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1-104 Scope and Exceptions (*) [Meisner, H]

Current Rule:

1-104 Scope and Exceptions (*)

- (a) These rules shall apply to all rowing Races and Regattas that take place in the United States and that are registered by USRowing. These rules shall not apply to any Races or Regattas that are within the exclusive jurisdiction and control of FISA.
- (b) Any exceptions or amendments to these rules must be described in detail to USRowing at the time of registration, publicized in writing and distributed to every competing Team. USRowing may take the extent and nature of variation into account in determining whether to register a Regatta.
- (c) Subsection (b) above notwithstanding, there shall be no exceptions or amendments to any provision designated as absolutely binding. In these rules, such provisions are noted by an asterisk (*) in the appropriate caption or subsection heading.
- (d) Adaptive Rowing Races (Article X, "Adaptive Rowing"), Head Races (Article VIII, "Head Races"), Races for Open Water Events (Part A of Article IX, "Open Water Racing"), and USRowing Trials (Article VI, "Trials Rules") shall be held under the specific rules designated for them.

Proposed Change:

1-104 Scope and Exceptions (*)

- (a) These rules shall apply to all rowing Races and Regattas that take place in the United States and that are registered by USRowing. These rules shall not apply to any Races or Regattas that are within the exclusive jurisdiction and control of FISA.
- (b) Any exceptions or amendments to these rules must be described in detail to USRowing at the time of registration, publicized in writing and distributed to every competing Team. USRowing may take the extent and nature of variation into account in determining whether to register a Regatta. **Only rules noted by a plus (+) may be petitioned for modification for the Regatta and shall only apply to that Regatta.**
- (c) Subsection (b) above notwithstanding, there shall be no exceptions or amendments to any provision designated as absolutely binding. In these rules, **all provisions are binding unless noted by a plus (+) in the appropriate caption or subsection heading and any amendments are published in the Regatta Packet.**
- (d) Adaptive Rowing Races (Article X, "Adaptive Rowing"), Head Races (Article VIII, "Head Races"), Races for Open Water Events (Part A of Article IX, "Open Water Racing"), and USRowing Trials (Article VI, "Trials Rules") shall be held under the specific rules designated for them.

Reason:

The asterisk provision in (c) of this rule is one of the most commonly confused notations in the Rules of Racing. The intention was to provide a minimum set of rules that could not be modified at a Registered Regatta. Over the years, as the rules have evolved, the asterisk has not kept up with the modifications.

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This has led to a significant number of rules that involve the Race Official's interactions with the Competitors not being listed as absolutely binding. The net effect of this change will be to make more rules absolutely binding and clarify which rules are commonly modified at Registered Regattas. It will also allow USRowing to easily review those rules that are petitioned for a Regatta modification because there will be a smaller set of rules that may be modified.

The table below shows the rules that are currently binding and ones that will be binding under the proposal. A "B" in the "Current" column indicates that a rule currently has an asterisk and is considered binding. A "B" in the "Proposed" column indicates that the rule is proposed to remain or become binding. An "M" in the "Proposed" column indicates that the rule is proposed to be able to be modified with the approval of USRowing at the time of submission of a Regatta Packet.

Rule	Current	Proposed
1-101 Title		B
1-102 Purposes	B	B
1-103 Interpretation	B	B
1-104 Scope and Exceptions	B	B
1-105 Situations Not Covered	B	B
1-201 Rowing Defined	B	B
1-202 Other Definitions	B	B
2-101 Primary Duties of Race Officials	B	B
2-102 Appointment of the Chief Referee	B	B
2-103 Duties of the Chief Referee	B	B
2-104 Officials	B	B
2-105 The Jury	B	B
2-200 Safe Equipment		B
2-201 Suspending Racing	B	B
2-202 Regatta Information		B
2-203 Traffic Patterns	B	B
2-204 Rowing Near the Course while Race in Progress	B	B
2-205 Violation of Safety Rules		B
2-206 Number of Referees; Safety Launches	B	B
2-300 Approaching the Start; Warm-up on the Course		B
2-301 Reporting to the Start		B
2-302 Appearance of Crews		B
2-303 Changing Race Times and Lane Assignments		B
2-304 Alignment		B
2-305 Start		B
2-306 Starting Commands with Flags		B
2-306.1 Starting Commands with Lights		B
2-307 "Quick Start"		B
2-308 False Start		B
2-309 Failure to Start		B
2-310 Broken Equipment		M
2-311 Leaving the Starting Area		B

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2-401 A Crew's Water	B	B
2-402 Steering		B
2-403 Referee's Position	B	B
2-404 Interference or Foul	B	B
2-405 Stopping a Race in Progress		B
2-406 Penalizing Interference		B
2-407 Referee's Instructions to Crews		B
2-408 Instruction to Avoid Unsafe or Unfair Conditions	B	B
2-409 Outside Assistance		B
2-410 Unsportsmanlike Conduct	B	B
2-501 Finish of the Race		B
2-502 Placement of Crews; Dead Heats		B
2-601 Imposition of Penalties; Effect on Crew Members		B
2-602 Types of Penalties		B
2-603 Restoring Opportunity of Winning; Altering Results	B	B
2-604 Matters Subject to Protest	B	B
2-605 Raising an Objection	B	B
2-606 Filing the Protest Statement	B	B
2-607 Protest Hearing		B
2-608 Appeal from the Jury	B	M
3-101 Free Construction of Equipment	B	B
3-102 General Requirements for Boats	B	B
3-103 Categories of Boats		M
3-104 Minimum Weight of Boats		M
3-105 Bowballs	B	B
3-106 Foreign Substances		B
3-107 Oars	B	B
3-108 Footgear Release	B	B
3-109 Boat Construction for Coxswains	B	B
3-110 Bow Numbers		M
3-201 Uniforms		M
3-202 Oars		M
3-203 Manufacturer and Sponsor Advertising		M
4-101 Amateur Standing	B	B
4-102 Doping	B	B
4-103 Eligibility to Compete in Events		M
4-104 Classification of Competitors		M
4-104.1 Classification by Age		M
4-104.2 Classification by Skill		M
4-104.3 Lightweights		M
4-104.4 Adaptive Rowing and Para-Rowing		M
4-105 Coxswains		M
4-105.1 Coxswain's Weight		M
4-106 Weighing of Competitors		M
5-101 Regatta Director		M
5-102 Regatta Secretary		M

