

OCT 16-18 2026

HEAD OF THE CHARLES

ATHLETE GUIDE



IN PARTNERSHIP SINCE 1965 WITH



MASSACHUSETTS DEPARTMENT OF
CONSERVATION AND RECREATION

On behalf of the Board of Directors, I am delighted to welcome you to the 61st Head Of The Charles Regatta (HOCR)! As the largest three-day rowing regatta in the world, this year's HOCR will include nearly 12,000 athletes across 2,671 entries, representing 842 clubs from 32 countries.

This year we celebrate the 50th anniversary of two seminal events in the history of women's rowing. In March 1976, athletes from the Yale women's rowing team courageously demanded equity, exposing unequal conditions for women athletes and helping drive enforcement of Title IX nationwide. Months later, women's rowing made its long-awaited Olympic debut at the 1976 Montreal Summer Olympics, transforming the trajectory of the sport for generations to come.

We are enormously grateful to the sponsors and partners whose support helps make the Head Of The Charles possible and allows the Regatta to continue growing and evolving. Their commitment to our athletes, spectators and broader rowing community is essential to the success of this remarkable event.

As you stroll along the banks and bridges of the Charles, you will no doubt notice the significant investments that the Department of Conservation and Recreation (DCR) is making in improving the infrastructure, including roads, sidewalks, parking lots and viewing areas, that we depend on to make the Regatta possible. DCR continues to be an incredible partner to the HOCR. We apologize for the slight inconvenience to spectators this year and look forward to enjoying the benefits of all this work in 2027 and beyond.

Since its inception in 1965, the Regatta has been closely affiliated with Cambridge Boat Club, and we celebrate the continued collaboration between the Regatta and our home club here on the Charles.

The Head Of The Charles has grown enormously over six decades, but what makes it special remains remarkably consistent: extraordinary competition, a spectacular setting and a rowing community that comes together from around the world each October.

Across three incredible days of racing, we wish all of our competitors the very best of luck as they navigate 4,702 meters and seven bridges on the Charles. Thank you for being part of this remarkable tradition!

Zander Packard
Board Chair, Head Of The Charles Regatta

athlete registration/

LOCATION AND HOURS

- Wednesday, October 14 5PM – 8PM at the Attager Registration Tent
- Thursday, October 15 1:30PM – 8PM at the Attager Registration Tent
- Friday, October 16 9:30AM – 6PM at the Attager Registration Tent
- Saturday, October 17 7:30AM to 12PM at the Attager Registration Tent

REGISTRATION GUIDELINES

- Friday racers must register by the end of the day Thursday (unless by prior arrangement by contacting regatta@hocr.org).
- Saturday morning racers through event 22 must register by the end of the day Friday. Sunday racers must register by the end of the day Saturday. Registration is not open on Sunday.
- Single scullers and one person from a double or pair must bring photo identification to registration. Youth and college-championship entries are exempt from this requirement.
- Competitors must register at least 3 hours before their race.

WAIVERS

USRowing: All athletes will need to hold at least a basic membership from USRowing. If you have already signed the USRowing waiver this year, then you are all set. To read more and purchase a USRowing membership, please click [here](#).

International athletes will need the free USRowing International Membership available [here](#).

HOCR Waiver: All athletes must also sign the HOCR waiver available here: waivers.regatta-central.com/hocr2026

ROSTERS

Line-Ups must be completed through [RegattaCentral](#) before arriving at Onsite Registration. The deadline for finalizing your lineup is October 10th. Scullers are reminded that lineups in 1x and 2x events cannot be changed after the time of entry application, with the exception of the Youth 1x, Youth 2x, Para Inclusion 2x, and College-Championship 2x crews.

A representative from a team may come to collect packets. This individual will be considered responsible for those competitor packets. Changes to line-ups and/or missing waivers will result in a delay in pick-up. All 1x scullers and one representative from each 2x scull must attend Registration.

Scullers racing Unaffiliated must bring proof of USRowing Championship level membership.

weigh-in guidelines/

LOCATION

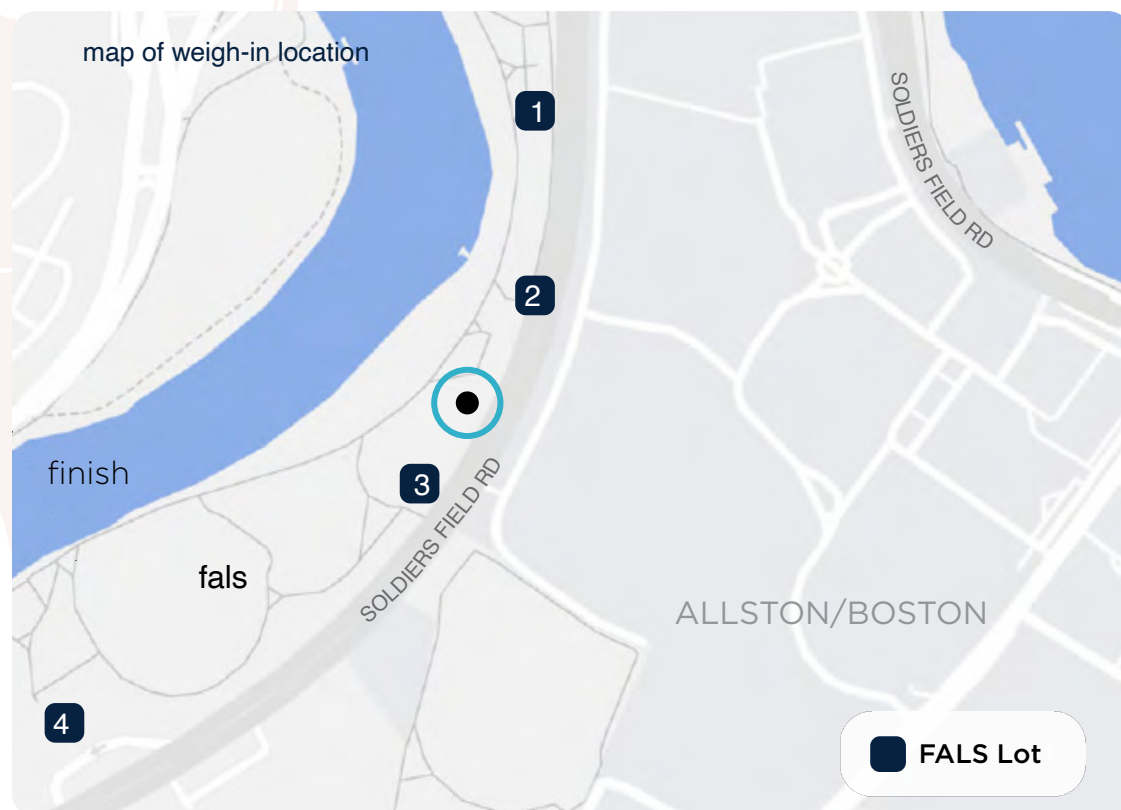
Lightweight teams must also register for a time to collect their packet. The Weigh-In tent is located next to the Attager registration tent at FALS.

