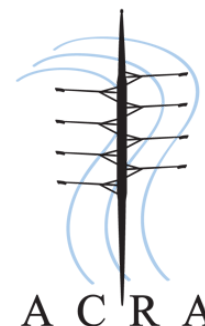


ACRA NATIONAL CHAMPIONSHIP REGATTA 2015

www.americancollegerowing.com



This document provides information for entering and attending the 2015 American Collegiate Rowing Association National Championship Regatta. Please read the document in its entirety to ensure that your entries will be accurate and accepted without the need for further information. Entries are not complete without ALL of the following:

1. Institutional membership in ACRA: www.regattacentral.com/clubs/
2. On-time entry at Regatta Central: www.regattacentral.com
3. Payment of entry fees
4. Submission of athlete eligibility form
5. Athlete waivers

The regatta and our organization's operation are still growing and we appreciate members' feedback. We will attempt to provide relevant information to all programs as soon as it is available. Please contact me if you have specific questions or suggestions about this packet.

Thank you and we look forward to receiving your entries and seeing you at Lake Lanier. The following table of contents should help you find the answers to specific questions you may have.

Brendan Mulvey, Registrar / Secretary, ACRA

mulveyba@bc.edu

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NEW INFORMATION AND CHANGES FOR ACRA 2015 REGATTA

To increase participation, ACRA has added the Men's and Women's Second Varsity 4+ events. A varsity 4+ entry will be required in order for a 2nd varsity 4+ entry to be accepted. A varsity lightweight 4+ entry may also serve as a prerequisite for a 2nd varsity 4+ entry, but only if the 2nd varsity 4+ also makes weight as lightweights. ACRA continues to explore ways to improve the quality of the championship regatta and believes adding this event will expand racing opportunities for its membership this year and in the future.

There has also been an increase in entry fees for the 2015 ACRA Championship. The increase of fees is to sustain the growth and future operation of the ACRA Championship Regatta.

GENERAL REGATTA INFORMATION

The eighth **American Collegiate Rowing Association National Championship Regatta** will be held in Gainesville, GA on **Saturday and Sunday May 23-24, 2015**. The Lake Lanier Rowing Club is the local organizing committee.

Please note the following important points:

- 1) For maps and other information: www.lakelanierrowing.org
- 2) Shirt betting is to be assumed for both men and women. Failure to follow this rule may be grounds for non-acceptance of future years' entries.

WAIVERS

All competitors should have a signed waiver on file with Regatta Central.

RULES OF RACING

The regatta will operate under the US Rowing Rules of Racing except as altered by ACRA or LOC rules and regulations.

REGATTA MEETING

Each program must have a coaching representative at the regatta meeting on Friday, May 23 at 6pm. This is not a "coaches and coxswains" meeting. The meeting will be at the boathouse.

NOTE: The meeting will have a roll call and cover ONLY specific safety instructions and schedule changes. The meeting WILL NOT go over the rules of racing, starting procedures, and boat handling advice. Crews are expected to know the rules and how to handle their equipment to attend a championship regatta.

PRACTICE INFORMATION

NO coaching launches are allowed on the water on Friday, May 22. Traffic patterns will be posted at the boathouse. All coaches, coxswains, captains, etc. must read and be familiar with these rules **prior to launching for PRACTICE OR RACING.** *Crews must be off the water by 8:00PM Friday. No crews may launch for practice Saturday, unless given specific approval by the ACRA Board of Directors and Chief Referee.*

REGISTRATION

Registration will be from 3:00 – 6:00pm Friday and 7:00-9:00am Saturday at the boathouse.

WEIGH-INS (see page 7 for full procedures)

Weigh-ins for coxswains and lightweight events will be conducted at the boathouse.

Weigh-ins for events with heats will begin at 4:00 Friday afternoon until 7:00pm, and resume at 7:00 am until 9:00am on Saturday.

All lightweights are required to weigh in once for the weekend in racing attire. Weight limitations are: Women - no more than 130 pounds for each individual, no average; Men - no more than 160 pounds, no average. **Crews must weigh in with all members present.**

Coxswain minimum weights in racing attire: 125 pounds for coxswains of men's crews; 110 pounds for coxswains of women's crews.

TEAM TENTS

Tents may be erected only at designated sites. Check with the Lake Lanier RC LOC prior to tent setup regarding approved locations and anchoring systems.

