



Narrabeen Lakes Sailing Club

SAILING INSTRUCTIONS

2017/2018

As amended August 2017

SAILING INSTRUCTIONS FOR ALL CLASSES

All competitors who sign a membership/entry form, in doing so, have made a declaration to the Organising Authority that the nominated boat will, at all times while racing, comply with the requirements of Yachting Australia, the Class Rules and By-Laws of the individual class associations as they apply and these Sailing Instructions Including:

- (a) RRS46 and it is the responsibility of the person in charge of the boat to ensure that the crew complies with RSS 56;
- (b) The Sailing Australia Special Regulations;
- (c) Adequate current Third Party Property Liability Insurance and Third Party Personal Liability cover of not less than \$10,000,000 (ten million] dollars) for any one incident. All insurance shall be maintained during the period of racing;
- (d) The organising Authority is not responsible for the seaworthiness of a boat whose entry is accepted or the sufficiency or adequacy of its equipment.
- (e) The person/s who signs and lodges the membership form with the Organising Authority, warranting to the Organising Authority that he or she will draw to the attention of any person who competes on the yacht, the subject of the membership form in any event conducted by the Organising Authority of the Risk Warning, and
- (f) The person/s who signs and lodges the membership form with the Organising Authority, acknowledging receipt of the risk warning and releasing the Organising Authority from any claim or liability whatsoever for any harm or personal injury suffered by him, or by any person claiming through him, in any event conducted by the Organising Authority.
- (g) All those taking part in these races do so at their own risk and responsibility. **Specific attention is drawn to RRS 4 which states "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone"**. The Narrabeen Lakes Sailing Club, Race Committee and other race officials are not responsible for any damage or injury either afloat or ashore prior to, during or after the event.

All races will be governed by the current ISAF Racing Rules of Sailing, the prescriptions and safety regulations of the Australian Yachting Federation (AYF), these sailing instructions and the Class Rules and By-Laws of the individual class associations as they apply.

References to AYF Racing Rules of Sailing (RRS) are for the current edition of the rules.

The Race Committee shall consist of those persons who conduct races for NLSC. It may include the starter, assistant starters, rescue boat crew, mark laying boat crew and any other individuals called upon to conduct racing.

SAFETY

When racing, preparing to race, or participating in any on water sailing activities, sailors shall wear approved personal buoyancy vests as per the current ISAF Racing Rules of Sailing, the prescriptions and safety regulations of the Australian Yachting Federation (AYF). This changes RRS 1.2 and 40.

INSURANCE

Narrabeen Lakes Sailing Club does not insure competing yachts or sailors whilst racing. All boats racing and sailing at NLSC, and those stored in the clubhouse, are required to carry adequate current Third Party Liability Insurance and Third Party Personal Liability cover of not less than \$10,000,000 (ten million dollars) for any one incident. All insurance shall be maintained during the period of racing. Insurance is the responsibility of the individual member.

1. Sign On/Sign Off

Helmspersons of competing yachts must sign the registration sheet provided before the start of each programmed race. Provision may be made to sign on, on the water, by requesting the starter to record them. This request to the starter must be no later than 5 minutes before the first starting division's scheduled warning signal. Recognition as a competing yacht lies with the yacht's helmsperson and not the starter. Helmspersons who fail to sign on may be disqualified.

There is no requirement to sign off except in cases where the yacht does not finish the race (DNF).

For Junior Races both the Helmsperson and Crew must sign on.

If a competitor is NOT a member of Narrabeen Lakes Sailing Club, they MUST fill in the NLSC Participant Information and Risk Warning Consent Form.

For safety reasons withdrawal from a race MUST be advised to the Race Committee as soon as possible.

2. Classes and Divisions

Racing will be conducted for the following classes:

- Heron, Laser, Windsurfer One Design, and Open (other classes).
- An Overall Class will also encompass all boats racing.
- A Junior Division will also be available.
- Additional classes and divisions may be authorised at the discretion of the race committee.

3. Eligibility

Eligibility to compete in races shall be as defined by the rules of the appropriate class associations, as modified by these sailing instructions. Eligibility to race, accumulate points and receive prizes shall be confined to financial members of NLSC and Australian Sailing .

