



J/70 CUP

SAILING INSTRUCTIONS

Lerici, 20 – 22 October 2023



DATE	TIME	DESCRIPTION
Wen. 18 th Oct.	09:00 – 18:00	Crane launch & Inspections
Thur. 19 th Oct.	09:00 – 18:00	Crane launch & Inspections Withdrawal of advertising materials
Fri. 20 th Oct.	09:00 – 10:30	Crane launch & Inspections Withdrawal of advertising materials
	13:00	Skipper Briefing
	15:00	Intended First Warning Signal
Sat 21 st Oct.	Tbd	First Warning Signal
Sun. 22 nd Oct.	Tbd	First Warning Signal
	After Races	Prize-giving, haul out

[DP] the penalty for an infringement to this rule can be at the discretion of the Protest Committee less than the disqualification.

[NP] denotes that a breach of this rule will not be grounds for a protest by a boat (change RRS 60.1(a)).

The races held on Saturday 21st October without discard will form the ranking on the basis of which the Garmin Cup and prize will be awarded to the first classified. In case no races will be on Saturday, the races of Friday first or Sunday as the last case will be considered.

1 - RULES

1.1 The events will be governed by the Racing Rules of Sailing (RRS) 2021-2024 of the World Sailing including Appendix T, the Offshore Rules of the Italian Sailing Federation (FIV), Normativa Nazionale per l'Attività Sportiva in Italia (FIV) 2023, the rules of the International J/70 Class Association (IJCA), RRS 40.1 and the Appendix UF, Umpired fleet racing.

1.2 In case of conflict between NoR and SIs, the SIs and following Notices will prevail (this changes RRS 63.7).

1.3 Recorded video and images from any source: media or support boat, or data/video of positioning electronic devices (tracking) cannot be used as evidence during the hearings and shall not be grounds for requesting redress. This changes rule 63.6.

1.4 Add to rule 41 Outside Help: (e) Help to recover from the water and return on board any person overboard, provided the return on board is at the approximate location of the recovery.

2 - NOTICES TO COMPETITORS

All communications between the competitors and OA, RC or Jury (i.e. protests and requests of redress, acknowledgement of penalty, demands to change equipment or crew, etc.) shall be done exclusively using the site [web: https://www.racingrulesofsailing.org/documents/5790/event?name=j-70-italian-cup-event-4-italian-championship](https://www.racingrulesofsailing.org/documents/5790/event?name=j-70-italian-cup-event-4-italian-championship) included Official Notice Board (ONB) which will be virtual. Competitors are expected to check the board before/after racing and when new notices will be signaled. Its use does not change the obligations, signals and the timings of RRS

To guarantee such communications, the entry form has to be completely filled included the phone number and the mail address of each crew member.

Competitors and support persons shall comply with reasonable requests from race officials.



3 - CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted at least one hour before the first start of the day, except that any changes to the schedule of races will be posted by 20:00 on the day before it will take effect.

4 - SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on the official flagpole located nearby the race office.

4.2 When flag AP (Answering Pennant) is displayed ashore, "1 minute" is replaced with "not less than 40 minutes".

Flag AP over H displayed ashore means: "THE START IS POSTPONED, BOATS SHALL NOT LEAVE THE HARBOUR".

5- SCHEDULE OF RACES

5.1 The scheduled time of the Warning Signal for the first race on Friday, 20th October is at 13:00.

The Warning Signal time for the next days will be posted online on the Official Notice Board by 8pm of the day before.

5.2 A maximum of 8 races may be held. Maximum 3 races per day will be run. A fourth race will be permitted on the last racing day only.

5.3 The RC will broadcast safety and racing information on VHF channel 72.

5.4 On the last day of the regatta no warning signal will be made after 15:00.

6 - CLASS FLAG

The Class flag will be the J/70 CUP flag.

7 - RACING AREA

The course will be in waters next to CdV. Erix or inside La Spezia breakwater as per the attached map.

