

## EARC - SPECIAL INSTRUCTIONS FOR COXSWAINS – 2022

**VIOLATION OF SAFETY RULES:** A crew that violates any of the safety rules described below may be assessed a penalty by a race official, applicable to the next race in which the crew competes.

### RACE DAY PROCEDURES (SUNDAY, MAY 15)

**PLEASE REVIEW CAREFULLY AS THE EARC SPRINTS PATTERNS MAY BE DIFFERENT THAN OTHER REGATTAS AT THIS VENUE.**

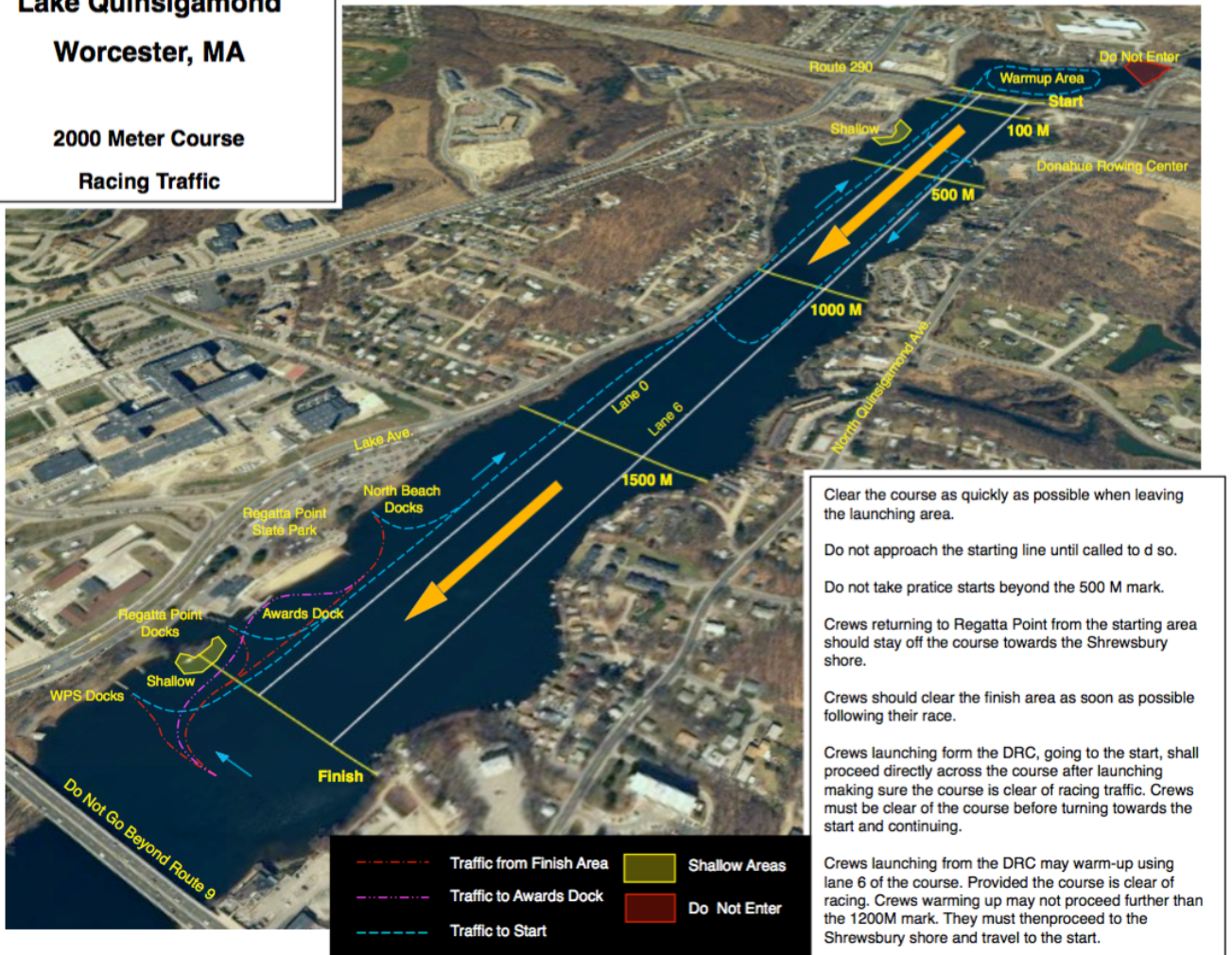
1. The USRowing Rules of Rowing commands and procedures will be followed for the start (Article II, Part C), the body of the race (Article II, Part D), the finish (Article II, Part E), and penalties, objections and protests (Article II, Part F). The Starting Commands with Flags (Rule 2-306) will be used unless conditions warrant a switch to a Quick Start (Rule 2-307). The Starter will announce if there will be a Quick Start.
2. Weigh-in for coxswains will take place beginning at 9:30 AM. CHECK THE REGATTA PACKET FOR UP TO DATE INFORMATION AS TO WEIGH IN HOURS. Coxswains requiring external dead weight are responsible for having the weight with them when launching and carried in the shell as close to their torso as possible during racing.
3. Check your equipment prior to queuing up to launch. Racing shells must be in compliance with Article III – Equipment of the USRowing Rules of Rowing.
4. Each crew is **responsible for its own bow marker**. Confirm your lane assignment and race time with the published race schedule or a race official at control commission. Instructions from control commission staff concerning launching shall be strictly followed.
5. Shells launching will be given priority over incoming shells other than emergency situations.
6. Throwing refuse, such as water bottles, from shells is forbidden at any time while on Lake Quinsigamond. Any crew engaging in this practice will be subject to disqualification by action of the EARC Sprints Race Committee. A crew may empty water bottles at the start line, but must keep the empty bottles in the shell for the race. Crews will not be permitted to pass items to the stake boat attendant.
7. Crews proceeding to the warm-up area and starting line must follow the racing traffic pattern. For EARC Sprints, the North Beach Docks and Regatta Point Dock may be used for launching. The Regatta Point Dock (perpendicular to the race course between the finish tower and the awards dock) may be used for recovery. If multiple docks are in place at the North Beach, one of these may also be used from recovery. It is prohibited to use any other dock area unless specifically instructed to do so by a race official. Exercise caution near areas marked as shallow.

