



BALLARAT ASSOCIATED SCHOOLS INCORPORATED

**2022 Chairperson: Mr Adam Heath
Ballarat Clarendon College**

**2022 Secretary/Public Officer: Mr Chris Grant
Damascus College**

18. ROWING

1. The races shall be rowed, if possible, on a date in Term 1 which will be set by BAS Inc. at, or prior to, the Term 3 BAS Inc. meeting of the previous year. The start time of the regatta program is to be determined by BAS Inc.
2. The annual race shall be rowed on Lake Wendouree, whenever possible, or at an alternative venue set down by BAS Inc. Course permitting, the length of the race shall be 2000 metres for Boys and Girls Head of the Lake and Open Div. 2, Open Div. 3 and Open Div. 4 and 1000 metres for all other crews.
3. The following boat classes shall apply to the BAS Head of the Lake:
(updated 2020)

Boat Class	Level	Crew	BOYS	GIRLS	Boat Type
			Event Code	Event Code	
Fours	Open	1	MSCH4+O1	FSCH4+O1	Any
		2	MSCH4+O2	FSCH4+O2	Any
		3	MSCH4+O3	FSCH4+O3	Any
		4	MSCH4+O4	FSCH4+O4	Any
		5	MSCH4+O5	FSCH4+O5	Regulation
		6	MSCH4+O6	FSCH4+O6	Regulation
	Yr 10	1	MSCH4+Y101	FSCH4+Y101	Any
		2	MSCH4+Y102	FSCH4+Y102	Any
		3	MSCH4+Y103	FSCH4+Y103	Any from 2021
		4	MSCH4+Y104	FSCH4+Y104	Any from 2022
		5	MSCH4+Y105	FSCH4+Y105	Any from 2023
		6	MSCH4+Y106	FSCH4+Y106	Any from 2024
		7	MSCH4+Y107	FSCH4+Y107	Any from 2024
		8	MSCH4+Y108	FSCH4+Y108	Any from 2025
	Yr 9	1	MSCH4xY91	FSCH4xY91	Any
		2	MSCH4xY92	FSCH4xY92	Any
		3	MSCH4+Y93	FSCH4+Y93	Any from 2021
		4	MSCH4+Y94	FSCH4+Y94	Any from 2022
		5	MSCH4+Y95	FSCH4+Y95	Any from 2023
		6	MSCH4+Y96	FSCH4+Y96	Any from 2024
		7	MSCH4+Y97	FSCH4+Y97	Any from 2024
		8	MSCH4+Y98	FSCH4+Y98	Any from 2025

1. Except where the following regulations or regulations outlined in Section 5 of the BAS Handbook state, all races shall be rowed under the rules authorised by Rowing Victoria:

(<https://www.rowingvictoria.asn.au/about/rulespolicies/>) as the rules are applicable.
5. All races shall, if possible, start from moorings.
6. Control of races, appointment of officials and arrangement of the course on the day of the Head of the Lake Race shall be in the hands of Rowing Victoria in conjunction with the Ballarat Rowing Association and the BAS Executive Officer.

7. A Lane Draw will take place prior to the Regatta at a time and venue decided by the Chair of Rowing. Representatives of both Boys and Girls First Crews from each competing school will draw for lanes in the reverse order of finishing positions of the previous year. E.g. The fifth finishing crew shall draw first.
8. Any crew not at the starting time at the time appointed shall be liable to disqualification.
9. Coxswain Weighing Policy:
 - (a) Coxswains are members of the crew. However, a girl's crew may be steered by a boy and a boy's crew may be steered by a girl.
 - (b) The minimum weight for a coxswain (wearing racing uniform) is 55kg. The weighing scales shall indicate the weight of the coxswain to 0.1 kg.
 - (c) It is the inherent responsibility of a School for ensuring coxswains to make the minimum weight wearing their racing uniform and where underweight, carry the correct amount of dead weight in a recognized weight bag.
 - (d) The provision of weights and weight bags is a crew's responsibility. To make up this weight, a coxswain may carry deadweight in a specified sealed bag which shall be placed in the boat as close as possible to his/her person. No article of racing equipment shall be considered as part of this deadweight. At any time, before or until immediately after the race, the Organising Committee or participating BAS Principals / Heads may require the deadweight to be reweighed.
 - (e) Coxswains for Open Boys and Girls Firsts and Seconds crews shall be weighed in wearing racing uniform by a person duly authorised by the Organising Committee and in the presence of the BAS Executive Officer (or a representative from BAS Inc.) AND the relevant school's Director of Rowing or Head of Sport (A female adult must be present for the weigh in of female coxswains and a male adult must be present for the weigh in of male coxswains). Weigh In shall occur on tested scales in a private area not less than one hour and not more than two hours before the commencement of the regatta. (At a time and venue specified by the Clerk of Scales). At this time both dead weight and overall weight shall be recorded and maintained by BAS Executive Officer and weight bags shall be sealed by the Clerk of Scales.
 - (f) Immediately following the Open Boys and Girls Firsts and Seconds races the Coxswain of the winning crew and the 2nd place crew is to present their weight bag to the Umpire or Principal / Head in Charge of BAS Rowing to be checked and verified.
 - (g) In the event of the weight carried by the coxswain of any given crew is underweight, then the crew steered shall be relegated to last place.
 - (i) In other crews each school shall have a separate cox for each crew; coxswains in these crews can be of any weight.