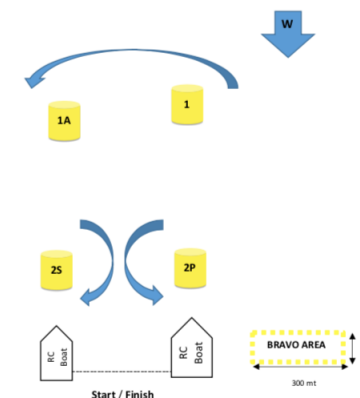
8 - COURSE

8.1 The Windward mark and the offset marks shall be left to port.

8.2 If one of the gate marks (Mark 2S or Mark 2P) will not be present, a single Mark 2 shall be rounded to port.

8.3 No later than the warning signal, the RC signal vessel may display the approx. compass bearing of the first leg.

8.4 Course: Start-1-1A-gate (2S/2P)-1-1A-Finish.



9 - MARKS

9.1 Course mark 1, 1a, 2S, 2P will be an inflatable cylindrical yellow buoy. The Starting mark will be the RC vessels displaying Orange flag, the Finishing mark will be the RC vessels displaying Blue flag. The starting/finishing pin end boat could be replaced with a orange cylindrical buoy.

10- AREA THAT ARE OBSTRUCTIONS

Any area designated as obstruction will be signaled on the Notice Board.

11- THE START

11.1 The starting line will be between a staff displaying an orange flag on the race committee vessel at starboard end and, at the port end, a staff displaying an orange flag on a race committee vessel or the course side of a buoy as per SI 9.1. To inform competitors that a starting procedure is starting soon, the RC will display an orange flag at least five minutes before the warning signal.

11.2 RC may communicate by radio VHF individual recalls. Bow numbers, sail numbers or boat names may be used for identification. Delays in broadcasting, the order in which they are made, omission or failure in the emission or reception shall not be grounds for requesting redress. This modifies rule 62.1(a). This rule does not reduce, modify or exonerate each boat's responsibility to start in accordance to the rules.

11.3 A boat that does not start within 4 minutes after her starting signal will be scored DNS without a hearing. This changes RRS A4 and A5.

12 - CHANGE OF THE NEXT LEG OF THE COURSE

12.1 To change the next leg of the course the RC will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable.

12.2 In case of a course change on a windward leg, the new mark will be an inflatable orange buoy.



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12.3 Offset mark 1a will not be a course mark in case of a change of course on a windward leg.
If the RC decides to change the position of the leeward mark (gate), the new mark will be only one yellow mark, and this shall be left to port.

13 - THE FINISH

The finishing line will be between a staff displaying Blue Flags on the RC vessels or a staff displaying a Blue Flag on the RC vessel and the course side of the finishing pin mark as per SI 9.1. The finishing line will be shorter than the starting line.

14 - PENALTY SYSTEM AND ARBITRATION

The Appendix UF will rule the umpired fleet system.

15 - TIME LIMIT

15.1 Boats failing to finish within twenty minutes after the first boat sails the course and finishes, will be scored Did Not Finish (DNF) without a hearing. This changes rule 35, A4 and A5.

15.2 If no boat has passed Mark 1 within 30 minutes from her starting signal the race will be abandoned. Failure to meet the target time will not be grounds for redress. This changes RRS 62.1(a).

16 - PROTESTS AND REQUEST FOR REDRESS

16.1 Protests and requests of redress, acknowledgement of penalty, requests to change equipment or crew, must be lodged online on the website

<https://www.racingrulesofsailing.org/documents/5790/event?name=j-70-italian-cup-event-4-italian-championship> the proper time limit.

16.2 The protest time limit is 60 minutes after the last boat has finished the last race of the day or the Race Committee signals no more racing for today, whichever is later. The same time limit applies to protests by the Race Committee, Protest Committee and Technical Committee about incidents they observe on the racing area and to requests for redress. This changes rules 61.3 and 62.2.

16.3 Notices will be posted online possibly within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.

16.4 Notices of protests by the Race Committee or Protest / Technical Committee will be posted to inform boats under rule 61.1(b).

16.5 Breaches of instructions 21, 24, 25 and 28 will not be grounds for a protest by a boat. This changes rule 60.1(a). Penalties for these breaches shall be less than disqualification if the protest committee decides so.

