

1. See General Regulations Governing Sporting Competition.
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 the APS 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.

The top down entry for all crews occur according to the following existing divisions: Girls Open First VIII, Open Second VIII, Open Third VIII, Open IV.
 - 1.3 In the lowest division if two schools are entered in any Senior (Open) event, this event must be included in the Head of the River program.
 - 1.4 Should First VIII Crews not be able to be separated on ranking at the Head of the Schoolgirls, then the results of the Victorian State Championships will be taken into consideration for seeding for The APS Regatta (HoR).
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 2020/2021 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 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 & Chairs of Rowing, 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. **Presentation:** At the conclusion of The APS Regatta (Heads of the River) both winning crews will row to the landing for the Trophy Presentations.
- 6. **Invited Crews:** The APS Heads will determine the invitation of Girls' schools to participate.

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 Manager) 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 Head of the Schoolgirls Regatta. **Should First VIII Crews not be able to be separated on ranking at the Head of the Schoolgirls, then the results of the Victorian State Championships will be taken into consideration for seeding for The APS Regatta (HoR).**
- 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, 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 in the Boat Shed on Friday
- Boats and Oars:** **Year 10:** For 2021, the Division 1 & 2 Four will be unrestricted, and deregulation will continue in this boat class at one division per year. Eg. In 2021 Division 1, 2 and 3 will be unrestricted, in 2022 Year 10 Division 1, 2, 3 and 4 will be unrestricted etc. **Year 9:** For 2021 there will be 6 Quad Divisions (1 to 6), and this will increase at a rate of 2 per year. Eg. In 2021 there will be Divisions (1 to 8), in 2022, there will be 10 Divisions (1 to 10). The number of divisions for Fours will reduce over time.
- 1000M Crew:** All 1000m Crew, Coxes and Stroke to meet in the **Boat Shed** following the conclusion of the 1st VIII Heats.

GIRLS

CREW	SEASON TRAINING	RACE DISTANCE	PROGRESSION TO FINAL	REMARKS
1st & 2nd Open Girls Eights	Sun. to Fri. 4 sessions	2000m	First 6 ranked at HOSG (11-13 March 2021). Heat 1; ranked crews 1, 4, 5. Heat 2; crews 2, 3, 6. Unranked crews drawn to complete heats. 1st 3 in each heat to A final, remainder to petite. If possible all in final, if not A final of 6 and remainder in petite.	May row at Nagambie after 12 noon on Friday, 19 March. May be accommodated on night of Friday 19 March at Nagambie. No rowing before sunrise on Saturday 20 March. (7.22am)
Third Open Girls Eights	Sun. to Fri. 3 sessions	2000m	First and Final	
Girls Year 10 Eight Div. 1	Sun. to Fri. 3 sessions	1000m (for 2021)	First and Final	
Girls Open Four	Sun. to Fri. 3 sessions	1000m	First and Final or Divisions as appropriate according to seeding.	
Girls Year 10 Fours	Sun. to Fri. 3 sessions	1000m	First and Final according to seeding.	2021 Div. 1 & 2 unrestricted, remainder in regulation boats. 2021 Div. 1, 2 & 3 unrestricted, remainder in regulation boats Deregulation to continue at a rate of 1 Division/year, as per RV Regulations.
Girls Year 9 Quads	Sun. to Fri. 2 sessions	1000m	First and Final according to seeding.	In 2021 Div. 1-6 Quads will be included in the programme. In 2021 Div. 1-8.
Girls Year 9 Fours	Sun. to Fri. 2 sessions	1000m	First and Final according to seeding.	Number of Four divisions offered decreases with the increase of Year 9 Quad Divisions in programme.