



## Sailing Instructions

### A: General Sailing Instructions

*Sailing Instructions 1 to 21 apply to both the RYA Sailability Multiclass Regatta and the Ken Ellis Pursuit Race.*

#### 1 RULES

1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing* (RRS), the prescriptions of the RYA and the rules of the class associations, except as modified by these sailing instructions. If UK class rules differ from international class rules, the UK rules will apply.

#### 2 NOTICES TO COMPETITORS

2.1 Notices to competitors will be posted on the official notice board located in the race office in the John Merricks' Training Centre. Additional copies may also be posted in the wet bar of the clubhouse.  
2.2 A briefing by the Race Officer will be held on the lawn below the clubhouse balcony at 10:00 hours on the Saturday.

#### 3 CHANGES TO SAILING INSTRUCTIONS

3.1 Any change to the sailing instructions will be posted before 09:45 hours on the day they come into effect, except that any change to the schedule of races will be posted by 20:00 hours on the day before it will take effect.

#### 4 SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on flag poles at the west end of the club balcony.  
4.2 When the race committee displays a visual signal over a class or fleet flag it applies to that class or fleet only. Visual signals for all classes in fleet A will be flown over a red flag, those for fleet B will fly over a green flag.  
4.3 When flag AP is displayed ashore, the time between the lowering of the flag and the first warning signal shall be at least 45 minutes. This changes the race signals section at the back of the RRS.  
4.4 The launching of boats will be controlled by flags as follows: fleet A by a red flag and fleet B by a green flag. When these flags are displayed from the Clubhouse balcony, the corresponding fleet may launch and proceed to the race area.



Flag AP



Red= A



Green= B

#### 5 SCHEDULE OF TRAINING AND RACES

5.1 Training will take place on Friday 4<sup>th</sup> August, from 12.00 pm.  
5.2 Racing will take place on Saturday 5<sup>th</sup> August and Sunday 6<sup>th</sup> August.  
5.3 Five races are scheduled for the weekend: four races for the Multiclass Regatta with one pursuit race scheduled for the Ken Ellis Trophy. Note that some of these times differ from the Notice of Race.

|                                  |  |
|----------------------------------|--|
| Friday 5 <sup>th</sup> August:   | 12:00 hrs – Race training day. Assemble in the John Merricks' Training Centre.   |
| Saturday 6 <sup>th</sup> August: | 10:00 hrs – Competitors' briefing on the lawn below the clubhouse balcony<br>10:30 hrs – Fleet A launch<br>11:00 hrs – Fleet B launch<br>11:15 hrs – Fleet A first warning, 2 races back-to-back<br>11:45 hrs – Fleet B first warning, 2 races back-to-back<br>~~~ LUNCH ~~~<br>15:25 hrs – Warning for Ken Ellis Pursuit race<br>17:00 hrs – Finish of pursuit race |
| Sunday 7 <sup>th</sup> August:   | 10:30 hrs – Fleet A launch<br>11:00 hrs – Fleet B launch<br>11:15 hrs – Fleet A first warning, 2 races back-to-back<br>11:45 hrs – Fleet B first warning, 2 races back-to-back   |

## **6 RACING AREAS**

6.1 The racing areas will be shown on the official notice board and may be described at the briefing.

## **7 AREAS THAT ARE OBSTRUCTIONS**

7.1 The following are designated as obstructions; competitors shall give reasonable clearance:

7.1.1 The 'Rutland Belle' (a large pleasure cruiser),

7.1.2 A 40-metre zone around fishing boats from which anglers are fishing (anglers are asked not to fish near marks of the course),

7.1.3 Moored boats in the East and West Creeks,

7.1.4 The 'No Sailing' area at the western ends of the north and south arms delineated by small red buoys,

7.1.5 Water Towers located in the area by the dam wall and northern arm.

## **8 PENALTY SYSTEM**

8.1 The penalty for breaking a rule of Part 2 of the RRS, including touching a mark of the course, is to make ONE turn including one tack and one gybe in the same direction while keeping clear of all other boats. This changes RRS Rule 44.1.

## **9 PROTESTS AND REQUESTS FOR REDRESS**

9.1 RRS Rule 61.1(a) requires a hail of 'PROTEST' by any boat intending to make a protest. This will only be waived if no crew member of the protesting boat is physically able to make such a hail.

