

IGSA Sport Rowing Regatta Rules & Guidelines 2023

| Date | Event |
|-------------------------|--|
| 20 February 2023 | IGSA Rowing Entries due to NSWRA via their website |
| 26 February 2023 | IGSA Annual Rowing Regatta – SIRC, Penrith |
| 27 March 2023 | IGSA Rowing Regatta Feedback Forms |
| 3 April 2023 | IGSA Rowing Post Carnival Meeting |

Entries

1. All entries must be entered using the Rowing NSW website, by an authorised person who must have the endorsement of the school's Principal and / or Director of Sport. (<http://www.rowingmanager.com>).
2. No late entries will be accepted.
3. 2023 entries are due by 5pm Monday 20th February 2023 on the Rowing NSW website.
4. Entries unaccompanied by the correct entry fee will not be accepted.
5. Seat fee – A per racing seat fee will be payable to Rowing NSW (as per their fees). There will also be an IGSA nomination fee of \$24 (including GST) for each rower - billed to the school in their term 1 accounts.
6. Girls can only nominate to row in one event (except for coxes who may cox more than 1 event provided they do not cox down an age group: a cox may also row). Any requests seeking special consideration from the above must be directed to IGSA in writing with the Head of Sport's signature before entries are due.
7. Substitutions of up to 50% of the crew are allowed on the day of the regatta as per Rowing NSW Rules of Boat Racing – provided they are eligible and drawn from a lesser graded crew. IGSA Sport must be notified at least 30 minutes prior to the starting time of the first race of the event (ie 7.30 am). Please refer to **“Event Information – 13. Withdrawals and Substitutions”** for further details.
8. All races are conducted in accordance with the Rowing NSW Laws of Boat Racing, apart from any IGSA specific changes.

Race Order for 2023 (TBC – pending entries and possible heats)

NB: Events are 3 mins apart. Racing will start at 8am.

Regatta Events

| # | Code | Title | Distance m |
|----|----------------|--|------------|
| 1 | SGYr10 4+ | Schoolgirl Year 10 Coxed Four | 2000M |
| 2 | SGYr10 8+ | Schoolgirl Year 10 Eight | 2000M |
| 3 | SGYr9 1x | Schoolgirl Year 9 Single Scull | 1000M |
| 4 | SGYr9 2x | Schoolgirl Year 9 Double Scull | 1000M |
| 5 | SGYr8-5 4x+ | Schoolgirl Year 8 Coxed Quad Scull Division 5 | 1000M |
| 6 | SGYr8-4 4x+ | Schoolgirl Year 8 Coxed Quad Scull Division 4 | 1000M |
| 7 | SGYr8-3 4x+ | Schoolgirl Year 8 Coxed Quad Scull Division 3 | 1000M |
| 8 | SGYr8-2 4x+ | Schoolgirl Year 8 Coxed Quad Scull Division 2 | 1000M |
| 9 | SGYr8-1 4x+ | Schoolgirl Year 8 Coxed Quad Scull Division 1 | 1000M |
| 10 | SG Para 1x | Schoolgirl Para Single Scull | 1000M |
| 11 | SG Para 1x 500 | Schoolgirl Para Single Scull Recreational 500 | 500M |
| 12 | SGYr10 1x | Schoolgirl Year 10 Single Scull | 2000M |
| 13 | SGYr10 2x | Schoolgirl Year 10 Double Scull | 2000M |
| 14 | SGYr9-5 4x+ | Schoolgirl Year 9 Coxed Quad Scull Division 5 | 1000M |
| 15 | SGYr9-4 4x+ | Schoolgirl Year 9 Coxed Quad Scull Division 4 | 1000M |
| 16 | SGYr9-3 4x+ | Schoolgirl Year 9 Coxed Quad Scull Division 3 | 1000M |
| 17 | SGYr9-2 4x+ | Schoolgirl Year 9 Coxed Quad Scull Division 2 | 1000M |
| 18 | SGYr9-1 4x+ | Schoolgirl Year 9 Coxed Quad Scull Division 1 | 1000M |
| 19 | SGYr8 1x | Schoolgirl Year 8 Single Scull | 1000M |
| 20 | SGYr8 2x | Schoolgirl Year 8 Double Scull | 1000M |
| 21 | SGY10-5 4x+ | Schoolgirl Year 10 Coxed Quad Scull Division 5 | 2000M |
| 22 | SGY10-4 4x+ | Schoolgirl Year 10 Coxed Quad Scull Division 4 | 2000M |
| 23 | SGY10-3 4x+ | Schoolgirl Year 10 Coxed Quad Scull Division 3 | 2000M |
| 24 | SGY10-2 4x+ | Schoolgirl Year 10 Coxed Quad Scull Division 2 | 2000M |
| 25 | SGY10-1 4x+ | Schoolgirl Year 10 Coxed Quad Scull Division 1 | 2000M |
| 26 | SG 2x | Schoolgirl Double Scull | 2000M |
| 27 | SG 1x | Schoolgirl Single Scull | 2000M |
| 28 | SG 4+ | Schoolgirl Four | 2000M |
| 29 | SG2 4x+ | Schoolgirl 2nd Coxed Quad Scull | 2000M |
| 30 | SG1 4x+ | Schoolgirl 1st Coxed Quad Scull | 2000M |
| 31 | SG2 8+ | Schoolgirl Second Eight | 2000M |
| 32 | SG1 8+ | Schoolgirl 1st Eight | 2000M |

