

COAST AMATEUR ROWING ASSOCIATION RULES AND REGULATIONS

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COAST AMATEUR ROWING ASSOCIATION

RULES AND REGULATIONS

The Course and Rules for Boat Racing

The Course

1. The Course shall be not more than 1.25 miles (2000 metres) or less than 0.93 miles (1500 metres) unless a shorter course shall have been approved by the Executive Committee. All buoys or marks shall be turned on the starboard side and shall be of a type approved by the Executive Committee (in the case of marks they must be 3ft (1 metre) in height from the waterline with a 12" x 12" (300mm x 300mm) **Red bunting**, and sufficiently stable to stay upright. They shall be set evenly spaced, not less than **60ft** (18 metres) apart and it is the responsibility of the Regatta Committee to ensure that they remain in a proper line throughout the Regatta and that sufficient buoys are provided to provide one buoy for each crew in each race. If the Umpires are not satisfied with the position of the buoys, they shall have the power to suspend racing until they have been rectified. In the case of a row-off or re-row they can direct crews to which individual buoy they must take, any crew disobeying the Umpires instructions shall be liable to disqualification.

Each Regatta Committee is expected to provide a separate boat to cover the buoys.

- a. Umpires may disqualify without protest any boat turning a wrong buoy or otherwise infringing the Rules and a turn means the whole boat should be seen to have turned around the turning buoy.
 - b. A minimum of **FOUR** boats coming under starters orders shall constitute a **status race**. But a minimum of **TWO** boats coming under starters orders are required to constitute a race. (This applies to all races).
2. The Regatta Committee shall publish full particulars of the Course in their programme and **no more than 10 crews in Fours events** shall race abreast (unless the Umpires or Judges have deemed extra crew or crews may race) and **not more than 12 crews per race in Sculls and Pairs**, if race conditions and facilities permit. Any objection or protest against the fairness of the Course shall be made before the regatta is started and shall be dealt with by the Regatta Committee, and the C.A.R.A. Officials of the day.
 3. Each boat shall keep to its own water throughout the race. A boats own water is its due course parallel with the course of the other competing boats from its station at its start to the finish, to enable it to reach the finish in the shortest possible time, but providing it allows at least one length of clear water it may cross the path of a competitor to enable it to reach the winning post in the shortest possible time, but any boat failing to keep to its own water does so at its own risk in the event of a foul or interference occurring.
 4. The whole course must be completed by the competitor before they can be held to have won a heat or final unless prevented from doing so by damage resulting from a foul, then the Umpire shall have the discretion to deem them to have completed the course. Boats shall have completed the course when the bow reaches the finishing line.
 - a. A dead heat for first place in a final shall be decided by a re-row between the dead heated crews on the same day over the same course at a time to be laid down by the Regatta Officials and any competitor refusing to re-row shall be adjudged to have lost the re-row. Providing the Regatta Officials and the dead heated crews agree, the re-row can be deferred to take place on another day over a different course, but again any crew or competitor refusing or failing to re-row shall be judged to have lost the race. If the dead heated crews fail to agree on the re-row date or course, then the re-row will take place on the same day over the same course, and if both crews decline to re-row the prize shall be shared but the Championship points shall be forfeited.

- b. If a competitor other than a coxswain falls out of a boat the crew may still be placed but if the coxswain leaves the boat, the crew will be deemed to have not completed the course.

Umpires

5. It shall be considered a foul when after a race has started, any competitor by their oar, boat, scull or person comes into contact with an oar, boat, scull or person of another competitor unless in the opinion of the Umpire it will not influence the result of the race.
6. The Umpires may caution any competitor when they consider there is a possibility of a foul occurring and may give warnings of any obstructions on the course, but the Umpires shall not otherwise during the race direct the course of a competitor.
7. The Umpires shall have power to disqualify a boat committing a foul or otherwise deliberately interfering with the proper course of other competitors and they shall be the sole judge of a boat's proper course during the race.
8. Every boat shall abide by its accidents, but if during a race a boat shall be fouled or interfered with or the course otherwise obstructed the Umpires shall have the power to:
 - a. Disqualify an offending crew or sculler and allow the race to continue.
 - b. To stop the race they will raise a red flag and order the crews or scullers other than any they have disqualified, to return to the start, where they may go ashore, then to go afloat after the next race to re-row that previous race which was stopped.
 - c. If they are unable to reach an immediate decision, they may allow the race to continue and consider any representations made to them at its end, when they may exercise their power to disqualify and/or order a re-row but they should always reach their decision as quickly as possible and avoid deferring their decision if possible.
9. Any crew disqualified by the Starter or Umpire shall immediately leave the course **when told to do so** and deliberate failure to do so **shall** be a disciplinary offence reportable to the Association.
10. During a race, crews must not be raced by other boats or receive outside instructions other than by an Umpire under Rule 6, and any crew receiving any extraneous assistance may be disqualified. Extraneous assistance shall include help given to the crew once a race has started, to empty out or relaunch their boat or replace equipment other than handing over spares or tools to carry out any repairs themselves.
11. The jurisdiction of the Umpire shall extend over the whole race from start to finish and their decision shall not be overruled, but they may reconsider their decision following representation being made but once they have announced their decision on such representation it is absolutely final and without further appeal. They may, if they think proper, reserve their decision providing in every case such decision is given as quickly as possible and before the presentation of prizes on regatta day and no decision can be challenged after prize giving.
 - a. The Umpires may, if poor conditions of facilities exist, authorize the Starters and Judges to oversee the first and last parts of the course. These Officials shall have the same powers as the Umpires.
12. All Umpires, Starters and Judges for Championship events must be licensed by the Association. The Association shall supply the Regatta Committee with the names and addresses of such Officials selected to officiate.

- a. The Regatta Control and Judges area at a Regatta should be roped off with no access for spectators, with no access also to the beach in front of the starting line. A large tent/caravan or other approved area should be used for the Control and Judges. A raised platform must be provided that is large enough to accommodate all the Officials, giving a clear and unobstructed view of all the crews on the water. This platform should be erected in a strong structure to be completely safe with easy access for the officials.

Officials and Regattas

13. The Judges shall decide the order the boats cross the finishing line and such decision shall be final and without appeal but they may reserve or reconsider their decision in the same manner as the Umpires.
14. The Regatta Committee shall ensure that the Umpires shall have a suitable boat (with cover) that can keep them in contact with the competitors throughout the race. If this is impossible for any reason, the Regatta Committee must suspend or postpone the Regatta until such time that a suitable boat is available.
 - a. At any Regatta having two turns, then at least one Umpires boat will be used, and one umpire may be stationed on the beach by the second set of turns.
15. Regatta Committees **shall** advise **all** Officials and competing Clubs of the telephone numbers of a responsible official available at a stated time on the morning of the Regatta to advise on weather conditions and the availability of proceeding to the Regatta (only one call per club).
16. One or more rescue boats **will be provided** which should be able to pick up four crew members plus a cox at any one time in order to give adequate assistance to boats in difficulty and to keep the course clear and provision should also be made for a boat or boats other than the Umpires boat to be responsible for keeping the turning buoys in position.
17. The Regatta Committee **will** ensure that Medical and Life Saving Services are available if required and that C.A.R.A. standards are in place. No race will be started unless the safety boat is afloat.
 - a. The Regatta Committee **will** elect a **Regatta Water Safety Advisor**, who will assist the Regatta in all safety issues.
 - b. If unsettled weather conditions exist on the morning of the Regatta and it is felt necessary by the Regatta Committee and the Regatta Water Safety Advisor to postpone the Regatta, then the Regatta Secretary **will notify all competing Clubs, CARA selected Officials and the Association Secretary** of their decision to postpone/cancel the Regatta, either by e-mail or telephone giving the proposed new date and starting time.
 - c. The selected Association Regatta Team Leader together with the Regatta Secretary and the Regatta Water Safety Advisor **shall inspect all facilities available** before the advertised start time of the Regatta and before the Regatta Safety meeting. If these facilities are **not acceptable**, then the Association Officials **will suspend the start of the Regatta**. The Regatta **will not be permitted to be started** until such time as all the facilities are acceptable to the Association Officials.
 - d. If after the Regatta has started and weather conditions change as to force a decision of the suspension of racing, this decision **will be made** by the Association Officials and the Regatta Secretary. Once racing has been suspended a meeting will be held between all the Association Officials, the Regatta Secretary, the Regatta Water Safety Advisor and the Association Water Safety Advisor. Following these discussions, a decision **will be made** as to continue or cancel the Regatta or any other actions agreed upon. After the decision has been made, the Regatta Secretary will announce to all Clubs the decision reached.

