



# ICLA MID-ATLANTIC CHAMPIONSHIP

August 27 & 28

Norfolk Yacht & Country Club

Norfolk, Virginia, U.S.A

## Sailing Instructions

### 1 RULES

- 1.1 The regatta will be governed by the current Racing Rules of Sailing (“RRS”) and ILCA Class rules, except as modified by the sailing instructions.
- 1.2 All boats shall carry all Safety Gear as required by ILCA Rules. The PFD must be USCG approved and worn at all times while on the water except while changing or adjusting clothing or personal equipment.
- 1.3 RRS Appendix P, Special Procedures for Rule 42, will apply, P2.2 and P2.3 will not apply.
- 1.4 RRS Appendix V will apply.
- 1.5 The Sailing Instructions will be available online and during onsite registration.
- 1.6 If there is a conflict between the Notice of Race and the Sailing Instructions, the Sailing Instructions shall govern. This changes RRS 63.7

### 2 NOTICE TO COMPETITORS

- 2.1 Notice to Competitors will be posted on the Official notice board located on the window of the Sailing Center.

### 3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any changes to these SI’s will be posted on the Official notice board before 1000 on the day of the change.

### 4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be at the club’s main flag pole. When the flag AP is hoisted ashore, ”1 minute” is replaced by ”not less than 60 min” in the race signal AP definition

### 5 SCHEDULE

<b>Friday, August 26</b>	
Check in/Boat Drop	1700-1900
<b>Saturday, August 27</b>	
Check in	0800-0930
Competitors Meeting	0945
Harbor Start	1000

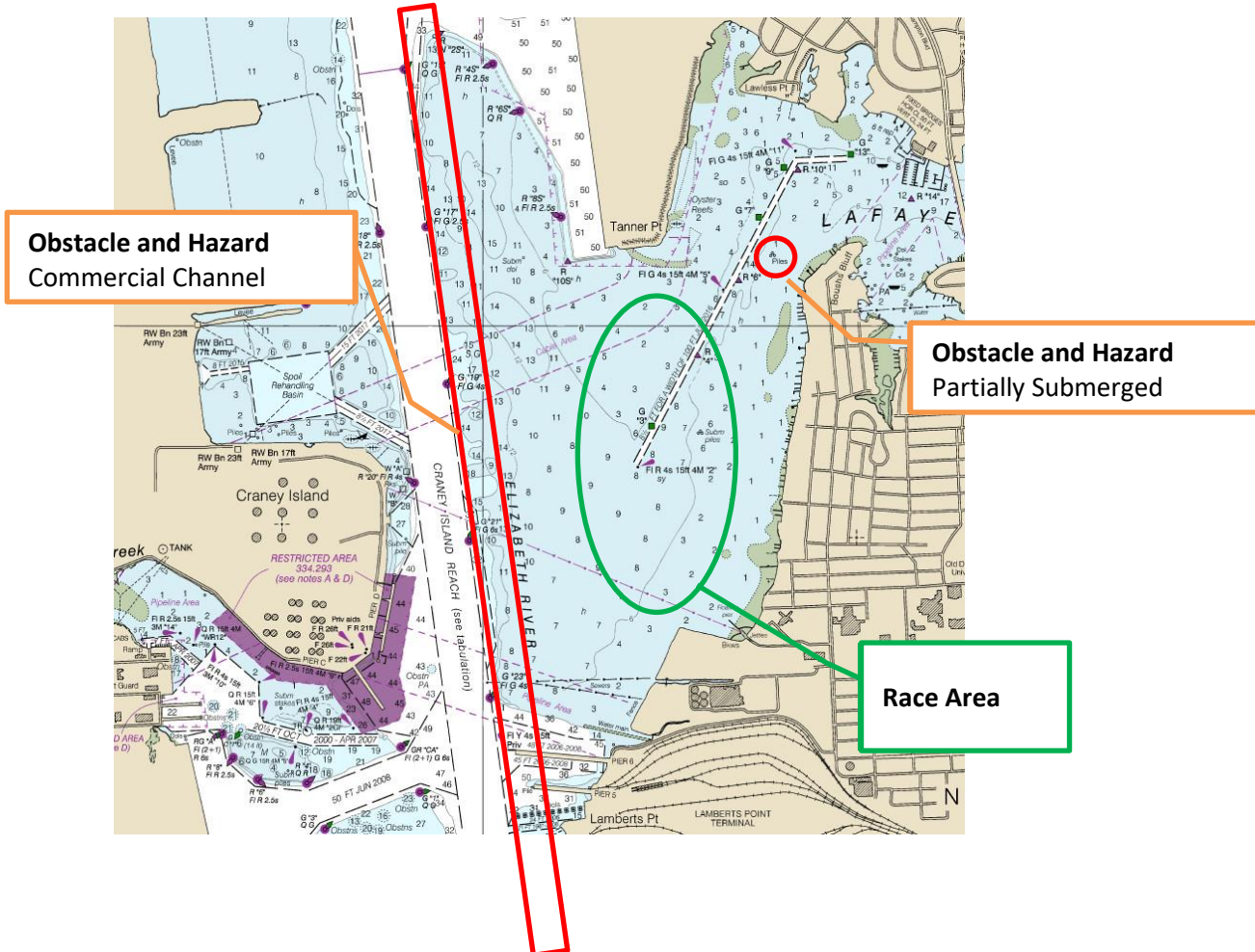
First Warning	1100
Cookout and beer	Following racing
<b>Sunday, August 28</b>	
Harbor Start	0900
First Warning Signal	1000
No warning for any fleet after	1500
Awards Ceremony	Following Racing