Eligibility

Senior Events are open to those competitors who are attending an IGSA member school and enrolled in Year 11 or 12 in the year of competition.

Year 10 Events are open to those competitors who are attending an IGSA member school and enrolled in Year 10 in the year of competition.

Year 9 Events are open to those competitors who are attending an IGSA member school and enrolled in Year 9 in the year of competition.

Year 8 Events are open to those competitors who are attending an IGSA member school and enrolled in Year 8 in the year of competition.

Rowing Up: All rowers are able to row up 1 age group (i.e. Year 10 can row in senior events, Year 8 can row in Year 9, etc.) but can only nominate to row in one race.

First Eight: Senior programs of 12 or more rowers are expected to row an eight. Where a school is able to row an eight, it must row as the First Eight. The First Eight will be rowed in heats and a final as the numbers of entries dictate.

Second Eight: The Second Eight is regarded as the second highest ranked boat in the competition. Schools are invited to boat a Second (and Third) Eight which should include senior squad competitors, i.e., competitors may “row up” into the Second Eight, however First Eight competitors may not “row down”. The Second / Third Eight will be rowed in heats and a final as the numbers of entries dictate.

Senior Four and Senior Quad: Schools are encouraged to take into consideration the physical ability of their rowers when deciding which of these events is most suitable to the individual competitor. Schools entering the Second Eight may rank their quads 2, 3, etc. and nominate them in the 2nd Quad race. Schools may only enter a Second Four if they have entered a First Eight.

Para Events: The Para events are open to students from any year group 7 - 12.

Year 10 Four and Year 10 Eight: Schools are encouraged to take into consideration the physical ability of their rowers when deciding which of these events is most suitable to the individual competitor.

Schools must enter their crews in consecutive divisions e.g. Quad 1 entered in Division 1, Quad 2 entered in division 2 etc. (with the exception of those entering a Second Eight see above). Any special grading requests are to be made to IGSA Sport prior to entries.