Requirements for Racing

18. Before the Start of every Regatta there **shall be held** a Captain & Safety briefing, at which all competing Clubs **must attend. Failure to do so will result in that Club being ineligible to compete.** All Regatta Committees **must inform all entered Clubs** of the time of this meeting.
19. The Start/Finish line must be marked with two large poles 15ft (4.5 metres) in height, securely fixed ashore, and clearly visible to the competing crews afloat and the Judges ashore.
20. A Five Metre Start Zone will be marked by two red marks or poles, one on the inside and one on the outside of the course, 5 metres behind the Start Line. **No crew or sculler** will be allowed to enter this Start Zone until told to come forward by the Starter, any crew entering this Zone before being told to do so by the Starter will be warned once and once only, then if the crew or sculler does not clear this Zone they will be disqualified. If a crew or sculler crosses the Start Line after entering this Start Zone, and before the dropping of the Yellow Flag, the starting rules will apply and **they will be disqualified.** All competitors **must be aware** of all starting rules.
21. Adequate communications must be provided for communications between the Umpires, Starters, Judges and Regatta control. This communication system **must** last throughout the whole Regatta, if these fail the Regatta may be suspended until such time as communications are restored. The Starters must be provided with adequate Public Address system that will cover the complete starting line, as well as the whole of the Boat Park area.
22. All coxswains **must** wear lifejackets during the course of a race, and Clubs shall be responsible for ensuring that they are capable of performing their duties adequately and with safety.
23. Boats competing in races in which Championship points are awarded shall be restricted to 30ft (9.15 metres) for Fours, which must be coxed and 22ft 6ins (6.8 metres) for Pairs and Sculls.
24. All Clubs attending Regattas shall be responsible that their competing crews go afloat bearing the correct, clean and proper numbers, firmly affixed to the bow of the boat. Numbers shall be made of wood, metal or other solid material 8" (200mm) square, painted on both sides with dayglow yellow numbers 6" high x 1" wide (150mm high x 25mm wide) on a black background.

Starting a Race

25. The Starter shall raise the **Red flag** to notify crews to come under starters orders and any boat not at the start at this signal being given shall be liable to be disqualified or the race started in their absence. Any boat taking up a position other than as advertised in the programme or direction by the Starter or Umpire shall be liable to be disqualified.
 - a. When the Starter is ready they shall lower the **Red flag** and replace it by raising a **Yellow flag** and the race shall be started by the dropping of the **Yellow flag** accompanied by a verbal command of "Go", the "Go" to coincide with the dropping of the Yellow flag, **which is the overriding signal.**
 - b. Any boat failing to obey an instruction to get back behind the starting line from the Starter or Umpire or starting over the line or starting to row before the dropping of the yellow flag **shall** be liable to disqualification and the offending crew or crews will be given an **`Official Warning`** which that crew **must** acknowledge by the raising of a hand. **Only one `Official Warning`** will be given per crew, any further warning to that crew during the event **will** lead to immediate disqualification without appeal. That crew **must** then immediately leave the course, failure to do so is a disciplinary offence reportable to the Association.
 - c. The Starter shall have control of the start with power to disqualify and if they consider the start false they shall at once recall the boats to their stations and any boat refusing to start again shall be liable to disqualification. This will be accompanied by one long blast of the air horn.

- d. Once the race has started to the satisfaction of the Starter, the control of the race shall pass to the Umpires.
- e. If after the yellow flag has been raised and the line shall become unsatisfactory or an obstruction shall appear on the course the red flag will be re-hoisted and the yellow flag lowered to indicate that the start is delayed and crews must obey any instructions given by the Starter or Umpire or may be liable to disqualification.
- f. The raising of an arm by a crew member or coxswain on the start is an indication to the Starter that the crew considers it is not ready to start for some reason, but the decision when to start rest entirely with the Starter.
- g. Exceptionally, there will be a 5 minute time limit imposed from the last crew finishing, at the Umpires direction, to the start of the next race. An audible signal of two blasts on the air horn will indicate the start of this 5 minute time limit. The 5 minute time limit will **ONLY** apply once a club has made a request to the officials, and had this request accepted. Only the crew or sculler that has requested the 5 Minute time limit will be eligible to have it applied to them. Any crew who is found to be taking advantage of the rule having not had permission, will be subject to disqualification. At the end of the 5 minute time limit or upon all crews being ready to race (whichever is first), the Starters will raise the Red flag, this will be accompanied by a double blast on the air horn to indicate that the Starter is ready to start the race. Any crew or sculler not afloat and ready to race within 5 boat lengths either side of the starting line at this time will be disqualified. Any crew or sculler **must join** the start line from behind, any crew or sculler rowing in front of the starting line **will be** disqualified. All equipment or crew changes should be done within this time limit on the beach in front of the Starters. Any delays or claims that the crew has not heard the audible signals, will not be accepted as valid reasons to extend the 5 minute time limit. If the 5 minute time limit does not apply to a race, it will be started when the Starters are ready.

Fines and Protests

- 26. A crew wishing to protest regarding an incident during the course of the race shall notify the Umpire immediately at the conclusion of the race before going ashore or if this is not possible, **one member** of the crew protesting accompanied by the Club Captain or other senior official of the Club concerned shall immediately notify the Judges, who shall communicate the same to the Umpires for their decision. Any protest accompanied by abusive language or other improper conduct may be rejected without consideration.
- 27. The C.A.R.A. Officials of the Day together with the Associations Executive Officers present at a regatta will disqualify any crew or oarsperson for deliberately stopping or slowing down to avoid winning or any other unsporting behavior. They can also exercise disciplinary powers against any competitor, club member or Club considered guilty of conduct prejudicial to the best interest of rowing. These Officials shall have the power to reprimand and/or suspend the offending competitor, club member or Club from competing in the remainder of that regatta and to impose a fine of **£20.00** on the Club they represent (fine payable immediately) all fines imposed are appealable to the Executive Committee of the Association. These Officials **must** refer to the Executive Committee of the Association for any further action to be taken with regards to further suspension or fines to be imposed (without limit) this will be subject to a majority vote in favor.
- 28. The Executive Officers of the Association present at a Regatta shall automatically impose a fine of **£20.00** (payable immediately) by a Club if it is reported that a registered member of that Club, or a known supporter of that Club has:

- a. Continued to use abusive language or threatening behavior whilst addressing a racing official carrying out his/her official duties at a Regatta after being warned that his/her conduct is unacceptable.
 - b. Physically or verbally abusive, threatens another competitor, regatta helper or member of the public.
 - c. Conducts themselves in a way considered to be unsportsmanlike or bringing the sport into disrepute.
29. Any other protests shall be considered by the Judges who may refer it to the Umpires or Executive Protest Committee as appropriate who may make decisions, but only subject to Rules 10 and 11 that the decisions of the Umpires and Judges are final and cannot be over-ruled. Any dispute not satisfactorily resolved may be referred to a meeting of the Executive Committee of the Association, who cannot interfere with the result of the race, yet who may withhold Championship points.

Status, Classification and Registration

30. In these Rules, Oarsperson shall include “Sculler”, “Rowing”, “Sculling”, Regatta, Race or Processional event unless the contrary intention is expressed.
- a. The Rules governing racing laid down by the Association shall be observed by all Regattas, Clubs and Competitors taking part in any Regatta organised by any Club or Regatta affiliated to the Association.
 - b. No Oarsperson shall compete in any Rowing Event held under the Rules of the Association unless they are Registered with the Association and are members of an affiliated club to this or any other Association recognised by British Rowing, as an Amateur as defined by British Rowing.
 - c. No member of an Affiliated Club shall compete at any Regatta not held under the Rules of this Association or any other Association recognised by British Rowing.

Status of Classification of Oarspersons

31. **Women’s Category:** Only people who are assigned female at birth will be eligible to compete in the Women’s category.

Open Category: Trans, non-binary and all other individuals will be eligible to compete in the Open category.

