

# North Coast Women's Sailing Association

## 2010 Sailing Instructions (5/19/2010)

### 1. Rules

- 1.1 All races will be governed by the 2009-2012 *Racing Rules of Sailing* (RRS), the prescriptions of the United States Sailing Association (USSA), the rules of the participating fleets, except as any of these are changed by the Notice of Race or the Sailing Instructions.
- 1.2 PHRF-Lake Erie rules and ratings will apply to all PHRF and JAM rated boats.
- 1.3 All fleet rules are modified to allow for the use of marine VHF radios, Loran and/or GPS.
- 1.4 All fleet association rules are modified as follows: any rules concerning fleet membership, crew weight limitations, sail measurement and measurement certificates are waived.
- 1.5 In the event of a conflict between the Notice of Race and the Sailing Instructions, the Sailing Instructions shall prevail.

### 2. Eligibility and Entry

All competitors must be women who are all current members of NCWSA and who have completed the required registration forms and liability waivers and who have paid their annual dues.

### 3. Notices to Competitors

- 3.1 Notices to competitors will be posted on the official notice board located on the Edgewater Yacht Club patio.
- 3.2 Signals made ashore will be displayed on the Edgewater Yacht Club flagpole north of the clubhouse. Flag AP with two sound signals means "The race is postponed. Leave the harbor area at your own risk." The warning signal for the first start will be made not less than 60 minutes after the AP displayed ashore is lowered (with one sound signal when lowered). This changes Race Signal "AP."

### 4. Changes to Sailing Instructions

Any change to the sailing instructions will be posted not less than five PM (1700) on the day it will take effect.

### 5. Schedule of Races

- 5.1 Races will be held for all fleets on the following Tuesday evenings as scheduled in the Notice of Race:  
May 18, 25 (practice),  
June 1, 8 (practice)  
**June 15**  
**July 6, 13, 20, 27,**  
**August 10, 17, 24, 31**  
**September 7** (tentative)
- 5.2 Two races may be scheduled each race night for some fleets.

### 6. Coaching

- 6.1 Except as provided in 6.2 below, one coach, either male or female, is allowed on each boat.
- 6.2 Two coaches, either male or female, are allowed on JAM and PHRF boats.
- 6.3 While racing, a male coach may only provide verbal coaching and may not assist the crew physically, except in an emergency. In the event that a male coach provides assistance to a boat while racing, including in an emergency, the boat must retire from the race.
- 6.4 If the boat owner and skipper disagree on any issue, the owner's decision will prevail.
- 6.5 This (6.1-6.5) changes RRS 41.

## 7. Racing Area and Courses

- 7.1 The race series will be held on Lake Erie north of Edgewater Yacht Club.
- 7.2 The courses will be as shown on the attached course charts.
  - 7.2.1 JAM will sail a triangle, once around. The JAM windward mark will be the further mark and will be orange.
  - 7.2.2 PHRF will sail a triangle, followed by a windward leg and a leeward leg, using the start pin as the leeward mark. The PHRF windward mark will be the further mark and will be orange.
  - 7.2.3 One-design fleets (J-22s and Ensigns) will sail a windward-leeward course, twice around, using the start pin as the leeward mark. The one-design windward mark will be the closer mark and will be yellow.
- 7.3 The approximate compass bearing to the windward marks will be displayed from the Race Committee (RC) Signal boat, rounded to the nearest 10 degrees (i.e., 270 degrees will be posted as 27).
- 7.4 In the event of a change of the second weather leg of a course, the new weather mark will be the same color as the old mark. The change of course will be signaled from the RC Signal Boat by flying a "C" flag with the class flag of the affected fleet(s) accompanied by repetitive short sounds and displaying the course to the new weather mark. The new mark may not be in the water at the time the change of course is signaled.

