



OPTIMIST TEAM RACE - SAILING INSTRUCTIONS

ORGANIZING AUTHORITY

The 11th NOA REGATTA 'ALEXANDROUPOLIS 2019' is organized by the Nautathletic Club of Alexandroupolis in conjunction with the Municipality of Alexandroupolis and the Region of East Macedonia & Thrace under the authority of the Hellenic Sailing Federation.

ABBREVIATIONS

| | |
|-----------|---|
| SP | Rules for which a standard penalty may be applied by the race committee without a hearing or a discretionary penalty applied by the International Jury with a hearing |
| DP | Rules for which the penalties are at the discretion of the International Jury. |
| NP | Rules that are not ground for protest by a boat. This changes Racing Rule of Sailing 60.1 (a) |

1. RULES

- 1.1. The Regatta will be governed by the 'rules' as defined in *The Racing Rules of Sailing (RRS) 2017 - 2020*, the Class Rules of the relevant Classes, the Notice of Race and by these Sailing Instructions. The Sailing Instructions take precedence over the Notice of Race.
- 1.2. No National Authority Prescription will apply except of the Hellenic Sailing Federation Prescription to the RRS No1: «In RRS 40 PERSONAL FLOTATION DEVICES is added: All participants at a race, including competitors, support personnel and race officials on board speed boats/ribs shall wear a PFD during the races».
- 1.3. The current Conditions of IODA will apply.
- 1.4. Appendix D will apply, including D2.2 (single flag procedure) but deleting D1.1 (d).
- 1.5. The first sentence of D3.1(d)(3) is deleted and replaced by: "when the boat has broken rule 1 or 2, rule 14 when she has caused damage or injury, or a rule when not racing, either the boat's score may be increased or half or more race wins may be deducted from her team, or no penalty may be imposed."
- 1.6. Rule 40 and the preamble to Part 4 are changed as follows:
 - 1.6.1. The first sentence of rule 40 is deleted and replaced by: "Each competitor shall wear a personal flotation device (PFD) according to class rule 4.2 (a), properly secured at all times while on the water except when temporarily adding or removing clothing."
 - 1.6.2. Add to the preamble of Part 4, after 'racing': ", except rule 40 as amended by SI 1.6.1."
- 1.7. **[NP][DP]**Boats shall be handled according to attachment 2.
- 1.8. Add rule 64.4 (b) to the list of rules in 63.1.
- 1.9. When a boat starts and finishes and breaks rule 28.1 by failing to sail the course described in the Sailing Instructions, 6 points shall be added to her score without a hearing. This changes rule A5.
- 1.10. If there is a conflict between languages the English text will take precedence.





2. [NP][DP]CAMERAS AND ELECTRONIC EQUIPMENT

- 2.1. Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the organizing authority. Information from this equipment shall not be used by a boat as evidence in a hearing. This changes rule 63.6.
- 2.2. The equipment provided, once placed on the boat as instructed by the organising authority, shall not be manipulated by the competitor or the coach in any way, except when so required by the organising authority.

3. NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located at the race office.

4. CHANGES TO THE SAILING INSTRUCTIONS

- 4.1. Any written changes to the Sailing Instructions or the schedule will be posted on the Official Notice Board at least 30minutes before the warning signal of the race in which it will take effect.
- 4.2. Sailing Instructions may be changed orally by the Race Committee and/or the Umpires before the warning signal when flag L is displayed. It is the responsibility of each team to obtain any oral instructions given. These changes will also be communicated to the teams and coaches at the coaches' station and posted on the Official Notice Board at the end of that day's racing.
- 4.3. Changes to the format of racing, the allocation of boats and the publication of the schedule of subsequent races made on the water will be announced as described in SI 4.2.

5. [DP]BOATS

- 5.1. Class rule 4.3 (c) - paddle shall not apply. Each competitor shall carry a whistle (which will not be supplied) securely attached to the personal buoyancy device (CR 4.2a).
- 5.2. Competitors are responsible for inspecting their boats before racing.
- 5.3. **[NP]** Competitors shall report any defect, damage or breakdown to the Race Officer at the first reasonable opportunity.
- 5.4. **[NP]** When to continue racing after damage, a breakdown risks further damage to the boat, the boat shall retire immediately.
- 5.5. The Umpires will decide breakdown redress in accordance with rule D5.

