



**Heart of Texas
March 4th & 5th
Festival Beach Park
Lady Bird Lake**

NEW FOR 2017

HereNow Timing will facilitate Timing and Results for the Heart of Texas, all results will be available online at www.herenow.com. No results will be printed and posted at the venue. Direct links for results will be available.

All lightweight athletes and coxswains will be weighed in accordance with the USRowing Rules for weigh-ins 4-104.3 – 4-106. **ONLY EXCEPTION, COXSWAINS FOR MASTERS EVENTS WILL NOT BE REQUIRED TO WEIGH IN.**

ALL JUNIOR COXSWAINS ARE RESPONSIBLE FOR SUPPLYING THEIR OWN WEIGHT IF NEEDED.

Venue Information

Location

Festival Beach Park
Lady Bird Lake
Austin, Texas

Parking

Parking within the venue will be limited on race days to boat trailers and tow vehicles only. Parking permits are only issued to trailer tow vehicles. Vehicles and/or cargo trailers are not permitted to be on the grass at any time. Please visit the website for trailer parking maps and additional information. No cargo trailers are allowed to be parked within the venue. Loading and unloading will take place on Friday and after racing concludes on Sunday.

No vehicles will be allowed within the venue to begin load up until racing concludes. Please plan accordingly.

NO PARKING ON GRASS IS PERMITTED FOR ANY REASON. Any vehicle found to have parked on the grass will immediately be towed.

Event Drone Policy

The Local Organizing Committee, working in conjunction with the chief referee, is charged with approving the use of any and all drones at the regatta venue both on shore and in the field of play, including the airspace above the course (in accordance with local and FAA drone regulations for the specific venue).

Anyone wishing to operate a drone at the regatta venue, including media, competing organizations (including athletes, coaches, support personnel, parents or fans) or spectators must have prior approval from the LOC.

Any drones operating in the field of play must be controlled from the shore with an experienced drone operator. The drone itself must remain at least 10 meters behind the crew in its lane and at least 10 meters above the highest point of the referee launch. A drone may not operate in front of a crew in the field of play. At no time may a drone fly directly above a crew or referee in the field of play.

A drone may follow racing on the side of the course, but it must remain at least five meters away from the outside lane and 10 meters above the highest point of the referee launch. A drone may not follow racing on the side of the course being used as the travel lane for launching crews unless there is enough space to have both a five-meter buffer between the drone and the side of the course, as well as a five-meter buffer between the drone and the travel lane.

Practice

The course will be available for practice Friday afternoon March 3rd

Crews may launch for practice from 2pm – 5:30pm. All crews must be off the water by 6pm.

Referees will be available from 2-5pm in order to assist crews with proper procedures for backing into stake boats.

Sportsmanship

USRowing Rule 2-410 Unsportsmanlike Conduct (*)

(a) A Crew or Team that engages in Unsportsmanlike conduct, as witnessed by a Race Official, may be assessed by a Race Official with one of the penalties described in Rule 2-602 (“Types of Penalties”), regardless of whether such conduct otherwise constitutes a violation of these rules. If another Crew’s opportunity to win, place, or advance is affected by such conduct, the Race Official shall take appropriate action

to restore that opportunity, pursuant to Rule 2-603 (“Restoring Opportunity of Winning; Altering Results”).

(b) Any Team member, including a Competitor, who engages in Unsportsmanlike conduct at any time during the Regatta, as witnessed by a Race Official, may have his or her further participation at the Regatta curtailed or prohibited by a Race Official.

(c) If any Team member engages in personally abusive language or conduct, the incident shall be reported by a witnessing Race Official to USRowing.

Rules & Membership

Except as noted in this packet the 2017 Heart of Texas will be governed by the 2016 USRowing Rules of Rowing. The Heart of Texas is a USRowing Registered Regatta. In order to compete in this event all organizations will need to adhere to the following:

All attending organizations must be current USRowing organizational members

All unaffiliated rowers must have an USRowing Championship membership

All competitors must be a basic member and have a current (online) signed waiver

Every competitor must have signed a USRowing Release of Liability Waiver online through USRowing. No paper waivers will be available for this regatta. If any club has a question on how to renew membership or sign an athlete waiver please contact USRowing membership department directly at members@usrowing.org or 800-314-4769.