HOURS

- Friday, October 16 12PM – 5PM
- Saturday, October 17 7:30AM – 3PM

WEIGH-IN RULES

- All lightweight rowers are required to weigh in prior to claiming the registration packet.
- Coxswains are on their honor to meet the 100 lb. weight minimum, and will not be weighed.
- Competitors must present a valid photo ID—passport, state driver's license, etc.—prior to stepping on the scale. For sweep boats, all boat members must be present with their valid photo identifications in order for the boat to weigh in. No exceptions.
- Competitors must be dressed in appropriate racing attire. No exceptions.
- All rowers and coxswains must be present by boat. Any competitor that does not make weight will be permitted to make additional attempts. Coxswains are not required to weigh in. If a competitor requires additional weigh-in attempts, only the athlete who has not made weight must weigh-in again.
- Only competitors rowing in singles and doubles events are permitted to weigh in on Friday. All competitors may weigh in on Saturday, with priority given to competitors rowing in singles and doubles events.



HOCR FALS VENUE

Artesani Park, Allston, Massachusetts

2026 **HOCR** est. 1965

VENUE LEGEND

- A** Hospitality Row Venue
- B** Eliot Bridge Enclosure
- C** Attager Row Venue
- D** Rowing & Fitness Expo
- E** Volunteer Check-In
- F** Partner Check-In
- G** Athlete Registration
- H** FALS Bar

- 1** HOCR Parking Lot 1 (Permit Only)
- 2** HOCR Parking Lot 2 (Permit Only)
- 3** HOCR Parking Lot 3 (Permit Only)
- 4** HOCR Parking Lot 4 (Boat Trailers)
- 5** HOCR Parking Lot 5 (Boat Trailers)

- D** FALS Docks 1-6

- C** Cambridge Boat Club
- B** Buckingham Browne & N Boathouse
- W** Belmont Hill/Winsor Boathouse
- N** Northeastern Boathouse



Google Map
HOCR FALS



UPDATED SEPTEMBER 20245

RULES OF THE FALS DOCKS

- Docks and launch areas are restricted to competitors plus one (1) boat representative (i.e. coach).
- Crews and coaches must follow the directions of the dock staff, as they are there for the safe operation of the docks.
- Depending on practice, race and weather conditions—either landing or launching may take priority. Docks are routinely busy, please be patient and cautious, and always listen to the staff managing the docks.

DOCK HOURS

- Friday. Docks will be staffed by HOCR volunteers from approximately 7AM to 6PM. No boats may launch after 5PM and must be off the water by 6PM. All boats launching at 4PM or later on Friday must have lights attached to the bow and stern decks.
- Saturday/Sunday. Docks will be staffed by HOCR volunteers from approximately 7AM to 5PM. The course will not be open for practice Saturday or Sunday.

COMMISSION CONTROL

All boats will be checked for the following prior to launching onto the Head Of The Charles course. If the items below are not present, boats will be asked to step out of the launching line to make necessary corrections.

BOW BALLS

- All boats must have an appropriate bow ball affixed firmly or they will not be able to launch for practice or racing.
- Competitors are responsible for obtaining a bow ball if necessary.

HEEL TIES

- For boats with traditional foot stretchers, heel ties are mandatory. No ties are needed for rigid sole / virtual pivot foot stretchers.
- The “three finger rule” is employed as an acceptable gauge for slack between shoe and foot plate.
- Boats must have heel ties attached from the shoe to the footplate boards in the boat for traditional stretchers.
- Competitors are responsible for obtaining heel ties if necessary.
- Please be aware that heel ties will be checked every time a boat approaches the race course for practice or competition.

PRIOR TO LAUNCHING

All crews must be prepared for the following before approaching the FALS docks:

- Oars—All oars should be in the oar racks at the dock area prior to launching.
- Oarlocks—Must be open and hanging loosely before the competitors set foot on the dock
- Shoes—It is suggested that crews take their footwear with them in the boat or leave them with a crew representative.
- Shoes left unclaimed at the dock will be collected and will be removed to lost and found.

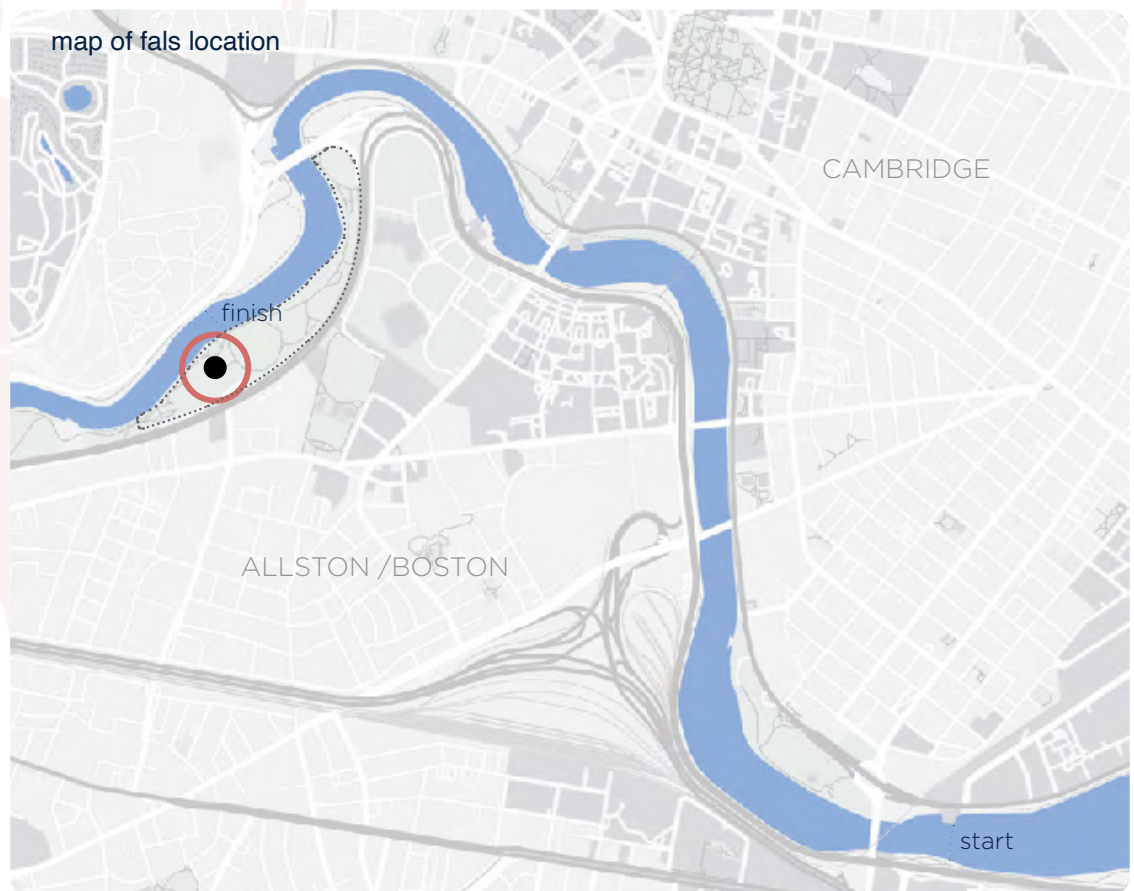
LAUNCHING

- Please prepare to launch 65 minutes prior to your event time, unless otherwise directed by volunteer staff.
- Boats shall enter the launch area bow first unless otherwise instructed by volunteer staff.
- There may be a long wait to launch, especially during Friday practice. Crews should bring their own slings (and be prepared to remove them from the launch area when they launch) if they do not want to hold the boat while waiting.
- HOCR volunteer staff will carry the oars on and off the docks.
- Crews should launch within 30 seconds from when they place their boat in the water
- Please be careful putting in and taking out boats as the Charles River may be shallow and/or rocky near docks.
- Crews will tie in to their shoes once on the water, not on the dock, or while launching.

