, except in unavoidable circumstances. The protest to be confirmed in writing immediately afterwards to the Race Committee and must be accompanied by a deposit of \$20. This shall be forfeited if the protest is not upheld.

13 BOW COXED BOATS

Shall provide an opening for the coxswain at least 700 mm long and be as wide as the boat for at least 500-mm. The interior surfaces shall be smooth and without any projections that would hinder rapid egress. A fixed bulkhead shall be provided at a suitable distance from the backrest to suit the coxswain's height so they can push themselves clear of the cockpit easily. The steering mechanism must not hinder egress, by projecting into the coxswain's enclosure. Ref. NZRA Rule 29.

14 BOAT WEIGHT

All boats must comply with NZRA Rule 26

I.e. Minimum weights of:

1X	=	14Kg,	2X	=	27Kg,
2-	=	27Kg,	4X-	=	52Kg,
4-	=	50Kg,	4x+	=	53Kg,
8+	=	96Kg,	4+	=	51Kg,
8x+	=	100Kg.			

All boats should be weighed before the Regatta and all will be subject to random weighing during the Regatta.



15 FLAG SIGNALS

Green: Regatta is on.	Yellow: Regatta is temporarily postponed.
Red: Course Closed	Blue: Regatta is abandoned

16 TRAINING ON THE COURSE

Any crew training on the lake during the event must be accompanied by a suitably equipped motor boat (as defined in the Rowing NZ Safety documentation).

NO training will be allowed on the rowing course (course defined as the area of water that is on the start side of the finish line) for half an hour before the start or after the finish of the days racing. Any crew breaking this rule will be penalised.

During the times reserved for racing, crews wishing to train on the lake must comply with the Maritime New Zealand (MNZ) and Environment Canterbury (ECAN) Rules, be within the allowable area of the lake (see map) and Coxswains must wear their life jackets at all times while training. The SIRI Safety and Risk Management Plan also applies.

The lake will be open on Friday 9th December from 4-7pm for training, provided there are enough coaches/parents to drive safety boats.

17 SAFETY

All clubs must attend a safety briefing before they will be allowed to race. The safety briefing will be held at the Macrae Lounge 7:30pm Friday 9th December. **Any use of the lake is subject to the Maritime New Zealand Rules and Regulations and Canterbury Regional Council Navigation Safety Bylaw 2016 and Controls.**

NOTE: Non-compliance leads to penalties

Reminders:

- 1) All boats must have a 40mm dia. white rubber bow ball attached to the bow tip of the boat. (Ref NZRA Rule 27).
- 2) Where shoes are fitted to boats, they shall have heel restraints with a maximum 70mm of travel. In addition, where laces, velcro or similar materials must be open before the athlete may remove their feet from the shoes or other device, these must be able to be released immediately by the athlete with a single quick hand action of pulling on one easily accessible strap. (Ref NZRA Rule 28)

Rowing, by its very nature has an element of danger associated with it and it is a responsibility of all participants to ensure that safe practices are to be used at all times. RR safety equipment is available for the regatta only. The Safety requirements are defined in the SIRI Safety and Risk Management Document. The Safety policies and practices for rowing at this regatta are included in the New Zealand Rowing safety documents. (www.rowingnz.kiwi) All participants need to be familiar with the safety documents mentioned above.



18 HEALTH AND INSURANCE

Each athlete shall take ultimate responsibility for their own state of health and fitness which allows them to compete at a level commensurate with the competition level of the particular event. Equipment owners must carry adequate and comprehensive accident and property insurance covering their persons, equipment and property.

19 DISCLAIMER

The Otago Rowing Association reminds all rowing organisations and rowers participating in this Regatta that while every care will be taken by the regatta officials to ensure that the regatta is conducted safely and efficiently in accordance with the Rules of Racing established by the New Zealand Rowing Association, it is the responsibility of clubs to ensure that those rules are complied with and of the rowers to comply with them to ensure safe rowing activity.

Further, it is a condition of participation in this regatta that all participants accept and note that no liability either in tort or any other nature whatsoever is accepted by or will attach to the Otago Rowing Association, the New Zealand Rowing Association Inc or South Island Rowing Inc for any harm, damage, loss, costs, expenses, inconvenience, interference of what ever nature and whatever kind including any damage to equipment or injury to persons of whatever nature incurred in the course of or in connection with or in any way related to the regatta regardless of whether any error or omission, wrongdoing, oversight, negligence or other tort whatsoever on the part of any regatta official or other person may be established.

20 FEES

The entry fee is \$9 plus GST per seat (excluding coxswain). This includes NZRA Levy.

Payments:

Payment Direct Debit to the Otago Rowing Association (Use club name as reference and post a copy of the receipt to the Otago Rowing Association Secretary.)

Account Number: 030903 0386071 00 at Westpac, Moray Place, Dunedin.

OR

By Cheque (made payable to) **Otago Rowing Association Inc.**

Entry fees must be paid to the secretary before the end of the regatta.

21 ENTRIES

The closing date for entries is **10pm Monday 28th November 2016**

All Entries are to be completed online at www.rowit.co.nz

Entries are open to clubs, schools and RPCs.

(All rowers require a Competition Licence to compete at this regatta)

All entries are to be completed online

NOTE: FAX or email Entries are not acceptable

All questions regarding confirming entries etc may be directed to kdmorgan@xtra.co.nz

Crews can be scratched up to an hour before the event via the Regatta Secretary.



22 COMPOSITE CREWS & RPCs

Composite crews from any one or more Local Associations are permitted in any quad sculls, four and eight oar events with the approval of Associations in accordance with NZRA Rule 18. RPC's may enter any Open-class event.

23 AGE CLASIFICATIONS

For age classifications for this regatta the reference date is 1st January 2017 (i.e. the age you are racing at the 2017 Maadi Cup or the 2017 National Championships). Grade classifications are as per the NZRA rules.

24 PROGRESSION

Heats will be run on Saturday and finals on Sunday. Any variation will be at the discretion of the race committee. Progression will be based on either time or place and for any specific event, please refer to the regatta program and daysheet for the progression to apply. Where possible B finals will be rowed.

25 NOTES

- 1:** Where boats of winning crews are required quickly for later races, clubs are expected to arrange the takeover of the boats from the boat launching area only (not behind the dias). Clubs are expected to provide sufficient boats to avoid timing clashes.
- 2:** NZRA Rules 46 and 47 of the Rules of Racing apply in regard to substitutes and scratching. Non- Compliance with these Rules is financially onerous. Competitors and Officials are expected to be familiar with the Regulations in general and these two in particular. They need to understand the penalties for non-compliance.
- 3:** **Cell phones etc - NO cell phones** or other electronic communication devices (capable of permitting communication with anyone outside the boat) are permitted to be carried in a boat whether switched on or off.