9.2 Those with right of way need to take into consideration possible delayed reaction times and possible limited manoeuvrability of other sailors. Protest committees will take this into consideration when hearing a protest involving right of way rules. In conveying information and signalling, special consideration shall be given to the needs of sailors with special needs, be they physical, intellectual, emotional or sensory.

9.3 Protests shall be notified to the Race Officer or other official as soon as possible and a written protest shall be lodged at the Race Office within 60 minutes of the last boat finishing that morning or afternoon in that fleet (i.e. fleet A or fleet B).

9.4 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 in the main club house.

9.5 The exoneration penalty (and the advisory hearing and RYA arbitration procedures) of the RYA rules disputes procedures will be available and a summary will be posted on the official notice board.

9.6 A boat that may have broken a rule of Part 2 of the Racing Rules of Sailing or rule 31 may, after finishing the race concerned and before the start of any related protest hearing, notify the race committee that she accepts an exoneration penalty. The penalty will be loss of two places but shall not result in a score worse than DNF. This will not affect the points awarded to other competitors in the race. However, if the boat caused injury or serious damage or, despite taking a penalty, gained a significant advantage in the race or series by her breach her penalty shall be to retire

9.7 When an exoneration penalty is accepted:

9.7.1 Neither the boat nor a protest committee may then revoke or remove the penalty.

9.7.2 The boat shall not be penalized further in a protest hearing when the protest committee decides that it was appropriate to the facts found and the applicable rules.

## **10 SAFETY REGULATIONS**

10.1 A competitor wishing to retire must inform the Course Race Officer or a support boat of their intentions before leaving the racing area. If communication is not possible, he/she should make every effort to inform an appropriate event official at the earliest possible time after coming ashore.

10.2 RRS 41 is modified to permit any boat to receive help from a support boat for any reason other than for additional propulsion. To request help, arms should be raised and lowered, or repeated blasts made on a whistle, or an approved hand held flag should be waved until acknowledged by a support boat.

## **11 REPLACEMENT OF CREW OR EQUIPMENT**

11.1 Substitution of competitors will not be allowed without a prior written request being submitted to the race committee and subsequently approved.

11.2 Substitution of damaged or lost equipment will not be allowed unless authorised by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

## **12 EQUIPMENT AND MEASUREMENT CHECKS**

12.1 A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions.

## **13 EVENT ADVERTISING**

13.1 No specific event advertising will be supplied by the organizing authority.

## **14 OFFICIAL BOATS**

14.1 Committee boats are displacement boats approximately 6-metres long with yellow and green hulls and a white cuddy. Mark layers and rescue boats will be using RIBs.

## **15 SUPPORT BOATS**

15.1 Coaches and other support personnel shall stay outside areas where boats are racing from the time of the warning signal for the first class/fleet to start until all boats have finished or retired or the race committee signals a postponement, general recall or abandonment.

## **16 TRASH DISPOSAL**

16.1 Trash may be placed aboard support and race committee boats.

## 17 BERTHING & HAUL-OUT RESTRICTIONS

- 17.1 SKUD, 2.4mR, Kinsman, Squib and Sonar class boats will not be all hauled out during the regatta unless instructed otherwise by the race committee. The support boats will assist these classes of boats to mooring buoys overnight and will assist sailors to bring the boats to the jetties in the morning. Some boats may be left tied to the jetties.

## 18 RADIO COMMUNICATION

- 18.1 Radio communication to allow sufficient additional support to sailors as part of a reasonable adjustment will only be permitted by agreed written protocol between the competitor and the race committee; an official notice to sailors will be displayed that such a protocol is in place. Otherwise, except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.

## 19 RISK STATEMENT AND DISCLAIMER OF RESPONSIBILITY

- 19.1 RRS 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone". Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor, and their parents/guardians, agrees and acknowledges that:
- 19.1.1 They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
  - 19.1.2 They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
  - 19.1.3 They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
  - 19.1.4 Their boat is in good order, equipped to sail in the event and they are fit to participate;
  - 19.1.5 The provision of a race management team, support boats, and other officials and volunteers by the organiser does not relieve them of their own responsibilities;
  - 19.1.6 The provision of support boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.
  - 19.1.7 It is their responsibility to familiarise themselves with any risks specific to the venue or this event that are drawn to their attention in any rules and information produced for the event to attend any competitors' briefings held for the event.