Registration/Entries

Important Entry Deadlines:

-Opening of Registration: January 29th, 2017 (9pm)

-Standard Registration Deadline: February 20th, 2017

-Waiver Submission Deadline: February 28th, 2017

-Late Registration Deadline: February 28th, 2017 via Regatta Central. On March 3rd late entries will be accepted on site during registration hours. No late entries will be accepted on race days

The deadline for standard registration is 11:59PM CDT, Monday February 20th, 2017. All entries are required to be paid at the time the entry is placed. Any entry that is scratched before the standard registration deadline will be refunded through Regatta Central within 48 hours of the close of the standard registration deadline.

A) Scratches: Fees for scratched entries made after the standard registration deadlines are non-refundable, with no exceptions. Scratches can be made on Regatta Central through February 28th at 11:59pm. All scratches made after this time will need to be made at registration during registration hours on Friday. Scratch forms are available at the registration tent.

B) Late Entries: Late entries are accepted after the deadline at the discretion of the registrar and only to fill empty lanes; no heats will be added to accommodate late entries. Prescribed late entry fees must accompany late entries. Before February 28th at 11:59pm, late entries must be submitted on-line at Regatta Central. After this time late entries will only be accepted on site Friday, March 3rd from 3-6pm during registration hours. No late entries will be accepted after 6:00 PM on March 3rd.

C) Substitutions: Once an entry has been submitted and the deadline for submitting the identity of members of the Crew has passed, (March 1st, 2017) a Crew other than a single scull may substitute up to one half of its Rowers, as well as the coxswain. On race days the LOC may prohibit such substitution if it is not submitted in writing at registration at least two hours before the first race of the event in which the crew is entered. After the first race in an event has taken place, the composition of a crew shall remain the same and no substitution shall be allowed for any subsequent races in that event, except as allowed by the Chief Referee in the case of injury or illness.

D) Duplicate Entries: Fees will not be refunded for duplicate entries.

Junior Entry Cap

All junior events are capped at 21 entries. Entries are accepted in order of submission, a waitlist will be maintained for all junior events with more than 21 entries. Each club per event entry cap is 2.

On Site Registration

On site registration will begin on Friday from 3-6pm and throughout race days on Saturday and Sunday beginning at 5:30am. Crews who need to make scratches or substitutions may do so during these times.

Changes in the Form of Progression

The Heart of Texas is following a modified version of the USRowing Progression System "C" for seven-lane racing.

Entries	Heats	Advancing in Each Heat	
1-7	0		Final Only
8-14	2	(3)	
15-21	3	(2)	

Changes will be made following the below rules:

- 1)** By the LOC, no later than two hours before the scheduled time of the first race in the event, if due to scratches, the reduced number of entries would call for a different form of progression under the applicable progression system or,
- 2)** By the LOC, any time before the first race in the event, if due to scratches, the event would be reduced to a final only, with no heats, under the applicable progression system.
- 3)** If the LOC changes the form of progression under subsection (a) it shall conduct a new draw to determine composition of heats and lane assignments.

Coaches, Coxswains and Blind Boat Meeting

Coach, Coxswains and Blind Boat Meetings will be held in the main tent area on Saturday and Sunday at 5:45 AM. All crews are required to attend one of the meetings.

ALL CREWS ARE RESPONSIBLE FOR PROVIDING THEIR OWN BOW NUMBERS.

Required Equipment

All boats are required to comply with the 2016 USRowing Rules of Rowing regarding Bow balls (3-105), Footgear Release (3-108) and Bow Numbers (3-110)

COMPETITORS

Hot Seating of Boats

A boat that is to change crews immediately upon arrival at the docks after a race, and to race again without being removed from the water, is considered a hot-seat boat. The dockmaster must be notified of every hot-seat boat before it launches for a pre-hot-seat race, and may provide the boat with an identifying marker to indicate the need for special treatment on its return. In all cases, crews should follow the instructions of the dock personnel.

