



2017 Canada Summer Games Rowing Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Technical Packages are developed by sport, not disciplines.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating provincial/territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of a complete understanding of the Technical Package by Games' participants early on.

NATIONAL PARTNERS / PARTENAIRES NATIONAUX



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**2017 Canada Summer Games
Rowing Technical Package**

1. SPORT: ROWING

The relevant Rowing Canada Aviron (RCA) Rules of Racing rule numbers are referenced in parenthesis [] where appropriate, for clarity.

2. PARTICIPANTS:

2.1. Competitors:

14 male oarspersons / scullers and 14 female oarspersons / scullers, plus 2 coxswains of either sex; 30 competitors maximum per team.

2.2. Staff:

- For 13 or fewer competitors:
 - 1 coach, 1 manager, 1 boatman (accredited as a full team member).
 - If female athletes are being sent, one of the staff must be female. If male athletes are being sent, one of the staff must be male.
- For more than 13 competitors:
 - 2 coaches, 1 manager, 1 boatman (accredited as a full team member).
 - If female athletes are being sent, one of the coaches must be female. If male athletes are being sent, one of the coaches must be male.

2.3. Driver:

For safety reasons, 1 trailer boat driver will be permitted to accompany the boatman for Provinces/Territories that trailer their boats to the Games. Upon arrival on-site, the driver shall receive week-long spectator access, accommodations and a per diem.

2.4. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff.
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#):

- Venue pass holders do not have access to the field of play
- Venue Pass Holder's access
 - Front of House (Spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Missions process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION:

3.1. By Sex:

The events for men can only be competed for by male competitors and the events for women can only be competed for by female competitors. Nevertheless, as permitted by RCA Rules of Racing, a female crew may be coxed by a male coxswain and a male crew may be coxed by a female coxswain. [2.4 Coxswains]

3.2. By Age:

Competitors are to be under 21 years of age on December 31st of the year in which the Games are held; year of birth 1997 or later. RCA recommends, based on its Long Term Athlete Development Plan, that competitors be a minimum of 16 years of age in the year in which the Games are held.

3.3. By Weight:

The minimum weight of a coxswain for a female crew is 50 kg and for a male crew is 55 kg. [2.5]. The maximum weight for a female lightweight rower is 59 kg. The maximum weight for a male lightweight rower is 72.5 kg. [2.10 Lightweight Competitors]

4. ELIGIBILITY

4.1. Coaches:

The head coach on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3 or the equivalent level in the new NCCP, Competition stream, Development context, (RCA Performance Coach Certified status). These coaches must be so certified not later than 90 days before the opening of the Games (May 1st, 2017).

Assistant coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3. Or, in the new NCCP, Competition stream, Development context, attained RCA Performance Coach Trained status. These coaches must be certified / trained not later than 90 days before the opening of the Games (May 1st, 2017).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be level 3 certified or Competition stream Development context (RCA Performance Coach) certified, while the others must be level 3 certified or Competition stream Development context (RCA Performance Coach) trained .

4.2. Competitors:

Excluded from the Canada Games are:

- Senior National Team Athletes are not eligible for the Canada Games*.
- Athletes that hold either a SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance Program).
- Participation in a Youth Olympic Games does not constitute a reason for exclusion from the Canada Games.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after May 1st, 2017).

*Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status, may be deemed eligible on a case by case basis. Requests must be submitted the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee

5. COMPETITION:

** The RCA Rules of Racing are under review. Any rule changes that are made January 30th, 2017 will be reflected in the next version of the Technical Package.*

5.1. Racing Distance:

Racing distance: 2000 meter [4.2 Standard Course]

5.2. Events:

Men's Events

Single Scull (M1x)

Double Sculls (M2x)

Pair (M2-)

Four (M4-)

Lightweight Four (LM4-)

Quadruple Sculls (M4x)

Eight with coxswain (M8+)

Women's Events

Single Scull (W1x)

Double Sculls (W2x)

Pair (W2-)

Lightweight Double Sculls (LW2x)

Four (W4-)

Quadruple Sculls (W4x)

Eight with coxswain (W8+)

5.3. Weigh-in Procedures:

Weigh-ins for coxswains will be conducted as per Rule 2.6 and weigh-ins for lightweight competitors will be conducted as per Rule 2.11.

5.4. Weigh-In Announcements, Timing:

The time and place for weigh-ins shall be publicized in race schedules and/or regatta announcements.

5.5. Weigh-in of Crews as a Group:

Coxswains and crews shall present themselves as complete teams for the weigh-in.

5.6. Number of Entries by Province/Territory:

Each Provincial/Territorial team will be allowed to make one entry per event.

5.7. Direct Finals:

If an event has two to six entries a race for lanes to be occupied for each crew in the final will be required at the Canada Games. [9.2 Direct Finals 2 to 6 Entries]

5.8. Progression System to Determine Finalists:

If an event has more than six entries the FISA Progression System of heats and repêchages will be used to determine the finalists in each event. Events with 7 to 8 entries will follow the FISA Case 1 method; events with 9 to 10 entries will follow the FISA Case 2 method and events with 11 to 12 entries will follow the FISA Case 3 method. [9.3.1 Events with 7 or more Entries] (Note: FISA rules subject to change Spring 2017. TBD if any change to the Cases would be approved for the 2017 Games.)

6. SPORT SCORING:

Crews will be ranked from 1st to last place in each event, based on the following:

- Crews in the final will be ranked from 1st to “X” place in order they cross finish line. “X” represents the number of crews competing in finals.
- Crews in the B final will be ranked from “X+1” to last place in order they cross finish line. “X+1” represents the crew finishing first in the B final.