6. SIGNALS MADE ASHORE

- 6.1. Signals made ashore will be displayed from the official flagpole located over the clubhouse. When a signal is displayed with a class flag, it applies to that class only. This changes the Race Signal preamble.
- 6.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.
- 6.3. When flag K displayed ashore with two sounds (one when lowered) means "No boat shall go afloat until this signal is lowered. The first warning signal will be made not less than 60 minutes after flag K is lowered.

7. FORMAT OF RACING

- 7.1. Teams will be seeded from 1st to 6th. They will be provided with a colour band, which need to be fitted at the top of their spreader.
- 7.2. The intention is to provide as much racing as possible for all teams in the period available, The regatta format and race schedule may be modified by the Race Committee, and notwithstanding SI 7.3 below, is subject to change at any time. Details, and any changes, will be posted on the Official Notice Board at least 30 minutes before the warning signal of any race concerned. The





Race Committee may terminate any stage, or the event, when in its opinion it is impractical to attempt to hold the remainder of the races under the existing conditions or in the remaining time scheduled.

8. RESERVED

9. RACING AREA

The racing area will be off Alexandroupolis harbour as shown at Attachment 2.

10. THE COURSE

- 10.1. The diagram in Attachment 1 shows the course, 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.
- 10.2. The RC will set a course to be sailed in approximately 6 - 8 minutes. An actual shorter or longer racing time shall not be grounds for redress.
- 10.3. Courses will not be shortened. This changes rule 32.

11. MARKS

- 11.1. Marks 1, 2, 3 and 4 will be yellow cylindrical inflatable buoys.
- 11.2. Marks at the finishing line will be a staff displaying a blue flag on the starboard side and a Race Committee boat displaying a Blue flag.
- 11.3. Marks at the starting line will be a dan buoy at the port end and a Race Committee boat at the starboard end, both displaying an orange flag.
- 11.4. Marks may be moved at any time. This changes rule 27.2 and rule 33 will not apply.

12. THE START

- 12.1. Rule 26 and 27.1 are changed. The races will be started as follows. Times shall be taken from the visual signals; the failure of a sound signal shall be disregarded. 11.2 When the warning signal for the first fleet has been made, boats from other fleets shall be in the pre-start area, well clear of the starting area.

| Signal | Min. before starting signal | Sound Signal | Visual Signal |
|-------------|-----------------------------|--------------|-----------------------|
| Warning | 3 | One | Class flag displayed |
| Preparatory | 2 | One | Code flag P displayed |
| One-minute | 1 | One | Code flag P removed |
| Starting | 0 | One | Class flag removed |

- 12.2. The race number and the teams to start will be displayed on the stern of the Race Committee boat before the warning signal. When the race number is displayed in this way, it overrides all prior communications, schedules or instructions. The Race Committee may at any time remove a particular race from the published sequence of races and run it later.
- 12.3. The starting line will be between staffs displaying orange flags on the starting marks as per sailing instruction 11.3
- 12.4. When an individual recall is made, flag X will be displayed for up to 1 minute. This changes rule 29.1.
- 12.5. **[DP][NP]** Boats not racing shall sail to the Waiting Area to leeward of the starting line keeping well clear of boats racing and of all boats whose warning signal has been made.





- 12.6. **[DP][NP]** Immediately after finishing, boats being changed for the next set of races shall return directly to the Coaches' Station,(Boat) keeping well clear of all boats racing and of all boats whose warning signal has been made.

13. THE FINISH

The finishing line will be between staffs displaying blue flags on the finishing marks.

14. TIME LIMITS AND ABANDONMENT

- 14.1. The Race Committee may abandon a race for any reason. This changes rule 32.
14.2. The Race Committee and/or the umpires may signal abandonment orally. Abandoned races may be re-sailed, and if so, a new warning signal will be made as soon as practical. This changes rule 32 and Race Signals.

15. UMPIRING AND FLAGS

- 15.1. The event will be umpired in accordance with Appendix D as modified by these Sailing Instructions. Some races may have more Umpires than others as determined by the Chief Umpire.
15.2. The required red protest flag shall be attached to the competitor, clothing or PFD and shall be capable of being displayed at arm's length. To signal a protest, the flag shall be displayed from a concealed position to a position where it is easily visible to the protested boat and Umpires.