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5-201 Submission of Entries		M
5-202 Reporting of Entries		M
5-203 General Requirements for Entries and Affiliation	B	B
5-204 Composite Crews		M
5-205 False Entries		M
5-206 Substitutions		M
5-207 Illness of Competitors		M
5-208 USRowing Progression Systems		M
5-209 Changes in the Form of Progression		M
5-301 National Championship Events	B	B
5-302 Course Requirements	B	B
5-303 Masters National Championships	B	B
5-304 Youth National Championships	B	B
6-101 Title, Purpose, and Scope of Trials Rules		B
6-102 Trials Director		B
6-103 Substitutions		B
6-104 Order of Racing		B
6-105 Penalties for Interference in Trials Races		B
6-106 Results		B
7-100 Course Approval		B
7-101 Minimum Requirements		M
7-201 Classification of Courses		M
8-101 Scope of Rules Regarding Head Races	B	B
8-102 Course Configuration	B	B
8-103 Officials		B
8-104 Qualifications of Officials	B	B
8-105 Local Regatta Rules	B	B
8-106 Map of Course	B	B
8-107 The Start		B
8-108 The Body of the Race		B
8-109 The Finish		B
8-110 Types of Penalties		M
9-101 Scope of Open Water Rules	B	B
9-102 General Principles of Open Water Racing	B	B
9-103 Particular Rules of the Event	B	B
10-101 Scope of Rules Regarding Adaptive Rowing Races	B	B
10-102 Fairness		B
10-201 Adaptive Rowing Sport Classes		M
10-202 Adaptive Rowing Boat Classes		M
10-203 Para-Rowing Boat Classes		M
10-204 Adaptive Rowing Sport Class Statuses		M
10-301 Adaptive Rowing Boats		M
10-302 Elite Para-Rowing Boats		M
10-303 Standard AS1x		M
10-304 Standard TAMix2x		M
10-305 Strapping		M

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10-306 General Strapping Requirements		M
10-307 Capsizing Release		M
10-308 Eyewear for Visually Impaired Rowers		M
10-309 Boat Weights		M
10-310 Minimum Weight of Boats		M
10-401 Safety of Rowers		M
10-402 Traffic Rules		M
10-501 Starting Commands		B
10-502 Acknowledgment of Penalties Assessed at the Start		B
10-503 Finish of the Race		B
10-504 Lodging an Objection		B

1-202 Other Definitions (*) [Stone, J.]

Current rule:

(a)...(gg)

(rr) "Weigh-in Window" shall mean the period of time that is no less than one (1) hour and not more than two (2) hours before the Scheduled Time of the first Race in which the weight is relevant.

(ss) "Adjusted Weigh-in Window." Should the LOC or Race Officials adjust or alter the racing schedule for compelling reasons, changing the amount of time between the Weigh-in Window and the newly Scheduled Time of the Race, an Adjusted Weigh-in Window shall be created. The Adjusted Weigh-in Window shall be no less than one (1) hour and not more than two (2) hours before the newly Scheduled Time of the Race.

Proposed Change:

(a) ... (qq)

(rr) A "Weigh-in Window" shall mean **a Lightweight Weigh-in Window or a Coxswain Weigh-in Window. "Lightweight Weigh-in Window" for a Race shall mean the period of time beginning one hour before the first race of the day and ending two (2) hours before the Scheduled Time of the race. "Coxswain Weigh-in Window" for a Race shall mean the period of time that is no less than one (1) hour and not more than two (2) hours before the Scheduled Time of the Race.**

(tt) "Adjusted Weigh-in Window." Should the LOC or Race Officials adjust or alter the racing schedule for compelling reasons, changing the amount of time between a Weigh-in Window for that Race and the newly Scheduled Time of the Race, an Adjusted Weigh-in Window shall be created. **The Adjusted Lightweight Weigh-in Window shall mean the period of time beginning one hour before the first race of the day and ending two (2) hours before the newly Scheduled Time of the race. The Adjusted Coxswain Weigh-in Window shall be the period of time no less than one (1) hour and not more than two (2) hours before the newly Scheduled Time of the Race.**

Reason:

No reason provided.

2-104 (b) Officials [McComb, D.]

Current:

2-104 (b) Officials

All persons acting as a Referee, Starter, Judge at Start, or Chief Judge at any Registered Regatta shall have a valid Referee or Assistant Referee license.

Proposed change:

Revise 2-104 (b) to read as follows:

All persons acting as a Referee, Starter, Judge at Start, or Chief Judge at any Registered Regatta shall have a valid Referee or Assistant Referee license. **At the sole discretion of the Chief Referee, a Candidate Referee may work in the position of Referee, Starter, Judge at Start or Chief Judge under the direct supervision of a Referee or Assistant Referee, excluding USRowing National Championships. For the position of Referee, the Candidate must be in the same launch as the supervising Referee or Assistant Referee. The Referee or Assistant Referee retains all responsibility for the position they are supervising.**

Reason:

The proposed change is intended to:

- Make better use of the observation process and the limited time Candidate Referees spend at each position
- Provide Candidate Referees with a more effective experience during the required observation process. The Candidate Referee can be allowed an opportunity to practice the skills needed in the position and gain a more comprehensive understanding of the duties of the position.
- Bring the rule into conformance with general practice across the Regions and enhance consistency.
- Emphasis on “sole discretion of Chief Referee” in consideration of safety and fairness for athletes

Note: A simultaneous modification to Paragraph #32 of the IOP is being submitted with similar language

2-205 Violation of Safety Rules [Killen, S.]

Current Rule:

A Crew that violates the posted traffic pattern, or otherwise operates in an unsafe or unfair manner, may be assessed one of the penalties as described in Rule 2-602 (“Types of Penalties”) by any Race Official. Such penalties shall be applicable to the next Race in which the Crew competes.

Proposed Change:

2-205 Violation of Safety Rules (*)

A Crew that violates the posted safety pattern, or otherwise operates in an unsafe unfair or manner, **shall** be assessed one of the penalties as described in Rule 2-602 (“Types of Penalties”) by any Race Official . Search penalties shall be applicable to the next Race in which the Crew compete.

Reason for Change:

Our primary directive is Safety under 2-101 Primary Duties of Race Officials (*), (a) It is the primary duty of every Race Official to provide for the safety of Competitors and Race Officials. It only stands to reason that the word MAY should be changed to SHALL. And the asterisk (*) should be added.

2-305 Start [Roden, E.]

Current Rule:

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.

