

UK NATIONAL CHAMPIONSHIPS
ROYAL CORNWALL YACHT CLUB
24-27 June 2009

SAILING INSTRUCTIONS

The Organising Authority is the Royal Cornwall Yacht Club.

1 RULES

- 1.1 The Regatta will be governed by:
- 1.1.1 the Racing Rules of Sailing 2009-2012 (RRS).
 - 1.1.2 the Laser SB3 Class Rules 2009 (referred to as Class Rules).
 - 1.1.3 in respect of commercial shipping, Falmouth Harbour Commissioners byelaws and the International Regulations for the Prevention of Collisions at Sea (IRPCS).
- 1.2 Racing Rules will be changed as follows: RRS Part 4 Preamble; 32.1, 35; 60.1(a); 61.1(b); 66; A4; A5.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official notice boards located within the RCYC and at Port Pendennis Marina.
- 2.2 The Race Committee will also use VHF Ch72 – Call sign “Jacaranda”.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change(s) to the SI will be posted at least 2 hours before the scheduled start of a race or series of races on the day it will take effect, except that any change to the schedule of races will be posted by 20:00 on the day before it will take effect. In exceptional circumstances other changes may be posted before competitors leave Port Pendennis Marina or Falmouth Yacht Haven.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the flagpole located on the railings in front of the Red Ensign yacht brokerage at Port Pendennis Marina.
- 4.2 When Y Flag is displayed ashore, RRS 40.1 (personal buoyancy) applies at all times while afloat. This changes RRS Part 4 Preamble.
- 4.3 When Flag AP is displayed ashore, ‘1 minute’ is replaced with ‘not less than 1 hour’ in RRS “Race Signal AP”.

5 SCHEDULE OF RACES

- 5.1 There will be a skippers’ briefing at 0900 on Wednesday 24 June at the Port Pendennis Marina office.
- 5.2 The Championship will comprise up to 12 races that will ideally be sailed 3 per day, however the following may apply:

Day	First Warning Signal	No of Races
Wednesday 24 June	1200	Up to 4 races back to back
Thursday 25 June	1030	Up to 4 races back to back
Friday 26 June	1030	Up to 4 races back to back
Saturday 27 June	1030	Up to 4 races back to back No race shall start after 1300

- 5.3 Should a subsequent race be planned Flag W shall be displayed on the race committee signals vessel. Where there is a subsequent race planned it shall start as soon as possible following the completion of the previous race.

6 CLASS FLAGS

- 6.1 The class flag will be ICF Numeral Pennant 1. Boats are not required to fly the Class Flag

7 RACING AREA

- 7.1 The racing area will be in, or to the east of, Falmouth Bay. In very strong winds, or insufficient wind in the Bay, courses will be set in Carrick Roads. The race committee will announce the location of the course area on VHF Ch72 approximately 1hr before the first warning signal of the day.

8 THE COURSES

- 8.1 The courses will be windward/leeward as described in Appendix 1.

9 MARKS

- 9.1 Race marks are as described in Appendix 1.
- 9.2 An orange inflatable mark may be laid approximately in the centre of the start line. This mark may be passed on either side and does not constitute a mark of the course.

10 THE START

- 10.1 Races will be started using RRS 26 with the warning signal given 5 minutes before the starting signal.
- 10.2 The starting line will be between a staff displaying an orange flag on the race committee signals vessel at the starboard end and a staff displaying an orange flag on a race committee RIB at the port end.
- 10.3 If a start under RRS 30.3 is recalled, the sail numbers of the boats identified in the triangle shall be displayed on the race committee signal vessel for a minimum time of 3 minutes. A long sound signal will be made as the numbers are displayed. Any boat so notified that she has been disqualified shall not sail in any restart or re-sail of that race.
- 10.4 A boat starting later than 5 minutes after her starting signal will be scored DNS. This changes RRS A4 and A5.
- 10.5 The race committee will broadcast the countdown sequence on VHF Ch72. In addition, the Race Officer will endeavour to provide a general commentary on the start. Failure to provide either of these broadcasts shall not be grounds for redress under RRS 62.1(a).

11 CHANGE OF COURSE AFTER THE START

- 11.1 To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position.

12 THE FINISH

- 12.1 The finishing line will be between a staff displaying an orange flag on the race committee signals vessel and a yellow inflatable buoy.
- 12.2 A race may be shortened at any mark of the course.
- 12.3 After finishing, boats shall avoid the finish area.

