

## ROWING RULES AND REGULATION

Updated July 3 , 2009

### A. League format

1. The Secondary school League shall take place in the fall of the school year.  
(Fall Season of play: first Friday of school year - not later than December 5)
2. Schools participating in the league must declare their intention at the Pre-season Commission meeting scheduled during early June. Allowances may be made for late entry schools if space allows. Section 4.2 of the LVISSAA Constitution states:
  - 4.2 These commissions shall consist of the coach(es) from each participating school. **Non-teaching coaches must be accompanied to commission meetings by the teacher sponsor (qualified school sponsor) who has the voting privilege.**

Section 5.4 of the LVISSAA Constitution states:

5.4 Commissioners who are not employed by a member school, or the school district of a member school, must be sponsored by an individual who meets these requirements. The sponsor must attend commission meetings.

3. Practices Due to equipment sharing, practice times will be determined by participating coaches, in each venue, at least two weeks prior to the commencement of the season. Each school will have the opportunity to have the same number of "on the water" practice sessions. It is anticipated that this will be no more than 3 practices per week. Some of the larger school programs may have 4 scheduled practices per week, **however, individual athletes are limited to 3 practices only per week.** See information on eligibility re number of practice sessions for individual athletes. Schools are responsible to contact site management to request practice time.

4. Competition dates: Each season shall have three regattas:

	<b>2010 dates</b>	<b>2011 dates:</b>
a) A season opener "Crabfest",	Oct 2(Gorge) Oct 3 (Elk Lake)	Oct 1 (Gorge) Oct 2 (Elk Lake)
b) An Annual Second Regatta	Oct 23 <sup>h</sup> & 24 (Elk Lake)	Oct 22 & 23 (Elk Lake)
Note: the placings in the Annual Second Regatta will be used to seed the boats for the Final Regatta		
c) The LVISSAA Championships	Nov 13 <sup>th</sup> & 14 <sup>th</sup> (Elk Lake)	Nov 5 – 6 <sup>th</sup> (Elk Lake)
d) Island Invitational Regatta(potential)	Nov 21	Nov 20

### 5. Events & Awards ( see also Section G: Regatta information)

Event categories are broken into age group and experience level – see Section D: Eligibility

a) Races as follows : JB N x4, JB N x8, JG N x4, JG N x8, SrB N x4, SrB N x8, SrG N x4, SrG N x8, JB x2, JB x4, JB x8, JG x2, JG x4, JG x8, **SrB singles**, SrB x2, SrB x4, SrB x8, **SRG singles**, SrG x2, SrG x4, SrG x8, **Events also for Grade 8s until numbers warrant a separate league.**

**Singles event is open only to the senior age group. There is a maximum of one single rower per gender per school. The event will be scheduled early in the day of the regatta to take advantage of the calmest waters.**

b) To increase participation, Athletes may each race up to 2 races in a Regatta, however, 2 athletes/ school from each category may race up to 3 races.

c) Point System: The awarding of points for the final regatta shall be:  
Heats to Semi's to finals - 1<sup>st</sup> - 12 pts, 2<sup>nd</sup> - 10 pts, 3<sup>rd</sup> -8 pts, 4<sup>th</sup> - 6 pts, 5<sup>th</sup> - 4 pts, 6<sup>th</sup> - 2 pts, 7<sup>th</sup> -1 point  
Heats to finals: 1<sup>st</sup> - 10 pts, 2<sup>nd</sup> - 8 pts, 3<sup>rd</sup> - 6 pts, 4<sup>th</sup> -4 pts, 5<sup>th</sup> - 2 pts, 6<sup>th</sup> and 7<sup>th</sup> - 1 point  
Straight final (7 boats) 1<sup>st</sup> - 10 pts, 2nd - 8 pts, 3<sup>rd</sup> - 6 pts, 4<sup>th</sup> -4 pts, 5<sup>th</sup> - 2 pts, 6<sup>th</sup> - 1 pt, 7<sup>th</sup> - 0 pts  
Straight final (6 boats) 1<sup>st</sup> - 9 pts, 2nd - 7 pts, 3<sup>rd</sup> - 5 pts, 4<sup>th</sup> -3 pts, 5<sup>th</sup> - 1 pt, 6<sup>th</sup> - 0 pts  
Straight final (5 boats) 1<sup>st</sup> - 7 pts, 2nd - 5 pts, 3<sup>rd</sup> - 3 pts, 4<sup>th</sup> -1 pt, 5<sup>th</sup> - 0 pts  
Straight final (4 boats) 1<sup>st</sup> - 5 pts, 2nd - 3 pts, 3<sup>rd</sup> - 1 pt, 4<sup>th</sup> - 0 pts  
Straight final (3 boats) 1<sup>st</sup> - 3 pts, 2nd - 1 pt, 3<sup>rd</sup> - 0 pts