## Lake Quinsigamond

Worcester, MA

2000 Meter Course

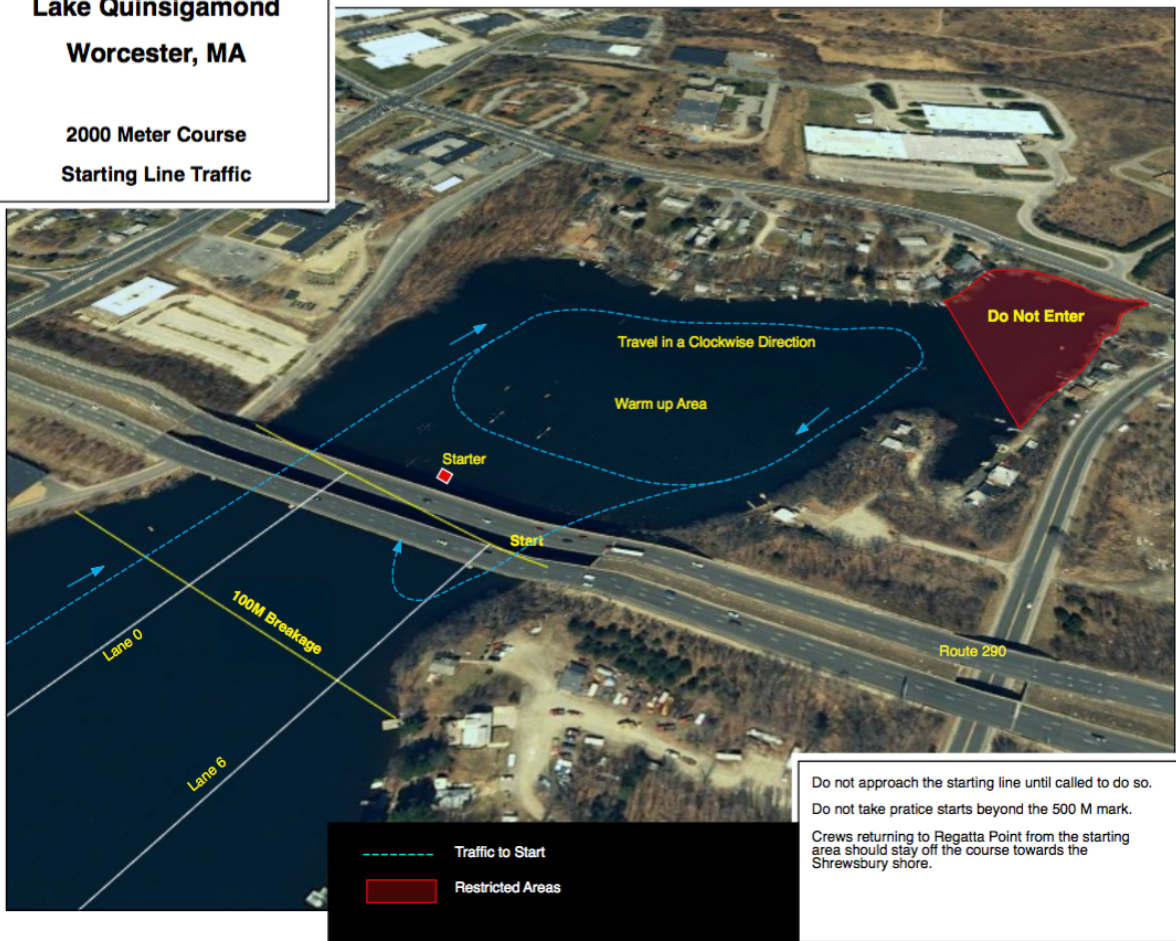
Racing Traffic



8. If your shell suffers broken equipment after launching but prior to entering the starting area, stop rowing and immediately signal to the nearest race official. The race official will assess the situation and instruct you how to proceed. Do not return to Regatta Point or cross over to DRC unless specifically instructed to do so. Repairs will be made on the water whenever possible.
9. Traffic in the warm-up area above the start tower is in a clockwise direction. Loop around the area rather than sharp laps around the string of buoys, which will create congestion at the ends of the string. Practice starts are permitted in the warm-up area, but extreme caution must be observed due to the number of crews in the small area. Queue up in bow number order (low to high numbers) along the Shrewsbury shore near the north side of the overpass no later than 10 minutes before your race time (as the prior race starts).
10. Crews will be invited onto the course and into their lanes as soon as the prior race has exited the starting area. Practice starts in your own lane are permitted unless specifically prohibited by the starter when he or she invites the crews onto the course for a specific race. Crews practicing in their lane must remain in their own lane at all times, returning to their starting station in their lane and exercising caution when turning to prevent interference with another crew practicing in their lane. Each crew is responsible for being attached to their stake boat platform two minutes prior to the scheduled time of their race.

