

2026 Regatta Rules and Instructions

CONNECTICUT PUBLIC SCHOOLS ROWING CHAMPIONSHIPS

Failure to comply with regatta rules may result in disqualification.

OVERALL RULES, INSTRUCTIONS, AND INFORMATION – PLEASE REVIEW WITH YOUR PROGRAMS

The coach and coxswains meeting will take place at 8:00 am at the beach.

- **USRowing Adherence:** Coaches should relate all information to their coxswains and crews.
 - The CPSRA Regatta will be run in accordance with USRowing Rules of Rowing.
 - All coaches and student-athletes participating in the regatta must be fully compliant with USRowing Requirements. Failure to adhere will forfeit participation in the regatta.
 - Exception - We do not weigh coxswains or boats.
 - There will be a 100-meter *breakage* rule.
 - Crabs or jumped slides will not be recognized.
 - Starting Command: There will be a polling of the crews and then, Attention, Go!! (USRowing Officials will make all race-day decisions)

- **Eligibility Requirements**
 - All crews must be made up of students attending the same Connecticut Public High School and the Rowing Program must be acknowledged and administered by their school as a varsity sport.
 - Co-op Teams must have met the eligibility criteria as adopted by the CPSRA. Co-op teams must be made up of students attending only those participating schools. The co-op program must be recognized and administered by each of the participating schools as a varsity sport.
 - Each team will follow its school's athletic department student-athlete and coaching eligibility requirements.

- **Season Requirements**
 - It is the coach's responsibility to make sure that the 1st boat is the school's fastest possible boat, that the 2nd boat is the second fastest boat, 3rd boat is the third fastest boat, etc. Boatings should always be made with an eye toward making the higher-level boat as fast as possible. Novice crews must be comprised of athletes who are in their 1st year of scholastic rowing. All athletes in each boat must be from the same school. Co-op program athletes must be comprised of athletes from those participating schools.
 - **1st 8+ boats must have 3 races against 3 different CPSRA schools on 3 different dates.**
 - **2nd 8+ boats must have at least 2 races against 2 different CPSRA schools rowing in that event at the regatta on 2 different dates.**
 - **3rd 8+, novice 8+, all 4+'s must have a total of 2 races, 1 race against a CPSRA school rowing in that event at the regatta. (See chart)**

 - Exceptions will be decided upon considering mitigating circumstances during the season.
 - Races must be side by side 1000-2000 meter sprint races.

Boat Class	Total Races Required	Races against a CPSRA school
1V 8+	3	3
2V 8+	2	2
3V 8+	2	1
Novice 8+	2	1
1V 4+	2	1
2V 4+	2	1
3V 4+	2	1
Novice 4+	2	1

- Racing Crews must race boats at the same boat level they will be racing at on regatta day. 1st boat sees 1st boat, 2nd boat sees 2nd boat, 3rd boat sees 3rd boat, Novice boat sees Novice boat.
- **Seeding Race Results should be turned in to the seeding committee as soon as possible. All results must be turned in by Sunday, May 10, 2026**
- There will be no “B” crews in any event except the Boys and Girls Fours. Be sure to schedule races accordingly

● Pre-Regatta Registration and Documentation

- Registration and USRowing Compliance
 - **USRowing Membership -**
 - **Program Membership – Your school must be a current member**
 - **Athlete Membership and Waiver (and SafeSport if applicable) – All athletes in your program must be a current and compliant USRowing member (Refer to the Compliance Instructions Document)**
 - **Athletes not in compliance with USRowing will not be eligible to compete in the regatta**
 - **Regatta Central**
 - **Entries will only be accepted that contain all requirements (Registration on Regatta Central, Full Payment and emergency roster) by April 27th or the entry is late.**
 - **There will be a fine of \$50 for incomplete or late entries, NO entries will be accepted after May 1.**
 - **Additionally, late entries may not be guaranteed a race if lanes are not available.**
 - **Heats will not be created to accommodate late entries.**
- **Permission To Treat Forms** – Each school must have physical paper copies of their forms on site the day of the regatta. Electronic or other digital platforms will not be accepted. The affected school will not participate in the regatta unless the forms are in EMT hands prior to the regatta.