MEDALS

First, second, and third place medals will be awarded in all ACRA events with four or more entries, first and second for an event with only three entries.

ALL-REGION TEAM CEREMONY

ACRA will honor its Six All-Region Teams approximately ½ hour after the conclusion of racing on Saturday. Everyone including team members, alumni, and parents, is welcome to attend the main ceremony.

ENTRY INFORMATION AND RULES

The schedule and fees are available at the Regatta Central site. After you have familiarized yourself with the regatta rules, please make your entries at www.regattacentral.com and make your payment there by credit card, or send a check made out to “ACRA” to:

Brendan Mulvey, ACRA
4 Charlesview St.
Brighton, MA 02135

- 1) Each organization must complete and submit, with appropriate university signatures, the ACRA Eligibility Certification, available on the ACRA website www.americancollegerowing.com. Forms can be brought to on-site registration, or mailed to:

ACRA c/o John Ferris
Lake Lanier Rowing Club
3105 Clarks Bridge Road
Gainesville, GA 30506

- 2) The entry deadline is the scratch deadline. All scratches not made online by the deadline must be emailed from the coach's email address to BOTH Desmond.Stahl@essr.ucsb.edu and mulveyba@bc.edu. Scratches after the deadline and before 10:00am Eastern time on Friday May 22 will be assessed a scratch fee of \$50 per scratch and no refund of entry fee. Any scratches after Friday at 10:00am, or any no-shows, will be assessed a \$100 scratch penalty. Any team assessed a scratch fee will not be permitted to participate in the regatta until the fee is paid.
- 3) Late entries may be accepted with a penalty fee of \$50 per entry, plus the entry fee. Late entries will not be accepted without extraordinary circumstances and a majority vote of the ACRA Board of Directors.
- 4) A minimum of three entries is required to run an event. ACRA will attempt to place crews from cancelled events in another appropriate event if possible, and will make every effort to confer with the coaches of affected teams in this process.
- 5) **Waivers** and the **Athlete Eligibility Form** (available at Regatta Central and at www.americancollegerowing.com) also should be mailed to John Ferris as outlined above, or brought to the regatta registration.

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- 6) Entries will only be accepted from programs that have paid the annual membership fee. Membership is available at the “Clubs” link on the Regatta Central site.
 - 7) Entries must be made online at Regatta Central (www.regattacentral.com). Entry deadline is May 12, 2015. Entries must be **COMPLETED** before midnight Eastern time. This is also the deadline for scratches with refunds.

- 8) Only one entry per event is allowed from each program, with the following exceptions.

Two entries are allowed in the doubles and singles events.

Multiple entries are allowed in the M2V, W2V, M2N and WN eight events, and if there are enough crews entered a separate event may be added. Note: only the top finisher from a program with multiple entries is eligible for points, but all entries are eligible for medals

- 9) Doubling of rowing athletes is not permitted. A coxswain may compete as a coxswain in more than one event but no scheduling changes will be made to accommodate such doubling, and crews do so at their own risk of schedule conflicts.
- 10) Second Varsity and Second Novice Entries: An organization must enter and race a Varsity boat of the same size, weight, and gender classification of crew in order to enter a Second Varsity boat. A First Novice boat is required for a Second Novice entry.
- 11) A team may enter a 2V8 at the ACRA Regatta without entering a 1V8 if the following provisions are met. The intent of this rule is to allow any team to enter its second level athletes against second level athletes from those programs whose first level athletes compete in the Varsity 8.
 - The program’s top 8 rowers and top coxswain are entered in other varsity events, with no more than 4 rowers entered in lightweight events included in this count;
 - None of the rowers constituting the 2V8 competed as part of the First Varsity 8 in any regional or national championship regatta this season (i.e. SIRA, Dad Vail, New Englands, NY States, MACRA or similar), or any other competition since May 1 of this year;
 - The coach and each individual athlete signs the appropriate certification to this effect at registration.

Any program seeking this exception should initiate contact with the eligibility committee prior to entering to ensure compliance.

- 12) Program entries will be accepted from only ONE designated representative. Specifically, this means that if a student who rows a single or double outside of a college’s recognized program which is entering crews at the regatta, then that program’s designated representative needs to submit the sculling entry for it to be accepted.

13) The ACRA Executive Committee will have final discretion regarding entries.