16. PROTESTS AND REQUESTS FOR REDRESS

- 16.1. For protests and requests for redress other than protests under a rule listed in rule D2.2, competitors shall inform an Umpire or the Race Committee at the first reasonable opportunity upon finishing. The Umpires will, when appropriate, hear protests and requests for redress while afloat.
16.2. The protest time limit for competitors is two minutes after finishing and for the Race Committee or Jury it is 60 minutes after the last boat finishes the last race of the day.
16.3. A hearing may be declined if it is not relevant to progress to the next round. This changes rule 63.1.
16.4. When a hearing ashore is necessary, the schedule will be published no later than 30 minutes after the end of the protest time limit.
16.5. Decisions of the Jury will be final as provided in rule 70.5.
16.6. Breaches of class rules and sailing instructions marked **[NP]** will not be grounds for a protest by a boat. This changes rule 60.1(a). Penalties for these breaches, sailing instructions marked **[DP]** and breaches of rule 55, shall be at the discretion of the jury; this changes D3.1(b).

17. SAFETY REGULATIONS

- 17.1. Competitors who require assistance may blow a whistle or wave the paddle or one arm. The race committee reserves the right to assist competitors who in their opinion require assistance, regardless of the wishes of the competitor. This will not be grounds for redress. This changes rule 62.1(a).
17.2. When the Race Committee displays flag V with repetitive sounds, all official boats shall monitor the Race Committee **VHF 72** for search and rescue instructions.

18. OFFICIAL BOATS

Official boats will be marked as follows:

| DESCRIPTION | FLAG |
|----------------|-----------|
| Race Committee | Flag "RC" |
| Jury | Flag "JR" |





| | |
|-------------------|-------------|
| VIP | Flag "VIP" |
| Gear | Flag "Gear" |
| Press/Media boats | Flag "PR" |
| Safety Boat | Flag "S" |
| Medical | Flag " + " |

19. COACHES' STATION AND COMMUNICATION

- 19.1. [NP][DP] Communication between team members and coaches is only allowed at the Coaches Station.
- 19.2. Coaches are required to carry a working VHF radio
- 19.3. 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.
- 19.4. The Race Committee will communicate at **VHF channel 72**.

20. BEHAVIOUR [DP][NP]

Team members and officials shall observe the regulations of the host club and the house rules of the hotel and shall behave correctly at all times. Bad behaviour at any time, whether on shore or afloat, with or without any damage to the facilities, may be investigated by the Jury who may call a hearing and impose a scoring penalty when appropriate.

21. TRASH DISPOSAL [DP][NP]

Boats shall not throw trash ashore except in the trashcans. This amends rule 55

22. PRIZES

Prizes will be awarded in accordance with the Notice of Race.

23. DISCLAIMER OF LIABILITY

- 23.1. Competitors and support team members participate in the regatta entirely at their own risk and they are reminded of the provisions of RRS 4, 'Decision to Race'. Sailing is, by its nature, an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event each competitor and the responsible adult agrees and acknowledges that:
- 23.2. 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.
- 23.3. They are responsible for the safety of themselves, their boat and their other property whether afloat or ashore.
- 23.4. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission.
- 23.5. Their boat is in good order, equipped to sail in the event, and they are fit to participate.
- 23.6. The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities.
- 23.7. The provision of patrol boat cover is limited to such assistance particularly in extreme weather conditions, as can be practically provided in the circumstances.
- 23.8. 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 this venue or event, and to attend any safety briefings held for the event.
- 23.9. It is the decision of the coach to allow the competitors to take part in the races.





24. RIGHTS TO USE NAME AND LIKENESS

By participating in the regatta competitors automatically grant to the organizing authority and their sponsors the right in perpetuity to make, use and show, from time to time at their discretion any motion pictures, still pictures and live, taped or filmed television and other reproductions of the athlete during the championship, and of all of his or her material related to the regatta, without compensation.

25. INSURANCE

Each competitor shall be insured with valid third-party liability insurance with a minimum cover of €540.000 per event or the equivalent. A certificate of such insurance shall be shown during registration.