Any competitor, who is not a financial member of NLSC as at 30/10/2017 shall have all results before that date, and until they become financial, annulled.

4. Notices to competitors

Notices will be posted on a notice board located in the NLSC Clubhouse.

5. Changes in Sailing Instructions

Any change will be posted at the NLSC Clubhouse before 10.00am on the day it will take effect.

6. Changes to Sailing Program

Any changes in the sailing program will be posted at the NLSC Clubhouse no later than two (2) weeks before it will take effect.

7. Schedule of Races

Races will be conducted in accordance with the NLSC program.

8. Racing area

The racing area is shown in Appendix 'A'.

9. Courses

9.1 Courses shall generally be as shown in Appendix 'B'. Amendments shall be advised at the pre-race briefing. The start/finish line will be situated near the middle of the windward leg. [Except for Long Course Races (LC) where the start shall be in the vicinity of the leeward mark and the finish in the vicinity of the windward mark]. Boats shall not sail through the start/finish line unless they are starting or finishing.

9.2 Junior division races shall be of a format as set out at the race briefing before the race. Marks shall be rounded to Port or Starboard as indicated by red or green flag on the start boat.

9.3 The course may be altered on the water when required, by verbal instruction to competitors and/or the use of course boards displayed on the start boat.

9.4 Courses for Marathon and Mini-Marathon events to be set at club briefings on the day of the event.

10. Marks

10.1 Rounding marks will be portable buoys flying code flag 'Q'. The starting and finishing marks will be code flag 'N'. The shallow water marks display a plain red flag, they are marks of the course and competitors must sail to the outside of them. Competitors must not pass between the shallow water marks and the shore.

10.2 Slower fleets may use a mark carrying a plain red or green flag as a windward mark, this will be approximately half way between the start line and the windward mark of another fleet.

10.3 The shallow water marks do not apply during Junior division races.

11. On the Water Time Restrictions

All club run water activities must only operate on the waters of Narrabeen Lagoon and within the hours of the R.M.S. Aquatic Licence issued to the club (e.g. 9.00am to 5.30pm as in 2017-18). Exemption will only be by the granting of a licence by the R.M.S.

12. Briefing

If considered necessary a briefing will be held at least 30 minutes prior to the starting time, or as required by individual classes.

13. Starting Times

Unless varied by these sailing instructions, the Club Committee or the Officer of the Day.

The scheduled time of the Sunday warning signals are as follows:

First morning race is not before 11.15 a.m.

First afternoon race is not before 1.45pm.

Subsequent races shall be started as soon as possible after the last boat finishes or at the discretion of the starter.

14. Starting

14.1 Starting Information

The start line will be between code flag 'N' on a buoy at one end and the mast on the Starter's Boat. The starting signals will be in accordance with RRS 26.

14.2 Starting Etiquette

All yachts whose Class Flag has **NOT** been made **shall keep clear of the starting area** and of all yachts whose Class Flag has been made, or who have commenced racing. The Starter may not answer any questions regarding the start, the course or the race once the starting procedure has begun.

14.3 Starting Procedure for Short Course Racing

Signal	Flag	Sound	Minutes before Starting Signal
Warning	Class Flag raised	1 sound	3
Two-minute	Preparatory flag, Code flag 'P' or 'I' is raised	1 sound	2
One-minute	Preparatory flag removed	1 sound	1
Starting	Class Flag removed	1 sound	0

15. Postponement

15.1 Postponement – Afloat

The start of a race may be postponed in accordance with RRS 27.3.

15.2 Postponement – Ashore

The start of the race may be postponed ashore. The Answering Pennant will be flown from the flag mast of the Committee Boat next to the boat ramp. The warning signal will be made not less than 30 minutes after the Answering Pennant is lowered. This amends RRS 27.3.

Finishing

Unless otherwise notified the finish line will be between a buoy displaying code flag 'N' and the mast on the Committee Boat. If in the case of an emergency the committee vessel is unable to be at the finishing line, the finishing line will be between two buoys, one flying code flag 'N' and the other flying code flag 'Q'. In this case competitors are required to record their own finishing times.

