

## The Atlantic Watersports Games 2011 Sailing Instructions.

### **RULES**

- 1.1 The Regatta will be governed by the 'rules' as defined in the Racing Rules of Sailing 2009 - 12, the Notice of Race, and these Sailing Instructions. If there is conflict between these, then the Sailing Instructions will prevail. Translations of these sailing instructions may be made. In the event of any conflict, the original Sailing Instructions in English shall prevail
- 1.2. Under exceptional circumstances, the race committee may permit sails carrying an identifying number other than that required by RRS 77 Appendix G. Prior written approval is required.

### **2. NOTICES TO COMPETITORS**

Notices to competitors will be posted on the official notice board. (See Addendum B).

### **3. CHANGES TO SAILING INSTRUCTIONS**

Any change to the sailing instructions will be posted on the official notice board at least 1 hour before the advertised start time of the first race to which the change applies, except that any change to the schedule of races will be posted by 2000hrs on the day before it will take effect.

### **4 SIGNALS MADE ASHORE**

- 4.1 Signals made ashore will be displayed from the official flagpole. (See Addendum B).
- 4.2 When flag AP is displayed ashore on the Official Flagpole, '1 minute' is replaced with 'not less than 30 minutes' in race signal AP. This changes Flag AP in Race Signals.
- 4.3 Personal Buoyancy shall be worn by all competitors whilst afloat. This changes RRS 40.

### **5 SCHEDULE OF RACES**

- 5.1 Racing is scheduled as follows: - (See Addendum B).
- 5.2 Three races will constitute a series.
- 5.3 The number of races scheduled is 9.
- 5.4 To alert boats that another race will begin soon, the Postponement Signal may be displayed for at least 1 minute before a Warning Signal is displayed. (This does not necessarily apply to the first race of each day).

### **6 CLASS FLAG**

Class Flag for the Lasers will be: Laser  
Class Flag for the Optimists will be: International Code Flag Q  
Class Flag for the Windsurfers will be: International Code Flag W

### **7 RACING AREAS**

The racing area on Roadford Lake will be defined in Addendum B.

### **8 THE COURSES**

- 8.1 The course may be shortened and if so the following will apply:  
A boat flying Flag F at a mark and making repeated sound signals, means 'after rounding this mark, boats should proceed directly to the finish line'. This changes RRS 32.1 and 32.2. Flag 'S' may also be flown from the Committee Boat and/or the mark rounding boat.
- 8.2 Course to be sailed: As Addendum A to these Sailing Instructions. If Numeral Pennant 2 is flown from the Committee Boat at least 2 minutes prior to the warning signal, Course number 2 will be sailed. If Numeral Pennant 2 is *not* flown from the Committee Boat, Course number 1 will be sailed.
- 8.3 The course marks will be: For the Lasers/Windsurfers, red 'strawberry' style marks. For the Optimists, Marks 1 and 2 (in both Course Settings) will be large yellow cylindrical buoys.
- 8.4 A new course may be laid for the Windsurfers. This will be indicated by Number Pennant 3 being flown from the Committee Boat. There will be a separate briefing on this for the windsurfers in which the marks to be used will be identified.

**9 THE START**

9.1 Races will be started by using Rule 26 with the warning signal given 5 minutes before the starting signal.

Rule 26 Starting Races is:-

<u>Signal</u>	<u>Flag &amp; Sound</u>	<u>Minutes before Starting Signal</u>
Warning	Class flag; 1 sound	5
Preparatory	P or Black flag; 1 sound	4
One-minute	Preparatory flag removed; 1 sound	1
Starting	Class flag removed. 1 sound	0

The starting line will be between the mast on the committee boat displaying an orange flag and the port end starting mark. (See Addendum B for description).

9.2 A boat starting later than 5 minutes after her starting signal will be scored Did Not Start. This changes RRS Appendix A4

9.3 There will be No Warning signal made after 1200 on the last day of racing, except after a General Recall.

9.4 In the event of there being a General recall, the order in which the starts have been scheduled will remain in force.

**10 CHANGE OF THE POSITION OF THE NEXT MARK**

The race committee may change the position of the next mark in accordance with RRS.33

**11 THE FINISH**

The Finishing Line will be between a staff bearing an orange flag on the Finish boat and a nearby mark. (See Addendum B for description.)

**12 PENALTY SYSTEM**

12.2 The penalties are as follows:

12.3 Rule 44 is changed so that the 'Two-Turns Penalty' is replaced by a 'One-Turn Penalty including one tack and one gybe.'

12.4 A boat that has taken a penalty or retired under rule 31 (Touching a Mark) or 44 (Penalties for Breaking Rules of Part 2) shall complete an acknowledgment form at the race office within the protest time limit.

