

SAILING INSTRUCTIONS - EFFECTIVE 1st May 2025

1 RULES

- 1.1 Racing will be governed by the rules as defined in The Racing Rules of Sailing, the Prescriptions of the Royal Yachting Association (RYA), these Sailing Instructions, and the RYA's Racing Charter.
- 1.2 Where there is conflict between the RRS and these Sailing Instructions, these Sailing Instructions will prevail.
- 1.3 The Equipment Rules of Sailing and The Class Rules of any eligible boat competing will apply.
- 1.3.1 The use of alternative sails is permitted when approved by the Sailing Committee
- 1.4 The RRS will be changed as follows: RRS 1.2, 26, 27.1, 29.2, 30.3, 32.1, 32.2, 35, 40, 61.1(b) and 63.1; Race Signals; RRS A4, RRS A5 and RRS A9.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board, which is located in the clubhouse entrance foyer or on the blackboard on the west wall of the clubhouse.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted at least 30 minutes before the start of any race, or races where these are back-to-back, that they affect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on the South balcony of the clubhouse, using boards to represent code flags.
- 4.2 The course configuration to be sailed will be indicated by the appropriate course boards. Courses will be as set out in Appendix A. Course information will be displayed at least 10 minutes before the start of any race(s).
- 4.3 The number of laps scheduled to be sailed will be six, except for 'average lap time' and pursuit races, which are time bounded.
- 4.4 Change of Course: code flag 'A' will be displayed and four sound signals made.
- 4.5 Shorten Course: will be indicated by two sound signals and the display of code flag 'S' with the appropriate class flag(s). Where the shortened course applies to all classes racing, only code flag 'S' will be displayed. This changes RRS 32.1, 32.2 and Race Signals.
- 4.6 When code flag 'AP' is displayed, '1 minute' is replaced with '3 minutes' in RRS Race Signal 'AP'. This changes RRS Race Signals.

5 SCHEDULE OF RACES

- 5.1 Dates of racing: will be published on the Club's website.
- 5.2 Number of races: the number of races in any particular series or for any club trophies will be published on the Club's website
- 5.3 Times of racing: the scheduled time of the warning signal for the first race each day is 6 minutes before the time published on the Club's website.

6 CLASS FLAGS

Class flags will be defined in the Notice of Race which are published on the Club's website.

7 COURSES

The diagrams in Appendix A show the courses, the order in which marks are to be passed, and the side on which each mark is to be left.

- 7.1 The Asymmetric Fleet will always use course A13 Port hand Up / Down-Wind or A14 Starboard hand Up / Down-Wind. The direction of mark rounding shall be designated by the display of a red (port) or green (starboard) board. No flag D will be displayed. The course designator board displayed for other fleets shall be ignored.

Buoy 1 will be located beyond the marks laid for the other fleets, or will be the Windward/Leeward Buoy of the course for the other fleets if no additional buoy is laid,

8 MARKS

- 8.1 Mark S will be a red topped yellow bodied pencil buoy for all classes / fleets.
- 8.2 Mark L will be a red / orange spherical buoy for all classes / fleets.
- 8.3 Marks 1 and 2 will be orange buoys. When a shorter, inner course is also laid, marks 1 and 2 will be black buoys for the inner course.
- 8.4 For trapezoid courses, marks 1, 2 and 3 will be a combination of orange buoys and black buoys.

9 THE START

- 9.1 Races will be started as follows:

| Signal | Flag and Sound | Minutes Before Starting Signal |
|-------------|-------------------------------------|--------------------------------|
| Warning | Class / Fleet Flag: 1 Sound | 6 |
| Preparatory | Code Flag 'P': 1 Sound | 3 |
| Start | Class / Fleet Flag Removed: 1 Sound | 0 |

The warning signal for each succeeding class / fleet shall be made with the preparatory signal of the preceding class / fleet. This changes Rule 26.

- 9.2 The start line will be between the black vertical line on the front of the Race Box on the south balcony and the outer start mark S, as described in SI 8.1. A post may be placed on the beach on, or near, this line for guidance only.
- 9.3 A boat starting later than 6 minutes after her starting signal will be scored 'Did Not Start'. This changes RRS A4.
- 9.4 Starting Penalties: in the event of a General Recall being necessary, code flag 'First Substitute' will be displayed from the South balcony accompanied by two sound signals. Code flag 'First Substitute' will be removed without a sound signal at two minutes after the recalled start. This changes RRS 29.2.
- 9.5 The new start time for the recalled class / fleet will be three minutes after the last scheduled start, unless the recalled class / fleet is the last scheduled start, when the new Warning and Preparatory Signals will be displayed one minute after code flag 'First Substitute' is removed. This changes RRS 29.2
- 9.6 If there is more than one recalled class / fleet then their rescheduled starts will succeed the last scheduled start and remain in the sequence of their recalls.

10 CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the Race Committee will move the original mark (or the finishing line) to a new position.

11 FINISH LINE

The finish line will be between the black vertical line on the front of the Race Box on the South balcony

and the outer limit mark L, as described in SI 8.2.