Women’s Category	Open Category
J14 – Mixed (Year 9 and under)	
J16 (Year 11 and under)	J16 (Year 11 and under)
Novice	Novice
Junior	Junior
-	Junior/Senior
Senior	Senior
Masters 40+	Masters 40+
-	Masters 50+

- a. **Novice:** A Novice Oarsperson is one who has never won more than **two** Novice status races, if only **one** status race win is recorded in one season, then the win will be recorded in their individual record and they will remain in the Novice status until such time that they win their second status race. Immediately upon winning their second status point they are elevated to Junior and will also receive a Novice Medal.
- a. **Junior:** A Junior Oarsperson is one who is no longer eligible to compete as a Novice. Immediately they win two or more Junior status races in any one season, they go up a status (either Senior or Junior-Senior depending on the category). They may continue to row in Junior racing for the rest of the season in which they have won the two or more status races.
- b. **Junior-Senior (open category only):** A Junior-Senior Oarsperson is one who is no longer eligible to compete as a Open Junior. Immediately they win two or more Junior-Senior status races in any one season, they become a Senior, but they may continue to row in Junior-Senior racing for the rest of the season in which they won the two or more status races.
- c. **Senior:** A Senior Oarsperson is one who is no longer eligible to compete as a Women's Junior or an Open Junior-Senior.
- d. **Masters:** A Masters Oarsperson is one who has attained the age of 40 years or 50 years on or before the day of competing, providing that they are fully registered member of the Association.
- e. **Under no circumstances can an Oarsperson be reinstated to a lower status after they have won a race which qualifies them for a higher status. Unless they apply for regression back to Junior-Senior (only) (see Rule 38).**
- f. **Novice Sculls:** A Novice Sculler is one who has never won more than two Novice Sculls status races. The sculler will only be elevated to Junior status after winning two Novice status races. If only one status win is recorded in one season, then the win will be recorded in their individual record and they will remain at Novice status until such time that they win their second status race. Immediately upon their second win, they will be elevated to the Junior status and will also receive a Novice Sculling Medal.
- g. **Junior Sculls:** A Junior Sculler is one who is longer eligible to compete as a Novice. They will only be elevated to Senior status after winning two or more races in any one season. If only one win is recorded in a season, the sculler will remain in Junior status until such time that they win two or more races in any one season. Immediately they win two or more Junior status races in any one season, they become a Senior, but they may continue to row in Junior racing for the rest of the season in which they won the two or more status races.
- h. **Senior Sculls:** A Senior Sculler is one who is no longer eligible to compete as a Junior Sculler. If there is no Senior sculls event, a senior sculler may continue to compete in the junior sculls event.
- i. **J/16:** A J/16 competitor is one who has not reached the age of 16 years before the 1st September preceding the date of the event and is in Year 11 or below.
- j. **J/14:** A J/14 competitor is one who has not reached the age of 14 years before the 1st September preceding the date of the event and is in Year 9 or below.

Note 1. An Oarspersons status shall be in accordance with the classifications set out above and shall take immediate effect.

Note 2. If an Oarsperson wins rowing in a higher status to the one for which they are qualified, the Rules governing Classifications does not apply until the end of the Regatta in which the Oarsperson wins at the higher status.

Note 3. All coxswains must be registered with the Association. There is no classification for Coxswains.

Note 4. The status of a sweep Oarsperson shall not affect their status as a Sculler or vice versa.

Note 5. The Associations Rules shall apply to competitors from other Associations competing in events held under the Rules of this Association.

Note 6. It is recognised that the above age restrictions (in rule 31 i and j) are relaxed so that Juniors who have been able to row in an age classification during the season can continue to compete in the same age section at the South Coast Championships at the end of that same season.

32. No Oarsperson shall compete for more than **one** affiliated Club in regattas counting for Championship points in any **one** season unless permission is granted under Rule 34.

33. All Affiliated Rowing Club Members who wish to compete in Regattas held under the Rules of the Coast Amateur Rowing Association **MUST** be registered.

- a. **The Rower's name, gender, date of birth and status must be sent to the Association Secretary by the Club Captain or the designated Club Official.** A Registration fee of **£10.00** will be charged per Registration and will be invoiced to the Club by the 30th September of that year. This **fee must be paid** by the 31st October of that year, or failure to pay by that date will result in a fine of **£50.00 being imposed**.
- b. An Individual Registration Number will be issued on receipt of the fully completed Registration information. This individual registration number will be kept by the member throughout their rowing career and will be added to the Affiliated Clubs registration list, together with the members date of birth and rowing status. Regatta Officials can at any time request a member or Club to produce this individual registration number. **Failure** to produce this valid number will exclude that member from competing.
- c. Additional New Members during the season **MUST be registered not later than 48 hours before competing**. Failure to do so **will result** in the registration number being withdrawn and the oarsperson must then re-apply with another fee.
- d. At the beginning of each season (no later than 30th March) the Association Secretary shall publish to each Affiliated Club a current list of all their Registered Members together with registration numbers and rowing status. Only members registered on this list will be allowed to complete for that Club during the coming season at Regattas held under the Rules of the Coast Amateur Rowing Association unless new members have been added.
- e. All winning oarspersons name and registration number **must be** quoted on the C.A.R.A. Points Claim Card, **which must** be submitted to the Association Secretary, within 7 days of the Regatta at which these points were won.
- f. Any Status win by a registered member, won outside of the Association **must be immediately reported** to the Association Secretary.
- g. Any member changing their name **must immediately** inform the Association Secretary, who will amend their record accordingly.
- h. Any oarsperson wishing to transfer Clubs after the end of the current season and before the 31st January **must submit their details via their Captain** the Association Secretary who will amend their individual registration and a charge of **£10.00** will be charged to the new Club. Any oarsperson wishing to transfer Clubs after this date and during the current season, C.A.R.A. Rule 34 will apply.

- i. Any oarsperson not registered **will not be allowed** to participate at any Regatta held under the Rules of the Coast Amateur Rowing Association. Any oarsperson **not registered**, who is found trying to participate will be reported to the Association.
- 34. Any oarsperson wishing to transfer Clubs during the current season **must** obtain written permission from both Clubs. The registration transfer **must then** be submitted under Rule 34 to the Association Secretary together with copies of the written permission. This **must be** received by the Association Secretary SEVEN DAYS before the oarsperson is eligible to compete for their new Club. A transfer fee of £25.00 will be invoiced to the new Club. An oarsperson is only permitted one transfer in any one season. Any oarsperson having been refused permission to transfer shall have the right to appeal to the Executive Committee, whose decision shall be final and binding on all parties.
- 35. Any Club or Club Member violating the above Rules is liable for suspension and or a fine, for a period determined by the Executive Committee.

Race Qualifications

Masters Fours Events

- 36. The following Rules will govern the competition of the Masters Fours Events.
 - a. These three events shall be Championship Events, providing that **two** or more crews come under starters orders.
 - b. The Open Masters 40+ race will be open to all oarspersons 40 years and over on the day of competing, provided that they are fully registered members of the Association.
 - c. The Masters 50+ race will be open to all oarspersons 40 years and over on the day of competing, provided that they are fully registered members of the Association, with the crew (excluding coxswains) having a combined age of 200+.
 - d. The Women's Masters 40+ race will be open to all oarswomen aged 40 years and over on the day of competing, provided that they are fully registered members of the Association.
 - e. These events may be combined if numbers are not sufficient for separate races. Rule 1b applies.
 - f. Composite crews will be allowed in the Women's Masters 40+ and Masters 50+ race. Crews will only be able to race for the regatta prize and will not collect any league or grand aggregate points, however composite entries will count towards making the race a status event (rule 1b). The first full eligible Club crew across the line will be awarded the Championship and Grand Aggregate point. League points will be awarded to club crews who are placed in the first 6 places in the race.

J/16 & J/14 Championship Events

- 37. Events:
 - a. There will be three events, Open J/16 Quad Sculls, Women's J/16 Quad Sculls, Mixed J/14 Quad Sculls. The Mixed J/14 Quad Sculls must be made up of Junior's in **Year 9 or below** for the current racing season. Both single sex and mixed crews will be allowed to race in the J/14 Junior Championship. Each crew must consist of at least one male and one female to qualify for J/14 Junior Championship points. It is permitted that **mixed Club members may row together providing that they wear their appropriate Club racing colours** and are entered in the correct manner. These Mixed Club entries may compete for the trophy at each regatta but **no** Championship points will be awarded. The first full eligible Club crew across the line will be awarded the Championship points.
 - b. These events will be rowed over 750m to 1000m straight course.