Proposed change:

- (a) After the Judge at Start signals that alignment has been achieved, the Starter shall announce the name of each Crew ***or for 1x Events, the name of each Competitor.***

Reason:

Current Rules of Racing do not indicate that the starter announces the name of the single competitor. However, the Procedures Manual says • For 1x Events, announce the name of the Competitors (e.g. "Mr. Smith, Mr. Jones"). The rule change will offer consistency between the rule and its application in the Procedures Manual.

2-409 Outside Assistance [Crowe, M.]

Current Rule:

2-409 Outside Assistance

- a) No Crew shall receive any outside assistance, coaching, or advice during a Race. Nothing in this rule shall preclude communication to Crews from shore using the unaided voice.
- b) No Team member, including coaches, shall follow a Race in a launch without the explicit permission of the Chief Referee. The penalty for such an infraction is presumed to be exclusion of the offending Crew and/or Team member, and/or disqualification of the coach.
- c) Team members shall be permitted to volunteer in any capacity at a Regatta, but are not allowed to provide assistance to their Crew unless specifically instructed to do so by a Referee.

Proposed Change:

2-409 Outside Assistance

- a) No Crew shall receive any outside assistance, coaching, or advice during a Race. Nothing in this rule shall preclude communication to Crews from shore using the unaided voice.
- b) No Team member, including coaches, shall follow a Race in a launch without the explicit permission of the Chief Referee. The penalty for such an infraction is presumed to be exclusion of the offending Crew and/or Team member, and/or disqualification of the coach.
- c) Team members shall be permitted to volunteer in any capacity at a Regatta, but are not allowed to provide assistance to their Crew unless specifically instructed to do so by a Referee.
- d) *Nothing in this rule shall preclude uni-directional sharing of Allowable Performance Data, Rule 3-111 ("Allowable Performance Data"), from a boat to a public or private viewing station.***

Reason:

Technology now permits coaches and referees to monitor the location and data of a crew or crews to improve the safety of boats on the water, particularly on crowded waterways during regattas. Coaches or other individuals can monitor the status of a crew even during periods when they are not allowed on the water in a launch. This technology is low cost, meaning a low barrier to entry. It is unidirectional, meaning that it does not enable crews to receive communication from a coach or other individuals outside the boat when they stream or transmit data. This technology does not create inequitable racing conditions, as it does not provide an unfair advantage to crews using this technology, versus crews who choose not to use it.

Rule 2-603 Restoring Opportunity of Winning; Altering Results (*) **[Bayne, L.]**

Current Rule:

(a) If the Referee finds that a Crew has been deprived of its fair opportunity of winning, placing, or advancing, whether due to Interference or other unfair condition on the Course, he or she shall take such measures as are necessary to restore that opportunity. Such measures may include rerowing a Race with all or some of its original participants, or advancing the aggrieved Crew into an extra lane in a semifinal or final.

Proposed Change:

(a) If the Referee finds that a Crew has been deprived of its fair opportunity of winning, placing, or advancing, whether due to Interference or other unfair condition on the Course, he or she shall take such measures as are necessary to restore that opportunity. Such measures may include rerowing a Race with all or some of its original participants, or advancing the aggrieved Crew into an extra lane in a semifinal or final. **If a Crew (or Crews) refuses to rerow, the Referee may place that Crew (or Crews) in the order of finish after all Crews who participated in the rerow, regardless of earlier results, if doing so does not unfairly impact other Crews. If a rerow would consist of a single Crew, the referee may award it the highest contested place and exempt it from rerowing the Course.**

Rationale:

The proposed change improves fairness by providing an outcome for Crews who refuse to participate in a rerow, but participated in all scheduled rounds of competition prior to the rerow. This allows these Crews to be eligible for points or advancement to later rounds, at the discretion of the referee who is to determine if doing so would unfairly impact other Crews – e.g., rest time between rounds. The proposed change borrows language from 2-502(h) which provides guidance for when a Crew refuses to rerow following a dead heat, offering consistent expectations and outcomes for similar situations.

2-606 Filing the Protest Statement (*) [Grudt, K.]

Current rule:

2-606 Filing the Protest Statement (*)

Once an objection is lodged, a Crew wishing to be heard before the Jury shall submit a concise written statement, describing the facts that underlie the objection and the relief that the Crew seeks, to the Chief Judge, or another Race Official designated by the Chief Referee whose identity is conspicuously posted, within one hour after it reaches land. The written statement shall comprise the protest statement. The statement shall be accompanied by cash or check payable to the LOC in the amount of \$50. An objection in which such a protest statement is not filed shall not be heard.

Proposed Change:

2-606 Filing the Protest Statement (*)

Once an objection is lodged, a Crew wishing to be heard before the Jury shall submit a concise written statement, describing the facts that underlie the objection and the relief that the Crew seeks, to the Chief Judge, or another Race Official designated by the Chief Referee whose identity is conspicuously posted, within one hour after ***the conclusion of the race***. The written statement shall comprise the protest statement. The statement shall be accompanied by cash or check payable to the LOC in the amount of \$50. An objection in which such a protest statement is not filed shall not be heard.

Reason:

At most events, the exact time a crew “reaches land” is not recorded. If a crew does a long cool down after the race, the time may stretch out for an extended period of time. What happens when a crew stops by a dock picks up water and goes out for additional cool down without getting out of their boat? Does the time start when they were handed water by their coach or when they actually took the boat out of the water? When the 1 hour period starts and stops is a difficult to determine and to say precisely. The additional time a crew may spend on the water cooling down also makes it more difficult for crews who are potentially affected by a protest, since they do not know when a crew “reaches land” and when their race would become final and not subject to protest.

The finish time of the race is well documented at most regattas and is the same time for all of the crews in a races that may be affected by a protest. Therefore a better and more definitive time to start the 1 hour time clock.

3-104 (f)(g): Minimum Weight of Boats [Hull, G.]

Current rule:

(f) It is the sole responsibility of the Crew that its boat has met the required minimum weight.

(g) Crews nominated to have their boats weighed will be notified as they leave the water by a Race Official or other appointed person who shall accompany the Crews to the weighing scales.

Proposed change:

Rule 3-104 (f)(g): Minimum Weight of Boats

(f) All boats shall be weighed prior to the start of racing. A Race Official will record each boat's weight, and will also record a description, including location and amount, of any deadweight that is necessary to bring a boat into compliance with section 3-104 (a). Race Officials may use photography to record boat details. A race official and team representative will both sign the written description.