## 6 CLASS FLAGS

6.1 Class flags will be:

<u>Class</u>	<u>Flag</u>
Laser 4.7	Class Insignia with white
Laser	Class Insignia with green
Laser Full	Class Insignia with white

## 7 RACE AREA





## **8 COURSES**

**8.1** Course diagrams are attached in Appendix A

## **9 MARKS**

**9.1** Marks will be a combination of large orange and yellow inflatable buoys. Offset mark will be an orange or white mark. The starting and finishing marks will be orange or yellow buoys.

## **10 OBSTRUCTIONS AND HAZARDS**

**10.1** All competitors shall avoid the main shipping channel in the Elizabeth River and all commercial traffic.

**10.2** All competitors shall avoid large boats in the channel in the Lafayette River.

**10.3** There are piles NW of Boush's Bluff and NE of "R6"

## **11 THE START**

**11.1** All races will be started using RRS 26.

**11.2** Starting line will be between the staff displaying an orange flag on the RC committee vessel and the starting mark.

**11.3** Boats whose warning single has not been made shall avoid the starting area during the starting sequence for other races.

**11.4** Recalls will be according to RRS 29. Starting penalties will be according to RRS 30.

**11.5** A boat starting more than 4 minutes after their starting signal will be scored DNS. This changes RRS A4.

**11.6** There may be multiple attention sounds before the warning signal.

## **12 CHANGE OF THE NEXT LEG OF THE COURSE**

**12.1** Before any boat has begun a leg, the race committee may change the position of a mark on that leg without signaling the competitors. This is added to RSS 33.

## **13 THE FINISH**

**13.1** The finish will be between a staff displaying an orange flag on the RC boat and the finishing mark.

**13.2** Finish boat displaying code flag "A" without a sound, indicates the finishing classes will have no more starts and they should head in.

## **14 TIME LIMIT**

**14.1** The time limit for the race will be 1.5 hours. Boats failing to finish within 30 minutes after the first boat finishes or within the time limit, will be scored TLE.

## **15 PROTESTS**

**15.1** Protest forms are available on the official notice board. Time limit will be posted on the Official notice board, no less than 30 minutes after the RC arrives at the dock.



## 16 SCORING

- 16.1 Low point scoring system, RRS Appendix A will apply modified so that each boats score will be a total of her raw scores, with her worst score discarded if five or more races are completed.