RACE COMMITTEE

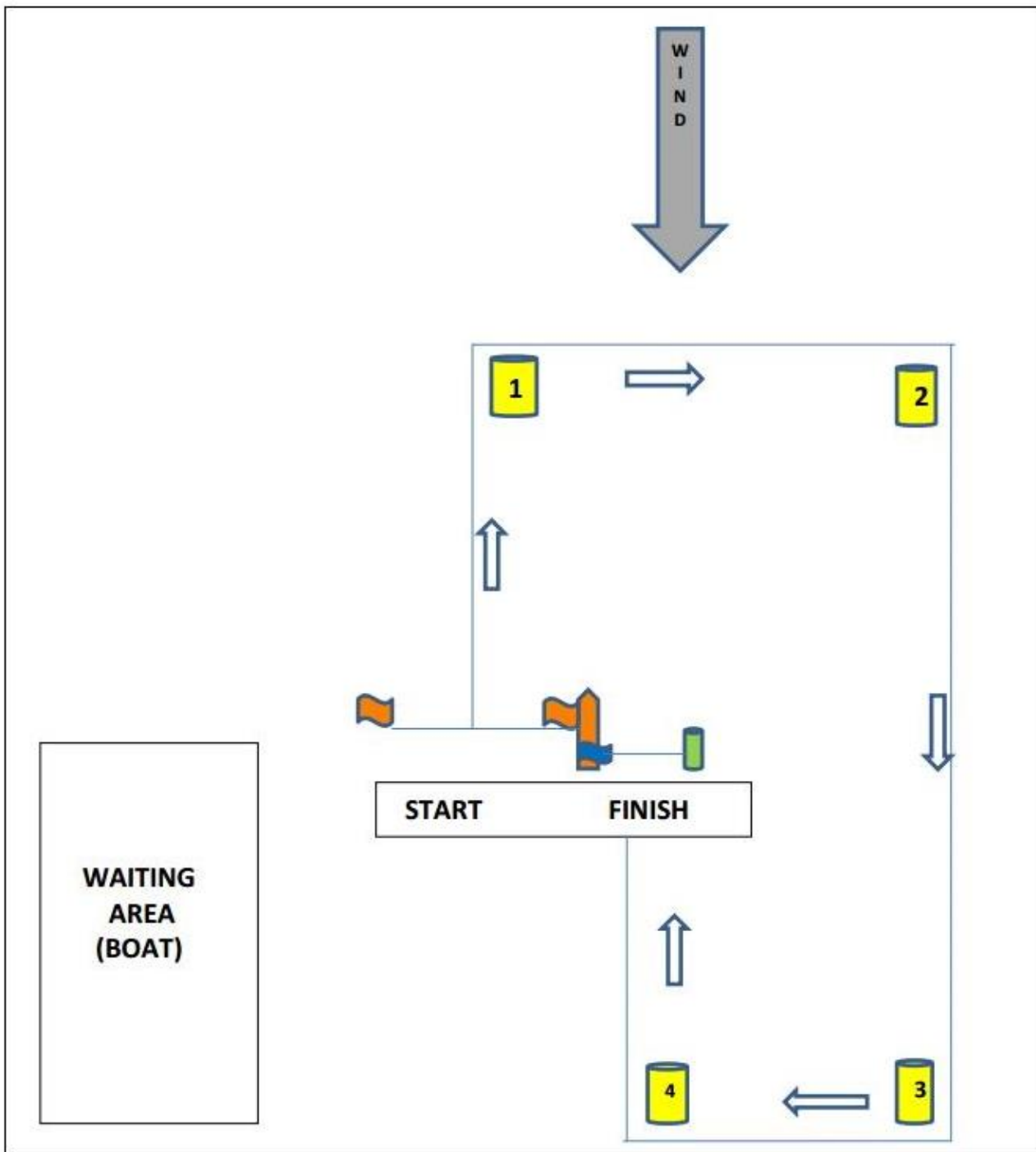
Papantoniou Athanasios, PRO / GRE
Pavlidis Ioannis, NRO / GRE
Kesidis Vasileios, GRE
Theodosios Giannakidis, GRE
Athanasios Katsikis, GRE
Aggelos Simsirikis, GRE
Konstantinos Chatzikonstantinou, GRE
Nikolaos Karaolanis, GRE
Konstantinos Gramenoudis, GRE
Voula Papachristou, GRE

JURY COMMITTEE

| | |
|--------------------|-----------------------|
| Dan Mitici | IJ/ROM President |
| Costas Tsantilis | IJ/GRE Vice President |
| Stanislav Kassarov | IJ/BUL |
| Ulrich Voglmaier | NJ/GER |
| Caterina Gouleliou | NJ/GRE |
| Vasileios Pigadas | NJ/GRE |



ATTACHMENT 1: THE COURSE



OPTIMIST COURSE:

START – 1 – 2 – 3 – 4 – FINISH

ATTACHMENT 2: THE RACING AREA