LANDING

- Crews are expected to land and be off the dock within 60 seconds of landing.
- Crews may be asked to put on their shoes after leaving the dock to speed dock operations.
- The boat representative should be ready to assist with bringing shoes upon the boat's arrival at the dock.
- When landing at any dock, use extra caution when carrying your boat out of the launch area, as you will be immediately entering the public pedestrian footpath that is often very crowded.

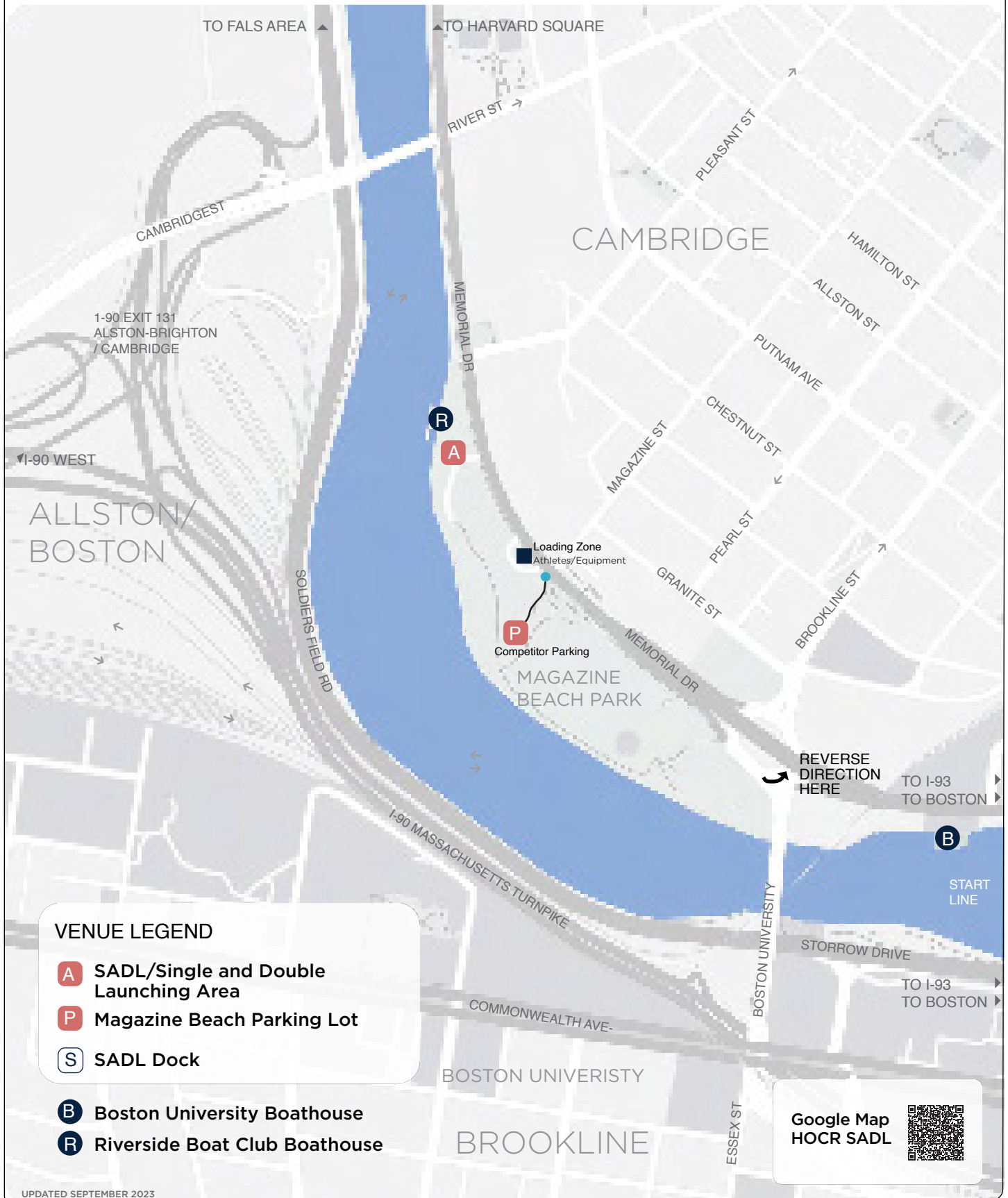
map of fals location



HOCR SADL VENUE

Magazine Beach, Cambridge, Massachusetts

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Rules for the Singles and Doubles Launch site (SADL)

- Safety and sportsmanship must prevail always.
- Athletes and coaches must follow the direction of the SADL Co-Chairs, Dockmaster(s), and River Control personnel.
- Only athletes and volunteers will be allowed on the dock or in the immediate ramp area.

SCHEDULE

Boat Drop/Pickup

- Athletes dropping off shells will have 15 minutes for temporary parking to unload all equipment. Details about shell dropoff location(s) will be communicated during a Zoom session on Monday (10/12) at 7:30 EST. This meeting is required for all SADL competitors. All athletes are expected to adhere to posted signage and follow the direction of any State Police Officials, DCR Rangers, and SADL volunteers.
- All vehicles will have to be moved prior to rigging. Excluding the Friday, Saturday, and Sunday of the regatta, there will be no rowing off the Riverside Boat Club (RBC) dock for SADL competitors. If you're planning to go to registration, please make alternative parking arrangements to allow other competitors to unload/load their equipment.
- If you are car-topping on the day of your race, please do not arrive more than 2 hours before your event. If your boat is already rigged, please do not arrive more than 90 minutes before your event.
- Given the significant changes to SADL due to ongoing DCR construction, all boats must be stored on designated HOCR racks. HOCR racks will be clearly labeled with blue signs for "1x Storage" and "2x Storage." Any equipment left in slings or on low

Parking

- Historically, SADL has provided on-site parking to competitors. Given the significant changes to SADL due to ongoing DCR construction, exact information related to parking is still being finalized. Additional details will be communicated by 10/15 to all athletes who register with SADL.
- If parking is available, please see a SADL co-chair or SADL volunteer for an event-specific parking pass, good for 2 hours prior to/1 hour after your event. Your registration packet will be required to receive a pass. Please add your event number and phone number to your pass.

Parking is always at the discretion of the Dept. of Conservation and Recreation

Practice

- NO PRACTICE ON THURSDAY. All athletes who hope to practice off the SADL dock on Friday must register for a practice window. Excluding the Friday, Saturday, and Sunday of the regatta, there will be no rowing off the RBC dock for SADL competitors. On Friday, shells may only launch at the discretion of the RBC dockmaster between 11am-3pm. All boats must be off the water by 4:30pm.
- Crossing of the river is not permitted during Friday practice. You must row from the RBC dock to the finish line before spinning to row downstream to the start line. You must row all the way to the start before spinning to row back to the RBC dock. A penalty may be assessed for any competitor who disregards the instructions of the Dockmaster or River Control personnel.

sadl guidelines/

Race Days – Friday, Saturday and Sunday

- The dock will open at the discretion of River Control and the RBC Dockmaster. Earlier launching is not permitted. On Friday, we will have over two hours of racing beginning at 7:30 am. Please refer to the schedule of events when planning your launch time.
- All competitors must have a bowball securely attached to their shell. Under USRowing rules and regulations, heel ties are mandatory safety devices. Boats failing to meet these safety criteria or lacking proper heel ties are prohibited from launching or racing.
- To avoid interference and ensure athlete safety, river crossings are only permitted at the discretion of the Dockmaster and River Control personnel, no exceptions. A penalty may be assessed for any competitor who disregards the instructions of the Dockmaster or River Control personnel.