(g) Crews nominated to have their boat weight inspected will be notified as they leave the water by a Race Official or other appointed person, ***who shall compare the description, location, and size of any deadweight to the official log. Any boat not matching its logged description can be re-weighed at the discretion of the Race Officials.***

Reason:

Before a crew may launch, USRowing ensures they are compliant with several rules, notably:

- 1) Coxswains meet their minimum weight
- 2) All participants meet age and/or schooling requirements
- 3) All participants are appropriate-level USRowing members
- 4) Lightweights do not exceed their maximum weight
- 5) All members of a crew are identifiable as registered participants in a race
- 6) All boats meet specified safety guidelines.

The current procedure for ensuring that boats meet the minimum weight, as described in section 3-104 (a) is an aberration from other USRowing rules enforcement procedures.

Furthermore, the authors of this proposed change assert that the current procedures for weigh-ins of boats are:

1) Error prone – It is unreasonable to require Race Officials to ensure that scales can repeatedly pass Eccentricity, Repeatability, Hysteresis, and Minimum Weight tests for the duration of a multi-day regatta. By pre-weighing boats, crews can adapt to the event scales. This rule change will mirror the way coxswains and lightweight rowers can adapt to event scales.

2) Inconsistent – Changes in wind, humidity, and the physical placement of the scales affects their readings. At the 2018 USRowing Youth National Championships, the scales were placed on wheels with a wooden wedge shimming them level. This configuration is prone to small changes as boats are placed on, and removed from, the scales throughout a racing weekend.

3) Unfair – At the 2018 USRowing Youth National Championships, five crews were relegated after repechage, leading to their exclusion from the race. A crew that is making every reasonable attempt to be compliant with a rule, should be able to know whether they are compliant with a rule, before racing begins.

The proposed change creates a less error-prone, more consistent, and more fair enforcement of the minimum boat weight rule.

3-110 Bow Numbers [Fraser, B.]

Current Rule:

3-110 Bow Numbers

Each boat shall be capable of having mounted on its bow an identifying card of sufficient size and contrast such that a Race Official can easily identify the Crew. Recommended standards for the card include:

- (a) A square or rectangular shape.
- (b) Waterproof and opaque.
- (c) A minimum height of 5 inches for any numbers and letters.
- (d) A white background with black numbers and letters or a black background with white numbers and letters.

Proposed:

3-110 Bow Numbers

Each boat shall be capable of having mounted on its bow an identifying card of sufficient size and contrast such that a Race Official can easily identify the Crew. ***Standards for the card shall include:***

- (a) A square or rectangular shape.
- (b) Waterproof and opaque.
- (c) A minimum height of 5 inches for any numbers and letters.
- (d) A white background with black numbers and letters or a black background with white numbers and letters.

Reason:

This change is intend to allow this rule to be enforced. The way the current rule is written, crews can still attach any type and style of bow number they desire. This includes unique shapes (Hudson shark fin bow numbers) and non-contrasting club colors (a yellow number on an orange background). The proposed change is to help aligners, media, and finish line personnel be able to quickly and reliably identify which lane the crew is assigned to.

Because this rule is not asterisked, it still allows for the regatta organizers to provide bow numbers that do not conform to this rule.

3-111 Boat Identification [Fraser, B.]

Current Rule:

None

Proposed rule:

3-111 Boat Identification

Crews may elect to put their Club's name on their boat. If they do, the Club name shall be located below the gunnel directly underneath the coxswain's opening, or underneath the bow seat in a blind boat, and shall appear on both sides of the boat. The Club's name shall be a minimum of 2.5" high (6.35 cm) and shall be in an easily readable font.

Reason:

The reason for this proposed rule is to make identification of crews easier. If a crew elects to put their name on their boat, it will be in a known location and will be easily readable. This rule is intended to be in line with the NCAA rule requiring the crew name to appear on the boat underneath the coxswain. The NCAA rule already makes it easy for referees at NCAA events to identify crews, regardless if the crew is rowing with unpainted blades or in warmup gear with no identifying affiliation.

3-111 Allowable Performance Data [Crowe, M.]

Current Rule:

A current rule does not exist.

Proposed Change:

3-111 Allowable Performance Data

During a Race, the only performance measurements permitted to be made within the boat are:

- 1. Elapsed Time***
- 2. Stroke rate***
- 3. Distance***
- 4. Speed***
- 5. Boat Location***
- 6. Boat Velocity / Acceleration***
- 7. Heart rate***
- 8. Force***
- 9. Oar Position / Angle***

These measurements and any data or measurements derived directly from them, shall be designated as "Allowable Performance Data." Allowable Performance Data may be displayed to the athletes, transmitted uni-directionally, and/or recorded during racing for later use. No other data or information may be measured, transmitted or recorded.

Reason:

US Rowing does not have an existing rule to address Allowable Performance Data, which means any questions they field on this issue default to the rules put in place by FISA. FISA's current rule only permits four (4) allowable performance data measurements: Elapsed Time, Stroke Rate, Velocity/Acceleration, and Heart Rate. Crews and coaches are already able to track additional measurements within the boat now, and adding these additional performance measures helps coaches more closely measure individual efforts quantitatively, versus having to make qualitative assessments. Collection and use of this data during regattas helps crews to work towards their performance limits on a given day. Use of this product(s) at regattas does not alter the performance outcome of a crew.

3-201 Uniforms [Fraser, B.]

Current Rule:

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 sweat gear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. An exception also will 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.

Proposed rule:

3-201 Uniforms

- (a) Subject to subsection (b), Competitor's uniforms shall conform to the following subsections during the specified times the subsections govern.***
- (i) Warm up: A Crew warming up does not need to be wearing identical clothing. If a Competitor elects to wear an item of clothing while warming up that is not identical to the rest of the Crew, the matching identical piece of clothing that the Crew will be racing in must be worn and in place under the non-matching item. At no time may any Competitor be bear chested, this includes bras.***
- (ii) Racing: All Competitors in a Crew shall wear identical clothing. The Crew's clothing or outer-wear shall be of a unique color pattern or shall prominently display the Club's name or logo and shall be easily identifiable as belonging to that Club. Such clothing shall cover the torso of the body. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. An exception also will 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.
- (d) At the discretion of the Chief Referee or a designated representative, the above rules may be waived on an individual basis due to medical or religious reasons. The waiver should be arranged by the Crew or Competitor with the Chief Referee or the designated representative before the Crew launches.***

Reason:

The reason for the rule change is to clarify at what time on the water a crew must be in matching uniform. The change also clarifies that no rower may be bear chested, or showing their bra, at any time while on the water.