Event Information

1. **Trailer access:** the **gates will be opened at 6.00 am** on Sunday 26th February for entry to SIRC. Car passes will be issued to competing schools to allow trailer and bus access to the island side (finish tower side). Trailers must be unloaded promptly and parked as directed. Please be aware of all people who may be passing by and in the area.
2. **Entry** to the Sydney International Rowing Centre will be **\$10 per car**. Please advise all parents and friends attending.
3. **Programs** will be emailed to schools prior to the event for distribution to competitors. There will be a minimum number of copies available from the finishing tower.
4. **Food and drink** can be purchased from the SIRC kiosk throughout the regatta.
5. **Marquees / shade shelters** may be pitched on the hill adjacent to the grandstand. This will be on a “first in” basis. Grandstand facilities are also on a “first in” basis.
6. The regatta will be conducted within the Laws of Boat Racing of Rowing NSW.
7. There must be a minimum of two schools nominated, for a race to be conducted (except for para events).
8. **Alpha numeric bow numbers** will used. They can be picked up from the tower prior to the start of the regatta. They must be returned to the tower after every 10 races. Schools will be charged for missing bow numbers.
9. Lanes at SIRC are numbered 1 - 9 with **lane #1 on the left side looking from start to finish**.
10. The **referee** for the regatta will be located at the finishing line.
11. **Boat race officials** will assemble at **7.30am** in the **finish tower**.
12. **Crews and scullers travelling to the start** and using the warm up lake must strictly **abide by SIRC procedures**. At no time are crews to row on the course after they have completed their event.
13. **Withdrawals and substitutions** must be notified to the referee on the official forms, **30 minutes prior to the starting time** of the first race of the event. Forms are available in the finishing tower. A medical certificate or letter from the Head of Sport will be required on the day or the next business day. **Penalty for breach of the substitution rule will be disqualification**
14. **Crews and scullers** must **report to the starter** at least **10 minutes before** the **starting time** of their event.
15. During the regatta **no powerboats** other than umpires’ boats are permitted to navigate on or near the **rowing course**. Penalty for breach of the traffic regulations may be disqualification.
16. **First aid facilities** will be provided and are situated in the medical centre approximately 50m past the finishing tower.
17. **Medals** will be presented to crews and scullers who place 1st, 2nd and 3rd. Each presentation will take place on the pontoon adjacent to the finishing tower. Crews receiving medals are requested to row directly to the presentation pontoon after each race if possible. However if the boat is required by another crew, the boat should move to the 2nd pontoon (near the first aid hut) and swap over there with the crew to row around the back lake to marshalling. Please note that invitational races will not receive medals.
18. **Dogs on a leash** are permitted **except on the concourse area opposite the pontoon**.
19. All competitors must supply their own **medication** on and off the water.
20. All **bicycles** must be ridden in a safe and courteous manner and cyclists must wear a safety helmet. Extreme caution must be taken at all times. Riders should keep to the left and watch out for other riders, children and adults, who may also be using the track. Bikes may follow races on the following conditions:
 - On the south bank – opposite the grandstand – from 100m above the start to the finish.

- On the north bank – grandstand side – from 100m above the start to the timing hut 200m from the finish. A barricade will be placed at the timing hut and no cyclist may proceed beyond that point.
 - All cyclists are required BY LAW to wear a safety helmet. There is a fine for any cyclist found not to be wearing a properly fitted helmet.
 - Cyclists must proceed with all due care and safety for others using the venue.
 - Cyclists must give way at all times to venue management vehicles and authorised event management vehicles.
21. Parking passes, where available, will be provided by IGSA to any school Principal who indicates that they will be attending.
22. Weigh ins are not required on the IGSA regatta.

Trophies

Trophy Winners in 2022

| | |
|--|-------------------|
| Champion School | Loreto Kirribilli |
| Champion School - Handicap <i>Donated by Queenwood</i> | Loreto Kirribilli |
| 1st VIII | Queenwood School |
| Most Improved <i>Donated by St Catherine's School</i> | Loreto Kirribilli |
| Year 8 Quad <i>Donated by Loreto Kirribilli</i> | Loreto Kirribilli |
| Year 9 Quad <i>Donated by Loreto Normanhurst</i> | Loreto Kirribilli |
| Year 10 Quad | Queenwood School |

All trophies are to be returned on the day of the carnival – CLEANED and ENGRAVED.

