



**OPEN INTERNATIONAL OPTIMIST
SARONIC REGATTA
NAUTICAL ATHLETIC CLUB OF
PALAIA FOKEA “PYTHEAS”
6 – 10 APRIL 2023**

SAILING INSTRUCTIONS

[DP] denotes that the penalty for a breach of that rule may, at the discretion of the Protest Committee, be less than disqualification.

[NP] denotes that the breach of that rule will not be grounds for a protest or request redress by a boat. This change RRS 60.1(a), 60.1(b).

1. Rules

- 1.1 The regatta will be governed by the rules as defined in «The Racing Rules of Sailing (RRS) 2021-2024» and the following rules:
 - 1.1.1 RRS Appendix P will apply with the following changes: Rule P 2.3 will not apply and rule P 2.2 is changed so that it will apply to any penalty after the first one.
 - 1.1.2 RRS 90.3 (e) will apply
 - 1.1.3 [DP] Competitors shall comply with RRS 40.1 at all times while afloat.
- 1.2 The following Rules are changed:
 - 1.2.1 The first three sentences of RRS 61.1(a) are changed to ‘The protesting boat shall inform the other boat at the first reasonable opportunity. When her *protest* will concern an incident in the racing area she shall hail ‘Protest’. She shall inform the Race Committee at the finishing line immediately after finishing, or as soon as practicable after she retires.’
 - 1.2.2 In case of conflict between Notice of Race (NOR), Sailing Instructions (SI) and Official Notices, the SI or the last Official Notice of this subject shall prevail (this change RRS 63.7)
- 1.3 English is the Official Language of the Event. If there is a conflict between languages the English text will take precedence.

2. Communications with competitors

- 2.1 Notices to competitors will be posted on the official notice board located at:
<https://www.racingrulesofsailing.org/documents/5230/event>
- 2.2 The race office is located at:
Pytheas Sailing Club
Port of Palaia Fokaia , 190 13 Attica Greece
Telephone : +306936652220 Email: naopytheas@gmail.com
- 2.3 On the water, the race committee intends to monitor and communicate with competitors on VHF radio channel **72**.

3. Changes to Sailing Instructions

- 3.1 Any change to the Sailing Instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

4. Signals made ashore

- 4.1 Signals ashore will be displayed on the flagpole located near the Club
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than <30> minutes' in Race Signals AP. This changes race signals AP.
- 4.3 [DP] Flag D with one sound means 'Boats shall not leave the park area until this signal is made. The warning signal will not be made before the scheduled time or less than <30> minutes after flag D is displayed.'

5. [NP] Racing Format

- 5.1 The boats are divided in Fleets with different starts and courses as per the table below:

Fleet	Group	Gender	Years of Birth
I	A	Boys	2008 – 2010
II	B	Boys	2011 or later
III	A&B	Girls	2008 or later
IV	C & Beginners	Boys, Girls	2014 or later 2008 or later

- 5.2 **Beginners of the Optimist Class are boys and girls with less than 4 months of license or on training courses.**

- 5.3 The course for the fleet IV will be smaller and the scheduled starting time will be different for the other fleet.

6. Class Flags - Ribbons

- 6.1 The class flags are:

Fleet	Flag	Ribbons
I	White	None
II	Yellow	Yellow with Black
III	Red	Red with White
IV	Cyan	Cyan

- 6.2 Ribbons will be provided by the Organizing Authority and should be placed on the top of the sail.

7. Schedule

7.1 The schedule of the event will be as follows:

SCHEDULE OF RACES & SOCIAL EVENTS		
Date	Time	Event
Thursday, 6/4/2023	10.00 – 18.00	Registration
Friday, 7/4/2023	9.00 – 12.00	Registration
	12:55	Fleet IV , Warning Signal of the 1 st Race Fleet IV Races
	14:55	Fleet I , Warning Signal of the 1 st Race Fleet II & III as soon after Races for Fleet I, II & III
Saturday, 8/4/2023	10:55	Fleet IV , Warning Signal of the 1 st Race of the day Fleet IV Races
	12:25	Fleet I , Warning Signal of the 1 st Race of the day Fleet II & III as soon after Races for Fleet I, II & III
Sunday, 9/4/2023	10:55	Fleet IV , Warning Signal of the 1 st Race of the day Fleet IV Races
	12:25	Fleet I , Warning Signal of the 1 st Race of the day Fleet II & III as soon after Races for Fleet I, II & III
Monday, 10/4/2023	9:55	Fleet IV , Warning Signal of the 1 st Race of the day Fleet IV Races
	11:25	Fleet I , Warning Signal of the 1 st Race of the day Fleet II & III as soon after Races for Fleet I, II & III
	18:00	Prize Giving

7.2 Twelve (12) races are scheduled for the Fleet I, II, III and eight (8) races for the Fleet IV.

7.3 No more than four (4) races for the Fleet I, II, III and three (3) races for the Fleet IV will be sailed in any scheduled day.

