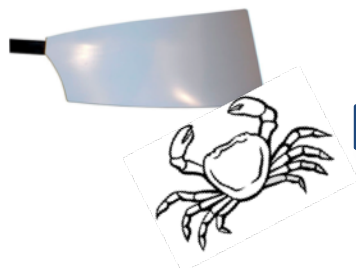


# Crabfest Skills Regatta & Head of the Hamster 2016



Sunday October 2<sup>nd</sup>, Elk Lake

---

This is a closed regatta open only to LVISSA High School rowers and is sanctioned by the Greater Victoria Youth Rowing Society for The Lower Vancouver Island Secondary Schools Athletic Association Rowing League.

## Entries:

---

1. All entries will be handled through Regatta Data Systems (RDS).
2. Teacher sponsors and/or head coaches will be provided with usernames and passwords in order to gain admin access.
3. Only athletes that have completed all Fall Rowing League registration steps will be permitted to participate.
4. Entries for Crabfest/Hamster will open on Monday September 19<sup>th</sup>. Sponsors/coaches will be able to build their RDS rosters and subsequent crew entries after to that date. **Entry deadline will be Sunday September 25<sup>th</sup> at midnight.** Fully registered athlete updated RCA numbers will be uploaded to RDS on **Wednesday Sept. 28th** indicating that athletes are eligible to race. Athletes who are not on that list will not be eligible.
5. Crews which do not comply with LVISSAA rules will be deemed exhibition and not eligible for ribbons.
6. In the Novice 8+ events, an exception to the rule will be made to allow experienced coxswains.
7. Name changes to entries can be made up until race day. Scratches need to be done through RDS before the coaches meeting.

## Events Offered:

---

### Crabfest Skills Regatta

Phase 1: Skills (See attached list of skills, points system)

Jr. Novice Girls 4x	Jr. Novice Boys 4x	Sr. Novice Girls 4x	Sr. Novice Boys 4x
---------------------	--------------------	---------------------	--------------------

Phase 2: Head to Head Dual 500m Sprint

Jr. Nov. Girls 8+	Jr. Novice Boys 8+	Sr. Novice Girls 8+	Sr. Novice Boys 8+
-------------------	--------------------	---------------------	--------------------

### Head of the Hamster (Experienced crews only)

Open Girls 1x	Open Girls 2x	Open Girls 4x	Open Girls 8+
Open Boys 1x	Open Boys 2x	Open Boys 4x	Open Boys 8+

## Regatta Reminders

1. The restrictions for this regatta are that crews are training on the water at a maximum of 3 practices per week, and that all school crew athletes are registered with their school as full-time students (section 6.3.6 of the BCSS handbook, p. 105).
2. Event Restrictions:  
**Crabfest Skills (4xs):** Athletes are allowed to row in both events (Skills and Dual Race). EXCEPTION: Schools requiring novice athletes to race more than one to fill out a crew so that all novices can participate will be allowed (ie. OB has 6 novice girls, 2 of the novice girls can race twice to fill out the second quad).  
**Crabfest Dual (8+):** School's will be permitted to combine to enter "composite" crews. Involvement in this will be done through a "sign up" process in a google sheet. Composite entry details for RDS will be distributed soon.  
**Head of the Hamster:** Athletes will enter a maximum of 1 event. For **both** the Double Sculls and Single Sculls, schools will be allowed a maximum of 1 boys and 1 girls entry. Single scullers can also row in an 8+. In the event that a schools requires athletes to race twice in order to provide all athletes a race will be a given an exception to the rule.
3. All crews will be in competition for event ribbons.
4. Grade 11 or 12 students may not row in junior events. Grade 9 and 10 students (novice or experienced) may row in senior events.
5. Coaches meeting on Sunday October 2nd @ 7:00am in the Spracklen Room. Racing to begin @ 8:00am. (Racing time may change but will be posted well in advance).