16.6 The protest time limit for WS Sailor Categorization will be the protest time limit of the first racing day.

16.7 Protests shall be discussed at the Jury room located at the club.

17 - SCORING

17.1 One (1) race is needed to validate the event for the Italian J/70 Cup.

17.2 When less than 5 races have been sailed, a boat's score will be the

total of her race scores. When five or more races have been sailed, a boat's score will be the total of her race scores, excluding her worst score.

17.3 According to FIV Regulations only boats with entire Italian crew will compete for the award of the Title. The title will be awarded if a minimum of 4 valid races will be held and with the presence of at least 10 Italian boats (with at least 1 race completed).

18 - SAFETY REGULATIONS

In the best interests of safety, all competitors who retires shall inform, by any possible system, either the RC boat on the water or the Race Office as soon as they return ashore. The Jury may take disciplinary action if this is not respected.

19 - REPLACEMENT OF CREW OR EQUIPMENT

Substitution of competitors will not be allowed without prior approval of the Race Committee. Substitution of damaged or lost equipment will not be allowed unless approved by the Technical Committee. Requests for substitution shall be made to the RC at the first reasonable opportunity. The proper forms for Substitution of crew or equipment will be available on the website <https://www.racingrulesofsailing.org/documents/5790/event?name=j-70-italian-cup-event-4-italian-championship>

20 - EQUIPMENTS AND MEASUREMENT CHECKS

A boat or its equipment may be inspected at any time for compliance with the Class Rules and Sailing Instructions. On the water, a boat can be instructed by the Technical Committee or Race Committee to proceed immediately to a designated area for inspection. The area designated is called "BRAVO"; the dimension of area BRAVO is 300X50mt and it is positioned starboard of the Race Committee.

21 - EVENT ADVERTISING (DP-NP)

Boats shall display sail numbers, event advertising (see NoR #35 and NoR Annex 1) and identification stickers supplied by Organizing Authority as follows:

21.1 The sail number on the mainsail of a boat must correspond to the number declared on the entry form. Penalty for non-compliance will be at the discretion of the Jury.

21.2 Competitors shall display the numbered stickers given by the organizer at registration on each side of the hull as far forward on the bow as possible. Penalty for non-compliance will be at Jury discretion.

Competitors shall display, as requested by OA, the flags and stickers provided by the organizer from the previous day and up to the end of the event. Penalty for non-compliance will be at Jury discretion.

22 - OFFICIAL BOATS

Official boats will be identified as follows:

Race Committee: club's burgee.

Jury Boat with white flag with "J"

Measurer: White Flag "M"

Press Boat: white flag with "P"

23 - SUPPORT BOATS

Support boats shall be registered and identified by a white flag with the letter "S" provided by the Club.

24 - TRASH (DP-NP)

Trash shall remain onboard until the end of the last race of the day. A penalty for breaking rule 47 is at Jury discretion.

25 - HAUL-OUT RESTRICTIONS (DP-NP)

Boats shall not be hauled out during the regatta except with a prior written permission of the Race Committee.

26 - RADIO COMMUNICATION

A boat shall neither make radio transmissions while racing nor receive voice or data communications not available to all other boats. This restriction also applies to mobile phones and any other similar device.

27 - MOORINGS

Will be included in the entry fee from Wednesday 18th to Sunday 22nd October. Boats are moored under the responsibility of each skipper.

28 - PRIZE GIVING (DP-NP)

28.1 Prize giving will take place near the dock, when possible after the finish of the last race. In case of bad weather, the new location will be communicated by the OA. At least one person per boat must be present at the prize giving, boats failing to be represented by her crew members can be penalized (see NoR #25.7).

As stated in the NoR #30) the following prizes will be awarded: the top three boats in the event ranking, the first three Corinthian crews and the winner of the "One Pro", "Mixed-Plus" and "Young crew" divisions. The first all Italian crew of the Italian Championship will be awarded the title of J/70 Italian Champion. The first all Italian Corinthian crew of the Italian Championship will be awarded the title of J/70 Italian Class Corinthian Champion 2023. Top 3 Italian crew "Overall" and "Corinthian" will be awarded. The "Garmin Cup" and the "Alphazer Trophy EnergyStart" winner will be awarded as per NOR 12.4 and 12.5.

29 - DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS rule 3, Decision to Race. The Organizing Authority, the Racing Committee and the Protest Committee will not accept any liability for material damage or personal injury or death occurring in conjunction with or prior to, during, or after the regatta.

