

ABBEY SAILING CLUB SAILING INSTRUCTIONS  
NB: These rules have been drawn up using the ISAF Rules

RULES

1 All races will be sailed under the current ISAF rules, RYA prescriptions and Club regulations except where stated otherwise in these instructions.

RACE OFFICERS

2 The Committee will delegate to the Officer of the Day (OD) the sole responsibility for the Organisation of the races on their day of duty as laid down in Part 7 of the ISAF Rules. It will be their duty to implement all relevant RYA prescriptions and Club sailing instructions.

3 Members unable to perform a duty on the day scheduled are requested to arrange an exchange of duties with another member and then inform the Sailing Secretary.

RESCUE FACILITIES

4 Adequate rescue facilities must be in place during all Club organised sailing events. The responsibility for ensuring that the rescue craft are correctly prepared and manned rests with the OD.

5 Under certain conditions it may be necessary to man both Club rescue craft and, under these circumstances, it is the responsibility of the OD to ensure that the second craft is manned.

6 No person under the age of eighteen years may be put in charge of a rescue craft.

SAFETY

7 The safety and the entire management of all boats taking part in Club events, including third party insurance, shall be the sole inescapable responsibility of the owner/competitor racing the boat.

PERSONAL BUOYANCY

8 Personal buoyancy must be worn by all helms and crews in all races between 1st October and 30th April, inclusive. Wet/dry suits do not constitute personal buoyancy.

9 At other times of the year the OD may, at his sole discretion, make the wearing of personal buoyancy compulsory by displaying the Code Flag "Y" and making a written announcement on the Starters Board at least 20 minutes before the start of the race.

10 Any boat's Crew failing to comply with these instructions to the satisfaction of the OD shall be disqualified.

BUOYANCY

11 All boats taking part in Club events must:

11.1 have a valid certificate of registration, but the absence of a valid certificate shall not prevent a member taking part in any Club event, and

11.2 have a current buoyancy endorsement if required by class rules.

THE ENVIRONMENT AGENCY

Before being launched on the Thames all boats must be registered with the Environment Agency.

An annual fee is payable and licenses are available from any lock, or by post from:

Environment Agency

Thames Region

PO Box 214

Reading RG1 8HQ

ELIGIBILITY TO RACE

12 Only boats belonging to the classes approved by the General Committee are eligible to race. In order to comply with this rule, members must seek the approval of the General Committee prior to the introduction of any new or different boat they wish to sail.

13 Members' guests may be permitted to race at the discretion of the OD; but not to score points.

14 The Unsworth Paddle is restricted to boat owners sailing their own boats who have not, in the previous year, won a point series (Sunday afternoon and Junior race series excepted) or won a Single Events Trophy.

15 The Crews' Race is open to those who helm infrequently and have not won a race while helming during the current season.

## NUMBER OF RACES IN A SERIES TO COUNT

16 In a series having n races the number of races in a series to count will be =  $\left[\frac{n+1}{2}\right]$

If this is a fraction then it will be rounded up.

## ENTRIES

17 It is the responsibility of the helmsman to ensure that the boat and crew details are entered correctly on the race sheet. A boat which has not been entered correctly before the start of a race may be considered a non-starter.

## STARTING ARRANGEMENTS

18 Starting times will be:

- a) Sunday AM 11:00 hours;
- b) Sunday PM 13:30 hours;
- c) Wednesday 18:30 hours;
- d) Bank Holidays 13:30 hours.
- e) Boxing Day 11:00 hours.

19 The starting line, direction of starting, course, number of laps and any other special instructions shall be posted on the course board, located on the front of the Starters Box, at least 20 minutes before the start of the race.

## STARTING SIGNALS

33 Starting signals will be as prescribed in ISAF **Rule 26, with a 10 minute WARNING SIGNAL**

- a) At 10 minutes before Race Start Time the Class Flag will be raised and sound signal given.
- b) At 4 minutes before the Race Start Time the Code Flag "P" will be raised and a sound signal given.
- c) At 1 minute before the Race Start Time the Code Flag "P" will be lowered and a long sound signal given.
- d) At the Race Start Time the Class Flag will be lowered and a sound signal given.

34 The Handicap Fleet will use Code Flag "M" as its Class Flag.

35 Any other Class or Handicap Flags being used will be described at the pre-race briefing.

## STARTING LINE

36 The starting line is a continuation of the line joining two posts, in front of the Starters Box. The direction of the start will be indicated by an arrow on the starting line and as an instruction on the course board.

## COURSE

37 A plain RED flag flying will indicate that there are two marks, one upstream and one downstream of the line, and both marks must be left to PORT.

38 A plain GREEN flag flying will indicate that there are two marks, one upstream and one downstream of the line, and both marks must be left to STARBOARD.