## 20 INSURANCE

- 20.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3 million per incident or the equivalent.

## 21 LOCAL VARIATIONS

- 21.1 Due to an Anglian Water authority ban on anchoring in some parts of the eastern section of the reservoir, some alterations in course angles and positioning of marks or committee boats may have to be taken into consideration.
- 21.2 Water temperature may be low; all precautions should be taken to avoid hypothermia.

# B: Sailing Instructions for the RYA Sailability Multiclass Regatta Races

*Sailing Instructions 22 to 30 apply only to RYA Sailability Multiclass Regatta Races, not to the Ken Ellis Pursuit Race.*

## 22 CLASSES and FLEET FLAGS

- 22.1 Boats will be assigned to two fleets: *Fleet A* and *Fleet B*, which will sail in different areas of the lake.
- 22.1.1 Fleet A will comprise boats with a PY number of 1200 or greater. This includes: Hansa 2.3, 303 Single Person, 303 Two Person, 2.4mRs and Liberties.
  - 22.1.2 Fleet B will comprise boats with a PY number of 1199 or less. This includes: Challengers, Wetas, Skuds, RS Ventures, Laser Stratos, Squib Sonars.
- 22.2 If there are 4 or more entries of a particular class, then entries will be considered as a class, and class results will be published. Otherwise boats will be entered into Open Fleet A or Open Fleet B.
- 22.3 The warning flag for the open fleets will be plain yellow.
- 22.4 Where a class is to start separately, their class flag will be used. If their class flag is not available, an alternative flag will be used and this will be displayed on the Official Noticeboard by 09:45 hours on the Saturday.

## 23 THE COURSES

- 23.1 The diagrams in Attachment A show the courses, the order in which marks are to be passed, and the side on which each mark is to be left.
- 23.2 No later than the warning signal, the race committee boat will display the starting order and the course to be sailed by each class. The approximate compass bearing of the first leg may also be displayed. The starting order may also be described at the briefing and shown on the official notice board.




## 24 MARKS

- 24.1 Course marks are large spherical buoys. For Fleet A, these will be black. For Fleet B, these will be yellow.
- 24.2 Starting marks will be a race committee boat, including any attached boats or buoys and a dan buoy with an orange flag.
- 24.3 Finishing marks will be the same race committee boat and a dan buoy with a blue flag.

## 25 THE START

25.1 There may be multiple starts for each race.

25.2 Each start will use the following signals; using Rule 26

| Minutes before the starting signal | Visual signal  | Sound signal | Meaning            |
|------------------------------------|--|--------------|--------------------|
| 3                                  | Class/fleet flag(s) displayed (see SI 22)  | One          | Warning Signal     |
| 2                                  | "P":  "I" flag:  or "U" flag:  | One          | Preparatory Signal |
| 1                                  | Preparatory signal removed   | One long     | One minute         |
| 0                                  | Class/fleet flag removed   | One          | Starting Signal    |

25.3 The warning signal for each succeeding class/fleet shall be made with or after the starting signal of the preceding class/fleet. Where there are only small number of competitors in classes/fleets, the Race Officer may decide to start more than one class/fleet at the same time by displaying their class/fleet flags together.

25.4 To alert boats that a sequence of starts is about to begin, the orange flag will be displayed with one sound, three minutes before the first warning signal of the sequence.

25.5 The starting line will be between the mast displaying an orange flag on the race committee boat at the starboard end and the port end starting mark.

25.6 After a start sequence has commenced, boats not racing and not involved in the start under way shall keep at least 50 metres away from the start line. Attention is drawn to RRS Rule 24.1.

25.7 A boat starting later than two minutes after her starting signal may be scored Did Not Start without a hearing. This changes rule A4 and A5.

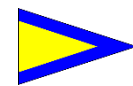
25.8 Individual recalls will be made in accordance with RRS Rule 29.1 using Flag 'X' with one sound signal. Efforts will be made by the Committee Boat and support boats to notify any boats over the line at the start, or infringing RRS Rule 30.1 concerning the use of Flag "I" as the preparatory signal. Failure to be notified of a starting infringement will not be considered grounds for protest against the Race Officer or Race Committee.