SAFETY

- No shell may launch without a standard bow ball securely attached at the bow of the boat. No exceptions.
- No shell may launch without heel tie downs for foot stretchers that require them. No exceptions.
- Heel ties must not be longer than 3 fingers width (2.5in/7cm) from shoe to stretcher. Note that this standard may permit less slack than other regattas.
- Wet launching is strictly prohibited as per HOCR regulations.

LAUNCHING

- Athletes are expected to launch and be ready to row within 2-3 minutes of arriving at the dock.
- Athletes must have Bow/Shirt/Stern numbers firmly affixed prior to approaching the dock area.
- SADL volunteers will assist with carrying oars and removing shoes from the dock.
- The Dockmaster will instruct athletes on when to shove off and cross the river. During busy periods, athletes may be instructed to tie in after shoving off and crossing.
- The SADL team will do their best to recommend launching windows, but you are ultimately responsible for launching on time.

LANDING

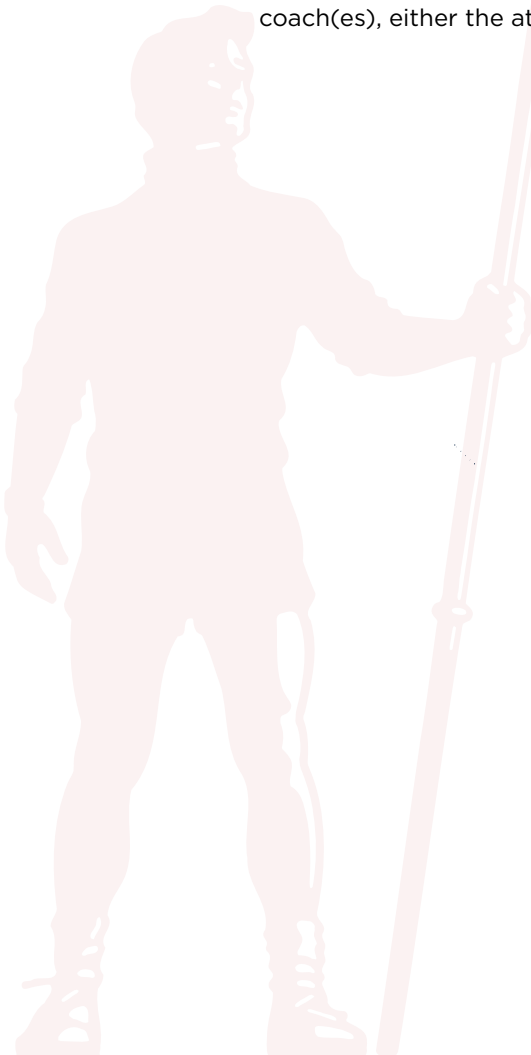
- River Control marshal (RC 13) will queue returning athletes and send them across the race course when safe, between events.
- Please queue up and follow the instructions of the Dockmaster when landing.
- Due to limited dock space, athletes are expected to clear the dock within 2-3 minutes after landing.
- In the event that you launch at SADL but will be landing at another dock on the river, please inform the Dockmaster before you launch.

EQUIPMENT STORAGE

- Given the space limitations associated with DCR construction, all shells must be stored on HOCR racks. HOCR racks will be clearly labeled with blue signs for “1x Storage” and “2x Storage”. Pre-registration is required to ensure there will be a rack space for your equipment.
- Slings will only be permitted for temporary use when rigging and making adjustments to equipment. Any boat left unattended in slings will be placed on a rack.
- Volunteers will be available to help you find an available rack. If there are not volunteers on site, please refer to signage to determine where to place your equipment.
- You must bring your own straps to secure your boat to the rack. We recommend bringing foam to place on the racks to protect your equipment.
- Please add a name/phone number to equipment so we may contact you if anything is forgotten following the regatta.

MANDATORY SADL Zoom

There will be a mandatory Zoom session on Monday (10/12) at 7:30 EST for any SADL competitor who plans to row off the SADL dock. For junior athletes traveling with their coach(es), either the athlete's coach or the athlete may attend this meeting.



launching times/

In order to avoid congestion in the river, here are the recommended launch times for each event.

FRIDAY

EVENT	SCHEDULED START	BOW NUMBER	FROM FALS	FROM SADL
1. Men's Grand Master Doubles [50+]	7:35 AM	all	6:22 AM	6:52 AM
2. Men's Veteran Doubles [60+, 70+]	7:44	all	6:30	7:00
3. Women's Grand Master Doubles [50+]	7:57	all	6:47	7:22
4. Women's Veteran Doubles [60+, 70+]	8:06	all	6:54	7:24
5. Men's GM/Veteran Singles [50+, 60+]	8:22	1-40 41-80 81+	7:12 7:19 7:24	7:42 7:49 7:54
6. Women's GM/Veteran Singles [50+, 60+]	9:07	1-33 34+	7:57 8:02	8:27 8:32
7. Men's Senior Veteran/Grand Veteran Singles [70+, 80+, 90+]	9:47	all	8:37	9:07
8. Women's Senior-Veteran/Grand Veteran Singles [70+, 80+, 90+]	10:24	all	9:18	9:48

In order to avoid congestion in the river, here are recommended launch (*shoving from dock*) times for each event.

