



Arab Sailing Championship Kuwait /Messila 07-10 February

SAILING INSTRUCTIONS

Notation [SP] or [NP] before a rule means:

[SP] denotes a rule for which a standard penalty may be applied by the race committee or technical committee without a hearing.

(DP) The penalty for a breach of the rules may, at the discretion of the international jury, be less than a disqualification.

[NP] denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a)

All time defined in the SI will be in the local time.

1. RULES

- 1.1 The regatta will be governed by the rules as defined in *the 2021-2024 Racing Rules of Sailing* (RRS), .
- 1.2 In all rules governing this regatta.
 - 1.3.1 Both 'athlete' and 'competitor' mean a person competing in the event.
 - 1.3.2 The term 'scheduled' means: As originally scheduled unless amended by a later notice to competitors.
- 1.3 No national authority prescriptions will apply.
- 1.4 Penalties for breaches of Class Rules and **RRS 50 are [DP]** if no other penalty is specified.
- 1.5 If there is a conflict between languages in these SI or other related document the English text will take precedence.
- 1.6 For the Dinghy one person Men and Women event **Addendum P** applies except that **P.2.3** will not apply and **P2.2** will apply for any subsequent penalty after the first one.

2. [NP] SAFETY REGULATIONS

- 2.1 [DP] One Person Dinghy athletes shall wear personal flotation devices at all times while afloat, except briefly while changing or adjusting clothing or personal equipment.

- 2.2 [DP] Boats not leaving the shore for a scheduled race shall promptly notify the Race Office.
- 2.3 [SP] Before leaving shore, athletes shall personally deposit their accreditation at the Race Office.
- 2.4 [SP] On returning to shore or when no more races are scheduled for that boat for the day athletes shall personally collect their accreditation at the Race Office within 30 minutes after returning ashore, but no later than the protest time limit.
- 2.5 [SP] A boat that retires from racing shall notify the Race Committee before leaving the racing area if possible and shall complete a retirement declaration form at the Race Office as soon as possible after returning ashore.

3. CODE OF CONDUCT

- 3.1 [DP] Athletes shall comply with any reasonable request from a regatta official.
- 3.2 [SP] Boats not racing shall avoid the area where boats are racing and shall not interfere with any official boats.

4. COMMUNICATIONS WITH ATHLETES

- 4.1 Notices will be posted on the official notice board located on the **window of the race office.**
- 4.2 When a visual signal is displayed over a Class flag, the signal applies only to that Class.
- 4.3 Signals ashore will be displayed **from the flagpole located on the beach**
- 4.4 When flag AP is displayed ashore, '1 minute' is replaced with **30 minutes** in the race signal AP.
- 4.5 [SP] [NP] A boat shall not leave the shore until AP is lowered ashore. The warning signal will be made not less than 45 minutes after AP is lowered or not before the schedule time, whichever is later.

5. CHANGES TO SAILING INSTRUCTIONS

- 5.1 Except for changes to the schedule of races and course assignments that will be posted before **7pm** the day before it takes effect, changes to the Sailing Instructions will be posted no later than two hours before the scheduled time of the first race affected.

6. FORMAT OF RACING

- 6.1 One Person Dinghy Men & Women: The format consists of a single fleet opening series as follows:

Event	Races February 08 to February 10	
	Number of races	Maximum Races per Day
Ilca 7	09	3
Ilca 6	09	3
Optimist	09	3

- 6.1.1 **Each event will race in a single fleet format on February 08 to February 10**

7. COURSE AREAS AND COMPETITIONS AREAS

- 7. The racing area is shown in **SI Addendum A**. Messilah beach

8. SCHEDULE OF RACES AND COURSE AREA ASSIGNMENTS

8.1 The total number of races scheduled, the daily race schedule, including the time of the first warning signals, are shown in **Addendum B**, as amended by a daily notice.

8.2 reserved

8.3 No warning signal will be made after 1800 hrs.

8.4 No warning signal will be made after 14:45hrs. on the last day of racing.

9. THE COURSES

9.1 The diagrams in SI **Addendum C** show the courses, the course designations, the order in which marks are to be passed, and the side on which each mark is to be left.

9.2 No later than the warning signal, the race committee starting vessel will display the course signal and the approximate compass bearing the first leg.

