



**Heart of Texas  
March 2nd & 3rd, 2019  
Festival Beach Park  
Lady Bird Lake**

**NOTE THE FOLLOWING UPDATES OR CLARIFICATIONS TO:**

PARKING: PLEASE ADVISE OTHER PARENTS AND COACHES OF PARKING RULES. Pg. 1 & 2

MANDATORY ATTENDANCE AT COACHES & COXSWAIN MEETINGS Pg. 2

LIGHTWEIGHT WEIGH-INS Pg. 7, 8 & 9

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OFFICIAL REGATTA WATER & ROW BACK POLICIES Pg. 5.

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**Venue Information**

**Location:**

Festival Beach Park  
Lady Bird Lake  
Austin, Texas 78702

**PARKING**

Parking within the venue will be limited on race days to only boat trailers and the vehicle that was used to tow the boat trailer. Parking permits are only issued to boat trailer tow vehicles. Please visit the website for trailer parking maps and for additional information.

For vehicles without permits: No equipment vehicles other than the boat trailer and tow vehicle are allowed to park within the venue. The venue is defined as the inner circle of Chicon Street.

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

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

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

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

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

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

*Please plan accordingly.*

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

NO PARKING ON GRASS IS PERMITTED FOR ANY REASON.

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

### **Coach, Coxswains & Blind Boat Meeting**

Attendance is mandatory for each day. Chief Referee will take attendance to make sure each team has a representative at the meeting. If not at the meeting, you must speak with the Chief Referee prior to being allowed to launch which may delay your crew's launch time and not allow for the crew to reach the start line on time. Meeting at 6:00 am.

### **Practice**

The course will be available for practice Friday afternoon March 1<sup>st</sup>.

Crews may launch for practice from 2pm – 5:30pm. All crews must be off the water by 6pm.

Referees will be available from 2-5pm in order to assist crews with proper procedures for backing into stake boats.

## **Rules & Membership**

Except as noted in this packet the 2019 Heart of Texas will be governed by the 2018 USRowing Rules of Rowing. The Heart of Texas is a USRowing Registered Regatta. In order to compete in this event all organizations will need to adhere to the following:

- All attending organizations must be current USRowing organizational members.
- All unaffiliated rowers must have an USRowing Championship membership.
- All competitors must be a basic member and have a current (online) signed waiver.

Every competitor must have signed a USRowing Release of Liability Waiver online through USRowing. No paper waivers will be available for this regatta. If any club has a question on how to renew membership or sign an athlete waiver please contact USRowing membership department directly at [members@usrowing.org](mailto:members@usrowing.org) or 800-314-4769.

## **Registration/Entries**

Important Entry Deadlines:

- Opening of Registration: January 21st, 2019 9:00 pm
- Standard Registration Deadline: February 18th, 2019 10:59pm CST
- Opening Late Registration: February 18th, 2019 11:00pm CST
- Late Registration Deadline: February 25th, 2019 11:59 pm CST
- Waiver Submission Deadline: February 25th, 2019

On March 1st late entries will be accepted on site 3-6 pm during registration hours. No late entries will be accepted on race days.

The deadline for standard registration is 10:59PM CDT, Sunday February 18th, 2019. All entries are required to be paid at the time the entry is placed. Any entry that is scratched before the standard registration deadline will be refunded through Regatta Central within 48 hours of the close of the standard registration deadline.

**A) Scratches:** Entry fees for scratched entries made after the standard registration deadline are non-refundable, **no exceptions**. Scratches can be made on Regatta Central through February 25th at 11:59pm. All scratches made after this time will need to be made at registration during registration hours on Friday. Scratch forms are available at the registration tent.

**B) Late Entries:** Late entries are accepted after the deadline at the discretion of the registrar and only to fill empty lanes; no heats will be added to accommodate late entries. Prescribed late entry fees must accompany late entries. Before February 25th at 11:59pm, late entries must be submitted on-line at Regatta Central. After this time late entries will only be accepted on site Friday, March 1st from 3-6pm during registration hours. No late entries will be accepted after 6:00 PM on March 1st.

