



2025 WARSAW HEAD REGATTA REGULATIONS

I. ORGANIZER

1. The Warsaw Head regatta is organised by Fundacja Towarzystwo Wisła Dla Wioślarzy (TWDW) 7 Skaryszewska Street, 03-802 Warszawa.
2. Contacting the organizer is possible at the above mentioned correspondence address, by e-mail (warsawregatta@gmail.com), or by phone (+48 605 061 339).

II. DATE AND VENUE

1. The regatta will take place on 8+ type boats on June 14, 2025 in Warsaw on the Vistula River between Siekierkowski Bridge and Poniatowski Bridge (approximately 4 km), with the current and with a flying start.
2. The boats are launched from the piers positioned along the Saska Kępa Beach on the right bank of the Vistula. The rowers' village and regatta logistic base will be located at the premises of TWDW at 399 Wał Miedzeszyński.
3. The Organizer reserves the right to change the date, shorten the route, or cancel the regatta if external circumstances, including an epidemic, weather or hydrological situation, prevent their safe organisation. Shortening the route, or cancelling the regatta due to the above-mentioned reasons does not give rise to any claims on the part of the regatta participants, including claims for refund of the entry fee.
4. Any update on the shortening the route, or cancelling the regatta will be provided immediately after making a decision by the Organizer through the regatta communication channels, and contact details indicated in the registration of a given crew.

III. REGISTRATION

1. Each crew may register a maximum of 10 persons for the regatta: coxswain, 8 crew members, and a coach.
2. To register in the regatta an application form on www.warsawhead.pl must be filled out and a registration fee of **250 PLN** (Polish crews), or **50 EUR** (foreign crews) must be paid to the bank account of Towarzystwo Wisła Dla Wioślarzy, (PL) 25 1050 1025 1000 0090 3072 2434 (title of payment: 'Warsaw Head 2025 participation + name of university / club / crew').
3. The application is considered to be complete as soon as the application form is filled out and the payment for the registration fee is recorded.
4. The deadline for initial applications is May 9, 2025. After this deadline, any application may be accepted only after contacting the Organizer and confirming the possibility of participation.
5. The organizer reserves the right to an earlier closing of registration.



2025 WARSAW HEAD REGATTA REGULATIONS

IV. REGATTA PROGRAMME

1. The regatta will take place on Saturday, June 14, 2025.
2. The detailed timetable of the regatta will be announced on the website: <https://warsawhead.pl/> and sent to the contact e-mail address provided in the registration form for a given crew. Any changes in the timetable will be announced and communicated in the same way with the regatta date approaching.

V. REGATTA ORGANIZATIONAL RULES

1. The WARSAW HEAD regatta is organized in the HEAD system of divisions.
2. The crews participating in the regatta will be divided into the following categories:
 - Junior Men (under 18);
 - Junior Women (under 18);
 - High schools (high school and secondary school students);
 - Open Men (senior crews, academic crews);
 - Open Women (senior crews, academic crews);
 - Masters/Amateurs Men;
 - Masters/Amateurs Women;
 - Mixed;
 - Corporate.
3. The final decision regarding the assignment of each crew into a given category is made by the Organiser based on rowing experience, age, and sex.
4. The medal classification in a given category depends on the application of at least 3 teams to a given category, and assigning these teams to one category by the Organiser. For considerate reasons, the Organiser may decide to award medals outside the medal classification.
5. The competitors in the Masters/Amateurs category must be over 18, and in case of ever holding a racing license, they must be over 27 and hold no active license, or be over 43. The rule does not apply to coxswains.
6. In the Masters/Amateurs category there will be the age conversion used according to the following system:



2025 WARSAW HEAD REGATTA REGULATIONS

Category name	Crew average age	Time deducted from time result in seconds
AA	18-26	0
A	27-35	0
B	36-42	0
C	43-49	15
D	50-54	30
E	55-59	45
F	60-64	60
G	65-69	81
H	70-74	105
I	75-79	135
J	80-82	165
K	83-85	195
L	86->>	225

The average crew age will be calculated as based on an application form, excluding the age of the coxswain. The Organizer reserves the right to verify the age of participants with the use of any of their official documents with a photo and date of birth, e.g. an ID. If the age of a participant is overstated, the crew may be punished with a penalty of 3 minutes added to their time result.