**13 TIME LIMITS**

13.2 The time limit for the first boat in each race shall be 75 minutes.

13.3 Boats failing to finish within 20 minutes after the first boat finishes, will be scored Did Not Finish. This changes RRS 35 and Appendix A4

**14 PROTESTS AND REQUESTS FOR REDRESS**

14.2 Protest forms are available at the race office. Protests shall be delivered there within the protest time limit.

14.3 The protest time limit is 1 hour after the last boat/windsurfer in that series has finished the last race of the day. The same protest time limit applies to all protests by the race committee and to requests for redress. This changes RRS 61.3 & 62.2.

14.4 Any boat or windsurfer on which the crew think that they may wish to initiate a protest, must inform the Race Committee on the Finish Boat before returning to the shore.

**15 SCORING**

15.1 The Low Points scoring system of RRS Appendix A will apply.

15.2 Ties will be broken in accordance with RRS Appendix A

15.3 When less than 4 races have been completed, a boat's score will be the total of her race scores. When 4 or more races have been completed, a boat's score will be the total of her race scores excluding her worst score.

15.4 When 8 races or more have been completed, a boat's score will be the total of her race scores excluding her 2 worst scores.

**16 SAFETY REGULATIONS**

See Addendum B.

**17            REPLACEMENT OF CREW OR EQUIPMENT**

Substitution of competitors will not be allowed without the prior written approval of the Race Committee.

**18            PRIZES    See Addendum B.**

**19            LOCAL VARIATIONS**

See Addendum B.

