



RYA CYMRU WALES-WELSH ZONE CHAMPIONSHIPS

FISHGUARD BAY YACHT CLUB

23RD & 24TH SEPTEMBER 2017

*The organising authority is RYA Cymru Wales
in conjunction with Fishguard Bay Yacht Club*

SUPPORTED BY

sportwales
chwaraeoncymsu

SAILING INSTRUCTIONS

[DP] denotes a rule for which the penalty is at the discretion of the Protest Committee.

[NP] denotes that a breach of this rule will not be grounds for a protest by a boat.

[SP] denotes a rule for which a standard penalty may be applied by the race committee without a hearing

1. RULES

1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing 2017 - 20*.

2. NOTICES TO COMPETITORS

2.1 Notices to competitors will be posted on the official notice board.

3. CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted 1 hour before the scheduled start time of the class, except that any change to the schedule of races will be posted by 19:00 hours on the day before it will take effect.

Oral changes to the sailing instruction may be made by the race committee notifying boats of a change after flying code flag "C" with one sound signal.

4. BRIEFING

There will be a competitor's briefing at 10.30am on Saturday in the Phoenix Centre.

5. SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed on the flagstaff on the Watersports Centre. When a signal is displayed over an area, class, or fleet flag it applies to that area, class, or fleet only.

5.2 Boats may not launch until Flag R is raised with a sound signal [NP] [DP][SP]. (Our intention is that the warning signal will be made not less than 20 minutes after Flag R is displayed or not before the scheduled time, whichever is later').

5.3 Flag L with a sound means: 'A notice to competitors has been posted'.

5.4 When Flag AP is shown ashore race signal AP is changed in that '1 minute' is replaced by 'not less than 30 minutes'. Launching will start approximately 10 minutes after AP is lowered and Flag R is raised. This changes race signal AP.



6. SCHEDULE OF RACES

6.1 The series will consist of 6 races.

6.2 Races will start at the following times each day. The intention for the day will also be highlighted at the briefing and intended class order is highlighted below. This may be subject to change.

Championship Dinghy - Programme of Racing






Day	Course	Races (up to a maximum of 6 races)	Time of Warning Signal	Course Suggestion (subject to change)
Saturday	Dinghy (Yellow)	Up to 4 Races	Scheduled time of warning signal for first race 11:55	Optimist Topper General Handicap Windsurfer
Sunday	Dinghy (Yellow)	Up to 4 Races	Scheduled time of warning signal for first race 10:25	Optimist Topper General Handicap Windsurfer

Regatta Fleet

Day	Course	Races (up to a maximum of 8 races)	Time of Warning Signal
Saturday	Regatta (Blue)	Up to 4 races	Race Training or Scheduled Races from Noon
Sunday	Regatta (Blue)	Up to 4 races	Race Training or Scheduled Races from 10:30am

- 6.4 Races will start as soon as practically possible after the finish of the previous race.
- 6.5 To alert boats that a race or sequence of races will begin soon, an Orange flag will be displayed with one sound signal at least Five minutes before the warning signal is displayed.
- 6.6 No Warning signal will be made after 15:00 on Sunday 24th September 2017

7. CLASS FLAGS

Class	Description	Picture
Topper	Code Flag T	T 
Optimist	Code Flag O	O 
General Handicap	Code Flag G	G 
Windsurf fleet	Code Flag M	M 
Regatta fleet	OnBoard Flag	

8. RACING AREAS

- 8.1 Colours Yellow and Blue designate racing areas. These colours will be used for identifying flags ashore and on committee boats.
- 8.2 The racing areas will be posted on the notice board.
- 8.3 Classes are assigned to racing areas as follows:

Area	Classes
Yellow	General Handicap, Optimist, Topper, Windsurfers
Blue	Regatta Optimist, Regatta Topper, Regatta Handicap

9. THE COURSES

- 9.1 The courses are described in Appendix A.
- 9.2 No later than the warning signal, the race committee signal boat may display the approximate compass bearing of the first leg.
- 9.3 Course signals will be displayed on a board on the starboard side of the race committee signal boat.
- 9.4 If no signal is displayed the Optimists will sail an OX2 and the Topper IX2, Windsurfers will sail LR2 and General Handicap will sail LR3.