7.4 Flag E displayed on the Finishing line means ‘There will be one more race after the one in progress.’ The warning signal for the next race will be given one minute after lowering Flag E with one sound.

7.5 On the last day, no warning signal will be made after 16:00 hrs.

8. Racing Area

8.1 The racing area will be the bay of Anavyssos

9. Courses

9.1 *SI Addendum 'A'*. shows the courses, including the approximate angles between legs, 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 signal vessel will display the approximate compass bearing of the first leg and the color of the mark 1 and 2.

10. Marks

10.1 Mark 3S, 3P will be yellow inflatable buoys, Mark 1,2 will be inflatable buoys

10.2 The starting marks will be Race committee boats.

10.3 The finishing marks will be Race committee boat on the right side and buoy with blue flag on the left side.

11. Obstructions

11.1 [DP] The finishing line is designated as obstruction according to the RRS definition, for the 1st, 2nd and 3rd leg of the course

12. The Start

12.1 The starting line will be between staffs displaying orange flags on the starting marks.

12.2 [DP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

12.3 A boat that does not start within <4> minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

13. The Finish

13.1 The finishing line is between staffs displaying blue flags on the finishing marks.

14. Change of the next leg of the course

14.1 To change the next leg of the course, the race committee will move the mark or finishing line or gate as soon as practicable

15. Time Limits and Target Times

15.1 The Target Time, the Mark 1 Time Limit, the Race Time Limit (see RRS 35), and the Finishing Window in minutes are shown in the table below:

Fleet	Target Time	Mark 1 Time Limit	Race Time Limit	Finishing Window
I, II, III	50	30	90	15
IV	25	20	45	20

- 15.2 If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned
- 15.3 Boats failing to finish within the Finishing Window will be scored DNF without a hearing. This changes RRS 35, A5.1, A5.2.
- 15.4 Failure to meet the Target Time will not be grounds for redress. This changes RRS 60.1(b).

16. International Jury

- 16.1 An International Jury shall be appointed in accordance with RRS 91(b). The decisions of the International Jury will be final as provided in RRS 70.5

17. Hearing Requests

- 17.1 For each fleet, the protest time limit is <60> minutes after the last boat in that fleet near finishes the last race of the day or the race committee signals no more racing today for that fleet, whichever is later. The time will be posted on the official notice board.
- 17.2 Hearing request forms are available from the race office or on-line at <https://www.racingrulesofsailing.org/documents/5230/event>
- 17.3 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.
- 17.4 Notices of protests by the race committee, technical committee or protest committee will be posted to inform boats under RRS 61.1(b)
- 17.5 A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.
- 17.6 Hearings will be held in the protest room, located next to the amphitheater near the Club, beginning at the time posted on the official notice board.

18. Scoring

- 18.1 (a) When fewer than four (4) races have been completed in a Fleet, a boat's series score will be the total of her race scores.
- (b) When from four (4) to eight (8) races have been completed in a Fleet, a boat's series score will be the total of her race scores excluding her worst score.
- (c) When nine (9) or more races have been completed in a Fleet, a boat's series score will be the total of her race scores excluding her two worst scores.
- 18.2 To request correction of an alleged error in the posted races or series results, a boat shall complete a scoring inquiry form available either at the race office or online at <https://www.racingrulesofsailing.org/documents/5230/event>
- 18.3 Three (3) races are required to be completed in a Fleet to constitute a series.

- 18.4 For the needs of the prize giving (NoR 24.1), subgroups results will be exported from the overall results.

19. [NP][DP] Safety Regulations

- 19.1 A boat that retires from a race shall notify the race committee at the first reasonable opportunity. Promptly after returning to shore, the boat shall complete a retirement declaration form, which is available either at the race office or online at: <https://www.racingrulesofsailing.org/documents/5230/event>

20. Replacement of Equipment

- 20.1 [DP] Substitution of damaged or lost equipment is not allowed unless authorized in writing by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.
- 20.2 Requests forms will be available either at the race office of each venue or online at: <https://www.racingrulesofsailing.org/documents/5230/event>

21. Equipment and Measurement Checks

- 21.1 A boat or equipment may be inspected at any time during the event for compliance with the class rules, notice of race and sailing instructions.
- 21.2 [DP] While afloat, a race official may instruct a boat to sail to a designated area, promptly, for inspection.
- 21.3 The fact that race officials may conduct inspections of a boat does not reduce the responsibilities of each competitor to comply with the class rules and the rules set out in this Notice of Race and the Sailing Instructions.

