

1. See General Regulations Governing Sporting Competitions.
2. Rowing is conducted under the rules of Rowing Victoria (RV) unless otherwise stated and according to the APS Racing Code.

3. REGATTAS

3.1 Coaching during the race.

All coaches should note that that APS Sport forbids any coaching from the bank whether by voice, using amplification, by radio or any other means. Offenders risk disqualification of their crew or removal of that crew from the race. It should be understood that the ethics of racing are that it is a race between the crews concerned and that coaches should leave it to the participants.

- 3.2 Order of Entry:** Schools should enter all crews from the top down, and multiple entries are then entered in the lowest division.

The top down entry for all crews occur according to the following existing divisions: Boys Open First VIII, Open Second VIII, Open Third VIII, Open Fourth VIII, Open IV. For the APS Regatta (Heads of the River), schools must enter all of their Year 10 and Year 9 crews in all divisions (Quads, Fours, Eights), top down.

- 3.3** The draw for the APS Regatta Heats based on seeding for The APS Regattas (HoR) is as follows:

Option A	L8	L7	L6	L5	L4	L3	L2
Heat 1	-	11	7	4	1	5	9
Heat 2	-	-	8	3	2	6	10
Option B	L8	L7	L6	L5	L4	L3	L2
Heat 1	-	10	6	2	3	8	11
Heat 2	-	-	9	5	1	4	7

- 3.4** The Boys Firsts and Seconds VIII's will race their Heats at The APS Regatta on Saturday.

4. TRAINING

- 4.1** Rowing is a Summer sport and therefore official training should fit within the general time frame i.e. athletics has first priority until after the Combined Athletics Sports. The intended spirit of these regulations is that boys and girls and their families should not be under pressure to arrange their summer vacation to accommodate group training for Rowing. The spirit of these regulations is to be discussed each year at the Ts.I.C Rowing meeting. Schools are to monitor all their coaches and crews.

- 4.2** Between The APS Regatta or the National Regatta (whichever occurs later) and the beginning of Term 4 no rowing should be conducted other than in sculling boats and pairs, but allowances should be made for special events (i.e. tours or visiting schools) and exceptional circumstances where agreed by the APS Heads.

- 4.3** Crews are not to enter RV Regattas in fours or eights until after the Combined Athletics Sports.

- 4.4** During school time, the following restrictions apply for training sessions in the boat:
- a. Boys & Girls Open: First & Second Crews - Sunday to Friday; 4 on-water sessions.
 - b. All other Open and Y10 Crews: Sunday to Friday; 3 on-water sessions.
 - c. Y9 & Y8 Crews: Sunday to Friday; 2 on-water sessions.
 - d. Note, "school time" for the 2020/21 season includes up to and including 7 December 2020 and normal training restarts on 1 February 2021.

4.5 Holiday Provisions – 'No Row Period'

- a. There will be a designated 'no row period' during the summer holidays, with the APS Sport office to determine the dates annually. The dates are to be for a period of no less than 20 days, falling appropriately on either side of the Christmas and New Year holiday period.
- b. The dates for the 'no row period' for 2020/21 are 20 December 2020 to 10 January 2021 inclusive.
- c. During the 'no row period', no rower shall engage in any rowing (i.e. on water) or fitness related activities based at school facilities, and/or engage any member of the school employed in, or associated with, the school's rowing program. Students may initiate and lead fitness related activities in groups that may use school equipment (e.g. ergometers) but not at school facilities (including on water equipment), or participate in rowing (excluding Surf Boats) in a crew of 2 or more from their school.

- 4.6 **Camp Days**
- a. Normal training for all schools (refer to 4.4) is allowed to continue until a set date at the end of Term 4 and a common recommencement date at the beginning of Term 1, as set annually by the APS Office.
 - b. The set dates for this period for 2020/21 are 7 December 2020 to 1 February 2021.
 - c. Between these dates, any organised rowing or group/team activity shall be considered a camp day. Camps may be conducted between the beginning of Term 4 and The APS Regatta, either as a block or separately. Camps are limited to 10 days. APS gazetted regattas, as determined by the APS Sport Office, are not included as camp days. All schools must lodge their camp dates with the APS Office prior to 10 November each year.
 - d. Outside the Camp Dates, no rower shall engage in any rowing (i.e. on water) or fitness related activities based at school facilities, and/or engage any member of the school employed in, or associated with, the school's rowing program. Students may initiate and lead fitness related activities in groups that may use school equipment (e.g. ergometers) but not at school facilities (including on water equipment), or participate in rowing (excluding Surf Boats) in a crew of 2 or more from their school.
- 4.7 **Penalties:**
- a. For a proven breach of Rowing Regulations, clause 4, the crew will, if in an event with a Heat and Final at the APS Regatta (Heads of the River), be seeded last in the B Final at The APS Regatta (Heads of the River)
 - b. For a proven breach of Rowing Regulations clause 4, the crew will, if an event with a First and Final race at The APS Regatta (Heads of the River), be seeded last in their Final at The APS Regatta (Heads of the River) and ineligible to win the event.
 - c. **Penalties Sub-Committee:** Chair of Heads, Chair of Rowing and APS Sport Executive Officer. Should the School of the Chair of Heads and/or the Chair of Rowing be involved in the protest, then a suitable replacement be found from the Heads and/or Delegates Committees by the Executive Officer. The decision of the Penalties Sub-Committee is final and is not subject to further adjudication in accordance with General Regulation 13.
- 4.8 At The APS Regatta no crew may row before the proclaimed sunrise time. (2021: 7:22am)
5. **Safety Officer:** At The APS Regatta (Heads of the River) Regatta, a Safety Officer be on the Course from 12.00 pm Friday, and from sunrise until 15 minutes before the first race on Saturday, with associated traffic management plans as part of the overall safety management plan.
6. **Presentation:** At the conclusion of The APS Regatta (Heads of the River) both winning crews will row to the landing for the Trophy Presentations.

