

**Women's Junior and Master
Lightning North American Championship
10-14 August 2016**

Rochester Yacht Club
5555 St. Paul Blvd.
Rochester, New York 14617 USA
www.rochesteryc.com
<http://www.regattanetwork.com/event/11588>

SAILING INSTRUCTIONS

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing* (RRS). The prescriptions of US Sailing, including Appendix T Section B and D will apply and will be posted on the official notice board during the regatta.
- 1.2 The organizing authority (OA) is the ILCA and Rochester Yacht Club.
- 1.3 The International Lightning Class Association (ILCA) By-Laws and "Document Governing All Sanctioned Lightning Class Championships" hereinafter referred to as the "Document Governing" will apply.
- 1.4 RRS 27.3 is changed to add the following: "The RC or OA shall not abandon (or cancel) a scheduled race, or races, before the starting signal without approval of the Class Governing Authority.
- 1.5.1 If there is a conflict between languages the English text will take precedence.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official notice board(s) located on the RYC North Deck near the Burgee Bar.
- 2.2 Any questions regarding the sailing instructions shall be submitted in writing to the race committee PRO. The question(s) and any answers will be posted on the official notice board as soon as possible.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted before 0850 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at the main RYC flag pole located on the northwest corner of the Club property.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP. This changes RRS Race Signals.
- 4.3 Flag B (BRAVO) hoisted with one sound signal means 60 minutes before the end of the protest time limit. When lowered with one sound means "Protest time has ended". This changes RRS race signals.

5 SCHEDULE OF RACES

5.1

Day	Date	Event	Time
Wed	10 Aug	WJM Registration, Check-in and Measurement	1500-1800
Thurs	11 Aug	WJM Registration, Check-in and Measurement	0900-1600
		WJM Practice Race	1500
		Competitors Meeting @ RYC Burgee Bar Welcome Social Pizza and Cornhole \	1800
Fri	12 Aug	Continental Breakfast	0730-0830
		WJM Competitors Meeting @ RYC Burgee Bar	0830
		Racing (First Warning Signal)	1000
		Social Event (refreshments served at Burgee Bar)	After Racing
		Daily Awards	10 minutes after drop of "B" flag
		Offsite Seabreeze Amusement Park Event	
Sat	13 Aug	Continental Breakfast	0730-0830
		WJM Competitors Meeting @ RYC Burgee Bar	0830
		Racing (First Warning Signal)	1000
		Social Event (refreshments served at Burgee Bar)	After Racing
		Daily Awards	10 minutes after drop of "B" flag
		RYC Cookout	
Sun	14 Aug	Continental Breakfast	0730-0830
		WJM Competitors Meeting @ RYC Burgee Bar	0830
		Racing (First Warning Signal)	1000
		No warning signal after	1400
		WJM Final Awards/Social Event	1700

6 CLASS FLAGS

<i>Class</i>	<i>Flag</i>
Women	Pink
Junior	Green
Master	Grey

7 RACING AREAS

Attachment A shows the location of racing areas.

8 THE COURSES

8.1 The diagrams in Attachment B show the courses, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left. A windward offset mark will be laid approximately perpendicular to the course axis. The windward offset mark is to be rounded to port.

8.2 No later than the warning signal, the race committee signal boat will display the approximate compass bearing and distance of the first leg and the course to be sailed.

9 MARKS

9.1 Marks 1, 1A, 2, 3, 4S and 4P, will be:

Mark	Original	New Marks as per SI 12.1
1	Orange Tetrahedron	Yellow Tetrahedron
1A (offset)	Red Ball	Red Ball
2	Orange Tetrahedron	Yellow Tetrahedron
3	Orange Tetrahedron	Yellow Tetrahedron
4S and 4P (GATE)	Orange Tetrahedron	Yellow Tetrahedron

9.2 The starting and finishing marks will be race committee boats displaying an orange flag or a race committee boat displaying an orange flag and a nearby green inflatable mark.