Senior Regression to Junior/Senior

38. Any Senior Oarsperson that has **not won** a Senior Status Race shall have the opportunity to regress back to Junior/Senior after 5 years of holding Senior Status. All applications for regression shall be made in writing to the Honorary Secretary of the Association on the Regression Form supplied, stating all wins and accompanied by the fee of **£25.00**, submitted no later than the 31st January each year.

Composite Novice Fours

39. Composite Novice Fours will be permitted to race under the following criteria:
- a. The rowers should all compete in their own Club Colours.
 - b. If a composite crew should win, no CARA Championship point will be awarded, however the members of the crew will be deemed to have won a qualifying race at Novice.
 - c. Composite crews would be awarded prizes but no CARA League or Aggregate points or points towards aggregate trophies presented by the Regatta Committee.

Double Sculls

40. That at **all** the Regatta's held under the Rules of the Coast Amateur Rowing Association there will be held a **Women's and an Open Double Sculls race**.
- a. The race will be a non-status Club Championship that will count points towards the CARA Grand and League Championships and will have its own individual Championship calculated on the points as per 40.b not status wins.
 - b. Crews **must consist** of at least one J/18 (school year 13 or under) and that the winning combination **can only** win a maximum of three times in any **one season**. Points **shall be** awarded as 1st place (5 points), 2nd place (3 points) and 3rd place (1 point).

Entries

41. Entrance fees for Championship races **shall not exceed** the scale last laid down by the Association at its Annual General Meeting. These Entry Fees including the case of a late entry, they **shall not be** more than the scale as laid down for entry fees plus 50%. Any additional late entry for Novice crews will incur no more than the standard entry fee.
42. All Regatta Committees shall give adequate notice to all affiliated Clubs of the closing date for entries and the time and the place of the draw which shall take place at least three clear days before the Regatta, and the Regatta Committee shall not divulge the names of entrants until such entries have closed but shall do so on request by an affiliated Club after the closing date. Regatta Committees may reject any entry not detailing the name and registration number of each individual entrant and **shall do so** if one Club enters two crews for the same event without names or if the names are not provided three clear days before the Regatta. The Regatta shall publish the names and details of the individual crews in a programme, a copy of which **must be sent** to the Honorary Secretary of the Association no later than 7 days before the Regatta, and copies of which must be distributed to each Official officiating at the Regatta and to each competing Club. The draw and all competitors' names should be exhibited at the Regatta Committee Headquarters wherever possible.
43. All entries to compete under the Rules of the Coast Amateur Rowing Association (including the South Coast Rowing Championships) **must state** the name and registration number of **all competitors**. Any entry submitted without the appropriate names and registration numbers **WILL NOT BE ACCEPTED**.

44. All entries **must be** submitted on the Associations Entry Forms by the competing Club together with the entry fee. Any alterations to crews or scratchings to the Regatta Programme **WILL CEASE TO BE TAKEN** by 30 minutes before the advertised start time of the Regatta. Such alterations **must** be submitted in writing on the required CARA Alteration form to the Regatta Committee not later than 30 minutes before the advertised start time of the Regatta, failure to do so **will result** in a fine of **£10.00** per alteration or scratching. Payable immediately to the Associations Official of the Day. Clubs may appeal against the imposed fine to the Association in writing, but any such appeals will be heard by the Executive Committee at their Autumn Meeting.
- a. Not more than half the crew may be substituted, and no substitution is permitted in Sculling races. A Novice crew that has won at another Regatta after the draw has been made, shall automatically be entitled to race in the Junior event without payment of a further fee and Regatta Committees should make provision in the draw for such entries, and any new Novice crew picked by a Club to replace the crew that have become Junior shall be treated as a late entry and shall pay the appropriate fee. Any entry received and paid for where more than half the crew is substituted **will not** incur any further fees.
45. The Regatta Committee shall investigate any questionable entry, irrespective of any objection being received and may reject any entry which they hold not to be in accordance with these Rules. Any objections to the qualifications of a competitor shall be made to the Regatta Committee in writing, immediately a query arises and in any case before the prize distribution, the Regatta Committee may then withhold prizes until the outcome of any investigation is announced. After the prize giving any such objection must be sent to the Honorary Secretary of the Association in writing and the Association shall have no power to disturb the prizes so distributed but may withhold Championship points or take other appropriate disciplinary action.
46. All Regatta Committees shall accept additional entries received after the closing date for entries, and any entries received after the draw has been published, provided that they do not overcrowd a race, and they **must always** be added on the outside of the draw. Subject to the consent of the Executive Committee of the Association being first obtained they may limit the number of crews accepted from each club in each event.
47. The Draw shall take place once entries have closed and representatives of clubs entered shall be permitted to be present at the draw. **All boats** must race in the position they are drawn, the No 1 position counting from nearest the shore, unless permission to change has been granted by the Executive Committee of the Association.
48. In the event of a regatta being postponed, Clubs will be allowed to change their existing entries without penalty, providing that they submit these changes to the Regatta Committee **no later than two weeks prior** to the re-arranged date. Any existing entry changed after this date Rule 44 (a) applies. If a regatta is cancelled for that season, then all Clubs are permitted to request a re-fund of their entry fees, less 10% for regatta costs, otherwise these paid fees will be credited in full to that Club for the coming season.
49. In the event of a Regatta being postponed, the programme will remain as originally drawn unless the consent of the Executive Committee of the Association is obtained. In the event of a Regatta not being completed, the results of all completed finals **shall** stand, but any races where the final has not been rowed **shall be declared null and void**. The Regatta Committee may arrange to complete the remainder of the programme on a postponement date over the same course, but any proposal to row the same over a different course **must** be with the approval of the Association.
50. A payment **shall** be made of **£1.00** per individual entry on all CARA regatta entries (including Southsea Regatta). This payment shall go towards the cost of hosting the South Coast Championship Regatta (the next time it is our turn in rotation to host the event). This payment **shall be collected** by

each Regatta Committee and **must be** submitted to the Association Secretary **within fourteen days** of the Regatta at which these fees are due. Failure to do so **WILL** result in a **£50.00** fine.

Points

51. The Championship Crews selection system for the South Coast Championship Regatta will be awarded as: 1st place = 5 points. 2nd place = 3 points. 3rd place = 1 point. These selection points will be awarded in **SEVEN** status races ie, Open Senior Fours, Women's Senior Fours, Open Masters 40+ Fours, **Women's Masters 40+ Fours**, Open Junior-Senior Fours, Open Junior Fours and Women's Junior Fours, held during the current season. The two crews scoring the greatest number of points by the final regatta in each of the above statuses will be selected to represent the Association in the appropriate status at the South Coast Championship Regatta of that season. If one or both crews are unable to attend, then the place or places will be offered to the 3rd or 4th placed crews respectively.
52. Within 7 days of each Regatta, Clubs **shall** forward to the Secretary of the Association the names and registration numbers of their winning crews in order to claim the Championship points. Failure to do so may result in the loss of such Championship points at the discretion of the Executive Committee.
53. All Regatta Secretaries **shall** forward to the Secretary of the Association **within 7 days** a full list of racing results of all events and a marked copy of the programme incorporating **all name and other changes** shall be sufficient for this purpose.