THE APS REGATTA (HEADS OF THE RIVER)

SATURDAY 20 MARCH 2021 AT NAGAMBIE LAKES COMMENCING AT 9.00AM

- Regatta Referee:** Mr. Andrew N Guerin
- Regatta Secretary:** Ms. Laura J Schouten
- Trophies:** Fairbairn Challenge Cup (1st VIII Boys),
Geelong Ladies Challenge Cup (1st VIII Girls)
- Preliminary Entries:** To the APS Sport Office by **Friday 1 February**.
- Firm Entries & Crew Names:** To Rowing Victoria via RM (Rowing Manger) online entry by **Sunday 7 March** (for printing of Program). Any crew changes by **Friday 19 March** for results.
- Seeding:** All Crews to be seeded on the results of the Scotch Mercs Regatta. The Seeding Regatta adopt the RA model (Heats, Repêchages, and Finals) which includes a random draw for the initial heats, conducted by APS Sport at the Rowing TslC Meeting in February.
- Rowing Victoria Draws:** To APS Executive Officer & Chair of Rowing - **Monday 14 March**.
- Events:** Other than 1st & 2nd Crews (Boys & Girls) Events with 6 or fewer entries will be First & Final only. **If two schools are entered in the lowest division in any Senior (Open) event, this event must be included in The APS Regatta program.**
- Adverse Weather:** **If the Adverse Weather Policy is invoked at the APS Regatta (Heads of the River), lanes for the final will be allocated as follows:**
- 1. Best lane:** Higher ranked heat winner
 - 2. Second best lane:** Lower ranked heat winner
 - 3. Third best lane:** Higher ranked of crews finishing second in heats
 - 4. Fourth best lane:** Lower ranked of crews finishing second in heats
 - 5. Fifth best lane:** Higher ranked of crews finishing third in heats
 - 6. Sixth best lane:** Lower ranked of crews finishing third in heats, etc.
- Minimum weights of Coxswains:** **Boys and Girls 1st & 2nd VIII is 55kg. All other crews unrestricted. Any crew may have a male or female Cox**
- Coxes weigh in:** 3.00 pm - 4.30 pm in the First Aid Shelter of the Boat Shed on Friday.
- 1000M Crew:** All 1000m Crew, Coxes and Stroke to meet in the **Boat Shed** immediately following the conclusion of the 1st VIII Heats.

BOYS

CREW	SEASON TRAINING	RACE DISTANCE	PROGRESSION TO FINAL	REMARKS
1st & 2nd Open Boys Eights	Sun. to Fri. 4 sessions	2000m	The Scotch Mercs Regatta results (12 March 2021) will determine the APS Regatta (HoR) Heats. The first and second placed crews from each heat go through to the A Final at Scotch Merc's, with the balance of crews to two repechages. The winner of each repechage will then go thru to the A Final and all other crews to the B Final.	May row at Nagambie after 12 noon on Friday, 19 March. May be accommodated on night of Friday 20 March at Nagambie. No rowing before sunrise on Saturday 20 March. (7.22am)
3rd & 4th Open Boys Eights	Sun. to Fri. 3 sessions	2000m	The Scotch Mercs Regatta results (12 March 2021) will determine the APS Regatta (HoR) Heats.	
Year 10 Boys Eights Division 1, 2, 3	Sun. to Fri. 3 sessions	2000m	The Scotch Mercs Regatta results (12 March 2021) will determine the APS Regatta (HoR) Heats.	
Boys Open Quad	Sun. to Fri. 3 sessions	1000m	First and Final or Divisions as appropriate according to seeding.	
Year 10 Boys Quad	Sun. to Fri. 3 sessions	1000m	First and Final or Divisions as appropriate according to seeding.	
Year 9 Boys Eights Division 1, 2, 3	Sun. to Fri. 2 sessions	1000m	According to seeding. Heats if required.	
Year 9 Boys Quads All Divisions	Sun. to Fri. 2 sessions	1000m	First and Final as appropriate according to seeding.	All Divisions in unrestricted boats. A school entering 2 Quads may enter the B eight, if 4 Quads entered may enter C eight.