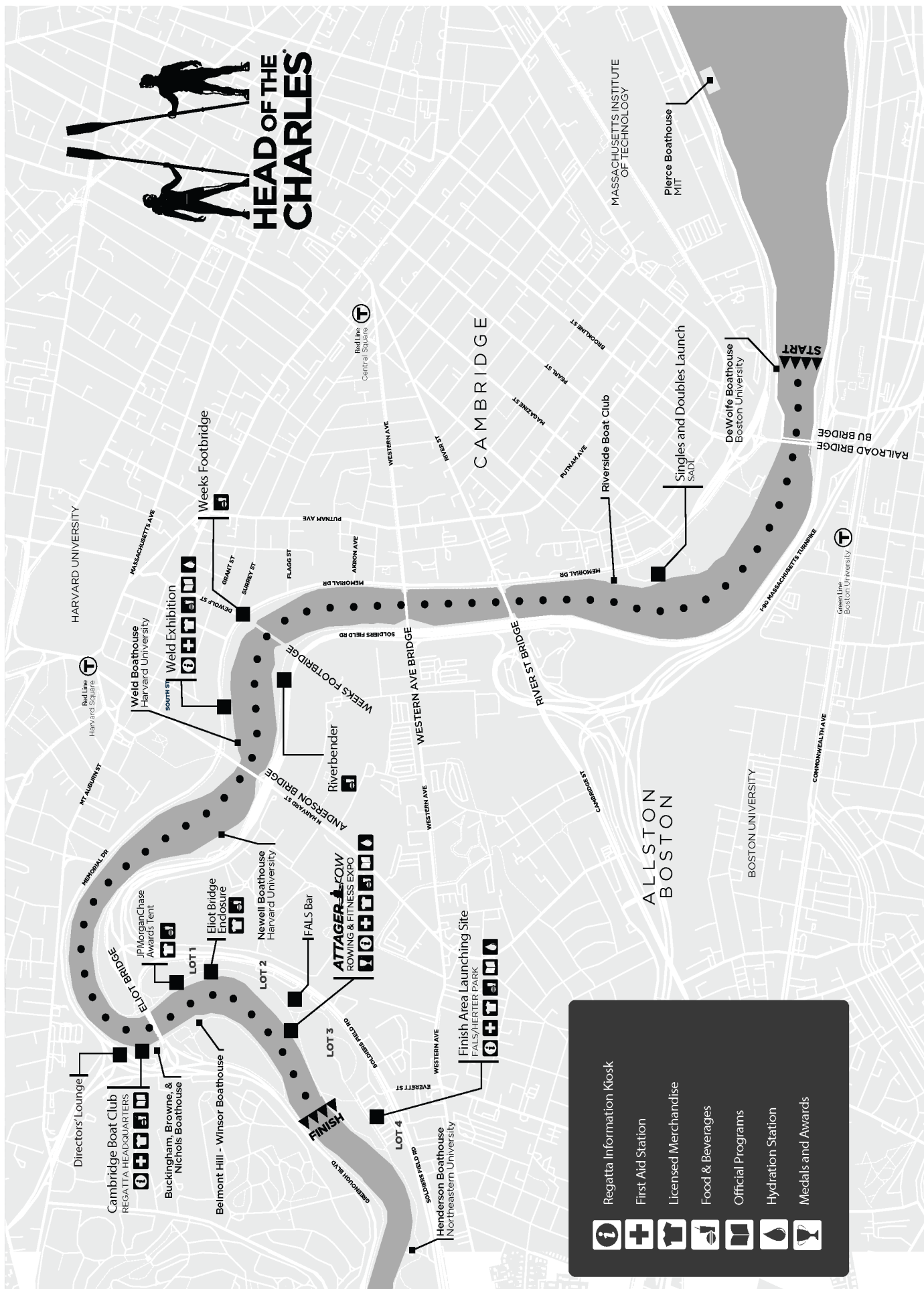
SATURDAY

EVENT	SCHEDULED START	BOW NUMBER	FROM FALS	FROM SADL
9. Club Singles Men	7:45:00	all	6:40 AM	7:15 AM
10. Masters & Sr Masters Singles M [30+, 40+]	7:56:00	all	6:48	7:28
11. Club Singles Women	8:12:00	all	7:05	7:46
12. Masters & Sr Masters Singles W [30+, 40+]	8:22:00	all	7:11	7:54
13. Master & Sr Masters Doubles W [30+, 40+]	8:41:00	all	7:30	8:14
14. Master & Sr Masters Doubles M [30+, 40+]	8:57:00	all	7:45	8:27
15. Grand-Master Eights Men [50+]	9:11:00	all	8:00	
16. Veteran Eights Men [60+]	9:22:00	all	8:10	
17. Grand-Master Eights Women [50+]	9:34:00	all	8:22	
18. Veteran Eights Women [60+]	9:46:00	all	8:40	
19. Grand-Master Fours Men [50+]	10:00:00	all	8:50	
20. Veteran Fours Men [60+]	10:11:00	all	9:00	
21. Grand-Master Fours Women [50+]	10:23:00	all	9:15	
22. Veteran Fours Women [60+]	10:36:00	all	9:22	
23. Alumni Eights Men	10:56:00	all	9:45	
24. Alumnae Eights Women	11:15:00	all	10:05	
25. Mstr & Sr Mstrs Fours Men [30+, 40+]	11:36:00	all	10:25	
26. Alumni Fours Men	11:44:00	all	10:35	
27. Mstr & Sr Mstrs Fours Women [30+, 40+]	11:55:00	all	10:45	
28. Alumnae Fours Women	12:04:00	all	10:54	
29. Mstr & Sr Masters Eights Men [30+, 40+]	12:22:00	all	11:10	
30. Mstr & Sr Masters Eights Women [30+, 40+]	12:32:00	all	11:20	
31. Club Fours Men	12:45:00	all	11:30	
32. Club Fours Women	1:04:00	all	11:55	
33. Club Eights Men	1:30:00	all	12:20	
34. Club Eights Women	1:44:00	all	12:35	
35. Championship Doubles Men	2:04:00	all	12:51	1:26
36. Championship Doubles Women	2:13:00	all	1:01	1:36
37. Championship Singles Men	2:24:00	all	1:11	1:46
38. Championship Lightweight Singles Men	2:34:00	all	1:21	1:51
39. Championship Singles Women	2:43:00	all	1:31	2:06
40. Championship Lightweight Singles Women	2:49:00	all	1:41	2:16
41. Directors' Challenge Mixed Double	3:00:00	all	1:46	2:21
42. Directors' Challenge Mixed Quads	3:29:00	all	2:21	
43. Survivor Row Exhibition	3:44:00	all	2:31	
44. Para Inclusion Doubles	4:01:00	all	2:51	3:26
45. Para Mixed Inclusion Fours	4:12:00	all	3:02	

In order to avoid congestion in the river, here are recommended launch (*shoving from dock*) times for each event.

SUNDAY

EVENT	SCHEDULED START	BOW NUMBER	FROM FALS	FROM SADL
46. Youth Singles Men	7:45:00	all	6:40 AM	7:10 AM
47. Youth Singles Women	8:02:00	all	6:52	7:27
48. Youth Under 17 Fours Women	8:20:00	all	7:10	
49. Youth Coxed Quad Women	8:40:00	all	7:30	
50. Youth Eights Women	9:05:00	1-30 31-60 61+	7:42 7:47 7:51	
51. Youth Doubles Women	9:38:00	all	8:25	8:55
52. Youth Fours Women	10:02:00	1-30 31-60 61+	8:40 8:45 8:50	
53. Youth Under 17 Fours Men	10:38:00	all	9:25	
54. Youth Coxed Quad Men	10:57:00	all	9:45	
55. Youth Eights Men	11:22:00	1-30 31-60 61+	10:10 10:15 10:18	
56. Youth Doubles Men	11:52:00	all	10:45	11:15
57. Youth Fours Men	12:13:00	1-30 31-60 61+	10:55 11:00 11:05	
58. Directors' Challenge Quads Men	12:48:00	all	11:40	
59. Championship Fours Men	1:05:00	all	11:55	
60. Championship Lightweight Fours Men	1:12:00	all	12:01	
61. Collegiate Fours Men	1:20:00	all	12:11	
62. Championship Fours Women / Mixed Para PR3 Fours	1:36:00	all	12:26	
63. Championship Lightweight Fours Women	1:51:00	all	12:40	
64. Collegiate Fours Women	1:59:00	all	12:48	
65. Directors' Challenge Quads Women	2:19:00	all	1:10	
66. Championship Eights Women	2:43:00	all	1:35	
67. Championship Lightweight Eights Women	2:54:00	all	1:42	
68. Collegiate Eights Women	3:01:00	all	1:49	
69. Championship Eights Men	3:20:00	all	2:11	
70. Championship Lightweight Eights Men	3:33:00	all	2:23	
71. Collegiate Eights Men	3:39:00	all	2:27	
72. Directors' Challenge P/C Double	3:53:00	all	2:45	3:40
73. Directors' Challenge Eights Mixed	4:16:00	all	3:04	



awards distribution/

Award distribution takes place at the JP Morgan Wealth Management Awards tent from Friday 11-4, Saturday and Sunday 10-5. First place and special medals will be awarded during scheduled Award Ceremonies. Subsidiary medals will be awarded on a rolling basis. Medals will only be awarded after results are finalized in the RegattaCentral portal. For crews, one representative may come to pick up medals. For youth and collegiate programs, a coach must retrieve the medals. Any medals not picked up will be sent to crews in the mail after the Regatta.