12 PENALTY SYSTEM

The penalties are as follows:

- Disqualification without a hearing – competitors failing to comply with SI 16.1 will be disqualified without a hearing. This changes RRS 63.1 and A5.
- Sailing Correct Course – when the Race Committee observes a boat failing to sail the correct course, the boat so observed will be disqualified without a hearing. This changes RRS 63.1 and A5.
- Exoneration Penalty: a boat that may have broken a rule of Part 2, or rule 31.1 or 42, may, after finishing the race concerned and before the start of a related protest hearing, notify the race committee that she accepts a 20% scoring penalty as stated in rule 44.3(c), except that the minimum penalty is two places if that does not result in a score worse than DNF. This penalty does not reverse an OCS score, a disqualification under rule 30.3 or a penalty under Appendix P. It is not available for a breach of rule 2 or of class rules or for gross misconduct under rule 69. Nor is it available to a boat that caused injury or serious damage, or gained a significant advantage by her breach: in these circumstances, her penalty is to retire.

When an Exoneration Penalty is accepted:

- neither the boat, nor a protest committee, may then revoke or remove the penalty
- 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.

13 TIME LIMITS

- 13.1 In all class/handicap racing there will be a time limit of 2 hours from that class/handicap fleet start time within which one boat must finish.
- 13.2 Boats failing to finish with 30 minutes (for class racing) or 60 minutes (for handicap racing) or 45 minutes (for Wednesday Evening racing) of the first boat that sails the course and finishes will be scored 'Did Not Finish'. This changes RRS 35.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1 Protest Forms are available at the Race Box. Protests shall be delivered there within the Protest Time Limit when related to racing incidents.
- 14.2 For each class / handicap fleet, the Protest Time Limit is 60 minutes after the last boat has finished the last race of the day.
- 14.3 Notices will be posted within 30 minutes of the Protest Time Limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be heard in a location as directed on any posted notice.
- 14.4 Boats will be informed of Protests by the Race Committee via notices posted on the official notice board. This changes RRS 61.1(b).
- 14.5 A list of boats that, under Sailing Instruction 12, have received a penalty or accepted a penalty will be posted on the official notice board. This may be by amendment to the results.
- 14.6 Advisory Hearing: a boat may request a hearing with a rules advisor appointed by the Race Committee to assist with rules disputes. The request shall be made as a written request (when signing off), within the protest time limit, and shall identify the race in question (if applicable) or time of incident, the other party or parties, and when necessary contact information. The party requesting the hearing shall inform the other parties of this request.

If a boat is identified as having broken a rule, but no party takes any further action, the penalty for this infringement is zero. If a boat is identified as having broken a rule, and a party thereafter submits a protest, a boat may exonerate herself by taking the exoneration penalty above prior to the start of the protest hearing, or choose to retire. If a boat initially requests an advisory hearing, and then submits a protest for the same incident, the Protest Committee shall use its flexibility under rule 61.3 to extend the protest time limit to allow the protester to submit a written protest promptly after the conclusion of the advisory hearing.

15 SCORING

- 15.1 Race scores: RRS A9 is amended in that, irrespective of the length of any race series, points for DNF, RTD and RAF will be 5, or one more than the number of starters in the race, whichever is the greater. RRS A4.2 is amended in that points for DNS, DSQ, OCS and BFD will be 6, or two more than the number of starters in the race, whichever is the greater.
- 15.2 A helm who is on duty during a race as Race Officer, Assistant Race Office, Primary Rescue Boat Helm or Crew, or one of the two Canteen staff shall be awarded average points for that race.
- 15.2.1 The number of times that this award can be used is limited by the number of races held in the series as follows:
- | | |
|----------------|------|
| Greater than 3 | 1 |
| 1-3 | None |
- 15.2.2 Average points shall be calculated at the end of the series and shall be the average of all the races in which they were ranked as a starter. Should they have more than one entry in a series then the average points will be awarded to the entry in which they have been a ranked as a starter the most times.
- 15.3 Races to Count:
- 15.3.1 The number of races to count in any series over multiple weekends will be rounded up from one half of the total number of races sailed, except for a series in which fewer than eight races are sailed, where the number to count will be 4/7, 4/6, 3/5, 3/4, 2/3, 2/2 or 1/1.
- 15.3.2 For any series held on one day or over a single weekend, one discard will be allowed if 3 or more races are sailed. 2 discards will be allowed if 7 or more races are sailed.

16 SAFETY REGULATIONS AND DECLARATIONS

- 16.1 Signing On: competitors must enter on the declaration form at least three minutes before the start of the race. This does not apply for events where an entry form has been completed.
- 16.2 Signing Off: competitors who retire from a race must signify this by completing the declaration form accordingly within 60 minutes after the last boat has finished the race in question, or the last race before coming ashore where races in question are back to back. There is no requirement to sign off for those who complete the race correctly.
- 16.3 A boat that retires, did not start, or retires after finishing shall notify the Race Committee as soon as possible, and no later than the time limit in SI 14.2.
- 16.4 All competitors shall wear an adequate personal flotation device, properly secured, at all times whilst afloat. Wet suits, dry suits and trapeze harnesses do not constitute a personal flotation device. Competitors afloat who are not wearing an adequate personal flotation device may be subject to protest. This changes RRS 1.2, 27.1, 40 and Race Signals.

