

COAST AMATEUR ROWING ASSOCIATION

RULES and REGULATIONS

1. The name of the Association shall be `The Coast Amateur Rowing Association`
2. The objects of the Association shall be to promote and regulate Coast Amateur Rowing within the areas covered by the members of the Association and to co-operate with other Sporting Associations in promoting the said activities and sporting activities generally.
3. The Association shall consist of Rowing Clubs willing to bind themselves to observe the Rules and Regulations of the Association, whose principle headquarters are situated within the Counties of Kent, East and West Sussex but also including Southsea. Other Clubs from outside of these districts, desirous of joining the Association, may be admitted subject to their election at an Annual General Meeting. Applications by Clubs to join the Association shall be submitted in writing to the Honorary Secretary at least two months before the Annual General Meeting, accompanied by the appropriate affiliation of **£ 250.00** or such other sum as the Annual General Meeting may decide. This sum shall be refunded if not elected and a majority of two thirds present and entitled to vote at such meeting shall be required to admit to membership of the Association.
4. Each affiliated Club **shall** pay the Association the Annual Affiliation at the rate fixed annually at the Annual General Meeting, such payment to be made before the first Regatta counting for Championship Points or June 1st, whichever shall be the earlier in the year. Any Club in arrears **shall** lose its powers to vote and **shall** not be eligible to compete at any Regatta for Championship points, and shall also be liable to have their permit to hold a Regatta withdrawn.
 - a) All clubs **must submit** in writing to the Honorary Secretary of the Association their proposed Regatta Date for the coming season, on a fully completed CARA form of certified insurance held, together with the permit fee of **£ 50.00** (or any other sum the Annual General Meeting shall decide). This Regatta Permit form must be accompanied by a fully signed Regatta Facilities Guarantee Form, both these forms **must be received** by the Honorary Secretary of the Association before the **1st October each year**. These proposed regatta dates will then be submitted for approval by the Executive Committee of the Association at their Half Yearly Meeting in November. **Failure to do so will result in no regatta permit being granted**. That the date of the CARA Ladies and Junior 16 Regatta is guaranteed each year and cannot be taken by another event.
5. The Annual General Meeting of the Association shall be held during April or May at which a Financial Statement shall be submitted for the year previous ending December 31st. At the Annual General Meeting there shall be elected, the President, Vice-Presidents, Honorary Secretary, Honorary Treasurer and Honorary Auditor, with one delegate from each Club, who shall remain in office until the next Annual General Meeting and who shall be eligible for re-election, except the office of President who will be elected as hereinafter provided. Each Club shall be invited in turn to nominate the President who will hold the office for one year, if such nomination is approved by the Annual General Meeting. Any Club failing to nominate a President when it is their turn to do so, shall forfeit their right to do so until the next time their turn is reached by rotation.
6. The Association shall be managed by an Executive Committee consisting of, The President, Past Presidents, Honorary Secretary, Honorary Treasurer, one elected delegate from each affiliated Club and all Sub Committee Chairmen. All Clubs however shall be entitled to send two additional delegates to the Annual General Meeting or Special General Meeting, entitled to vote in addition to their delegates on the Executive Committee. Each person entitled to vote shall have one vote only, but in addition the Chairman shall have a casting vote. Vice-Presidents and other representatives from Clubs may attend the meetings with the approval of the meeting and take part in discussions, but they shall not be entitled to vote. An Affiliated Club is entitled to replace or send a substitute for their elected Executive delegate to represent them, upon a written request being received by the Honorary Secretary of the Association. That the Executive Committee decisions are final and binding on all parties.
7. No alterations, additions or deletions shall be made to the Rules and Bye-Laws of this Association except at the Annual General Meeting and **must** be carried by a two thirds majority of the members present that are entitled to vote. All other proposed motions require a majority vote for the motion to be carried by the members present and entitled to vote (any abstentions will be taken as a vote against). All notices of proposed alterations shall be submitted to the Honorary Secretary of the Association in writing, not later than February 28th. The Honorary Secretary shall give not less than six weeks notice of the Annual General Meeting and such notice shall specify any proposal to alter the Rules and Bye-Laws of the Association. Any Club desiring to amend such proposals shall give notice in writing to the Honorary Secretary at least 21 days before the meeting and the Honorary Secretary will at once circulate such amendment among the Affiliated Clubs