13 TIME LIMITS

- 13.1 Time limits and target times are as follows:

Race Time Limit	Race Target Time	First Mark Time Limit
90 minutes	60 minutes	45 minutes

- 13.2 If the leading boat fails to round Mark 1 within the First Mark Time Limit, then the race shall be abandoned (changes RRS 32.1). All boats will be advised on VHF Ch72.
- 13.3 Boats failing to finish within 15 minutes after the first boat finishes will be scored DNF. This alters RRS 35, A4 and A5.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1 Protest forms are available at the Race Office in the RCYC and from the Berthing Master at Port Pendennis Marina. Protests shall be delivered to the RCYC or the Berthing Master within the protest time limit.
- 14.2 The protest time limit is 30 minutes after the last boat has returned to its berth after the last race of the day. The actual time limit will be posted on the notice boards.
- 14.3 Notices will be posted within 30 minutes of the expiry of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be heard in the conference room located upstairs in the RCYC. Parties to each protest are requested to remain in the downstairs bar area.
- 14.4 Notices of protests by the race committee will be posted on the notice boards to inform boats under RRS 61.1(b).
- 14.5 Protests will be heard as soon as possible, in approximately the order of receipt. It is the responsibility of the Protestor, Protestee and Witnesses to make themselves available for the hearing.
- 14.6 Breaches of SI 1.1.2, 1.1.3, 4.2, 12.3, 13.2, 16, 17, 18, 19 and 20 shall not be grounds for a protest by a boat. This changes RRS Rule 60.1(a). Penalties for these breaches or breaches of Class Rules reported by measurers' "spot checks" during the regatta may be less than disqualification if the protest committee so decides (changes RRS 60.1(a) and A4.2).
- 14.7 On the last day of the Regatta a request for reopening a hearing shall be delivered:
 - 14.7.1 within the protest time limit if the party requesting reopening was informed of the decision on the previous day;
 - 14.7.2 no later than 30 minutes after the party requesting reopening was informed of the decision on that day.This changes RRS 66.

15 SCORING

- 15.1 The low point scoring system of RRS Appendix A will apply.
- 15.2 Two races are required to be completed to constitute a series.
- 15.3 The discard profile will be as follows:
 - 15.3.1 when fewer than 7 races are completed, a boats series score shall be the total of her race scores;
 - 15.3.2 when from 7 to 9 races have been completed, a boats series score shall be the total of her race scores excluding her worst score;
 - 15.3.3 when 10 or more races have been completed, a boats series score shall be the total of her race scores excluding her two worst scores.

16 SAFETY REGULATIONS

- 16.1 Safety equipment shall be carried in accordance with the Class Rules
- 16.2 Boats retiring shall make every effort to inform the Race Committee, via VHF Ch72, before leaving the Racing Area. Alternatively the Race Committee should be informed on returning to shore.
- 16.3 Commercial Shipping.
 - 16.3.1 Commercial vessels constricted by their draft or size form moving exclusion zones which competitors are to treat as obstructions. The exclusion zone extends to 100m on all sides of the vessel and includes tugs and pilot boats. No competitor is to enter the exclusion zone and if becalmed is to use paddles or other means of propulsion to move out of the way. This should only be sufficient to move out of the exclusion zone by the shortest distance. This changes RRS 42.
 - 16.3.2 Competitors who unnecessarily interfere with commercial shipping bring the sport into disrepute and risk protest by the Race Committee under RRS 69. A complaint by the Harbour Authority will automatically initiate a protest hearing.

17 EQUIPMENT AND MEASUREMENT CHECKS

- 17.1 All crews shall be weighed at registration and may be reweighed during the event to ensure compliance with Class Rule C3.
- 17.2 A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a boat can be instructed by a race committee measurer to proceed immediately to a designated area for inspection.

18 SUPPORT BOATS

- 18.1 Coach/Support Boats and personnel shall stay 100 metres below the starting line and its extensions from the time of the Preparatory Signal until four minutes after the start of any race. After such time coach/support boats may proceed parallel to the course at a distance of 100 metres outside areas where boats are racing, and may not go above the windward or below the leeward and/or finish marks at any time when boats are racing.
- 18.2 In accordance with SI 14.6, any breach of SI 18.1 by a coach/support boat may result in penalties being applied to all competitors serviced by that coach/support boat. The penalty may be disqualification or some other penalty determined by the Protest Committee. In addition, the coach/support boat may, at the discretion of the Protest Committee, be barred from going afloat.