Flag X

25.9 In the event of a general recall, subsequent starts will be delayed until the recalled class/fleet has started, i.e. the order of starts remains unchanged.

25.10 If a general recall has been signalled, a RIB may pass ahead of the start line waving a staff displaying 1st Substitute.



1<sup>st</sup> Sub. flag

## 26 CHANGE OF THE NEXT LEG OF THE COURSE

26.1 When it is necessary and possible, the Race Committee may either move a mark, or lay a substitute mark after the start. This change will be made clear by the lead boat or another support boat. This changes RRS 33.

## 27 THE FINISH

27.1 The finishing line will be between staffs displaying an orange flag on the committee boat at the starboard end and blue flag on a dan buoy at the port end.

27.2 The Race Officer may shorten the course in accordance with RRS Rule 32 using Flag 'S' and two sound signals.

27.2.1 *Shortening at the leeward mark:* A boat flying an 'S' flag will be stationed near the leeward mark (i.e. mark 3 or/and 4.) Competitors should then proceed directly to the finishing line without doing further laps.



Flag S

27.2.2 *Shortening at a windward mark:* The race may be finished between a windward rounding mark and a staff flying an 'S' flag on a nearby support boat.

## 28 TIME LIMITS AND TARGET TIMES

28.1 The target race length is 30 minutes on Saturday and 45 minutes on Sunday for the leading boat. The time limit for other boats will be 15 minutes after the finishing time of the leading boat in their class/fleet, unless otherwise indicated at the pre-race briefing, or extended by the Course Race Officer who may use his/her discretion.

28.2 At the expiry of the time limit, boats that have not finished shall be scored in their positions on the water as judged by the Race Officer, giving equal positions if necessary. This changes RRS 35.

28.3 If no boat in a particular class/fleet is likely to complete the race within 1 hour, the Course Race Officer may abandon the race in accordance with RRS Rule 32 using Flag 'N' over the appropriate class/fleet flag and three sound signals.



Flag N

## 29 SCORING

29.1 Scoring will be in accordance with Appendix A4 – Low Point System for class racing.

29.2 Two races are required to be completed to constitute a series.

29.2.1 When fewer than 4 races have been completed a boat's score will be the total of all her race scores.

29.2.2 When all 4 races have been completed, the worst result shall be discarded.

## 30 PRIZES

30.1 Prizes will include the first and second place in each of the fleets.

# C: Sailing Instructions for the Ken Ellis Pursuit Race

Sailing Instructions 31 to 38 apply only to the Ken Ellis Pursuit Race and not to the RYA Sailability Multiclass Regatta.

## 31 CLASSES and FLEET FLAGS

31.1 There are no class or fleet flags for the pursuit race; see SI 34 for the visual signals to be used.

## 32 THE COURSES

32.1 The course will be displayed on the official noticeboard by 09:45 hrs on Saturday. Copies will be available on waterproof paper, together with starting times, from the race office no later than lunch time on the Saturday.

32.2 A lead boat displaying a large flag "L" will be deployed in front of the class/fleet to indicate the course. Any error by a lead boat will not be grounds for protest against the Race Committee



Flag L

## 33 MARKS

33.1 The course marks will be Rutland Sailing Club racing marks and/or yellow or black buoys. These will be described in the course information referred to in SI 32.1.

33.2 Starting marks will be a race committee boat and any attachments, and a dan buoy or committee boat flying an orange flag.

## 34 THE START

34.1 A large digital race timing clock will be displayed from the committee boat. The clock will count up in hours:minutes:seconds from 00:00:00. This clock, together with the display and removal of flags, will comprise the visual signals for starting the race. This and the following amends Rule 26.

34.2 Competitors shall not start before the digital clock displays the starting time corresponding to the class of their boat. The starting times shall be posted on the official notice board by 09:45 hrs Saturday and will be available with the course information, SI 32.1. Starting times for key classes are also show below (SI 34.4).