8. A meeting of the Executive Committee shall be held in the Autumn of each year and Clubs wishing to have matters placed on the agenda, shall notify the Honorary Secretary in writing before September 30th. The Honorary Secretary shall give at least three weeks notice in writing of such meeting with the agenda. Additional meetings of the Executive Committee may be called at any time by the President, Honorary Secretary or Honorary Treasurer. A Special General Meeting may be called on a requisition being sent to the Honorary Secretary by two Affiliated Clubs, together with a deposit of £ 25 . 00 or such other sum as the Association shall from time to time prescribe, to cover the cost of such meeting. Upon receipt of such requisition, the Honorary Secretary shall within 21 days convene the meeting, giving not less than 14 days notice thereof, stating the objects of the meeting, together with the names of those requiring the meeting to be called. The meeting may decide whether the circumstances for calling the meeting were justified and the whole or part of such sum deposited shall be refunded to the depositor. The Quorum for General Meetings shall be 15 persons present and entitled to vote, at Executive Meetings 11 such persons, and at Emergency Meetings 7 such persons. All proposed motions require a majority vote for the motion to be carried by the members present and entitled to vote (any abstentions will be taken as a vote against the motion). The President shall be the Chairman (but in his absence the members present shall elect a Chairman). That an Affiliated Club is entitled to replace or send a substitute for their elected Executive delegate to represent them, upon a written request being received by the Honorary Secretary of the Association. That the Executive Committee decisions are final and binding on all parties.

9. **All Disciplinary Meetings** will consist of, The President, Honorary Secretary, Honorary Treasurer, Past Presidents, Umpires Commission Chairman and one Executive Member from each affiliated club. If the named Executive member from any Club is unable to attend, that Club will be entitled to send a replacement member of the Club to represent them. Any motions or sanctions must be carried by a majority vote for the motion or sanction by the members present and entitled to vote (any abstentions will be taken as a vote against the motion or sanction). A quorum for such meeting must be 7 persons present and entitled to vote. At all disciplinary meetings, the member or members called to attend **must be present**, failure to attend will be taken as a sign of guilt and the meeting **will proceed in their absence**.

a) Any disciplinary offence reported to the Association, that a registered member or known supporter of a Club has,

i) Continued to use abusive language or other threatening behaviour whilst addressing an official carrying out their official duties at a Regatta, after being warned that their conduct is unacceptable.

ii) Physically or verbally threatens another competitor, official, regatta helper or a member of the public.

iii) Conducts themselves in a way considered to be unsportsmanlike or bringing the sport into disrepute.

Shall always be dealt with by a Disciplinary Meeting and this meeting will be convened by the Honorary Secretary, within 28 days of the reported offence, or a mutually agreed date between the Honorary Secretary of the Association and the reported Club or members, giving not less than 21 days notice. (with details of the reported offence). The member or members reported shall be able to call any witnesses in their defense, but **must notify** the Honorary Secretary of the Association in writing of the names and reason for calling such persons, giving not less than 10 days notice before the said date of the meeting. Any sanctions imposed will be enforced immediately and any fines imposed **will always** be levied against the Club which holds the members CARA Registration and the said fine **must be paid within seven days**, regardless of any pending appeal.

All Appeal Meetings will consist of ; as disciplinary meetings with the quorum being the same. At all appeal meetings the member or members requesting the meeting **must attend**, failure to attend will result in the meeting upholding the sanctions made by the disciplinary meeting. All requests for an appeal against sanctions made must be submitted in writing to the Honorary Secretary of the Association within 4 weeks of the disciplinary meeting at which such sanctions were imposed, stating all reasons for the appeal and a fee of £35 . 00 which **must** be submitted with this written appeal to cover all costs of the meeting. If a written appeal is submitted within the required time limit, any sanctions imposed by a disciplinary meeting will be suspended until the appeal meeting has reached a final decision. that decision will be final and binding on all parties.

10. The Officers present at a regatta, together with one representative of each Club present and any Past Presidents, shall constitute an **Executive Protest Committee**, who may decide all protests as to, and arising on any races which may be rowed under these Rules, which may be referred to them by a Competing Club. The Honorary Secretary shall convene such meeting upon receipt of **a written protest and a fee of £ 10.00 (non returnable)** together with a seconder from another competing Club for the protest. All protests must be received by the Honorary Secretary on the day or within 7 days of the incident. Any protest received after this date **will not be accepted**. Such Executive Protest Committee shall be empowered to withhold any Championship points, but any fine or suspension must be referred to the full Executive Committee. (under Rule 30) but the Umpires decision is final and cannot be over-ruled. All proposed motions require a majority vote for the motion to be carried by the members present and entitled to vote (any abstentions will be taken as a vote against the motion).