39 A plain YELLOW flag flying will indicate that a special course has been set and is written on the course board.

## INDIVIDUAL RECALLS

40 ISAF Rule 29.2 will not apply. When at her starting signal if any part of a yacht's hull, crew or equipment is on the course side of the starting line, the sound signal will be made once more and the Class Flag will be lowered to "the dip" and if possible the yacht/s may be hailed. The Class Flag will only be lowered when all boats have started correctly, or after 4 minutes whichever is the earlier.

41 Any boats known to be over the line and not returning to start correctly to the satisfaction of the OD will be disqualified.

## GENERAL RECALLS

42 As per ISAF Rule 29.3 the First Substitute will be hoisted.

## SHORTENING COURSE

43 In the event of it being necessary to shorten course, the appropriate Code Flag or Flags detailed as follows, will be hoisted at the finishing line accompanied by two sound signals:

43.1 When Code Flag "S" is hoisted, the race will be finished when the leading boat next crosses the finishing line in the same direction as the start.

43.2 When Code Flag "S" is hoisted over Code Flag "X", the race will be finished when the leading boat next crosses the finishing line in the opposite direction to that of the start.

43.3 When only Code Flags "S" or "S" over "X" are flying this indicates that all races 'in progress are shortened.

43.4 If Code Flags "S" or "S" over "X" are flying above a Class Flag this indicates that the race is shortened only for that class.

43.5 It is permissible for both course shortening procedures to be in use when two or more classes are racing.

#### POSTPONEMENT OR ABANDONMENT

44 In the event of it being necessary to postpone the start of, or to abandon a race, the provisions of ISAF Rules 27.3 or 32 will be applied.

#### TIME LIMITS

45 Time limits for Sunday and Wednesday evening series will be one and a half hours. For other series and events it will be two hours unless specifically detailed in the sailing instructions.

#### PROTESTS

46 A protesting yacht shall lodge her protest with the OD within 30 minutes of the time she finishes the race, unless the race committee has reason to extend the time limit. Suitable protest forms are available from the Starter's Box and protests will be heard as soon as practicable.

#### ALTERNATIVE PENALTIES

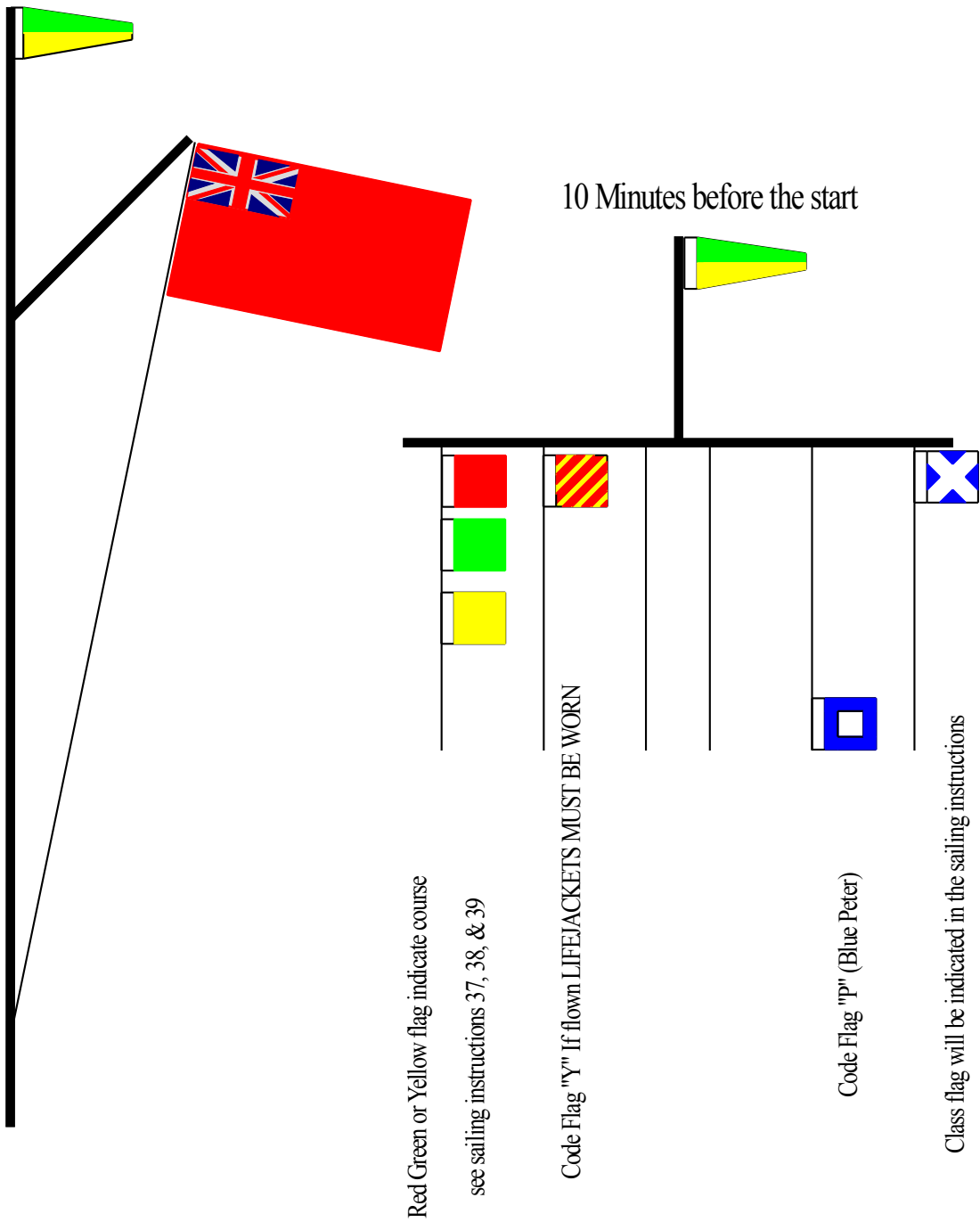
47 ISAF Rule 44 will be applied during all races, with the exception of rule 44.3.