## Race Procedures

---

1. Races and crews involved will be called at the docks before each race. Crews are to enter shells and leave the dock quickly. Crew meetings should not take place on the dock.
2. Each event will require a specific flow pattern. This will be covered at the coaches meeting. See attached maps.
3. Crews will be called to the start area 5 minutes before the scheduled start time. Calls will be given at 4 minutes, 3 minutes, and 2 minutes. All crews must be lined up for their event at the 2 minute call.
4. **Crabfest Skills Events** (Novice 4x crews)
  - a. Please see the attached documents/maps that **outline the skills** that each novice crew will be required to complete.
  - b. Crews will need to listen carefully to the instructions of umpires.
  - c. Crews will be awarded demerits when certain skills are not adequately performed.
  - d. The final skill is a short timed row (approx. 150-200m).
  - e. A crew's final score is determined by adding **demerit points** to its timed row.
  - f. Once crews have completed the skills and timed row, they will need to return to the dock as soon as possible in order to accommodate hot seating for other crews.

## 5. **Head-to-Head Dual Race Format** (Novice 8+ Crews Only)

- a. Once the skills events are complete, Novice 8+ crews will race “Head to Head” with one other crew for their final race of the regatta.
- b. Once crews are positioned in their lanes and the 2 minute warming has passed, The Starters command is: “Attention ... GO” indicating the start of the race. Crews are not permitted to begin rowing until they hear the word “GO” at which point the Starters flag will drop.
- c. Officials will follow the race and will direct crews if course adjustments are necessary by raising a white flag, calling out the crew name, and then pointing the white flag in the direction the racing shell should turn. Stroke seat in sweep boats and bow seat in sculling boats are responsible for relaying official’s directions to their crews. Crews not responding to official’s directions will be told to stop rowing if there is a risk of collision. Any crew who is told to stop rowing must do so immediately.
- d. After crossing the finish, line crews must stop their boats and stay in their lanes until all other crews have crossed. Once all the crews have crossed the line it is tradition for crews to give 3 cheers for the other competitors.
- e. In the event of an “objection” from a crew, one member of the crew will raise their hand to signal to the umpire of the race. At that time the umpire will discuss the objection with the crew. If the umpire has raised their flag, signaling to the finish line that the race was successful, it will be too late to raise an objection. A formal protest can be submitted on land within an hour, written, accompanied by the fee, and dealt with by a Board of the Jury.

## 6. **“Head Race” Format** (Experienced Crews)

- a. A Head Race is a timed row. See attached map for proposed course information.
- b. The starter will call each crew to the start line one at a time, at approximately 20-30 second intervals.
- c. Crews are to do a “running start”, building from a steady state pressure to full pressure by the time they have rowed through the start line.
- d. It is expected that Bow seat in crews will know when the crew has passed through the start line.
- e. Crews must follow the course without steering outside of buoys that mark the outer edge of the course.
- f. In the event of a crew being overtaken, slower crews must give way to faster crews and not obstruct the slower crew.
- g. It is expected that crews will row at race pace until they pass through the finish line.
- h. Once crews that have finished the course will need to proceed to the dock immediately in order to accommodate hot seating.

## **Boat Pools**

---

In order to ensure an orderly event all of our equipment will be assigned to “boat pools”. Boat pool information will be available the night before the regatta. Athletes and coaches will check the schedule to see which equipment is assigned to their race from the boat pool.

### **Head-to-Head**

-Boats may be assigned to specific lanes, and as such crews will need to use the equipment that is assigned to their lane. In the unlikely event of equipment being damaged, the regatta organizing committee will make repairs or assign different equipment as needed.

### **Skills and Head Race**

-Boats will be cycled through the required number of crews for each event.

## **Regatta Maps**

Please see the attached documents. Maps are subject to change. These flow patterns are for **regatta day** only.

---

## **Crabfest Skills Format**

### **Rationale**

---

1. Based on the time constraints that the fall school schedule late start up presents, it was decided at the May 2015 LVISSAA AGM to shift the focus of the Crabfest regatta to a skills-based competition. In addition to the skills, Novice rowers will also have the opportunity to race against another school crew in a Head to Head Dual Race setting.
2. To encourage boat handling skill development, teamwork and proper technique.
3. To give novice rowers an early challenge that encourages safe and healthy competition.
4. Based on years of Crabfest recommendations from Rowing BC officials.