- **Emergency Phone / Condition Rosters** - Each school is required by the State Police to provide a roster of athletes with emergency phone numbers and all permission to treat forms for athletes. Please provide an up-to-date list at the coaches/coxswains meeting.

- **Race Day Requirements and Considerations**

- **Filling a seat position if an athlete(s) cannot compete**
 - No more than 2 athletes may be used to fill in a boat, they may only move up, and only if there are no other athletes on your roster.
- **Safety Requirement**
 - All athletes on the water will be required to have with them a long-sleeved jacket or stretchy shirt in case of rain or cold.
- **Important features for your equipment:**
 - All shells must have a bow ball or its equivalent.
 - Make certain that heel tie-downs do not allow rowers to raise their heels from the footboard more than 3 inches. This will allow quick release of their feet in case of emergencies.
 - Bow openings for coxswains in fours should be at least 70 cm (2.3 feet) long and at least 50 cm (1.65 feet) wide.
 - Bow Markers: Each school is responsible for supplying its own bow marker(s). Secure the marker properly to the bow so that it will withstand wind and rain. Crews appearing without bow markers may be assessed a warning.

- **State Park Rules:**

- All trailers should be parked in the grassy area past the parking lot. Shells should be rigged in this area. School buses are to park where the DEEP tells you to park.
- Please remember to encourage your parents to carpool, as parking is limited. Also, remind your parents that there is no parking on the road around the lake AND that there is a PARKING FEE.
- The campgrounds are OFF LIMITS!!
- Please remember to take all of your trash to the dumpster. If the dumpster is full, please take trash home. WE MUST LEAVE THE PARK IN BETTER CONDITION THAN WE FOUND IT!!

- **Course Rules and Considerations**

- **Crews warming up:** We will stick to the schedule. Crews must be within hailing distance of the start no later than 4 minutes prior to the published starting time. All schools should note that a crew with one warning for a traffic violation risks disqualification, if that same crew receives a second warning for being late to the start, a false start, or some other infraction. Also, please note the following points.

(Please refer to the course map)

- Crews will launch from the dock and cross the course, past Lane 6 before rowing on the east side of the course to the 1200-meter point. At 1200 meters you will cross the course to the west basin. A Course Marshall will tell you when you may cross the course.

- After crossing the course, proceed to the start on the west side of the course. Note the buoy line in the center, which will designate the practice area. The traffic pattern in this area will follow a counterclockwise pattern. Please follow the Marshall's instructions
- **Voiding:** There shall be no urination in the lake. This is strictly forbidden and will result in a warning or disqualification from the regatta.
- **Approaching the Starting Dock:** When you reach the start and your race is called, crews should enter the lanes and row toward the finish in the lanes, backing into the start where the stake persons are located. You may row toward the start within 100 meters of the start. Otherwise, NEVER ROW TOWARD START IN COURSE LANE, unless otherwise directed to do so by a Marshall. Lock on to the stake-person 2 minutes before the scheduled race time. Failure to do so may result in a Warning or Disqualification. There will be a race every fifteen minutes.

Therefore, crews should be well trained in the following:

- **Backing:** Crews should back, keeping the boat level and without catching crabs. Coxswains and crews should be ready to hold water so as not to back into the starting dock. This is especially important if there is strong wind blowing from lane 6. In this case, crews should be ready to hold water by taking a half-stroke. Coxswains should keep their rudders straight while backing. In bow-loaded coxed fours the coxswains cannot see the stern, therefore the stern pair should work together to back the shell into place. Stroke or three can make the commands.
- **Pointing the Boat:** Coxswains may need to point their boats to the right or to the left of the targets on the shore. This will depend upon the wind direction and its force. If the wind is strong from either side, it may mean pointing the boat 10-15 degrees into the wind.
- **Pinching the Boat:** If the wind is blowing lightly, this usually means that bow or two will take short strokes (arms only) to keep the boat angled properly. When "pinching," keep the blades square. If the wind is blowing hard, then two may need to take bow's oar, or three will take two's oar. If the wind is blowing extremely hard, then four may need to take three or five will take four, in addition to the other person who is already pinching the boat. The rest of the crew should keep the boat set up. Coaches should have trained their crews in the proper techniques. Crews should NOT use their legs, or slides, to pinch the boat. If the crews cooperate, then no boat will pull off the stake-persons prematurely. Coxswains should remember that their "point" might be to the right or to the left of the target, depending upon the direction of the wind.

