

To: Coaches & Rowers – 2016 Head of the Ohio

IMPORTANT: Part A must be signed by all participating race registrants: Part B if applicable.
The Rules of Rowing are on the USRowing website.

- A. My boat will be in compliance with USRowing 2016 Rules of Rowing 3-105 and 3-109 as follows:

Bowballs: Every boat shall have a supple or plastic ball, of a white or fluorescent color, mounted on its bow, unless equivalent provision for visibility and protection against puncture injury is included in the boat's basic construction. The bowball shall be at least 4 centimeters in diameter.

Footgear Release: Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored.

Organization: _____ Coach/Rower (Print): _____

Signature: _____ Date: _____

- B. My boat is in compliance with US Rowing 2016 Rules of Rowing 3-110 as follows:

Boat Construction for Coxswains: A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

a. The opening of the boat through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.

b. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

Organization: _____ Coach/Rower (Print): _____

Signature: _____ Date: _____

FAX OR EMAIL TO Megan Kuehm (megankuehm@threeiversrowing) BY MONDAY, **SEPTEMBER 26**, OR BRING IT TO REGISTRATION WITH YOU. YOU WILL NOT BE ABLE TO PICK UP YOU PACKET WITHOUT THIS FORM COMPLETED.