### **Precedent**

Rowing Canada has recently provided a template for Club Skills Events. This event is based on that template: [RCA Skills \(PDF\)](#)

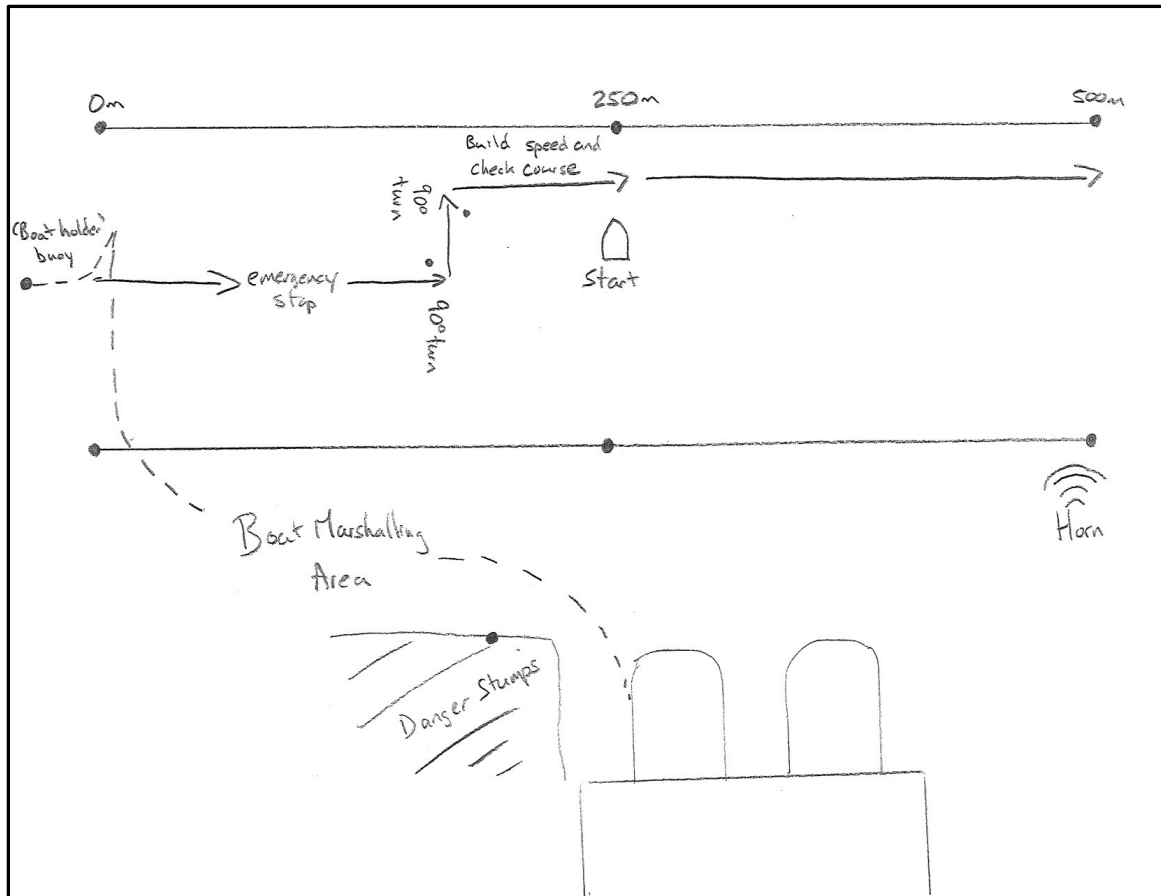
### **Skills to Complete** (Description and graphic of each skill is attached)