10. Objections / Protests

(a) If a crew considers that the race was not in order a member of the crew may bring this to the attention of his or her schools Rowing Director or Head of Sport who may raise an objection with the Umpire, the BAS Executive Officer or a member of BAS Inc. A school must raise this objection within 30 minutes of the conclusion of the race.

(b) Should the crew not cross the finish line the objection should be raised to the Umpire following the race or Officials at the start of the race, to be communicated to the Judges at the Finish, the Umpire, the BAS Executive Officer or a member of BAS Inc.

(c) The Umpire may seek further information regarding the objection. In this case, he shall raise a red flag and then take any necessary further steps to resolve the issues relating to the objection, e.g., consult with other officials, and consult with the Principal / Head in Charge of BAS Rowing.

(d) The Judges at the Finish, in such cases, must not announce the official result of the race until a final decision is made.

(e) Please refer to BAS Handbook Section 5.14 for the management of objections and disputes.

(f) Participating BAS Principals / Heads shall decide on the protest and on the measures resulting from its decision including:

1. reprimand;
2. relegation;
3. disqualification;
4. re-row (for a specified number of crews).

After application of the appropriate penalty, if any, the participating BAS Principals / Heads shall take any other appropriate measure to restore the chances of a crew that has suffered a disadvantage.

10. In the event of disqualification, an APPEAL may be made by observing the following procedure:

(a) An individual coach may lodge an appeal in writing through the School's Head with the BAS Inc. Chair of Rowing not later than 1 hour following the race in which the disqualification was made.

(b) The Chair of Rowing convene the Disputes Committee who will make a decision no later than 2 days following the event.

(c) The Disputes Committee will comprise the Principal or their delegate, other than the Director of Rowing, from each competing school, the judge, the umpire and the Course Manager.

11. Premiership points are awarded in 4 x Open, 3 x Yr. 10 and 2 x Yr. 9 events in either the boys' program or the girls' program.

Points are: 1st - 6; 2nd - 4; 3rd - 3; 4th – 2; 5th - 1

Extra races, according to entries, can be included in the program but will not count for Premiership points. All winning crews will be acknowledged with pennants and medals.

12. There will be provision for equal numbers of boys and girls races.

At the end of the regatta, the presentation of aggregate trophies will be made at an area nominated by the host school with the Heads and boys' and girls' Captains of Boats of each school present.

Trophies will be presented to the Boy's Rowing Premier School, Girl's Rowing Premier School, Boy's Head of the Lake, Girl's Head of the Lake. Each winning crew will be presented with medallions and a BAS premiership pennant throughout the course of the Regatta.

Heat Policy – refer to Rowing Victoria Extreme Heat Recommendations.

BAS Rowing Training Regulations and Code of Conduct

1. Definitions

- 1.1 Session Times: A training session time is the time of actual physical participation in the activity.
- 1.2 Land Training: Training conducted or organised by coaches that does not involve the rowing of boats. Land training is deemed to be any program organised as a conditioning program for rowers and includes, for example, organised weight training, ergo use, gymnasium work, swimming and running.
- 1.3 Water Training: Actual training time conducted on water with a crew.
- 1.4 Week: Sunrise Monday to the following sunset Sunday (inclusive).
- 1.5 Term: A normal school term, except that, for the purpose of these guidelines.
- 1.6 Permitted Year Levels: Crews will consist of students from years 12 to 9 (term 1). No year 8 crews are allowed to race at the Head of the Lake Regatta.