Miscellaneous

54. All Association Championship Trophies shall be under the control of the Association who shall govern the conditions subject to any overriding conditions as laid down by the donor of the Trophy.
55. All Regatta Committees shall state on their Bills, Programmes, Notices and Advertisements the time of the first race and that all races are held under the Rules of the Association, and with the consent of the Association may publish additional Rules and Bylaws, providing they do not conflict with those of the Association which in all cases shall prevail.
56. All Clubs shall register their colours with designs with the Association and competitors **must** race in their registered colours with oars painted accordingly. No Oarsperson will be disqualified for any kit/colour/blade infringements after the race has been started. All Regatta Committees shall publish these colours and designs in their programmes.
57. Southsea Regatta is a combination of the two Coastal Rowing Associations and as such the Rules of both apply jointly. It is agreed that crews from both are recognized as registered.
- The winning crew will be awarded its Association Championship point, the individual championship point and a status win (if applicable).
 - If the winning crew is a non-CARA club, the first CARA club to finish will receive the CARA Championship point and the individual championship point. However, if the event is a status race, the status of the crew will remain unchanged.
 - Points gained at Southsea Regatta for the C.A.R.A League Trophy and SCC Selection points will only be taken from the first six places recorded across the finish line in the finals.
58. At all other CARA Regattas, if the event is won by a non-CARA club, the first CARA club to finish will receive the CARA Championship point and the individual championship point. However, if the event is a status race, the status of the crew will remain unchanged. Points for the C.A.R.A League Trophy will be as placed, i.e. 5 points for 2nd place etc.
59. In addition to these Rules, the Association may from time to time make recommendations for the guidance of Regatta Committees which although not absolutely binding such Committees shall be expected to use their best endeavors to adopt and any failure to do so without reasonable explanation

may be taken into account in deciding whether Championship points shall be awarded to a Regatta. Recommendations can similarly be made to Clubs and failure to comply without reasonable explanation can be referred to the Association in General Meeting as a breach of discipline.

RECOMMENDATIONS TO THE REGATTA COMMITTEE

1. Where possible at least two Starters, Judges and Umpires should be appointed to serve together.
2. Regattas prone to postponement should agree a provisional date for postponement with the Association in advance and a decision should be made where possible, sufficiently early to save Clubs wasting a journey.
3. Regatta Committees are urged to invite Assistant Racing Officials to assist the Starters and Umpires, and to train them to become fully licensed officials.
4. No Umpire, Starter or Judge officiating at a Regatta should be permitted to race in that Regatta as a Competitor.
5. At every regatta held under the Rules of the Coast Amateur Rowing Association an Open Men's Quad 4X+ and Open Women's Quad 4+ may be held, providing that all scullers are fully registered members of the Association. The events may be held immediately before the main regatta programme or at another suitable point during the regatta programme.
6. All Regatta Committees should have a standard point scoring system for all Aggregate Trophies awarded:

Regatta Grand Aggregate: should include, Open Senior Fours, Open Senior Pairs, Open Senior Sculls, Open Masters 40+ Fours, Women's Masters 40+ Fours, Open Masters 50+ Fours, Open J/Senior Fours, Open Junior Fours, Open Junior Pairs, Open Junior Sculls, Open Novice Sculls, **Open Double Sculls**, Open Novice Fours, Women's Senior Fours, Women's Senior Pairs, Women's Junior Fours, Women's Junior Pairs, Women's Novice Fours, Women's Double Sculls, Women's Novice Sculls and Women's Junior Sculls.

Regatta Open Senior Aggregate: should include Open Senior Fours, Open Senior Pairs, Open Senior Sculls.

Regatta Open Junior Aggregate: should include Open Junior Fours, Open Junior Pairs, Open Junior Sculls.

Regatta Women's Aggregate: should include Women's Senior Fours, Women's Senior Pairs, Women's Junior Pairs, Women's Junior Fours, Women's Novice Fours, Women's Masters 40+ Fours, Women's Double Sculls, Women's Novice Sculls and Women's Junior Sculls.

Any regatta not awarding a Women's Aggregate, should include the Women's Senior Fours, Women's Senior Pairs and Women's Double Sculls in their Senior Aggregate, and the Women's Junior Fours, Women's Junior Pairs and Women's Junior Sculls in their Junior Aggregate.

7. The race order of events at all Regattas is recommended as follows:
 1. Mixed J/14 Quad Sculls
 2. Open Senior Pairs
 3. Women's Junior Fours
 4. Open Junior Pairs
 5. Open Masters 50+ Fours
 6. Open Novice Sculls
 7. Open Novice Fours
 8. Women's Senior Pairs
 9. Open Senior Fours
 10. Women's J/16 Quad Sculls
 11. Open Masters 40+ Fours
 12. Women's Novice Fours.
 13. Open J/Senior Fours.
 14. Women's Junior Pairs.
 15. Open J/16 Quad Sculls.
 16. Open Junior Sculls.
 17. Women's Senior Fours.
 18. Open Senior Sculls.
 19. Open Junior Fours.
 20. Women's Double Sculls

DIRECTIVE BY THE UMPIRES COMMISSION

That all Clubs are required to supply a minimum of three registered C.A.R.A. Officials to act at C.A.R.A. Regattas per season. All registered Officials must attend the C.A.R.A. Umpires Commission Annual General Meeting each year, to qualify for the coming season.

An annual charge of **£75.00** will be imposed on all Clubs per season. This charge is added to the yearly Club Affiliation, which must be paid by the 30th April each year.

Each Club supplying registered C.A.R.A. Officials qualified to act in that season, will receive a rebate of **£25.00** per registered C.A.R.A. Official supplied by that Club up to a total of **£75.00**, providing that these officials officiate at a minimum of three Regatta`s in that season. This rebate will be deducted from the following year`s affiliation fee, any Club not submitting the required payment by the 30th April will be informed that no registered C.A.R.A. will attend their Regatta that season. This includes any registered C.A.R.A. Official from that Club.

A payment of **£10.00** per registered official will be made for their expenses per regatta, this may be claimed by the official.

BYE – LAWS

Made in pursuance of Rule 7 of the Rules of the Coast Amateur Rowing Association.

8. Competitors in Championship Races for Cups or Trophies controlled by the Coast Amateur Rowing Association shall be confined to Clubs affiliated to the Association.
9. All Regatta Committees holding Regattas under the Rules of the Association shall so state in their programme and on all official notices and advertisements.
10. All boats to be manned by members of the Club to which they are registered, and no member shall row for more than one Club affiliated to the Association in one season without the consent of the Clubs concerned and the approval of the Association (Rule 34).
11. All Challenge Cups, Trophies etc, given for competition in Events shall be under the control of the Coast Amateur Rowing Association and shall be competed for under the Rules and Bye-Laws of the Association.
12. If in any season two or more Clubs secure an equal number of status wins in the same competition after all recognised Regattas have been held, the number of status 2nd place positions will be included. If this is still an equal number, then the 3rd place positions will be included etc, until a winning club is found. If after all 6 positions are included and there is still an equal number, then the Challenge cups will be jointly held.
13. A winning Club will be required to find two approved sureties who shall guarantee the return of the Challenge Cup in a good and clean condition by the date specified, and who will be held responsible for any loss or damage that may be sustained during the period in which the Cup is in possession of the winning Club, and up to the time it is given into the custody of the Honorary Secretary of the Association. The Cup is not to be taken away by the winning crew or club until an agreement embodying these terms has been signed and sureties approved by the Association or by the Honorary Secretary of the Association.
14. All Challenge Cups shall be returned to the custody of the Honorary Secretary of the Association on the 1st August each year or any such date as the Honorary Secretary may decide. Late return of such Cups **shall incur** a fine of **£10.00** per Cup not returned by the required date.
15. These Bye-Laws shall be read and construed as part of the Rules of all Regatta Committees. Should these Bye-Laws be inconsistent with such Regatta Rules these Bye-Laws shall prevail.

RULES REGULATING THE COMPETITION FOR THE COAST AMATEUR ROWING ASSOCIATION TROPHIES

1) THE COLONEL HANKEY SOUTH COAST CHAMPIONSHIP TROPHY AS THE GRAND AGGREGATE CLUB CHAMPIONSHIP

- That the Trophy be awarded as the **Grand Aggregate Club Championship** to be held for one year by the Club obtaining the greatest number of Championship Points at Regattas recognised by the Association in the following races, Open Senior Fours, Open Senior Pairs, Open Senior Sculls, Open Masters 40+ Fours, Women's Masters 40+ Fours, Open Masters 50+ Fours, Open Junior-Senior Fours, Open Junior Fours, Open Junior Pairs, Open Junior Sculls, Open Novice Fours, Open Novice Sculls, **Open Double Sculls**, Women's Senior Fours, Women's Senior Pairs, Women's Junior Pairs, Women's Junior Fours, Women's Novice Fours, Women's Double Sculls and Women's Junior Sculls. The winners or joint winners will be the Champion Club **for that season**.
- The Cup to be competed for only at towns where Clubs exist affiliated to the Association and whose Regattas are held under the Rules of the Coast Amateur Rowing Association. The Cup to be a perpetual Trophy which cannot be won outright.