22. Official Vessels

- 22.1 Official vessels will be identified as follows:

Official Vessel	Flag Identification
Race Committee	Orange Flag with 'RC'
International Jury	White flag with 'JURY' or 'J' or 'IJ'
Media	Any flag with 'PRESS', 'MEDIA' or 'TV'
Safety	Any flag with 'RESCUE'

- 22.2 Failure of any official boat to display her flag will not be grounds request for redress by a boat. This changes RRS 60.1(b).
- 22.3 Vessels used by press, photographers, film crews, VIPs etc. are not under the jurisdiction of the race committee. Any action by these boats shall not be ground for request for redress by a boat. This changes RRS 60.1(b).

23. [NP][DP] Support Boats

- 23.1 Support Boat's location while afloat:
 - 23.1.1 From the time of the warning signal for the first fleet to start, until all boats in all fleets are no longer racing, support boats shall stay outside areas where boats are or will be racing and shall not be closer than 100m to any boat racing.
 - 23.1.2 When a race committee or jury member indicates a support boat to move further from the course area, the mentioned boat shall do so immediately.
- 23.2 A breach of SI 23.1 may result with a scoring penalty against the boat connected and/or withdrawal of permission to be in the racing area for one or more days.
- 23.3 Team leaders, coaches and other support persons on the water shall wear Personal Floatation Devices at all times other than for brief periods while adding or removing clothing. Drivers of the Support boats shall wear the Quick Stop / Kill Cord at all times with the motor running.
- 23.4 Support persons in the race course area, shall be able to communicate with the Race Committee via VHF Radio **Channel 72** .

24. Trash Disposal

- 24.1 Trash may be placed aboard official or support person vessel.

25. [DP] Code of Behavior

- 25.1 [NP] Competitors and support persons shall comply with any reasonable request from the regatta officials.
- 25.2 [NP] Competitors and support persons shall handle any boats or equipment provided by the organizing authority with proper care and seamanship, and in compliance with any written instructions.
- 25.3 Boats not racing shall avoid the area where boats are racing and any official boats.

26. Disclaimer of Liability

- 26.1 RRS 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."
- 26.2 Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.
- 26.3 By taking part in the event, each competitor agrees and acknowledges that:
 - 26.3.1 They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves and their boat to such inherent risk whilst taking part in the event.
 - 26.3.2 They are responsible for the safety of themselves, their boat and their other property whether afloat or ashore.
 - 26.3.3 They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission.
 - 26.3.4 Their boat is in good order, equipped to sail in the event and they are fit to participate.

- 26.3.5 The provision of a race management team, patrol boats and other officials and volunteers by the event organizer does not relieve them of their own responsibilities.
- 26.3.6 It is their responsibility to familiarize themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the event and to attend any competitor briefing held for this event.

27. Insurance

- 27.1 Every participating boat must be insured with a valid third-party liability insurance that is suitable for the racing area, with a minimum coverage of 540,000 euro per incident, or the equivalent.
- 27.2 The support boats must be insured with a valid third-party liability insurance with the minimum cover of Greek Law. Regardless, it is the responsibility of the support persons in charge of the boats registered, to hold adequate insurance cover for Tort Liability and Third-Party Insurance (Property and Persons).
- 27.3 [NP] [DP] A copy of the insurance coverage must be presented at registration.
- 27.4 The organizing authority is not responsible for verifying the status or validity of those insurance certificates.