If the crew is racing in unisuits, and a competitor elects to wear a non-racing shirt or jacket during warm-up, the unisuit may not be rolled down to the waist, and must be in place under the additional shirt or jacket. When a competitor elects to take off their warm up gear, the racing uniform must already be in place under the removed gear.

The last part of the rule change codifies that competitors do not need to be in matching attire if they have a medical or religious reason for doing so. If the Crew or Competitor knows about this ahead of time, they should consult with the Chief Referee.

3-202 Oars [Fraser, B.]

Current Rule:

3-202 Oars

Oars, whether Sweep or Scull, must be uniform throughout the Crew, except that each Rower in a composite Crew may use the colors of his or her own Club. Only the national or Club colors may appear on oar blades. Unpainted oars also are permitted for all boats, whether composite or otherwise, if all Rowers use such oars. Use of National Team colors, without the express approval of USRowing, is specifically prohibited.

Proposed rule:

3-202 Oars

Oars, whether Sweep or Scull, must be uniform throughout the Crew. ***Unpainted oars are permitted for all boats, whether composite or otherwise, if all Rowers use such oars. If the oars are painted, the oars shall be painted on both sides of the blade with the Crew's identifying design. Alternatively, a Crew may have a different design on either side of the blade, or between port and starboard oars. A Crew who has a pattern or logo on one side of the blade and the other side is painted the same base color, but otherwise unadorned, does not meet the definition of a different design on either side of the blade. Each Rower in a composite crew may use the colors of his or her own Club. Only the Club or National Team colors may appear on oar blades.*** Use of National Team colors, without the express approval of USRowing, is specifically prohibited.

Reason:

This proposed change is to increase safety on the water.

This change will allow referees and marshals to be able to identify a boat either coming at them, or away from them by being able to see the design on the blades. Currently teams who have a complicated design, or who use decals depicting a complicated image, usually only put the detail on one side of the blade, and the side they put it on is not consistent between crews.

3-202 Part B - Insignia and Advertising [Fraser, B.]

Current Rule:

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 sweat gear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. An exception also will 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.

3-202 Oars

Oars, whether Sweep or Scull, must be uniform throughout the Crew, except that each Rower in a composite Crew may use the colors of his or her own Club. Only the national or Club colors may appear on oar blades. Unpainted oars also are permitted for all boats, whether composite or otherwise, if all Rowers use such oars. Use of National Team colors, without the express approval of USRowing, is specifically prohibited.

3-203 Manufacturer and Sponsor Advertising

- (a) Advertisement is allowed on Equipment and clothing by manufacturers of both Equipment and clothing and by sponsors of a Crew or Club. Except as otherwise specified in these rules, the content, placement, size, and density of Advertisement is not restricted.
- (b) Advertisements promoting tobacco products are prohibited. Advertisements promoting any alcoholic beverage are prohibited at Youth Events. In other Events, Advertisements promoting alcoholic beverages whose alcohol content is more than 15% are prohibited.
- (c) A sponsor who is commonly identified as a provider or manufacturer of a prohibited product or service, but who also provides or manufactures permitted products or services, may advertise if the Advertisement affirmatively and clearly associates itself with the permitted product or service only.
- (d) Provisions in this rule shall apply throughout the duration of the Regatta and shall extend throughout the Regatta site.

Proposed rule:

3-201 Crew Identification

All boats shall have one of the following identification features visible at all times while the boat is on the water. Composite boats may use a combination of the composite Club's identification features. Unaffiliated boats do not need to meet these requirements.

(a) Uniforms: All uniforms must comply with Rule 3-202, "Uniforms". Crews with more than half of the competitors wearing generic rowing attire or generic outer-wear do not meet this definition for identification purposes.

(b) Oar Design: Subject to Rule 3-203, "Oars".

(c) Boat Identification: Subject to Rule 3-111, "Boat Identification". (Proposed rule)

The hierarchy of identification features shall be; Uniforms, Oar Design, Boat Identification. If a Crew is borrowing equipment from another Crew, the Crew borrowing the equipment must

have an identification feature higher in the hierarchy visible at all times while the Crew is on the water.

3-202 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 sweat gear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. An exception also will 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.

3-203 Oars

Oars, whether Sweep or Scull, must be uniform throughout the Crew, except that each Rower in a composite Crew may use the colors of his or her own Club. Only the national or Club colors may appear on oar blades. Unpainted oars also are permitted for all boats, whether composite or otherwise, if all Rowers use such oars. Use of National Team colors, without the express approval of USRowing, is specifically prohibited.

3-204 Manufacturer and Sponsor Advertising

(a) Advertisement is allowed on Equipment and clothing by manufacturers of both Equipment and clothing and by sponsors of a Crew or Club. Except as otherwise specified in these rules, the content, placement, size, and density of Advertisement is not restricted.

(b) Advertisements promoting tobacco products are prohibited. Advertisements promoting any alcoholic beverage are prohibited at Youth Events. In other Events, Advertisements promoting alcoholic beverages whose alcohol content is more than 15% are prohibited.

(c) A sponsor who is commonly identified as a provider or manufacturer of a prohibited product or service, but who also provides or manufactures permitted products or services, may advertise if the Advertisement affirmatively and clearly associates itself with the permitted product or service only.

(d) Provisions in this rule shall apply throughout the duration of the Regatta and shall extend throughout the Regatta site.

Reason:

This proposed change is to increase safety and fairness on the water.

During race practice days, crews usually do not have a bow number, and are not necessarily in team uniform. If the crew is also rowing with unpainted blades, there is no way to identify the crew.

This becomes an issue when marshals or referees are trying to give instructions to the crews, or need to assign warnings or other penalties to crews on the water and are not in a position to chase the boat down and ask the crew for identification.

This rule also assists in figuring out which crew the boat is on race day. Example: A crew could have unpainted blades and the rowers could have warm up gear on that does not identify the team. They are obviously racing in a men's eight in lane 2, but there is no way to identify which heat or event they are in.

4-104.1 Classification by Age (b) [Dominique III, A.]

Current rule:

(b) The following classifications are used to determine a Competitor's eligibility based on age:

- (1) U23: A Competitor may compete in the U23 category until December 31 of the year of his or her 22nd birthday.
- (2) U19: A Competitor may compete in the U19 category until December 31 of the year of his or her 18th birthday.
- (3) U17: A Competitor may compete in the U17 category until December 31 of the year of his or her 16th birthday.
- (4) U15: A Competitor may compete in the U15 category until December 31 of the year of his or her 14th birthday.

