

Appendix A– General Trial Rules

ENTRIES

There shall be no entry fee charged for trials to select the United States National Team for the Olympic Games or the Pan American Games. For all other trials, the entry fee shall be set by USRowing.

Entries should be submitted through RegattaCentral, accompanied by the correct fee payable. All entries should be received by the posted closing date on the event information page on usrowing.org.

If a trials event is being held in conjunction with another regatta, entries shall conform to that regatta's published procedures and deadlines, and the entry fees shall be paid to the local organizing committee.

TRIALS WEIGHT REQUIREMENTS

Lightweight Men: The team boats must each average 70kgs, with no individual rower weighing more than 72.5kgs.

Lightweight Women: The team boats must each average 57kgs, with no individual rower weighing more than 59kgs.

Coxswains: Coxswains shall be weighed in racing uniform. The minimum weight for a coxswain wearing the racing uniform is 55kg. Coxswains may carry up to 15kg of deadweight, this weight shall be placed as close as possible to his or her torso and shall remain in the boat throughout the duration of the race.

An official scale will be provided at the Selection Trials course prior to racing. The weigh-in shall take place on each day no less than one hour and no more than two hours before the scheduled time of the first race of each event for which the athlete is scheduled to compete in that day. Competitors shall be weighed in racing uniform, without shoes or other footwear.

If two rounds of the same event take place on the same day of competition and some rowers in the second round do not have to race in the first round of that day, then these rowers in the second round shall be weighed at the same time as the rowers in the first round.

A reserve for a lightweight crew may be weighed with the crew as if they are a member of that crew. The recorded weight then applies to that specific crew in the event of a substitution in that crew under Rule 59 or 60.

If a crew has officially weighed in without a reserve, a replacement rower under the provisions of Rule 59 or 60 may be weighed at any time before the next race of the crew. The individual weight and the crew's average weight, using the weight of the replacement rower and the



recorded weights of the remaining crew members, must comply with the Trials Weight Requirements.

COXSWAINS

Except for Olympic, Youth Olympic, Paralympic and relevant qualification regattas which shall be subject to the rules of the authority concerned, the gender of the coxswain shall be open so that a men's crew may be coxed by a woman and a women's crew by a man. Age categories shall apply to coxswains.

RULES OF RACING

All athletes must abide by all trials rules and safety procedures set forth in the current FISA Rules of Racing.

CHANGES IN THE FORM OF PROGRESSION

Once the form of progression has been published according to the number of entries received, it may be changed under the following circumstances:

- By USRowing staff, no less than two hours before the 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. The two hour rule may be waived in the case of a withdrawal, exclusion, or disqualification occurring before the start of the first heat, the start of the first repechage, or the start of the first semi-final in a round of racing that would create an imbalance between the number of crews racing in each heat.
- By USRowing staff any time before the first race in the specific event if, due to scratches, the event would be reduced to a final only, with no heats, under the applicable progression system.
- Entries may be added up to the Athlete Meeting if it does not change printed progressions from the close of entries

SEEDING

Seeding for heats will be determined by placement in time trials.

POLICY FOR MISADVENTURE OCCURRING DURING TIME TRIALS

1. A crew believing that they have suffered any misadventure during their time trial race and desiring relief from the effect of this misadventure **MUST** stop rowing, move to the outside of their time trial lane, signal to the referees, and wait until assistance is rendered by the referees. The referee will determine if misadventure has occurred.

2. Upon confirmation of misadventure by the referee, the crew will be offered a second opportunity to complete the time trial under either of the following circumstances:
 - a. Return to the starting area and commence their re-row after a suitable interval, but not later than one hour after conveying their decision to the referee on the water.
 - b. Return to the dock, correct any issue causing or incident to the misadventure, and commence their re-row not later than one hour after returning to the dock.
3. The Chief Referee may make reasonable exceptions to the time limits above, based on prevailing circumstances.
4. A crew deciding to finish the time trial may not claim misadventure after finishing.
5. A crew completing the time trial under the above procedure in a time that would have been sufficient to qualify in the original race will be placed into one of the lowest-seeded open slots in the heats.

Any other crew affected by the above procedure, whether suffering misadventure or not, may upon showing good cause petition the Chief Referee to be advanced. The petition must be filed no later than one hour after the race results have been declared official.

MISADVENTURE DURING THE RACE

The Race

- a. The referee following a race may order that a race in progress be stopped, whenever he or she judges that some misadventure draws into question the validity of the race in determining the most competitive crew. Such misadventure need not be otherwise recognizable under USRowing Rules of Rowing. In particular, a race in progress may be stopped when a crew that is in contention to win or advance capsizes, suffers broken equipment, or suffers injury or illness, at any time during the race
- b. A race stopped before completion under subsection (a) above shall be re-rowed from the start with all the original crews participating, after a suitable interval has elapsed.

BOAT WEIGHTS

All boats are required to be at weight according to the FISA Rules of Racing. It is the responsibility of the athletes and/or their coaches to have their boats at weight. All boats will be subject to "weight checks" during the course of the Selection Trials.. Any crew whose boat is found to be under the minimum weight as a result of a weight check following the conclusion of a race will be subject to relegation in that race. If the crew races again in an underweight boat in a later round of the same event, then the penalty will be the exclusion of the crew. If a boat



is underweight in a final, the penalty will be the exclusion of the crew.

A scale will be provided at the Selection Trials course following the Athletes' Meeting as well as throughout the remaining business hours of the Selection Trials. Athletes are strongly encouraged to weigh their boats well in advance of the start of their race.

ATHLETE CHECK-IN

A representative of each boat is required to attend and confirm their participation at the roll call during the Athletes' Meeting. Any crew failing to have at least one representative present at the meeting may be subject to a warning or exclusion. All athletes and coaches are responsible for abiding by any information given out by USRowing staff and the Chief Referee during the Athletes' Meeting.

DECLARATION OF INTENT TO COMPETE

A crew must declare its intent to compete in the World Championships, in writing, to the USRowing High Performance Director, no later than two hours after the final race has been declared official, unless otherwise stated in the Selection Procedures. If the winning crew declines the nomination to selection, the second-place crew will have the opportunity to be nominated.

TRAVEL ARRANGEMENTS

USRowing will arrange all accommodation details of the trip for all athletes and coaches, including meals, and all athletes and coaches will attend as part of the USRowing delegation unless granted permission from the High Performance Director to make alternative arrangements. Accommodations do not include airfare or boat logistics.

FAIRNESS COMMITTEE

The Fairness committee's composition will be the Chief Referee, the Trials Director, and the designated athlete representative. Along with the role outlined in the Adverse Weather Procedure, the committee will also be authorized to adjust lane assignments, schedule of racing, delays/postponements of the schedule, and other procedural matters in an effort to provide the fairest possible conditions for selection results.

USROWING ATHLETE AGREEMENT

All National Team athletes selected to the National Team must sign and adhere to the [USRowing National Team Athlete & Coaches Agreement](#).