11. The Executive Committee shall have the full power to enquire into the conduct of any Club, Regatta or individual in respect of whom a complaint has been made, and for that purpose may require the attendance of specific officials and other persons and the production of all relevant books, letters and other documents. They shall have full power to deal with all offending or defaulting Clubs, Regattas or individuals as they may think fit, including imposing fines or suspensions or withholding Championship Points, but any motion imposing such sanctions shall require a majority vote for the motion to be carried by the members present and entitled to vote. An Affiliated Club is entitled to replace or send a substitute for their elected Executive delegate to represent them, upon a written request being received by the Honorary Secretary of the Association. That the Executive Committee decisions are final and binding on all parties.
12. The Honorary Treasurer shall be responsible for the accounts and funds of the Association and shall cause an audited account to be published at the Annual General Meeting. All monies received on behalf of the Association shall be paid into bankers appointed by the Association and all cheques shall be signed by the Honorary Treasurer, or the President and Honorary Secretary of the Association.
13. The Association may acquire property and shall appoint not less than two or more than four trustees in whom all property of the Association, other than cash under the control of the Honorary Treasurer shall be vested. The Trustees shall hold office until death, resignation or removal from office by a resolution passed at an Annual General Meeting. The Trustees may deal with any property so vested in them by way of sale, mortgage, charge lease or otherwise as directed by the Association at an Annual General Meeting.
14. The Trustees shall be effectually indemnified by the Association from and against any liability costs, expenses and payments whatsoever, which may be properly incurred or made by them in relation to the Trusts of the property of the Association or in relation to any legal proceedings which otherwise relate directly or indirectly to the performance of the functions of the Trustees.
15. Neither the Association nor any Officer or Committee Members shall be liable to any Club, Regatta or individual whether a member of the Association or not, for any loss or damage or injury to any property or person occurring from whatever cause in or about any property of the Association or in or about any event promoted by or held under the Rules of the Association and any Club or Regatta staging any event held under the name of the Association shall display a notice to this effect in any programme and in any prominent position at the event.
16. The accidental omission to give notice of a meeting to, or the non-receipt of a notice of a meeting, by an officer or Club shall not invalidate any proceedings or resolutions at any meeting.
17. A motion to dissolve the Association may only be made at an Annual General Meeting and to effect a dissolution, at least three-quarters of the persons present and entitled to vote, must vote in favour of a dissolution, and if carried, the property and surplus funds of the Association shall be returned to the original donors, or distributed amongst the Affiliated Clubs or such as the Annual General Meeting may decide.
18. The Associations Rules for Boat Racing, and Regatta Rules, and conditions governing the Associations Championship Trophies, shall be an integral part of these Rules and all amendments and additions thereto shall be made in accordance with these General Rules.
19. If there should be any ambiguity or differences of opinion concerning the purport or interpretation of any rule or to deal with any matter not provided in these Rules, reference shall be made to the Executive Committee whose decision is final and binding on all parties.

The Course and Rules for Boat Racing.

20. The Course shall be not more than 1.75 miles (2850 metres) or less than 1.25 miles (2000 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)

21. 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.
 - a) 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.
22. Each boat shall keep to its own water throughout the race. A boat's 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.
23. 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.
24. 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.
25. 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.
26. 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 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.
27. 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.
28. During a race, crews must not be raced by other boats or receive outside instructions other than by an Umpire under Rule 24, 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.
29. 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 adjudged 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.

30. 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 representations being made but once they have announced their decision on such representations 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.
31. 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.
32. If the Umpire has disqualified a crew or is otherwise dissatisfied with the proper conduct of a race they **may** hoist a **red flag** in which case the Judges shall make no announcement of the result until the decision of the Umpires has been notified to them.
33. 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.
34. 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 unsportsmanly 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 appeal able 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.
35. 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 ;
- i) 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.
 - ii) Physically or verbally abusive, threatens another competitor, regatta helper or member of the public.
 - iii) Conducts themselves in a way considered to be unsportsmanlike or bringing the sport into disrepute.
36. 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.

37. 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** which may be accompanied by a verbal command of “Set-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 he considers the start false he shall at once recall the boats to their stations and any boat refusing to start again shall be liable to disqualification
 - 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 rehoisted 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) 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. At the end of the 5 minute time limit the Starters will raise the Red flag, this will be accompanied by a single blast on the air horn to indicate that all crews **must** be afloat and ready to race under Starters orders. 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 late crew or sculler **must join** the start line from behind, any crew or sculler rowing in front of the starting line **will be** disqualified. ``Except at Southsea Regatta where all crews **must be within** the starting line and the submarine poles **before the end of this time limit.** All equipment changes should be done within this time limit on the beach in front of the Starters. If these boat changes are done by the Clubs in the space provided in the boat park, crews should be aware of the risk of not coming under Starters orders. Stating that your crew will be delayed or not hearing the audible signals as reasons for not being afloat, will not be accepted and the race **will** proceed without you. If all the required crews or scullers are afloat before the end of this time limit, the Starters will proceed to start the race.
 - h) 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.
 - i) 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.
 - j) 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.
38. 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.
39. 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.
40. 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.
41. **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.