34.3 Races shall be started by using the following signals. Times shall be taken from the sounds signals not the visual signals.

| Minutes before the first start        | Flag signal         | Clock display (hr:min:sec) | Sound signal | Means   |
|---------------------------------------|---------------------|----------------------------|--------------|---|
| 10                                    | Orange flag         | 00 00 00                   | One          | Alert   |
| 5                                     | Class flag          | 00 00 00                   | One          | Warning signal                                      |
| 4                                     | P flag              | 00 00 00                   | One          | Preparatory signal                                  |
| 3                                     |                     | 00 00 00                   |              |   |
| 2                                     |                     | 00 00 00                   |              |   |
| 1                                     | P flag removed      | 00 00 00                   | One long     | One minute to first start                           |
| 0                                     | Class flag removed  | 00:00:00<br>(clock starts) | One          | Starting signal for 2.3mR                           |
| <i>Minutes after the first start:</i> |                     |                            |              |   |
| 1                                     |                     | 00:01:00                   | One          | Start for any boats with starting time of 1 minute  |
| 2                                     |                     | 00:02:00                   | One          | Start for any boats with starting time of 2 minutes |
| 3                                     |                     | 00:03:00                   | One          | Start for any boats with starting time of 3 minutes |
| <i>etc.</i>                           |                     | <i>etc.</i>                | <i>etc.</i>  | <i>etc.</i>   |
| After all boats have started:         | Orange flag removed |                            | None         | Start line closed                                   |

34.4 Starting times for common boats are shown below:

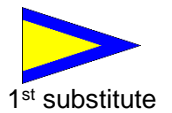
| Class      | Starting time in minutes |
|------------|--------------------------|
| 2.3        | 0                        |
| 303 double | 12                       |
| 303 single | 14                       |
| Liberty    | 18                       |
| 2.4mR      | 32                       |
| Challenger | 36                       |
| RS Venture | 38                       |
| Skud       | 40                       |
| Weta       | 45                       |

34.5 In the event of an individual recall, flag X will be displayed and then lowered within 30 seconds. This amends rule 29.1.



Flag X

- 34.6 To signal a general recall, the race committee shall display the 1st Substitute flag with 2 sounds signals for up to 2 minutes. Each boat shall return round the ends of the starting line and then restart immediately. This change RRS 29.2.



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

- 35.1 Marks will not be changed after the leading boat has passed them for the first time.

## **36 THE FINISH**

36.1 The finish line will either be:

36.1.1 Between two RIB's, flying blue flags, motoring contrary to the direction of the race leaders. In order to be awarded a finish place, boats must pass between these two Ribs OR

36.1.2 between the next mark of the course and a staff displaying a Blue flag on a finishing boat.

36.2 The race time will be 90 minutes. Courses may not be shortened. Rule 32.2 is deleted.

36.3 At the prescribed finish time, two long sound signals will be made by the Race Control Box, one of the finishing RIB's and the finish boats positioned near rounding marks to indicate the finishing time. So far as possible, a sound signal will be made by each finishing line boat to indicate the recording of subsequent finishers. NOTE: each finisher should make a record of the boat immediately in front and behind at the prescribed finish time for verification and signing off declaration (see SI 36.6).

36.4 After the finish time, boats must not overtake others but must remain in their relative positions and continue to sail the course to the next rounding mark until finished without passing another boat.

36.5 At and after the finish signal, boats must remain as near as possible to the straight line between the marks or obstructions delineating the leg of the course which they are sailing.

36.6 Within 20 minutes of coming ashore, each helm shall sign off at the Race Office, to confirm their position at the finish (record class and number of boat in front & behind them).

## **37 SCORING**

37.1 Boats will be scored according to their position at the prescribed finish time.

## **38 PRIZES**

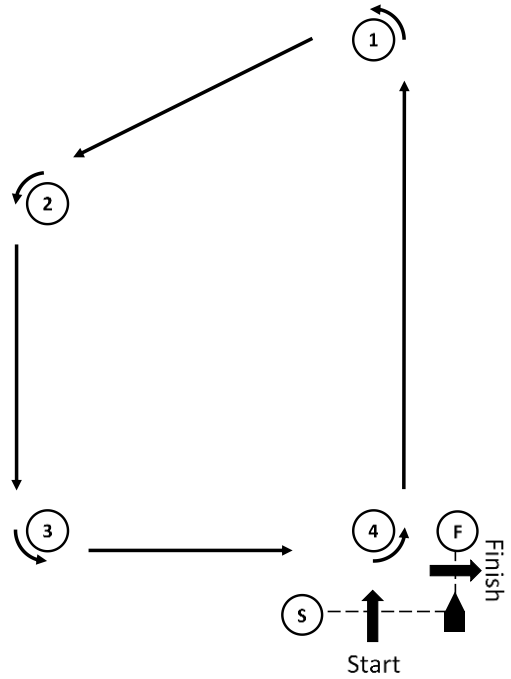
38.1 The Ken Ellis Trophy will be awarded to the winner of the pursuit race.