7. In the Mixed category, the crew must be represented by at least 3 women, the coxswain excluded. The Mixed category may be divided into Open Mixed and Masters/Amateurs Mixed if at least 3 crews matching the above categories apply.



2025 WARSAW HEAD REGATTA REGULATIONS

8. Division placement will be done by the Organiser following the end of the registration.
9. All crews are to be at the starter's disposal in the start area 15 minutes prior to start time.
10. The boats within the start area must be facing in the direction of the race. No warm-ups are allowed within the start area. Runs take place every 30 seconds according to the distributed starting numbers.
11. A crew not starting according to its planned starting number may be allowed to start on the starter's discretion at the end of its class if possible. A penalty of 30 seconds will be imposed on such a crew.
12. The crews are obliged to follow all the signs placed on the route by the organiser. The final decision regarding the route is made by the crew. No boats are allowed beyond the safe area designated by the Organiser. A precise description of the race route will be announced on the website and delivered to the coxswains/crew managers during the technical briefing on June 14, 2025.
13. Staying on the regatta route beyond the start area of a given crew is not allowed. Persons who are not included in the start of a given division will be removed from the route by the Organizer.
14. In the event of delaying the start of a given division, or postponing the start timetable due to disturbing the course of the regatta, in particular by an unauthorized stay on the regatta route, the Organizer may impose a 15-second penalty on the participant or their team, or decide to exclude the participant from the regatta.
15. During the briefing, each crew will be obliged to provide one representative (crew manager) who will be authorized to act on its behalf in all matters to the Organizers and the referees' committee, make any changes, present the participants' documents and perform other necessary activities.
16. The crew's starting number must be visible for the entire duration of the race as placed on the coxswain's shoulder, the bowman's shoulder, and additionally on the bow of the boat.
17. Passing another boat is allowed only when it is done in a safe manner. The passing crew must be certain that the manoeuvre is safe, and the passed crew must not make the manoeuvre difficult, including speeding up while being passed. All crews on the water are obliged to avoid collisions.
18. A crew making a false start is penalised with the penalty of 5 seconds (the referee adds 5 seconds to the time scored by a crew).
19. After the start, the crews using the boats provided by the Organiser are to return to the designated pier directly after ending the race.
20. The Organiser has the right to change the route of the race, especially to shorten it if risks arise for the safety of the crews. The same applies to the cancellation, or rescheduling of the runs of a given division.
21. Each participant is obliged to sign a declaration of reading and understanding the regulations. By signing the above-mentioned declaration, the participant consents to the provision of first aid, performing other medical procedures, and if injured, being transported to a safe place by medical and paramedical staff acting on behalf of the Organizer. The participant declares that they are fit to participate in the regatta, they are not aware of any health reasons excluding them from participating



2025 WARSAW HEAD REGATTA REGULATIONS

in the regatta, and that they are taking part in the regatta at their own risk. They also acknowledge that participation involves physical effort and involves a natural risk of any accident, bodily and physical injuries (including death), as well as property damage and loss. In addition, participation in the competition may involve other risk factors that are currently impossible to predict. Signing a declaration of reading and understanding the regulations means that the participant has considered and assessed the scope and nature of the risk associated with participation in the race, and is taking part voluntarily and solely at their own risk.

22. Minors are required to present a participation certificate signed by their parents or legal guardians.

22. By registering in the regatta, the participant agrees to the free-of-charge use of their image recorded in the form of photographs or video recordings, in particular for the purpose of using them to promote the Organizer, and the promotion and organization of the Organizer's sports and recreational events, making their images available to sponsors and partners of the Organizer for their promotion in the context of participation in the regatta, posting and publishing in the Organizer's publications, magazines and newsletters, on the Organizer's promotional printed materials and websites as well as in television and radio broadcasts.