First place boats may have their awards presented in the JP Morgan Wealth Management Awards Tent.

The number of subsidiary medals awarded depends on the number of entries in the event:

1-9 Entries	Up to 1st Place awarded
10-19 Entries	Up to 2nd Place awarded
20-29 Entries	Up to 3rd Place awarded
30-39 Entries	Up to 4th Place awarded
40+ Entries	Up to 5th Place awarded

SPECIAL MEDALS

Special medals are awarded in the following events:

- The fastest crew made up of athletes representing a rowing club that is a member in good standing of its nation's governing body and that is unaffiliated with an academic institution in each event-division of the Club 4+ and Club 8+
- The fastest crew made up of undergraduates representing an accredited/chartered College or University in each event-division of the Championship 2x, 4+, and 8+
- The fastest Lightweight crew in each event-division of the Championship 2x
- The fastest athlete or crew under the age of 17 as of December 31 of the current calendar year in the Youth Single, Youth Double, Youth Coxed Quad, and Youth Eight
- The fastest Junior Varsity Eight in the Men's and Women's Championship Eight. In the spirit of the JV event, institutions must have at least one varsity crew of a higher standard, on the coach's honor, already registered.
- In the Para Inclusion 2x: Mixed Inclusion PR2, Mixed Inclusion PR1, PR3 Mixed 2x, PR2 Mixed 2x
- PR3 Special Medal: Top Finishing Inclusion PR3 Entries in Masters Doubles events are eligible for the PR3 Special Medal

awards distribution/

AWARD DISTRIBUTION

Awards will be open for medal awarding and distribution from 11am to 4pm on Friday, 10am to 5pm Saturday and Sunday. First place medals and special medals are distributed at the Head Of The Charles Awards Ceremonies at the JP Morgan Wealth Management Awards Tent.

Award presentation photos will be available for purchase/download after the Regatta at hocr.smugmug.com.

FIRST PLACE MEDALS

First place medals and special medals are distributed at the Head Of The Charles Awards Ceremonies at the JP Morgan Wealth Management Awards Tent.

2026 CEREMONY SCHEDULE

- Friday, October 16 – 2PM
- Saturday, October 17 – 12PM, 3PM, and 5PM
- Sunday, October 18 – 12PM, 3PM, and 5PM

SUBSIDIARY MEDALS

Subsidiary Medals will be available for pick-up at the JP Morgan Wealth Management Awards Tent from Friday 11AM – 4PM, Saturday 10AM – 5PM and Sunday 10AM – 5PM



An effort to improve safety margins by putting a common core glossary of phrasing, instructions and commands in front of every competitor while on the water — in short, **whenever the hull is wet**. Expected use is within the primary River Traffic Control and Start groups; FALS and SADL sites may adapt.

COXED CREWS

Instructions are directed to the **coxswains**, not **directly** to the crews. Responsiveness is expected: immediate follow-through by the cox to implement the command with their crew.

SCULLERS

Instructions are directed to **1x, 2x and 4x**. Responsiveness is expected.

AT THE START **RC: 12 — STARTING**

A boat in front will already be a length or two ahead when marshalling at the start, simply due to queuing order — so a **three- or four-length starting gap** can be created and maintained simply by starting only two or three seconds, at most, after the preceding hull gets underway. Then adjust pressure to create 3–4 lengths of open water.

SPEED ESTIMATES — SECONDS PER HULL LENGTH

1x	1.75 / 2.10	2x	1.95 / 2.20
4x & 4+	2.30 / 2.65	8+	3.06 / 3.54

COMMAND	MEANING	PURPOSE & INTENT
START / STOP COMMANDS		
Sit ready	Be ready to start rowing	Make sure the crew is paying attention and ready to start immediately when commanded.
Paddle	Start rowing	Start moving. If the crew ahead is already rowing, assume it will take 4 strokes for the crew just starting to reach the same speed. Until then, the gap between them will continue to increase.
Way enough or Stop	Stop rowing	Stops the crew from rowing, but not from gliding ahead with whatever momentum they have.
Check the boat	Slow down the boat in the water	Important for both gap creation and safety.
Hold it / Hold water	Stop the boat in the water	Important for both gap maintenance and safety.
Back it down / Back it up	Have some combination of rowers move the boat backwards	Create a safe gap if crews are stopped in the same area.
PRESSURE COMMANDS		
Light pressure	Row lightly	Keep your distance behind the boat in front of you.
Firm or More pressure	Row relatively hard (¾ pressure)	Close the distance to the boat in front of you.
Build pressure	Add pressure and cadence from the current status	Close the distance, but not quickly.
OTHER GAP COMMANDS		
Create / close / maintain the gap	Alerts the crew to a large or small gap without coxing from the launch or starting tower	
Add a pause	Insert a short glide between strokes	Use downstream to create a smooth pattern of boats coming to the lead launch and starting area.
Row continuously	End the pause	

avoiding penalties/

Understanding How to Avoid Penalties is critical because no one wins in Interference. The wise sculler/crew knows that more time can be lost by pressing a situation rather than by slowing for the right moment to pass.

Q. Where do most penalties occur?

Weeks Footbridge, Anderson Memorial Bridge and CBC (Eliot Bridge)

Q. Which are the most frequent penalties?

Non-Yield (NY)

If the Passer moves to within one length (and closing) of open water on the boat being overtaken (and ahead), it is the responsibility of the slower crew to yield the line chosen by the Passer in a timely manner. The yield should be well underway by $\frac{1}{2}$ length of open water. Failure to yield is a 60 second penalty and may only be incurred by the boat being overtaken, not the Passer.

Severe Collision (SC)

The Passer has the right of way to pass on the side of its choice if a safe pass can be accomplished. If a pass is attempted, the Passer must not press the right to pass creating a situation in which there is a severe collision. A Severe Collision penalty (60 seconds) may be assessed if, in the judgement of the umpire, the contact was likely to cause physical injury or damage to

Disregard for Safety (SV)

A boat may be given a penalty for creating a dangerous situation that does not qualify as a severe collision. Examples might include forcing another crew into a bridge, steering a path that significantly impedes other crews, re-enter-

Q. How should I begin the pass?

Passing Guidelines

Remember that you do not have unlimited time to complete a pass. There must be adequate space and time to permit a safe pass. Be very cautious when passing, especially when approaching bridges. Plan ahead. Successful passing is a critical HOCR racing skill. As the faster crew, you must pick your desired line for the duration of the pass and communicate it to the crew you want to pass

Q. Passing Situations: When does passing begin and end?

Beginning of the Pass (when the boat being passed must begin the act of yielding) If the Passer moves to within one length (and closing) of open water of the boat being passed, it is the responsibility of the slower crew to yield the line chosen by the Passer in a timely manner.

Completion of the Pass:

When there is open water (any length) between stern of the passing boat and the bow of the passed boat, the pass is considered complete.