28. Prizes

- 28.1 Prizes will be awarded to the best three (3) Boys and three (3) Girls, as per the tables below:

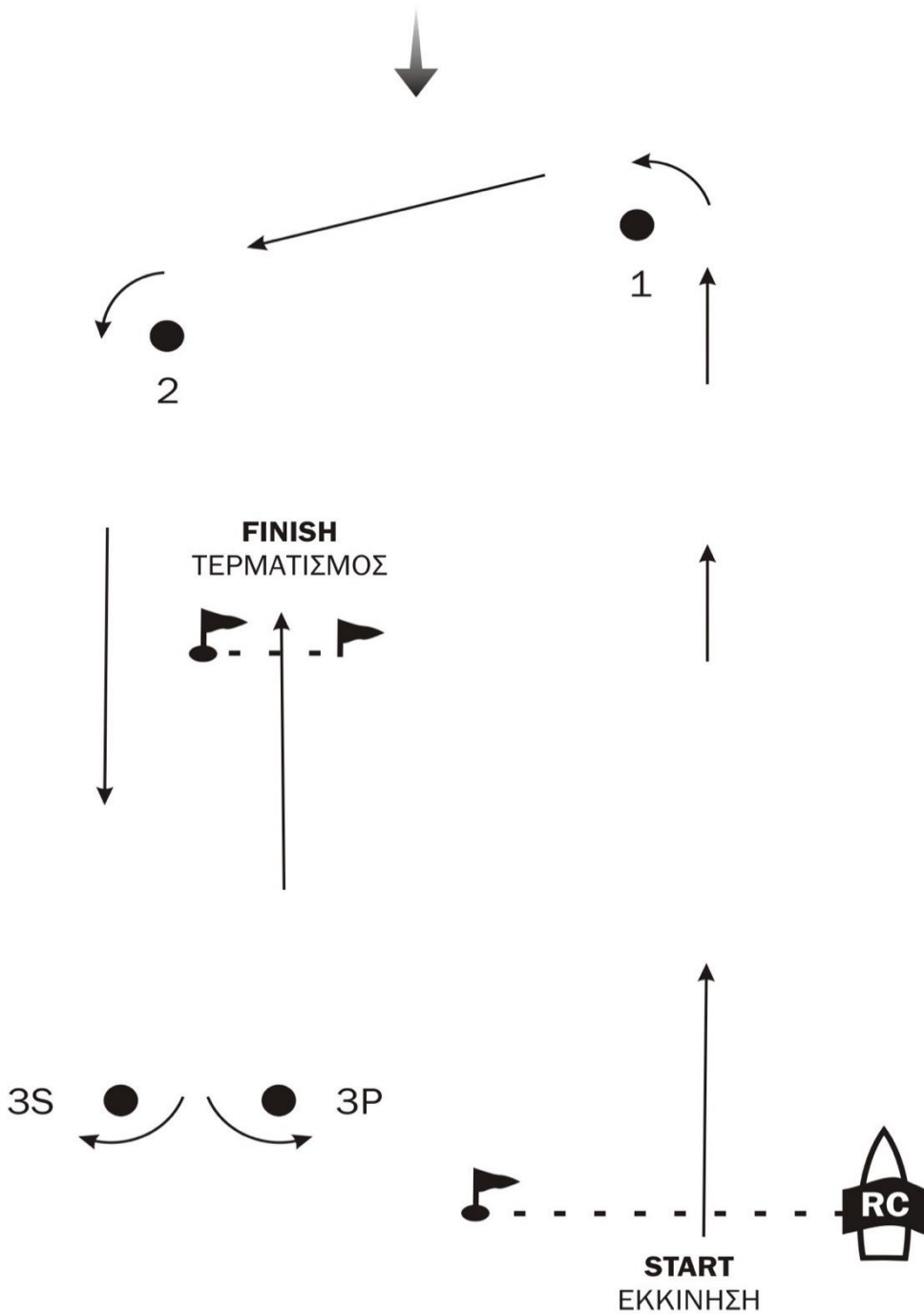
Fleet	Prizes
I	Best three (3) Boys U16 (Year of Birth 2008 or later)
II	Best three (3) Boys U13 (Year of Birth 2011 or later)
III	Best three (3) Girls U16 (Year of Birth 2008 or later)
III	Best three (3) Girls U13 (Year of Birth 2011 or later)
IV	Best three (3) Boys U10 (Year of Birth 2014 or later)
IV	Best three (3) Girls U10 (Year of Birth 2014 or later)
IV	Best three (3) Boys Beginners (Year of Birth 2008 or later)
IV	Best three (3) Girls Beginners (Year of Birth 2008 or later)

- 28.2 Gifts will be awarded to all winners (such as sails etc.)

SI ADDENDUM A

RACE COURSE

Wind Direction



Course: Start – 1 – 2 - Gate (3S, 3P) -Finish

- Marks 1,2, will be left on port
- The angle between leg 1 and 2 will be approximately 60°
- No later than the warning signal, the race committee signal vessel will display the approximate compass bearing of the first leg and the color of the mark 1 and 2.