



**2023 FOIL Kingston / FORK Regatta,
IQFoil Sail Canada Senior
Championship and 2023 WASZP
Canadian Championship**
CORK/Sail Kingston



July 7 – 9, 2023
Portsmouth Olympic Harbour
Kingston, Ontario, Canada

Sailing Instructions

Amendment 1 – July 3, 2023

The notation '**[NP]**' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

1. RULES

- 1.1. The event will be governed by the rules as defined in The Racing Rules of Sailing.
- 1.2. The Cork/ Sail Kingston Support Team Regulations as shown in Addendum 1 apply.
- 1.3. For the IQFoils, RRS Appendix B will apply, however RRS B5 61.1(a) and B8.A8 are deleted.

2. CHANGES TO THE SAILING INSTRUCTIONS

- 2.1. 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.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1. Notices to competitors will be posted on the online official notice board (ONB) located at: <https://www.racingrulesofsailing.org/documents/5885/event?>

4. CODE OF CONDUCT

- 4.1. **[NP]** **[DP]** Competitors and support persons shall comply with reasonable requests from regatta officials.

5. SIGNALS MADE ASHORE

- 5.1. Signals made ashore will be displayed from the flagpole located at the NE corner of the main POH building.
- 5.2. When flag L is displayed ashore over a numeral pennant, the numeral pennant indicates the number of the notice to competitors that is posted. This changes race signal L.
- 5.3. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in the RRS Race Signals AP.
- 5.4. **[DP]****[NP]** Boats shall NOT launch until flag D is displayed with one sound. The warning signal will be made not less than 45 minutes after flag D is displayed.

6. SCHEDULE OF RACES

Date	Time	Event
July 7	1200	Warning signal of first race of the day
July 8-9	1100	Warning signal of first race of the day

- 6.1. 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 three minutes before a warning signal is made.
- 6.2. On the last scheduled day of racing no warning signal will be made after 1500.

7. CLASS FLAGS

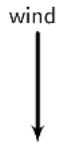
Class	Description
Waszp	WASZP logo on a yellow background
IQFoil	Wing Foil logo on a white background

8. RACING AREA

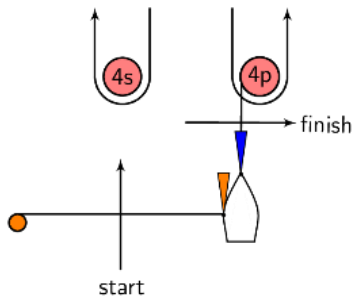
8.1. The racing area will be southeast of Portsmouth Olympic Harbour

9. COURSES

- 9.1. The course may be shortened to finish at a rounding mark or gate provided a minimum of two or more legs have been sailed.
- 9.2. The diagram(s) below show(s) the course(s), 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.



Course to sail:
Start-1p/1s-4p/4s-1p/1s-4p-Finish



10. MARKS

Starting	A race committee vessel or spar buoy
Marks 1p, 1s, 4p, 4s	Orange Inflatable
New mark as provided in SI 12.1	Yellow Inflatable
Finish	Orange Inflatable (4p)

11. THE START

- 11.1. The starting line will be between a staff displaying an orange flag on the signal vessel and the staff displaying an orange flag on the starting mark.
- 11.2. For the purposes of RRS 30.4 a race is 'restarted or resailed' when it has the same race number as a previously abandoned or recalled race, even if the race is resailed on a later date or is resailed as part of a final series instead of a qualifying series.
- 11.3. 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.

12. CHANGE OF THE NEXT LEG OF THE COURSE

- 12.1. To change the next leg of the course, the race committee will lay a new mark or move the finishing line and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

13. THE FINISH

- 13.1. The finishing line will be between a staff displaying **the boat's class a blue** flag on the signal vessel and the course side of mark 4p.
- 13.2. When the leading boat completes the course and finishes, the signal vessel will immediately display **the boat's class a blue** flag with a sound signal.
- 13.3. When the **boat's class a blue** flag is displayed, boats on a downwind leg shall round mark 4p to port and cross the finishing line.
- 13.4. All boats that either:
- a) have completed a lap before **their class a blue** flag is displayed, but then fail to finish while it is displayed, or
 - b) cross the finishing line while **their class a blue** flag is displayed shall be deemed to have finished, irrespective of the number of laps completed.
- Their positions in the race will be based on the order when they either completed their last lap or finished, with those having completed more laps finishing ahead of those with fewer laps. This changes RRS 28.1 and A4.
- 13.5. **[DP]** After crossing the finishing line, competitors shall continue to sail at least 200m before stopping to clear the finishing line.

14. PENALTY SYSTEM

- 14.1. RRS Appendix P, Special Procedures for RRS 42 will apply as changed by SI 14.2.
- 14.2. RRS 44.1 and RRS P2.1 are changed so that the Two-Turns penalty is replaced by the One-Turn penalty.

