

## Nottinghamshire County Sailing Club – NCSC

### ILCA (LASER) OPEN MEETING 12<sup>th</sup> July 2025 - SAILING INSTRUCTIONS

#### 1. RULES

- 1.1. The regatta will be governed by 'the rules' as defined in the Racing Rules of Sailing 2025-2028.
- 1.2. The rules of Nottinghamshire County Sailing Club will apply unless changed by these Sailing Instructions.
- 1.3. Competitors wishing to have their results included in ILCA UK ILCA national or regional series must comply with the rules of ILCA UK to qualify.
- 1.4. All competitors are required to compete in compliance with the RYA Racing Charter.

#### 2. NOTICES FOR COMPETITORS

- 2.1. Notices to competitors will be posted on the official notice board located in the clubhouse conservatory.

#### 3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Any change to the sailing instructions will be posted on the notice board outside the race office no later than 1 hour before the start of scheduled racing on the day it will take effect.

#### 4. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed on the flagpole near the race office.
- 4.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 15 minutes'.

#### 5. SCHEDULE OF RACES

- 5.1. The schedule of races and number of races to qualify for a series is published in the Notice of Race.
- 5.2. No warning signal will be made after 1600 hours.

#### 6. WARNING FLAG

- 6.1. The ILCA 7 Class Flag will be used to signal the Warning signal. All rig sizes will start together in class races.

#### 7. SAFETY

- 7.1. Adequate personal buoyancy shall be worn at all times when afloat. This amends Rule RRS40. Neither a wet suit nor a dry suit constitutes adequate personal buoyancy.

#### 8. COURSE

- 8.1. The Course will be displayed on the committee boat on a course board, which will display the number of laps, and the order and direction marks are to be rounded.
- 8.2. Letter G indicates a gate. The number on a black background indicates the number of laps.
- 8.3. The Race Officer may change the course before the warning signal by breaking out flag L and displaying the new course.

**8.4.** All marks on the course board will be rounding marks with the exception of the Gate (start) line which must be crossed from the direction of the course from the last rounding mark displayed.

**8.5.** The race area includes the whole lake, with the exception of the small gap between the island and the main shore (see map) between marks 6 & 7.

## **9. MARKS**

**9.1.** Marks are numbered 1 to 10 clockwise around the lake, being alternately yellow (odd numbers) and orange (even numbers). Mark 1 is adjacent to the clubhouse.

**9.2.** Additional mark W (large orange inflatable) may be used and will then act as the first windward mark of the course.

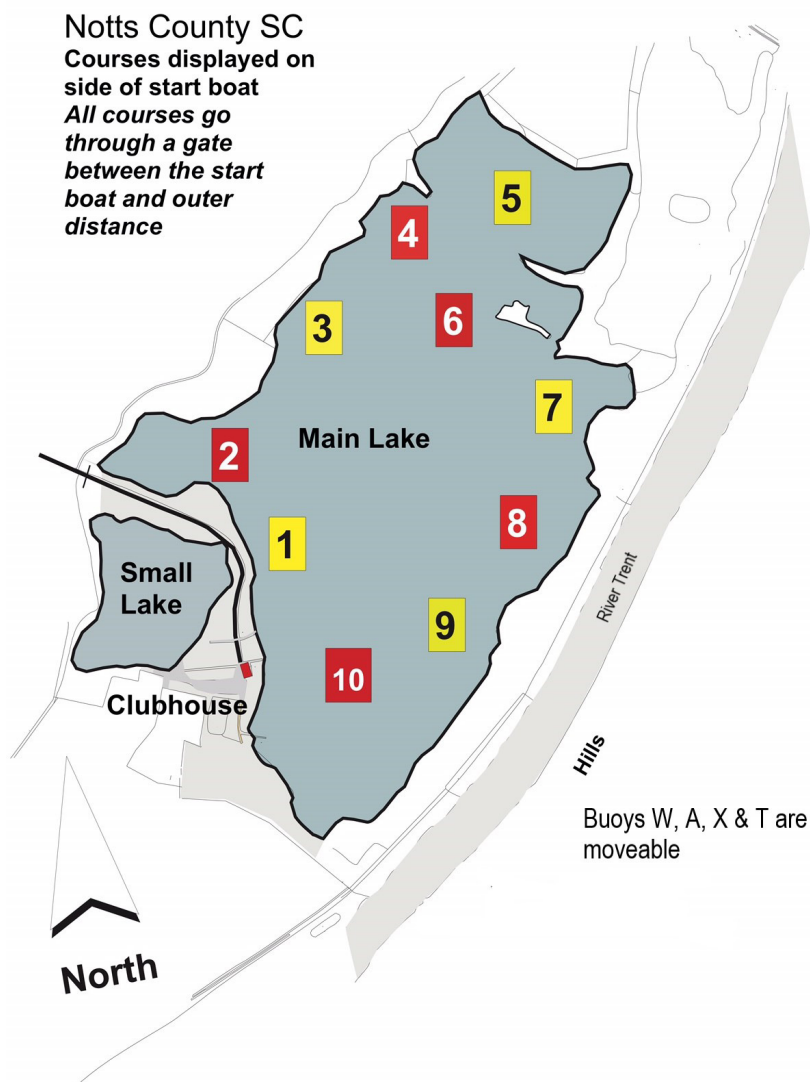
**9.3.** Additional marks A (yellow & orange bands), T (red white and blue horizontal colours) and X (green and white check colours) may be positioned at any location on the lake.

