



# OPEN BALTIC CUP REGATTA



## AIMS

- To attract Junior rowers to represent their country at the Open Baltic Cup regatta.
- To organise a high-level International Regatta for Juniors at a low-cost.
- To prepare Junior rowers for next year's World Rowing Junior Championships.
- To create an event where young athletes could exchange their experiences.
- To create a good connection among young rowers.
- To focus on teamwork, inclusivity, commitment and realisation of personal goals.

## REGULATIONS

### § 1 Language

The official language of the Open Baltic Cup Regatta is English.

### § 2 Organisation

The Open Baltic Cup is organised by the selected country's Organising Committee (OC), in accordance with these regulations and is guided by Open Baltic Cup Board members.

### § 3 Participating countries

The participating nations in the Open Baltic Cup are located around the Baltic sea or nearby: Belarus, Denmark, Estonia, Finland, Germany, Latvia, Lithuania, Norway, Sweden, Russia and Poland. The Regatta was renamed Open Baltic Cup in 2020 and, as a consequence of this new title, countries not listed above are welcome to participate in the regatta by sending a letter to the Board or to the OC.

The Open Baltic Cup Board may grant countries' application to take part in this Regatta on a guest basis i.e. competing individually without being eligible for official ranking. The final decision will be made by the Open Baltic Cup Board members after consulting with the OC.

The host country may have up to two crews per boat class: "nation-1" and "nation-2". The results of the "nation-2" would not be taken into official scoring, however, in case of winning, "nation-2" would be awarded with medals.

#### **§ 4 Competitors**

The Open Baltic Cup Regatta is organised for Junior rowers - men and women. A rower may compete in a Junior event until 31st of December of the year in which he/she reaches the age of 17. The identity and age checks of the participants will be done by the Organising Committee. Random checks may be done during the event by the Regatta Control Commission. For security and safety reasons, all participants must always have a copy of an ID or passport with them. Spot-checks will be carried out on the out-going and incoming pontoons.

#### **§ 5 Date and location of the Open Baltic Cup**

The Open Baltic Cup regatta should take place on the last weekend of September (in some exceptional cases the date could be moved earlier or later by maximum two weeks). The host country will rotate every year. The Open Baltic Cup Board is responsible for setting an agreement with the future Organising Committee and announcing the date one year before the regatta. The Regatta date cannot be changed after the decision has been made and announced.

#### **§ 6 Composition of the team**

Each team shall consist of 13 junior women and 13 junior men and 1 team manager. The number of coaches and support staff (including drivers) is not limited. Teams' medical staff are more than welcome to come. Each team is recommended to bring at least one International Umpire to assisting the organising committee. Terms and conditions will be provided by the OC.

#### **§ 7 Regatta events**

##### **Saturday (2000 metres)**

Morning session – preliminary heats or races for lanes.

Afternoon session – finals.

##### **Sunday (500 metres)**

Morning session – preliminary heats or races for lanes, finals.

Both 2000m and 500m races will be offered in the following boat classes:

<b>Junior Men</b>	<b>Junior Women</b>
JM1x	JW1x
JM2x	JW2x
JM4x	JW4x
JM2-	JW2-
JM4-	JW4-

## **§ 8 Race schedule and progression system**

The races should start on Saturday morning, and finish on Sunday around noon to guarantee smooth and save travel back home. On Saturday, the distance is 2000 metres. Preliminary heats should start at 09:00hrs with intervals of 5-10 minutes between races, meanwhile the finals should start at 14:00hrs. On Sunday, the distance is 500 metres. Preliminary heats should start at approx. 08:00hrs with the maximum intervals of 5 minutes between races. Final races should start as soon as possible after the heats, ensuring the early departure of teams after the event.

The Open Baltic Cup Regatta is held following FISA Rules of Racing (except few departures described in the regulation), however will follow the below progression system:

- If there are 7 boats in the event, 4 boats will be in the first heat, and 3 boats in the second. The last crew of each heat goes to the Final B. The Final A would consist of 5 boats and Final B of 2 boats.
- When there are more than 7 boats in the event, there will be 2 preliminary heats. The first 3 crews from each heat qualify for the Final A; the remaining go to Final B.
- When the number of boats in the event is 6 or less, a preliminary race should be organised, before a Final A.
- All crews are allocated to heats by random draw.

If the crew stops during the final race, they will be placed last in this final race and will get the respective points.

## **§ 8 Team Managers Meeting and Draw**

The Team managers meeting should be organised on Friday evening before the Open Baltic Cup Regatta. All teams are requested to delegate a team manager to attend this meeting. Main topics during the Team manager meeting should be:

- Roll call.
- Introduction of the key OC members.
- Draw.
- Regatta safety issues and Traffic Rules.
- Opening ceremony and team managers' reception info.
- Regatta improvements for the upcoming years.
- Any other important information.
- Open Baltic Cup future organisers.

Some extra meetings during the regatta could be organised on request.

## **§ 9 Entries**

Entries must be made by submitting the entry form or registering online via local timing provider. The entry deadline should be approx. the 1<sup>st</sup> of September. All entries shall be made in accordance with the Open Baltic Cup regulations and OC instructions.

## § 10 Opening ceremony

All participants are invited to take part in the opening ceremony. The opening ceremony is expected to be held on Saturday morning before the preliminary heats. The opening ceremony should be a simple format and no longer than 15 minutes.

