



NATIONAL SEA CADET REGATTA SAILING INSTRUCTIONS (2019)

[DP] denotes a rule for which a penalty is at the discretion of the protest committee (see SI 17)

[NP] denotes that a breach of this rule will not be grounds for a protest by a boat.

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*. (RRS)
- 1.2 The applicable prescriptions of Sail Canada are listed in Addendum B.
- 1.3 Appendix P, Special Procedures for RRS 42 will apply with the following changes:
 - 1.3.1 P2.1 is modified by deleting the word 'First'.
 - 1.3.2 RRS P2.2 and P2.3 are deleted.
- 1.4 In case of a discrepancy between the Notice of Race and the Sailing Instructions, the Sailing Instructions will prevail.
- 1.5 If there is a conflict between languages, the English text will take precedence.
- 1.6 Arbitration will be offered and will conform to RRS Appendix T.
- 1.7 Competitors and coaches are expected to abide by the requirements of Watercraft Safety Orders for Cadets (WSO) at all times during this event.

2 CAMERAS AND ELECTRONIC EQUIPMENT

Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the organizing authority.

3 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice boards located in the Portsmouth Olympic Harbour building. Notices concerning protest and redress hearings status and timing will be posted at the jury desk.

4 CHANGES TO SAILING INSTRUCTIONS

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.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed at the official flagpole located mid-harbour at Portsmouth Olympic Harbour. When a signal is displayed over a class or course flag it applies to that class or course only.

- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in the race signal AP.
- 5.3 [DP] boats may NOT launch until flag D is displayed. The warning signal will be made not less than 45 minutes after flag D is displayed.
- 5.4 When flag "L" over class flag is displayed ashore, it means that a Notice to Competitors has been posted. Failure of the race committee to comply will not be grounds for redress.

6 RACE FORMAT

The race format will consist of a 4 day series.

7 SCHEDULE OF RACES

7.1 Dates of racing:

Date	
Sunday, August 18	Registration
Monday, August 19	Training
Tuesday, August 20	Training
Wednesday, August 21	Racing
Thursday, August 22	Racing
Friday, August 23	Racing
Saturday, August 24	Racing

7.2 Number of races and scheduled warning signal times are as follows:

Class	Total Number	Anticipated Races per Day	Warning Signal
Club 420	12	3	1130 for 21, 22 and 23 August, 1000 for 24 August

*One extra race per day may be sailed, provided that the total number of races does not exceed 12 for the series.

- 7.3 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound signal not less than two (2) minutes before a Warning Signal is displayed.
- 7.4 No warning signal will be made after 1600, except on the last day of the regatta when no warning signal will be made after 1300 hours.

8 CLASS FLAGS

Class flags will be:

Class	Flag
Club 420	C420 on contrasting field

9 RACING AREAS

- 9.1 The signal boat for each race course will fly the race area flag corresponding to their racing area when leaving the harbour until a few minutes before the warning signal for the first race of the day when it will be replaced by the orange start line flag. Failure of the race committee to follow this procedure will not be grounds for redress.
- 9.2 The racing areas will be in Kingston Harbour. A map of the course areas will be posted on the official notice board. Classes are assigned to racing areas as follows:

Class	Racing Area	Racing Area Flag
Club 420	Cadets	C420 on contrasting background

10 THE COURSES

- 10.1 The diagrams in Addendum A show the courses, including the course designations, course signals, the order in which marks are to be passed and the side on which each mark is to be left.
- 10.2 In response to course conditions, the race committee may move one or the other gate mark without a signal.
- 10.3 Where there is a gate, if one of the gate marks is missing the remaining gate mark will be left to port.
- 10.4 The course to be sailed will be signalled by means of dark lettering on a white board displayed from the transom of the signal boat.

11 MARKS

- 11.1 The marks will be inflatables of the following colours:

Class	Course Marks	New Mark
Club 420	Orange Tetra	Green Tetra

- 11.2 The start and the finish marks will be orange flags displayed on the start and finish race committee vessels and on a staff at other end.

12 THE START

- 12.1 The starting line will be between a staff displaying an orange flag on a race committee boat and the course side of the port-end starting mark.
- 12.2 A boat starting later than 4 minutes after her starting signal will be scored DNS without a hearing. This changes RRS A4 and A5.

13 CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course the Race Committee will lay a new mark (or move the Finish) 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.

14 NOT USED

15 THE FINISH

The Finish will be between a staff displaying an orange flag on a race committee boat and the finishing mark.