42. 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.
43. 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.
44. 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.
45. 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 55a 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.
46. 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 the A.R.A. as an Amateur as defined by the A.R.A.
 - 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 the A.R.A.
47. **Status of Classification of Oarsmen ;**
 - a) **Novice ;** A Novice Oarsman 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 he wins his second status race. Immediately upon winning his second status point he is elevated to Junior and will also receive a Novice Medal.
 - b) **Junior ;** A Junior Oarsman is one who is no longer eligible to compete as a Novice. Immediately he wins **two** or more Junior status races in any **one** season, he becomes a Junior-Senior, but he may continue to row in Junior racing for the rest of the season in which he has won the two or more status races.
 - c) **Junior-Senior ;** A Junior-Senior Oarsman is one who is no longer eligible to compete as a Junior. Immediately he wins **two** or more Junior-Senior status races in any **one** season, he becomes a Senior, but he may continue to row in Junior-Senior racing for the rest of the season in which he has won the two or more status races.
 - d) **Senior ;** A Senior Oarsman is one who is no longer eligible to compete as a Junior-Senior.
 - e) **Veteran ;** A Veteran Oarsman is one who has attained the age of 40 years or 50 years before competing in the current season, providing that he is a fully registered member of the Association.
 - f) **Under no circumstances** can an Oarsman be reinstated to a lower status after he has won a race which qualifies him for a higher status. Unless he applies for regression back to Junior-Senior (only). (**see Rule 68**)
 - g) **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 the 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 in the Novice status until such time that he wins his second status race. Immediately upon his second win, he will be elevated to the Junior status and will also receive a Novice Sculling Medal.
 - h) **Junior Sculls ;** A Junior Sculler is one who is longer eligible to compete as a Novice. He will only be elevated to the 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 the Junior status until such time that he wins **two** or more races in any one season. Immediately he wins **two** or more Junior status races in any **one** season, he becomes a Senior, but he may continue to row in Junior racing for the rest of the season in which he has won the two or more status races.

48. **Status of Classification of Oarswomen ;**

- a) **Novice ;** A Novice Oarswoman 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 she wins her second status race. Immediately upon winning her second status point she is elevated to Junior and will also receive a Novice Medal.
- b) **Junior ;** A Junior Oarswoman is one who is no longer eligible to compete as a Novice. Immediately she wins **two** or more Junior status races in any **one** season, she becomes a Senior, but she may continue to row in Junior racing for the rest of the season in which she has won the two or more status races.
- c) **Senior ;** A Senior Oarswoman is one who is no longer eligible to compete as a Junior.
- d) **Veteran ;** A Veteran Oarswoman is one who has attained the age of 40 years or 50 years before competing in the current season, providing that she is a fully registered member of the Association.
- e) **Under no circumstances** can an Oarswoman be reinstated to a lower status after she has won a race which qualifies her for a higher status.

Note 1. An Oarsperson's 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 immediately apply.

Note 3. Coxswains, there is no classification, but all coxswains must be registered with the Association.

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

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

49. 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 51.

50. All Affiliated Rowing Club Members who wish to compete in Regattas held under the Rules of the Coast Amateur Rowing Association **MUST** complete a Registration Form.

- a) The Registration form **MUST** be fully completed and **MUST** be signed by both the Club Member and the Rowing Club Secretary. The form must then be sent to the Association Secretary, together with **TWO** recent passport sized photos and the registration fee of £ 5 . 00.
- b) An I.D.Card will be issued on receipt of the fully completed registration form. This I.D.Card will bear the Individual Registration Number of the member, (which they will keep throughout their Rowing Career). These I.D.Cards must be carried by all competitors and Regatta Officials can at any time request a member to produce his/her card. Failure to produce a valid I.D.Card and registration number will exclude that member from competing.
- c) Additional Members during the season **must be registered not later than 48 hours before competing.** A temporary registration number will be issued by the Association Secretary on receipt of the £ 5 . 00 registration fee. Within 7 days the Association Secretary **must receive** the fully completed registration form together with **TWO** recent passport sized photos. Failure to do so **will result** in the temporary registration number being withdrawn and the oarsperson must then re-apply with another registration form and 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 status. Only members registered on this list will be allowed to compete for that Club, at Regattas held under the Rules of the Coast Amateur Rowing Association.
- e) 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 the crew.** Any entry submitted without the appropriate names and registration numbers **WILL NOT BE ACCEPTED.**
- f) All winning oarsperson's registration numbers **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.
- g) Any Status win by a registered member, won outside of the Association **must be immediately reported** to the Association Secretary.
- h) If a member loses their I.D.Card, a replacement card may be obtained from the Association Secretary on payment of £ 5 . 00 plus one recent passport sized photo.
- i) Any member changing his/her name **must immediately** inform the Association Secretary, and a replacement I.D.Card will be issued on receipt of the fee of £ 5 . 00 plus one recent passport sized photo.