17 NUMBER OF STARTERS

- 17.1 Boats shall declare an intention to start by completing the declaration in accordance with SI 16.1, but to be ranked as a starter must be present in the starting area after their preparatory signal.
- 17.2 For any race(s) to be valid the number of boats required to declare an intention to start and to be present in the starting area after their preparatory signal shall be 2 in that fleet.

18 RADIO COMMUNICATION

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 PRIZES

Prizes will be awarded for handicap and separate class racing depending upon the number of boats entering a series, as follows:

| | | | |
|----------|-------------|---|--------------|
| At Least | Two boats | - | one prize |
| | Three boats | - | one prize |
| | Four boats | - | two prizes |
| | Five boats | - | three prizes |

20 DISCLAIMER OF LIABILITY

Competitors participate entirely at their own risk. (See RRS 4, Decision to Race.) Lancing Sailing Club will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during or after racing.

21 INSURANCE

Competitors must ensure that at all times when racing at Lancing Sailing Club they hold valid current insurance including third party liability cover to a minimum value of £2 million.

APPENDIX A

COURSE LAYOUTS FOR SHORE-BASED STARTS

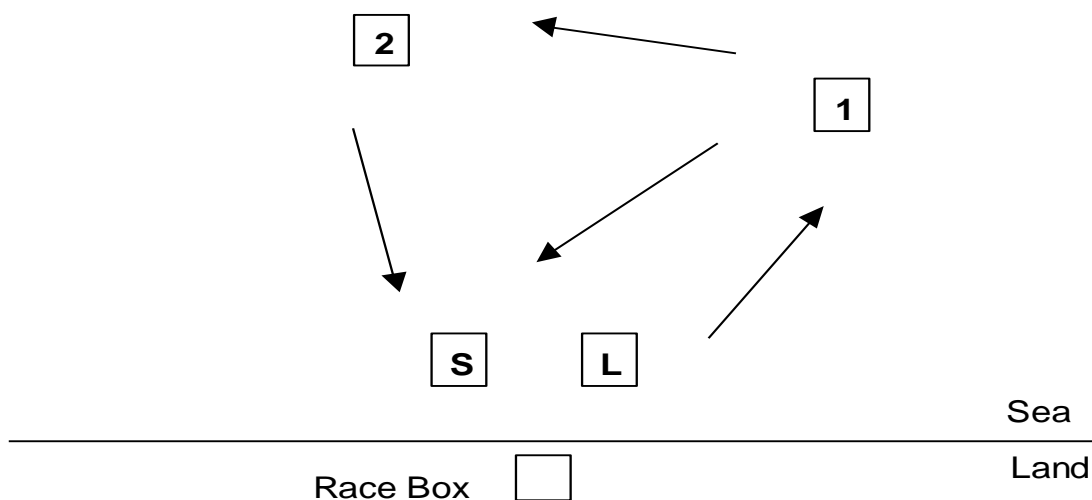
The **start line** is between the black vertical line on the front of the Race Box and buoy **S**.

The **finish line** is between the black vertical line on the front of the Race Box and buoy **L**.

Note: The course diagrams indicate only the general shape of the course and not the relative angles or distances between the marks.

A1 Southerly – port hand

Course signals: Board **S** plus **red** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



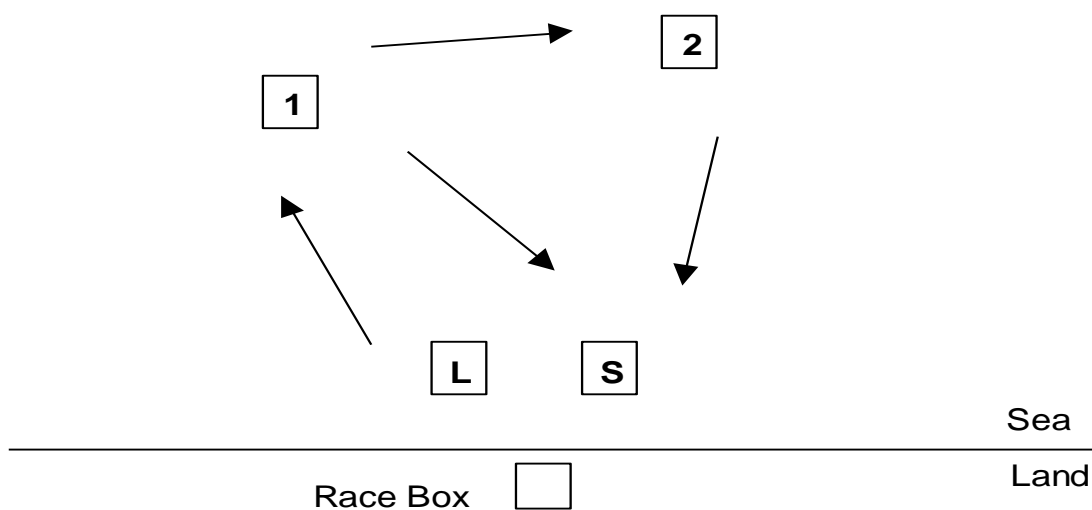
Lap 1 and subsequent odd laps
Lap 2 and subsequent even laps