d) Trophies will be awarded in each of the individual events:

c) Team Trophies will be awarded at the final regatta for:  
Senior Girls Aggregate  
Senior Boys Aggregate  
Overall Senior Aggregate  
Senior Efficiency  
Junior Girls Aggregate  
Junior Boys Aggregate  
Overall Junior Aggregate  
Junior Efficiency

## B. Supervision & Safety

A qualified school sponsor who is an adult designated and approved by the Principal of the school in question, must be present at all practices and regattas. Where school district policy dictates, this sponsor must be an employee of the school district concerned. All coaches are required to have level 1 NCCP, or be working on it, to coach in this league.

All Rowing competitors and coaches shall be governed by the Rowing Safety Rules of LVISSAA and of their sponsoring societies or clubs. An up to date copy of these rules must be supplied with LVISSAA rules at the beginning of the season and all coaches and athletes are to receive and review the latest versions. As well, all coaches must attend the annual safety review at their respective sites.

The coach safety boat/athlete ratio must not exceed 1:12 for the crews on the water. As a part of this assignment each school must insure that all safety boat operators are certified with a minimum of Boat Pro. ( required and policed.. deadline is 9/09)

Schools should not participate unless satisfied that the minumum standards will be met . Although the Community Rowing Clubs provide the lion share of direction & expertise, the Commission must serve to ensure schools are participating under similar conditions and that school interests such as Safety are front and center.

## C. Registration

1. Elk Lake Participants will enroll as members of B.C. Rowing and C.A.R.A. through registration with their affiliated rowing club. Participants at other sites will submit team lists and fees of \$17/ rower to the Commissioner by October 1<sup>st</sup> of each season. These are sanction fees for submission to BC Rowing and C.A.R.A. (GVYRS will pay this fee directly.)
2. Participation fees for rowers will be determined by the league commission, GYVRS, and the Go Row and Paddle organization. This fee may be adjusted annually.(will be ~\$200 for 2009)
3. Team rosters must be submitted on the BC School Sports "Player Registration form" to the Commissioner ( not BCSS) **Deadline is October 1 - to the Commissioner –**

3. Team colours registered with the Commissioner(s) are:	
Belmont	Blue and white
Claremont	Red, white , and blue
Dunsmuir	Red, black, and white
Esquimalt	Red and white
Glenlyon-Norfolk	Green, blue and white
Lambrick Park	Light blue, white and Navy blue
Mt. Douglas	Purple and gold
Oak Bay	Green , white and black
Pacific Christian	Blue and red
Parkland	Blue, black and white
Reynolds	Blue, green and white
St. Andrews	Blue, yellow and black
St. Margarets	Red and white
St. Michaels	Red bllue , black
Spectrum	Black and yellow
Stellys	Maroon and gold
Vic High	Black and gold
Ed Milne	Blue and gold

#### D. Eligibility of Rowers

1. Qualification of Rowers :Each rowing athlete upon entry into the LVISSAA Rowing League must successfully complete a swim test consisting of:

- 100m swim
- 15 minute tread water test
- and demonstrate that they can put on a life jacket while in the water

Exemption from the above swim test will be given to those athletes who have proof of having taken Bronze Medallion or higher. Swim tests are encouraged to be carried out in the water at which the athlete trains, however, pool tests might be acceptable. Keep a copy of the athletes swim test on file at the school. 2009 dates: Sept 11 – Elk lake, TBA for Gorge Schools.

2. Event categories of participants are broken into age groups and experience level :

I. Age Groups:

a)Grade 8 - students must be in grade 8

b)Junior - students must be under 17 as of December 31st of the current school year, and be in no more than their third year of eligibility

c)Senior - students must be under 19 as of December 31st of the current school year, and be in no more than their fifth year of eligibility

Students have five (5) consecutive years of athletic program eligibility, starting on the entry date into grade 8. A year is considered to be the 12 month period between September of one school year and September of the next school year.