- **The Start**

- The Starting Command is a Countdown: Once all crews are locked on, there will be a polling of the crews from Lanes 1-6. If a crew is not ready, the coxswain's and the bowman's arm should go up--FULLY EXTENDED--and the crew should be taking corrective action. In bow-coxed boats, bow should raise his/her hand, not the coxswain.
- Once all hands are down, the Starter will count down as follows: A Polling of the Crews and then "Attention! . . . Go!" There will be a distinct pause between "Attention!" and "Go!" There should be NO forward movement in the boat until the Starter says, "Go!"
- Coxswains are expected to manage their boats so that as the final starting command is given, all shells will be in the proper position. This means that during the polling of the crews before "Attention!" one or two of the rowers may continue to pinch the boat to keep it in position.

- Once the polling begins, the Starter will NOT recognize coxswains' hands. Thus, you must do all you need to do to keep the boat aligned. Once again, please remember not to use the legs, or any large portion of the slide, while pinching the boat.
- **Start Directions:** At the starter direction, the crews shall enter the starting area ready to race. Each crew is responsible for being locked on to the stake person 2 mins before the scheduled start time. Crews late will be assessed a warning. Two warnings and a crew will be excluded from the race. Once locked on a crew must maintain its point down the center of its lane.
- **Alignment of Crews:** Upon achievement of the alignment of the crews. The starter will announce the names of the crew. Once the announcement has begun the starter will disregard any crew signaling that they are not ready. At the starter discretion, the starting commands will be given "attention" / raise the red flag, drop the flag / "go"
- **Aborted Start and Restart:** Should alignment be lost or for any reason the starter believes that the race should not be started. The starter will call out "as you were." The starter will then repeat the starting commands in their entirety but may dispense with announcing the names of the crew.
- **Equipment Breakage:**
 - All crews are responsible for a complete check of equipment prior to leaving for the start.
 - **In the event of equipment breakage** or any major mishap within the first 100 meters (crabs and jump slides are excluded) the coxswain should raise his hand immediately and stop the boat. The Referee will stop the race and determine the severity of the breakage and the appropriate action - - restart, postponement, etc.
 - A crew that falsely claims breakage or any major mishap within the first 100 meters, and as a result stops the race, may be penalized by the assessment of a Warning or Disqualification.
- **Objection/Protest:**
 - In the event of a Protest, it must be made on the water at the end of the race and then presented in writing to the Regatta Director and head referee within one hour of the completion of the race in question.
 - **Start** – If your coxswain is not prepared for the start or has a concern, then the crew should not start!! If the crew goes, then they have accepted the start and cannot object/protest. If they have breakage in the breakage area they should stop.
 - If at the finish your coxswain wishes to make an Objection, he/she must immediately raise her/his hands and speak with the referee. If he/she accepts the referee's explanation, and the referee raises the white flag and declares the race official – then your coxswain may NOT protest.
 - If your coxswain does NOT accept the referee's decision, then he/she must tell the official that he/she wishes to file a written protest (this is where the objection becomes a protest) and to please declare the race unofficial.
 - Once on land the coxswain must provide the race officials (at the finish line) with a written protest and \$50. If the protest is upheld the \$50 will be returned.
 - Protests regarding weather or wakes will generally be denied

Questions? Call Scott Mahon @ 860-949-5422 or email at scott.mahon@elpsk12.org

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