L 1 2 S
L 1 S

all rounded to port
all rounded to port

A2 Southerly – starboard hand

Course signals: Board **S** plus **green** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



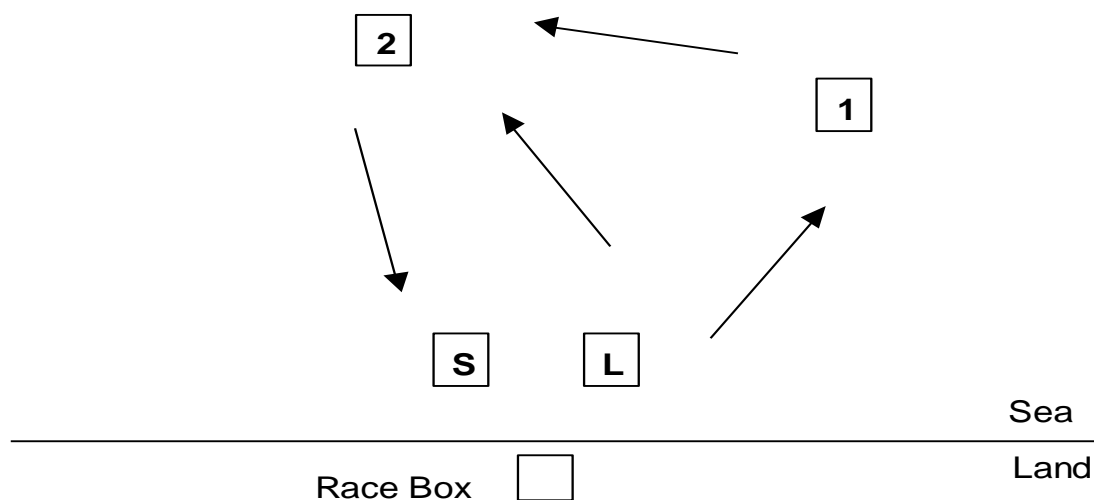
Lap 1 and subsequent odd laps
Lap 2 and subsequent even laps

L 1 2 S
L 1 S

all rounded to starboard
all rounded to starboard

A3 Northerly – port hand

Course signals: Board **N** plus **red** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



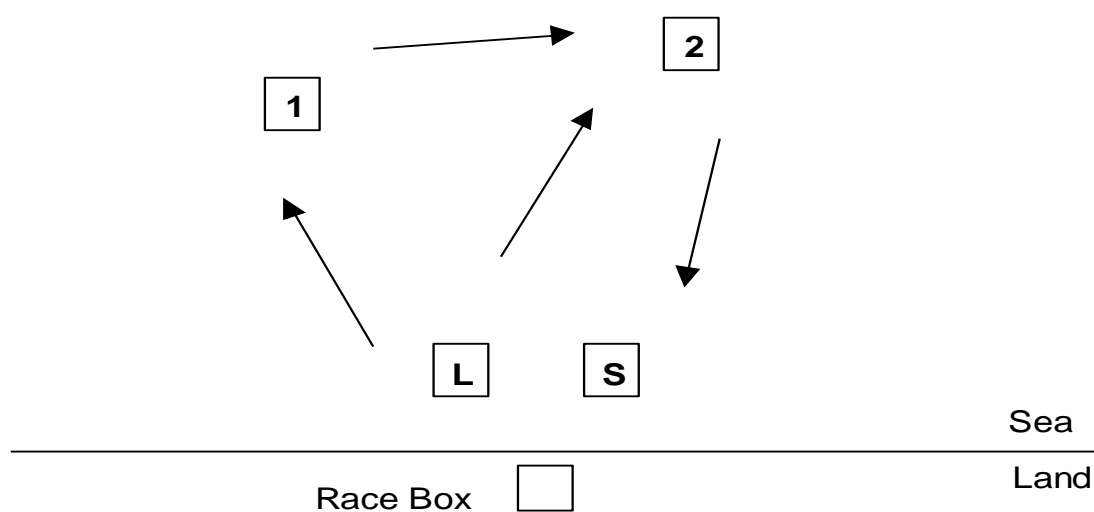
Lap 1 and subsequent odd laps
Lap 2 and subsequent even laps

L 1 2 S
L 2 S

all rounded to port
all rounded to port

A4 Northerly – starboard hand

Course signals: Board **N** plus **green** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