Champion School Point Score

| 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 10 | 8 | 7 | 6 | 5 | 4 | 3 | 2 |

Points are multiplied by the number of seats in the boat.

Example: VIII placing 3rd will receive 8 x 7 points = 56 points.

Invitational races do not score points.

Champion School – Handicap Point Score

This is awarded to the school with the highest aggregate point score per point scoring seats rowed. (Only eligible to schools with a minimum of 10 rowers).

Most Improved School

The Most Improved School will be awarded a perpetual trophy. This is determined by the school who improves their position in the Champion School Point Score by the most places.

Regatta Duties 2023

| | |
|--|---|
| Regatta Secretary: | Donna Baker, Loreto Kirribilli |
| BRO Liaison & Equipment: | IGSA |
| Program & Draw: | IGSA and Rowing NSW |
| Presentations: | Tara (1) & IGSA |
| Presentation Dias Boat Marshall | Roseville College (1) |
| First Aid: | MediFast |
| Finish Tower Results | Loreto Kirribilli (1) |
| Finish Tower Timing | MLC School (2), Roseville College (1) |
| Timekeepers (Timing Huts): | 500m - PLC Sydney (2) 1000m – Canberra Girls Grammar (2) 1500m – Pymble Ladies' College (2) |
| Speed Boat Set up | Rowing NSW |
| Speed Boat Pack up | Loreto Normanhurst (1) |
| BRO Speed Boat Drivers: | Loreto Normanhurst (1), Loreto Kirribilli (1), Queenwood (2), Ascham (1) |
| Marshall (Bridge): | St Catherine's School (1) & Ascham (1) |
| Water Rescue & First Aid: | 4 first aid personnel |
| Boat Holders: | Loreto Normanhurst (1 supervisor + 9 students) |

Each school supplied with parking passes for the people allocated a regatta duty.

Duty Descriptions

Finishing Tower Results (1) – 7.45 am-end of regatta

Located upstairs in the tower.

- Assist with photo finish.

Presentation Official (1) (SIRC walkie talkie)

- Record and co-ordinate crews arriving for presentation.
- Unpack medals and hand to the presenter.
- Assist with and record presentations made.
- Advise announcer of the principal presenting medals and school they are from.

Presentation Boat Marshall (1)

- Direct & assist crews arriving and departing for presentation.

Timekeepers Finish Tower (3) - (7.45am - end of regatta)

Located upstairs in the tower.

- 2 person per school allocated to record finishing positions in each race.

Timekeepers Timing Huts (2 per hut) - (7.45am-end of regatta)

- 7:45am meet at finish tower for instructions (especially if you have not done timekeeping in the hut before).
- Meet at the hut 10 minutes prior to first race.
- The key on the console should be in the off position (do not turn to on).
- Advise the timekeeper manager that you are in place – use the phone provided in timekeeper hut.
- Once inside the hut, decide who will be managing lanes 1-3, 4-6 and 7-9 or alternatively who is calling and button pushing – which ever works for you.
- As the boats pass the line in front of you, press the button which corresponds with their lane number (i.e. refer to bow numbers on the boats to confirm which lane they are in).
- Location of huts:
 - 500m hut – closest to start line (1.5km from finish line) – only occupied for 2000m races;
 - 1000m hut – halfway down course (1 km from finish line);
 - 1500m hut – closest to finish line (500m from finish line).

BRO Speed Boat Drivers (3) – 7.30am-end of regatta (BRO walkie talkie)

- 1 driver per boat - must be licensed – license number must be advised to IGSA Sport in advance.
- Collect boat keys from the tower.
- Meet in the tower at least 30 minutes prior to racing.
- Transport BRO up and down the course under direction.
- Return boats to boat ramp near P1 and assist with putting boats back in shed 1 (Rowing NSW Shed).
- Ensure BRO walkie-talkies are returned to the tower.

