1. Rule 2-305 Start

2-305 Start

(a) After the Judge at Start signals that alignment has been achieved, the Starter shall announce the name of each crew.

(b) If alignment is lost during the announcement of the crews the Starter may suspend the process and resume when the previous condition is restored. If there is a significant delay, the Starter may repeat the entire procedure.

(c) Once the announcement of the names of the crews begins, the Starter shall disregard any crew signaling that it is not ready under this procedure regardless of when such signal is given.

2. Rule 2-306 Starting Commands with Flags

2-306 Starting Commands with Flags

(a) After the crews have been announced, the Starter shall start the race by: (1) calling out "Attention!," (2) raising the Starter's flag overhead, preferably using two hands, and (3) after a distinct and variable pause, calling out "Go!" The command "Go!" shall be accompanied by a quick and simultaneous downward motion of the Starter's flag to one side.

(b) If, after the Starter's flag has been raised, the Starter believes for any reason that the start should not occur, he or she shall call out "As You Were!" and gently lower the Starter's flag directly in front of him or her. The Starter then shall repeat the starting commands in their entirety, but may dispense with announcing the crews.

(c) Crews may leave the starting line when the Starter's flag begins to move.

(d) A crew that rows out of the starting area (100 meters) waives any right to protest on the grounds that the start was not fair.

3. 2-306.1 Starting Commands with Lights

2-306.1 Starting Commands with Lights

(a) After the crews have been announced the Starter shall start the race by: (1) calling out "Attention!," (2) the Starter shall press a button (or switch) to change the traffic lights from the neutral (unlit/black) position to red, and (3) after a distinct and variable pause, the Starter shall give the starting command by pressing a button that shall at the same moment:

-Change the red light to green,
-make an audible signal through the loudspeakers,
-start the timing system for the race (if the timing and starting systems are linked)
-freeze the picture on the monitor in the aligner's station (if installed)

(b) If, after the red light has been illuminated, the Starter believes for any reason that the start should not occur, he or she shall call out, "As you were!" and change the lights from red to neutral. The Starter shall repeat the starting commands in their entirety, but may dispense with announcing the crews.

(c) Crews may leave the starting line when the light turns from red to green.

(d) Rule 2-306(d) shall apply when a traffic light system is used.

4. Rule 2-307 Quick Start

2-307 “Quick Start”

If weather or other conditions prevent use of the normal starting procedure, the Starter may dispense with the announcement of crews described in Rule 2-305 (Start). The Starter first shall announce to the crews that a “quick start” will be used. When all crews appear to be properly pointed and ready to race, the Starter shall immediately call out “Quick Start!” followed by the starting commands (Rule 2-306 or Rule 2-306.1). Once the announcement of "Quick Start" is made, the starter shall disregard any crew signaling that it is not ready.

5. Rule 2-308 Countdown Start

2-308 Countdown Start

Remove entire section

6. Rule 3-104 Minimum Weight of Boats

3-104 Minimum Weight of Boats

(a) All boats described in Rule 3-103 ("Categories of Boats") shall comply with the following minimum weights:

Category	Weight (lbs.)	Weight (kgs.)
1x	30.86	14
2x	59.53	27
2-	59.53	27
2+	70.55	32
4-	110.23	50
4+	112. 44	51
4x	114.64	52
4x+	116.85	53
8+	211.64	96
8x	213.85	97

(b) For purposes of this Rule, the weight of a boat shall not include oars, or detachable loudspeaker or electronic systems. Seats, rudders, skegs, fins, and riggers shall be included in the boat's weight. Other items that are not permanently affixed to the boat shall not be included in the boat's weight

c) Test weighing of boats – ***The weighing scale(s) shall be available to the crews before the first race of the regatta where boats will be weighed with sufficient time to allow for the test weighing of boats.*** Test weighing of boats during racing may be allowed at the discretion of the Chief Referee. The scales should be located in a building or a tent to provide protection from the wind. The weighing area shall be easily accessible from the incoming docks and shall be exclusively reserved for the weighing of boats during the regatta. If a boat is underweight during test weighing, the added weight is required to be affixed to the boat but may be placed in the shell at the discretion of the crew. Any additional weight added is considered dead weight and may not serve any other purpose in the boat.

(d) Responsibility for the weight of a boat – It is the sole responsibility of the crew that their boat has the required minimum weight.

(e) Official Boat Weighing Procedure:

(1) Prior to each racing session where boats will be weighed, a random draw shall be made to determine which boats will be weighed in each race. In addition, other boatsmay be added to that list by the Control Commission orthe Chief Referee if there is a suspicion that certain boats are underweight. Members of the Control Commission shall inform the nominated crews as they leave the water after cooling-down and they, or people appointed for that purpose, shall accompany the crews to the weighing scales. Once the crew has been nominated, no extra weight of any description can be added to the boat until the boat has been weighed.

(2) At the official weighing of the boat, the normal wetted surface of the boat is accepted. However, any standing water must be removed before the weighing, in particular any water between the shoulders and under the canvas. All other items (tools, clothes, sponges, bottles, etc.) must be taken out of the boat before the weighing

(3) The boat shall be officially weighed and the weight recorded and noted by both Control Commission and the crew representative. Both the crew representative and the member of Control Commission shall sign the result.