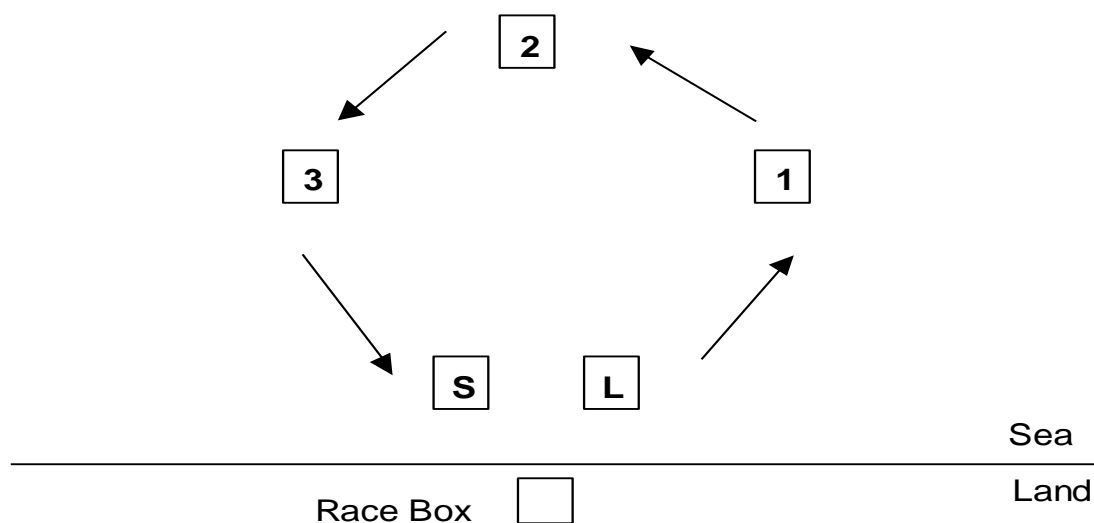
Lap 1 and subsequent odd laps
Lap 2 and subsequent even laps

L 1 2 S
L 2 S

all rounded to starboard
all rounded to starboard

A5 Port hand trapezium

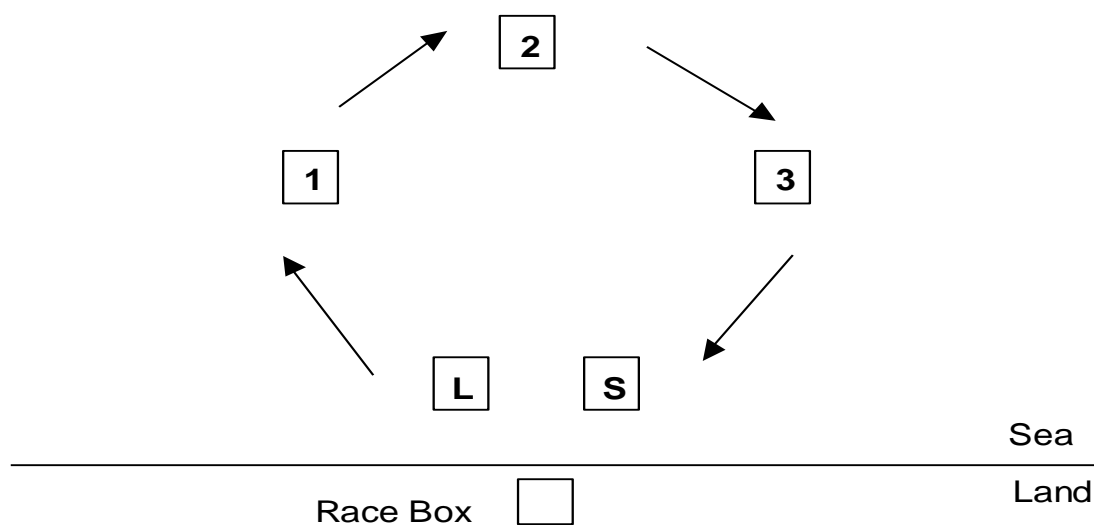
Course signals: Board **Z** plus **red** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



Lap 1 and all subsequent laps **L 1 2 3 S** all rounded to port

A6 Starboard hand trapezium

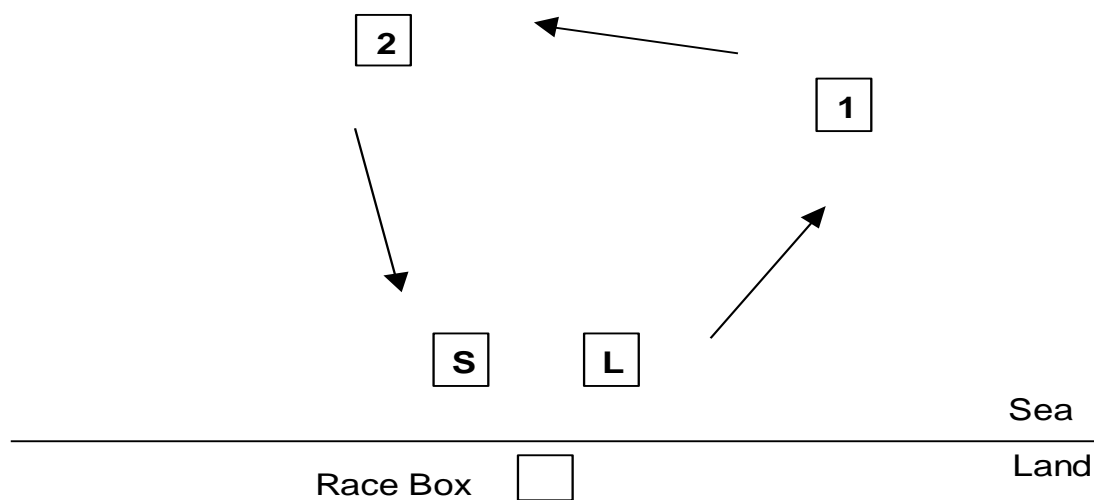
Course signals: Board **Z** plus **green** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