2) THE COAST AMATEUR ROWING ASSOCIATION LEAGUE TROPHY

- The Cup to be a Challenge Cup – a perpetual Trophy that cannot be won outright, to be awarded as a League Aggregate Prize to be held for one year by the Club or Clubs obtaining the greatest number of points at Regattas recognised by the Association in the following sixteen races, Open Senior Fours, Open Senior Pairs, Open Senior Sculls, Open Masters 40+Fours, Women's Masters 40+ Fours, Masters 50+ Fours, Open Junior-Senior Fours, Open Junior Fours, Open Junior Pairs, Open Junior Sculls, Open Novice Fours, Open Novice Sculls, **Open Double Sculls**, Women's Senior Fours, Women's Senior Pairs Women's Junior Fours, Women's Junior Pairs, Women's Novice Fours, Women's Double Sculls, Women's Novice Sculls and Women's Junior Sculls. Points to be awarded as follows: 1st Place = 6pts, 2nd Place = 5pts, 3rd Place = 4pts, 4th Place = 3pts, 5th Place = 2pts, 6th Place = 1pt.
- In the event of the Association ceasing to exist the Cup shall revert to the donors, Eastbourne Rowing Club.

3) THE SOUTH COAST REGATTAS CHALLENGE CUP FOR OPEN SENIOR FOURS

- The Cup shall be competed for annually only at towns where Clubs exist affiliated to the C.A.R.A. and whose Regattas are held under the C.A.R.A. Rules.
- The Cup to be a Challenge Cup, a perpetual trophy which cannot be won outright, to be held for a year by the Club whose Senior Four crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.
- One race only at each Regatta to count, such race to be the principal race for Amateur OpenSenior Fours, and to be donated as the race for this Challenge Cup on the programme of the respective Regattas. The Cup to be in addition to the ordinary prizes.
- In the event of the C.A.R.A. ceasing to exist, or in the event of the Rules of another Association controlling Coast Amateur Rowing being seriously altered, or in the event of there being two of the original Clubs which resuscitated this Association in 1911 - Worthing, Hastings, Dover, Folkestone ceasing to compete for the trophy, the cup shall be returned to the Donor.

4) THE TRUSTEE SAVINGS BANK CHALLENGE CUP FOR WOMEN'S SENIOR FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Women's Senior Four crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.

5) THE HON. JUSTICE CHARLES CHALLENGE CUP FOR OPEN JUNIOR-SENIOR FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Open Junior-Senior Four crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.

6) THE LADY DICKESON CHALLENGE CUP FOR OPEN JUNIOR FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Open Junior Four crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.

7) THE COAST AMATEUR ROWING ASSOCIATION CHALLENGE CUP FOR WOMEN'S JUNIOR FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Women's Junior Four crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.

8) THE BEV BUTT CHALLENGE CUP FOR MENS NOVICE FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Open Novice Four oared galley crew or crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.
- If in any season two or more Clubs secure an equal number of points after all recognised Regattas have been held, the Cup shall be held jointly by the Clubs concerned.

9) THE WEST CHALLENGE CUP FOR WOMEN'S NOVICE FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.

- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Women's Novice Four oared galley crew or crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.
- If in any season two or more Clubs secure an equal number of points after all recognized Regattas have been held, the Cup shall be held jointly by the Clubs concerned.

10) THE PAST PRESIDENTS CHALLENGE CUP FOR OPEN 40+ MASTERS FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Masters 40+ Four oared galley crew or crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.

11) THE XXX CHALLENGE CUP FOR WOMEN'S 40+ MASTERS FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Women's Masters 40+ Four crews win the greatest number of Championship points in races during the season in outriggered boats not exceeding 30ft in length.

12) THE HOVEMAN CHALLENGE CUP FOR OPEN 50+ MASTERS FOURS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Masters 50+ Four oared crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.

13) THE HARRIS-MAYES CHALLENGE CUP AS THE OPEN SENIOR AGGREGATE

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Senior Aggregate Prize to be held for one year by the Club obtaining the greatest number of status Championship Points at Regattas recognized by the C.A.R.A. in the following three races, Open Senior Fours, Open Senior Pairs and Open Senior Sculls. A status win to count one point.
- In the event of the C.A.R.A. ceasing to exist the Cup shall revert to the donors.

14) THE COAST AMATEUR ROWING ASSOCIATION CHALLENGE CUP AS THE WOMEN'S AGGREGATE

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Women's Aggregate Prize, to be held for one year by the Club obtaining the greatest number of status Championship points at Regattas recognized by the C.A.R.A. in the following races, Women's Senior Fours, Women's Junior Fours, Women's Senior Pairs, Women's Junior Pairs, Women's Masters 40+ Fours, Women's Double Sculls, Women's Novice Sculls and Women's Junior Sculls. A status win to count one point.

15) THE SOUTHERN WEEKLY NEWS CHALLENGE CUP AS THE OPEN JUNIOR AGGREGATE

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Junior Aggregate Prize, to be held for one year by the Club obtaining the greatest number of status Championship points at Regattas recognized by the C.A.R.A. in the following three races, Open Junior Fours, Open Junior Pairs and Open Junior Sculls. A status win to count one point.
- In the event of the C.A.R.A. ceasing to exist the Cup shall revert to the donors.

16) THE HON. JUSTICE CHARLES CHALLENGE CUP FOR NOVICE FOURS AGGREGATE

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup, a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Open Novice Four and Women's Novice Four oared galley crew or crews win the greatest number of status Championship points in races during the season in outriggered boats not exceeding 30ft in length.
- If in any season two or more Clubs secure an equal number of points after all recognised Regattas have been held, the Cup shall be held jointly by the Clubs concerned.

17) THE MAJOR SEXTON CHALLENGE CUP FOR OPEN SENIOR PAIRS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be competed for annually by the Clubs affiliated to the C.A.R.A. at Regattas held under the Rules of the C.A.R.A. The Cup to be held for one year by the Club whose Open Senior Pairs win the greatest number of status Championship points during season in paired oared boats not exceeding 22ft 6ins in length. A status win to count one point.

18) THE COAST AMATEUR ROWING ASSOCIATION CHALLENGE CUP FOR WOMEN'S SENIOR PAIRS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be competed for annually by the Clubs affiliated to the C.A.R.A. at Regattas held under the Rules of the C.A.R.A. The Cup to be held for one year by the Club whose Women's Senior Pairs win the greatest number of status Championship points during the season in paired oared boats not exceeding 22ft 6ins in length. A status win to count one point.

19) THE PUGH CHALLENGE CUP FOR OPEN JUNIOR PAIRS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be competed for annually by the Clubs affiliated to the C.A.R.A. at Regattas held under the Rules of the C.A.R.A. The Cup to be held for one year by the Club whose Open Junior Pairs win the greatest number of status Championship points during the season in paired oared boats not exceeding 22ft 6ins in length. A status win to count one point.

20) ERIC & EILEEN CROW, MEMORIAL CHALLENGE CUP FOR WOMEN'S JUNIOR PAIRS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be competed for annually by the Clubs affiliated to the C.A.R.A. at Regatta's held under the Rules of the C.A.R.A. The Cup to be held for one year by the Club whose Women's Junior Pairs win the greatest number of

status Championship points during the season in paired oared boats not exceeding 22ft 6ins in length. A status win to count one point.

21) THE GOOD CHALLENGE CUP FOR OPEN SENIOR SINGLE SCULLS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be competed for annually by the Clubs affiliated to the C.A.R.A. at Regattas held under the Rules of the C.A.R.A. The Cup to be held for one year by the Club whose Open Senior Single Sculls win the greatest number of status Championship points during the season in single sculling boats not exceeding 22ft 6ins in length. A status win to count one point.

22) THE HANSON CHALLENGE CUP FOR OPEN JUNIOR SINGLE SCULLS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be competed for annually by the Clubs affiliated to the C.A.R.A. at Regattas held under the Rules of the C.A.R.A. The Cup to be held for one year by the Club whose Open Junior Single Sculls win the greatest number of status Championship points during the season in single sculling boats not exceeding 22ft 6ins in length. A status win to count one point.