(f) Failure to make the minimum weight – If a boat is below the minimum weight, the member of the Control Commission shall make note of the initial weight from the first boat weighing. The referee shall then test the scales with the gauged weights, observed by the crew

representative, and make note of the test weight. The boat concerned shall then be weighed for the second time. The member of the Control Commission shall record the weight of the second boat weighing. Both the crew representative and the member of Control Commission shall sign the result.

(g) The penalty for having raced in an underweight boat shall be that the crew is placed last in the particular race. If the crew races again in an underweight boat in a later round of the same event, then the penalty shall be the exclusion of the crew. The penalty for having raced in an underweight boat in a finals event is exclusion.

7. Rule 3-107 Foreign Substances

3-107 Foreign Substances

No substance or structures (including riblets) capable of modifying the natural properties of water or the boundary layer of the hull/water interface shall be used during a race.

8. Rule 3-201 Uniforms

3-201 Uniforms

(a) Subject to subsection (b), all competitors in a crew shall wear identical clothing. Such clothing shall cover the torso of the body and may include sweatgear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. ***An exception will also be granted to composite crews.***

(b) Individual competitors in a crew may choose whether or not to wear a hat or other headgear, which may be of the individual competitor's own choosing and need not be identical with those worn by other crew members.

(c) No competitor may wear the uniform of the U.S. National Team while participating as a member of a crew without the express approval of USRowing.

9. Rule 4-107 Eligibility to Compete in Events

Current Rule:
4-107 Eligibility to Compete in Events

(a) No rower who is an Elite shall compete in a Senior or Intermediate event, and no rower who is a Senior shall compete in an Intermediate event. A coxswain may compete in any of those categories regardless of his or her classification by skill except that a coxswain who is not an amateur shall not compete in events classified by skill as Intermediate or Senior or classified by age as Junior.

(b) No rower who does not comply with Rule 4-106 ("Lightweights") and Rule 4-110 ("Weighing of Competitors") shall compete in a lightweight event. Any coxswain who otherwise complies with applicable rules may participate in a lightweight event.

(c) No competitor, including a coxswain, who does not comply with Rule 4-104(a) ("Classification by Age") shall compete in a Junior event.

(d) No rower who does not comply with Rule 4-104(b) ("Classification by Age") shall compete in a Masters event, or in an inapplicable Masters age category event as described in Rule 4-104(b)(1). A coxswain may compete in any Masters event regardless of age.

(e) A female rower shall not compete in events for men, and a male rower shall not compete in events for women. ***A crew competing in a mixed event must be 50% male and 50% female not including the coxswain.***

(f) No coxswain who does not comply with Rule 4-110 ("Weighing of Competitors") may participate in an event.

10. Rule 5-210 USRowing Alternate Progression Systems (Sara Moore)

5-210 USRowing Alternate Progression Systems

(a) In the USRowing alternate progression systems, events shall consist of finals, and if necessary, heats, repechages, and semifinals. Crews advancing out of each heat are placed directly in the semifinals or finals. All others in the heats go to the repechages. Those advancing out of the repechages are placed in the semifinals or finals; all others in the repechages are eliminated. All those advancing out of the semifinals are placed in the grand final; all others in the semifinals may be placed in a petite final.

(b) Random lots or a randomized computer system shall be used to determine the composition of heats and the assignment of lanes in heats. In events with more than 36 entries, the composition of the repechages shall be determined by seeding entries according to the order of finish in the heat. The assignment of lanes for semifinals and finals shall be assigned from the center lanes outward according to the order of finish in the previous level of competition.

(c) The following shall constitute the forms of progression in the USRowing Alternate Progression System "A" for six lane racing.

Entries	**Heats**	**Adv. In each heat**	**Repechages**	**Adv. in Each Repechage**	**Semi- finals**	**Adv. in each Semi**
1-6	**0**					(final only)
7-8	**2**	**(1)**	**1**	**(4)**	**0**	
9-12	**2**	**(1)**	**2**	**(2)**	**0**	
13-15	**3**	**(3)**	**1**	**(3)**	**2**	**(3)**
16-18	**3**	**(1)**	**3**	**(3)**	**2**	**(3)**
19-24	**4**	**(1)**	**4**	**(2)**	**2**	**(3)**
25-36	**6**	**(1)**	**6**	**(1)**	**2**	**(3)**
25-36	**6**	**(1)**	**6**	**(2)**	**3**	**(2)**
37+	**1** (head race)	**(1st 6)** (next 36 to repechages; rest eliminated)	**6**	**(1)**	**2**	**(3)**

(d) The following shall constitute the forms of progression in the modified USRowing Alternate Progression System "B" for seven lane racing.

Entries	Heats	Adv. In each heat	Repechages	Adv. in Each Repechage	Semi- finals	Adv. in each Semi
1-7	0					(final only)
8-11	2	(2)	1	(2)	0	
12-14	2	(1)	2	(2)	0	
15-16	3	(3)	1	(3)	2	(3)
17-20	3	(2)	2	(3)	2	(3)
21-22	4	(2)	2	(2)	2	(3)
23-28	4	(1)	4	(2)	2	(3)
29-42	6	(1)	6	(2)	**3**	**(2)**
43-63	9	(1)	9	(1)	3	(2)

11. Rule 6-305 Starts

6-305 Starts

(a) The ***announcement*** of the crews and the subsequent starting commands shall be given as specified in the FISA Statutes and Racing Bylaws in effect at the time.