9.3 A race committee boat signalling a change of a leg of the course is a mark as provided in instruction 12.2.

10 AREAS THAT ARE OBSTRUCTIONS

10.1 None

11 THE START

- 11.1 The RC signal boat will display code flag L (LIMA) with one sound as it departs the harbor.
- 11.2 The starting line will be between the staffs displaying an orange flag on the starboard end signal boat and the port-end starting mark boat. In the event that the port-end mark boat is not on station, it will be replaced by an inflatable mark.
- 11.3 Individual recalls and boats disqualified under RRS 30.3 (Black Flag Rule) will be broadcast on VHF channel 69 using bow/sail numbers. This is in addition to and changes RRS 29.1 and 30.3.
- 11.4 The RC will broadcast the bow/sail numbers of all boats observed to be OCS at the start twice; it will not alter the list based on a boat's actions subsequent to the start.
- 11.5 Failure of the RC to make a broadcast or to time it accurately will not be grounds for a request for redress. This changes RRS 60.1(b) and 62.1(a).
- 11.6 If the port end is a RC boat, individual and general recall flags will be displayed by both RC starting line boats.
- 11.7 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS 35, A4 and A5.
- 11.8 After a general recall for a start that used starting penalty rule 30.2 (Z Flag Rule) the RC will broadcast the bow/sail #s that were observed to be ZFP.
- 11.9 If the RRS 30.3 is in effect and a general recall is signalled, the Race Committee shall display a boat's bow/sail number if she broke RRS 30.3 before the next warning signal. This changes RRS 30.3.

12 CHANGE OF THE NEXT LEG OF THE COURSE

- 12.1 To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) 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.
- 12.2 Except at a gate, boats shall pass between the race committee boat signalling the change of the next leg and the nearby mark, leaving the mark to port and the race committee boat to starboard. This changes rule 28.

13 THE FINISH

- 13.1 For downwind finishes, the finishing line will be between a staff displaying an orange flag on the finishing line boat and a staff displaying an orange flag on a nearby race committee boat or an inflatable mark. The finishing line will be located to leeward of the leeward gate.
- 13.2 For windward finishes, the finishing line will be between a staff displaying an orange flag on the finishing line boat and a staff displaying an orange flag on a nearby race committee boat or an inflatable mark. The finishing line will be located to windward of the windward mark.
- 13.3 If the RC intends to start another race on the same day, it will display the flag “R” (ROMEO) with no sound while boats are finishing.
- 13.4 Flag “A” (ALPHA) displayed with no sound while boats are finishing means “no more racing today”

14 PENALTY SYSTEM

- 14.1 RRS 44 is changed to add the following: “The two turns penalty as provided in RRS Rule 44 will apply with the additional provision that when an infringing yacht has its spinnaker drawing at the time of the infringement, drops it completely while taking her penalty, and resets it immediately and has it drawing after the penalty, the penalty is one full turn instead of two.” This changes RRS 44.1.
- 14.2 US Sailing Prescription Appendix T Section B and D will apply, see attachment D.
- 14.3 A boat that has taken a penalty under RRS 31 or 44.1 shall complete an acknowledgment form at the protest committee office within the protest time limit.

15 TIME LIMITS AND TARGET TIMES

- 15.1 Target time for first boat to finish the race will be 70-75 minutes. Failure to meet the target time will not be grounds for redress. This changes rule 62.1(a).
- 15.2 Time limit shall be 2:30 (two and one - half hours). If no boat completes three legs within 1:30 (one and one-half hours), the race shall be abandoned and, if possible, re-sailed.
- 15.3 Boats failing to finish within 30 minutes after the first boat sails the course and finishes will be scored Time Limit Expired (TLE) without a hearing. A TLE score shall be two (2) more point than the number of boats that have finished within the time limit. This changes Document Governing VIII Racing Conditions Numbers 3 and RRS 35, A4, A5, and A11.

16 PROTESTS AND REQUESTS FOR REDRESS

- 16.1 Protest forms are available at the protest committee office, located at RYC Club Office Building on the east side of the property. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 16.2 The protest time limit is 60 minutes after flag B (BRAVO) is displayed ashore. This flag will be hoisted as soon as practical as the boats return to harbor. The same time limit applies to protests by the RC and jury about incidents they observe in the racing area and to requests for redress. This changes RRS 61.3 and 62.2.
- 16.3 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room, located at RYC Club Office Building, beginning at the time posted
- 16.4 Notices of protests by the race committee or protest committee will be posted to inform boats under rule 61.1(b).
- 16.5 Breaches of instructions 18, 21, 23, 24, and 27 will not be grounds for a protest by a boat. This changes rule 60.1(a). Penalties for these breaches may be less than disqualification if the protest committee so decides.
- 16.6 On the last scheduled day of racing a request for reopening a hearing shall be delivered
- (a) within the protest time limit if the requesting party was informed of the decision on the previous day;
 - (b) no later than 30 minutes after the requesting party was informed of the decision on that day. This changes rule 66.
- 16.7 On the last scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.
- 16.8 If the race committee posts a list of boats scored OCS, ZFP or BFD on the official notice board before the protest time limit, a request for redress based on such a posted score shall be made no later than one hour after the protest time limit. This changes rule 62.2.