16 TIME LIMITS AND TARGET TIMES

- 16.1 Time limits and target times are as follows (all times are in minutes):

Class	Time Limit	Mark 1 Time Limit	Finish window	Target Time
Club 420	90	25	20	45

If no boat has passed Mark 1 within the Mark 1 time limit the race will be abandoned. Failure to meet the target time will not be grounds for redress. This changes RRS 62.1(a).

- 16.2 Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored DNF. This changes RRS 35, A4 and A5.
- 16.3 Prior to the expiration of the time limit of SI 16.2, the race committee may award finishing places to boats which are still racing. This changes RRS 35, A4 and A5.

17 PROTESTS AND REQUESTS FOR REDRESS

- 17.1 Protests shall be in writing and delivered to the protest committee desk within the protest time limit. Protest forms will be available at the protest committee desk.
- 17.2 The protest time limit will be posted on the Protest Notice Board by the Jury.
- 17.3 Notices of protests by the race committee or protest committee will be posted before the end of the protest time limit to inform boats under RRS 61.1(b).

- 17.4 On the last day of scheduled racing rule 62.2 is changed such that a request for redress based on a protest committee decision shall be delivered no later 30 minutes after the decision is posted.
- 17.5 Penalties for breaches of sailing instructions marked *[DP]* or class rules, are at the discretion of the protest committee. A boat may accept a discretionary penalty before a hearing concerning the same incident by completing a form available at the protest committee desk.
- 17.6 Breaches of sailing instructions marked *[NP]* will not be grounds for a protest by a boat. This changes RRS 60.1(a).
- 17.7 To request correction of an alleged error in posted race or series results, a boat shall complete a Scoring Enquiry Form available at the protest committee desk.
- 17.8 Notice of scoring actions, RRS 42 and start line penalties will be posted on the official notice board prior to the close of protest time limit. The deadline for requesting redress based on these scoring actions other than RRS 42 will be either 30 minutes after posting of the action notice or the protest time limit, whichever is later. This changes RRS 62.2.

18 ARBITRATION

Arbitration will be offered and will conform to RRS Appendix T. The arbitrator may be part of the protest committee hearing the protest. If a boat asks to withdraw her protest, the arbitrator may act on behalf of the protest committee in accordance with rule 63.1 to accept the withdrawal.

19 SCORING

- 19.1 The Low Point System of Appendix A will apply.
- 19.2 One race is required to be completed to constitute a series.
- 19.3 (a) When fewer than 6 races have been completed, a boat's series score will be the total of her race scores.
- (b) When from 6 to 9 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- (c) When 10 or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.
- 19.4 To request correction of an alleged error in posted race or series results, a boat may complete an official scoring enquiry form available at the Jury desk.
- 19.5 Results will be posted on the course notice boards as soon as practicable.

20 SAFETY REGULATIONS

- 20.1 ***[DP]* *[NP]* Competitors will check-out and check-in strictly in accordance with check-in/check-out procedure.** All competitors are required to sign out before leaving for the race course and sign in immediately upon returning to harbour. The sign in – sign out sheets will be located on tables just outside the CORK office.
- 20.2 Failure to comply with SI 20.1 by the end of protest time shall result in a competitor having points equal to 10% of the fleet rounded to the nearest whole number added to their score without a hearing for the first violation, and 20% for the second violation. Additional alleged violations are subject to protest and, following a hearing, a penalty may include disqualification. This changes RRS 63.1, A3 and A5. Any boat so penalized may request redress under RRS 62.1 if the competitor believes the race committee made an error.
- 20.3 Competitors shall wear a life jacket or other adequate personal buoyancy securely fastened at all times when afloat except briefly while changing or adjusting clothing or personal equipment. Wet suits and dry suits do not constitute adequate personal buoyancy. Flag Y will not be flown. This changes the preamble to part 4 and RRS 40.
- 20.4 *[DP]* *[NP]* Prior to the first race of the day, each boat shall check-in with the signal boat and receive an acknowledgement.
- 20.5 *[DP]* *[NP]* All boats shall return directly to the harbour after completing their last race of the day.

20.6 *[DP] [NP]* A boat that retires from a race shall notify the race committee as soon as possible.

21 REPLACEMENT OF EQUIPMENT AND/OR CREW

21.1 *[DP]* In the event of or damage, boats and equipment may only be substituted with the written permission of the Sea Cadet Technical Representative. 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 Sea Cadet Technical Representative or the race committee. Written permission of the Sea Cadet Technical Representative shall be requested before the end of the protest time limit at the end of the day in which the substitution takes place. Equipment Substitution Forms will be available at the protest committee desk.

21.2 *[DP]* Changes of crew will be authorized up to 2359 hours on 19 August 2019. No changes will be permitted after that period.