23) THE BAILEY CHALLENGE BOWL FOR OPEN NOVICE SINGLE SCULLS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be competed for annually by the Clubs affiliated to the C.A.R.A. at Regattas held under the Rules of the C.A.R.A. The Cup to be held for one year by the Club whose Open Novice Single Sculls win the greatest number of status Championship points during the season in single sculling boats not exceeding 22ft 6ins in length.
- If in any season, two or more Clubs secure an equal number of points after all recognized Regattas have been held, the Cup shall be held jointly by the Clubs concerned.
 - a. The event to be open to any open sculler who has not won an open Junior or Senior Single Sculls race at a C.A.R.A. Regatta status race.
 - b. Any sculler competing in this Open Novice Sculls event will not be allowed to compete in any other Single Sculling status race at that Regatta on the same day.
 - c. The Sculler will be entitled to win Two Status races at this Novice Status before progressing immediately to the Open Junior Sculls after their second status win. After this second win, they will be awarded their Open Novice Sculls Medal. Should any Sculler win only one status sculling race at this Novice Status in the current season, they may continue to row in Open Novice Sculls until they win their second Novice Sculls status race.

24) THE SHOREHAM ROWING CLUB CHALLENGE CUP FOR WOMEN'S DOUBLE SCULLS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Women's Double Sculls Trophy competed for under the Rules of the Association as laid down under Rule 40.

25) THE **XXX CHALLENGE CUP FOR WOMEN'S NOVICE SCULLS**

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Women's Novice Trophy competed for under the Rules of the Association as laid down - a status win to count one point.

26) THE XXX CHALLENGE CUP FOR WOMEN'S JUNIOR SCULLS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Women's Junior Trophy competed for under the Rules of the Association as laid down - a status win to count one point.

27) THE MERCER MEMORIAL TROPHY FOR OPEN SENIOR POINTS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Open Senior Points Trophy to the Senior Oarsperson gaining the highest number of status Championship points in any one season at Regattas held under the Rules of the C.A.R.A. in the following three races, Open Senior Fours, Open Senior Pairs, Open Senior Sculls. A status win to count one point.

28) THE SHOREHAM/BARNETT TROPHY FOR WOMEN'S SENIOR POINTS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Women's Senior Points Trophy to the Senior Oarswoman gaining the highest number of status Championship points in any one season at Regattas held under the Rules of the C.A.R.A. in the following two races, Women's Senior Fours, Women's Senior Pairs. A status win to count one point.

29) THE PAUL JACKSON MEMORIAL TROPHY FOR MENS JUNIOR POINTS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Open Junior Points Trophy to the Junior Oarsperson gaining the highest number of status Championship points in any one season at Regattas held under the Rules of the C.A.R.A. in the following three races, Open Junior Fours, Open Junior Pairs, Open Junior Sculls. A status win to count one point.

30) THE DOVER ROWING CLUB TROPHY FOR WOMEN'S JUNIOR POINTS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Women's Junior Points Trophy to the Junior Oarswoman gaining the highest number of status Championship points in any one season at Regattas held under the Rules of the C.A.R.A. in the following two races, Women's Junior Fours, Women's Junior Pairs and Women's Junior Sculls. A status win to count one point.

31) THE BOSTEL CHALLENGE CUP FOR THE COXSWAIN OF THE YEAR AWARD

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as the Coxswain of the Year Award, to be awarded to the Coxswain gaining the highest number of nominations by the Umpires at Regattas held under the Rules of the C.A.R.A. One nomination per Regatta.

32) THE GRAHAM DAWES CHALLENGE CUP FOR WOMEN'S J/16 QUAD SCULLS

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Women's J/16 Quad Sculls crew or crews win the greatest number of Junior Status points in races during the season in outriggered boats not exceeding 30ft in length.

33) THE DEAL ROWING CLUB CHALLENGE CUP FOR MENS J/16 QUAD SCULLS.

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Open J/16 Quad Sculls crew or crews win the greatest number of Junior Status points in races during the season in outriggered boats not exceeding 30ft in length.

34) THE ROW4CHARITY CHALLENGE CUP FOR MIXED J/14 QUAD SCULLS.

- The Cup shall be competed for annually by Clubs affiliated to the C.A.R.A. at their Regattas held under the Rules of the Coast Amateur Rowing Association.
- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be held for a year by the Club whose Mixed J/14 Quad Sculls crew or crews win the greatest number of Junior Status points in races during the season in outriggered boats not exceeding 30ft in length.

35) THE PHIL CHALLEN AGGREGATE SHIELD FOR J/14 & J/16 POINTS

- The Shield to be a Challenge Shield – a perpetual trophy that cannot be won outright, to be awarded as an Aggregate Shield to be held for one year by the Club or Clubs obtaining the greatest number of points at Regattas recognized by the Association in the following three races, Open J/16 Quad Sculls, Women's J/16 Quad Sculls and Mixed J/14 Quad Sculls.
Points to be awarded as follows: 1st place = 5pts, 2nd place = 3pts, 3rd place = 1pt

36) THE BOB LEGGATT CHALLENGE CUP FOR THE OLDEST COMPETITOR AT REGATTAS

- The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded to the Oldest registered competitor who competes regularly at Regattas held under the Rules of the C.A.R.A.

37) THE SCOTT-PAINE CHALLENGE CUP FOR INTER-ASSOCIATION AGGREGATE

- The Cup to be competed for once a year at a Regatta to be agreed by the two Coastal Associations or, unless Otherwise agreed, in alternate years at Southsea and Worthing.
- The course shall not exceed two miles and be not less than 1¼ miles in length, with not more than two turns in the race. Buoys to be taken on the starboard hand, and races to be rowed in four-oared galleys not exceeding 30ft in length, with the general rules of racing being observed.
- Open Senior, Junior-Senior, Junior, Novice, Women's Senior, Junior and Open Masters crews to compete in their own class for points, the Association whose Clubs win the greatest number of points at the Regatta shall hold the Cup for one year. In computing the number of points, a win shall count 5pts, a second 3pts, and a third 1pt.
- The winning Association will be required to pay the cost of insurance and in the event of either Association being unable to compete in any one year, the Cup to be held by the Association that is prepared to compete.

APPENDIX 1 - CARA SAFETY GUIDANCE

Safety

All CARA clubs should have a safety policy, which complies with the current British Rowing Row Safe Guidance, in particular the Coastal Rowing section (see pasted below).

This should be reviewed annually as part of the Club's annual safety audit and amendments made based on:

- Updates from British Rowing or CARA Safety Advisor
- Lessons learned from incidents recorded during the previous year

Regatta's

All CARA clubs shall:

- Submit their Safety plan, Risk Assessment and Emergency Action Plan to the CARA Safety Advisor 4 weeks prior to their regatta.
 - Ensure their risk assessment is present in regatta control on the day of the regatta.
 - Ensure there is a presence of at least one qualified first-aider (with current certificate), who remains in a specified position from an hour before the regatta to an hour after the last race (the prize giving). If it is necessary to leave position (bathroom etc), another person to take up position in mobile contact with the first aider. At no times should the first-aider need to be 'searched' for.
 - Remind crew members in the event of swamping/sinking, of the need to stay with their boats and, wherever it is safe to do so, row the boat towards the shore even if sinking.
 - Ensure the presence of at least one safety boat with two occupants, who have been provided with a copy of the event safety plan and EAP and properly briefed and understand:
 - The load capacity of their boat
 - How to provide assistance to rowing boats
 - How to minimize wash
 - The necessity of staying with each race and noting when races contain inexperienced / novice rowers
 - How to summon assistance, including medical attention
 - Where to take casualties
- In addition:
- The safety boat driver must be RYA qualified to Level 2.

- Racing is to be halted if safety cover is interrupted.
- It is recommended that each safety boat should carry 4 life jackets for crew members requiring rescue.
- Random boat and life jacket checks will be randomly undertaken at regattas to ensure that:
 - Heel restraints are strong, secure and durable and the correct length, (laces and cable ties are not appropriate). They must be properly adjusted (each heel shall be restrained to prevent it from rising higher than 7cm measured at right angles, from the footplate) and in working order.
 - Bow ball is in good condition and securely fixed (where the construction of the boat, or its composition, is such that the bow is properly protected or its shape does not present a hazard in the event of a collision, then this requirement need not apply).
 - Fixing screws or bolts should not represent a hazard in the event of an accident. Any sharp protrusions should be covered or removed.
 - Buoyancy compartments, seals, hatch covers, boat hull and ventilation bungs must be secure and watertight.
- Life jacket will be checked to ensure:
 - Appropriate size for coxes weight.
 - Inflators are present and not corroded.
 - There are no holes or degeneration of the material on the folds.
- Failures will not go on water and will be reported via incident reports (BR website) with expectation that clubs will update when rectified. See [British Rowing Incident Reporting](#)

Extract from British Rowing RowSafe (April 2025)

The full document and access to the links can be found at [RowSafe - British Rowing](#)

10.1. Coastal and Inshore Rowing

Coastal and inshore rowing in this context refers to rowing on the coast but within a short distance of land. Coastal rowers typically use sliding seat boats that are specifically suited for this purpose. These boats are not suited for open sea, offshore or ocean rowing.

