



DC PERGAMENTAL Rules and Regulations MARCH 3, 2018

Registration

- Registration form and waiver must be completed prior to racing. Waiver to be provided at the event.
- Any registration fees must be paid prior to participating.
 - Adult racers: \$25 entry fee
 - Youth racers (12 – 18 years old): no entry fee.
 - Paddlers must be at least 12 years of age to race.
- Racers may enter into as many events as desired.
- No refunds will be provided if a paddler cancels or if the event is cancelled due to weather or circumstances outside of race organizers’ control.
- Each individual paddler is required to check-in upon entering the facility.
- The race organizers reserve the right to remove any individual for failure to follow the established rules and regulations.

Events and Divisions

Races shall be divided as follows, provided there are sufficient entries into a division. Race organizers shall notify racers prior to the regatta if a division or event will not be included.

Events	Gender Division	Age Divisions	Weight Divisions	Special Division(s)
- 200 meters - 500 meters - 1000 meters - 2000 meters	- Men - Women	- Youth (12 – 18 years old) - Open (no age restriction) - Masters (40 and above)	To be determined by race organizer based on entries	- Breast Cancer Survivor (BCS)

Each event except the 200 meter will have one round which will determine a racer’s overall division ranking. The 200 meter event will have two rounds, and the best time between the two rounds shall determine the racer’s overall division ranking.

Race Rules and Procedure

- Practice paddling on all ergs is allowed between 9AM and 10AM. Race ergs may not be used for practice or warm up between races. Race organizers will provide 2 paddle ergs to be used solely for warm-up or practice throughout the event.
- Race organizers will direct individuals on starting procedures and reserve the right to determine the lane number and heat of each individual.



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- Paddlers may switch sides at will during their race, regardless of the event distance.
- Minimum damper setting for all divisions is 2, maximum is 6.
- Paddler must be sitting on the seat at all times. The paddler may be sitting on the edge of the seat, but at least 75% of the paddler's weight must be on the seat at all times. Foot straps are not permitted.
- A race will begin when the official calls "GO" and the monitor says "ROW." The erg fan must come to a complete stop before a race may be started.
- After the completion of a race, racers must hold on to the paddle and not let it fly out of their hands. We encourage good sportsmanship by asking racers to remain seated until all racers in their event have finished.
- Racers are eligible for a re-race in the event of:
 - Erg equipment failure (broken string, seat comes loose, etc.)
 - Electronic failure (monitor or computer did not record, cable loose, etc.)
- The following cases are **not** eligible for a re-race:
 - Dropping the paddle during the race
- All paddlers must maintain good sportsmanship at all times.
- All decisions made by the chief race official are final.

Safety

- Shoes are required at all times when competing.
- Paddlers will be held liable for damage to the paddling ergometers or other equipment caused by paddler negligence.
- By participating in the event, paddlers are certifying that they are not taking performance enhancing drugs.
- No paddler may participate if they have consumed alcohol or other impairing substances.

Facility Policies (Green Acres Center)

- No decorations or other items may be tacked or nailed to the walls or any other surface of the building inside or out. No bubbles are allowed inside the building. Balloons may not be allowed to float to the ceiling.
- All food and property must be removed at the completion of the event. All trash must be cleaned up and placed within the designated trash receptacles.
- Areas such as hallways, bathrooms, and parking lots are shared space where eating is not permitted. Hallways must be kept clear of obstructions and no loitering in the hallways. Children under 13 must be accompanied by an adult in any shared spaces.
- Smoking is not permitted inside the building. Smoking is permitted outside, but smokers must be at least 25 feet from the building and not near doors. Smokers must use ash urns provided on site.