Proposed Change: Revise paragraph 4-104.1(b) to read:

(b) The following classifications are used to determine a Competitor's eligibility based on age:

- (1) U23: A Competitor may compete in the U23 category until December 31 of the year of his or her 22nd birthday.
- (2) U21: A Competitor may compete in the U21 category until December 31 of the year of his or her 20th birthday.**
- (3) U19: A Competitor may compete in the U19 category until December 31 of the year of his or her 18th birthday.
- (4) U17: A Competitor may compete in the U17 category until December 31 of the year of his or her 16th birthday.
- (5) U15: A Competitor may compete in the U15 category until December 31 of the year of his or her 14th birthday.

Reason:

The proposal seeks to add a U21 age category to the Rules of Rowing. This category creates a systematic set of age categories that improves the fairness of racing opportunities. The other age categories are in two year increments, until the jump from U19-U23. Adding the U21 category would provide an official racing category that would typically include athletes that are either 19 year old high school seniors or college freshmen. Rather than lumping these athletes into an age category with collegiate Juniors, Seniors, and possibly graduates, this creates a sub category for younger athletes to also compete against similarly aged athletes. Having the two-year groupings throughout these categories helps to provide a clear age-based development path for athletes.

4-104.1 Classification by Age [McDonald, L.]

Current Rule:

Rule 4-104.1 Classification by Age

f. The handicaps listed on page 46 shall be applied in Masters Events where time handicaps are used. The time handicap for each Crew shall be calculated by subtracting the handicap for the youngest Crew in the Event from the handicap that applies to each Crew.

Proposed Change:

f. The handicaps listed on page 46 shall be applied in Masters Events where time handicaps are used. The handicaps are based on a 1000-meter course and shall be adjusted proportionally for other course distances. The finish time for each Crew shall be calculated by subtracting the handicap from the unadjusted actual time for each Crew.

Reason:

It is widely understood that the handicaps in USRowing Rules of Racing are premised on a 1000-meter course given this is the standard distance for Masters competitions. However, it is not explicitly stated leaving open the opportunity for Objection and Protest when adjustments are made. This first change merely explicitly states the current practice.

The second change is designed to make clear how handicaps are to be applied to finish times. The current language has been interpreted on occasion to be applied to individual races rather than Events as is intended resulting in an unfair condition when times from heats, in addition to place, are used to advance crews and make lane assignments. While this is inconsistent with the current Rule's intent I can think of no rationale based in safety or fairness to support the practice of subtracting the handicap for the youngest Crew from the handicaps of the other entrants in the event. It adds another calculation into the results providing an opportunity for error. Additionally, it makes the handicaps used for adjusting race times different than those published in the Rules of Racing and therefore requires competitors to reconstruct the handicaps for an entire event to validate the accuracy of any single handicap.

4-104.2 Classification by Skill [Dominique III, A.]

Current rule:

(c) Competitors shall be classified according to skill by the following criteria:

(2) Senior: A Competitor is a Senior who has won any Intermediate or Senior 2,000 meter Event at a designated USRowing national championship regatta or at the Royal Canadian Henley Regatta, and who has not advanced to the status of Elite.

Proposed Change: Revise paragraph 4-104.2(c)(2) to read:

(2) Senior: A Competitor is a Senior who has won any Intermediate or Senior 2,000 meter Event at the USRowing National Championships regatta or at the Royal Canadian Henley Regatta, and who has not advanced to the status of Elite.

Reason:

The proposed change is to bring the current rule up to date with the categories offered at the Canadian Henley regatta. Canadian Henley no longer offers Intermediate events, and the Senior category is age based, not skill based. None of the categories offered at Canadian Henley are skill based.

From the Canadian Henley web site (<http://www.henleyregatta.ca/en/rules-regulations-policies#definitions>):

Age Categories:

Under 23

A rower and coxswain who is no longer an Under 19 athlete shall be classified as Under 23 until the 31st of December of the year in which he or she reaches the age of 22. After that date, the athlete shall be classified as Senior.

Senior. A rower or coxswain who is 23 years or older during the calendar year in which he or she is competing.

Since the USRowing Rules of Rowing recognizes age-based classification and skills-based classification separately, Canadian Henley's categories should no longer affect skills-based classification since they are all age-based.

4-106 Weighing of Competitors [Stone, J.]

Current rule:

- (a) Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.
- (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, that applies to the first applicable Race of the day.
- (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.
- (d) 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, that applies to the first applicable Race of the day. Each 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 his or her 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.
- (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 his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

Proposed changes:

- (a) Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.
- (b) The weight of Rowers in lightweight Events as described in Rule 4-104.3 (“Lightweights”) shall be determined once each day during the Lightweight Weigh-In Window or Adjusted Lightweight Weigh-in Window that applies to the first race in which he or she competes. ***Each 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 one hour of his or her initial opportunity, or by the end of the Lightweight Weigh-In Window, whichever is earlier. A Rower whose initial weight is greater than one (1.0) pound above the weight standard will be ineligible to compete in the Event.***
- (c) A Lightweight Rower who fails to weigh-in by the end of a Lightweight Weigh-in Window for a Race shall be deemed ***ineligible to participate in that Race.***
- Delete (d), as partly redundant in current ROR, and now included in (b)***
- (d) ***(This only adds "Coxswain" to the relevant window)*** The weight of Coxswains as described in Rule 4-105.1 (“Coxswain’s Weight”) shall be determined once each day during either the Coxswain Weigh-in Window or Adjusted Coxswain Weigh-in Window, but not both. In the event a Coxswain is weighed after the

applicable Coxswain Weigh-in Window or Adjusted Coxswain 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 Coxswain Weigh-in Window is created due to a scheduling change, a Coxswain may weigh-in during either the original Coxswain Weigh-in Window or the Adjusted Coxswain Weigh-in Window, but not both, provided the Coxswain completes his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

(g) When an Adjusted Lightweight Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during the Adjusted Lightweight Weigh-in Window.

Reason:

Edit of C allows exclusion of rower for only the particular race of which the window was missed and clarifies no other exclusions shall apply. Deleting D, because verbiage better fits with B and now redundant within list. Creation of (g) to provide similar provision for lightweights.

4-106 Weighing of Competitors [Killen, S. and Kane, C.]