#### SCORING

48 The scoring system to be used will be the Low Point System for a "Long series" described in the ISAF rules, APPENDIX A (Scoring), A4 and A9.

Placement	Points
1 <sup>st</sup>	1
2 <sup>nd</sup>	2
3 <sup>rd</sup>	3
---etc.---	--etc.--
n <sup>th</sup>	n
Retired (RET)	Number in the Race + 1
Did not Finish (DNF)	Number in the Race + 1
Disqualified (DSQ)	Number in the Race + 1
Did not start (DNS)	Number in the Series + 1

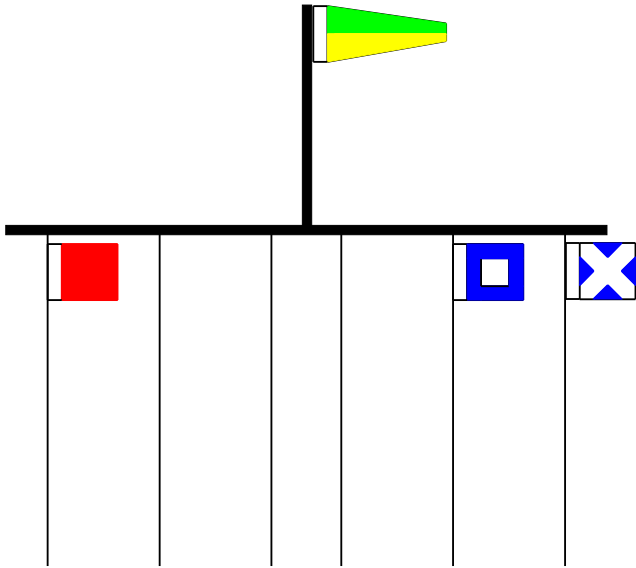
**THE ZONE** Under rule 86.1(b), in the definition Zone the distance is changed to two hull lengths.



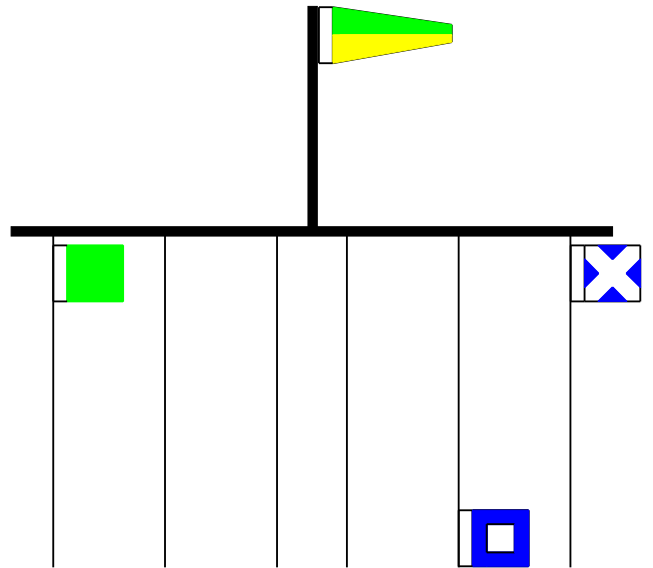
Extract from A.S.C. Sailing Instructions COURSE

- 37 A plain RED flag flying will indicate that there are two marks, one upstream and one downstream of the line, and both marks must be left to PORT.
- 38 A plain GREEN flag flying will indicate that there are two marks, one upstream and one downstream of the line, and both marks must be left to STARBOARD.
- 39 A plain YELLOW flag flying will indicate that a special course has been set and is written on the course board.

