



2022 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 Host Societies by detailing competition formats and scoring procedures, assist provincial/territorial mission team (P/T Team) Chefs de Mission in verifying eligibility, identify the maximum 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 "Train to Compete" phase of its Long Term Athlete Development Framework (LTAD), or other suitable phase of the framework as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' technical representative, coach, manager, sport leader and mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete their 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, they are to seek clarification from the CGC Sport Committee through their Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following the Principles that Govern Technical Packages, 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. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

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 Department for consideration. The NSO or Chef de Mission will provide the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered within 36 months of the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered within 24 months of the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered within 18 months of the Games, unless approved by all participating Provincial/Territorial Sport Organizations (P/TSO) and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' stakeholders early.

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2022 Canada Summer Games Rowing Technical Package

1. SPORT: ROWING

2. PARTICIPANTS

2.1. Athletes

Female: up to 14

Male: up to 14

Total team complement not to exceed 26 athletes

As permitted by the RCA Rules of Racing, a female crew may be coxed by either a female or a male and a male crew may be coxed by either a female or male [2.4 Coxswains].

All registered athletes must intend to compete in at least one event.

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. Drivers

For safety reasons, one [1] boat driver will be permitted to accompany the technical support 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 the same access as athletes 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 venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.5. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

3. CLASSIFICATION

3.1. Age

- Under 22 as of December 31, 2022
 - Year of birth: 2001 or later

3.2. Gender

The events for men can only be competed for by competitors who identify as male and the events for women can only be competed for by competitors who identify as female.

Nevertheless, as permitted by the RCA Rules of Racing, a female crew may be coxed by either a female or male coxswain and a male crew may be coxed by either a female or male coxswain. [2.4 Coxswains].

3.3. Weight

- 3.3.1. The minimum weight of a coxswain for a female or male crew is 55 kg [2.5].
- 3.3.2. The maximum weight for a female lightweight rower is 59 kg [2.10 Lightweight Competitors].
- 3.3.3. The maximum weight for a male lightweight rower is 72.5 kg [2.10 Lightweight Competitors].

4. ELIGIBILITY

4.1. Athletes

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships
 - Olympic Games
 - Pan Am Games

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., If an athlete is granted National Team status for the first time, carding status or competed in an excluded event after May 8, 2022 they will still be considered eligible to compete at the 2022 Canada Games).

* Athletes who hold a C1 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 to the respective P/T Team Chef de Mission and approved by the Canada Games Council’s Eligibility Committee.

All athletes must meet the eligibility regulations outlined in CGC’s [Eligibility Policy](#).

4.2. Coaches

Coaches named on the official registration form must be certified under the National Coaching Certification Program (NCCP) Performance Coach (certified status) in Rowing.

Coaches must be so certified no later than 90 days prior to the opening ceremony (May 8, 2022).

Please note that “NCCP Performance Coach Certified, Not Renewed” does not qualify under the coaching standards for the 2022 Canada Summer Games.

Please refer to the CGC’s [Coach Certification Policy](#) for additional information:

For more information on the coach certification pathway, please see Appendix 1.

5. **COMPETITION**

5.1. Events

Men’s Events	Women’s Events
Single scull (M1x)	Single scull (W1x)
Double sculls (M2x)	Double sculls (W2x)
Pair (M2-)	Pair (W2-)
Lightweight double sculls (LM2x)	Lightweight double sculls (LW2x)

Four (M4-)	Four (W4-)
Quadruple sculls (M4x)	Quadruple sculls (W4x)
Eight with coxswain (M8+)	Eight with coxswain (W8+)

5.2. Competition Rules

The [RCA Rules of Racing](#) will be adhered to unless otherwise specified in this Technical Package.

5.3. Weather Protocol

In the case of squalls or other deterioration of the conditions on the water, it is the Race Umpire's responsibility to decide if the race may be started, is to continue or if it is to be stopped. The safety of the competitors is more important than any other provisions in the Rules of Racing.

5.4. 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.

5.5. Weigh-in Announcements, Timing

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

5.6. Weigh-in of Crews as a Group

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

5.7. Number of Entries by Province/Territory

Each provincial/territorial team will be allowed to make one [1] entry per event.

5.8. Progression System to Determine Finalists

The regatta will use the World Rowing progression system.

6. TIE BREAKING RULES - COMPETITION

In the case of a dead-heat the RCA Rules of Racing will be referenced.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (July 23rd, 2022).

7.2. Event Entry Deadline

Event entries for each participant must be confirmed at the Coach/Manager meeting held prior to the first event.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Team Events

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

- If there is a tie, points will be shared equally between teams (i.e. If two teams are tied for first, then each team would receive 98.5 points $[(100+97)/2]$ and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	100	6th	85	11th	75
2nd	97	7th	83	12th	74
3rd	94	8th	81	13th	73
4th	91	9th	79		
5th	88	10th	77		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Rowing, Flag Points will be awarded separately for female and male events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in [Section 10 \(Tie Breaking Rules - Flag Points\)](#), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		

5th	6	10th	2		
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10. TIE BREAKING RULES - FLAG POINTS

If, at the completion of all events, two or more provinces/territories have the same number of accumulated sport scoring points, the team with the most event first place finishes will be given the higher ranking. If still tied, the team with the highest number of second place finishes will be given the higher ranking and so on, until the tie is broken.

11. MEDALS

The Canada Games will award medals to athletes only.

Gold: 48 Silver: 48 Bronze: 48

12. COMPETITION UNIFORM

12.1. Provincial/Territorial team colours must be worn. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's [P/T Team Uniform and Sponsorship Policy](#).

12.2. RCA Rule 6.2 shall apply to any headgear worn.

13. EQUIPMENT

13.1. 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.

13.2. Scull & Oar Blades

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

13.3. Sponsor Identification

Any sponsor identification on the boats and/or oars and sculls shall conform to the CGC's [P/T Team Uniform and Sponsorship Policy](#). 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.

14. **PROTEST & APPEALS**

14.1. Canada Games Council Appeal Policy

Appeals relating to the Rowing Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

14.2. Competition Protests

Protests related to the competition should be made in accordance with section 10.15 of the RCA Rules of Racing.

15. **ANTI-DOPING**

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. **APPENDICES**

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Boat Transportation

APPENDIX 1 - 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**
 - Coaching and leading effectively
 - Managing conflict
 - Leading drug-free sport
 - Psychology of performance
 - Developing athletic abilities for rowing
 - Prevention and recovery
 - Making ethical decisions
- **RCA Conference**

Attend RCA Conference to attend and complete performance coach workshops:

 - Analyze performance
 - Manage a sport program
 - Support the athlete in training
 - 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 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC 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>2019</u>	<u>2020</u>	<u>2021/2022</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	6:16.5	6:13	6:09.5
Lwt Men 2000 m Ergometer Goals	6:39	6:33	6:27
Women 2000 m Ergometer Goals	7:15	7:08	7:02.5
Lwt Women 2000 m Ergometer Goals	7:35	7:28	7:22.5
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 3 – BOAT TRANSPORTATION

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