## 8. Marks

- 8.1 All Marks will be inflated tetrahedrons or cylinders.
  - 8.2 **Start, PHRF and JAM Windward, Jibe and Leeward (Start) marks will be ORANGE**
  - 8.3 **Finish mark and One Design Windward will be YELLOW**
- Please note: *The leeward mark for PHRF and One-design fleets will be the starting mark.***

## 9. The Start

- 9.1 Races will be started using RRS 26.
- 9.2 The starting line will be between the Orange flag on the RC Signal Boat and the Orange mark placed on the port side of the RC Signal Boat
- 9.3 All boats shall check in with the Race Committee by sailing across the stern of the RC Signal Boat and hailing their sail number. The RC Signal Boat may check in any boat sailing nearby, but is not required to do so. Any boat that has checked in or has sailed within the visual range of the RC Signal Boat must inform the RC Signal Boat if for any reason they do not finish a race or retire before finishing.
- 9.4 The first warning signal will be at 6:50 p.m. Class flags and starting sequence are as follows.  
Note: the J/22s and Ensigns will start together the first race of the evening, but may start separately if a second race is sailed.

Start Time	Fleet	Class Flag
6:55 p.m.	PHRF	Code Flag # 1
7:00 p.m.	J-22s	Code Flag # 2
7:00 p.m.	Ensigns	Code Flag # 3
7:05 p.m.	JAM	Code Flag # 4

- 9.5 Boats whose warning signal has not been made **MUST** keep clear of the starting area and clear of all boats whose warning signal has been made.

## 10. Recalls

- 10.1 The Race Committee may attempt to hail boats that have not started properly on VHF radio channel 71. However, it is each competitor's responsibility to start properly. Failure of the Race Committee to hail any or all boats, failure of the Race Committee to accurately hail any boat, failure of a boat to hear a hail, timeliness of the hail, or the order in which boats are hailed **are not valid grounds for redress.**
- 10.2. RRS 29.3 (General Recall) is changed to read: "The recalled fleet shall immediately clear the starting area and move to the end of the starting sequence. The First Substitute will be

lowered one minute before the starting signal of the next scheduled fleet. The recalled fleet(s) will start in their normal order of rotation after the last scheduled start.”

### **11. Course Shortening**

When the course is shortened at the leeward mark, the finish line will be between the leeward mark and the yellow finish mark (yellow to starboard and orange to port).

### **12. Dropouts**

A boat that retires from a race, shall report to the Race Committee by hail or VHF radio Channel 71 **before** leaving the racing area.

### **13. The Finish**

The finish line will be between the yellow finish mark and the orange start/leeward mark (yellow to starboard and orange to port).

### **14. Time Limits**

If the first boat of a fleet does not finish within 2 hours after the start of that fleet, racing will be abandoned for that fleet only. All boats in a fleet must finish within 20 minutes of the first boat to finish in their fleet. Any boat still racing at the end of the 20 minute period will be scored as “time limit expired” (TLE).

### **15. Protests**

Protest forms are available in the Edgewater Yacht Club’s chart room, on the west wall. Protests must be delivered to the NCWSA Race Chair or her designated representative within one (1) hour after the Race Committee Signal Boat docks. Protests will be heard prior to the next scheduled race day if possible.

### **16. Scoring**

**16.1** Appendix A2 (Low point scoring) shall apply.

**16.2** Appendix A2 is changed to allow one (1) throw-out if four (4) or more races are sailed by the respective fleet and two (2) throw-outs if eight (8) or more races are sailed.

**16.3** The following scores will be assigned if appropriate. This changes RRS 44.3, A4.2, A5 and A9:

DNS - number of boats starting plus 2  
DNF - number of boats finishing plus 2  
TLE - number of boats finishing plus 1  
DSQ - number of boats starting plus 2

**16.4** A boat starting later than 15 minutes after her starting signal will be scored “did not start” (DNS). This changes RRS A4.2

### **17 Radio Communications**

**17.1** All communication with the Race Committee shall be done via VHF radio, channel 71.

**17.2** Communication between the Race Committee that may be overheard by a competitor shall not be grounds for redress.

### **18. Awards**

Awards will be given for the first three places in the series for each fleet.