Current rule:

- (a) Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.
- (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, that applies to the first applicable Race of the day.
- (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.
- (d) 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, that applies to the first applicable Race of the day. Each 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 his or her 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.
- (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 his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

Proposed rule:

- (a) Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.
- (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, that applies to the first applicable Race of the day.
- (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.
- (d) 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, that applies to the first applicable Race of the day. Each 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 his or her 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.
- (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 (“Cox- swain’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 his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

(g) 4-106 Weighing of Competitors can be changed “for the safety of competitors” to two hours before the first lightweight event or 6AM, whichever comes first.

Reason:

Since 4-106 Weighing of Competitors does NOT have an asterisk (*) on it, it is not immutable and subject to change under 1-102 Purposes (*). The purposes of these rules are to: (a) provide for the safety of competitors and race officials;

Therefore, 4-106 Weighing of Competitors can be changed “for the safety of competitors...”; to two hours before the first lightweight event or 6AM, whichever comes first. The reasoning being, when you wake up in the morning you are at your true body weight before you may have ingested food or liquid. This change can be affected by the Chief Referee.

5-203 General Requirements for Entries and Affiliation (*) (d) [Dominique III, A.]

Current rule:

(d) A Competitor shall represent only one Club at a Regatta. A Competitor shall not represent more than two Clubs in any calendar year. Individual exemptions from the requirements of this subsection may be granted by USRowing to Competitors upon a showing of good cause.

Proposed Change: Revise paragraph 5-203(d) to read:

(d) A Competitor shall represent only one Club at a Regatta. ~~A Competitor shall not represent more than two Clubs in any calendar year.~~ Individual exemptions from the requirements of this subsection may be granted by USRowing to Competitors upon a showing of good cause.

Reason:

The proposed rule change matches USRowing's mission to "Consistently grow lifetime participation in rowing." As an organization, USRowing is simply interested in fostering opportunities for people to continue rowing. The proposed change removes a barrier to people finding a place where their desire to row can be best met. Along with providing more opportunity to keep people in the sport, the proposed change allows the rule to better meet the natural progression of athletes continuing on within the sport.

An athlete who rows for their high school during their senior year, then rows for a club team in the summer, then continues on to row for a collegiate team in the fall would be in violation of the current rule. However, that is a very natural progression for an athlete as they progress from their high school to collegiate career.

Making this change would not affect the affiliation rules in place for the Youth National Championships, as those are included in the regatta packet. Other governing bodies would also be able to maintain any additional restrictions in governing their specific regattas.

5-206.2 Extraordinary Substitutions (new rule proposal) [Dominique III, A.]

Current rule:

This proposal is to add a new rule to the current set of substitution rules.

Proposed Change:

Create a new rule to read:

5-206.2 Extraordinary Substitutions

At any time the LOC may, at their sole discretion, approve a substitution for extraordinary reasons, such reasons may include family emergencies, or other unforeseeable circumstances that may prevent a competitor from rowing. A rower who has been replaced under this provision may no longer compete in any event at the same regatta. This provision cannot be applied to permit the substitution of a single sculler.

Reason:

This proposal is to provide LOC's with the ability to allow substitutions for unusual situations. The overall idea is to give the LOC the authority to evaluate unusual situations, and potentially provide an opportunity to allow crews an avenue where they can still have an opportunity to compete.

Currently, the only way a crew can substitute an athlete after the first round of an event is due to illness. However, there are occasional situations where athletes are unable to continue competing for other reasons, but crews have no opportunity within the rules to make a substitution.

For example, there have been multiple instances at the Club National Championships where crews have been forced to scratch from an event after an athlete was dismissed from the team during the regatta. Teams have done taken proper disciplinary action by removing the athlete, but their crew is then punished because the rules do not allow for a substitution in this situation.

The proposed change would allow teams to properly enforce their own rules in this type of situation, rather than incentivizing them to overlook the offense so that the rest of the crew is not punished for a single athlete's actions off the water.

Other examples include family emergencies, unexpected disciplinary issues, and just gives the LOC an overall opportunity to evaluate unusual circumstances and requests as they arise.

This proposal is based on a rule found in the RCA Rules of Rowing. The proposed version gives the power to the LOC, to match Rule 5-206 and 5-207 which both give the LOC the authority to make decisions regarding substitutions.

5-301 National Championship Events (*) [Dominique III, A.]

Current rule:

The Events for the Elite National Championships, Masters National Championships, Youth National Championships, Club National Championships, and USRowing National Head Race Championships are be described at www.usrowing.org.

Proposed Change: Revise paragraph 5-301 to read:

The Events for the Elite National Championships , Indoor National Championships, Masters National Championships, Youth National Championships, Club National Championships, and U17/U15 National Championships USRowing National Head Race Championships shall be described in each respective Regatta Packet, to be posted on the USRowing web site: www.usrowing.org.

Reason:

This proposal will update the list of national championship regattas up-to-date with the current offerings, and accurately describes where the lists of events will be available.

5-304 Youth National Championships (*) [Dominique III, A.]

Current rule:

(b) Information about this Regatta shall be available on www.usrowing.org by early spring, typically by March 1.

Proposed Change: Revise paragraph 5-304(b) to read:

(b) USRowing will publish each year policies and procedures governing the Youth National Championships. These shall include eligibility, qualification standards, listing of qualification regattas, order of events, and any other requirements not covered in these rules. These policies and procedures shall be available in the Regatta Packet, available no later than March 1 each year on the USRowing web site: www.usrowing.org.

Reason:

The proposed change clarifies that the policies and procedures specific to the Youth National Championships can be found in the Regatta Packet, which is posted by March 1 each year on the USRowing web site.

It expands the current rule, in order to provide clarity for competitors and further ensure people know that this event will have specific policies and procedures located in the Regatta Packet.

6-105 Penalties for Interference in Trials Races [Rosenbaum, M.]

Current rule:

[DELETED]

Proposed change Revise 6-105 to read:

For interference or failure to yield a 15 second penalty will be added to the time of the offending crew.

Reason:

I was the Chief at SW Youths in 2018. The trend seems to be have time trials most events simply just to help seed lanes. There were a few instances where a overtaking crew despite a 30 second gap failed to yield. I read the current ROR and found no remedy to restore fairness. I am not fixed on the time penalty and what works for Varsity 8s may not for 2X.