9.3 Courses will not be shortened. This changes RRS 32.

10. MARKS

10.1 Marks 1, 2, 3,4, or associated gate marks, will be as follows:

Events	Marks 1, 2,3,4	New Mark	Starting	Finishing
One person dinghy ILCA /6/7	yellow cylindrical	Original Mark	Small red mark end boat	Small red mark and RC boat
Optimist	yellow cylindrical	Yellow cylindrical mark	Small red mark and RC boat	Small red mark and boat

10.2 reserved.

11. EVENT FLAGS

11.1 Event flags will be the class insignia on the following background:

Event	Class Insignia	Background Color
OPTIMIST	Optimist	White
Men's One Person Dinghy ILCA 7	ILCA	White
Women's One Person Dinghy ILCA 6	ILCA	Pink

11.2 THE START

12.1 One Person dinghy races will be started under RRS 26 with the warning signal made 5 minutes before the starting signal.

12.2 The starting line will be between a staff displaying an orange flag on the race committee vessel at the starboard end and small red mark at the port end.

12.3 [DP] A buoy may be attached to the race committee starting vessel anchor line just below flotation line. Boats shall not pass between this buoy and the race committee starting vessel at any time. This buoy is part of the race committee starting vessel ground tackle.

12.4 [DP] When a starting sequence is in progress, boats whose warning signal has not been made shall avoid the starting area. The starting area is defined as the area **100 meters** from the starting line and marks in all directions.

12.5 The warning signal for each succeeding race will be made as soon as practicable.

12.6 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

13. COURSE CHANGES

13.1 To change the next leg of the course, the Race Committee will (a) remove the original mark and lay in new place, or (b) move the finishing line, or (c) move the leeward gate. When a new mark is laid, the original mark will be removed as soon as possible. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

14. THE FINISH

14.1 The finishing line will be between a staff displaying a **blue flag** on the race committee vessel and At the starboard end a small red mark

15. TIME LIMITS AND TARGET TIMES

15.1 Time limits and target times in minutes are as follows:

Event	Time Limit	Mark 1 Time Limit	Finish Window	Target Time
ILCA 6/7	50	15	15	40
OPTIMIST	45	20	15	35

15.2 If no boat has passed Mark 1 within the Mark 1 Time Limit the race will be abandoned.

15.3 Boats failing to finish within the time stated in the Finish Window after the first boat sails the course and finishes will be scored Did Not Finish. This changes RRS 35, A4 and A5.

15.4 Failure to meet the Target Time will not be grounds for redress.

16. [DP] EQUIPMENT AND EQUIPMENT CHECKS

16.1 The Technical Committee (TC) is responsible for all equipment inspection functions. The Chairman of the TC may appoint one or more persons to carry out the functions of the TC.

16.2 [DP] When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

16.3 [DP] The substitution of damaged or lost equipment is not allowed unless authorized in writing by the TC in accordance with the ER. Requests for substitution shall be made to the race committee at the first reasonable opportunity, which may be after the race.

17. OFFICIAL BOATS

17.1 Official boats will be marked as follows:

Jury	White Flag with " Jury " in black
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17.2 Actions by official boats or vessel shall not be grounds for redress by a boat.

18. SUPPORT TEAMS (INCLUDING SUPPORT BOATS)

18.1 [DP] Support Teams and Support Boats will be required to comply with local legislation and follow the rules of **Addendum F**—Support Team Regulations.

19. [SP] [NP] IDENTIFICATION AND ADVERTISING WHILE RACING

19.1 According to WS Regulation 20.2.7, individual advertising on boats, sails and equipment will not be

permitted at any time.

- 19.2 At all times either at the venue or on the water, athletes, clothing, and personal equipment must comply with **WS** regulations. Commercial brands marking is specifically prohibited.

20. SCORING

- 20.1 The Low Point System of RRS Appendix A will apply.
- 20.2 Three races are required to be completed to constitute a regatta.
- 20.3 To request a correction of an alleged error in posted race or series results, a boat may complete a scoring enquiry form available at the Race Office.
- 20.4 When fewer than five races have been completed, a boat's series score will be the total of her race scores. When **five (5) or more races** have been completed, a boat's series score will be the total of her race scores excluding her **worst score**.
- 20.5 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start. This changes RRS A4 and A5.

