

2019 RS Sailing Instructions

for National Circuit Events, and Winter, Inland, Spring, Summer, Northern, Southern, Scottish, Youth & Junior and End of Season Championships/Regattas

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the Official Notice Board as defined in Event Appendix for each event.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any changes to the Sailing Instructions will be posted at least one hour before the advertised start time of the race or races concerned; except that any change to the schedule of races shall be posted by 2000 hours on the day before it will take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at the location described in the Event Appendix.
- 4.2 When flag AP is displayed ashore '1 minute', in 'Race Signals' is replaced with 'not less than 30 minutes'. This changes the meaning of AP in RRS Race Signals.

5 FORMAT OF RACING

- 5.1 The RS National Tour events and Championships/Regattas will usually comprise a maximum of 6 races for a two-day event. The schedule of races will be specified on the UK RS Class Association websites under 'Events' and on the official notice board.
- 5.2 No more than 6 races will be sailed in any one day.
- 5.3 At the discretion of the Class Representative and the Race Officer some of the following days' races may be brought forward to allow for any inclement weather forecasts.
- 5.4 In the event of a race being recalled, restarted, re-sailed or abandoned the next race sailed will be that race with subsequent races being sailed thereafter in their scheduled order.

6 CLASS FLAGS

- 6.1 The class flags will be as follows:

RS100	Red Flag with black RS100, or numeral pennant 1
RS200	Yellow Flag with black RS200, or numeral pennant 2
RS300	Light blue Flag with black RS300, or numeral pennant 3
RS400	Violet Flag with black RS400, or numeral pennant 4
RS500	Green Flag with black RS500, or numeral pennant 5
RS600	Pink Flag with black RS600, or numeral pennant 6

RS700	Grey Flag with black RS700, or numeral pennant 7
RS800	White Flag with black RS800, or numeral pennant 8
RS Vareo	White Flag with pink RS VO, or pennant V

7 RACING AREAS

7.1 The racing area will be as shown on the official notice board or in the event appendix.

8 THE COURSES

8.1 The diagram(s) in the event appendix will show the course(s), the order in which marks are to be passed and the side on which each mark is to be left. Courses will also be displayed on the official event notice board.

8.2 If a course has a gate and one of two gate marks is missing and has not been replaced as described in RRS 34 then the remaining mark shall be rounded to port. This changes RRS 34.

8.3 The number of laps to be sailed will be indicated on the Committee Boat for each fleet, either displayed on a notice board or by flying the appropriate numeral pennant.

9 MARKS

9.1 The course marks will be described in the event appendix.

10 THE START

10.1 Races will be started by using RRS 26. Multiple classes sharing a starting line may be started in any order.

10.2 The starting line will be between a staff displaying an orange flag on the starting mark at the starboard end and the port-end starting mark.

10.3 When a limit mark is laid near the Committee Boat it is a starting limit mark that shall be left to starboard when starting.

10.4 Boats whose preparatory signal has not been made are reminded of their obligations not to interfere with boats that are racing as set out in RRS 24.1.

10.5 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A4.1 and A5.

10.6 When there are more than 50 entries in one class, or if the fleet specifically requests it, one of two alternative start procedures may be used as follows:

- i) The race committee may choose to use a gate start. If so flag G will be flown from the committee boat and Appendix C to these SIs will apply. This changes RRS 26.
- ii) At the discretion of that class' Committee, competitors in that class may be split into flights and racing will be organized as per Appendix D. This changes RRS 26.

Competitors will be advised at the briefing if gate starts or flights are to be used and a notice to this effect will be posted on the official notice board.

11 MINIMUM WIND STRENGTH

- 11.1 Races will not be started unless the Race Officer is satisfied that the wind strength over the whole of the course is in excess of an average of four knots.

12 CHANGE OF THE NEXT LEG OF THE COURSE

- 12.1 To change the next leg of the course, the race committee will move the original mark or a mark described in the event appendix for that purpose (or the finishing line) to a new position.