Water Rescue (2) – 7.30am-end of regatta (BRO and SIRC walkie talkie)

- 1 driver per boat - must be licensed – license number must be advised to IGSA Sport in advance.
- 2 licensed drivers to drive the rescue boats to support all race finishes
- First Aid to supply 2 first aid officials to manage all injuries on water.
- 1 boat to remain behind the finish line unless instructed by BRO.
- 1 boat to patrol the back lake
- Collect boat keys from the tower.
- Meet in tower at least 30 minutes prior to racing.
- Return boats to the hot pontoon (beside tower).

Marshall Bridge (2) – 7.30am-end of regatta (walkie talkie)

- Ensure competitors get through the tunnel and onto the course in an appropriate time for their race.
- Use the loud speaker to give instruction and direction to boats going through tunnel.
- The appropriate school is required to supply the loud speaker.

Speed Boat Set Up (Rowing NSW) (prior to regatta only)

- Put 3 BRO boats out on the hot pontoon (beside the tower) on Saturday (after the completion of PLC Sydney Regatta).
- Leave keys in the tower.

Speed Boat Pack Up (1) (end of regatta only)

- Assist boat drivers to pack away speed boats at the completion of regatta.
- Drive trailers to boat ramp and load boats onto trailer.
- Tow trailer to boatshed #1 and pack away boats.
- Requires a vehicle to tow boat trailer.

Boat Holders 1 adult (co-ordinator) + students – (min 1 per crew in the race)

- Co-ordinator to:
 - supervise and transport girls in safe manner to start of 2000m races;
 - check race times with program and be at fingers at least 15 minutes before the appropriate 2000m race;
 - check fingers are working at start of the day and set up for 1st 2000m race;
 - set up and check head sets are working;
 - assist boat holders.
- Boat holders to set up fingers (on concrete platforms) at the start of 2000m races for the appropriate style of race (e.g. single skulls, quad or 8).
- Boat holders to move platform for different races - unscrew metal holder on platform & walk it in or out until you get to the number that corresponds to the race, i.e.:
 - for single skulls (1x) – move platform to position no.1
 - for races with doubles (2x) - move platform to position no.2
 - for races with 4x or quad (4x) - move platform to position no.4
 - for races with eight (8x) - move platform to position no.8

Changes to platforms must be done as quickly as possible in between races so that no race is delayed. Coordinators and boat holders must read the race schedule to know which races require platform changes.

- Only one boat holder per platform. There are 9 platforms for 9 boats. If there is more than one girl allocated to a platform they may rotate given it will not cause disruption to the race schedule.
- Be aware that not all races have 9 boats – refer to race schedule for confirmation as boats must be placed in the correct lane as per program.
- Boat holders must lie on the mesh at the end of each platform and lean over the edge as required.
- All boat holders must check the headphone on their platform to ensure it works - you must be able to hear the race caller located above in the stand. If not, change headphones (spares are located in the tub under the stand) or ask the boat holder in next lane to assist you.
- When the boats come in, grab their tip and hold on. You will need to bring the tip of the boat just under where you are lying. The race caller may ask you to push it under more or less. You must do as they say
- The race umpire will give you directions for holding and releasing the boats.

Warning: - all boat holders need to practice sun safe procedures - wear sunscreen, appropriate clothing and have water.