21. HEARING REQUESTS

- 21.1 Hearing Request forms are available at the Race Office and may be submitted there within the appropriate time limit.
- 21.2 For each event, the protest time limit is 60 minutes after the last boat has finished the last race of the day by fleet.
- 21.3 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 held in the protest room, located **in the jury race office** beginning at the time posted. Hearings may be scheduled to begin up to 30 minutes before the end of protest time.
- 21.4 For breaches of SIs marked [SP], the race committee or technical committee may apply a standard penalty without a hearing. A list of these breaches and the associated standard penalties will be posted on the Official Notice Board. However, the race committee or technical committee may protest a boat when they consider the standard penalty to be inappropriate. A boat that has been penalised with a standard penalty shall be neither protested by another boat for the same incident nor can another boat request redress for this committee action. This changes RRS 60.1, 63.1 and Appendix A5.
- 21.5 A list of boats that have been penalized under Appendix P for breaking RRS 42 and under SI 21.4 will be posted.
- 21.6 When a penalty is given under SI 21.4 before a race is started, the penalty will remain if that race is restarted or resealed. This changes RRS 36.

22. [DP] RADIO COMMUNICATIONS

A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats, except in an emergency or when using equipment provided by the Race Committee. This restriction also applies to mobile telephones.

24. DISCLAIMER

Athletes and support teams participate in the series entirely at their own risk and they are reminded of the provisions of RRS 3, Decision to Race; Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

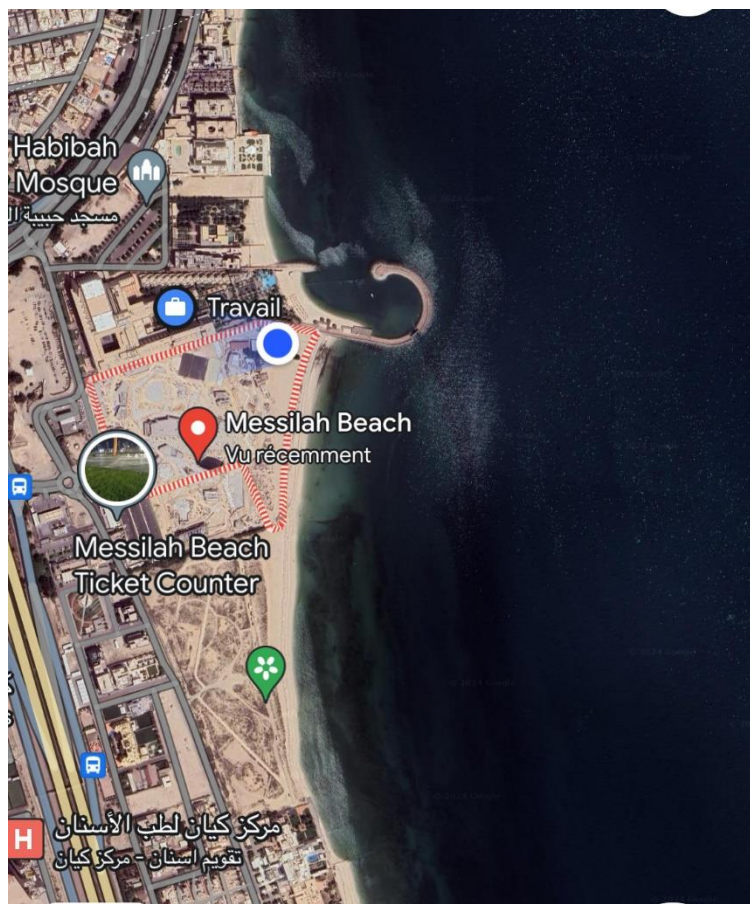
1. They are aware of the inherent element of risk involved in the sport and accept responsibility for

the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event.

2. They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore.
3. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions.
4. By participating in any race, they are satisfied that their boat is in good order, equipped to sail in the event and they are fit to participate.
5. The provision of a race management team, patrol boats, umpires and other officials and volunteers by the organizer does not relieve them of their own responsibilities.
6. The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.
7. They will familiarize themselves with any venue/event specific risks, adhere to rules and information produced for the venue/event and attend any venue/event safety briefings."

A statement included in entry registration is to be signed by each competitor.