- j) Any oarsperson wishing to transfer Clubs after the end of the current season, **must** submit a fully completed registration form together with one recent passport sized photo and the fee of £ 5 . 00 to be received by the Association Secretary **no later than 31st January**, then a replacement I.D. Card will be issued. Any oarsperson wishing to transfer Clubs after this date and during the current season, C.A.R.A. Rules will apply.
- k) 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.
51. Any oarsperson wishing to transfer Clubs during the current season **must** obtain written permission from both Clubs. The transfer **must then** be registered under Rule 50 and a fully completed registration form together with the written permission from both Clubs, one recent passport sized photo and the transfer fee of **£ 25 . 00**. This **must be** received by the Association Secretary **SEVEN DAYS** before the oarsperson is eligible to compete for their new Club in the same season. 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.
52. 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.
53. 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.
54. 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.
55. 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 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.
56. 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.

57. 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.
58. 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.
59. 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.
60. 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 starting 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.
61. 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.
62. 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).
63. One or more rescue boats **will be provided** 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.
64. The Regatta Committee **will** ensure that Medical and Life Saving Services are available if required and that C.A.R.A. Water Safety Standards are in place. No race will be started unless the safety boat is afloat.
65. The following Rules will govern the competition of the Veteran Fours Events.
 - a) These Two Events shall be Championship Status Events, providing that four or more crews come under starters orders.
 - b) The Veteran 40+ race will be open to all oarspersons (40 years and over) provided that they are fully registered members of the Association.
 - c) The Veteran 50+ race will be open to all oarspersons (50 years and over) provided that they are fully registered members of the Association.
 - d) There is no status restriction on female Veterans, providing that they are 40 years or 50 years and over and that they are fully registered members of the Association.
 - e) Crews may be mixed, providing that the male and female oarspersons are registered members **of the Club that they are representing.**
 - f) These events may be combined if numbers are not sufficient for separate races. Rule 20b applies.
67. U/16 & U/14 Championship Events, there will be three events, Mens U/16 Quad Sculls, Ladies U/16 Quad Sculls, Mixed U/14 Quad Sculls. (in the Mixed U/14 event 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.
 - b) These events will be rowed over 750m to 1000m straight course.
68. J/Senior Status Regression ; Any Senior Oarsman that has **not won** a Senior Status Race shall have the opportunity to regress back after 5 years of holding Senior Status. Applications for regression shall be made in writing to the Honorary Secretary of the Association no later than the 1st May 2011 for the coming season, and the 31st January thereafter.

69. Composite Novice Fours will be permitted to race under the following criteria ;
- No mixed sex crews.
 - The rowers should all compete in their own Club Colours.
 - 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.
 - Composite crews would be awarded prizes but no CARA League or Aggregate points or points towards aggregate trophies presented by Regatta Committee.
70. 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.
71. 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 SIX status races i.e. Men`s Senior Fours, Ladies Senior Fours, Open Veteran Fours, Men`s Junior-Senior Fours, Men`s Junior Fours and Ladies 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.
72. 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 seven days** of the Regatta at which these fees are due.
73. 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 endeavours 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.

