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# Alsace Long Distance Regatta

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## Rules of racing

Alsace long distance regatta is international. Registration to the event automatically implies full acceptance of the rules of racing..

Deadline for registration is September 27th 2024.

### *Crew identification*

Each crew will be identified with a number written on the back of a jersey. The numbered jersey should be worn by the rower N° 1 (next to the bow).

### *Dress*

It is asked that every competitor should wear the racing strip of the club they represent. In composite crew each competitor should wear the racing strip of the club they represent. Non respect of this rule will not trigger sanction.

### *Start*

The start will follow a launch start procedure.

### *Club delegate meeting*

Club delegate should come to race control booth to collect « numbered jersey » at the latest one hour before the start.

## Racing shells

Alsace long distance regatta is open to the following rowing racing shells :

- |                          |           |
|--------------------------|-----------|
| • Coxed eighth /octuple  | 8x+, 8+   |
| • Coxed four/quadruple   | 4x+, 4+   |
| • Coxless four/quadruple | 4x, 4-    |
| • C-Boat 8               | 8Y        |
| • C-Boat 4               | 4Yx+, 4Y+ |
| • Double scull           | 2x        |

All boats should be conform to FISA safety rules; spot check inspections of the boat can be undertaken and any boat that fails to meet the standards could be excluded if default not fixed .

## Competitor classification

To participate to Alsace long distance regatta, rowers should registered members of a National Rowing Federation ( e.g Swiss Rowing). Composite crews with rowers from different clubs could participate .

Competitors registered to Alsace long distance regatta are expected to have training conditions allowing sustainable effort on long distances.

Classification of rowers for Alsace long distance regatta is defined as follows :

- Juniors J18 : 17-18 years old competitors; could include younger rowers ( J16) provided a specific medical certificate has been issued .

- Seniors : competitors  $\geq 19$  years old , could include younger rowers ( J18) provided a specific medical certificate has been issued .
- Masters (< 50 years old) : senior competitors  $\geq 27$  years from FISA categories A to C .
- Masters (50 + years old ) : senior competitors  $\geq 27$  years from FISA categories D to F.

Crews are defined as follows (cox not taken into account) :

- M crew are 100% males.
- F crews are 100% females.
- Mixed M/F crews are 50% males 50% females. In case the 50/50 ratio is not respected the crew will be ranked Males or Females..

Coxes are not taken into account for categorization of the crew .

Composite crews are authorized . Composite crews could be with rowers from different clubs without regards of zone or citizenship.

## Participation fees

A financial contribution is required to participate to Alsace Half Marathon.

20€ / rower ( free of charge for coxes)

## Timetable

Details of the timetable will be communicated the week before the race. Alsace long distance regatta first start is planned at 9.30 am and the race will be closed 6 hours later.