Reporting to the Start

Each crew is responsible for being attached to its starting station and ready to race two minutes before the scheduled time of the race, whether or not the starter has made announcements. If racing is delayed, crews shall be responsible for being within voice range of the starter and in a position to respond to instructions. Regatta officials may prohibit crews that are late to the starting line from racing. The official at control commission may prohibit a boat from leaving the dock if in his or her judgment it cannot reach the starting line on time.

A crew that is not attached to its starting station at least two minutes before the scheduled time of the race may be assessed a warning Rule 2-602(b), "Types of Penalties" by the starter. A crew that is not attached to its starting station by the scheduled time of the race may be excluded by the starter. If racing is delayed, the starter may announce a new racing time, which shall have the same effect as the original scheduled time for the purpose of this rule.

Junior Competition

A crew entered in a junior event shall include only junior rowers. A junior is a competitor who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A competitor ceases to be a junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later. Rule 4-104.1(c). Juniors are not permitted to race in open events.

JV Competition

No rower who competes in a Varsity event may also compete in any JV event. For example, a rower competing in a Varsity quad may not also compete in a JV double, and a rower in a Varsity double may not compete in a JV quad.

In order for a team to compete in a JV event, that team must also compete in the corresponding Varsity event of the same boat class and gender.

Novice Competition

Crews entered in Novice events shall include only novice rowers. A rower qualifies as a novice in a given discipline (sweep or sculling) provided s/he did not row in the 2016 Heart of Texas Regatta, or in any previous regatta, in the same discipline. Coxing experience has no bearing on novice rower classification. A novice entry's coxswain is not required to be a novice.

Men and Women Rowers in Boats

In accordance with USRowing rules, all rowers in men's events must be men, and all rowers in women's events must be women. Coxswains are exempt from this rule. Each mixed crew shall include at least one male rower, and at least half of the rowers must be women.

Lightweight and Coxswain Weigh-Ins

The Heart of Texas will follow the 2016 USRowing Rules of Rowing pertaining to all athlete weigh ins and jcoxswain weigh ins. **Masters Coxswains will not be required to weigh in.** Rules regarding weighs are as follows:

4-104.3 Lightweights

A lightweight Crew is one that complies with the requirements below. An open Event is one that is not a lightweight Event.

1. (a) Men:

(1) A men's lightweight Crew, including a single Scull (1x), shall have no Rower who weighs more than 160 lbs.

(2) A Youth men's lightweight Youth Crew, including a single Scull (1x), shall have no Rower that weighs more than 150 lbs.

2. (b) Women:

(1) A women's lightweight Crew, including a single Scull (1x), shall have no Rower who weighs more than 130 lbs.

3. (c) The Coxswain shall not be counted for purposes of this rule.

4. (d) Rules relating to USRowing National Team Trials Regattas and Regattas governed by FISA may vary.

4-105 Coxswains

1. (a) A Coxswain is a member of the Crew and subject to all rules governing Competitors unless specifically excepted.

2. (b) A male Coxswain may compete in Events for women, and a female Coxswain may compete in Events for men.

3. (c) Rules relating to USRowing National Team Trials Regattas and Regattas governed by FISA may vary.

4-105.1 Coxswain's Weight

1. (a) All Competitors who are competing as a Coxswain must meet the following minimum weights and their weights shall be determined as provided in Rule 4-106 (“Weighing of Competitors”).
 - (1) A Coxswain in an Event for men’s Crews shall weigh at least 120 lbs.
 - (2) A Coxswain in an Event for women’s Crews shall weigh at least 110 lbs.
 - (3) A Coxswain in an Event for mixed Crews shall weigh at least 120 lbs.
2. (b) Coxswains who do not comply with subsection (a) above shall carry deadweight in order to achieve the minimum weight. Any such deadweight shall be placed in the boat as close to the torso of the Coxswain as possible and such weight shall remain in the boat throughout the duration of the race.
3. (c) It is specifically forbidden to distribute deadweight throughout the boat.
4. (d) A Crew whose Coxswain does not have their deadweight at the finish of the Race shall not be placed.
5. (e) At any time, before or immediately after the Race, the Referee, another Race Official, or a member of the Control Commission may require the weight of the deadweight to be checked.
6. (f) Excess clothing, Equipment, electronic systems, tools, or other utilitarian devices germane to competition, shall not be considered part of the Coxswain’s weight and shall not be included as part of any deadweight required under subsection (b) above.