15. TIME LIMITS AND TARGET TIMES

Mark 1 Time Limit	Race Time Limit	Finishing Window	Target time
15 minutes	40 minutes	10 minutes	20 minutes

- 15.1. If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.
- 15.2. Race Time Limit: Time limit for the first boat to start, sail the course and finish.
- 15.3. Finishing Window: Time limit for boats to finish after the first boat starts, sails the course and finishes.
- 15.4. Failure to meet the Target Time will not be grounds for redress. This changes RRS 62.1(a).
- 15.5. Boats failing to finish within the Finishing Window shall be scored Did Not Finish without a hearing. This changes RRS 35, A5.1 and A5.2.

16. HEARING REQUESTS

- 16.1. 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 today, whichever is later.
- 16.2. Hearing requests shall be submitted online.
- 16.3. 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 and where the hearings will be held.
- 16.4. On the last scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.
- 16.5. A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.

17. SCORING

- 17.1. One race is required to constitute a series.

- 17.2. When fewer than 4 races have been completed, a boat's series score is the total of her race scores.
- 17.3. When from 4 to 7 races have been completed, a boat's series score is the total of her race scores excluding her worst score.
- 17.4. When 8 to 11 races have been completed, a boat's series score is the total of her race scores excluding her two worst scores.
- 17.5. When 12 to 15 races have been completed, a boat's series score is the total of her race scores excluding her three worst scores.
- 17.6. Fifteen races are scheduled.
- 17.7. To request correction of an alleged error in posted results or to schedule a meeting with the race official(s) who made a call, a boat shall complete an online scoring inquiry.

18. SAFETY REGULATIONS

- 18.1. **[NP]** When flag V over flag H is displayed with one sound signal all boats shall return promptly and directly to the harbour. Further signals ashore. This changes RRS 37
- 18.2. RRS 37 is changed so that it applies when flag V or flag V over flag H is displayed with one sound.
- 18.3. **[NP]** All competitors shall Sign-out at the Race Office prior to leaving the harbor.
- 18.4. **[DP] [NP]** On water prior to the warning signal of her first race of each day competitors shall sail past the Signal Vessel and hail their sail number.
- 18.5. **[NP]** All boats shall return directly to the harbour and shall Sign-in after completing their last race of the day.
- 18.6. **[DP] [NP]** A boat that retires from a race shall notify the race committee as soon as possible.
- 18.7. Competitors who require assistance should wave one arm with hand open. If no assistance is required, the arm should be waved with fist closed.
- 18.8. **[NP]** Failure to comply with SI 18.3 before leaving the harbour, or with SI 18.5 by the end of protest time or by the time posted on the ONB (whichever is later) shall result in the boat receiving a 10% scoring penalty as calculated in RRS 44.3(c) added to the race score sailed nearest in time to that of the incident. This changes RRS 63.1 and A5.1. However, the race committee may protest the boat when they consider the 10% scoring penalty to be inappropriate.

19. COMMUNICATIONS

- 19.1. The race committee will be operating on VHF channel 10.

20. RACE OFFICE

- 20.1. The race office is off the lobby of the POH building.

21. [DP] REPLACEMENT EQUIPMENT

- 21.1. In the event of damage, boats and equipment may only be substituted with the permission of the race committee, except as in SI 21.2. Equipment Substitution application is available on the online Official Notice Board.
- 21.2. If the damage occurs less than 2 hours before the first scheduled start on a racing day, and before the start of the last race of the day, provisional verbal permission shall be obtained from the race committee before using the equipment in a race and online equipment replacement permission shall be requested before the end of the protest time limit at the end of the day in which the substitution takes place.

22. OFFICIAL VESSELS

- 22.1. Official vessels will be marked as follows:

Safety/patrol	A yellow flag with a centered vertical red stripe
Jury	A code flag J
Media	A flag with the letter "M" on contrasting background

- 22.2. Failure of an official vessel to display an identifying flag will not be grounds for redress under RRS 60.1(b).

23. [DP][NP] HARBOUR AND SITE REGULATIONS

- 23.1. All boats shall be launched and hauled out as directed by the organizing authority.
- 23.2. At the sole discretion of the organizing authority, dollies and trailers with protrusions may be prohibited from the launch area.
- 23.3. No boat, except those in assigned mooring areas, shall be left unattended in the water.
- 23.4. Automobiles and other vehicles must be parked only in accordance with Portsmouth Olympic Harbour, the City of Kingston and the organizing authority's posted signage.



CORK / SAIL KINGSTON
SUPPORT TEAM REGULATIONS

1. General

- 1.1. These regulations apply to all Support Persons (RRS Definitions “*Support Persons*”).
- 1.2. These regulations shall apply at all times while support persons are at the venue or in the areas of Lake Ontario south of Kingston while training or competing with their teams.
- 1.3. Support personnel and support boat drivers are responsible for the control of their boat at all times. They will be held responsible for any inappropriate behaviour, dangerous actions or improper practices, or actions affecting the fairness or safety of competition. Support boats shall take particular care to minimize their wake when transiting any course areas.
- 1.4. Support persons shall comply with reasonable directions or requests of a Race Official.
- 1.5. The protest committee may call a hearing based upon information received from any source to consider whether a support person has broken a rule. As a result of the hearing the protest may take action under RRS 64.5
- 1.6. Support personnel 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.
- 1.7. Support boats shall accept reasonable trash/refuse from competitors, to facilitate competitors’ compliance with Rule 47.
- 1.8. Support Persons may be requested to support athletes that do not have a support person.