22 EQUIPMENT AND MEASUREMENT

22.1 Boats will be provided for all competitors, who shall not modify them or cause them to be modified in any way except that:

- a. compass may be tied or taped to the hull or spars;
- b. wind indicators, including yarn or thread, may be tied or taped anywhere on the boat;
- c. hulls, centreboards and rudders may be cleaned, but only with water;
- d. for the sake of using the jib cunningham, remove the sailmakers lashing at the tack of the jib only;
- e. all fittings or equipment designed to be adjusted may be adjusted, and;
- f. cable/Zip ties may be added to the shroud adjuster(s), for the purpose of securing the spinnaker halyard when not in use.

22.2 All equipment provided with the boat for sailing and safety purposes shall be in the boat while afloat.

22.3 The penalty for not complying with one of the above instructions will be disqualification from all races sailed in which the instruction was broken.

22.4 If there is a breakdown the Sea Cadet Technical Representative and one Protest Committee member shall inspect, and provide a recommendation. If the breakdown was no fault of the competitor, the Protest Committee, upon receipt of Redress Form, will convene to determine the redress.

22.5 Competitors shall report any damage or loss of equipment, however slight, to the beachmaster no later than 0900 hrs on any given race day. If damage is reported after 0900 competitors will have the option to sail with the damage and forfeit eligibility for any breakdown points relating to that specific damage or allow Boatshed to repair the damage as it was reported however, it cannot be guaranteed that the boat will be repaired in time for racing that day.

22.6 The allocation of boats will be made during in-routine or prior to the Competitors Information Briefing. There will be no boat rotations.

22.7 A boat or 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 race committee to proceed immediately to a designated area for inspection. The Class Rules of the Club 420 Association shall be in effect with the following exceptions;

- a. Rules 1,2,3,5,6,7.1 and 13 are not applicable.
- b. Rule 3.4 remains in effect.
- c. Rule 8.4 remove "or sanded".

22.8 A boat will register only one sail number and will have that number on the main sail. A boat which races with no number or a number other than the one registered with the organizing authority may be protested and subsequent disqualification from one or more races or such other penalty as may be assessed by the protest committee.

23 ADVERTISING

[DP] [NP] Boats and/or athletes may be required to display supplied advertising.

24 OFFICIAL BOATS

Official boats will be marked as follows: protest committee boats will display a distinctive identification flag. Media boats will display a flag with an M on contrasting background.

25 SUPPORT BOATS

- 25.1 Team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first start until all boats have finished or retired or the race signals a postponement, general recall or abandonment. All support and coach boats shall position themselves at least 25 meters below the start line and 25 meters beyond the lay-lines of the race course whilst racing is in progress, and shall move in such a fashion as to ensure their wake does not affect the boats racing.
- 25.2 Support and coach boats shall register with the organizing authority prior to the first scheduled race. Support boats shall be marked with a numbered identification flag.
- 25.3 *[DP] [NP]* If the protest committee receives a report of a support or coach boat violating any provision of SI 25, the protest committee may call a hearing to investigate the incident. The protest committee may report the incident to their yacht club and or their national authority; bar their support or coach boats from the premises or penalize their competitors.

26 HARBOUR AND SITE REGULATIONS

- 26.1 *[DP] [NP]* All boats shall be launched and hauled out as directed by the Organizing Authority. At the sole discretion of the Organizing Authority, dollies and trailers with protrusions may be prohibited from the launch area.
- 26.2 *[DP] [NP]* No boat, except those on assigned moorings, shall be left unattended in the water.
- 26.3 *[DP] [NP]* Automobiles and other vehicles must be parked only in accordance with Portsmouth Olympic Harbour, the City of Kingston and the Organizing Authority's regulations.
- 26.4 Camping is not permitted at Portsmouth Olympic Harbour.
- 26.5 Failure to follow these regulations by any competitor or the support personnel for that competitor may result in the rescinding of the entry for that competitor, or protest and subsequent disqualification from one or more races, or such other penalty as may be assessed by the protest committee.

27 TRASH DISPOSAL

[DP] [NP] As sailors, we seek to protect and restore our lakes. Boats shall not intentionally put trash in the water (RRS 55). Trash may be placed aboard support and race committee boats.

28 BERTHING

[DP] [NP] Boats shall be kept in their assigned places in the boat park.

29 PRIZES

Prizes will be awarded by the Navy League of Canada.