Lap 1 and all subsequent laps **L 1 2 3 S** all rounded to starboard

A7 Port hand triangle

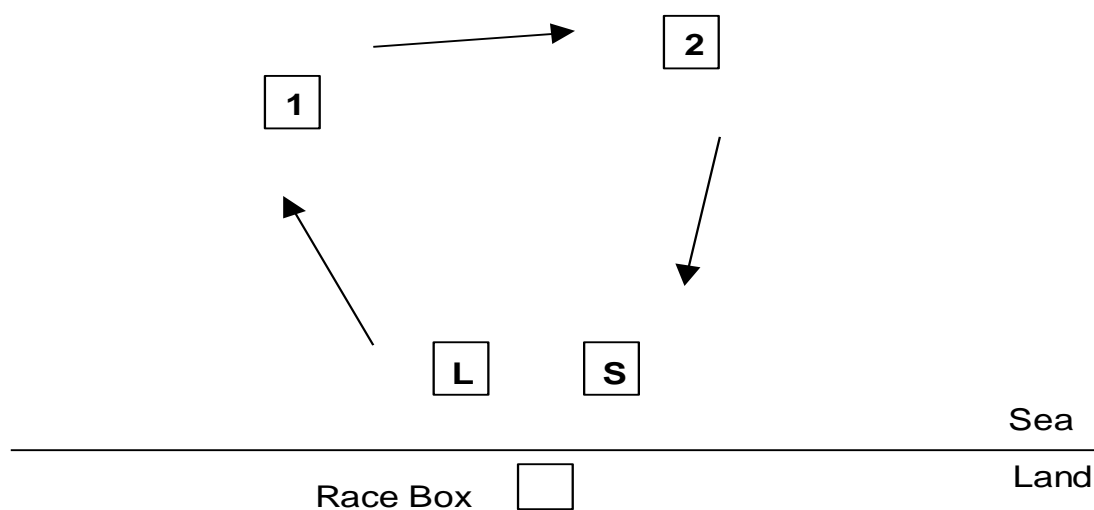
Course signals: Board **T** plus **red** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



Lap 1 and all subsequent laps **L 1 2 S** all rounded to port

A8 Starboard hand triangle

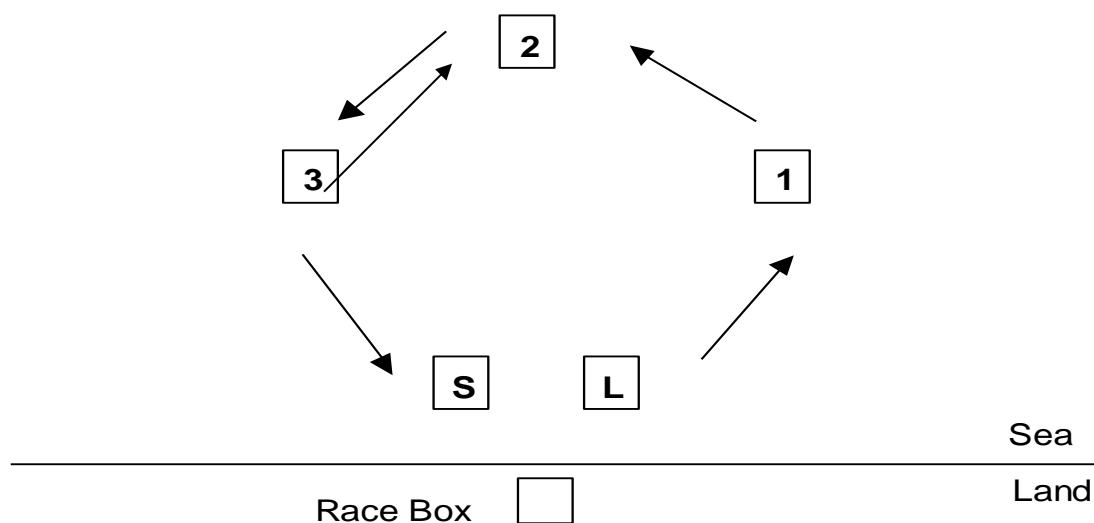
Course signals: Board **T** plus **green** board. If board **L with a red cross** is displayed then on the first lap buoy **L** can be ignored before rounding mark **1**.