30 - INSURANCE

Each boat shall be insured with a valid third-party liability insurance with a minimum coverage of € 1.500.000,00, or the equivalent if expressed in a different currency. The insurance must include the extension for the race. Proof of valid insurance certificate shall be provided upon registration.



31 - MEDIA, IMAGES AND SOUND

24.1 The OA may require media personnel, equipment and electronic devices to be carried on board at any time.

24.2 The position of these personnel equipment will be determined by the RC and may be advised verbally.

The Organization Authorities shall have the right to use any image, sound record and navigation data.

APPENDIX UF - UMPIRED FLEET RACING

2023 J70 Edition

Version: 04.08.2023lb

UF1.1 Add to the definition Proper Course: 'A boat taking a penalty or manoeuvring to take a penalty is not sailing a proper course.'

UF1.2 Add new rule 7 to Part 1:

7 LAST POINT OF CERTAINTY

The umpires will assume that the state of a boat, or her relationship to another boat, has not changed, until they are certain that it has changed.'

UF1.3 SPARE

UF1.4 When rule 20 applies, the following arm signals are required in addition to the hails:

(a) for room to tack, repeatedly and clearly pointing to windward and

(b) for 'You tack', repeatedly and clearly pointing at the other boat and waving the arm to windward.

UF1.5 Rule 70 is deleted.

UF1.6 SPARE

UF2 CHANGES TO OTHER RULES

UF2.1 SPARE

UF3 ON WATER PROTESTS AND PENALTIES

UF3.1 In this appendix, 'a penalty' will mean the following:

A One-Turn Penalty taken in accordance with rule 44.2.

UF3.2 The first sentence of rule 44.1 is changed to: 'A boat may take a penalty when she may have broken one or more of the rules of RRS Part 2 in an incident while racing (except rule 14 when she has caused damage or injury), rule 31, rule 42 or Class rule C9.4 and C3.3. However, when she may have broken a rule of Part 2 of RRS while in the zone around a mark, other than a starting mark, or the RRS 20 in any area of the course, her penalty shall be a Two-Turns Penalty. When she may have broken a rule of Part 2 and rule 31 in the same incident, she need not take the penalty for breaking rule 31.'

UF3.3 On the Water Protests by Boats and Penalties

(a) While racing, a boat may protest another boat under a rule of Part 2 (except rule 14) or under rule 31 or rule 42; however, a boat may only protest under a rule of Part 2 for an incident in which she was involved. To do so she shall hail 'Protest' and conspicuously display a red flag at the first reasonable opportunity for each. The red flag shall be positioned on the rope between the boom and the upper mainsail sheet block. The use of any other flag shall not be valid for protest purposes. She shall remove the flag before, or at the first reasonable opportunity after a boat involved in the incident has taken a penalty voluntarily or after an umpire's decision.

(b) A boat shall not take any penalties while in the zone of a mark, other than a starting/finishing marks, or on the offset leg. In the last case the penalty shall be delayed and taken as soon as possible on the downwind leg. This changes rule 44.2.

UF3.4 Penalties and Protests Initiated by an Umpire

(a) When a boat

(1) breaks rule 31 and does not take a penalty,

(2) breaks rule 42 or UF3.3(b)

(3) gains an advantage despite taking a penalty,

(4) deliberately brakes a rule,

(5) commits a breach of sportsmanship, or

(6) fails to comply with rule UF3.6 or to take a penalty when required to do so by an umpire,

(7) breaks Class Rule C9.4 (Bowsprit),

(8) breaks Class rule C3.3 (Crew Positioning),

an umpire may penalize her without a protest by another boats. The umpire may impose a penalty or more, each signalled in accordance with rule UF3.5(b), or disqualify her under rule UF3.5(c), or report the incident to the protest committee for further action. If a boat is penalized under rule UF3.4(a)(6) for not taking a penalty or taking a penalty incorrectly, the original penalty is cancelled,

(b) An umpire who decides, based on his own observation or a report received from any source, that a boat may have broken a rule, other than rule UF3.3(a), may inform the protest committee for its action under rule 60.3.

However, he will not inform the protest committee of an alleged breach of rule 14 unless there is damage or injury.