SI Addendum A Course Areas

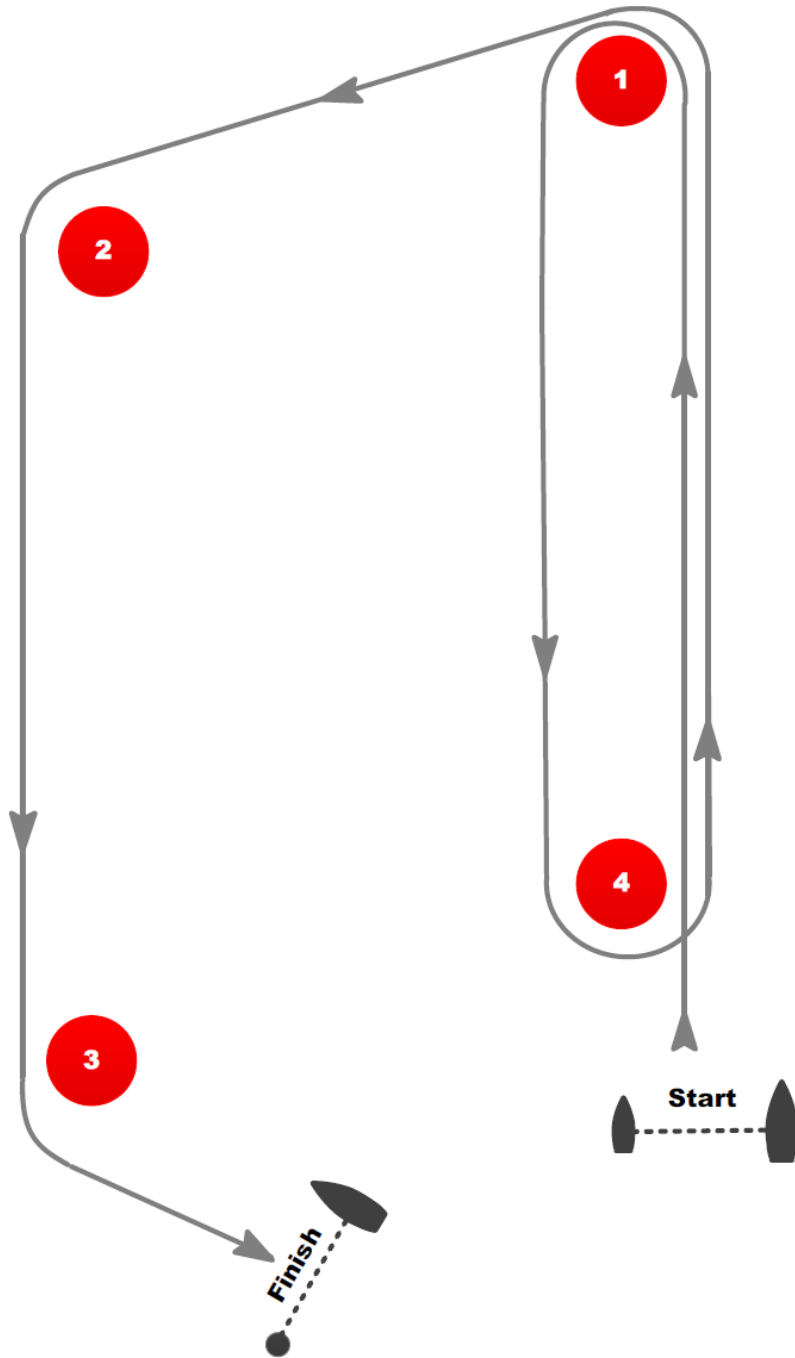


SI Addendum B Schedule of Races

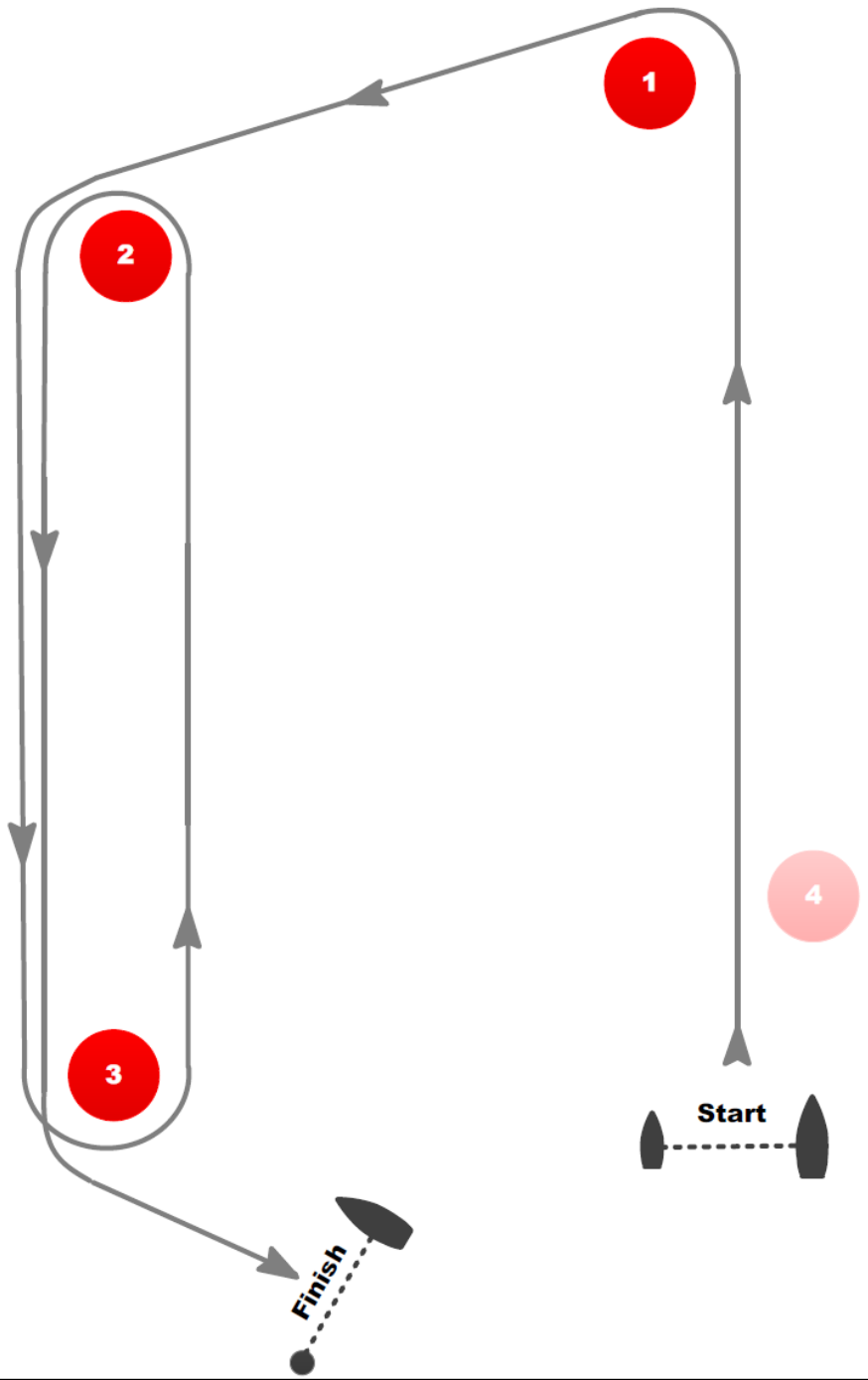
Dates	Time	Designations
Wednesday 07 Feb 2024	10:00 – 13:00 13:00 – 18:00	Registration, draw of equipment. Measurement, practice race
Thursday 8Feb. 2024	09:30 11:30	Coaches meeting First warning signal Classes: optimist, ILCA6, ILCA7
Friday 09. Feb.2024	09:30 11:30	Coaches' meeting First warning signal Classes: optimist, ILCA6, ILCA7