10. MARKS

- 10.1 The following colour racing marks will be used:-

Fleet	Marks (Colour)
Yellow	Orange (Mark 5 Red or with Red flag)
Blue	Onboard training marks or as described.

- 10.2 New marks, as provided in instruction 12, will be of the same shape and colour as the original marks.
- 10.3 Starting marks will be a race committee boat at the starboard end (including any buoy, object or boat attached to it for the duration of the starting period), and a boat or buoy with an orange flag at the port end.
- 10.4 Finishing marks will be a race committee boat and a boat or buoy with a blue flag.

11. THE START

- 11.1 The starts will be started in accordance with RRS Rule 26

Time	Title	Signals
5 minutes	Warning	Class Flag or Numeral Pennant up and 1 sound signal
4 minutes	Preparatory	Either Flag P, Flag I, Flag U or Black Flag up and one sound signal
1 minute	1 minute period	Either Flag P, I, U or Black down and one long sound signal
0 minute	Starting	Class Flag or Numeral Pennant down and one sound signal



- 11.2 The starting line will be between staffs displaying orange flags on the starting marks.
- 11.3 [NP][SP] [DP]. Boats whose warning signal has not been made shall avoid the starting area.
- 11.4 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start. This changes rules A4 and A5.

12. CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position, or lay a new mark and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.



Flag C – Change of Course Length or Bearing

13. THE FINISH

- 13.1 The finishing line will be between staffs displaying blue flags on the finishing marks or boats.
- 13.2 A blue flag means that the Race Committee boat is in position at the finishing line.
- 13.2 Back markers may be given their finish taken on the course by a Race Committee boat displaying Flag W with two sound signals.



Flag W – Finish on course

- 13.3 **SHORTEN COURSE:** on LR courses if “S” is displayed on the committee boat (a blue flag may be waived at mark 4) the course is changed to read, round mark 4 and proceed directly to the finish. This changes RRS 32.

14. TIME LIMITS & TARGET TIMES

Time limits and target times are as follows:

Class	Time limit	Target time
Topper/Topper 4.2/Tera, Optimist & General Handicap	90 minutes	45 minutes
Windsurfers	90 minutes	30 minutes

15. PROTESTS AND REQUESTS FOR REDRESS

- 15.1 The penalty for boats breaking SIs 5.2, 11.3, 20, 21, 22, 23, 25, 26 will be at the discretion of the Protest Committee [DP].
- 15.2 Immediate penalties for breaking rule 42: Appendix P will apply, except that this is amended such that P2.2 and P2.3 are deleted and P2.1 (two turns penalty) shall apply to all penalties.

16.1 Exoneration Penalty

- 16.1.1 A boat that may have broken a rule of Part 2, rule 31 or rule 42, may, after finishing the race concerned and before the start of a related protest hearing, notify the Race Committee that she accepts a 30% scoring penalty as stated in rule 44.3(c), except that the minimum penalty is two places provided that does not result in a score worse than DNF. This penalty does not reverse an OCS score, a disqualification under rule 30.3 or a penalty under Appendix P. It is not available for a breach of rule 2 or of class rules or for gross misconduct under rule 69. Nor is it available to a boat

that caused injury or serious damage, or gained a significant advantage by her breach: in these circumstances, her penalty is to retire.

16.1.2 When an Exoneration Penalty is accepted,

(a) Neither the boat nor a protest committee may then revoke or remove the penalty.

(b) The boat shall not be penalized further in a protest hearing when the protest committee decides that it was appropriate to the facts found and the applicable rules.

16.2 A boat that retires before finishing or after finishing or takes a one-turn penalty or a two-turn penalty under rule 31 or rule 44.1 shall record the details on a declaration form at the Tally Control Point Gazebo before the end of tally time. [NP][DP]

17 Advisory Hearing & RYA Arbitration Hearings

17.1 When there is an incident that will not result in the lodging of a protest or a request for redress, a boat, Protest Committee or Race Committee may request an advisory hearing with the race office, and notify any boat involved in the incident. An Adviser will then call a hearing to learn what may have happened and will state whether any rule appears to have been broken, and by which boat. A boat may as a result notify the Race office that she accepts an Exoneration Penalty when it applies to the incident, or choose to retire.

17.2 When a protest or request for redress is lodged, a boat may at the same time request RYA Arbitration, or the Protest Committee or Race Committee may offer it.