4-106 Weighing of Competitors

1. (a) Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.
2. (b) The weight of Rowers in lightweight Events as described in Rule 4-104.3 (“Lightweights”) shall be determined once each day during either the Weigh-in Window or the Adjusted Weigh-in Window but not both.
3. (c) Lightweight Rowers who fail to weigh-in during either the Weigh-in Window or the Adjusted Weigh-in Window shall be deemed ineligible to race.
4. (d) The weight of Youth Rowers in lightweight Events as described in Rule 4-104.3 (“Lightweights”) shall be determined once each day during either the Weigh-in Window or the Adjusted Weigh-in Window but not both. Each Youth Rower shall have only one (1) initial opportunity to weigh in. A Rower within one (1.0) pound or less of the weight standard is allowed one (1) re-weigh within the same window as their initial opportunity. A Rower whose initial weight is greater than one (1.0) pound above the weight standard will be ineligible to compete in the Event.
5. (e) The weight of Coxswains as described in Rule 4-105.1 (“Coxswain’s Weight”) shall be determined once each day during either the Weigh-in Window or Adjusted Weigh-in Window but not both. In the event a Coxswain is weighed after the applicable Weigh-in Window or Adjusted Weigh-in Window but before the first Race in which the weight is relevant, the Coxswain may be subject to one of the penalties described in Rule 2-602

("Types of Penalties"); the presumed penalty for such infraction is a Warning. Failure to weigh-in at any point in time prior to the first Race in which the weight is relevant shall constitute a violation of Rule 4-105.1 ("Coxswain's Weight") and result in the Coxswain being deemed ineligible to race.

(f) When an Adjusted Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided the Competitor completes their weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

Crew Representation

No competitor may represent two different organizations in the Regatta. Any crew composed of competitors representing different organizations must be entered as a composite crew.

Masters Competition

Masters' age categories are defined in USRowing's 2016 Rules of Rowing, 4-104.1(d). A rower's "rowing age" is his/her age on 31 December 2017; a crew's age is the average of its rowers' rowing ages, rounded down to the nearest whole number.

Entries in Masters events must list every rower's year of birth in order to compete. The Regatta Committee reserves the option to split any Masters event into two or more separate events according to the crews' age categories.

Masters Crews shall be classified by age according to the following categories:

- (AA) 21-26 years
- (A) 27-35 years
- (B) 36-42 years
- (C) 43-49 years
- (D) 50-54 years
- (E) 55-59 years
- (F) 60-64 years
- (G) 65-69 years
- (H) 70-74 years
- (I) 75-79 years
- (J) 80 years and over

Dispute Resolution/Protest

All questions of eligibility, qualification, and interpretation of the rules shall be referred to the Regatta Director and or Chief Referee whose decisions shall be final. Any protest filed will be in accordance with the 2016 USRowing Rules.

Schedule Changes

The event schedule is subject to change depending upon the number of entries received. Events may be canceled or combined if there are fewer than three entries at the standard registration deadline. Any crew entered in a canceled event will be contacted and offered the option to switch to another event or receive a refund of the registration fee.

Awards

Medals are awarded for first, second, and third place finishes, except that no medal is awarded to an event's last-place boat. Information and details on how and where to obtain medals earned will be available beginning February 27th.

Cancellation Due to Weather

Occasionally regattas have to be truncated or canceled, usually in order to avoid exposing competitors, officials, and volunteers to unsafe weather conditions. No regatta is truncated or canceled except by order of the City of Austin or of the Chief Referee, who is trained and certified by the USRowing and bears ultimate responsibility for the regatta's safety. When a regatta is truncated or canceled, no registration fees are refunded.