Saturday10Feb 2024	09:30 11:00 14:45 16:-00	Coaches' meeting First warning signal Classes: Optimist, ILCA4 - ILCA 6 - ILCA 7 No further warning signals. Awards ceremony

SI Addendum C (ILCA course Diagram)

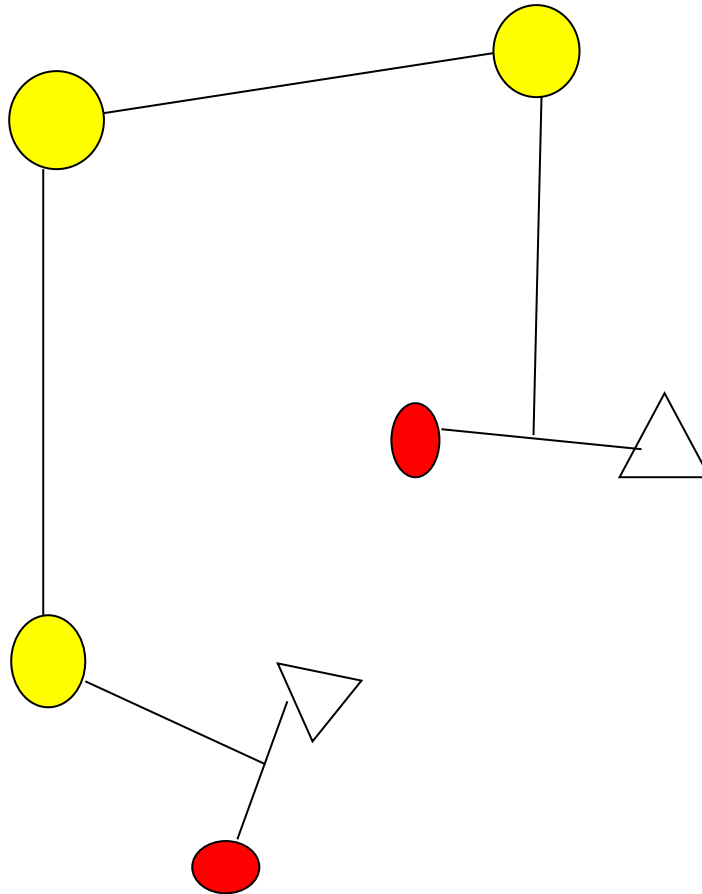
I	COURSE: INNER TRAPEZOID
Signal	Mark Rounding Order
I2	Start - 1 - 4 - 1 - 2 - 3 - Finish
I3	Start - 1 - 4 - 1 - 4 - 1 - 2 - 3 - Finish
I4	Start - 1 - 4 - 1 - 4 - 1 - 4 - 1 - 2 - 3 - Finish