Yachts shall not sail through the finishing line unless finishing.

16. Moving a mark

The Race Committee may change a leg of the course that begins at a rounding mark by moving the next mark and verbally informing all competitors before they begin the leg. There is no need to inform competitors of subsequent leg changes to maintain course shape. This amends RRS 33.

17. Lead Boat

A lead boat may lead the first class for the first lap of the course during a regatta or championship. It will endeavour to round each mark correctly, however, it is the responsibility of each helmsman to ensure that the proper course is sailed.

18. Time Limit

19.1 The time limit for each class will be 90 minutes. Amends RRS 35.

19.2 On designated short course days the time limit for each race shall be 45 min. Amends RRS 35.

19. Penalties

On designated short course days RRS 44.1 and 44.2 is amended. A 360° turn penalty shall replace a 720° penalty.

20. Protests and Requests for Redress

Protests shall be conducted in accordance with AYF Rule book part 5. They shall be written on forms available at the NLSC Clubhouse and lodged with the Race Secretary, or in the event that the Race Secretary is not available, any member of the race committee. Protests shall be lodged within one hour of the finishing of the last boat in the last race of the day.

Time and place of the protest hearing shall be posted on the notice board and the posting of such notice shall constitute notification of the purpose of rule 63.2.

21. Crew and Equipment

23.1 Laser class boats are permitted to use practice sails made by other manufacturers as a replacement for original sails as long as they are of similar design and size to the original Laser sail. This overrides the Class rule.

23.2 Lasers can sail with any rig in any point score series and will be scored against other Lasers racing with different rigs by using the rig's yardstick rating and the boat's handicap. This same rig rule applies with the Club Championship with scoring based on the finishing time converted using the yardstick rating for the different rigs. If another rig is used from the original choice during a point score series or Club Championship, it will be treated as another entrant and scoring accumulated under that rig.

23.3 Sabot sailors under 12 years of age may be allowed to sail single handed at the discretion of the Race Committee, this amends Sabot class regulations. When the Race Committee deems the conditions to be dangerous they may allocate skipper and crew combinations in the Junior Division.

23.4 A member may change their boat (upgrade) once during the sailing season and continue to earn points for all series and championships. The Race Committee shall be notified of such a change in writing.

23.5 Heron class boats may sail with a big jib in accordance with the class rules i.e. Crew weight to exceed 135kg.

22. Safety Equipment

Where Class rules specify, tow rings, buckets and paddles meeting those rules shall be carried. Buckets shall be attached to the boat by a rope of sufficient length to allow their use without the need to untie the rope. Paddles shall be stored in such a way that they

shall not be lost in the event of a capsize, either by tying them in or by secure mounting clips. Daggerboards shall be attached to the boat by a length of cord or elastic.

23. Scoring and Handicapping Systems.

The scoring system will be the Low Points System as detailed in Appendix A of the current RRSAYF Rules book (90.3), except that:

25.1 The number of races to be sailed will be as per the Program.

25.2 Herons that sail single-handed are automatically disqualified from scratch results and have a 3% penalty imposed on handicap results.

25.3 A yacht that retires or is disqualified will score the points for the finishing place one more than the number of yachts started in the race.

25.4 All yachts that do not finish or retire after the time limit will score the finishing points for the place one more than the last yacht to finish.

25.5 All yachts that do not start will be allocated points for the finishing place one more than the number of yachts that are entered in the series or taken as 30 yachts, to be determined by the Class Captain.

25.6 For Windsurfer division, boards that do not start will be allocated points for the place one more than the number of boards starting that race.

25.7 In the event of a series tie the winner will be determined as per AYF rules, Appendix A8.

25.8 In the Junior Division scratch and handicap points shall be allocated to the skipper and crew (junior crews only) of each boat. The boats handicap result shall be calculated using the skipper's handicap. ???.

25.9 The number of races to be "discarded" for each series is as follows: For a series of less than 4 races there are no discards. For a series of 4 to 7 races = 1 discard, 8 to 11 races = 2 discards, 12 to 15 races = 3 discards, 16 to 18 races = 4 discards, 19 races or more = 5 discards.