17.3 If the parties and a member of the Protest or Race Committee agree that RYA Arbitration is suitable, an Arbitrator (who may be that member of the Protest Committee) will call a hearing conforming to Section B of Part 5 of the Racing Rules of Sailing, except that rule 64.1(a) will not apply. Instead when the Arbitrator decides that a boat that is a party to the arbitration hearing has broken a rule for which the Exoneration Penalty is available, the party will be invited to accept that penalty, and, if it is accepted by a protested boat, the protesting boat will be allowed to withdraw the protest, changing rule 63.1.

17.4 When there is not an agreement to use RYA Arbitration, or when, after RYA Arbitration, a protest is not withdrawn or the Exoneration Penalty is not applicable to the facts, there will be a normal protest hearing, at which the Arbitrator may be a member of the Protest Committee. Rule 66 and 70 (reopening and appeal, respectively) do not apply to the arbitration decision since this is not a protest committee decision or procedure. A boat may still accept an Exoneration Penalty at any time before the start of a protest hearing and receive its protection from further penalization. She may also retire.

17.5 When redress is offered and accepted at the RYA Arbitration, all parties the Protest Committee or Race Committee may seek to have this reviewed by asking for a full hearing. When redress is offered and not accepted, or not offered at all, the boat may have her request heard before a Protest Committee.

18. PROTESTS & REQUESTS FOR REDRESS

18.1 Protest forms will be available from the Tally Control Point Gazebo. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

18.2 For each class or fleet the protest time limit is 60 minutes after the last boat has finished the last race of the day.

18.3 Notices will be posted within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. The location and time of hearings will be posted.

18.4 Notices of protests by the Race Committee or Protest Committee will be posted to inform boats under rule 61.1(b).

18.5 [NP] [SP] Declarations for one or two turn penalties shall be made at the Tally Control Point Gazebo.

18.6 Breaches of instructions 5, 11.3, 18, 20, 21, 22, and 29 will not be grounds for protest by a boat [NP]. This changes rule 60.1. Penalties for these breaches may be less than disqualification if the protest committee so decides [DP]. The penalty may be a standard penalty applied by the race committee. [SP]

18.7 On the last scheduled day of racing a request for redress from a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.

19. SCORING

19.1 One race is required to be completed to constitute a regatta for all boats. This changes the NOR.

- 19.2 When fewer than 3 races have been completed, a boat's series score will be the total of her race scores.
When 3 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- 19.3 To request correction of an alleged error in posted race or series results, a boat shall complete a scoring enquiry form available at the race office.

20. SAFETY REGULATIONS [NP]

- 20.1 All competitors shall wear a personal flotation device at all times when afloat, except briefly when changing or adjusting clothing or personal equipment [DP]. Wet suits and dry suits are not considered personal flotation devices. This changes rule 40.1
- 20.2 A boat that retires from a race shall notify the race committee or a safety boat as soon as possible.
- 20.3 Boats wishing to sail ashore before the end of the day's racing shall not do so unless authorized by a safety boat. The safety boat will instruct boats in the procedure for returning ashore.
- 20.4 Boats shall follow the instructions of the safety boats. Infringements will be reported to the race committee, which may protest the boat. Boats penalised under this instruction may be scored DNE, or such other penalty that the protest committee may decide. This changes rule 64.1(a).
- 20.5 Outside Help:
Penalties for breaches of rule 41 (Outside Help) will be at the discretion of the protest committee. Any outside help shall be reported to the protest committee on a form available from the race office or the protest desk before the protest time limit on the day concerned.
- 20.6 **Check-out and check-in. TALLYING**
The requirements of this instruction are specified for the safety of competitors
- (a) The tally control point to check-out and check-in competitors will be located between the main road and the Ocean Lab in the Gazebo.
- (b) Tallies comprise numbered rubber wristbands. Numbers will be allocated at registration, and posted on the Official Notice Board. Tallies shall be worn visibly, over clothing, on the right wrist by both helm and crew at all times while afloat.
- (c) Both helm and crew shall individually check-out before racing by personally collecting their tally.
- (d) Both helm and crew shall individually check-in immediately on returning to shore after racing, but no later than the protest time limit, by returning the tally personally to tally control.
- (e) The penalty for failure to comply with this instruction will be at the discretion of the Protest Committee [DP]. A list of boats that have infringed will be posted on the Official Notice Board before the protest time limit. This changes rule 63.1.
- 20.7 A boat that retires from a race shall notify the Race Committee as soon as possible.
- 20.8 Boats wishing to sail ashore before the end of the day's racing shall not do so unless authorised by a safety boat. The safety boat will instruct boats in the procedure for returning ashore.
- 20.9 Boats shall follow the instructions of the safety boats. Infringements will be reported to the Race Committee, which may protest the boat. Penalties for boats who have infringed the rule will be at the discretion of the Protest Committee [DP].
- 20.9.1 Outside Help: Penalties for breaches of rule 41 (Outside Help) will be at the discretion of the Protest Committee [DP]. Any outside help shall be reported to the Protest Committee on a form available from the Race Office or the protest desk before the protest time limit on the day concerned.