II. Singles –

A Single rower must have had single racing experience prior to the LVISSAA rowing program. While training, the single rower must have a personal flotation devise with them in the shell. They must be under the direct supervision of their coach and must be within 100 m of another rowing shell

III.Ability Classifications:

a)NOVICE: Are beginning Rowers who have not rowed ( trained) more than 120 hours ( two school seasons or equivalent)before the start of the season.

Short, learn to Row programs taken before the first season that Rowers enter the LVISSAA league, will not affect Novice standing. If a Novice rower undertakes any "club" training after their first novice season, they must move up to the Experienced category. If a Novice Rower does not participate in any training or competition outside of the LVISSAA season, they may return for their 2<sup>nd</sup> year as a Novice.

b) Experienced – Rowers who have training or competition that has exceeded the Novice level.

3. Movement between competitive categories:

a) if a junior athlete "rows up" into a particular Senior event, ( same experience level), they must stay "up" as a Senior for that event for the **season**. A junior rower, may row as a senior to fill out a boat, but may not compete in that same event at the junior level.

b) Novices may row in an experienced boat, but not vice-versa, unless it is a special provision of a particular regatta (e.g. Crabfest). A Novice rower, may row as a "experienced" rower to fill out a boat, but may not compete in that same event at the "novice" level.

c) Up to 4 girls may compete in a boys' eight, two girls in a boys' quad if they are of the same experience level or one girl in a boys double if they are the same or a lower experience level (except doubles – no novices) . Boys may not compete in girls' boats except by special resolution by the commission (all coaches involved in that event must agree).

4. In the effort to create similar levels of preparation for competition and hence an even playing field, and in order to fairly share the limited resources ( equipment and facilities) the League has ruled that

a) High school Rowers may not row "school" and "club" during the same season , though **Individual cases may be appealed to the Eligibility Committee of L.V.I.S.S.A.A.**

b) individual athletes are limited to 3 practices only per week.

5. School Transfers.:

refer to L.V.I.S.S.A.A.( BCSS) eligibility rules that are in effect for all Commissions. Excerpts of these rules are highlighted below.

**D2.1 Student Registration At A Member School:** A student can only play for the Member School at which they are registered.

**3.1.1** The only exceptions shall be **Member School Middle School students who can "play up" to the Member School Senior School that they would normally attend if, by the registration date, (see section D4 in BCSS handbook) they have approval of both Member School Administrators, both Member School coaches, and the parent(s)/legal guardian(s). The local Athletic Association, the District Superintendent and BCSS must be notified using the "Middle School / Junior School Student Playing Up" Form.**

LVISSAA rules (6.14) state that a student in attendance at a Middle School may not attend any practice of another Senior Secondary School, or compete for another Senior Secondary School. Unless they meet the requirements of the exception above.

**SPORT SPECIFIC EDUCATION PROGRAM – A SPORT SPECIFIC EDUCATION PROGRAM COMBINES EDUCATION WITH SPECIFIC SPORT INSTRUCTION / EDUCATION FOR CURRICULUM CREDIT. THE SPORT SPECIFIC EDUCATION PROGRAM ALLOWS FOR SPORT SPECIFIC TRAINING, INSTRUCTION AND/OR COMPETITION; PROVIDES SPORT SKILLS TRAINING IN A TARGETED SPORT; PROVIDES OTHER TRAINING / EDUCATION SUCH AS BUT NOT LIMITED TO WEIGHT TRAINING, SPORT NUTRITION, OR MENTAL TRAINING TO SUPPORT THE TARGETED SPORT.**

**A STUDENT IS CONSIDERED TO BE ENROLLED IN A SPORT SPECIFIC PROGRAM IF:**

**1. A STUDENT IS ENROLLED IN A CATCHMENT SCHOOL/HOME SCHOOL FOR A SPORT SPECIFIC EDUCATION PROGRAM AND THE STUDENT RECEIVES 5 OR MORE CREDITS FOR EDUCATIONAL COURSES OF SPECIFIC SPORTS INSTRUCTION.**

**2. A STUDENT IS ENROLLED IN A NON-CATCHMENT SCHOOL FOR A SPORT SPECIFIC EDUCATION PROGRAM AND THE STUDENT RECEIVES 4 OR MORE CREDITS FOR AN EDUCATIONAL COURSE OF SPECIFIC SPORTS INSTRUCTION. THESE STUDENTS WOULD BE INELIGIBLE TO COMPETE IN THAT SPORT FOR THEIR SCHOOL BASED TEAM.**

Restricting Eligibility When a Student Transfers: A student in their third , fourth or fifth year of eligibility who transfers, must sit out 12 months of restricted competition unless declared eligible on appeal to the LVISSAA Eligibility Appeals Committee or Jury of Appeal. A student's third year of eligibility starts on the first day of school of the applicable school year.