2. Purpose

The purposes of these guidelines are to:

- 2.1 Provide a framework where the sport of rowing can be conducted
 - i. upon agreed best training practices
 - ii. in an environment that ensures that the physical, emotional and academic welfare of the athlete is not jeopardised through training regimes
- 2.2 Ensure that no school or crew gets an unfair advantage over another school or crew through excessive training sessions.

3. Coaching Conduct and Qualifications

- 3.1 Coaches, in conducting training will:

- (a) Act in a professional and ethical manner and exercise appropriate Duty of Care
- (b) Be positive, supportive and encouraging of crews.
- (c) Train crews in accordance with the best practice for rowing being mindful of the needs of the individual and level of the crew.
- (d) Not exceed training times set out in these Guidelines
- (e) Model sportsmanship and appropriate behaviours at regattas, training and camps.
- (f) Ensure that members of any crews adhere to the School's Codes of Conduct.
- (g) Ensure school policies concerning uniform, sun protection and harassment are adhered to and
- (h) Maintain effective communication with the Rowing Co-ordinator and crews at all times.

3.2 Coaches will be supported by the school, and/or the school's rowing club, in gaining minimum coaching accreditation qualifications.

4. Training Regulations

4.1 The following training times are permitted.

- These times represent the **MAXIMUM** crews/squads may train. It be would be considered most unusual for the maximum to be used throughout a term.
- Coaches will exercise professional judgement, having regard for the wellbeing of the athlete in determining training programs.
- On-water training will not exceed 1 hour 30 minutes duration per session.
- A coach may substitute land training for on-water training (taking account of weather, illness, water levels, etc.)

No coach will permit any individual rower to exceed the maximum training times permitted under these guidelines. (Also see 4.8)

The school's Rowing Co-ordinator will monitor the training of all rowers, crews and squads and accept responsibility for adherence to these regulations.

Permitted sessions

Term 3	On-water	Land training per week
Senior Crews (years 10 and 11)	Nil	Up to 3 sessions per week
Intermediate Crews (year 9)	Nil	Up to 1 sessions per week
Junior Crews (year 8)	4 week introductory program for Year 8's at the end of Term 3. 1½ hours per week for 4 weeks, not an intensive program.	Up to 1 sessions per week

Term 4	On-water training per week	TOTAL Number of training sessions per week
Senior Squad Year 9 Year 8	Up to 3 sessions Up to 2 sessions Up to 2 sessions	Up to 6 sessions Up to 4 session Up to 3 session

Term 1	On-water training per week	TOTAL Number of training sessions per week
Senior Squad Year 10 Year 9	Up to 4 sessions Up to 3 sessions Up to 2 sessions	Up to 6 sessions Up to 4 session Up to 3 session

Term 2

That rowing activities in Term 2 & 3 be considered on a case by case basis by application to BAS Inc. (e.g. Henley tour and Edmund Rice Challenge)

Length of time for session as per the original regulations

Senior on-water 1.5 hours / off water 1.5 hours
 Year 9/10 on-water 1.5 hours / off water 1.0 hour
 Year 8/9 on-water 1.5 hours / off water 1.0 hour

Each school will be permitted to conduct a rowing camp(s) of up to 5 days' duration between 15th December and 26th January plus an extra 2 days at a time that suits individual schools.

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.

All camp dates and locations are to be forwarded to the Executive Officer at the end of November each year.

Except for official rowing camps, there will be no training conducted by the School, and no use by rowers of school rowing boats between 15th December and 26th January.

During all school holidays there will be no formal or organised, on or off water training to take place other than the specified Dec/Jan Camp period (as specified above).

For further clarity - formal refers to the training occurring on school property **OR** with a school coach”

As directed by the Rowing Co-ordinator, crews shall be able to train outside of the BAS weekly training regulations on the proviso the total amount of training completed within any four-week period does not exceed four times the maximum number of weekly sessions for that period. This will apply to on-water training only.

Official rowing camps will not be subject to session limitations in 4.4.

Coaches will conduct training with an understanding that rowing is a school sport and that the school has overriding authority in the conduct of all aspects of its rowing program.