**C) Substitutions:** Once an entry has been submitted and the deadline for submitting the identity of members of the Crew has passed, (February 25<sup>th</sup>, 2019) a Crew other than a single scull may substitute up to one half of its Rowers, as well as the coxswain. On race days the LOC may prohibit such substitution if it is not submitted in writing at registration at least two hours before the first race of the event in which the crew is entered. After the first race in an event has taken place, the composition of a crew shall remain the same and no substitution shall be allowed for any subsequent races in that event, except as allowed by the Chief Referee in the case of injury or illness.

**D) Duplicate Entries:** Fees will not be refunded for duplicate entries.

**Junior Entry Cap**

All junior events are capped at 21 entries. Entries are accepted in order of submission, a waitlist will be maintained for all junior events with more than 21 entries. Entry Cap: 2 entries for each club per event.

**On Site Registration**

On site registration will begin on Friday, March 1st from 3-6pm and throughout race days on Saturday and Sunday beginning at 5:45 am. Crews who need to make scratches or substitutions may do so during these times.

**Changes in the Form of Progression**

The Heart of Texas is following a modified version of the USRowing Progression System "C" for seven-lane racing.

Entries	Heats	Advancing in Each Heat	
1-7	0		Final Only
8-14	2	(3)	
15-21	3	(2)	

Changes will be made following the below rules:

- 1)** By the LOC, no later than two hours before the scheduled time of the first race in the event, if due to scratches, the reduced number of entries would call for a different form of progression under the applicable progression system or,
- 2)** By the LOC, any time before the first race in the event, if due to scratches, the event would be reduced to a final only, with no heats, under the applicable progression system.
- 3)** If the LOC changes the form of progression under subsection (a) it shall conduct a new draw to determine composition of heats and lane assignments.

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

### **Required Equipment**

All boats are required to comply with the 2018 USRowing Rules of Rowing regarding Bow balls (3-105), Footgear Release (3-108) and Bow Numbers (3-110)

**ALL CREWS ARE RESPONSIBLE FOR PROVIDING THEIR OWN BOW NUMBERS.**

## **COMPETITORS**

### **Official Regatta Water & Row Back Policies**

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

Local crews wishing to row boats back to their boathouses will need to wait until the conclusion of all racing for the day (once all competitors from the final race have returned to the docks). After a crew passes under I-35, they have exited the protection of the Regatta, and are also forgoing any right to protest results of their race. For competitors wishing to return boats back to their boathouse earlier in the afternoon, we will provide a 15 minute window in the afternoon schedule for crews to launch from Festival Beach. **NO COMPETITORS WILL BE ALLOWED TO LAUNCH FROM FESTIVAL BEACH FOR THE PURPOSE OF RETURNING TO THEIR BOATHOUSE OUTSIDE OF THE DESIGNATED 15 MINUTE WINDOW. NO EXCEPTIONS WILL BE MADE.** The time will be announced at the Coaches & Coxswains meeting on Saturday and Sunday morning.

### **Hot Seating of Boats**

A boat that is to change crews immediately upon arrival at the docks after a race, and to race again without being removed from the water, is considered a hot-seat boat. The dockmaster must be notified of every hot-seat boat before it launches for a pre-hot-seat race, and may provide the boat with an identifying marker to indicate the need for special treatment on its return. In all cases, crews should follow the instructions of the dock personnel.

### **Reporting to the Start**

Each crew is responsible for being attached to its starting station and ready to race two minutes before the scheduled time of the race, whether or not the starter has made announcements. If racing is delayed, crews shall be responsible for being

within voice range of the starter and in a position to respond to instructions. Regatta officials may prohibit crews that are late to the starting line from racing. The official at control commission may prohibit a boat from leaving the dock if in his or her judgment it cannot reach the starting line on time.

A crew that is not attached to its starting station at least two minutes before the scheduled time of the race may be assessed a warning Rule 2-602(b), "Types of Penalties" by the starter. A crew that is not attached to its starting station by the scheduled time of the race may be excluded by the starter. If racing is delayed, the starter may announce a new racing time, which shall have the same effect as the original scheduled time for the purpose of this rule.