Eligibility appeal forms are to be submitted o Athletic Coordinator Heather Lederis 658-6670 ( tel) 658-6671 (fax). Students may not compete until declared eligible.

E. Code of Conduct

Standards of conduct for players and coaches are highlighted in the LVISSAA handbook. This includes detailed information regarding recruitment violations. A primary goal of the athletic association is to provide fair and equal opportunity for all the schools and participants. While students should have the opportunity to participate in extra-curricular sports, they should not be directly or indirectly coerced or unduly influenced to enroll in a school outside of their designated school boundary.

F. Violations, Penalties and appeal procedure - see LVISSAA handbook Section 11

Following due process, the Directors, or a discipline committee appointed by the Directors may suspend a student, team, coach or school from participation in activities of the Association, for a breach of the Bylaws, or rules and regulation of the Association. Reports of Violations / Complaints must be made in writing to the Commissioner or the President of the Athletic Association.

G .REGATTA AND ENTRY INFORMATION

2009 Regatta & Event Coordinators: ( course schedule, entries)

Swim test	Elk Lake	St Andrews, St Margs, ROMS
Crabfest",	Oct 2 (Gorge)	Mt Doug, Oak Bay, Esquimalt
	Oct 3 (Elk Lake)	Parkland
Annual Second Regatta	Oct 22/23 <sup>t</sup> (Elk Lake)	Parkland, Stellys, Esquimalt
LVISSAA Championships	Nov 13/14 (Elk Lake)	PCS(Ralph) & Claremont ( Gord)
Awards/ Pizza night	Nov 15	PCS(Ralph) & Claremont ( Gord)

Before each regatta, the schools in charge will send entry forms to the school involved, along with the order of races. AND A DEADLINE FOR ENTRIES. Coaches are reminded to plan their crew composition accordingly, and not expect the schedule to be changed to meet the needs of individual rowers. The Event schedule will then be finalized

**\*\*A COMMITTEE COMPOSED OF REPRESENTATIVES FROM ALL SITES WILL COORDINATE BOAT USE AND MINIMIZE THE TRANSPORT OF BOATS TO THE REGATTA SITES.**

( 2009 = tba ( ?Gord Redlin, Dave Alyard, Brett Malcolm, Gavin McKay?)

**Note:**

It has been discussed that The Commission needs to create a set of consistent ( or minimum) standards for the LVISSAA High School Rowing program. This sort of written information will be useful to new comers that may not have full background in Rowing: To be included

- safety factors
- equipment maintenance
- expectations/ role of school sponsor
- expectations and approval of community coaches ( code of conduct)
- fees
- updated league rules.

**Commissioner Rotation List for Rowing**

<b><u>Year</u></b>	<b><u>Commissioner School</u></b>	<b><u>Vice –Commissioner School</u></b>
2004-05	Parkland	PCS
2005-06	PCS	Stellys
2006-07	Stellys	Oak Bay
2007-08	Oak Bay	St. Andrews
2008-09	St. Andrews	Mt. Doug
2009-10	Mt. Doug	Claremont
* re-evaluate this year		
<b>2010-11</b>	<b>Claremont</b>	<b>St. Michael's</b>
2011-12	St. Michael's	St. Margaret's
2012-13	St. Margaret's	Reynolds
2013-14	Reynolds	Vic High
2014-15	Vic High	Belmont
2015-16	Belmont	Lambrick Park
2016-17	Lambrick Park	Parkland
2017-18	Parkland	Oak Bay
2018-19	Oak Bay	PCS
2019-20	PCS	Mt. Doug
2020-21	Mt. Doug	Claremont
2021-22	Claremont	St. Michael's
2022-23	St. Michael's	St. Margaret's
2023-24	St. Margaret's	Reynolds
2024-25	Reynolds	Vic High
2025-26	Vic High	Belmont
2026-27	Belmont	Lambrick Park

As Vice – Commissioner, schools should take on duties of Regatta organization to familiarize themselves with

League Responsibilities.

Commissioners receive an information file ( binder) that is maintained by previous Commissioners and the Athletic Coordinators office.

In keeping with LVISSAA policy, Volunteers may interrupt, but not change the rotation order when they fill in.