O	COURSE: OUTER TRAPEZOID
Signal	Mark Rounding Order
O2	Start - 1 - 2 - 3 - 2 - 3 - Finish
O3	Start - 1 - 2 - 3 - 2 - 3 - 2 - 3 - Finish
O4	Start - 1 - 2 - 3 - 2 - 3 - 2 - 3 - 2 - 3 - Finish



SI Addendum C (OPTIMIST course Diagram)



SI Addendum F

SUPPORT BOAT REGULATION

1. GENERAL

- 1.1 An alleged breach of any of these regulations may be referred to the jury for a hearing. As a result of the hearing, the jury may instruct the organizing authority to withdraw accreditation and access rights to the regatta venue and the course areas from the offending party without the option of replacement during the regatta. Note also racing rule 69.2(a) as it relates to 'other person involved'.
- 1.2 Team leaders, coaches and other support personnel are reminded that a competing boat may be disqualified for receiving help in breach of racing rule 41, Outside Help.
- 1.3 The organizing authority may change these regulations at any time. Changes will be posted on the official notice board and circulated to the team leaders.
- 1.4 No item carried on board a support boat shall protrude over the stern, bow, or sides of the boat.
- 1.5 Coach boats shall be registered **__07 February 2024**

- 1.6 Each support boat shall display either a flag of minimum size 50 cm × 40 cm with her national letters or her national letters in black on a white background on the cover of her outboard engine.
- 1.7 Coach boats are only permitted to carry accredited personnel.
- 1.8 When not in use, coach boats shall be berthed in their allocated places.

2. COMPETITION

- 2.1 The registered driver(s) of a support boat will be always responsible for the control of the boat and will be held responsible for any inappropriate behaviour, dangerous actions or improper practices affecting the fairness of competition.
- 2.2 Coach boats shall not leave any device, piece of equipment, buoy, marker, or similar item permanently in the water. Temporary use of floating objects is allowed for current measurement. These objects shall be removed as soon as the measurement has been taken. In case this regulation is broken, and in addition to any penalty, any item left in the water may be removed.
- 2.3 At all times the registered driver(s) of a support boat shall comply with directions given by the race committee. This includes assisting with rescues when requested to do so.
- 2.4 Support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first fleet to start until all boats have finished or retired or the race committee signals a postponement, general recall, or abandonment. Such areas are defined as follows: not closer than 100 metres to any boat racing (except a boat in distress requiring assistance) or to a mark, lay line or rumbling, and inside the course trapezoid. Until the starting signal coach boats shall be at least 100 metres below the starting line or its extensions. See diagrams below.
- 2.5 Between sequences of races or when all racing for that course area has been postponed or abandoned, coach boats may enter the racing area to service their athletes.
- 2.6 Coach boats should proceed around the race area in a way to minimise the effect of their wake will have on boats racing.

3. SAFETY

- 3.1 Coach boats shall be insured with valid third-party insurance.
- 3.2 Coach boats shall carry on board:
 - Life jackets/buoyancy aid for all passengers and the driver.
 - First Aid Kit.
 - Adequate anchor and tackle for conditions and depth.
 - Two ropes (minimum 15m long and 10mm thick).
 - Engine stop operational and deployable by Kill cord.
 - Knife
- 3.3 Never exceed maximum plated/certified passenger limits
- 3.4 It is strongly recommended that the Kill Cord shall be worn at all times while motoring.