19 LAUNCHING AND HAUL OUT RESTRICTIONS

- 19.1 All boats shall be launched by 0930hrs on Wednesday 24 June.
- 19.2 Boats shall not be hauled out during the regatta except with and according to the terms of prior written permission of the race committee. "Request for Haul Out" forms are available from the Race Office at the RCYC and from the Berthing Master at Port Pendennis Marina.

20 DIVING EQUIPMENT AND PLASTIC POOLS

- 20.1 Underwater breathing apparatus and plastic pools or their equivalent shall not be used around keel boats between the preparatory signal of the first race and the end of the regatta, except with and according to the terms of prior written permission of the race committee. "Request to use underwater breathing apparatus" forms are available from the Race Office at the RCYC and from the Berthing Master at Port Pendennis Marina.

21 PRIZES

- 21.1 The UK National Championship will be awarded to the highest placed boat with at least one of the crew holding a full membership from The Class, or another recognised Laser SB3 District. At registration crews can identify themselves if any of the following apply as additional prizes will be awarded for:-
 - 21.1.1 1st Senior Crew where the average age of the crew are over 50;
 - 21.1.2 1st All female crew;
 - 21.1.3 1st Junior crew where the helm is under 20 and the crews average age is under 23;
 - 21.1.4 1st boat based outside the United Kingdom.
- 21.2 The prize giving will be held during the Laser SB3 Championship Dinner.

22 DISCLAIMER OF LIABILITY

- 22.1 Decision to Race - The helm and crew of a boat are entirely responsible for their own safety, whether afloat or ashore, and nothing, whether in the Notice of Race or Sailing Instructions or anywhere else reduces this responsibility.
- 22.2 It is for the helm and crew of the boat to decide whether he/she is fit to sail in the conditions which he/she will find. By launching or going to sea, and or staying at sea, the boat skipper and crew confirm that they are fit for those conditions and the crew is competent to sail and compete in them.
- 22.3 Nothing done by the organiser can reduce the responsibility of the helm or crew of a boat nor will it make the organisers responsible for any loss, damage, death or personal injury, howsoever it may have occurred, as a result of the boat taking part in racing. The organisers encompass everyone helping to run the race and the event and include the Organising Authority, the Race Committee, the Race Officers, patrol boats and beach masters.
- 22.4 The provision of patrol boats does not relieve the helm and crew of a boat of their responsibilities.
- 22.5 Man overboard – Crews are also reminded of their primary responsibility to offer to assist any man overboard at any time. If they stand by or assist, redress can be claimed.

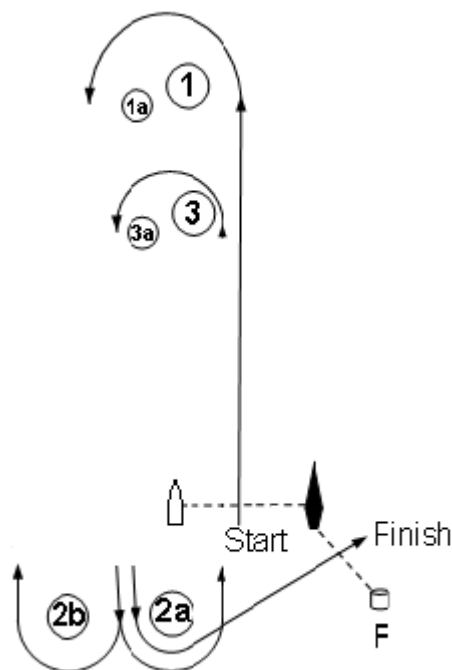
23 INSURANCE

- 23.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £2,000,000 per event or the equivalent.

Appendix 1

Course

Start - 1P- 1aP- (2aP-2bS) – 3P – 3aP – 2aP – Finish.



MARK DESCRIPTIONS

1	Conical Orange Inflatable
1a	Conical Orange Inflatable
2a	Conical Orange Inflatable
2b	Spherical Black Inflatable
3	Conical Yellow Inflatable
3a	Conical Yellow Inflatable
F	Cylindrical Yellow Inflatable