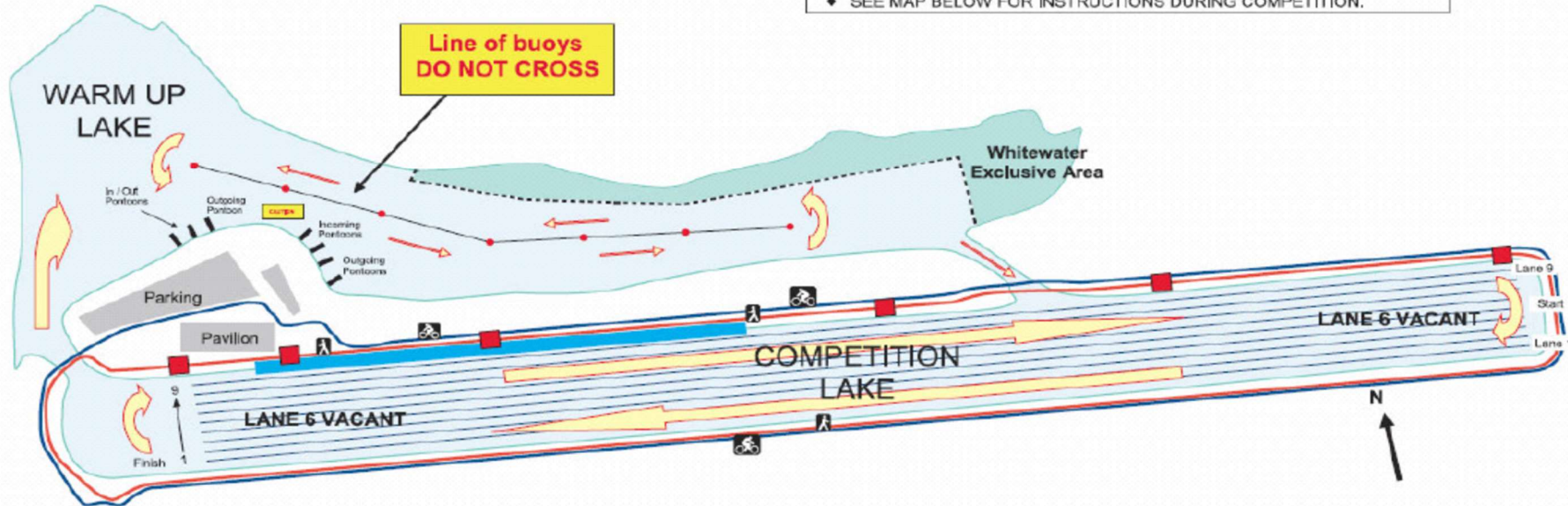


ON WATER TRAFFIC FLOW PROCEDURES

DURING TRAINING

TRAINING INSTRUCTIONS

- ◆ Lanes 1 to 5 Proceed from Start to Finish
 - Lanes 1 & 2 - Fast - long racing pieces
 - Lane 3 - Pace - pressure pieces
 - Lanes 4 & 5 - Low intensity row / paddle through
- ◆ Lane 6 Vacant Lane (no rowing / padding in this lane)
- ◆ Lanes 7, 8 & 9 Return to Start
- ◆ Use caution moving into the Warm Up Lake and starting back up the course.
- ◆ Exclusive swimming training lane between Lane 9 and Northern Bank shoreline, extending from the Presentation Pontoon to the 1000m Hut.
- ◆ Various users row, paddle and sail on the Warm Up Lake. Please respect other users and employ caution while training on this Lake.
- ◆ No access is permitted to the Whitewater Exclusive Area.
- ◆ SEE MAP BELOW FOR INSTRUCTIONS DURING COMPETITION.