17 SCORING

- 17.1 The Low Point System of Appendix A will apply, as modified by SI 17.3.
- 17.2 One (1) race is required to be completed to constitute a series.
- 17.3
- (a) When fewer than six (6) races have been completed, a boat's series score will be the total of her race scores. This changes RRS A2.
 - (b) When six (6) or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
 - (c) A maximum of eight (8) races is scheduled for the Women's and Junior Divisions and six (6) races for the Masters Division.

- 17.4 To request correction of an alleged error in posted race or series results, a boat may complete a scoring enquiry form available at the race office.

18 SAFETY REGULATIONS

- 18.1 Prior to the first warning signal of her first race of each day, each boat is required to check in by passing astern of the race committee signal boat on starboard tack and hail her bow or sail number until acknowledged by the race committee. Failure to check in shall result in a 20% scoring penalty without a hearing. This changes RRS 63.1 and A5.
- 18.2 Boats that retire from a race shall notify the RC as soon as possible.
- 18.3 Boats that leave the racing area between races shall notify the RC as soon as possible.
- 18.4 Boats not leaving the harbor for any of the day's racing shall notify the RC as soon as possible.

19 REPLACEMENT OF CREW OR EQUIPMENT

- 19.1 Substitution of competitors will not be allowed without prior written approval of the race committee.
- 19.2 Substitution of damaged or lost equipment will not be allowed unless authorized by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

20 EQUIPMENT AND MEASUREMENT CHECKS


- 20.1 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 equipment inspector or measurer to proceed immediately to a designated area for inspection.
- 20.2 In accordance with RRS G3, a boat chartered or loaned for this event may carry national letters or a sail number in contravention of the Class Rules.

21 BOW NUMBERS/ EVENT IDENTIFICATION STICKERS

- 21.1 Boats shall display event advertising supplied by the organizing authority as described in Attachment C.
- 21.2 Boats may only display advertising as per ISAF Regulation 20 and are restricted to only the hull as per Lightning Class Constitution Article VII 2.
- 21.3 Boats shall display bow numbers and event bow stickers during the event as provided by the OA. They shall be attached to both sides of the boat's hull at all times while racing. Bow numbers and event bow stickers will be attached by the OA on every boat. It is the responsibility of the crew to ensure the numbers and stickers remain on the boat and obtain replacements as necessary.

22 OFFICIAL BOATS

Official boats will be marked as follows:

Race Committee	
Judges	White Flag with Black "J"
Press Boats	Yellow Flag with Black 'P'
RC Measurement/Equipment Check Boat	White Flag with a Black 'M'
VIP	White Flag with a Black 'VIP'

23 SUPPORT BOATS

- 23.1 Support and coach boats must register at the Race Office during the check-in period.
- 23.2 During racing, support boats shall monitor the race committee VHF channel 69 and assist with safety issues when asked by the race committee.
- 23.3 Support boats will comply with additional operating instructions provided during registration in accordance with *Document Governing*.
- 23.4 SUPPORT BOATS: Team leaders, coaches, and other support personnel shall stay outside the racing area (defined as 100 meters outside the lay lines of the course including the start area) from the start of the first race to the finish of the last race of the regatta unless otherwise designated in the Sailing Instructions. Individual competitors may not use support boats at any time during the regatta unless such support is available to all competitors or is authorized by the organizing authority. The penalty for failure to comply with any of these requirements may be disqualification of all yachts associated with the infringing support personnel.

24 TRASH DISPOSAL

- 24.1 Boats shall not put trash in the water. Trash may be placed aboard support or official boats.

25 HAUL-OUT RESTRICTIONS

None. Boats may be wet or dry sailed on the RYC grounds/basin.

26 DIVING EQUIPMENT AND PLASTIC POOLS

Left Blank intentionally

27 RADIO COMMUNICATION

- 27.1 The race committee intends to use VHF marine radio channel 69 to broadcast courtesy information to competitors, including OCS hails after starts.
- 27.2 Use of hand held VHF radios will be permitted for communication from the race committee to competitors on a predetermined channel to be identified in the Sailing Instructions. The race committee intends to use VHF radio to identify OCS (On Course Side of the line) boats after starts and otherwise communicate with the fleet on the water. Failure to receive a hail, for a hail to be made, the order of hails made, or receive other communications to the fleet shall not be cause for redress. This instruction changes RRS 41 and 62.1.
- 27.3 Other use of any communication device is prohibited and such use shall require withdrawal from the race unless determined by the race committee to have been for emergency purposes. Failure to receive a hail, for a hail to be made, the order of hails made, or receive other communications to the fleet shall not be cause for redress.