25.10

Boats in the Open and Overall Classes will be scored against each other using the individual boat's yardstick rating and the boat's handicap. (See Appendix A)

The responsibility for allocation of handicaps rests with the Race Secretary and/or the Class Captains.

24. Yachts Without A Handicap

Members with yachts not in possession of a handicap will compete in a minimum of (any) two races before a handicap will be allocated. At the Class Captain's discretion, boats new to the club may be assigned points equal to the last yacht finishing for each of the first two races.

25. Yachts With A Handicap

Current members of the NLSC who acquire a new boat will be allocated a handicap of three minutes less than their previous handicap for the first two races after which a new handicap may be allotted.

26. Requesting Average Points

28.1 A member may request that average points be given for races missed when:

- a. The member is representing the Club at a regatta of State Level or higher.
- b. This request shall be made in writing within a four (4) weeks window from the finish date of the event taking place and submitted to the race committee.

28.2 A member will automatically be allocated average points for races missed when:

- a. The member is required to operate a committee vessel.

28.3 Average points shall be calculated by averaging the results of the previous 3 races competed in during the series. If the Competitor has not completed 3 races to date, the results of subsequent races to make up 3 races, shall be averaged.

If less than three club races are sailed by the Competitor before the end of the season, average points cannot be awarded.

27. General

The above rules may be supplemented by the requirements of individual classes with the permission of the committee of the club.

28. Variations

These rules may be varied or modified from time to time by the Club Committee.

APPENDIX A – Use of the yardstick

The aim of the yardstick is to provide a basis for yachts of different ratings to compete fairly when sailed well. The yardstick is not intended to compensate for differences in skills or competence of individual sailors (that is a handicap). The yardstick is calculated and maintained on a statistical basis and within broad limits remains valid for a variety of wind strengths and courses sailed.

Comparison of yachts of different classes sailing different courses is outside the scope of the current rating system.

Yardsticks are based on the current design of a class unless otherwise noted. It normally takes 12 months for a major change in class rules to be incorporated into the yardstick, as results have to be gathered and assessed. For example the current yardsticks for Cherubs and Javelins are for boats with an asymmetric kite not for the previously standard symmetrical kite. Where major changes are occurring within class designs the associations should inform the yardstick co-ordinator of these changes and try and ensure that results submitted indicate the boats sailing under the changed design.

DEFINITIONS

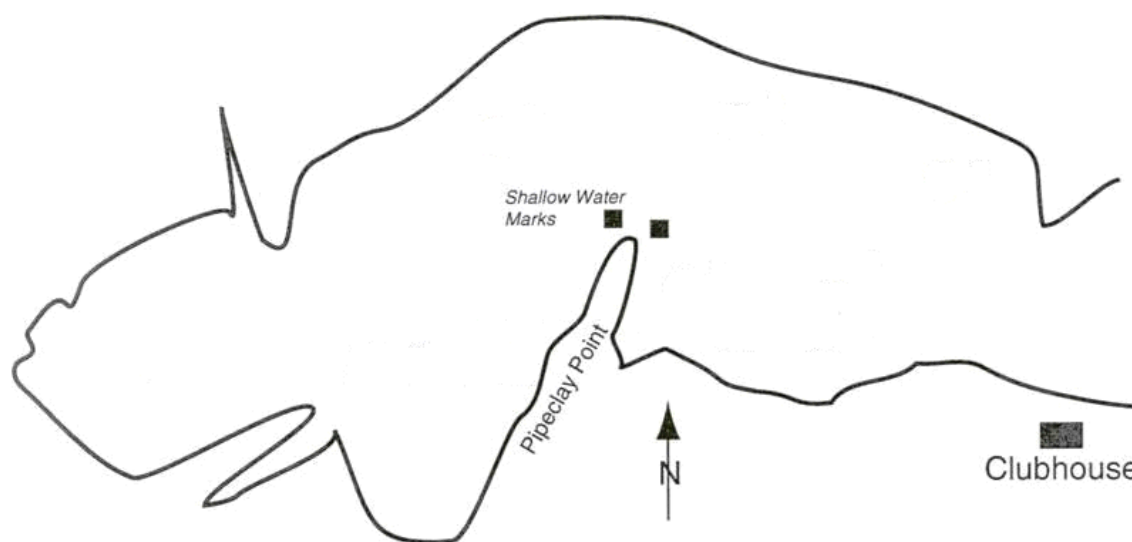
Elapsed Time (ET) is the time taken (in minutes and decimal minutes, or in seconds) for a boat to sail a proper course.