Lap 1 and all subsequent laps **L 1 2 S** all rounded to starboard

A9 Southerly port hand outer trapezium

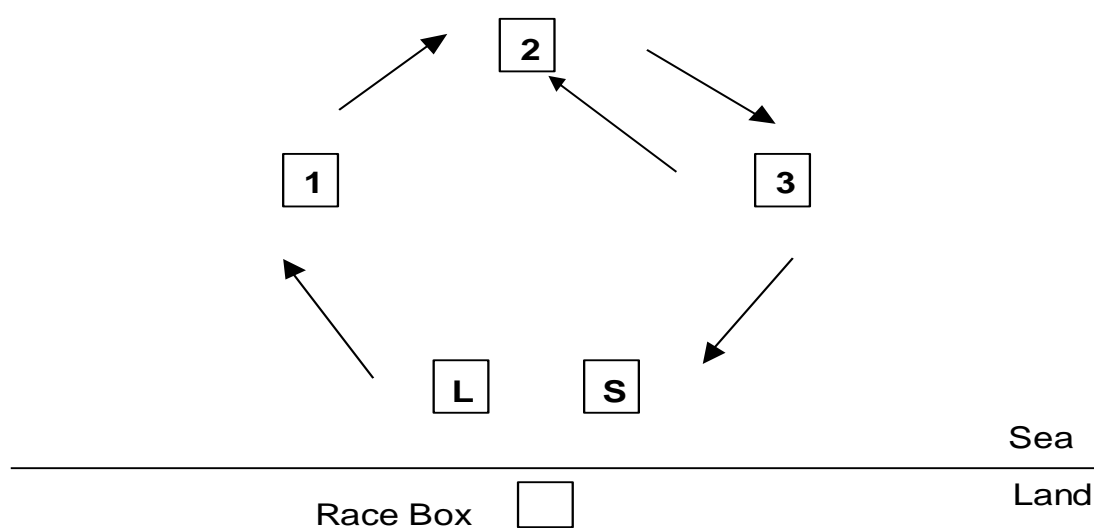
Course signals: Boards **Y** and **S** plus **red** board. If board **L with a red cross** is shown then on the first lap buoy **L** can be ignored before rounding mark 1.



Lap 1 and all subsequent laps **L 1 2 3 2 3 S** all rounded to port

A10 Southerly starboard hand outer trapezium

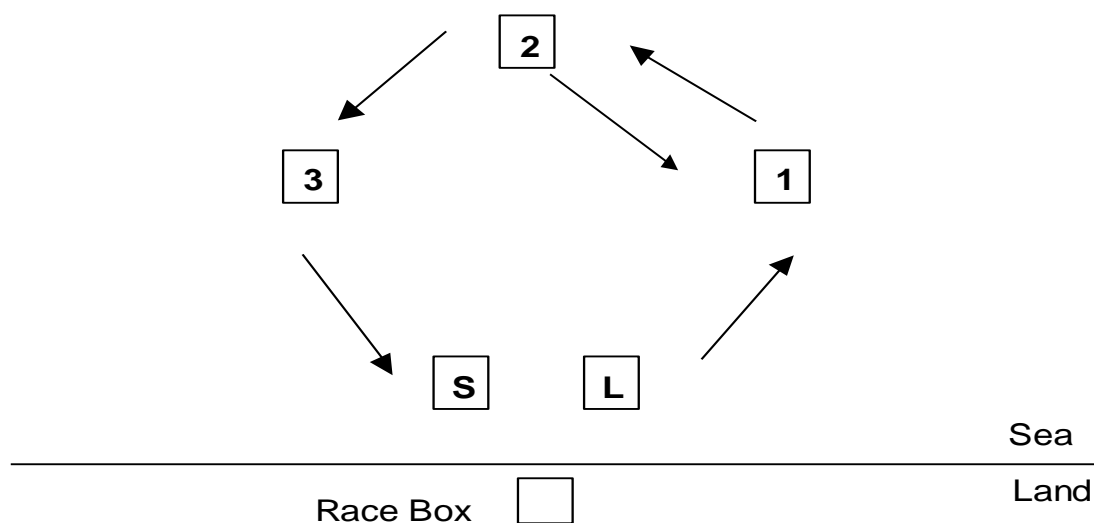
Course signals: Boards **Y** and **S** plus **green** board. If board **L with a red cross** is shown then on the first lap buoy **L** can be ignored before rounding mark 1.