All teams are asked to meet in the dedicated area near the flag poles. Each team should have one sculling oar with national colours blade. The OC is recommended to prepare the nameplates for each participating country.

When the national anthem of the host country is played, the flag of the host country is raised. Competitors are welcomed with two speeches:

- one from the OC.
- one from an Open Baltic Cup board member.

After the last speech, IX Beethoven Symphony “Ode for high spirits” is played for 50 sec. and the Open Baltic Cup flag is raised. The opening ceremony is finished by ringing the bell and declaring the opening of the regatta.

## § 11 Victory ceremony and overall scores

### 2000 m races.

First three of each Final A will be awarded with gold, silver, and bronze medals immediately after the final A. Athletes are asked to get out of the boats and stand on the Victory pontoon.

### 500 m races.

The first three are awarded by medals immediately after the final. Athletes are awarded by medals sitting in the boats due to time limit between races.

### The overall countries' scores:

Every crew gets points for participating in Final A and B. The hosting country's second crew does not get any points.

A winning crew gets 12\* points for their national team.

Place/rank in the event	Points
1	12
2	11
3	10
4	9
5	8
6	7
7	6
8	5
9	4
10	3
11	2
12	1

\*Number of points=number of countries

**Note: No matter how many crews are competing in the event; the highest points depend on the number of competing countries.**

The Open Baltic Cup Regatta cups/trophies will be awarded to the top three competing countries. In case teams collect the same number of points, the winner will be determined by the highest number of gold medals. If the two countries have the same number of gold medals, the winner will be determined by the highest number of silver medals and so on.

### **§ 12 Closing ceremony**

After the last Final A race on Sunday of the regatta, the three medal winning crews will be invited to get out of the boats and stand on the Victory pontoon. The total scores for the competing countries will be announced and countries awarded. The Board member will announce the host the Open Baltic Cup next year. Then, "IX Beethoven Symphony" will be played and the Open Baltic Cup flag will be lowered. A member of the OC will pass the flag to the member of the Open Baltic Cup board, who will pass it to a representative of the next organising committee. The Regatta is closed by ringing the Open Baltic Cup bell.

### **§ 13 National colours**

The athletes should wear national team uniform. The blades of all oars and sculls shall be in the official national colours.

### **§ 14 Cost of accommodation**

Full board accommodation costs per person per day should not exceed:

- **70 EUR (for the year 2020);**
- **80 EUR (for the year 2021).**

The accommodation should be booked via OC no later than 2 months before the regatta.

### **§ 15 Transport**

Each participating country is responsible for their transportation to the Open Baltic Cup Regatta and local logistics to/from accommodation, the regatta course, social events etc.

### **§ 16 Boats and Equipment**

Each country should use their own boats and oars. The Regatta OC does not provide any boats; however, it may be able to assist by providing contacts if requests are made in sufficient time.

### **§ 17 Health insurance and antidoping**

Each member federation shall ensure that their rowers have a state of health and fitness which allows them to compete at a level commensurate with the competition level. Doping control tests might be conducted at the Regatta. All tests will be conducted in accordance with World Anti-Doping Agency (WADA) and National Anti-Doping Organisation (NADO) requirements as well as the FISA Anti-Doping Rules. For information about Anti-Doping and procedures, please refer to the WADA Code and International Standards available on the website [www.wada-ama.org](http://www.wada-ama.org) and the

FISA Anti-Doping Bye-Laws. Further information is available on the FISA website [www.worldrowing.com](http://www.worldrowing.com).

### **§ 18 Liability and Safety requirements**

Participants are responsible for acquiring insurance for their equipment and persons. The OC shall not be held liable for any damages incurred in the regatta area or hotels.

It is a condition of entry that all competitors must be able to swim a distance of at least 300m in light clothing and shoes. It is also the responsibility of the Member Federation to ensure that all crew members are fully briefed and competent to cope with conditions likely to be experienced on the water. It is a condition of entry that all competitors must comply with traffic rules for racing and training.

### **§ 19 Social event or souvenir programme**

It is recommended to organise an entertainment tour or outing for all athletes and a separate reception for team officials on Saturday evening. Additionally, the OC can present memorable souvenirs for the competitors.

### **§ 20 Fair Play**

The Open Baltic Cup regatta is conducted under the supervision of the Board members.

In the interest of Fair Play, participants have to:

- Respect the FISA Rules of Racing.
- Respect all participants, opponents, and officials.
- To stay respectful in victory and defeat.

Coaches, officials and spectators will be asked to respect each other and all participants.

### **§ 21 Exceptional cases**

In exceptional cases, the necessary decisions will be made by the Open Baltic Cup board after consultation with the OC and the President of the Jury. The Open Baltic Cup board shall adjudicate on all cases not covered by the Rules of Racing, the bye-laws and the present regulations, as well as on disputes which may arise during any Regatta. The decision of the Open Baltic Cup Board shall be final.

### **§ 21 Safeguarding Officers**

All rowers, entourage, coaches, volunteers and staff have a right to participate and work in a non-violent, safe and respectful environment. Behaviour and actions that constitute harassment and abuse shall not be tolerated. All concerns regarding harassment and abuse should be communicated to the OC or the Baltic Cup board members.