28 PRIZES

Prizes will be given as per NoR 14.

29 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

30 INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of US\$300,000 per incident or the equivalent.

31 Race Officials

PRO: Hank Stuart – International Race Officer

Cell # - 585-414-6105

Email – hstuart8m@gmail.com

RC VHF Channel 69

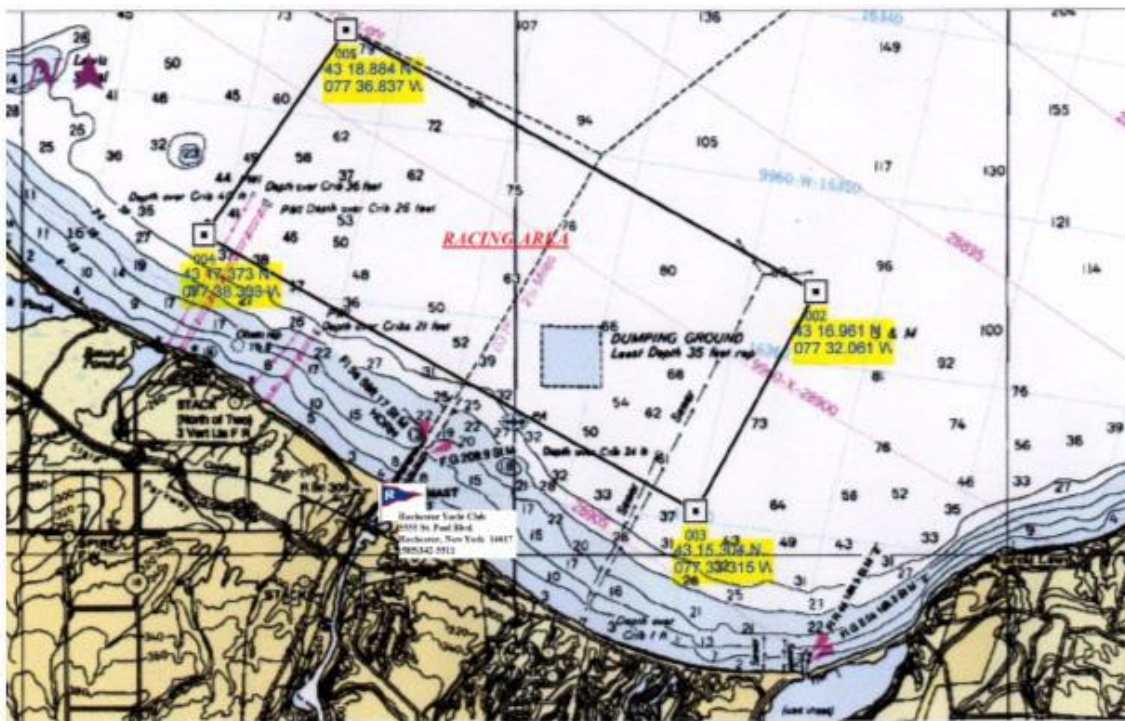
Protest Committee Chairman: Leo Reise (IJ-CAN)

Cell # 905-536-0145

Leo.reise@talspar.ca

Regatta Website: <http://www.regattanetwork.com/event/11588>

Attachment A: Race Area and RYC Clubhouse



Not to be used for navigation

Attachment B: Courses

Windward/Leeward Courses 3, 4, 5, and 6

The information will be arranged vertically.

Example:

5		<i>Course</i>
300		<i>Approximate magnetic bearing to Mark 1</i>
1.5		<i>Approximate distance to Mark 1. (nautical miles)</i>

Courses:

<i>Course 3</i>	<i>Start - 1 - 1a – Gate(4S/P) – Finish (Upwind)</i>
<i>Course 4</i>	<i>Start - 1 - 1a – Gate(4S/P) - 1 - 1a – Finish (Downwind)</i>
<i>Course 5</i>	<i>Start - 1 - 1a – Gate(4S/P) - 1 - 1a – Gate(4S/P) – Finish (Upwind)</i>
<i>Course 6</i>	<i>Start - 1 - 1a – Gate(4S/P) - 1 - 1a – Gate(4S/P)- 1 - 1a – Finish (Downwind)</i>