21. REPLACEMENT OF CREW OR EQUIPMENT [DP] [NP][SP]

- 21.1 Substitution of competitors will not be allowed without prior written approval of the Race Committee.
- 21.2 Substitution of damaged or lost equipment will not be allowed unless approved by the race committee. Requests for equipment substitution shall be submitted in writing using forms available from the race office or the protest desk, which shall be delivered to the protest desk before the protest time limit on the day the replacement equipment has first been used. Failure to comply with this requirement, the refusal of the request, or the failure of any

replacement equipment to comply with the class rules, will result in the boat being scored DNE for the race or races concerned.

22. OFFICIAL & SUPPORT BOATS

Official boats will be marked as follows:

Boat	Flag
Race committee boats	Course area flags
Safety boats	Course area flag

22.1 Only official boats (those invited by and registered with RYA Cymru Wales) may launch. There shall be no communication with competitors while afloat except by official boats.

22.2 All registered support boats will be launched and recovered free of charge.

22.3 Food and drink may be placed on official boats, as well as rubbish.

23. Rubbish Disposal

23.1 Boats shall not put rubbish into the water. Rubbish may be placed on support and official boats.

24 Boats and Competitors in Difficulty

24.1 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.

25 Outside Help

Penalties for breaking rule 41 (outside Help) shall be at the discretion of the Protest Committee [DP]. When a boat has received help, a request for a lesser penalty than retirement may be made to the Protest Committee in writing before the protest time limit on the day concerned.

26. RADIO COMMUNICATION

A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats [DP]. This restriction includes mobile telephones.

27. DISCLAIMER OF LIABILITY

Risk Statement

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

Sailing is by its nature 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 omission;
- 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 risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event.