1. Back and Lock
2. Start
3. Emergency stop
4. 90 degree turn (x2)
5. Timed row (approx. 150-200m)

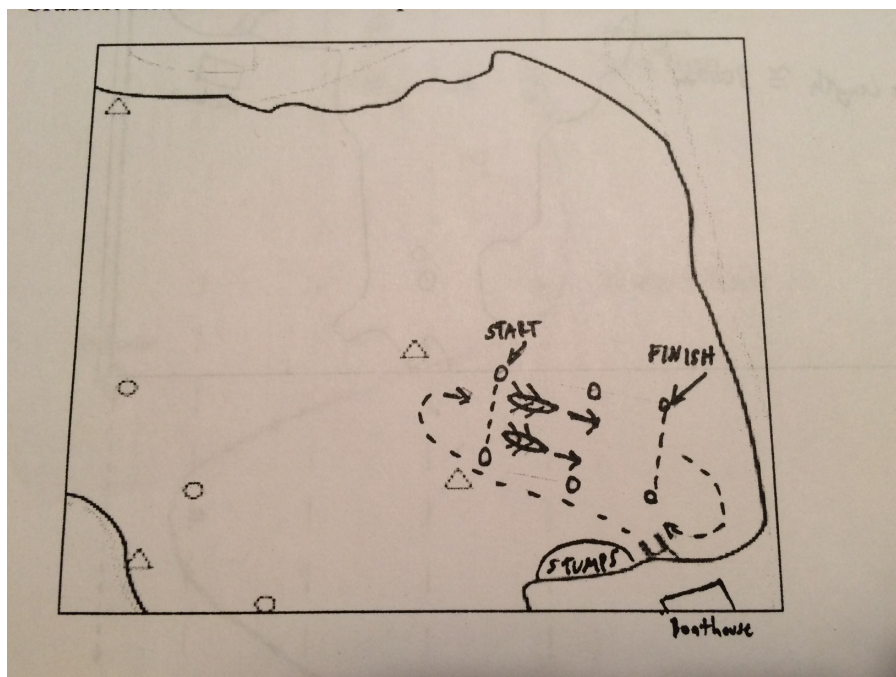
### **Points**

All crews start with 0 points. During the skills event umpires will evaluate and allocate demerits to crews accordingly. Each crew will be timed in step 6. Demerits earned in steps 1-5 will be added to the overall time for a final score. Crews with the lowest score will be awarded 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> ribbons.