**Attachment: Multiclass Regatta Course Diagrams**

*Notes*

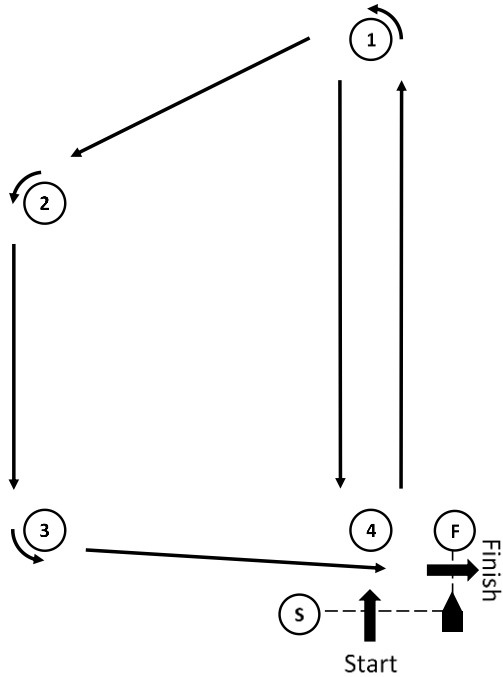
1. All rounding marks shall be left to port.
2. All angles and leg lengths are for illustration only and are not to scale.
3. The number signalled is equal to the total number of beats.
4. Ⓢ = start, ⓕ = finish, → = a beat

**Trapezoid**



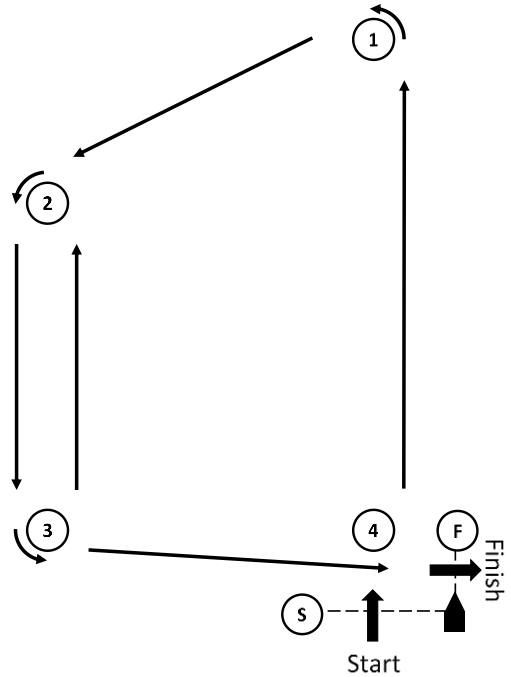
| Signal | Rounding Order                    |
|--------|-----------------------------------|
| Trap 2 | Ⓢ → 1-2-3-4 → 1-2-3-4-ⓕ           |
| Trap 3 | Ⓢ → 1-2-3-4 → 1-2-3-4 → 1-2-3-4-ⓕ |
| etc.   |                                   |

**Inner Loop**



| Signal | Rounding Order            |
|--------|---------------------------|
| In 2   | Ⓢ → 1-4 → 1-2-3-4-ⓕ       |
| In 3   | Ⓢ → 1-4 → 1-4 → 1-2-3-4-ⓕ |
| etc.   |                           |

**Outer Loop**



| Signal | Rounding Order            |
|--------|---------------------------|
| Out 2  | Ⓢ → 1-2-3 → 2-3-4-ⓕ       |
| Out 3  | Ⓢ → 1-2-3 → 2-3 → 2-3-4-ⓕ |
| etc.   |                           |