Corrected Time (CT) is the elapsed time divided by the boat's class yardstick (YS) and multiplied by 100.

YARDSTICKS

Finn 112	Open Bic 153.3
Heron 145	Optimist 170
Laser Standard 114	Sabot 160.5
Laser Radial 118.5	Taser 108
Laser 4.7 125	Windsurfer One Design 112
NS14 108	

APPENDIX B – The Racing Area



The Marks are shown in their relative positions to each other, the actual position on the day may vary depending on wind strength, direction and water level.

The shallow water marks at Pipeclay point are marks of the course and competitors must sail to the north of these marks.

When finishing near a mark, that mark is NOT part of the course.

APPENDIX C – Racing Courses

Courses are shown in 'port' configuration and are indicated by a RED flag flown on the start boat. When a 'starboard' course is to be indicated by a GREEN flag flown on the start boat and the course shall be a mirror image of the port course.

Course configuration to be sailed will be displayed on the start boat.

The course shall be sailed in a lap, windward return, lap, windward return order.

Number of Laps/Hotdogs will be displayed on the start boat. This number indicates the number of times you will round mark 1 throughout the race.

"△" Course

Note: 'Port' course shown – 'starboard' course will be a MIRROR image.

Example of a #4 course

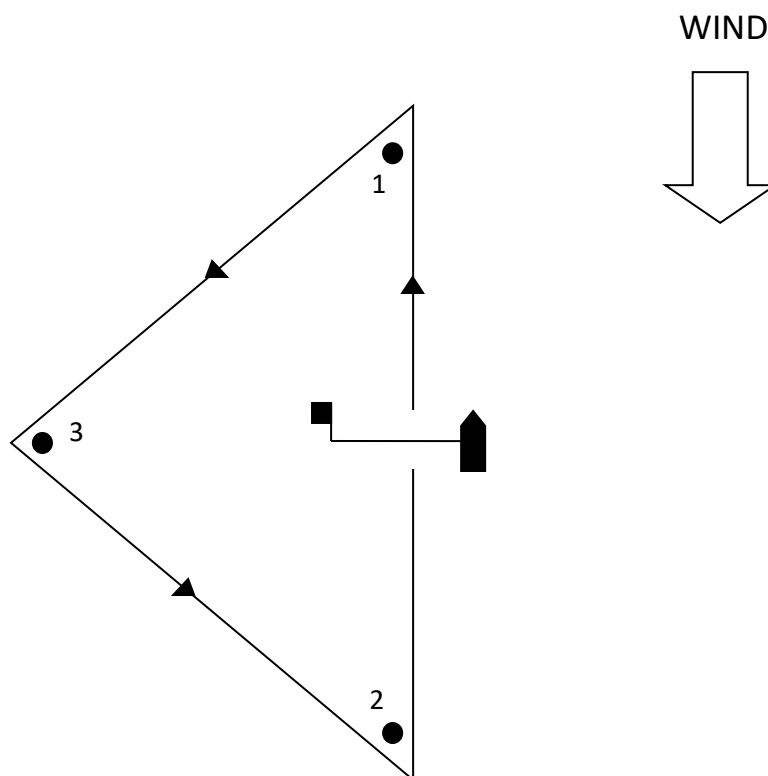
Lap: 1P, 3P, 2P

Hotdog: 1P, 2P

Lap

Hotdog

Finish



"8" Course

Note: 'Port' course shown – 'starboard' course will be a MIRROR image.