**Addendum A**  
**Course 1**

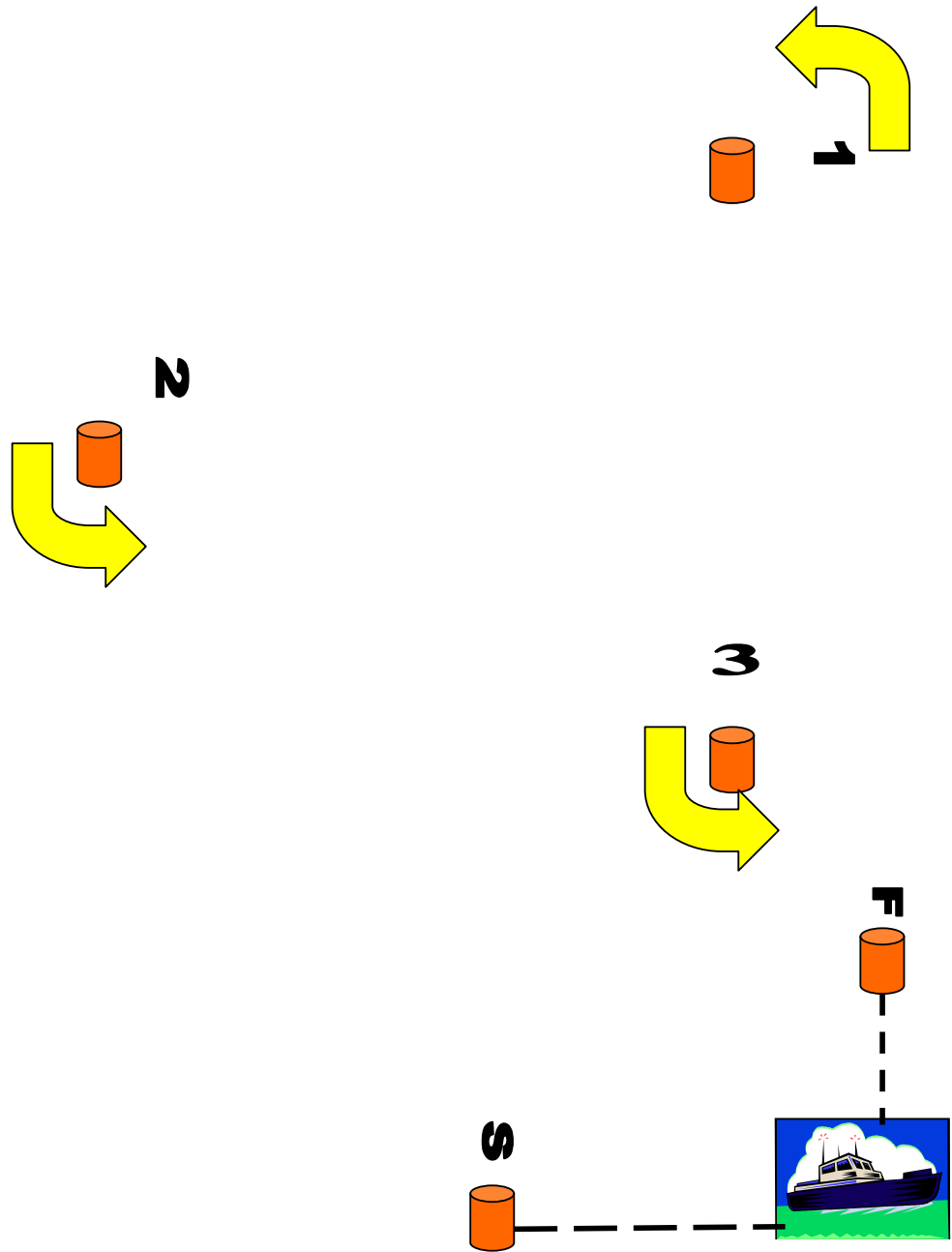
**COURSE DIAGRAMS**

**Rounding**  
**Order**

1p,2p,3p

1p,3p,

1p,2p,Finish



**Addendum A (page 2)**  
**Course 2**

**COURSE DIAGRAM**

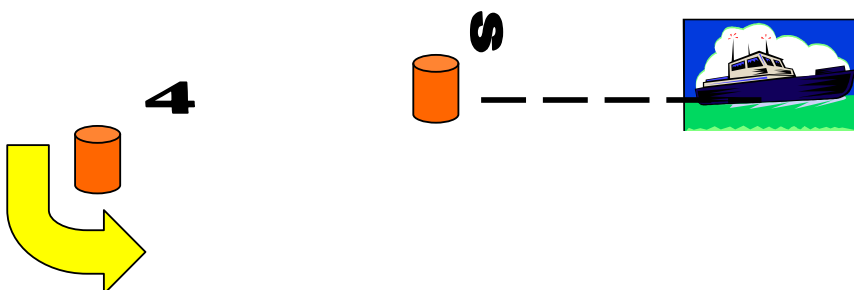
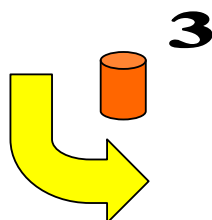
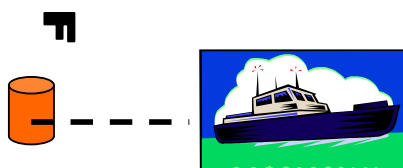
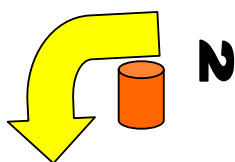
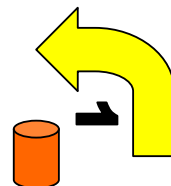
*This course will be sailed if Pennant 2 is flown from the Committee Boat at least 2 minutes prior to the warning signal.*

**Rounding**  
**Order**

1p,2p, 3p

2p,3p,

4p,Finish



## Addendum B: - LOCAL VARIATIONS

The numbers relate to the appropriate Sailing Instruction. In the event of a conflict, this addendum will take precedence.

- 2 The Official Notice Board will be located outside the main Watersports Office
- 4 The Official Flagpole will be located at the head of the main slipway and launch area.

### 5.1

<u>Day</u>	<u>Race No.</u>	<u>Start Time</u>
Monday 25 <sup>th</sup>	Laser 1	1100 hrs
Monday 25 <sup>th</sup>	Optimist 1	1105 hrs
Monday 25 <sup>th</sup>	Laser 2	As soon as possible after Race 1
Monday 25 <sup>th</sup>	Optimist 2	As soon as possible after Race 1
Monday 25 <sup>th</sup>	Windsurfer 1	As soon as possible after Optimist Race 2
Monday 25 <sup>th</sup>	Windsurfer 2	As soon as possible after Race 1
Tuesday 26 <sup>th</sup>	Laser 3	1000 hrs
Tuesday 26 <sup>th</sup>	Optimist 3	1005 hrs
Tuesday 26 <sup>th</sup>	Laser 4	As soon as possible after Race 3
Tuesday 26 <sup>th</sup>	Optimist 4	As soon as possible after Race 3
Tuesday 26 <sup>th</sup>	Windsurfer 3	As soon as possible after Optimist Race 3
Tuesday 26 <sup>th</sup>	Windsurfer 4	As soon as possible after Race 4
Tuesday 26 <sup>th</sup>	Laser 5	As soon as possible after Windsurfer Race 4
Tuesday 26 <sup>th</sup>	Optimist 5	5 minutes after Laser Race 5
Tuesday 26 <sup>th</sup>	Windsurfer 5	As soon as possible after Optimist Race 5
Wednesday 27 <sup>th</sup>	Laser 6	1000 hrs
Wednesday 27 <sup>th</sup>	Optimist 6	1005 hrs
Wednesday 27 <sup>th</sup>	Laser 7	As soon as possible after Race 6
Wednesday 27 <sup>th</sup>	Optimist 7	As soon as possible after Race 6
Wednesday 27 <sup>th</sup>	Windsurfer 6	As soon as possible after Optimist Race 7
Wednesday 27 <sup>th</sup>	Windsurfer 7	As soon as possible after Race 6
Wednesday 27 <sup>th</sup>	Laser 8	As soon as possible after Windsurfer Race 7
Wednesday 27 <sup>th</sup>	Optimist 8	5 minutes after Laser Race 8
Wednesday 27 <sup>th</sup>	Windsurfer 8	As soon as possible after Optimist Race 8
Thursday 28 <sup>th</sup>	Laser 9	1000 hrs
Thursday 28 <sup>th</sup>	Optimist 9	1005 hrs
Thursday 28 <sup>th</sup>	Windsurfer 9	As soon as possible after Optimist Race 9