30 RISK STATEMENT

RRS 4 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." Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

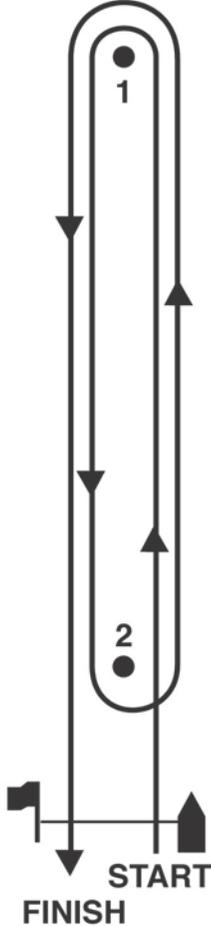
- a. They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- b. They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- c. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission;
- d. Their boat is in good order, equipped to sail in the event and they are fit to participate;
- e. The provision of a race management team, patrol boats and other officials and volunteers by the event organizers does not relieve them of their own responsibilities;
- f. The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances

31 RIGHTS TO USE NAME AND LIKENESS

By participating in this event, competitors automatically grant to the organizing authority and the event sponsors the right, in perpetuity, to make, use, and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation.

ADDENDUM A -The Courses

Course	Description	
	<i>Windward/Leeward with finish on other side of signal boat</i>	
	Signal	Mark Rounding Order
	D1	Start-1-Finish
	D2	Start-1-2s/2p-1-Finish
	D3	Start-1-2s/2p-1-2s/2p-1-Finish

Course	Description	
	<i>Windward/Leeward with direct finish</i>	
	Signal	Mark Rounding Order
	L1	Start-1-Finish
	L2	Start-1-2-1-Finish
	L3	Start-1-2-1-2-1-Finish

Addendum B - Sail Canada Prescriptions 2017–2020

Effective 1 January 2017

Sail Canada prescribes:

Rule 46 – Person in Charge

Sail Canada prescribes that the designated person in charge, if resident in Canada, shall be a member of a club affiliated with Sail Canada.

Rule 61.2 – Protest Contents

Sail Canada prescribes that no fee shall be charged for delivering a protest or a request for redress.

Rule 64.3 – Decisions on Protests Concerning Class Rules (insert directly under the title to the rule)

Sail Canada prescribes that unless otherwise provided in its class rules, the Equipment Rules of Sailing shall apply to all classes racing in Canada.

Rule 67 – Damages

Sail Canada prescribes that a boat that has been found by a protest committee to have broken a rule and caused damage shall be considered at fault for the purposes of rule 67.

Rule 70.5(a) – Appeals and Requests to a National Authority

Sail Canada so prescribes.

Rule 86.3 – Changes to the Racing Rules

Sail Canada so prescribes.

Rule 88.2 – National Prescriptions

Sail Canada prescribes that the sailing instructions for events with an international jury or no-appeal protest committee may change or delete any Sail Canada prescription except the prescriptions to rule 61.2, 67 and 91(b). The sailing instructions for other events may not change or delete any Sail Canada prescription.

Rule 91(b) – Protest Committee

Sail Canada prescribes that a request for an international jury formed under rule N1.7 comprised of only three members requires written approval be obtained from Sail Canada before making the request to World Sailing.

Appendix E8 – Appendix G Changes to Identification on Sails (insert directly under title to the rule)

Sail Canada prescribes that this rule applies to Canadian boats in all classes.

Appendix R – Procedures for Appeals and Requests (insert after the preamble)

Sail Canada prescribes that it may delegate an appeal or request for confirmation or correction to an association appeals committee, such as a provincial association appeals committee or a racing association appeals committee. Decisions of an association appeals committee may be further appealed to Sail Canada.

Appendix R2.1(a) – Submission of Documents

Sail Canada prescribes that no later than 15 days after receiving the association appeals committee's written decision, the appellant may send a further appeal and a copy of the association appeals committee's decision to Sail Canada. The appeal shall state why the appellant believes the association appeals committee's decision or its procedures were incorrect.

Appendix R2.2 – Submission of Documents

Sail Canada prescribes that in the case of a further appeal to Sail Canada, this rule shall apply to the appellant as though it was an initial appeal, and to the appealed committee as though it was the protest committee.

Appendix R3 – Responsibilities of National Authority and Protest Committee

Sail Canada prescribes that when an appeal is delegated to an association appeals committee, the responsibilities and actions required of the national authority in this rule, and in rules R4, R5, 71.2 and 71.3, shall be performed by the association appeals committee.

When a decision of an association appeals committee is further appealed, Sail Canada shall send to the parties, protest committee and association appeals committee copies of the appeal. No member of the association appeals committee shall take any part in the discussion or decision on the appeal.

Appendix R4 – Comments and Clarifications

Sail Canada prescribes that when a decision of an association appeals committee is further appealed, the parties, protest committee and association appeals committee may make comments on the appeal. Comments on the appeal shall be made no later than 15 days after receiving it from Sail Canada. Sail Canada shall send copies of the comments to the parties, protest committee and association appeals committee as appropriate.