**Lake Quinsigamond  
Worcester, MA**

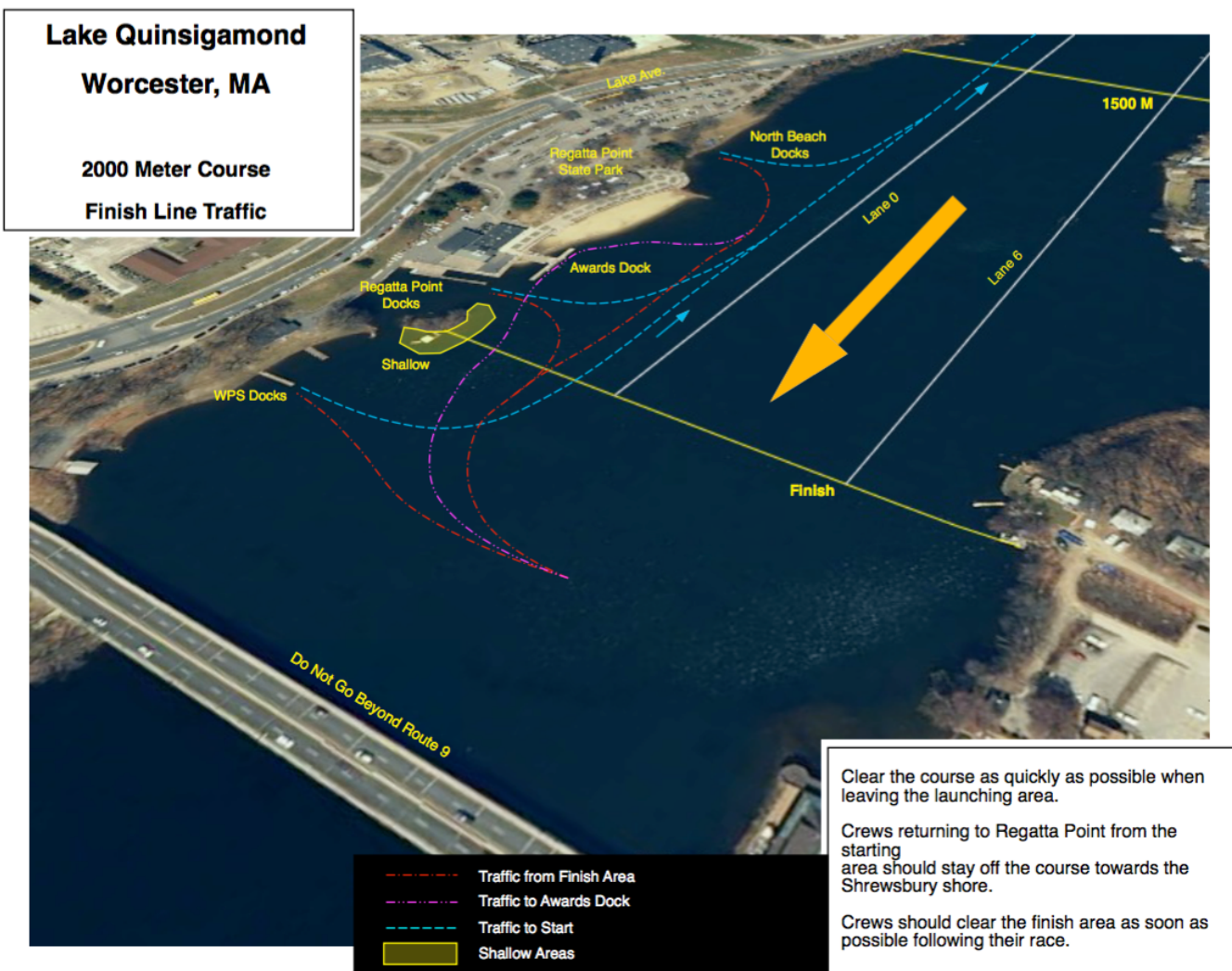
**2000 Meter Course  
Starting Line Traffic**



11. For the EARC Sprints, the **following situations occurring in the starting area (100 meters) will result in the race being stopped** by the Starter or the Referee (see Rule 2-407(d)):
  - False start by one or more crews
  - Collision or interference
  - Hand raised by coxswain or rower indicating broken equipment, or damaged equipment resulting from a crab
  - Competitor is ejected from their shell
  - Over-the-head crab

If any of these situations occur, the Starter or Referee will instruct the crews how to proceed.
12. A crew that receives two warnings will be excluded from the regatta. A crew may also be excluded for causing a collision or interfering with another crew or for unsportsmanlike conduct. Unsportsmanlike conduct will be determined by the EARC Sprints Race Committee.
13. Coxswains required to carry dead weight may be required to display their weight to the referee at the finish line.
14. After finishing the race and receiving the flag from the referee, follow the traffic pattern back to the Regatta Point Docks. If multiple docks are in place at the North Beach, you may also continue past the Regatta Point Docks and return to the North Beach Docks. Do not linger in the finish area after the flag is displayed at the end of the race, ensuring that the finish line is clear for the next race. An awards ceremony will take place after the

conclusion of all racing at the beach in the finish area.



15. Any crew lodging an objection at the finish with the referee following the race will meet with the Chief Referee as soon as it has returned to the Regatta Point Dock. The Chief Referee will act as a moderator to attempt to resolve the objection in a way that is mutually agreeable to the objecting crew, any other crew(s) involved and the race official most directly involved. If no mutually agreeable resolution can be arranged within a short period of time, or if it seems necessary to consult additional witnesses, the matter will be formally referred to the EARC Race Committee. The Race Committee will convene when the morning or afternoon schedule, whichever is appropriate, has been completed.

The formal referral to the Race Committee must be submitted to the regatta director by the head coach in writing within one (1) hour of landing citing the specific USRowing rule(s) applicable and be accompanied by a \$50.00 fee. Disposition of the protest will follow USRowing Rules of Rowing Rule 2-607 Protest Hearing, including the return of the fee if the protest is upheld. Decisions of the Race Committee shall be final and binding, and not subject to appeal to any outside agency.

The Race Committee consists of the following people for the duration of the regatta:

- The Chief Referee
- The Starter or Chief Judge
- The Intercollegiate Rowing Association Commissioner (or designee)
- The EARC Regatta Director (or designee)

**Good luck and good racing!**