UF3.5 Umpire Signals

An umpire will signal a decision as follows:

(a) A green and white flag with one long sound means 'No penalty.'

(b) A red flag with one long sound means 'a penalty is imposed as per UF3.2'. A red flag with two long sounds means the penalty will be two turns. The umpire will hail or signal to identify each such boat.

(c) A black flag with one long sound means 'A boat is disqualified.'

The umpire will hail or signal to identify the boat disqualified.

(d) A blue flag with one long sound signal means "The umpires do not have the facts required to make a decision".

(e) Rule 43.1(a) is changed so that the provision for exonerating a boat may be applied by the umpires without a hearing, and it takes precedence over any conflicting sailing instruction.

UF3.6 Imposed Penalties

(a) A boat penalized under rule UF3.5(b) shall take a penalty.

(b) A boat disqualified under rule UF3.5(c) shall promptly leave the course area.

UF4 RACE COMMITTEE ACTIONS

UF4.1 At the end of the race the RC will promptly display flag B with one sound. Flag B will be displayed for at least two minutes and then removed with one sound.

UF5 PROTESTS; REQUESTS FOR REDRESS OR REOPENING; APPEALS; OTHER PROCEEDINGS

UF5.1 No proceedings of any kind may be taken in relation to any action or non-action by an umpire.

UF5.2 A boat that protests as provided in rule UF3.3(a) is not entitled to a hearing unless an umpire signals in accordance with UF3.5(d) or there is no signal from the umpire. Instead, a boat involved in the incident may acknowledge breaking a rule by voluntarily taking a penalty. An umpire may penalize any boat that broke a rule and was not exonerated, unless the boat took a penalty voluntarily.

UF5.3 A boat intending to

(a) protest another boat under a rule other than rule UF3.6,

(b) protest another boat under rule 14 if there was contact that caused damage or injury, or

(c) request redress based on an incident in the racing area shall keep the protest flag displayed, when required, until she has informed the RC before, in case of retirement, or during the display of the "B" flag by hail or VHF call.

UF5.4 The time limit defined in rule UF5.3 also applies to protests under rule UF5.9, UF5.10 and UF5.11 when such protests are permitted. The protest committee shall extend the time limit if there is good reason to do so.

UF5.5 The race committee will promptly inform the protest committee about any protests or requests for redress made under rule UF5.3.

UF5.6 The third sentence of rule 61.1(a) is deleted when UF3.5(a) to (c) apply.

UF5.7 The first three sentences of rule 64.2 are changed to:

'When the protest committee decides that a boat that is a party to a protest hearing has broken a rule, it may impose penalties other than disqualification, and may make any other scoring arrangement it decides is equitable. If a boat has broken a rule when not racing, the protest committee shall decide whether to apply any penalty to the race sailed nearest in time to that of the incident or make some other arrangement.'

UF5.8 Hearings

(a) When Appendix T will be applied on the water no document will be produced by the parties and by the Arbitrator. Decision to accept a post-race penalty and/or to withdraw a protest will be final and no further action shall be permitted.

(b) Protests and requests of redress shall be lodged following the procedure as per SIs 16.

UF5.9 The race committee will not protest a boat, except under rule 28 and 31.

UF5.10 The protest committee may protest a boat under rule 60.3. However, it will not protest a boat for breaking rule UF3.6, a rule listed in rule UF3.3 (a), or rule 14 unless there is damage or injury.

UF5.11 The technical committee will only protest a boat under rule 60.4 when it decides that a boat or personal equipment does not comply with the class rules, rule 50, or the rules in the equipment regulations of the event, if such exist. In such a case, the technical committee shall protest.



