



I-420 Atlantic Coast Championship

Hosted by

The Indian Harbor Yacht Club

October 22 -23, 2016

The organizing authority for this regatta is the Indian Harbor Yacht Club.



SAILING INSTRUCTIONS

1 RULES

- 1.1 This regatta will be governed by The Racing Rules of Sailing (RRS).
- 1.2 I-420 CR C.1.2.1 shall apply, which modifies RRS 42 under certain conditions.
- 1.3 If a conflict exists between the Notice of Race and the Sailing Instructions, the Sailing Instructions govern.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board, located on the Front Desk of the IHYC Main Clubhouse.

3 CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Any onshore change to the Sailing Instructions will be posted on the official notice board before 0900 on the day that it will take effect, except that any change to the schedule of races will be posted by 1900 on the day before it will take effect.
- 3.2 On the water oral changes may be announced at the signal boat before the start of any race. Flag L will be displayed during that time. This modifies RRS 90.2 (c).

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the main flagpole on the south lawn of the Club House.
- 4.2 When pennant AP is displayed ashore "1 minute" is replaced with "not less than 45 minutes" in Race Signal AP.

5 SCHEDULE OF RACES

Friday	(10/21)	1530 – 1800	Open Practice
Saturday	(10/22)	0830	Check-In Opens
		0930	Competitors' meeting (Check-In closes)
		1100	First Start
			Buffet dinner in Main Club House to follow racing.
Sunday	(10/23)	1030	First Start
		1500	No Start After
			Snacks and awards to follow racing.

The race committee will run as many races as practical each day. The Race Committee will continue starts until it displays code flag "A" with no sound while boats are finishing.

Ten (10) races are scheduled.

6 RACING AREAS

Racing area will be on the Long Island Sound, south of the Captain Islands, or inside Captain Harbor to the South of the IHYC Clubhouse.

7 THE COURSES

Sailing Instruction Appendix A illustrates the courses, including the approximate angle between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

8 MARKS

- 8.1 Marks will be Yellow Tetrahedrons, except that the finish Mark will be an Orange Tetrahedron.
- 8.2 New Marks as provided in SI 10 will be Orange Tetrahedrons.

9 THE START

- 9.1 Races shall be started in accordance with Rule 26.
The starting line will be between a staff with a flag on the Signal Boat and the course side of the starting mark.
- 9.2 A boat starting later than five (5) minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A4.
- 9.3 If flag "I" and/or "Z," "U", or the black flag has been displayed, the race committee may attempt to hail the sail number(s) of boats on the course side of the starting line or its extension during the minute before her starting signal. Failure of the race committee to hail, the order of the hail, or failure of a boat to hear a hail shall not be grounds for a request for redress. This changes RRS 41 and 62.1.
- 9.4 If flag U has been displayed as the preparatory signal, no part of a boat's hull, crew, or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing but not if the race is restarted or re-sailed or postponed or abandoned before the starting signal. This changes RRS 26 and 63.1. When flag U is used as the preparatory signal, RRS 29.1 (individual recall) does not apply.
- 9.5 The class flag will be numeral pennant one.

10 CHANGE OF THE NEXT LEG OF THE COURSE

- 10.1 To change the leg of the course, the race committee will lay a new mark or gate and remove the original mark (or marks) as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.
- 10.2 If a leeward gate is changed, it will be replaced by a single mark to be left to port.

11 THE FINISH

The finishing line will be between a staff with a flag on the committee boat and the course side of the finishing mark.

12 TIME LIMITS

- 12.1 The time limit for the first boat in a race to sail the course and finish is 90 minutes.
- 12.2 Boats failing to finish within twenty (20) minutes after the first boat in a race sails the course and finishes will be scored Did Not Finish (DNF) without a hearing. This instruction changes RRS 35, A4, and A5.

13 PROTESTS AND REQUESTS FOR REDRESS

- 13.1 Protest forms are available at the Front Desk of the main IHYC clubhouse. Protests, requests for redress or reopening shall be delivered there within the appropriate time limit.
- 13.2 The protest time limit is 45 minutes after the race committee signal boat docks. A long sound signal will indicate that the protest time has begun. The docking time and protest time limit will be posted on the Official Notice Board.
- 13.3 The protest notices required by RRS 63.2, and the notification of protests by the race committee required by RRS 61.1(b), will be posted on the official notice board as soon as possible after a protest has been delivered, but not later than 30 minutes after the protest time limit.
- 13.4 Hearings will be held in the main IHYC clubhouse.
- 13.5 Requests for redress relating to possible scoring errors shall be made no later than one hour after the score is posted. This changes the first sentence of RRS 62.2. Requests for redress relating to possible scoring errors will initially be reviewed by the race committee before being scheduled for hearing by the protest committee. This instruction changes RRS 63.1.

- 13.6 Requests for redress relating to an OCS or starting penalty should state the procedural error the competitor believes the race committee may have made. Further, the competitor will be expected to establish that he or she started properly. This changes RRS 62.1.

14 SCORING

- 14.1 The Low Point Scoring System of RRS Appendix A will apply.
- 14.2 One race will constitute a regatta.
- 14.3 When fewer than five (5) races have been completed a competitor's series score will be the total of all of her race scores. When from five (5) to ten (10) races have been completed, a competitor's series score will be the total of her races scores excluding her worst score.