This is an attempt to summarize the main guiding rules of the ACRA and may not include all previous rulings. Except as noted above, all rules will reflect previous ACRA procedures. Special rulings may be invoked by the ACRA Executive Board.

INSTITUTIONAL ELIGIBILITY RULES

Institutional Eligibility:

- 1) All collegiate club rowing programs recognized by their respective universities are eligible for participation in the ACRA Championship Regatta.
- 2) The ACRA membership shall be made up of university and college club rowing teams, and junior college and community college teams (both men and women) that are not eligible through their institutions' athletic department for the NCAA or IRA Championship.
- 3) All programs must meet BOTH the eligibility requirements of their home institutions and the ACRA.
- 4) USRowing Organizational Membership
Because of insurance requirements, the ACRA regatta will be registered with USRowing. **This means that all programs entering MUST be organizational members of USRowing to participate.**

ATHLETE ELIGIBILITY / ENTRY RULES

Eligibility for the ACRA Regatta shall be dependent upon the conference rules of the competing institution, and **ALL OF THE FOLLOWING:**

- 1) All participants must be full time undergraduate students and enrolled at the institution they represent. To be considered a full time undergraduate student, he/she must currently be taking courses totaling at least 12 credit hours on the semester basis or its full time equivalent, and must be making normal progress toward his/her first degree. Exceptions to the 12 credit hour rule must be certified by the Academic Office of the involved institution. A student athlete who has received a Baccalaureate or equivalent degree, and who is enrolled in the his or her first year of graduate or professional school of the institution attended as an undergraduate, or who is enrolled and seeking a second Baccalaureate or

equivalent degree at the same institution, may participate in ACRA, provided the student athlete has athletic eligibility remaining, and such participation occurs within the time period set forth in number 2 below.

- 2) An ACRA competitor has four years of eligibility, which must be completed during the first 10 semesters or 15 quarters after the student is enrolled in a collegiate institution in at least a minimum fulltime program of studies as determined by the regulations of that institution. Competing for an institution in any one event within the academic year is enough to constitute one year of eligibility.
- 3) Any individual who has raced during the current academic year with a non-ACRA eligible college program will not be eligible for participation in the ACRA Regatta.
- 4) Novice Classification:
 - The ACRA defines novices as those in their first year of collegiate competition.
 - Coxswain turned rower or rower turned coxswain note: An individual who rows or coxswains competitively in any academic year is allowed to change roles in a subsequent year and compete as a novice.
 - Once an individual competes in ANY intercollegiate competition in an academic calendar year, novice eligibility has begun for that season.
- 5) A student athlete who is enrolled in a graduate or professional school of the college or university may participate, provided he/she has eligibility remaining and is within five calendar years of initial fulltime collegiate enrollment.
- 6) To compete at the ACRA, each athlete must be listed on the program's roster, and certified by the institution's registrar or program administrator (varsity athletics or rec sports level administrator, NOT the head coach or team officers).

7) WEIGH-IN RULES AND PROCEDURES

A men's lightweight crew shall have no rower who weighs more than 160 pounds.

A women's lightweight crew shall have no rower who weighs more than 130 pounds.

If any individual is more than 2 pounds over the maximum weight, that individual will be excluded from competition. If an individual is within 2 pounds of the maximum he/she will have two more tries within one hour of the initial weigh-in to make weight as long as the scales remain open. If the individual fails to make the weight in one hour or the third attempt (whichever occurs first) that individual will be excluded from competition.

Coxswain minimum weights: Men's Events– 125 pounds, Women's Events – 110 pounds

- A test scale will be available for unofficial use at 12pm Friday.

- Crews and coxswains will only have to make one weigh-in during the competition. Crews must weigh-in together in racing attire (shirt & shorts or unisuit).
- Crew weigh-ins for events with heats are Friday 4pm-7pm. There will be an early morning weigh-in for crews who missed Friday from 7am-9am on Saturday. If there is a final only, the participants must weigh-in Saturday 5pm-6pm.
- Coxswains and lightweight rowers will weigh-in in racing attire (shirt & shorts or unisuit).
- Up to 5 pounds of sand will be available for coxswains. If an individual requires more he/she will be responsible for providing the extra weight. Coxswain weights will be kept at regatta headquarters before and after each competition.