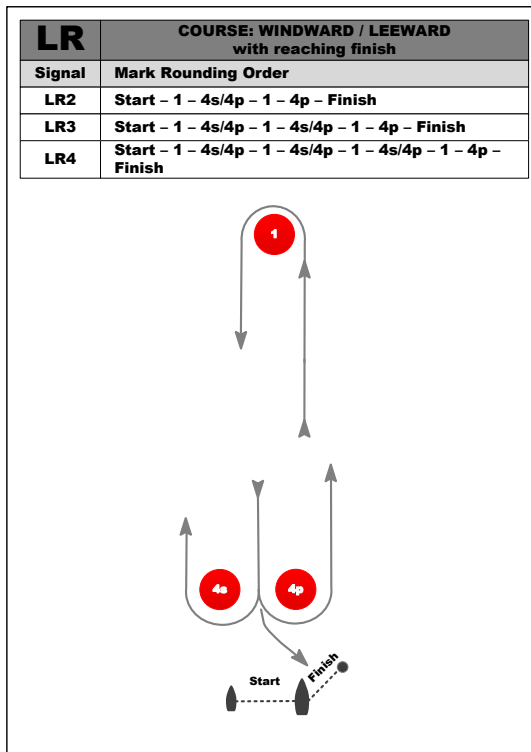
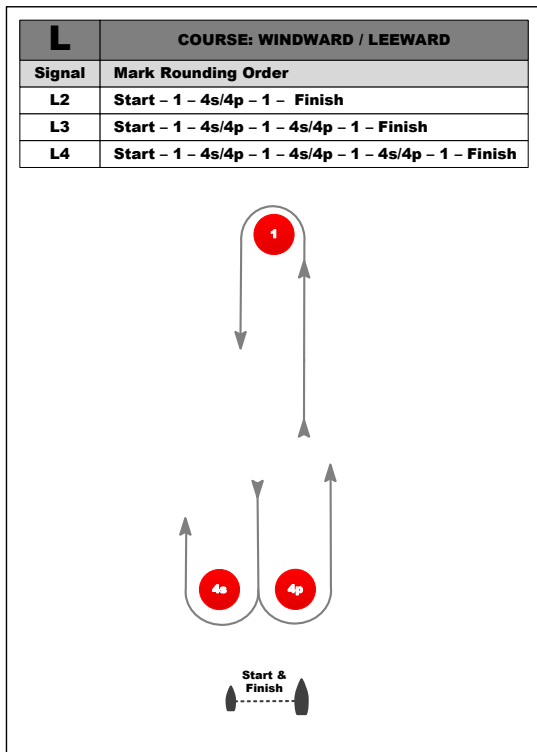
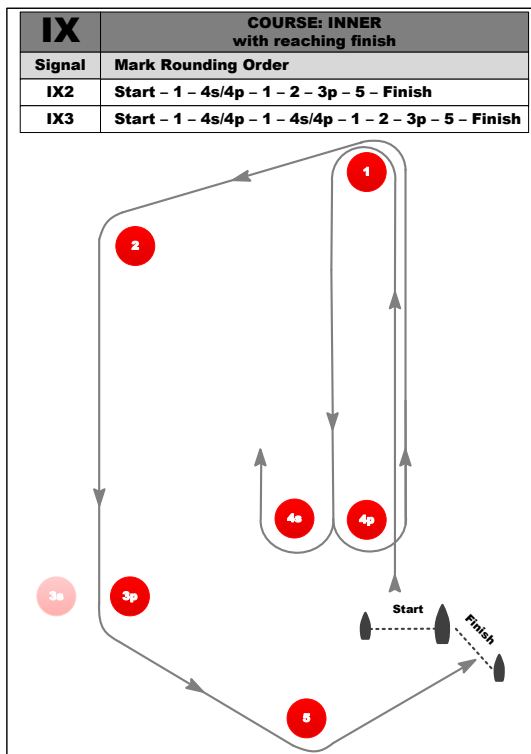
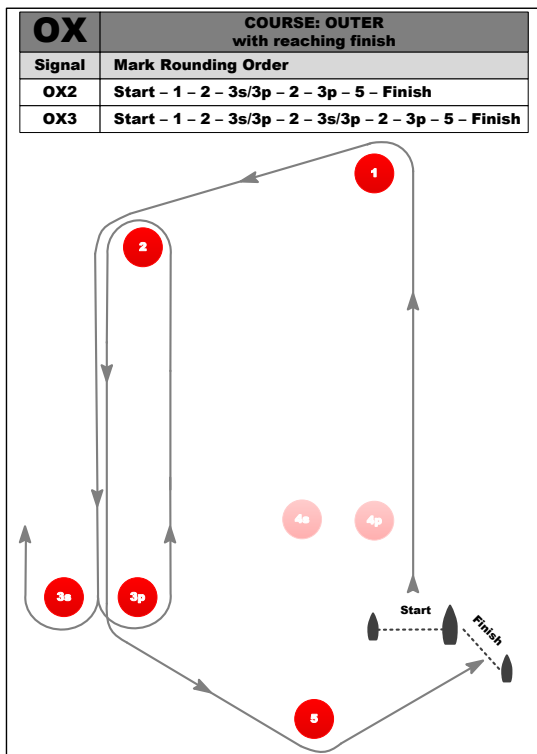
28. INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £2million per event or the equivalent.

29. [DP] CODE OF CONDUCT

- 29.1 Competitors and support persons shall comply with any reasonable request from a regatta official.
- 29.2 Boats that are on a course area or passing through a course area to which they are not assigned shall remain clear of the area where boats are racing and any official boat.

Appendix A



A Gate may not be laid, if a gate mark is missing the remaining mark shall be rounded to Port.

Mark 5 may not be laid.

Yellow Course: If no signal is displayed the Optimists will sail an OX2 and the Topper IX2, Windsurfers will sail LR2 and General Handicap will sail LR3

Other courses will be signalled by course boards on the Committee Boat.

Blue Course: Will be notified by the coaches on the day depending on the weather.