15 SAFETY REGULATIONS

- 15.1 A competitor retiring from a race or leaving the race area between races shall notify the Race Committee before leaving the course. Notification can be made by the competitor's coach via VHF.
- 15.2 Competitors shall wear at all times while afloat, except for brief periods while removing or adding clothing, a properly secured personal floatation device. U.S. Competitors shall wear USCG approved Type III PFDs. Competitors from outside the U.S shall wear either a PFD approved by their nation's certification authority or a USCG approved PFD.
- 15.3 Failure to comply with 15.2 will be grounds for penalty, at the discretion of the protest committee, up to disqualification from any or all races sailed on the day of the violation instructions.
- 15.4 Competitors shall supply the equipment to meet the requirements of 15.2.
- 15.5 An adult (Parent, guardian or designated adult) is responsible for the safety of the each sailor. It is the responsibility of this adult to decide if the sailor should sail in the weather and sea conditions that might arise during the event. In addition, the Race Committee may require a competitor to retire from racing if the competitor is determined to be a risk to their own or others' safety

16 EQUIPMENT AND MEASUREMENT

Boats are allowed only one hull, centerboard, rudder (including tiller and extension), mast, and boom during the regatta. Requests for substitution of damaged equipment must be made in writing and approved by the Race Committee.

17 COACH AND SUPPORT BOAT REGULATIONS

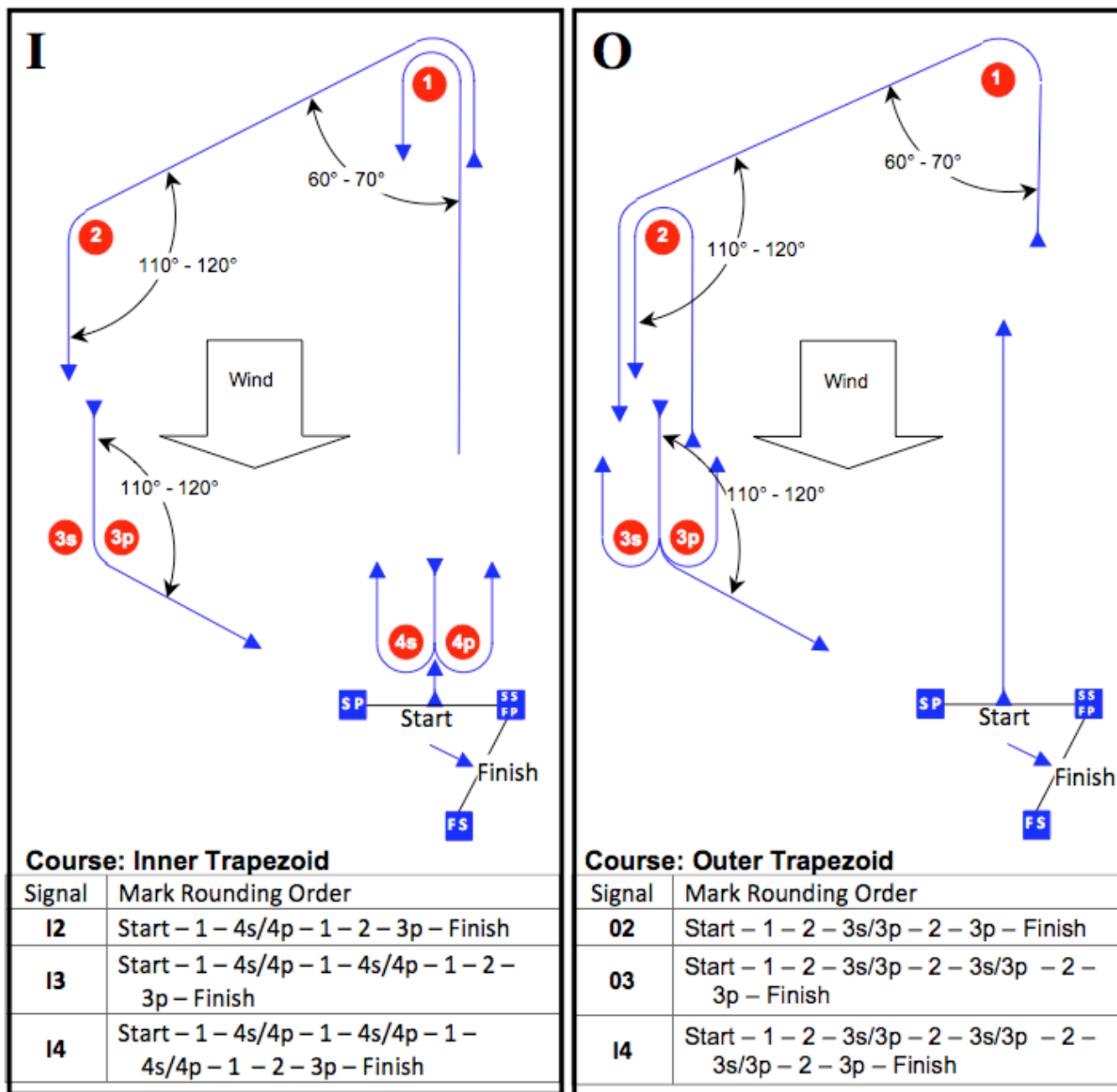
- 17.1 General coach and support boat requirements:
- a) Coach boats shall carry a working VHF radio and monitor channel 05A
 - b) Coach and support boats shall not display distinctive markings or signaling apparatus, or any flags other than their ensign while any boats are racing.
 - c) Coach and support boats shall follow the instructions of the Race Committee.
 - d) No coach or support boat shall tie up to or congregate around any aid to navigation, such as buoys or channel markers.
- 17.2 Restrictions
- a) All coach and support boats shall stay clear of the racing area at all times while boats are racing, except where permitted in this instruction.
 - b) All coach and support boats shall stay more than 50 yards away from any racing boat and move slowly and with minimal wake.

- 18 PRIZES** - Prizes will be awarded according to the notice of race. Subsequent prizes may be awarded at the discretion of the organizing authority.

19 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 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.

Appendix A



Note: Diagrams are illustrative only and there may be variation in the color and shape of marks and distances and angles of course legs.