### **Junior Competition**

A crew entered in a junior event shall include only junior rowers. A junior is a competitor who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A competitor ceases to be a junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later. Rule 4-104.1(c). Juniors are not permitted to race in open events.

### **JV Competition**

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

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

*Note: These rules are applied separately to sweep and scull events.*

### **Novice Competition**

Crews entered in Novice events shall include only novice rowers. A rower qualifies as a novice provided s/he has been competing for under one calendar year, and did not compete in the 2018 Heart of Texas. Novice eligibility for sweep rowing and sculling are not considered separate. To enter in to a Novice event, the rower must have been rowing for under one year, regardless of discipline.

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

### **Men and Women Rowers in Boats**

In accordance with USRowing rules, all rowers in men's events must be men, and all rowers in women's events must be women. Coxswains are exempt from this rule.

Each mixed crew shall include at least one male rower, and at least half of the rowers must be women.

### **Lightweight and Coxswain Weigh-Ins**

The Heart of Texas will follow the 2018 USRowing Rules of Rowing pertaining to all athlete weigh ins and coxswain weigh ins. Rules regarding weigh-ins are as follows:

*Coxswain weigh-in is required for Junior and Open events. Masters Coxswains will not be required to weigh in, unless they are participating in an Open event.*

**“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.

**“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.

### **4-104.3 Lightweights**

A lightweight Crew is one that complies with the requirements below. An open Event is one that is not a lightweight Event.

1. (a) Men:

(1) A men’s lightweight Crew, including a single Scull (1x), shall have no Rower who weighs more than 160 lbs.

(2) A Youth men’s lightweight Youth Crew, including a single Scull (1x), shall have no Rower that weighs more than 150 lbs.

2. (b) Women:

(1) A women’s lightweight Crew, including a single Scull (1x), shall have no Rower who weighs more than 130 lbs.

3. (c) The Coxswain shall not be counted for purposes of this rule.

4. (d) Rules relating to USRowing National Team Trials Regattas and Regattas governed by FISA may vary.

### **4-105 Coxswains**

1. (a) A Coxswain is a member of the Crew and subject to all rules governing Competitors unless specifically exempt.

2. (b) A male Coxswain may compete in Events for women, and a female Coxswain may compete in Events for men.
3. (c) Rules relating to USRowing National Team Trials Regattas and Regattas governed by FISA may vary.

#### **4-105.1 Coxswain's Weight**

1. (a) All Competitors who are competing as a Coxswain must meet the following minimum weights and their weights shall be determined as provided in Rule 4-106 ("Weighing of Competitors").
  - (1) A Coxswain in an Event for men's Crews shall weigh at least 120 lbs.
  - (2) A Coxswain in an Event for women's Crews shall weigh at least 110 lbs.
  - (3) A Coxswain in an Event for mixed Crews shall weigh at least 120 lbs.
2. (b) Coxswains who do not comply with subsection (a) above shall carry deadweight in order to achieve the minimum weight. Any such deadweight shall be placed in the boat as close to the torso of the Coxswain as possible and such weight shall remain in the boat throughout the duration of the race.
3. (c) It is specifically forbidden to distribute deadweight throughout the boat.
4. (d) A Crew whose Coxswain does not to have their deadweight at the finish of the Race shall not be placed.
5. (e) At any time, before or immediately after the Race, the Referee, another Race Official, or a member of the Control Commission may require the weight of the deadweight to be checked.
6. (f) Excess clothing, Equipment, electronic systems, tools, or other utilitarian devices germane to competition, shall not be considered part of the Coxswain's weight and shall not be included as part of any deadweight required under subsection (b) above.

#### **4-106 Weighing of Competitors**

1. (a) Competitors shall be weighed in racing uniform without shoes or other footwear. The racing uniform shall cover the torso of the competitor.
2. (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.
3. (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.
4. (d) The weight of Youth 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. Each Youth 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 their 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.