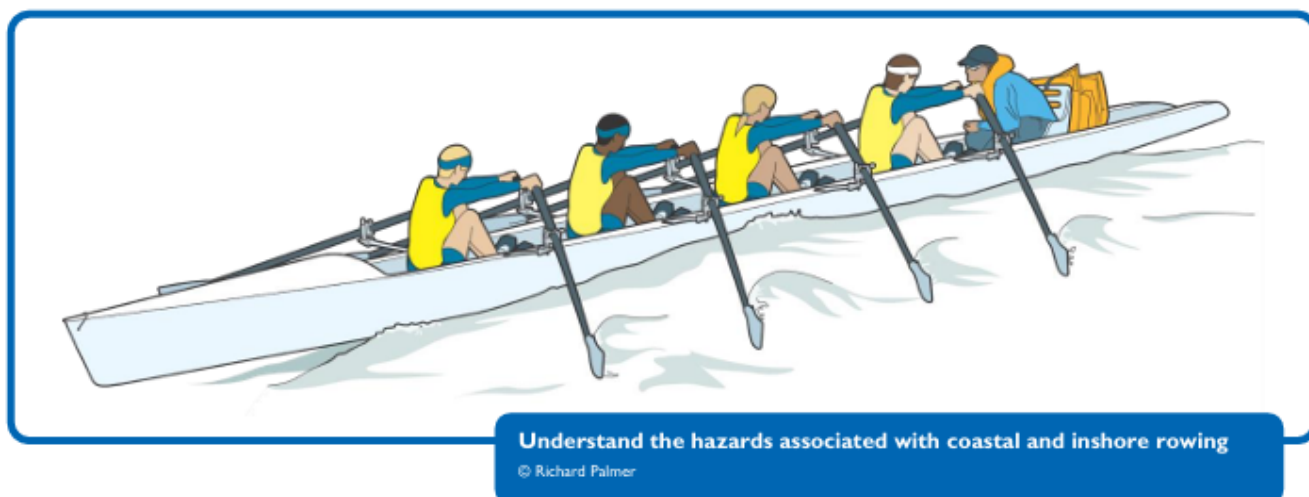
Expectations

The other sections of RowSafe also apply to coastal and offshore rowing. However, the following additional expectations are also appropriate.

Everyone

Everyone is expected to:

- Understand the hazards associated with coastal and inshore rowing (such as tide, wind strength and direction and waves) and the barriers and controls to be used.
- Check, prior to each launch, that:
 - Their boats have sufficient buoyancy,
 - Self-bailers, where fitted, are in full working order, and
 - If self-bailers are not fitted, then that there is a method of manual bailing.
- Understand the correct techniques for launching and recovery from a beach or slipway. There is further information on [boat handling in rough water](#).
- Understand [how to fit and adjust a lifejacket](#), especially coxes are expected to wear correctly fitted lifejackets at all times when afloat. (Note: - Water actuated auto-inflation lifejackets may be actuated by being splashed. Manual inflation or pressure actuated auto-inflation lifejackets may be preferred.)
- Abide by club rules, local navigation rules and any other rules.
- Row only in the conditions that they can cope with.



Club

Club Officers are expected to:

- Ensure all boats and equipment used by their members are fit for their intended purpose and safe to use in the intended environment.
- Ensure that all coxes and rowers understand the hazards (such as tide, wind strength and direction and waves), and the barriers and controls to be used.
- Ensure that crews abide by local navigation and other rules.
- Ensure that all boats have sufficient buoyancy.
- Ensure that crews keep a good lookout for swimmers (see [Safety Alert - look out for swimmers](#)).
- Ensure that self-bailers, where fitted, are in full working order. If self-bailers are not fitted then ensure that there is a method of manual bailing. This does not apply to those single sculling boats where the boat design ensures self-bailing.
- Ensure that crews are educated in the correct techniques for launching and recovery from a beach or slipway. There is further information on [boat handling in rough water](#).
- When no launch is available then ensure that no crew goes out without an experienced coastal rower supervising the session, in the boat with them (either as rower or cox) or from the beach keeping them close to shore.
- Ensure that there is a method of radio communication with the shore in the boat if a safety launch is not available and ensure that there are at least two rowing boats afloat at any one time and that they operate a buddy system. Marine Mobile Band VHF's are preferred as these can be used to call the Coastguard directly.
- Ensure that coxes' lifejackets have crotch straps fitted and that coxes are trained to fit and adjust them correctly.

Coxes

Coxes are expected to:

- Wear a lifejacket at all times when afloat
- Ensure that the crew has checked the boat
- Check, prior to each launch, that:
 - Their boats have sufficient buoyancy for the conditions likely to be encountered
- Know and understand the [sound signals](#) and [lights](#) used by other vessels.
- Learn about local hazards, local rules of navigation and [navigation marks](#) particularly when visiting unfamiliar venues.
- Read and understand the [principles of coxing](#).

Coaches

Coaches are expected to:

- Understand the hazards associated with coastal and inshore rowing and also understand their barriers and controls.
- Assess risk prior to each outing and either modify the planned outing or find a safer alternative if the level of risk is not low or moderate, taking into account the capabilities of the crew.
- Coach crews in the hazards, and the barriers and controls to be used (such as understanding tide, wind strength and direction and waves).
- Provide coaching to coaches (see [Coastal Cox/Boat Captain Workshop](#)).
- Coach crews so that they are able to check that:
 - Boats have sufficient buoyancy,
 - Self-bailers, where fitted, are in full working order, and
 - If self-bailers are not fitted then that there is a method of manual bailing.
- Coach crews in the correct techniques for launching and recovery from a beach or slipway. There is further information on [boat handling in rough water](#).

Launch Drivers

Launch drivers are expected to:

- Be competent and hold any qualification required by the host club, navigation authority or venue management.
- Ensure that they have an effective means of communications with the shore and emergency services.
- Ensure that they are competent to rescue crews from rowing boats in coastal conditions.
- Ensure that their launches are suitable to rescue rowers in the conditions that they are likely to encounter.
- Understand the correct technique for recovering a person to a safety boat.

Regional Rowing Councils

Regional Rowing Councils, in regions with coastal and inshore rowing clubs, are expected to:

- Provide support and advice to those clubs on coastal and inshore rowing.

British Rowing

British Rowing:

- Provides guidance to clubs through RowSafe.
- Provides an [Incident Reporting System](#).
- Provides [Safety Alerts](#) and other safety communications.
- Provides safety training material on its website.
- Provides courses that include safety.

Further Information

- Boat Handling in Rough Water - coastalrowing.org/storage/downloads/safety/Boat-HandlingInRoughWater.pdf
- Safety Alert on Lifejackets - britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-February-2015-Lifejackets.pdf
- Safety Alert - check your Lifejacket, <https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-check-your-lifejacket.pdf>
- Safety Alert - look out for swimmers, <https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-look-out-for-swimmers.pdf>
- RNLI Guidance on Lifejackets - <https://rnli.org/-/media/rnli/downloads/rnli-guide-to-lifejackets-and-buoyancy-aids.pdf?fd=true>
- British Rowing Incident Reporting System - incidentreporting.britishrowing.org
- Safety Alert Archive - britishrowing.org/knowledge/safety/safety-alert-archive
- Coastal Rowing – Planning and Resource Guide - [Coastal Rowing: Planning and Resource Guide: Amazon.co.uk: Churchill, Dr Nancy, WA Inc. Coastal Rowing: 9798372781405: Books](https://www.amazon.co.uk/dp/1405140514)
- Coastal Cox/Boat Captain Workshop - <https://www.rowhow.org/course/view.php?id=88>