Example of a #4 course

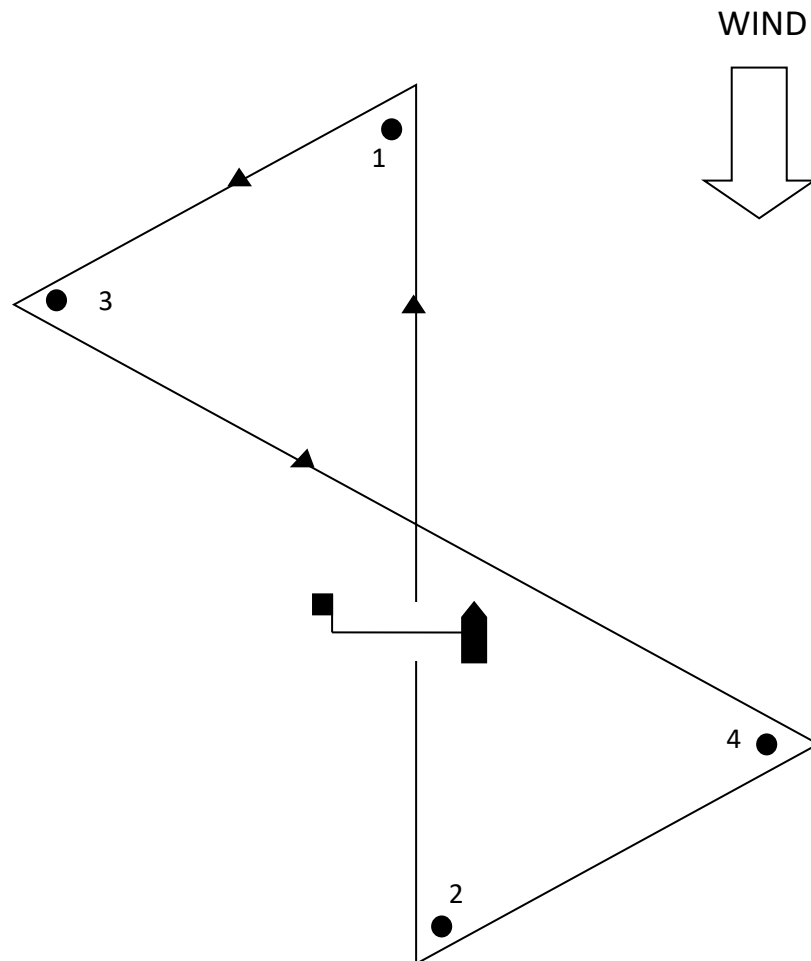
Lap: 1P, 3P, 4S, 2S

Hotdog: 1P, 2S

Lap

Hotdog

Finish



“M” Course

Note: ‘Port’ course shown – ‘starboard’ course will be a MIRROR image.