Q. Passing Situations: What happens if the boat being passed doesn't yield?

Non-Yield

Failure to yield the line selected by the passing boat is one of the most serious infractions of competitive conduct and will result in a 60-second penalty (NY) for Non-Yield. Once the boat being passed yields the line, they satisfy the criteria to yield. Any contact or unsafe situation after the initial yield would be covered under the Severe Collision (SC) or Safety

avoiding penalties/

Severe Collision or Disregard for Safety

If either boat in a passing situation causes a collision or unsafe situation during passing, that boat will be severely penalized. The standard penalty is 60 sec. for Severe Collision (SC) or Safety Violation (SV).

Q. Passing Situations: What are the responsibilities of the overtaking boat (Passer)?

Safe Passing Situations and Right of Way

In passing situations, the overtaking boat has right of way (on the side of its choice) if a safe pass can be accomplished. If a pass is attempted, and there is not adequate room and time to perform the pass, the overtaking boat must delay the act of passing until it is safe to do so. The Patee must also be prepared to miss a few strokes to allow the Passer to pass safely and without obstruction.

Passing after the Start Line and before the BU Bridge is allowed with discretion, and at the sole responsibility of the passer to execute and complete the pass safely. The passer may be penalized for any collisions or safety violations as a result of an attempted pass in this area. Non-Yield penalties to the boat being passed do not apply in this area.

Safe Yields

The Passer must allow time for the boat being passed to yield safely.

Severe Collision or Disregard for Safety

If either boat in a passing situation causes a collision or unsafe condition during passing, that boat will be severely penalized. The standard penalty is 60 seconds for Severe Collision (SC) or Safety Violation (SV).

Q. What qualifies as collision?

Contact: Boats, Oars and Competitors

On a narrow river course, with many boats competing for space, there are many opportunities for physical contact between boats, people, equipment or combinations thereof. Some contact, such as clashing of oars may happen. Passing situations and multiple boats abreast in tight circumstances (e.g. going under bridge arches together) may result in incidental blade to blade contact, which is not penalized. Boats may interlock and/or clash oars. The umpire's judgment of the extent and consequences of the contact will determine whether or not a penalty is assigned. While incidental contact may not result in a penalty situation, it is poor steering on the part of the crew and will result in a slower time.

Avoiding Collisions

Competitors should do everything in their power to avoid collisions, which may result in boat stoppage, material damage, injury and penalties (SC = Severe Collision - 60 sec.)

Safety Violations

Aggressive and/or intentional contact between crews, may be more severely penalized (e.g. UC = Unsportsmanlike Conduct, or SV = Safety Violation, either of which can result in penalties ranging from 60 sec to disqualification).

Q. Where is the Travel Lane and what restrictions apply?

Travel Lane

Travel lane area: Boston-side travel from the Finish Line to the Weeks Footbridge

Guidelines

- Proceed firmly, with no stopping to watch races, in single file so as not to leave the traffic lane.
- Do not row in pairs or 4s in larger boats unless instructed to do so by an HOCR Marshal.
- Watch your speed. Movement in the Travel Lane should be continuous, deliberate and moderate. No power strokes or racing starts are allowed. Pausing should only be done to maintain spacing, not for drills.
- Stay in the Travel Lane. Though oars may cross over the buoy line, you should keep your hull in the clearly marked Travel Lane. Buoy violations (hull over the line) may be penalized at 10 seconds per buoy, and any interference with racing crews (hull or blades over the line) can result in penalties ranging from 60 seconds to disqualification. Crews racing along the shared buoy line have priority and you will receive a penalty if you impact a racing crew.

avoiding penalties/

- The Weeks Bridge turn (traveling downstream in the Travel Lane) and the Big Curve before CBC are very tight. Crossing the white buoys may result in a penalty and in a collision with a racing hull.

Q. What guidelines apply to crossing the racing lanes after launching?

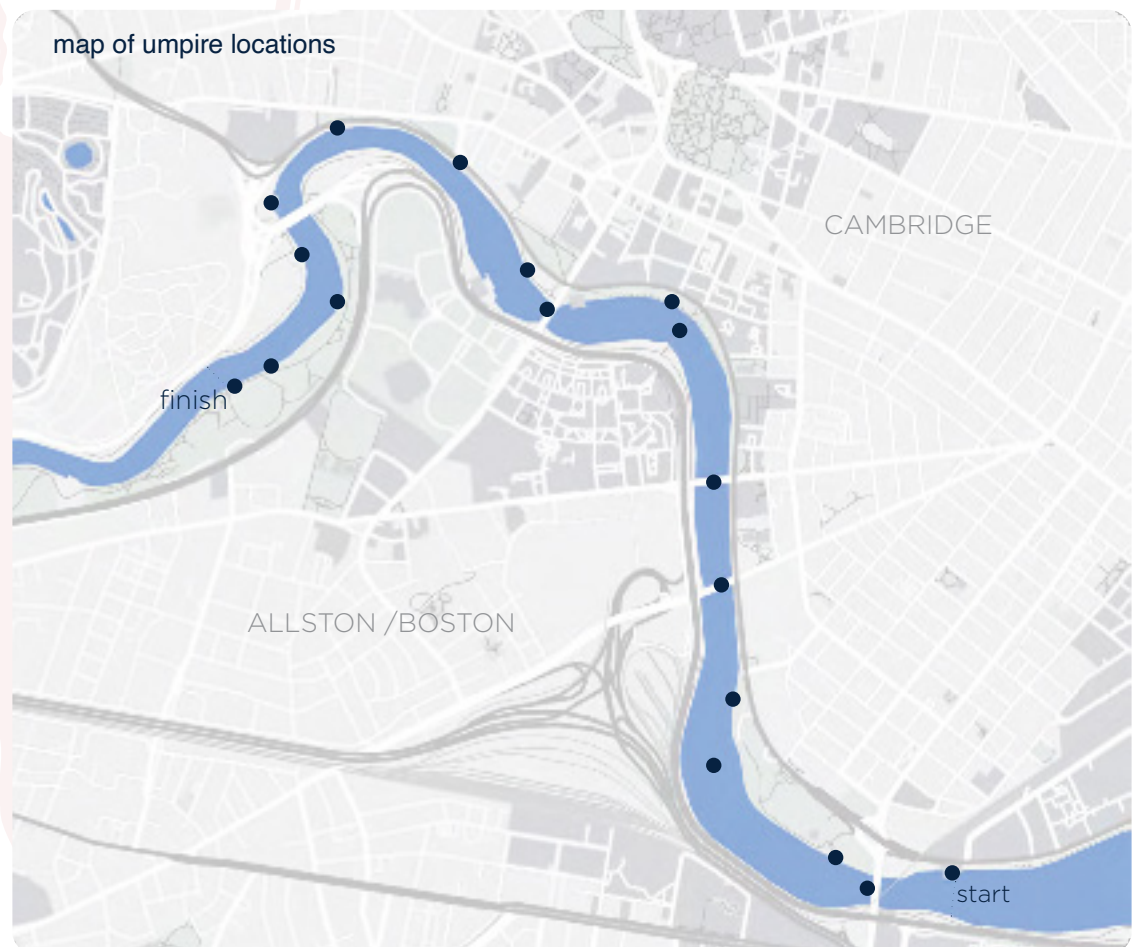
- Make certain there is a safe crossing interval between racing crews (typically between events) and wait for a dock official or launch-site personnel to state that safe crossing is permitted.
- If your crossing impedes (including causing noticeable distraction to) a racing crew, you will

Q. What is the penalty for missing buoys in the racing lane?

Every competitor must stay on the correct side of the buoys at all times (while racing, in transit to the start, returning, etc.). The first buoy violation adds 5 seconds to your time; each additional buoy violation adds 10 seconds.