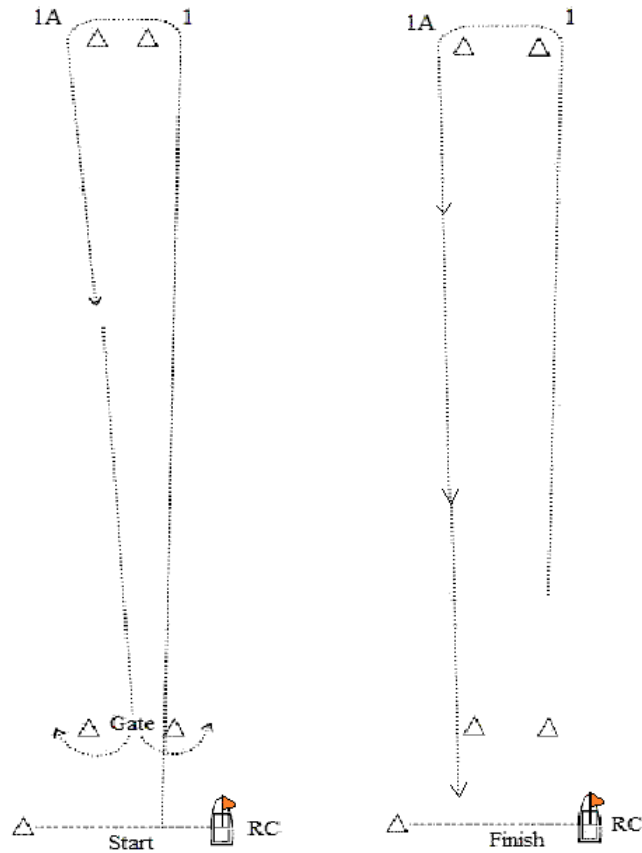
- Marks 1 and 1a shall be left to port. Mark 1a is an offset mark and will be positioned to port of mark 1.
- If only one gate mark is set, boats shall leave the single mark to port.
- Except when there is a change of course, the gate will be positioned to windward of the RC signal boat.
- The gate may be laid after the starting signal.

- Except for when there is a change of course:
 - the downwind finish line for course 4 and 6 will be to leeward of the gate; and
 - the upwind finish line for course 3 and 5 will be to windward of mark 1.

THE COURSES:

Illustrations of Course 4 and Course 5 for example
(Courses 3 and 6 not illustrated)

COURSE 4



Start – 1 – 1A – Gate(4S/4P) – 1 – 1A – Finish

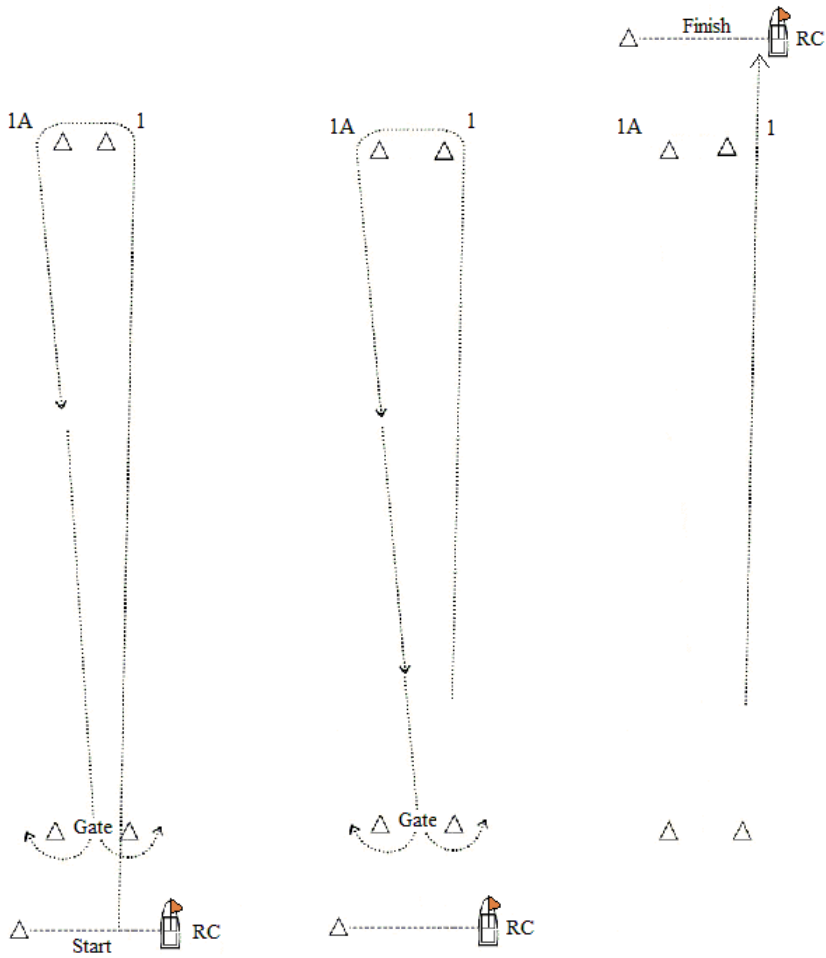
Start/Finish may be between either:

RC boat displaying an orange flag and a nearby inflatable mark

or

between two RC boats each displaying an orange flag.

COURSE 5



Start – 1 – 1A – Gate(4S/4P) – 1 – 1A – Gate(4S/4P) - Finish

Start/Finish may be between either:

RC boat displaying an orange flag and a nearby inflatable mark

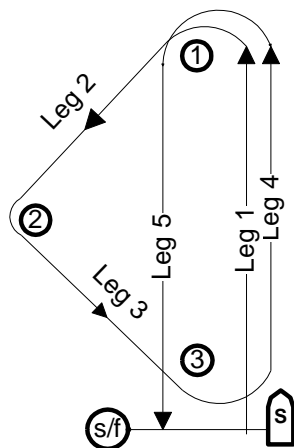
or

between two RC boats each displaying an orange flag.

Course T5

A Triangle-Windward-Leeward Course

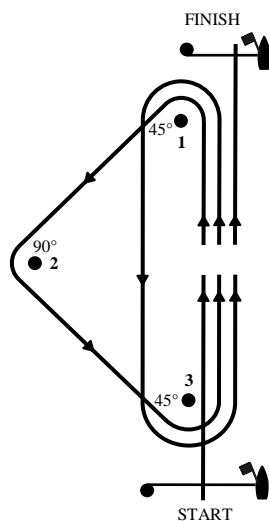
Start-1-2-3-1-Finish



Course T6

A Triangle-Windward-Leeward-Windward Course

Start – 1 – 2 – 3 – 1 – 3 – Finish



Course T5/T6 -Start/Finish may be between either:
 RC boat displaying an orange flag and a nearby inflatable mark
 or
 between two RC boats each displaying an orange flag.

Attachment C: Placement of Bow #s and Event Stickers

Bow numbers and event stickers will be applied by the measurement team and shall remain in place until the event is completed.

Attachment D – US SAILING Appendix T Section B and D

SECTION B POST-RACE PENALTIES T2 PENALTIES TAKEN AFTER A RACE

T2.1 After a race, a boat that may have broken a rule of Part 2 or rule 31 while racing may take a Post-Race Penalty for that incident. The penalty shall be a Scoring Penalty, calculated as stated in rule 44.3(c). However, rules 44.1(a) and (b) apply. A boat takes a Post-Race Penalty by informing the race committee in writing and identifying the race number and when and where the incident occurred. T2.2 The Post-Race Penalty shall be (a) 20%, if taken before the protest time limit, or (b) 30%, if taken after the protest time limit but before the beginning of a hearing involving the incident.

SECTION D ARBITRATION When Section D applies, a boat may take the applicable Post-Race Penalty in Section B without participating in an arbitration meeting.

T5 PROTEST ARBITRATION T5.1 An arbitration meeting will be held prior to a protest hearing for each incident resulting in a protest by a boat involving a rule of Part 2 or rule 31, but only if each party is represented by a person who was on board at the time of the incident. No witnesses will be permitted. However, if the arbitrator decides that rule 44.1(b) may apply or that arbitration is not appropriate, the meeting will not be held, and if a meeting is in progress, it will be closed. T5.2 Based on the evidence given by the representatives, the arbitrator will offer an opinion as to what the protest committee is likely to decide: (a) the protest is invalid, (b) no boat will be penalized for breaking a rule, or (c) one or more boats will be penalized for breaking a rule, identifying the boats and the penalties. T5.3 A boat that may have broken a rule may take a Post-Race Penalty as provided in Section B. However, the penalty in rule T2.2(a) is available only until the protest time limit or until the beginning of the arbitration meeting, whichever is earlier. During a meeting, a boat may take a penalty by acknowledging her acceptance of the penalty in writing. T5.4 If a boat asks to withdraw her protest, the arbitrator may act on behalf of the protest committee in accordance with rule 63.1 to accept the withdrawal.