



Heart of Texas Regatta February 29th & March 1st, 2020 Festival Beach Park Lady Bird Lake

NOTE THE FOLLOWING UPDATES OR CLARIFICATIONS TO:

PARKING: PLEASE ADVISE OTHER PARENTS AND COACHES OF CHANGES MADE TO PARKING RULES.	Pg. 2
MANDATORY ATTENDANCE AT COACHES & COXSWAIN MEETINGS	Pg. 3
SUBSTITUTION RULES	Pg. 4
2V (formerly JV) DEFINITION	Pg. 5
NOVICE DEFINITION	Pg. 6
OFFICIAL REGATTA WATER & ROW BACK POLICIES	Pg. 7
WEIGH-INS	Pg. 8-10
ALL COXSWAINS MUST WEIGH-IN	Pg. 10
TEAM POINTS	Pg. 11

I. Venue Information

Location:
Festival Beach Park
Lady Bird Lake
Austin, TX 78702



All boats must launch from Festival Beach and go through Control Commission

II. Parking

Parking within the venue will be limited on race days to boat trailers and the vehicle that was used to tow the boat trailer. Parking permits are only issued to boat trailer tow vehicles. Please visit the website for trailer parking maps and additional information. Trailers and tow vehicles are limited to the loop of Chicon only. **No vehicles are allowed to park in the small parking lot within the venue—they will be towed. If you need to use the parking lot, please contact info@austinrowing.org for more information.**

For vehicles without permits: No equipment vehicles other than the boat trailer and tow vehicle are allowed to park within the venue. The venue is defined as the inner circle of Chicon Street. *Tow vehicles and trailers are not allowed to enter/exit the inner loop except for the times specified below.*

Parents, booster clubs, and additional equipment vehicles are only allowed within the inner loop of the venue during the following times:

- Friday: Before 1pm and after 6:30 pm
- Saturday: 60 minutes after the conclusion of the final race of the day
- Sunday: 60 minutes after the conclusion of the final race of the day

Parents and coaches who have tents, grills, coolers, and other equipment to unload outside of the above times will need to park on Nash Hernandez Road. They will not be given access to the inner circle of Chicon Street outside of the posted loading/unloading times.

No coach/trailer tow vehicles will be allowed or to enter or exit the inner circle of Chicon Street starting 90 minutes prior to the first race of the day.

Anyone missing this window will need to park outside the venue, even if they have a parking permit.

Coaches with permits, and other vehicles without permits will be allowed to enter/exit the inner circle of Chicon Street 60 minutes after the conclusion of the last race each day.

Please plan accordingly.

Austin Rowing Club is working closely with the City of Austin Parks and Recreation Department to better enforce regatta-parking guidelines.

NO PARKING ON GRASS IS PERMITTED FOR ANY REASON.

Any vehicle found not adhering to the above rules will be towed immediately.

III. Coach, Coxswain, and Blind Boat Meeting

Attendance is mandatory on both days. The Chief Referee will take attendance to make sure each team has a representative at the meeting. If not at the meeting, you must speak with the Chief Referee prior to being allowed to launch which may delay your crew's launch time and not allow for the crew to reach the start line on time. Meeting starts at 6:15 am Saturday and Sunday.

IV. Practice

The course will be available for practice Friday afternoon: February 28th. Crews may launch for practice from 2–5:30pm. 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.

V. Rules and Membership

Except as noted in this packet the 2020 Heart of Texas Regatta will be governed by the 2019 USRowing Rules of Rowing. The Heart of Texas Regatta is a USRowing Registered Regatta. In order to compete in this event all organizations will need to adhere to the following:

- A. All attending organizations must be current USRowing organizational members.
- B. All unaffiliated rowers must have a USRowing Championship membership.
- C. 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 the USRowing membership department directly at members@usrowing.org or you can call 1-800-314-4769.

VI. Registration/Entries

A. Important Entry Deadlines:

- 1. Standard Registration
 - a. Opens: January 21, 2020 (9:00pm CDT)
 - b. Closes: February 18, 2020 (10:59pm CDT)
- 2. Late Registration
 - a. Opens: February 18, 2020 (11:00pm CDT)
 - b. Closes: February 25, 2020 (11:59pm CDT)
- 3. Line-Up Deadline: February 25, 2020 (11:59pm CDT)

B. Waiver Submission Deadline: February 25, 2020 (11:59pm CDT)

C. Payment: Payment is due at time of registration. Any entry that is scratched before the standard registration deadline will be refunded through Regatta Central.

D. Late Entries: Late entries are accepted after the standard registration 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 25 at 11:59pm, late entries must be submitted online at Regatta Central. After this time, late entries will only be accepted on-site Friday, February 28 from 3-6pm during registration hours. No late entries will be accepted after 6:00pm on February 28. No late entries will be accepted on race days.