Appeals for exceptions to these rules must be entered in writing to the ACRA Eligibility Committee (Desmond Stahl, (Desmond.Stahl@essr.ucsb.edu) , Calvin Cupp (calvin.cupp@wichita.edu), and Rachel Rawlinson (Rachel.rawlinson@unh.edu)) prior to the entry deadline. Documentation is required for any request to be considered.

Violations of regulations may be cause for crew or team disqualification. Unusually serious violations may be grounds for even more sanctions.

SEEDING AND PROGRESSION SYSTEMS

The ACRA progression system will be posted on the web site:

www.americancollegiaterowing.com

SEEDED EVENTS

Events: MV8, M2V8, MFN8, M2FN8, WV8, W2V8, WFN8.

SEEDING PROCESS

- a) The vote is to be placed by the head coach of each program entered in the event, and not one of the assistants or team officers.
- b) Voting will be conducted either by email or online a week prior to the championship, and initial votes will be viewed by all the head coaches.
- c) The head coach MUST vote for his/her own crew in the poll.
- d) Coaches may change their votes within two days of the closing.
- e) After the second day, all voting is final.
- f) At this point all votes WILL BE MADE PUBLIC.
- g) Seeded crews will be sorted into heats according to the poll results. EVERY CREW WILL BE GIVEN A SEED.

SORTED EVENTS

Events: MV4+, MLt4+, MFN4+, MNLt4+, WV4+, WLt4+, WFN4+

This is an attempt to separate crews who have remained intact through the racing season and performed well at a major regatta. The goal is to create regional and competitive diversity in the heats.

This will be a responsibility of the Regatta Director, and two other designated members of the Championship sub-committee. Finalization of the sub-committee's recommended placements will be made by the Executive Board.

This is not an attempt to place every entered crew. Results will be considered PRIMARILY from the Dad Vail regatta, ECAC-NIRC, and WIRA, with consideration given to SIRA, Indianapolis Invitational, NY States, New England Championships, PCRC, and Knecht Cup, with a goal of splitting up crews who competed against each other in the Grand Finals at those events. It is also to prevent the winners of those events from being "stacked" into the same heat. The remainder of the field will be determined by random draw.

The ACRA progression system will be used, with a random draw of lanes after the heats have been determined. Sorted crews will not be assigned to certain lanes.

TIME TRIALED EVENTS

For any event with more than 32 entries, a time trial will be used as the initial stage. An initial starting order will be determined by using the same system as SORTED crews, trying to make an effort to place known fast crews to the front. Other crews will be randomly placed behind them.

The time trial will be conducted using two or three lanes. The repechages and semifinals will be sorted based on the results of the time trial. See the progression system as posted on the ACRA website.

CANCELLATION POLICIES

Every effort will be made to retain all events, but in the case of persistent weather some events may require cancellation. The cancellations will occur in the following order:

- 1) Lunch breaks
- 2) All 3rd Level Finals and below
- 3) All Petite Finals
- 4) Finals with fewer than a full field (8 entries at Gainesville)
- 5) All small boats (2-, 2X, 1x)
- 6) Novice, 2nd Varsity and Lightweight Fours, Quads
- 7) Novice 8's
- 8) JV8's and Varsity 4's
- 9) Varsity 8's

Please note the racing format: Time Trials, Heats, and Repechages will be raced on Saturday with Finals on Sunday, except in the larger fields which require four races. In those cases the Semifinals and Finals will take place on Sunday.

Should conditions dictate, the Fairness Commission, composed of the ACRA Executive Board and the Chief Referee or his/her designated representative, will have the authority to reassign lanes to prevent a disadvantage for higher seeded crews.

One of two progression alternatives will be chosen at random at the conclusion of each set of heats to place crews into semifinals.

CONTACTS:

ACRA Regatta Questions

Brendan Mulvey, Registrar and Secretary
Boston College Men's Rowing
4 Charlesview St.
(845)242-2294
mulveyba@bc.edu

Desmond Stahl, President
US Santa Barbara
Recreation Center #1110
Santa Barbara, CA 93106-3025
(805)252-1418

Gainesville Area Questions

John Ferris, Lake Lanier RC
3105 Clarks Bridge Road
lakelaniercoach@gmail.com

ACRA Eligibility Questions send email to ACRA Eligibility Committee:

Desmond Stahl, Desmond.Stahl@essr.ucsb.edu
Calvin Cupp, calvin.cupp@wichita.edu
Rachel Rawlinson, rachel.rawlinson@unh.edu