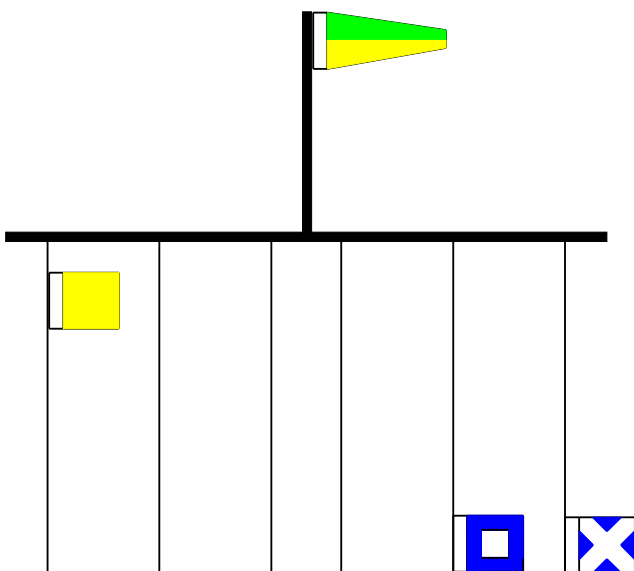
4 Minutes before the start



1 Minute before the start



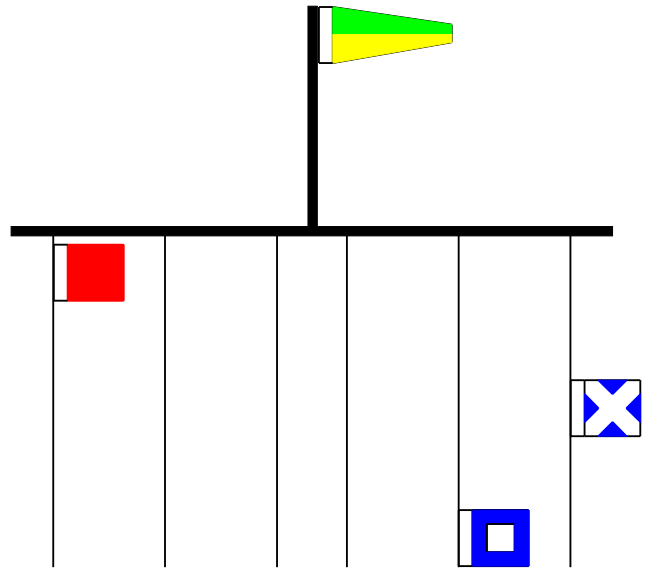
Start



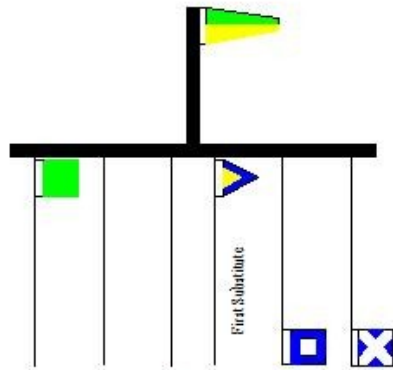
All boats clear



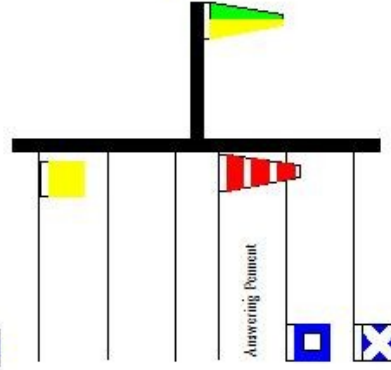
Boat/s over the line at the Start



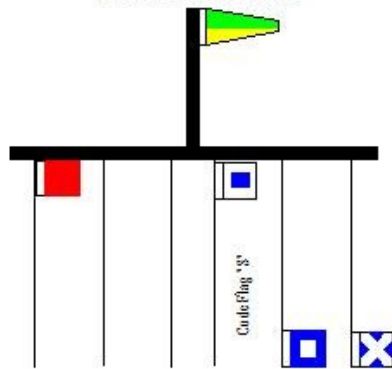
General recall all Boats to restart



Start postponed AP will be lowered, accompanied by 1 sound signal, 1 min before the new TEN MINUTE GUN



Course Shortened the leading boat will finish when it next crosses the line in the same direction as the start



Course Shortened the leading boat will finish when it next crosses the line in the opposite direction to the start