2. Changes to these Regulations

- 2.1. The organizing authority may change these regulations at any time. Any changes will be posted on the official notice board by 0900 on the day the changes will take effect.

3. Registration

- 3.1. Support boats and designated drivers shall register at the CORK Regatta Office before leaving the venue by water for the first time and complete online registration through CORK’s Registration System.
- 3.2. The organizing authority may, at its discretion, refuse to register support boats it does not deem to be suitable. Suitable boats are generally open boats more than 4.0m and less than 7.5m in length, and having minimal or no superstructure, i.e., cabin, coach house, bridge, etc.
- 3.3. Support boats shall be marked at all times while afloat with, depending upon the specific event, either:
 - 3.3.1. The applicable national sail letters (RRS G1.1) clearly displayed on both sides of the boat or engine in contrasting colours, with a minimum height of 200mm. Letters will not be provided by the Organizing Authority;

- 3.3.2. A support boat number flag supplied by CORK. They shall be mounted so as to be visible by other vessels. Flags are to be returned to the CORK office at the end of the event.

4. Support boat requirements

- 4.1. Each boat shall verbally confirm that they have met the following requirements at the time of registration:
 - 4.1.1. Each support boat shall be insured with valid third-party liability insurance with a minimum coverage of \$1,000,000 CAD (or equivalent) per incident.
 - 4.1.2. Each support boat shall have readably available:
 - 4.1.2.1. a VHF radio capable of transmitting and receiving on Ship-to-Ship International channels;
 - 4.1.2.2. a floating tow rope (minimum 15m long and 10mm thick);
 - 4.1.2.3. a first-aid kit
 - 4.1.2.4. a knife, suitable for cutting the rigging or sails used on the class of vessel supported
- 4.2. The organizing authority may request to inspect a support boat at any time to ensure that they meet these requirements. The person responsible for the boat shall facilitate such inspection.

5. Canadian boating laws

- 5.1. Support persons are advised that federal, provincial and local laws specify required safety equipment. These laws are enforced by federal, provincial and local agencies and violations may result in required court appearances and fines. Required equipment may include: PFDs for all passengers, bailers, paddles, anchors, buoyant heaving lines, sound signaling devices, fire extinguishers, compass, charts, navigation lights, flares, etc. Details are specified in the (Canada) Safe Boating Guide, available at:
<http://www.tc.gc.ca/media/documents/marinesafety/TP-511e.pdf>
- 5.2. Canadian law also requires:
 - 5.2.1. Persons driving a pleasure boat in Canada to have a motorboat driving license appropriate for their country of residence,
 - 5.2.2. Anyone using a VHF radio to have a maritime radio operator's certificate appropriate for their country of residence.

6. Portsmouth Olympic Harbour Venue

- 6.1. Support boats shall use the designated ramps for launching. Once launched, trailers shall be moved immediately to the trailer park or as otherwise directed by the organizing authority.
- 6.2. When not in use, support boats shall be appropriately berthed at the sailing venue in the allocated areas for support boats for the time that these Support Team Regulations apply (see Appendix A). Larger support boats may need to request and pay for a slip from the Marina.
- 6.3. Support boats shall give priority to competitor boats when launching or retrieving.
- 6.4. Support boats shall comply with local harbour and marina regulations, including speed limits and wake restrictions.

7. Safety

- 7.1. Team leaders are responsible for knowing who is afloat and ensuring their safe return to the venue.
- 7.2. If the support boat is equipped with a kill switch device, when the support boat engine is running drivers shall be connected to this device (e.g. "kill cord") that will stop the engine if the boat driver falls out of the boat or steps away from the engine controls.

8. Drones

- 8.1. The use of drones is prohibited unless specific permission is requested and granted by the CORK Office. It should be noted that the venue and sailing areas are close to an airport, and permits from Transport Canada will also be required.**

9. Restricted Areas and Movement

- 9.1. Support boats shall stay outside areas where boats are racing and shall not be:**
 - 9.1.1. closer than 50m to any boat racing;**
 - 9.1.2. within 50m to leeward of the starting line or within 50m of its marks from the time of the preparatory signal until all boats have left the starting area; however, when the Race Committee signals a postponement or abandonment, and until the next preparatory signal, support boats may enter the area to leeward of the start line and its extensions to service their athletes but shall restrict their speed to 5 knots;**
 - 9.1.3. between any boat racing and the next mark of the course;**
 - 9.1.4. between the inner and outer trapezoid courses when boats are racing on both courses;**
 - 9.1.5. within 50m of any mark of the course while boats are in the vicinity of that mark;**
 - 9.1.6. within 50m of the finishing line and marks while boats are finishing.**
- 9.2. Support boats should proceed around the racing area in such a way to minimize the effect their wash will have on boats racing and on race committee vessels. Boats that are motoring above five knots shall remain at least 150m from any boat racing and race committee vessels.**

Appendix A: Venue Map showing Launch Ramps and Support Boat mooring Areas

CORK: POH Venue Site Map 2023