Recommendation 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

- Where possible at least two Starters, Judges and Umpires should be appointed to serve together.
- 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.
- Regatta Committees are urged to invite Assistant Racing Officials to assist the Starters and Umpires, and to train them to become fully licensed officials.
- No Umpire, Starter or Judge officiating at a Regatta should be permitted to race in that Regatta as a Competitor.
- At every regatta held under the Rules of the Coast Amateur Rowing Association a Ladies Single Sculls race will be held, providing that all scullers are fully registered members of the Association. Also a Ladies Double Sculls, U/16 Double Sculls and U/16 Quad Sculls may be held. In the U/16 events these can be mixed and composite crews will be allowed, 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.
- All Regatta Committees should have a standard points scoring system for all Aggregate Trophies awarded ;
Regatta Grand Aggregate ; should include, Men`s Senior Fours, Men`s Senior Pairs, Men`s Senior Sculls, Open Veteran Fours, Men`s J/Senior Fours, Men`s Junior Fours, Men`s Junior Pairs, Men`s Junior Sculls, Mens Novice Sculls, Mens Novice Fours, Ladies Senior Fours, Ladies Senior Pairs, Ladies Junior Fours, Ladies Junior Pairs and Ladies Novice Fours.
Regatta Senior Aggregate ; should include, Men`s Senior Fours, Men`s Senior Pairs, Men`s Senior Sculls.
Regatta Junior Aggregate ; should include, Men`s Junior Fours, Men`s Junior Pairs, Men`s Junior Sculls.
Regatta Ladies Aggregate ; should include, Ladies Senior Fours, Ladies Senior Pairs, Ladies Junior Pairs , Ladies Junior Fours and Ladies Novice Fours.
Any regatta not awarding a Ladies Aggregate, should include the Ladies Senior Fours and Ladies Senior Pairs in their Senior Aggregate, and the Ladies Junior Fours and Ladies Junior Pairs in their Junior Aggregate.

7. The race order of events at all Regattas is recommended as follows

Event	1.	Mixed U/14 Quad Sculls.	11.	Open Veteran 40+ Fours
	2.	Men`s Senior Sculls.	12.	Ladies Novice Fours.
	3.	Ladies Junior Fours.	13.	Mens J/Senior Fours.
	4.	Men`s Junior Pairs..	14.	Ladies Junior Pairs.
	5.	Open Veteran 50+ Fours.	15.	Men`s U/16 Quad Sculls.
	6.	Mens Novice Sculls.	16.	Men`s Junior Sculls.
	7.	Mens Novice Fours..	17.	Ladies Senior Fours.
	8.	Ladies Senior Pairs..	18.	Men`s Senior Pairs.
	9.	Men`s Senior Fours.	19.	Mens Junior Fours.
	10.	Ladies U/16 Quad Sculls.	20.	Ladies Open Sculls

BYE – LAWS

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

1. Competitors in Championship Races for Cups or Trophies controlled by the Coast Amateur Rowing Association shall be confined to Clubs affiliated to the Association.
2. All Regatta Committees holding Regattas under the Rules of the Association shall so state in their programme and on all official notices and advertisements.
3. 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 50).
4. All Challenge Cups, Trophies etc, given for competition in Open 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.
5. If in any season two Clubs secure an equal number of points in the same competition after all recognised Regattas have been held, a deciding race **shall be** rowed. The Honorary Secretary of the Association shall, after consulting the Clubs concerned, fix a time and place for the deciding race. This Bye-Law shall not apply to the Colonel Hankey Grand Aggregate Cup, the Coast Amateur Rowing Association League Trophy, the Hon Justice Charles Cup for Novice Fours Aggregate, the Harris-Mayes Challenge Cup for Men`s Senior Aggregate, the Coast Amateur Rowing Association Challenge Cup for Ladies Aggregate, the Southern Weekly News Challenge Cup for Junior Aggregate, the Mens Novice Fours, the Ladies Novice Fours and the Mens Novice Sculls, all these Challenge Cups will be jointly held.
6. 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.
7. 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.
8. 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
COLONEL HANKEY SOUTH COAST CHAMPIONSHIP TROPHY
AS THE GRAND AGGREGATE CLUB CHAMPIONSHIP.**

1. 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 sixteen races, Men`s Senior Fours, Men`s Senior Pairs, Men`s Senior Sculls, Open Veteran 40+ Fours, Open Veteran 50+ Fours, Men`s Junior-Senior Fours, Men`s Junior Fours, Men`s Junior Pairs, Men`s Junior Sculls, Mens Novice Fours, Mens Novice Sculls, Ladies Senior Fours, Ladies Senior Pairs, Ladies Junior Pairs, Ladies Junior Fours and Ladies Novice Fours. The winners or joint winners will be the Champion Club **for that season.**
2. 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.
3. In the event of any two or more Clubs having the same number of points at the end of the season, **the Championship will be awarded jointly** but a deciding race between the Men`s Senior Fours of each Club **may** be held to decide upon the Club to hold the Trophy, such race to be held in the waters of the donors, Hastings Rowing Club or another neutral water arranged by the Honorary Secretary of the Association, **unless all Clubs involved agree in conjunction with the Honorary Secretary of the Association to jointly hold the Trophy**