Lap 1 and all subsequent laps **L 1 2 3 2 3 S** all rounded to starboard

A11 Northerly port hand outer trapezium

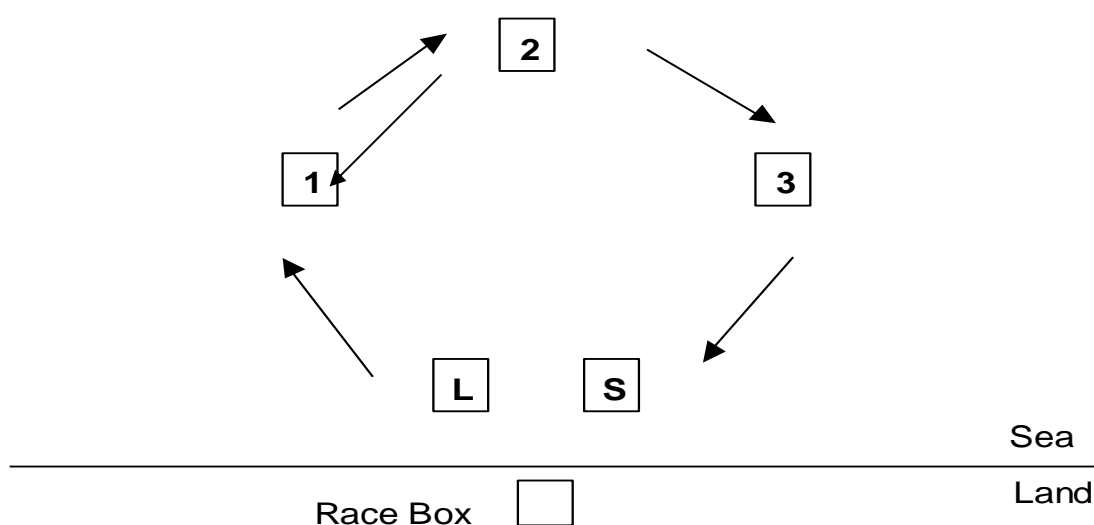
Course signals: Boards **Y** and **N** plus **red** board. If board **L with a red cross** is shown then on the first lap buoy **L** can be ignored before rounding mark 1.



Lap 1 and all subsequent laps **L 1 2 1 2 3 S** all rounded to port

A12 Northerly starboard hand outer trapezium

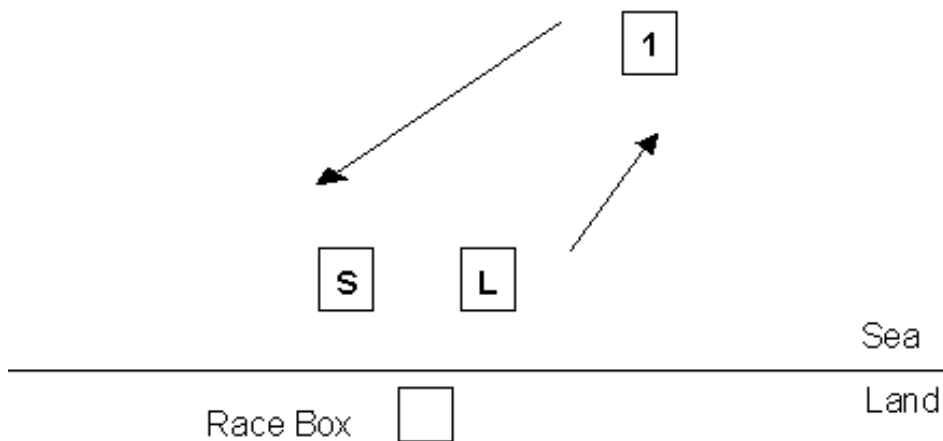
Course signals: Boards **Y** and **N** plus **green** board. If board **L with a red cross** is shown then on the first lap buoy **L** can be ignored before rounding mark 1.



Lap 1 and all subsequent laps **L 1 2 1 2 3 S** all rounded to starboard

A13 Port hand Up / Down-Wind

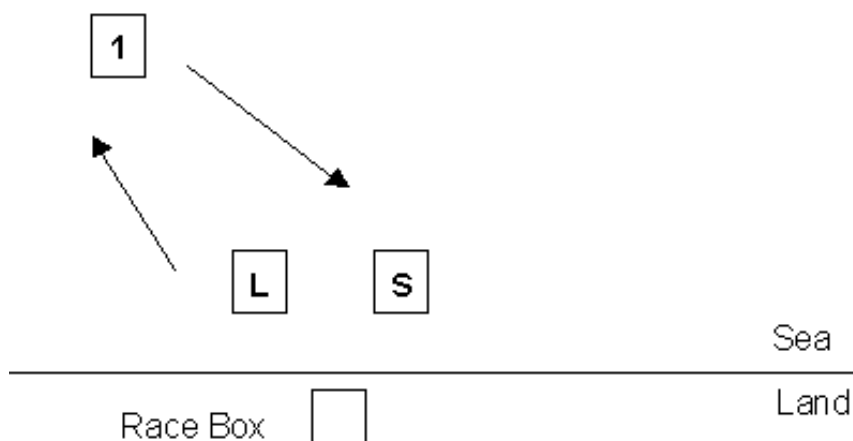
Course signals: Boards **D** plus **red** board. If board **L with a red cross** is shown then on the first lap buoy **L** can be ignored before rounding mark **1**.



Lap 1 and all subsequent laps **L 1 S** all rounded to port

A14 Starboard hand Up / Down-Wind

Course signals: Boards **D** plus **green** board. If board **L with a red cross** is shown then on the



first lap buoy **L** can be ignored before rounding mark **1**.

Lap 1 and all subsequent laps **L 1 S** all rounded to starboard