VI. PARTICIPATION AND USING BOATS

1. For the first 10 crews applying, the cost of accommodation (unguarded tent campground) in the rowers' village on the TWDW premises at 399 Wał Miedzeszyński is covered by the Organizer.

2. The Organizer reserves the right to resign from the organization of accommodation for considerate reasons, in particular due to the epidemic situation or severe weather condition. In the event of such a situation, the crews will be informed by the Organizer in advance.

3. Other crews cover the cost of their stay on their own.

4. The Organizer is not responsible for damage or loss of equipment and any other property left on the premises of TWDW when using free-of-charge accommodation, and during participation in the regatta.

5. The teams that do not have their own boat can use the boats provided by the Organizer, the cost being 500 PLN / 125 EUR.

7. The crews willing to make their boats available for other participants are exempt from the registration fee. They will also receive the above mentioned payment from the crews using their boats. The organizer is not financially responsible for boats made available for use by other teams.

8. When using boats provided by the Organizer, or a boat provided by other crews, each crew is obliged to check the technical condition of the boat and its equipment and to immediately report any defects and deficiencies that prevent a safe start in the regatta. Using a boat provided by the Organizer or another team means accepting its technical condition for a safe start on the water.

9. Any protests regarding the results, or the course of the competition can be submitted to the organisers within 15 minutes from the end of the division to which the protest relates, or immediately



2025 WARSAW HEAD REGATTA REGULATIONS

after the announcement of the preliminary results at the regatta office. Any protests can be submitted orally or in writing.

10. The organizer covers the insurance against accidents for the amount of 10.000 PLN. All the participants are advised, if deemed necessary, to purchase appropriate insurance on their own.

VII. AWARDS

1. The awards are granted in the following categories: Junior Men, Junior Women, Highschool, Open Men, Open Women, Master/Amateur Men, Master/Amateur Women, Mixed, Corporate.

2. The awards are granted if at least three crews start in a given category.

3. The 'Head of Wisła' (the Head of the Vistula) is awarded based on the time for the fastest men's and women's crews.

VIII. FINAL PROVISIONS

1. The organizer reserves the right to update the content of the regulations before the start of the regatta. In such a case, the amended regulations will be published on the website and sent to the registered crews.

2. The Organizer's *Child Protection Standards* apply during the organization and conducting the regatta; the *Standards* are available at <https://warsawhead.pl/>.

3. During the regatta, participants are obliged to follow the instructions given by persons responsible for security, by security services and other persons designated by the Organizer. Failure to comply with the above-mentioned instructions, or failure to comply with the provisions of these regulations may result in the participant's exclusion from participation in the regatta and disqualification.

4. Only the Organizer's vehicles may be present on the regatta premises, in the rowing village and on the TWDW premises. Other vehicles may use the above mentioned areas only with the consent of the Organizer.

5. Placing advertising materials on the elements of the regatta infrastructure and/or in the rowing village is the exclusive right of the Organizer. It is prohibited to place any advertising vehicles in the area used to organize the regatta without the consent of the Organizer.

6. The regatta participants and persons staying at the event area are obliged to comply with the principle of fair play in sport. Additionally, the event participants are prohibited from engaging in violent incidents, as well as wearing or displaying symbols inciting aggression or supporting hostilities. People breaking the ban will be removed from the route and event area.

7. The regatta takes place in the area covered by the Natura 200 protection area, as described in the Act on the Protection of Nature of April 16, 2004. Participants are obliged to respect the environment during the regatta, in particular to dispose of rubbish only in places marked for this purpose, and to



2025 WARSAW HEAD REGATTA REGULATIONS

use open fire only in places designated for this purpose. Any activities that may negatively impact the protection objectives of the Natura 2000 area are prohibited.

8. Registration in the regatta is synonymous with accepting the regulations. Additionally, before the start, each participant is obliged to sign a declaration of reading and understanding the regulations, and to fill out and sign a declaration of consent to the processing of personal data under pain of not allowing the participant to start.

9. The binding and final interpretation of these regulations rests exclusively with the Organizer. Any matter not provided for in these regulations will be resolved by the Organizer.