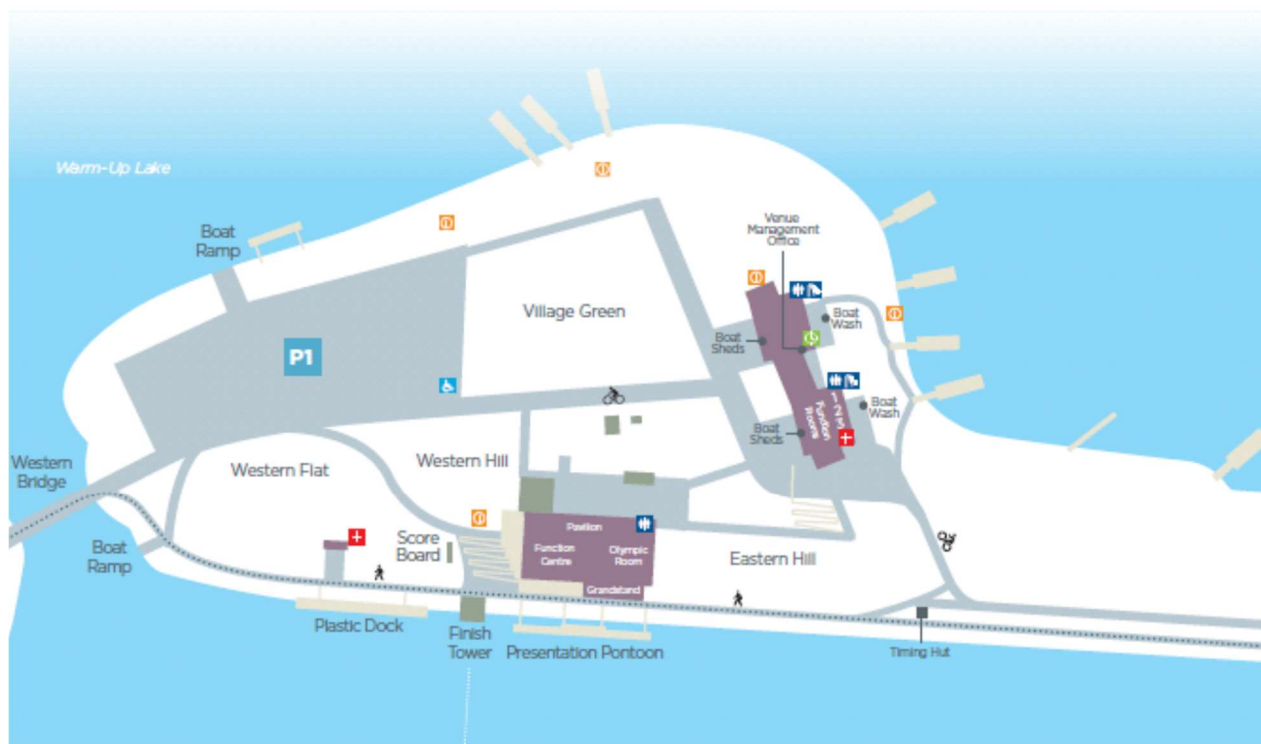
SYDNEY INTERNATIONAL REGATTA CENTRE

Centre Map 1



SYDNEY INTERNATIONAL REGATTA CENTRE

Centre Map 2



Please refer to the Sydney International Regatta Centre (SIRC) website for their venue regulations - <https://regattacentre.nsw.gov.au/venueregulations>. An extract of some of which are listed below.

The purpose of these Regulations is to:

1. Prevent any damage to the Sydney International Regatta Centre ("Venue");
2. Protect visitors from suffering any physical injury or harassment while at the Venue; and
3. Notify of risks in engaging in recreational activities at the Venue.

The co-operation of all visitors is sought to preserve and protect the Venue for the enjoyment of all. The following is a list of activities that are prohibited at the Venue.

The SIRC has unfenced access to the Lakes as well as cycle and pedestrian paths that at times are used by vehicles. **Parents are required to supervise children at all times.**

SIRC important information for dog owners

Dogs are only permitted in the Venue if the following conditions are satisfied at all times:

- Dogs must be on a leash;
 - Dogs must be kept under control;
 - Dogs are prohibited from wading or swimming in the lakes;
 - Dog owners must collect their dog's faeces and deposit them in the receptacles provided;
 - Dogs are prohibited within the restaurant; and
- Cyclists, roller bladers, and vehicle drivers must not lead or be towed by dogs.