For the Events Staff: I also think that US Rowing should establish a minimum time gap between crews during a Time Trial. Otherwise LOCs and Regatta directors might create an untenable schedule. Coaches have not yet trained their programs on how to conduct Time Trials and the expectation that Junior 8s can turn onto a course, and turn again to get in the designated lane and be at full pressure by 1900 meters in 30 seconds is a just wishful thinking.

10-305 Strapping #1 [Henderson, A.]

10-305 Strapping

(a) PR1 1x Rowers shall use a strap that must be secured to the seat back and around the torso just covering the xiphoid process. The Rower's lumbar region must remain in contact with the seat when the Rower reaches forward when rowing. The purpose of the strapping is to prevent movement of the lumbar region away from the seat and it must be tight enough to do so.

(1) The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing.

(2) The straps must be attached to the seat on both sides. The point at which the strap is attached to the seat should be no lower than the top edge of the supportive portion of the strap at the front of the torso.

(3) Straps will be assessed with the Rower in a static position with the spine straightened by bearing the weight of the upper body through the arms while the buttocks and the back remain in contact with the seat.

(4) The supportive portion of the back rest of the seat must not be lower than the level of the attachment points of the front strap.

(5) The back of the seat may be covered with a soft material to prevent injuries, but the covering material must not be thicker than 2 cm.

(6) If a bracket is attached to the strap it must not rotate at the attachment point.

(b) PR1 1x and PR2 2x Rowers shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.

Proposed Change: Revise 10-305 Strapping to read:

(a) PR1 1x Rowers shall use a strap that must be secured to the seat back and around the torso just covering the xiphoid process. The Rower's lumbar region must remain in contact with the seat when the Rower reaches forward when rowing. The purpose of the strapping is to prevent movement of the lumbar region away from the seat and it must be tight enough to do so.

(1) The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing.

(2) The straps must be attached to the seat on both sides. The point at which the strap is attached to the seat should be no lower than the top edge of the supportive portion of the strap at the front of the torso.

(3) Straps will be assessed with the Rower in a static position with the spine straightened by bearing the weight of the upper body through the arms while the buttocks and the back remain in contact with the seat.

(4) The supportive portion of the back rest of the seat must not be lower than the level of the attachment points of the front strap.

(5) The back of the seat may be covered with a soft material to prevent injuries, but the covering material must not be thicker than 2 cm.

(6) If a bracket is attached to the strap it must not rotate at the attachment point.

(b) PR2 Strapping Requirements – Leg strapping is optional for PR2 Rowers.

Reason:

The proposed change mirrors the FISA para rule that makes leg strapping optional for PR2 rowers. Many PR2 rowers, especially those with intact legs, do not need nor train with a strap. In the unlikely event

that they flip in a race, their safety is compromised by requiring them to race with a strap as they won't be practiced at removing it.

Strapping should be used to facilitate rowing, it is especially helpful for stabilizing someone with a single amputated leg. I think requiring strapping is similar to when USRowing required that if one team member raced with a hat then everyone had to. Please make the rule change to allow the PR2 rowers to race with the support that they individually need.

10-305 Strapping #2 [Henderson, A.]

Current rule:

10-305 Strapping

(a) PR1 1x Rowers shall use a strap that must be secured to the seat back and around the torso just covering the xiphoid process. The Rower's lumbar region must remain in contact with the seat when the Rower reaches forward when rowing. The purpose of the strapping is to prevent movement of the lumbar region away from the seat and it must be tight enough to do so.

(1) The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing.

(2) The straps must be attached to the seat on both sides. The point at which the strap is attached to the seat should be no lower than the top edge of the supportive portion of the strap at the front of the torso.

(3) Straps will be assessed with the Rower in a static position with the spine straightened by bearing the weight of the upper body through the arms while the buttocks and the back remain in contact with the seat.

(4) The supportive portion of the back rest of the seat must not be lower than the level of the attachment points of the front strap.

(5) The back of the seat may be covered with a soft material to prevent injuries, but the covering material must not be thicker than 2 cm.

(6) If a bracket is attached to the strap it must not rotate at the attachment point.

(b) PR1 1x and PR2 2x Rowers shall be secured with a strap to prevent flexion and extension of the knee(s) during rowing. The strap must be secured under the seat or rails and over the thighs, as close to the knees as possible.

Proposed Change: Revise 10-305 Strapping to read:

(a) PR1 Strapping Requirements – PR1 rowers shall use mandatory trunk strap which is for safety purpose only. This strap must be secured to the seat back and around the trunk. In addition to the mandatory trunk strap, rowers may use additional strapping. The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing. The straps must be attached to the seat on both sides.

(b) PR2 Strapping Requirements – Leg Strapping is optional for PR2 Rowers.

Reason:

The proposed change is almost exactly the same as the FISA para rules (listed below) that makes leg strapping optional for PR2 Rowers. Many PR2 rowers, especially those with intact legs, do not need nor train with a strap. In the unlikely event that they flip in a race, their safety is compromised by requiring them to race with a strap as they won't be practiced at removing it.

The FISA rule is labeled "PR1 1x Strapping Requirements"; I removed the "1x" from the proposal as the USRowing rules should also apply to a PR1 2x and inclusion events. FISA only offers the PR1 1x.

Strapping should be used to facilitate rowing, it is especially helpful for stabilizing someone with a single amputated leg. I think requiring strapping is similar to when USRowing required that if one team member raced with a hat then everyone had to. Please make the rule change to allow the PR2 rowers to race with the support that they individually need.

Para Rowing Coemption Regulations- Event Regulations and/or Departures from the FISA Rules of Racing

#8 Boats and Equipment (Rule 39)

8.5 Strapping

8.5.1 PR1 1x Strapping Requirements – PR1 rowers shall use mandatory trunk strap which is for safety purpose only. This strap must be secured to the seat back and around the trunk. In addition to the mandatory trunk strap, rowers may use additional strapping. The design and placement of the seat and all straps must allow the lumbar region to be visible from the side during rowing. The straps must be attached to the seat on both sides.

8.5.2 PR2 Strapping Requirements – Leg Strapping is optional for PR2 Rowers

Referee Procedures - II-3-a-3 Control Commission Athlete Weigh-in Position Setup

Following the bullet “Determine that the scale(s) is on hard, level ground” add a new bullet:

Determine that the scale itself is level

Continue with the next bullet “Test the scale using a certified weight”

Administrative/Grammatical Changes

4-105.1 Coxswain’s Weight

(d) A Crew whose Coxswain does not ~~to~~ have their deadweight at the finish of the Race shall not be placed.