Q. Safety: What should a boat do if equipment damage occurs while racing?

- In the event of equipment failure (lost oar, skeg, etc.) please move to the side of the race course and proceed slowly and carefully to the finish line. Do not impede oncoming crews.
- If the boat capsizes, stay with the boat.
- If a rower is ejected, stop the boat and protect the ejected rower until an emergency boat



boat trailers/

Trailer spots are no cost and are first come first served. Due to overwhelming demand, institutions wishing to bring a trailer onsite must register in advance. Only trailers carrying 6 or more sweep-oared hulls will be permitted to park on-site. Trailers with fewer than 6 sweep hulls will be asked to unload their equipment and park at a secure lot upstream. We have a cap of 100 trailers. We will open the trailer waitlist

FALS TRAILER PARKING

The FALS area will open for trailer parking on Thursday, October 15th from 7AM-4PM and from 7AM-1 2PM on Friday, October 16th. Trailers arriving on Thursday will be parked in Lot 4. All trailers must approach the area from the Eliot Bridge end of Memorial Drive/ Soldiers Field Road. A Regatta volunteer will meet all trailers and issue the driver a parking permit for a specific area and direct the driver to that area. Courte-

Please enter the required permit information and leave the completed permit on the driver's side dashboard of the truck. If the driver chooses to take the truck, please place the permit in the plastic sheet protector provided, and attach it to the trailer with provided zip ties.

IN CASE OF EMERGENCY WE MUST BE ABLE TO CONTACT THE TRUCK OPERATOR. Trucks that detach from trailers and leave the parking area may not be able to return until Sunday afternoon.

Due to limited space, preference will be given to fully loaded trailers. Trailers with fewer than FOUR (4) Sweep Hulls will be required to off-load boats to FALS racks and park empty trailers in an overflow lot 2 miles further upriver.

NO OTHER VEHICLES ARE PERMITTED TO ENTER THE PARKING AREA. All unauthorized parked vehicles will be towed.

Vehicles carrying only single or double shells will not be permitted to enter the FALS. They will be directed to the Singles and Doubles Launching (SADL) area at Magazine Beach to offload their boats to racks. No trailer parking is available at Magazine Beach, but there is limited space for cars carrying shells.

DIRECTIONS TO FALS FOR TRAILER VEHICLES

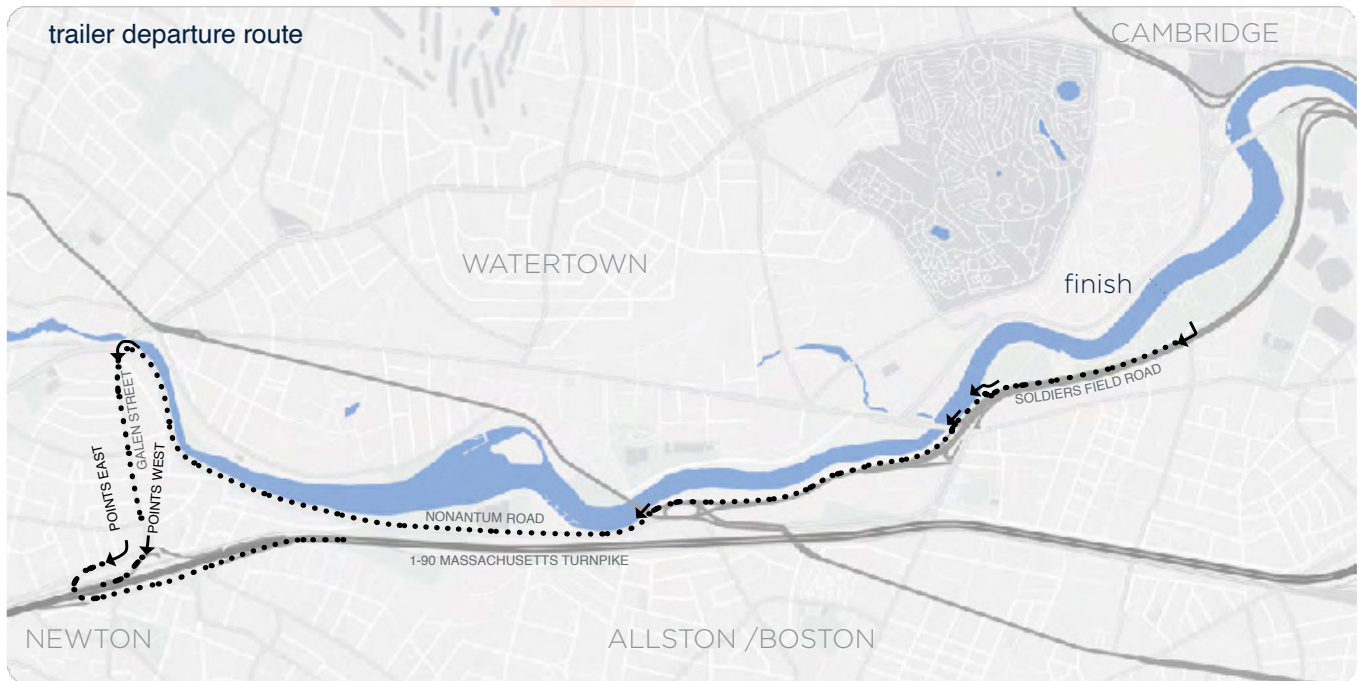
- (Mass Pike) East to Exit 18 Brighton/Cambridge.
- Follow signs to Cambridge.
- Proceed through several traffic lights and cross the Charles River via the River Street Bridge.
- Once across the bridge, take a LEFT onto Memorial Drive so the river is on your left. Continue for 1.6 miles.
- When the road forks (near the Cambridge Boat Club), stay to the left, following signs for Watertown/Newton. Proceed through the traffic light, staying in the left or center lane to approach the Eliot Bridge.
- While crossing the Eliot Bridge, move to the right, and then turn to the right, following signs for Newton.
- Regatta Volunteer will meet trailers for registration and then direct them to a parking space.
- Please use the utmost caution when traveling on Soldiers Field Road, which is not designed for large vehicles.
- DO NOT attempt to drive under any overpasses on Soldiers Field Road.
- A portion of this route closes at 8AM Saturday and Sunday.

Google Map HOCR
FALS Trailer Directions



DEPARTURE OF TRAILER VEHICLES

- All trailers and equipment must depart by 7PM on Sunday of race weekend. Below, please find directions on the easiest way to return to the Massachusetts Turnpike.
- State Police will not allow trailer departures on Sunday before 4:00 PM



DEPARTURE DIRECTIONS

- Pull out of the lot and turn right onto Soldiers Field Road.
- Take the first off-ramp
- Continue STRAIGHT to return back to Soldiers Field Road.
- Continue until the intersection/rotary. Continue straight onto Nonantum Rd. (Do not cross the River)
- Follow Nonantum Road until it intersects Galen St. (A bus depot will be on your left)
- Turn left onto Galen St.
- Follow Galen St. Until it intersects Washington St.
- West ramp is straight ahead
- For I-90 East connecting to I-93, turn right onto Washington Street, stay left to cross the highway (Circling hotel)
- I-90 East ramp is straight ahead after first intersection once you are over the highway.

PUBLIC PARKING

Public Parking Garages in the Vicinity

2026 **HOCR** est. 1965