13 SHORTENING COURSES

- 13.1 The race may be shortened in accordance with RRS 32.2. All competitors shall complete the number of rounds equal to the leading boat before proceeding to the finish.

14 THE FINISH

- 14.1 The finishing line will be between a staff displaying a orange flag on the committee boat and the finishing mark described in the event appendix.

15 PENALTY SYSTEM

- 15.1 For all fleets except the RS200 and RS Vareo rule 44.1 is changed so that the two-turns penalty is replaced by one-turn penalty.
- 15.2 For some fleets (RS100/RS300/RS400/RS600/RS700/RS800/RS Vareo) Rule 31 is changed so that marks other than starting and finishing marks may be touched (but not manhandled) without penalty.
- 15.3 For the RS200, the penalty for hitting marks is one-turn. For all other infringements, the penalty is two-turns.

16 TIME LIMITS

- 16.1 The time limit shall be 75 minutes from the valid start for the first boat that sails the course and finishes.
- 16.2 Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.
- 16.3 In addition to the procedure for shortening course in RRS 32, the race committee may also award a finishing score to a boat that is still racing by displaying to her, from a committee vessel (which may be in motion), flag W with one sound signal. A boat so notified is no longer required to sail the course (changing RRS 28.1), shall stop racing and shall return to the starting area, or return ashore if there is no more racing. A finishing score under this Sailing Instruction will be the score she would have received had she sailed the course and finished within any time limit, without gaining or losing any place.

17 PROTESTS AND REQUESTS FOR REDRESS

- 17.1 Protest forms are available from the Race Office. They shall be delivered there within the appropriate time limit.
- 17.2 For each class, the protest time limit is one hour after the last boat finished the last race of the day.
- 17.3 Notices will be posted no later than 30 minutes after the expiry of the protest time limit to inform competitors of hearings in which they are parties to, or named as witnesses. It shall be the responsibility of competitors to check the notice board for such notices, obtain their copy of the protest form and make sure that they and their witnesses attend the hearing.
- 17.4 Where a Class judge a NJ, IJ or official arbitrator is appointed to an event the Exoneration Penalty and the Advisory Hearing and RYA Arbitration procedures of the RYA Rules Disputes Procedures will be available. See official notice board for details.
- 17.5 For infringements of the rules other than in Part 1 and Part 2 of the RRS, the protest committee may award a lesser penalty than disqualification.
- 17.6 Breaches of Sailing Instructions 23.1, 23.2 and 24 will not be grounds for a protest by a boat. This changes rule 60.1(a).

18 SCORING

- 18.1 Points will accrue to the helm or helm/crew team named on the entry form and not to the boat entered.
- 18.2 2 races are required to be completed to constitute a series.
- 18.3
 - (a) When fewer than 4 races have been completed, a competitor's series score will be the total of her race scores.
 - (b) When from 4 to 7 races have been completed, a competitor's series score will be the total of her race scores excluding her worst score.
 - (c) When 8 or more races have been completed, a competitor's score will be the total of her race scores excluding her two worst scores.
- 18.4 To request correction of an alleged error in the posted race or series results, a boat may complete a scoring enquiry form available at the race office. If a request for correction is rejected the time limit for requesting redress for the alleged error will run from the time that the rejection is advised to the competitor.
- 18.5 **Series/event tie** If, after discard(s), two or more boats have the same points total the tie will be broken in accordance with RRS Appendix A8.1.

19 SAFETY REGULATIONS

- 19.1 Personal flotation devices crew members shall be worn at all times whilst afloat. This changes RRS 40.
- 19.2 Wetsuits or drysuits must be worn by all competitors between 1st November and 30th April inclusive.
- 19.3 When the race committee considers that a boat or competitor is in difficulty it may instruct the boat or competitor to accept outside help, retire or sail ashore.

- 19.4 In accordance with RRS 43.1 and WS Case 89, no clothing or equipment may be worn on the body of helm or crew to carry liquid of any description, even if for the purpose of re-hydration; this includes camelbacks, water bottles and cans of drink.