For example, if six (6) crews compete in the Final, they will be ranked from 1st to 6th based on order they cross the final line. If two (2) crews compete in the consolation final of the same event, they will be ranked 7th and 8th based on the order they cross the finish line.

Sport scoring will be awarded based on the following:

Position	Pts
1st place	100
2nd place	97
3rd place	94
4th place	91
5th place	88

Position	Pts
6th place	85
7th place	83
8th place	81
9th place	79
10th place	77

Position	Pts
11th place	75
12th place	74
13th place	73

7. PROVINCIAL/TERRITORIAL RANKING:

Rankings will be established by adding sport scoring points from all events. Men and Women will be ranked separately. Points for the Games flag will be distributed as follows:

Position	Pts
1st place	10
2nd place	9
3rd place	8
4th place	7

Position	Pts
6th place	5
7th place	4
8th place	3
9th place	2 ½

Position	Pts
11th place	1 ½
12th place	1
13th place	½

5th place	6
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10th place	2
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8. TIE BREAKING RULE – COMPETITION:

The RCA Rule of Racing for dead-heats will be used if a tie occurs in a heat, or repêchage. If in a final a dead heat occurs between crews, then they shall be given equal placing in the final order and the next placing(s) shall be left vacant. [10.15 (1) (2) Dead-Heats]

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

In the event of a Provincial/Territorial team points tie, the Provincial/Territorial team with the most first place finishers would claim the higher position, and if still tied, then 2nd places would apply, and so on.

10. MEDALS:

Total: Gold: 50 Silver: 50 Bronze: 50

11. COMPETITIVE UNIFORM:

Provincial/Territorial colours must be worn. RCA Rule 6.2 shall apply to any headgear worn.

12. EQUIPMENT:

12.1. Provision of Equipment

All Provinces/Territories shall be responsible for the provision of all boats, oars and sculls as required for each race. The provision of equipment shall respect the order of events and the boating of crews for these events. The transportation of all equipment shall be the responsibility of each province. See Appendix 4.

12.2. Scull and Oar Blades

The blades of sculls and oars must be painted in Provincial/Territorial team colours. [6.5 Blades]

12.3. Sponsor Identification:

Any sponsor identification on the boats and/or oars and sculls shall conform to the Canada Games Council's Commercialization Policy (available on the CGC website). Corporate



sponsor names and/or logos are not permitted on the equipment. Manufacturer's name or logo size must be consistent with the RCA rulebook [6.1 to 6.5 inclusive, Advertising], or no more than 10% of the surface area of the piece of equipment.

13. APPENDICES:

The attached appendices are an integral part of this technical package.

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out

for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

Pre-Requisites

- Create an Account and Register with RCA as a Coach (www.membership.rowingcanada.org)
- Register in “The Locker” (www.thelocker.coach.ca)
- Obtain/verify Pleasure Craft Operating Card
- Complete Pre-Assignment and Send to RCA by due date (coacheducation@rowingcanada.org)

Step 1: Training Modules

Complete NCCP Multi-Sport Modules and Attend RCA Conference Performance Coach Stream. May be completed in any order.

Multi-Sport Modules

1. Coaching and Leading Effectively
2. Managing Conflict
3. Leading Drug-Free Sport
4. Psychology of Performance
5. Developing Athletic Abilities for Rowing
6. Prevention and Recovery
7. Making Ethical Decisions

RCA Conference

Attend RCA Conference to attend and complete performance coach workshops:

1. Analyze performance
2. Manage a sport program
3. Support the Athlete in Training
4. Design a Sport Program

Step 2: Build Coach Portfolio

Upload the following items to your portfolio or email RCA at coacheducation@rowingcanada.org

1. Pre and Post RCA Conference assignment including Yearly Training Plan and Selection Document
2. Copy of your Pleasure Craft Operating Card
3. Emergency Action Plan

Step 3: Evaluation

- Evaluation 1
 - Must complete online evaluation via “the locker”
 - Making Ethical Decisions (MED) – Competition Development
 - Managing Conflict
 - Leading Drug-Free Sport

- Evaluation 2
 - Portfolio Review
- Evaluation 3
 - On Water and Dryland (including rigging)
 - At Competition
 - At Selection

APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

<u>YEAR</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>
<u>AGE</u>	<u>U19</u>	<u>U20</u>	<u>U21</u>
KEY REGATTAS	CSSRA Championships, RCA Nat'l Rowing Championships	CSSRA Championships, RCA NRC-CC, Canadian Henley	Canada Games
#Provincial / regional Regattas	5	5	3
Men 2000 m Ergometer Goals	6:18	6:13	6:08
Lwt Men 2000 m Ergometer Goals	6:45	6:40	6:35
Women 2000 m Ergometer Goals	7:20	7: 15	7:10
Lwt Women 2000 m Ergometer Goals	7:40	7:35	7:30
Flexibility, Core plus Strength & Conditioning, hours / week	4.5	4.5	4.5
Training hrs. / week Categories C1 / C2	1.5	1.5	1.5
Training hrs. / week Categories C3 / C4	2	4	4
Training hrs. / week Categories C5 / C6	6	6	5
Technique Hours / week	2	2	2
TOTAL hours / week	16	18	17

APPENDIX 4 – BOAT TRANSPORTATION

Boat Transportation

Please see the CGC [Boat Transportation Policy](#) and reimbursement form for detail on procedures, costs and logistics of transporting Provincial/Territorial boats to and from the Host Community.