**9.4.** The Gate G (start line) will always be a mark of the course.

## **10. THE START**

**10.1.** The starting line will be between a staff displaying a yellow shape on the committee boat and a yellow hexagonal outer distance mark.

**10.2.** An inner distance mark may be used. If used, any boat passing between the inner distance mark and the committee boat will be deemed not to have started until she re-rounds either the committee boat or the outer distance mark and crosses the start line.



## **11. THE FINISH**

- 11.1.** The finish line will be the start line or the line between a staff on the committee boat displaying a blue flag and the nearest mark of the course or a boat displaying an S flag and the nearest mark of the course.
- 11.2.** An inner distance mark may be used. If used, any boat passing between the inner distance mark and the committee boat will be deemed not to have finished until she re-rounds either the committee boat or the outer distance mark and crosses the finish line.
- 11.3.** At the discretion of the race officer, any competitor unlikely to finish within a reasonable time period of the first boat finishing that race may be finished on the course by a committee boat or safety boat displaying International Code Flag W. Any competitor so finished will score the number of points in accordance to their finishing position in that race. This changes RRS 28.1

## **12. TIME LIMITS**

- 12.1.** Boats failing to finish within 30 minutes after the first boat sails the course and finishes will be scored "Did Not Finish" unless they or any other boats behind them are given a position under SI 10.3. This alters rule 35, A4. and A5.

## **13. SUPPORT**

- 13.1.** While racing, except in an emergency, a competing boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all competitors.
- 13.2.** Subject to class rules, recording cameras and tracking devices are permitted, provided that data from such devices cannot be accessed on board when racing.
- 13.3.** No Support teams, including all support persons and support person vessels will be permitted on the water during racing.

## **14. SCORING**

- 14.1** The low point scoring system of Appendix A will apply. Rule A5.3 will apply DNF, RET, BFD, DSQ, NSC and OCS - to score as the number of boats that came to the starting area + 1 in that race.

## **15. PROTESTS AND REQUESTS FOR REDRESS**

- 15.1.** Protest forms are available at the race office located just off the conservatory at the front of the clubhouse.
- 15.2.** The time limit for protests is within 30 minutes of the last boat finishing the last race of the day or when the race committee signals no more racing today, whichever is later.
- 15.3.** Protest hearing times will be posted at least 15 minutes before the time of the protest hearing to inform all parties and witnesses.
- 15.4.** Any request to re-open a hearing shall be made within 30 minutes of the party requesting the re-opening being informed of the protest committee decision. This changes rule 63.7.
- 15.5.** Appendix T applies and the Advisory Hearing procedure of the RYA Rules Disputes Procedure can be requested. For these purposes a post-race penalty of 20% can be accepted although the final position of a penalised boat shall be no worse than if she had retired. At an Advisory Hearing, rules 60.3(a) & 63.4 RRS shall not apply.

## **16.REPLACEMENT OF CREW OR EQUIPMENT**

**16.1.** All boats shall compete under their registered sail number. Requests for substitution of sail numbers shall be made to the Race Officer. This changes RRS 77

## **17.EQUIPMENT OR MEASUREMENT CHECKS**

**17.1.** Penalties for breaches of class rules shall be at the discretion of the protest committee and will range from no penalty to disqualification.

## **18.PRIZES**

**18.1.** Prizes will be awarded to leading helms in each of the Age classifications described in the NOR.

**18.2.** Further prizes may be awarded depending on entries at the discretion of the event organisers

## **19.RISK & LIABILITY**

**19.1.** Competitors compete in the racing entirely at their own risk (RRS 3). The organising authority will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during or after the races.

**19.2.** RYA approved RISK STATEMENT in relation to racing: Rule 3 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 inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- 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.
- They are responsible for the safety of themselves, their crew, their boat, and their other property whether afloat or ashore.
- They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions.
- Their boat is in good order, equipped to sail in the event and they are fit to participate.
- The provision of a race management team, patrol boats if any and other officials and volunteers by the event organiser does not relieve them of their own responsibilities.
- The provision of patrol boat cover if any is limited to such assistance, particularly in extreme weather conditions, as can be provided in the circumstances.
- It is their responsibility to familiarise themselves with any risks specific to the venue or a particular event drawn to their attention in any rules or information produced for the venue or event and to attend any competitor briefing 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 £3,000,000.

John Sears

NCSC Sailing Secretary

28/05/2025