20 REPLACEMENT OF CREW OR EQUIPMENT

- 20.1 For the series of races comprising an event only the helm or helm and crew team named on the entry form will be eligible. If a different helm outside the helm and crew named on entry form completes a race in the same boat then they will be considered a separate entry and their results cannot be combined with another helm's results. However, the registered helm and crew may swap roles without restriction.
- 20.2 Crews may only be changed during the series of races comprising an event from the person named on entry form with written permission in advance from the Race Committee or Class Representative. If it is known at the start of the event that there will have to be a change crew during the event then both crews should be registered on entry form along with which day(s) they will be sailing.
- 20.3 Where event results are combined to form a circuit then only the results scored by the same helm or helm and crew team will count, results from a different helm shall not be combined, even when helming the same boat.

21 DISTINGUISHING NUMBERS

- 21.1 Under exceptional circumstances, the Race Committee may permit a boat to use sails carrying a distinguishing number other than that required by RRS 77 and RRS Appendix G. Such permission is only valid if sought in writing before use.

22 EQUIPMENT AND MEASUREMENT CHECKS

- 22.1 A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions.
- 22.2 RS200 only - the use of a pole to control the clew of the spinnaker is not permitted and the spinnaker may not be flown in a goose-winged fashion on the opposite side to the mainsail. The pole may be carried but not used.
- 22.3 When Class Association-approved scales are provided at the event, competitors in classes with performance equalisation shall be measured in accordance with the Class Rules before racing in the event but not more than 24 hours before the first scheduled start. The measurements and the corresponding rack and corrector weight settings shall be recorded on the form provided, available to view by all competitors, and will apply for the duration of the event. If a helm or crew is substituted during the event, the new sailor will be measured before racing and the boat's rack and corrector weight settings adjusted and recorded to suit.

23 ADVERTISING

- 23.1 When provided by the organising authority, competitors shall make every reasonable effort to display event sponsors promotional items on their boat and sails as directed. If sponsor promotional items come off whilst racing, competitors must obtain replacement items from the OA before the start of racing the following day, if the Association has sufficient stocks available.

- 23.2 There will be no restriction on the number or coverage of advertisers' logos or slogans except for the front 20% of the forward part of each side of the hull and the foremost 20% of the mainsail boom bottom, which are reserved for RS Association event sponsors. [see ISAF regulation 20 Advertising Code]

24 TRASH DISPOSAL

- 24.1 Competitors and their support persons shall not drop trash in the dinghy park or while on the water.

25 RADIO COMMUNICATIONS

- 25.1 Except in an emergency a boat that is racing shall not make voice or data transmissions and shall not receive voice or data transmissions that is not available to all boats.

26 SUPPORT BOATS

- 26.1 All support boats shall clearly display identification supplied by the OA at all times while afloat.
- 26.2 Support boats with team leaders, coaches and other support personnel shall stay at least 150m outside the race area from the time of the preparatory signal until all boats have finished or the race committee signals a postponement, general recall or abandonment.

27 RISK STATEMENT

- 27.1 Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue to race is hers alone"

Sailing by its nature is an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

(a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;

(b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;

(c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;

(d) Their boat is in good order, equipped to sail in the event and they are fit to participate;

(e) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities.

(f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions as can be practically provided in the circumstances.

(g) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules or information produced for the venue or event and to attend any safety briefing held for the event.

28 INSURANCE

- 28.1 Each participating boat shall be adequately insured with valid third-party liability insurance.

29 RIGHTS TO USE NAME AND LIKENESS

- 29.1 By participating in this event, competitors automatically grant to the organizing authority and the event sponsors the right, in perpetuity, to make, use, and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation.

30 USE OF DRONES

- 30.1 Event drones (UAVs/UASs) may be used in close proximity to obtain media for an event. This may be on land and/or over water. Any material gained from their use can be used by the event team or sponsors for PR and Media purposes.