## 17 SAFETY

- 17.1 All competitors are required to pass astern of the RC signal boat on Starboard tack, hail their number and receive acknowledgement before the start of the first race of each day.
- 17.2 A competitor who will not be racing that day shall notify a volunteer at the Safety Check-Out/In table before the Harbor Launch
- 17.3 A competitor retiring from a race or intending not to start a race shall notify a race committee vessel or safety vessel before leaving the course.
- 17.4 All competitor boats shall carry all Safety Gear as required by ILCA Rules. The PFD must be USCG approved and worn at all times while on the water except while changing or adjusting clothing or personal equipment.
- 17.5 All personal on support boats will be required to wear a USCG approved lifejackets at all times afloat. The only exception is for a brief period when changing clothing. Failure to comply will be grounds for team/club DSQ of sailors from all races. **RRS 64.4(b) will be in effect without a hearing. This changes RRS 63.1.**
- 17.6 Support/parent/coach vessels shall remain outside the course from the time of the Prep flag until all racers have finished the race. **RRS 64.4(b) will be in effect without a hearing. This changes RRS 63.1.**
- 17.7 All parent/support/coach vessels shall monitor the channel 69 and answer requests from race committee.
- 17.8 At all times afloat, all coaches should display in a readable manner, a registered CBYRA coach. If coach flag is not available the coach shall check in on the water **each day** with the race committee.
- 17.9 All support boat drivers shall be connected to an engine kill switch device at all times on the water. **RRS 64.4(b) will be in effect without a hearing. This changes RRS 63.1.**

## 18 RADIO/ELECTRONICS

- 18.1 The use of GoPro or like recording cameras are acceptable but the use of any type of tracking device, Velocitec, iPhone, Android, etc. is prohibited. **This Changes the ILCA Class Rules**

## 19 TRASH

- 19.1 Boats shall not put trash (including organic trash i.e. orange peels, apple cores, etc) in the water. All trash aboard the boats will be contained such that in the event of a capsized; trash will not float away. Trash will be placed in appropriate receptacles ashore. Breach of this rule will be grounds for DSQ without a hearing. This changes RRS 55 and 63.1

## 20 BEHAVIOR

- 20.1 Participants are expected to act in a sportsmanlike manner at all times on an off the water throughout the entire event. Participants include but are not limited to all competitors, support personal and parents. RRS Basic Principles are expected to be followed.



## **21 TRAILERS, SUPPORT BOAT LAUNCHING AND DOCKAGE**

- 21.1 All trailers are required to be stored at the ODU Lot 1 parking lot once unloaded at NYCC.
- 21.2 Support powerboat launching will be on ramp A while ramps B and C will be reserved for dinghy launching.
- 21.3 Please see the NYCC Sailing Director for overnight support boat dock assignments.

## **22 DINGHY LAUNCHING**

- 22.1 Lasers and will launch on B and C ramps. Shoes or sandals are required on the NYCC boat ramps (no exceptions!).

## **23 CAR PARKING**

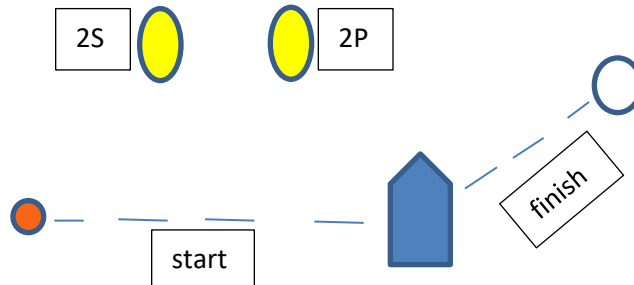
- 23.1 A map of the NYCC will be posted closer to the event.



## APPENDIX A

### COURSES

Laser



**W2** Start-1-Offset-2S/2P-Finish

**W4** Start-1-Offset-2S/2P-1-Offset-2S/2P-Finish

**W6** Start-1-Offset-2S/2P-1-Offset-2S/2P-1-Offset-2S/2P-Finish