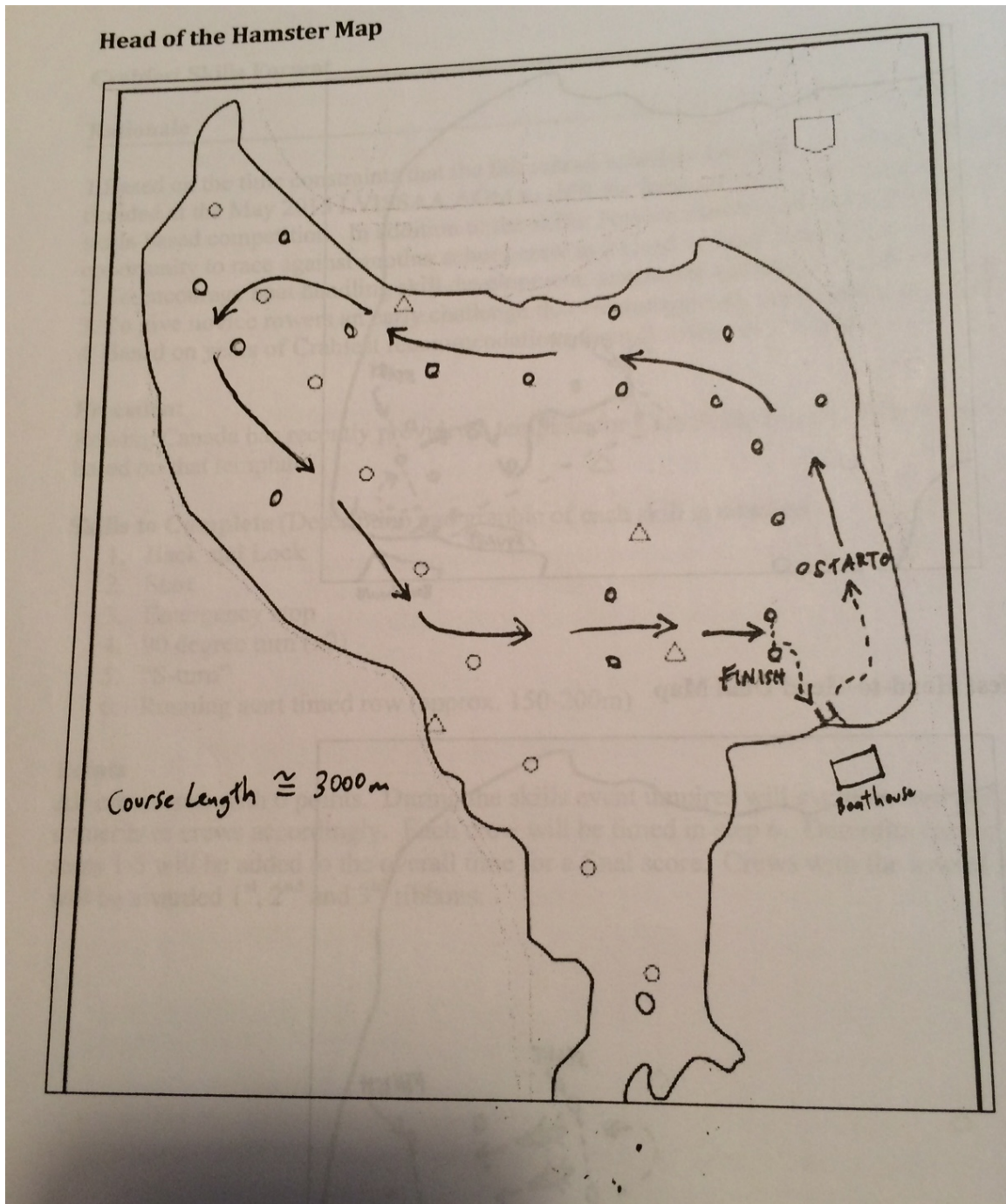
## Crabfest Skills Map



## Crabfest Head-to-Head Dual Map



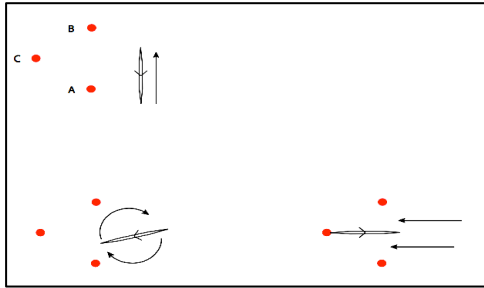
# Head of the Hamster Map



# Crabfest Skills Overview

---

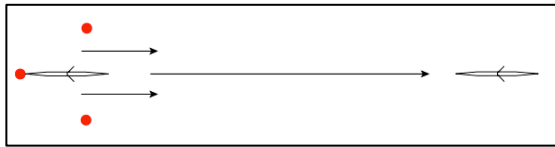
## 1. Back and Lock



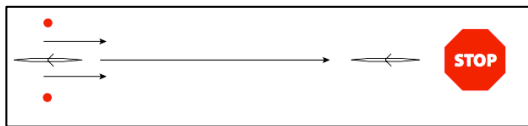
### Points

All crews start with 0 points. During the skills event umpires will evaluate and allocate demerits to crews accordingly. Each crew will be

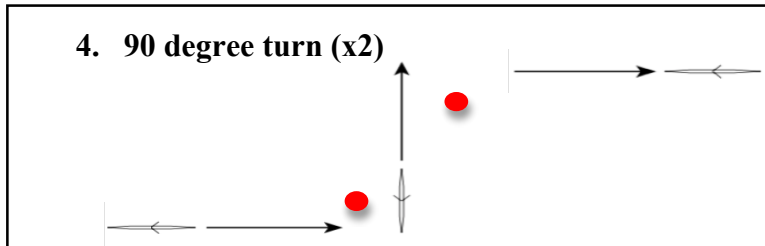
## 2. Start



## 3. Emergency stop



## 4. 90 degree turn (x2)



## 5. Timed row (approx. 150-200m)