**RULES REGULATING THE COMPETITION FOR THE COAST AMATEUR ROWING
ASSOCIATION LEAGUE TROPHY.**

1. 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 fifteen races, Men`s Senior Fours, Men`s Senior Pairs, Men`s Senior Sculls, Open Veteran Fours, Men`s Junior-Senior Fours, Men`s Junior Fours, Men`s Junior Pairs, Men`s Junior Sculls, Mens Novice Fours, Mens Novice Sculls, Ladies Senior Fours, Ladies Senior Pairs Ladies Junior Fours, Ladies Junior Pairs, and Ladies Novice Fours. Points to be awarded as follows ; 1st Place = 6pts, 2nd Place = 5pts, 3rd Place = 4pts, 4th Place = 3pts, 5th Place = 2pts, 6th Place = 1pt.
2. In the event of the Association ceasing to exist the Cup shall revert to the donors, Eastbourne Rowing Club.

**RULES REGULATING THE COMPETITION FOR THE
SOUTH COAST REGATTAS CHALLENGE CUP
FOR MEN`S SENIOR FOURS.**

1. 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.
2. 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 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.
3. One race only at each Regatta to count, such race to be the principle race for Amateur Men`s Senior 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.
4. 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 viz Worthing, Hastings, Dover, Folkestone ceasing to compete for the trophy, the cup shall be returned to the Donor.

**RULES REGULATING THE COMPETITION FOR THE
TRUSTEE SAVINGS BANK CHALLENGE CUP
FOR LADIES SENIOR FOURS.**

1. 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.
2. 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 Ladies Senior 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.

**RULES REGULATING THE COMPETITION FOR THE
HON. JUSTICE CHARLES CHALLENGE CUP
FOR MEN'S JUNIOR-SENIOR FOURS.**

1. 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.
2. 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 Men's Junior-Senior 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.

**RULES REGULATING THE COMPETITION FOR THE
LADY DICKESON CHALLENGE CUP
FOR MEN'S JUNIOR FOURS.**

1. 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.
2. 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 Men's Junior 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.

**RULES REGULATING THE COMPETITION FOR THE
COAST AMATEUR ROWING ASSOCIATION CHALLENGE CUP
FOR LADIES JUNIOR FOURS.**

1. 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.
2. 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 Ladies Junior 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.

**RULES REGULATING THE COMPETITION FOR THE
BEV BUTT CHALLENGE CUP
FOR MENS NOVICE FOURS.**

1. 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.
2. 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 Men'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.
3. 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.

**RULES REGULATING THE COMPETITION FOR THE
WEST CHALLENGE CUP
FOR LADIES NOVICE FOURS.**

1. 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.
2. 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 Ladies Novice Four oared galley crew or crews win the greatest number of status Championship points in races during the season in outrigger boats not exceeding 30ft in length.
3. 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.

**RULES REGULATING THE COMPETITION FOR THE
PAST PRESIDENTS CHALLENGE CUP
FOR OPEN 40+ VETERAN FOURS.**

1. 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.
2. 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 Veteran 40+ Four oared galley crew or crews win the greatest number of status Championship points in races during the season in outrigger boats not exceeding 30ft in length.

**RULES REGULATING THE COMPETITION FOR THE
CHALLENGE CUP
FOR OPEN 50+ VETERAN FOURS.**

1. 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.
2. 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 Veteran 50+ Four oared galley crew or crews win the greatest number of status Championship points in races during the season in outrigger boats not exceeding 30ft in length.

**RULES REGULATING THE COMPETITION FOR THE
HARRIS-MAYES CHALLENGE CUP
AS THE MEN'S SENIOR AGGREGATE.**

1. 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, viz, Men`s Senior Fours, Men`s Senior Pairs and Men`s Senior Sculls. A status win to count one point.
2. In the event of the C.A.R.A. ceasing to exist the Cup shall revert to the donors.

**RULES REGULATING THE COMPETITION FOR THE
COAST AMATEUR ROWING ASSOCIATION CHALLENGE CUP
AS THE LADIES AGGREGATE**

1. The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a Ladies 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 four races, viz, Ladies Senior Fours, Ladies Junior Fours, Ladies Senior Pairs and Ladies Junior Pairs. A status win to count one point.

**RULES REGULATING THE COMPETITION FOR THE
SOUTHERN WEEKLY NEWS CHALLENGE CUP
AS THE MEN'S JUNIOR AGGREGATE**

1. 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, viz, Men`s Junior Fours, Men`s Junior Pairs and Men`s Junior Sculls. A status win to count one point.
3. In the event of the C.A.R.A. ceasing to exist the Cup shall revert to the donors.