Prior to the commencement of term 4 rowing, the Rowing Co-ordinators will meet with their coaches to explain the Code of Conduct and the rowing guidelines.

All schools will clearly display the Guidelines and Codes of Conduct in their respective boat sheds. All coaches will be given a copy of the guidelines and Code of Conduct.

5. Procedures for dealing with alleged breaches of training regulations

- 5.1 A protest is made by a Principal forwarding allegations and substantiating evidence in writing to the Principal of the School concerned and the Chair of Rowing Schools. (This Chair would invite another Principal to deputise if the allegation concerns his/her school.)
- 5.2 The Principal of the School concerned will, through the Rowing Co-ordinator, investigate the allegations and report on this investigation to the Chair of Rowing Schools and the Principal who lodged the protest.
- 5.3 If a breach of regulations is proven, the Principal of the School concerned will agree with the Chair of Rowing Schools on an appropriate course of action. This would then be reported to Principals of all rowing schools. (If agreement cannot be reached, a Principals’ meeting would decide on a course of action.)

- 5.4 A decision about a course of action would take into account both the seriousness of the breach and the culpability of either the coach or the crew members or both.
- 5.5 In case of a first proven breach, a warning would normally be issued by the Chair of Rowing Schools. Subsequent or persistent breaches may be dealt with by dismissal of the coach, or loss of premiership points in the Head of the Lake.
- 5.6 Review - At the completion of a rowing season, the Rowing Co-ordinators will meet to review guidelines and other aspects of the season. A written report of the outcomes of this review, and any recommendations arising, will be forwarded to the Chair of Rowing School

18.2 Procedures for dealing with alleged breaches of training regulations

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Review

At the completion of a rowing season, the Rowing Co-ordinators will meet to review regulations and other aspects of the season. A written report of the outcomes of this review, and any recommendations arising, will be forwarded to the Chair of Rowing Schools.

As approved at BAS Inc. meeting 11.8.2004 for implementation from that date.

18.3 BAS Head of the Lake

The following procedures are to be followed relating to the staging of the BAS Head of the Lake:

The Bureau of Meteorology website / app would be used for the forecast and determining weather conditions relevant to the event.

9am, the day prior to the event weather conditions on BOM will be checked. Should any of the forecast conditions be outside the prescribed parameters the event will be cancelled. The BAS Chair of Rowing will advise other Principals and, in conjunction with the Executive Officer, inform Rowing Victoria and any appropriate media.

7am, the day of the event Principals and the assigned RV Field of Play Officer and President of the Jury will meet at a location to be confirmed subject to the wind conditions. Again, the BOM will be used as a reference in consultation with Principals and Rowing Victoria Officials.

Once the event has commenced, conditions shall be reviewed every 30 minutes OR at the request of a Principal or an RV Official.

On the day of the event, the initial decision will be to **delay racing for 1 hour** and then review forecast conditions, according to the prescribed parameters to determine whether to proceed or not.

Safety Concerns must come from Rowing Coordinators to the Principal of their school then to the BAS Chair of Rowing who will inform Rowing Victoria Officials. Any other safety event or something specific to a school, will be communicated in the same way.

Concerns in relation to a specific race during the regatta

Any concern is to be raised via the School Principal and racing will be suspended until investigated.

Concern must be raised within 30 minutes of when the concern occurred.

A meeting convened with Principals and RV Field of Play Officer / President of the Jury.

All Principals will support although a Principal may withdraw their crews at any time due to events outside the prescribed parameters.

BAS appointed representative to support President of the Jury

Cancellation of the BAS Head of the Lake will be required should any of the below conditions be forecast or present during the event.

Wind speed – 30 kmph.

Wind gusts – 30 kmph.

Wind direction will also be considered a factor.

Heat – refer to the RV Heat Policy

Rain - greater than 20mm or 70% chance of 20mm or more rain.

Storms, lightening or thunder / Extreme weather warnings -forecast or present during the event.

Communication:

All communication with Rowing Victoria is through Executive Officer of BAS and/or Chair, BAS Rowing.

All communication with media with regards to any postponement or rescheduling is through Chair of BAS Rowing

All communication with families and rowing club members for each school is through the Principal to the Rowing Coordinator.

A Back up Date is to be nominated for the Head of the Lake each year.