There will be no warning signals made on Thursday 28<sup>th</sup> after 1200 except in the case of there being a General recall.

5.3 (9) races are scheduled.

A boat that retires from a race shall notify the race committee as soon as possible, or complete the Sign-Off form for retirements, at the race office, within 1 hour after the last boat has finished the last race of the day.

7 The racing area will be set on Roadford Lake. The attention of competitors is drawn to the prohibited areas on the lake, which are clearly marked out on the lake by a line of buoys. These areas constitute a continuous obstruction.

8.2 Course to be sailed:

Course 2 may be set; these will be identified by Numeral Pennant 2. Before this course is sailed, there will be a specific Competitor Briefing ashore

## 16 Safety Regulations

16.1 Tallies will be released at the direction of the safety officer, in conjunction with the lowering of flag W and no boat will go afloat without removing a tally. Within 30 minutes of returning ashore each competitor will be required to tally in.

16.2 Failure to comply with safety/tally system. Any boat(s) that fails to comply with the safety/tally system will be disqualified from the race/races concerned. The race committee may consider reinstatement of the boat(s) concerned upon donation of £5 to the RNLI c/o the host club.

### 16.3 Support Boats:

Each coach/support boat must be identified by national flag, 3 letter country code, or ISCA flag at all times while on the water. All boats must be registered with the Roadford Watersports Centre.

18 Prizes will be awarded as follows:

<u>Wording</u>	<u>Colour of Medal</u>
Sailing Optimist Boys 1st	Gold
Sailing Optimist Boys 2 <sup>nd</sup>	Silver
Sailing Optimist Boys 3rd	Bronze
Sailing Optimist Girls 1 <sup>st</sup>	Gold
Sailing Optimist Girls 2nd	Silver
Sailing Optimist Girls 3 <sup>rd</sup>	Bronze
Sailing Laser 4.7 Boys 1st	Gold
Sailing Laser 4.7 Boys 2 <sup>nd</sup>	Silver
Sailing Laser 4.7 Boys 3 <sup>rd</sup>	Bronze
Sailing Laser 4.7 Girls 1 <sup>st</sup>	Gold
Sailing Laser 4.7 Girls 2 <sup>nd</sup>	Silver
Sailing Laser 4.7 Girls 3 <sup>rd</sup>	Bronze
Sailing	Gold

Laser Radial Boys 1 <sup>st</sup>	
Sailing Laser Radial Boys 2 <sup>nd</sup>	Silver
Sailing Laser Radial Boys 3 <sup>rd</sup>	Bronze
Sailing Laser Radial Girls 1 <sup>st</sup>	Gold
Sailing Laser Radial Girls 2 <sup>nd</sup>	Silver
Sailing Laser Radial Girls 3 <sup>rd</sup>	Bronze
Windsurf Boys U15 1 <sup>st</sup>	Gold
Windsurf Boys U15 2 <sup>nd</sup>	Silver
Windsurf Boys U15 3 <sup>rd</sup>	Bronze
Windsurf Girls U15 1 <sup>st</sup>	Gold
Windsurf Girls U15 2 <sup>nd</sup>	Silver
Windsurf Girls U15 3 <sup>rd</sup>	Bronze
Windsurf Boys U17 1 <sup>st</sup>	Gold
Windsurf Boys U17 2 <sup>nd</sup>	Silver
Windsurf Boys U17 3 <sup>rd</sup>	Bronze
Windsurf Girls U17 1 <sup>st</sup>	Gold
Windsurf Girls U17 2 <sup>nd</sup>	Silver
Windsurf Girls U17 3 <sup>rd</sup>	Bronze
	Total = 30 Gold = 10

Silver = 10 Bronze = 10
----------------------------

In addition to the above medals which will be presented at the lake, there will be trophies presented for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places overall which will be presented at the closing ceremony at Bideford.

# Variations to Addendum A COURSE DIAGRAMS

## Windsurfer Course 1

*This course will be sailed if Pennant 3 is flown from the Committee Boat at least 2 minutes prior to the warning signal*

### Rounding

#### Order

1p,2p,3p,

1p, 2p,3p,

1p,2p,4p, 5s,6p,7s,3p F

3