**RULES REGULATING THE COMPETITION FOR THE
HON. JUSTICE CHARLES CHALLENGE CUP
FOR NOVICE FOURS AGGREGATE.**

1. 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.
2. 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 Mens Novice Four and Ladies 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.
3. 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.

**RULES REGULATING THE COMPETITION FOR THE
MAJOR SEXTON CHALLENGE CUP
FOR MEN'S SENIOR PAIRS**

1. 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 Men`s 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.

**RULES REGULATING THE COMPETITION FOR THE
COAST AMATEUR ROWING ASSOCIATION CHALLENGE CUP
FOR LADIES SENIOR PAIRS**

1. 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 Ladies 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.

**RULES REGULATING THE COMPETITION FOR THE
PUGH CHALLENGE CUP
FOR MEN'S JUNIOR PAIRS**

1. 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 Men`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.

**RULES REGULATING THE COMPETITION FOR THE
ERIC & EILEEN CROW, MEMORIAL CHALLENGE CUP
FOR LADIES JUNIOR PAIRS**

1. 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 Ladies 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.

**RULES REGULATING THE COMPETITION FOR THE
GOOD CHALLENGE CUP
FOR MEN'S SENIOR SINGLE SCULLS**

1. 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 Men's 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.

**RULES REGULATING THE COMPETITION FOR THE
HANSON CHALLENGE CUP
FOR MEN'S JUNIOR SINGLE SCULLS**

1. 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 Men's 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.

**RULES REGULATING THE COMPETITION FOR THE
BAILEY CHALLENGE BOWL
FOR MEN'S NOVICE SINGLE SCULLS**

1. 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 Mens Novice Single Sculls win the greatest number of status Championship points during the season in single sculling boats not exceeding 22ft 6ins in length.
2. 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.
3.
 - a) The event to be open to any **male** sculler who has **not won a Junior or Senior Single Sculls race** at a CARA Regatta status race.
 - b) Any sculler competing in this Men's 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 won **Two Status races** at this Novice Status before progressing immediately to the Mens Junior Sculls after his second status win. After this second win, he will be awarded his **Mens 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 Mens Novice Sculls until they win their second Novice Sculls status race.

**RULES REGULATING THE COMPETITION FOR THE
MERCER MEMORIAL TROPHY**

1. The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a 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 five races, viz, Men's Senior Fours, Men's Senior Pairs, Men's Senior Sculls, Ladies Senior Fours and Ladies Senior Pairs. A status win to count one point.

**RULES REGULATING THE COMPETITION FOR THE
PAUL JACKSON MEMORIAL TROPHY**

1. The Cup to be a Challenge Cup – a perpetual trophy that cannot be won outright, to be awarded as a 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 five races, viz, Men`s Junior Fours, Men`s Junior Pairs, Men`s Junior Sculls, Ladies Junior Fours and Ladies Junior Pairs. A status win to count one point.

**RULES REGULATING THE COMPETITION FOR THE
BOSTEL CHALLENGE CUP
FOR THE COXSWAIN OF THE YEAR AWARD**

1. 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.

**RULES REGULATING THE COMPETITION FOR THE
GRAHAM DAWES CHALLENGE CUP
FOR LADIES U/16 QUAD SCULLS.**

1. 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.
2. 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 Ladies U/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.

**RULES REGULATING THE COMPETITION FOR THE
DEAL ROWING CLUB CHALLENGE CUP
FOR MENS U/16 QUAD SCULLS.**

1. 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.
2. 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 Mens U/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.

**RULES REGULATING THE COMPETITION FOR THE
DEAL ROWING CLUB CHALLENGE CUP
FOR MIXED U/14 QUAD SCULLS.**

1. 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.
2. 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 U/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.

**RULES REGULATING THE COMPETITION FOR THE
PHIL CHALLEN AGGREGATE SHIELD
FOR JUNIOR POINTS**

1. The Shield to be a Challenge Shield – a perpetual trophy that cannot be won outright, to be awarded as a 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, Mens U/16 Quad Sculls, Ladies U/16 Quad Sculls and Mixed U/14 Quad Sculls.
Points to be awarded as follows ; 1st place = 5pts, 2nd place = 3pts, 3rd place = 1pt

**RULES REGULATING THE COMPETITION FOR THE
BOB LEGGATT CHALLENGE CUP
FOR THE OLDEST COMPETITOR AT REGATTAS**

1. 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.

**RULES REGULATING THE COMPETITION FOR THE
SCOTT-PAINE CHALLENGE CUP**

1. 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.

Senior, Junior-Senior, Junior, Veteran, Novice, Ladies Senior and Junior 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.