ITALIAN J/70 CUP - OPEN ITALIAN CIRCUIT 2023

CAMPIONATO ITALIANO 2023

ITALIAN CHAMPIONSHIP 2023



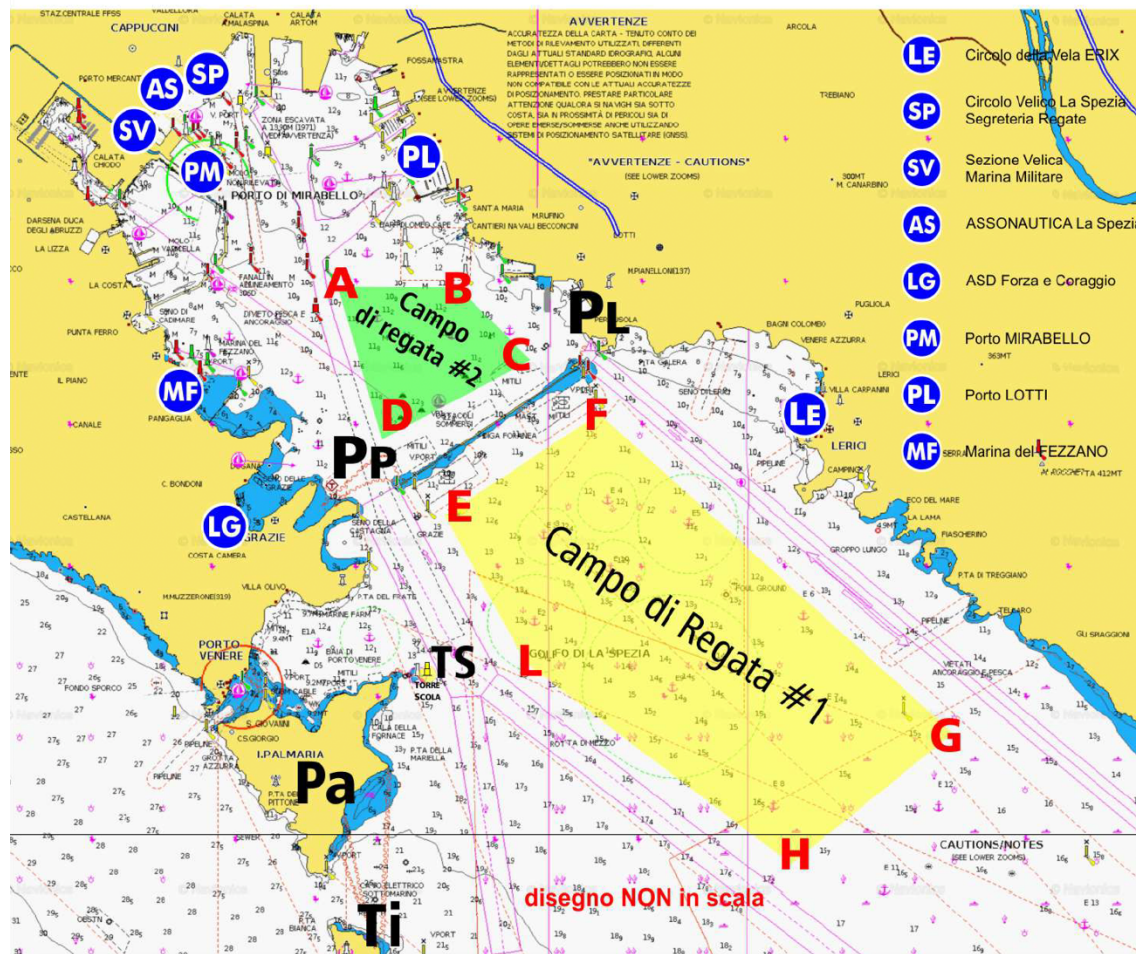
Golfo della Spezia (SP)
20-21-22 ottobre 2023

Campo di Regata #1

- E** 44°04.0' N - 009°51.6' E
- F** 44°04.6' N - 009°52.9' E
- G** 44°02.8' N - 009°55.7' E
- H** 44°01.9' N - 009°54.6' E
- L** 44°03.2' N - 009°52.2' E

Campo di Regata #2

- A** 44°05.2' N - 009°51.1' E
- B** 44°05.2' N - 009°51.8' E
- C** 44°04.8' N - 009°52.3' E
- D** 44°04.4' N - 009°51.3' E



- LE** Circolo della Vela ERIX
- SP** Circolo Velico La Spezia Segreteria Regate
- SV** Sezione Velica Marina Militare
- AS** ASSONAUTICA La Spezia
- LG** ASD Forza e Coraggio
- PM** Porto MIRABELLO
- PL** Porto LOTTI
- MF** Marina del FEZZANO