Example of a #4 course

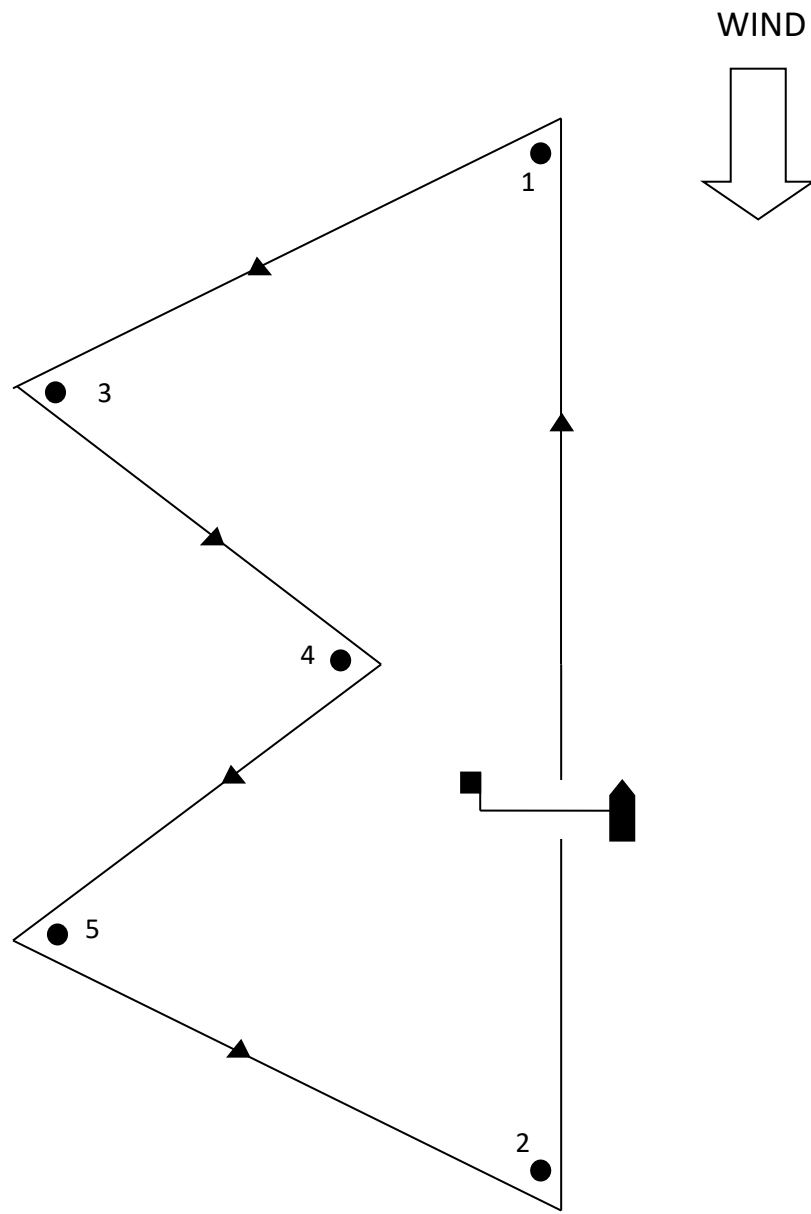
Lap: 1P, 3P, 4S, 5P, 2P

Hotdog: 1P, 2P

Lap

Hotdog

Finish



“I Gate” Course

Note: ‘Port’ course shown – ‘starboard’ course will be a MIRROR image.

Example of a #4 course

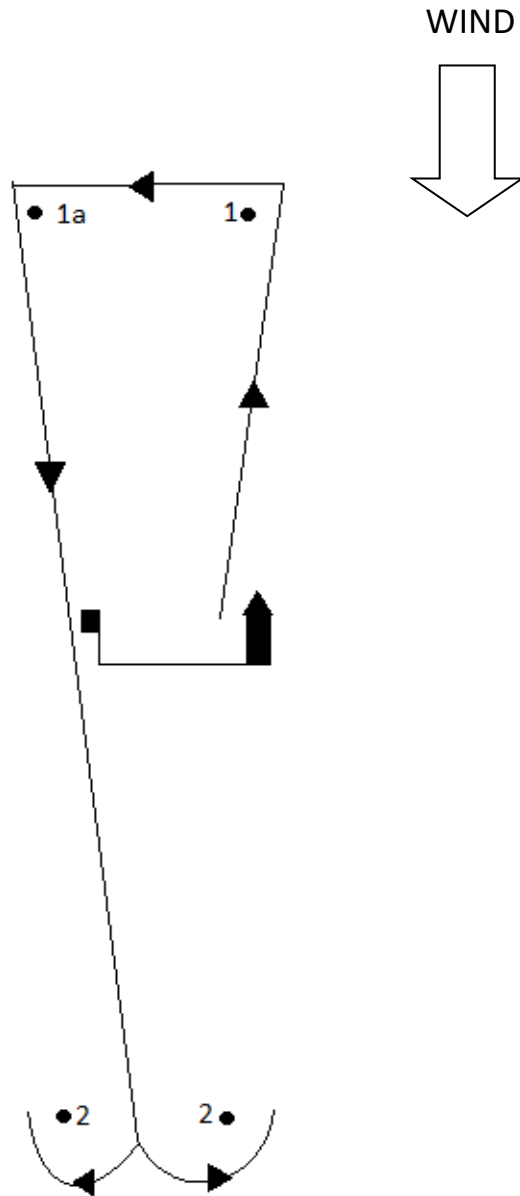
Lap: 1P, 1aP, 2 gate

Lap

Lap

Lap

Finish



"I" Course

Note: 'Port' course shown – 'starboard' course will be a MIRROR image.

Example of a #4 course

Lap: 1P, 2P

Lap

Lap

Lap

Finish