E. Scratches: Fees for scratched entries made after the standard registration deadlines are non-refundable, **with no exceptions**. After the standard registration deadline, scratches can still be made on Regatta Central through February 25 at 11:59pm. All scratches made after this time will need to be done at registration during registration hours on Friday, February 28 (3-6pm), or on race days. Scratch forms are available at the registration tent, or online.

F. Substitutions

There will be no line-up substitution restrictions through on-site registration: Friday, February 28, from 3-6pm. After 6pm on February 28, the following substitution rules go into effect: 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 one hour 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, including the coxswain, 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.

Substitution forms are also available online.

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

H. 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. Entry Cap: 2 entries for each club per event.

I. On-Site Registration: On-site registration will begin on Friday February 28 from 3-6pm and throughout race days on Saturday and Sunday beginning at 6:00am. Crews who need to make scratches or substitutions may do so during these times. After 6pm on Friday, February 28, please see Section VI-F for rules regarding substitutions.

VII. Changes in the Form of Progression

This regatta 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:

- A. By the LOC, no less 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,
- B. 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.
- C. 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.

For masters events, entries will be broken down by age categories depending on number of entries. If heats are required for master’s events, they will follow the progression stated above.

VIII. Competitors

A. Juniors

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 fulltime 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).

1. 1V/2V Rules

No rower who competes in a 1V event may not also compete in any 2V event. For example, a rower competing in a 1V quad may not also compete in a 2V double, and a rower in a 1V double may not compete in a 2V quad.

In order for a team to compete in a 2V event, that team must also compete in the corresponding 1V event of the same boat class and gender.

B. Novices

Crews entered in novice events shall include only novice rowers. A rower qualifies as a novice provided s/he has been competing for under one calendar year, and did not compete in the 2019 Heart of Texas Regatta. Novice eligibility for sweep rowing and sculling are not considered separate. To enter in to a novice event, the rower must have been rowing for under one year, regardless of discipline.

Coxing experience has no bearing on novice rower classification. A novice entry's coxswain is not required to be a novice.

C. Masters

Masters' age categories are defined in USRowing's 2019 Rules of Rowing. A rower's "rowing age" is his/her age on December 31, 2019; 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. All rowers in a Masters boat must have a rowing age of at least 21.

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 and over

E. 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.

IX. Policies

A. Required Equipment: All boats are required to comply with the 2019 USRowing Rules of Rowing regarding bow balls, footgear Release, and bow numbers.

Use of communication devices: Once a crew has launched for a race, **no communication with the crew is permitted from outside the boat** using electronic equipment.

All crews are responsible for providing their own bow numbers. Bow numbers must be the correct and clearly visible. Control Commission will hold a crew from launching if they have an incorrect bow number or it is not deemed visible enough (Example: shark fin bow numbers are too small to be clearly visible).

B. Official Regatta Water and Row Back Policies

The official area designated for the Heart of Texas Regatta extends from the eastern tip of Bird Island, west to the I-35 bridge. It is not recommended that any competitors row past either of those two eastern and western landmarks. If a crew chooses to pass these landmarks, they have exited the protected Regatta water, and the LOC is not responsible for any accidents that may occur. In addition, no referees or safety marshals will be patrolling the areas outside of the Official Regatta Water.

Local crews wishing to row boats back to their boathouses will need to wait until the conclusion of all racing for the day (once all competitors from the final race have returned to the docks). After a crew passes under I-35, they have exited the protection of the Regatta, and are also forgoing any right to protest results of their race.

C. 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. Control Commission must be notified of every hot-seat boat before it launches, so that they can confirm the crew for the hot-seated event has launched, and has the correct bow number. Control Commission also needs to confirm the crew has appropriate coxswain and lightweight rower wristbands, if applicable. Failure to check-in a hot-seated boat could lead to exclusion from the race.

Hot-seating and registering for events that are scheduled close together is done at each competitor's own risk. The LOC and referee staff make no guarantee to crews about reaching their event on time—it is the responsibility of the coaching staff and athletes to make sure they have enough time.

D. 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 by the starter (See the 2019 USRowing Rules of Rowing). 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.

E. Sportsmanship

Per the 2019 USRowing Rules of Rowing, “Unsportsmanlike Conduct” 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 a Race Official, Team member, or spectator as witnessed by a Race Official

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”).

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.