5. (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 their weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

### **Adaptive Rowing**

The Heart of Texas Regatta follows the 2018 USRowing Rules governing Adaptive rowing. In addition to the USRowing guidelines, all rowers in Adaptive events are required to wear a Personal Flotation Device (PFD).

### **Crew Representation**

No competitor may represent two different organizations in the Regatta. Any crew composed of competitors representing different organizations must be entered as a composite crew.

### **Masters Competition**

Masters’ age categories are defined in USRowing’s 2018 Rules of Rowing, 4-104.1(d). A rower’s “rowing age” is his/her age on 31 December 2019; a crew’s age is the average of its rowers’ rowing ages, rounded down to the nearest whole number.

Entries in Masters events must list every rower’s year of birth in order to compete. The Regatta Committee reserves the option to split any Masters event into two or more separate events according to the crews’ age categories.

Masters Crews shall be classified by age according to the following categories:

- (AA) 21-26 years
- (A) 27-35 years
- (B) 36-42 years
- (C) 43-49 years
- (D) 50-54 years

- (E) 55-59 years
- (F) 60-64 years
- (G) 65-69 years
- (H) 70-74 years
- (I) 75-79 years
- (J) 80 years and over

### **Dispute Resolution/Protest**

All questions of eligibility, qualification, and interpretation of the rules shall be referred to the Regatta Director and or Chief Referee whose decisions shall be final. Any protest filed will be in accordance with the 2018 USRowing Rules.

### **Schedule Changes**

The event schedule is subject to change depending upon the number of entries received. Events may be canceled or combined if there are fewer than three entries at the standard registration deadline. Any crew entered in a canceled event will be contacted and offered the option to switch to another event or receive a refund of the registration fee.

### **Sportsmanship**

USRowing Rule 2-410 Unsportsmanlike Conduct (\*)

(a) A Crew or Team that engages in Unsportsmanlike conduct, as witnessed by a Race Official, may be assessed by a Race Official with one of the penalties described in Rule 2-602 (“Types of Penalties”), regardless of whether such conduct otherwise constitutes a violation of these rules. If another Crew’s opportunity to win, place, or advance is affected by such conduct, the Race Official shall take appropriate action to restore that opportunity, pursuant to Rule 2-603 (“Restoring Opportunity of Winning; Altering Results”).

(b) Any Team member, including a Competitor, who engages in Unsportsmanlike conduct at any time during the Regatta, as witnessed by a Race Official, may have his or her further participation at the Regatta curtailed or prohibited by a Race Official.

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

### **Awards**

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

Medals will be available for pick at registration throughout each afternoon of racing.

### **Cancellation Due to Weather**

Occasionally regattas have to be truncated or canceled, usually in order to avoid exposing competitors, officials, and volunteers to unsafe weather conditions. No regatta is truncated or canceled except by order of the City of Austin or of the Chief Referee, who is trained and certified by the USRowing and bears ultimate responsibility for the regatta's safety. When a regatta is truncated or canceled, no registration fees are refunded.

### **Lady Bird Lake is no touch water:**

**NO** swimming or throwing the cox into the water is permitted on Lady Bird Lake.

### **Event Drone Policy**

The Local Organizing Committee, working in conjunction with the chief referee, is charged with approving the use of any and all drones at the regatta venue both on shore and in the field of play, including the airspace above the course (in accordance with local and FAA drone regulations for the specific venue).

Anyone wishing to operate a drone at the regatta venue, including media, competing organizations (including athletes, coaches, support personnel, parents or fans) or spectators must have prior approval from the LOC.

Any drones operating in the field of play must be controlled from the shore with an experienced drone operator. The drone itself must remain at least 10 meters behind the crew in its lane and at least 10 meters above the highest point of the referee launch. A drone may not operate in front of a crew in the field of play. At no time may a drone fly directly above a crew or referee in the field of play.

A drone may follow racing on the side of the course, but it must remain at least five meters away from the outside lane and 10 meters above the highest point of the referee launch. A drone may not follow racing on the side of the course being used as the travel lane for launching crews unless there is enough space to have both a five-meter buffer between the drone and the side of the course, as well as a five-meter buffer between the drone and the travel lane.