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

F. Weigh-Ins: Lightweight Rowers

Weigh-in procedures for lightweights at the 2020 Heart of Texas Regatta will be as follows:

1. One Weigh-In for the Weekend

Athletes will only be required to weigh in **once** for the entire weekend. Once the athlete has received his/her wristband, it should be kept on for all their lightweight events the entire weekend

2. Weigh-in Times:

- Friday, February 28th from 3-6pm
- Saturday, February 29th from 6:30am to 12:00pm
- Sunday, March 1st from 6:30am to 12:00pm

3. Friday weigh-in procedure:

- Weigh-in will be open from 3-6pm on Friday, February 28th
- Competitors shall be weighed in racing uniform without shoes or other footgear.
- The racing uniform shall cover the torso of the competitor
- Athletes are allowed one practice weigh-in on Friday
- If the athlete makes weight on Friday, they will be given a wristband for the weekend and will not need to weigh in again at the regatta
- If the athlete does not make weight, they cannot weigh-in again on Friday. They may return to weigh-in on Saturday or Sunday. *Athletes will not be excluded from competition based on Friday weigh-ins*

4. Saturday and Sunday weigh-in procedure:

- Weigh-in will be open from 6:30am to 12:00pm on both days
- If the athlete does not make weight but is within 1.0 pounds of target weight, they are allowed one re-try)
- If the athlete does not make weight but is over 1.0 pounds of target weight, they are not allowed to weigh in again that day and cannot compete in that day's events. If the athlete fails weigh-in on Saturday, and also has lightweight events on Sunday, they are allowed to weigh-in on Sunday.

5. Weigh-in Criteria (Saturday and Sunday):

a. Junior/Open/Masters Women:

- 130.0 lbs. or under: Passes weigh-in
- 130.1 lbs. to 131.0 lbs.: Does not pass weigh-in, allowed to re-try one time
- 131.1 lbs. or over: Does not pass weigh-in, not allowed to re-try

b. Junior Men:

- 150.0 lbs. or under: Passes weigh-in
- 150.1 lbs. to 150.0 lbs.: Does not pass weigh-in, allowed to re-try one time
- 151.1 lbs. or over: Does not pass weigh-in, not allowed to re-try

c. Open/Masters Men:

- 160.0 lbs. or under: Passes weigh-in
- 160.1 lbs. to 160.0 lbs.: Does not pass weigh-in, allowed to re-try one time
- 161.1 lbs. or over: Does not pass weigh-in, not allowed to re-try

G. Weigh-Ins: Coxswains

1. **All coxswains will be required to weigh in.** Coxswains needing to carry weight are responsible for providing their own weight. Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor

2. Weigh-in Times:

- Friday, February 28th from 3-6pm
- Saturday, February 29th from 6:30am to 12:00pm
- Sunday, March 1st from 6:30am to 12:00pm

3. A male coxswain may compete in events for women, and a female coxswain may compete in events for men

4. Coxswain's weight

a. All coxswains must meet the following minimum weights:

- Events for men's crews: At least 120.0 lbs.
- Events for women's crews: At least 110.0 lbs.
- Events for mixed crews: At least 120.0 lbs.

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.

-It is specifically forbidden to distribute deadweight throughout the boat

-It is forbidden for coxswains to wear the weight as a backpack once they have entered the boat

-A crew whose coxswain does not to have their deadweight at the finish of the race shall not be placed

-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

-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 (a) above

H. 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.

I. 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 2019 USRowing Rules of Racing.

X. 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.

XI. Awards

Medals are awarded for first, second, and third place finishes, except that no medal is awarded to an event's last-place boat.

Medals will be available for pickup throughout the afternoon of racing.

For Overall, Open, Masters, and Juniors, team points will be awarded for each event based on the following system. Only the highest placing entry for a single team in an event will earn points for that team in that event.

Event	8+ (1V)	4+ (1V) 2V 8+ Ltw 8+ 4x (1V)	2x (1V) 2- 2V 4+ 2V 4x Ltw 4+ Novice 8+	1x Ltw 1x 2V 2x Ltw 2x Novice 4x Novice 4+	Novice 2x Novice 1x
1st	30	24	18	12	9
2nd	24	19	14	10	7
3rd	18	14	11	7	5
4th	13	11	8	5	4
5th	9	7	5	3	2
6th	5	4	3	2	1

If an event is Final-Only (7 or less entries), points will be distributed as described below:

Entries	7	6	5	4	3	2
1st	100%	100%	100%	100%	100%	100%
2nd	80%	80%	80%	60%	40%	20%
3rd	60%	50%	40%	30%	20%	
4th	40%	20%	10%	5%		
5th	20%	10%	5%			
6th	10%	5%				
7th	5%					

XII. 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.

XIII. Lady Bird Lake is no touch water

NO swimming or throwing the cox into the water is permitted on Lady Bird Lake due to high bacteria levels. It is also strongly recommended that dog owners prevent their dogs from entering or drinking the lake water.

XIV. 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.