

SAILING INSTRUCTIONS

European Laser Radial Women's Championship 2009

09 July 2009 – 16 July 2009
Charlottenlund, Denmark

Organising authority: Skovshoved Sejlklub (Organiser)
in conjunction with the International Laser Class Association (ILCA)

1 RULES

- 1.1 The regatta will be governed by the "rules" as defined in the Racing Rules of Sailing. The prescriptions of the National Authority will not apply.
- 1.2 Laser class rule 7 (a) is restricted as follows: *Only one person shall be on board whilst racing. The person shall be named on the entry form.*
- 1.3 Add to rule A11: ARB means scoring penalty after arbitration, PTS scoring penalty for a yellow flag after finish and DPI means a jury imposed discretionary penalty under paragraph 19.6.
- 1.4 Appendix P will apply with P3 amended so that a second and subsequent penalty is not cancelled when a race is postponed, recalled or abandoned and P4 amended to also allow redress initiated by the jury.
- 1.5 Advertising - The organising authority may require competing boats to carry event sponsor advertising on the hull.
- 1.6 Sails shall have the full sail number and NATIONAL LETTERS in accordance with the Class Rules and Racing Rules of Sailing.
- 1.7 All times stated are local summertime unless otherwise stated.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located near the race office. The race office is located in the Club facilities in the Southern part of the harbour.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 09:00 on the day it will take effect, except that any change to the schedule of races will be posted by 20:00 on the day before it will take effect.

4 MEASUREMENT / INSPECTION

- 4.1 Information on measurement will be posted on the official notice board. Boats shall be presented derigged with all equipment that shall be used in the championship.
- 4.2 Measurement / Inspection will take place at the boat park between the following dates and times:
09 July 09:00 to 12:00 and 13:00 to 18:00
10 July 09:00 to 12:00 and 13:00 to 18:00
- 4.3 Measurement / Inspection outside these times will only be possible at the discretion of the Regatta Measurer and on payment of 150 DKK (Danish Kroner).
- 4.4 Wet clothing, measurement and equipment checks may be made throughout the Regatta at the discretion of the Class Representative, Race Committee or the International Jury.

5 MEASUREMENT PROTEST

- 5.1 Measurement protests shall only be accepted either from the measurer, race committee or jury. This changes rule 60.1(a)
- 5.2 If a boat is sailed with no retention line, a scoring penalty of 20 points in the last completed race will be applied. The race score for this offence shall not be higher than DSQ.
- 5.3 If a boat is sailed without a centreboard stopper, a scoring penalty of 20 points in the last completed race will be issued. The race score issued for this offence shall not be higher than DSQ.
- 5.4 If a sail has been changed prior to a race without the written notification of the measurer, race committee or jury, the sailor shall be disqualified from the last completed race without a hearing.
- 5.5 If the top mast or bottom section of the mast has been changed without the written notification of the measurer, race committee or jury, the sailor shall be disqualified from the last completed race without a hearing.
- 5.6 For any other measurement protest, the jury may apply an alternative penalty to disqualification.

6 BOATS AND EQUIPMENT

- 6.1 All competitors shall use only one hull, sail, set of battens, mast, boom, centreboard and rudder which shall be identified during measurement / inspection.
- 6.2 In the event of damage, boats and equipment may only be substituted with the written permission of the Regatta Measurer. If the damage occurs less than 120 minutes 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 Regatta Measurer, Jury or Race Committee and the written permission of the Regatta Measurer shall be applied for before the end of Protest Time at the end of the day in which the substitution takes place.

- 6.3 Competitors shall place on their sails a red diamond back to back above the top batten (approximate size 240 x 180mm).
- 6.4 Boats shall be kept in their assigned places at the venue.
- 6.5 Boats may be required to display identification marking.
- 6.6 Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the organising authority.
- 6.7 Access to the boat park may be restricted during certain hours including the hours of darkness.

7 RACE FORMAT

- 7.1 A Qualifying series will be sailed followed by a Finals series.
- 7.2 For the Laser Radial Women championship, qualifying series boats will be assigned to fleets Yellow and Green with approximately 60 sailors per fleet.
- 7.3 For the qualifying series boats will be assigned to colour fleets each day of, as nearly as possible, equal size. The fleets will be posted before 21:00 on the evening before each day with racing in fleets.
- 7.4 Reassignments will be made as follows:

Rank in Series	Fleet Assignment
First	Yellow Fleet
Second	Green Fleet
Third	Green Fleet
Fourth	Yellow Fleet
Fifth	Yellow Fleet
And so on	
- 7.5 Assignments will be based on the scores available at 20:00 that day regardless of protests or requests for redress not yet decided. If all fleets in a championship have not completed the same number of races the series scores for reassignment will be calculated for those races, numbered in order of completion, completed by all fleets in that championship.
- 7.6 When, at the end of the day, fleets have sailed an unequal number of races the fleet(s) with the lowest number of races will sail their outstanding races the following day in the previous day's fleets before any racing in the new fleets.
- 7.7 After completion of racing on the 4th racing day and the completion of at least 4 qualifier races boats will be assigned to final-series fleets on the basis of their qualifying-series scores. When, at the end of the fourth racing day and 4 qualifier races have not been completed for a fleet the 5th racing day will be used for qualifier races and the fleet will assigned to final-series fleets at the completion of racing on the 5th racing day, taking into account points 7.10 and 7.11 below.
- 7.8 There will be the same number of fleets in the final series as in the qualifying series. The final-series fleets will have, as nearly as possible, equal size but the Silver fleet will not be larger than the Gold fleet.
- 7.9 Boats with the best qualifying-series scores will race all final-series races in the Gold fleet; boats with the next-best qualifying-series scores will race in the Silver fleet.
- 7.10 A boat's worst score will be excluded to calculate the division into the finals fleets if there are two or more qualifier races completed.
- 7.11 Any recalculation of qualifying-series scores after boats have been assigned to final-series fleets will not affect the assignments except that a redress decision may promote a boat to a higher fleet.

8 PROGRAMME

8.1

Date	Item
09 July	09:00 - 12:00 and 13:00 - 18:00 Registration, Measurement
10 July	09:00 - 12:00 and 13:00 - 18:00 Registration, Measurement followed by an opening reception (buffet meal)
11 July	2 races back to back, (Qualifying series)
12 July	2 races back to back, (Qualifying series)
13 July	2 races back to back, (Qualifying series)
14 July	2 races back to back, (Qualifying series)
15 July	2 races back to back, (Qualifying/Finals series)

16 July

2 races back to back, (Finals series) followed by the Prize giving and party (buffet meal).

- 8.2 The time of the first warning signal for a race day will be 11:00.
- 8.3 Each day succeeding races will be started as soon as practicable after the finish of the previous race.
- 8.4 Any race for which a warning signal is not given by 15:00 on the last day of the regatta will be abandoned and not re-sailed.

9 FLEET IDENTIFICATION

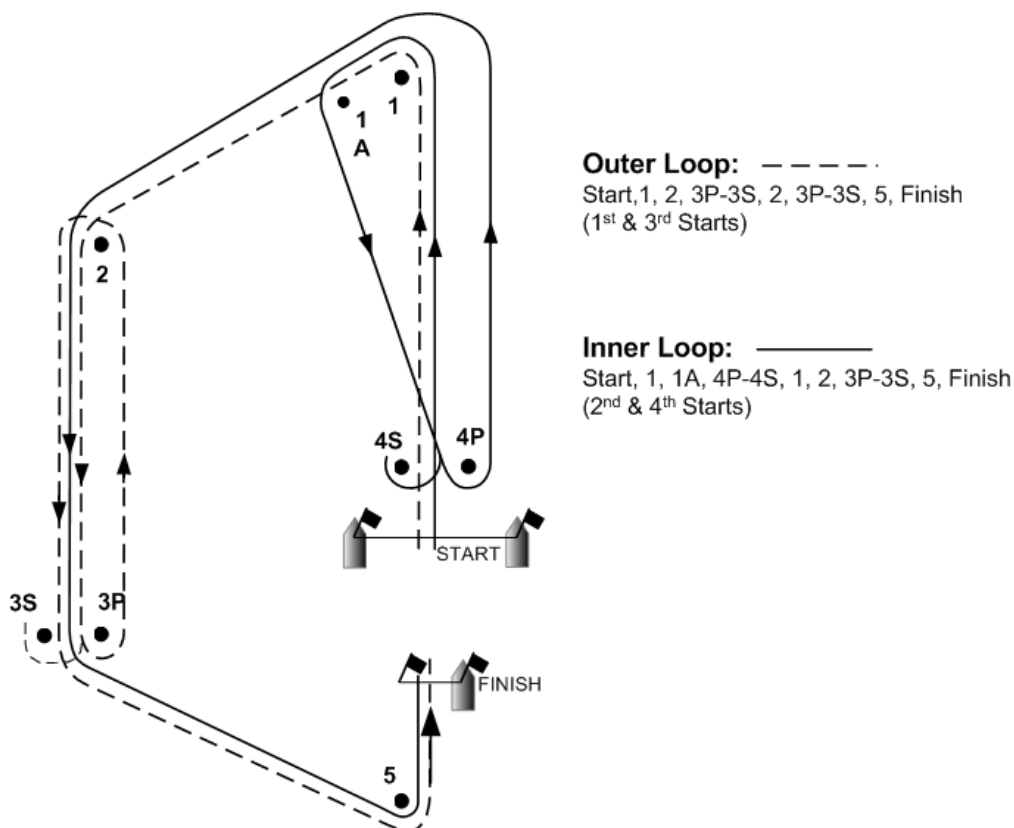
- 9.1 While racing each boat shall display a coloured band corresponding to the fleet to which she has been assigned. The band shall be placed on the mast bottom section between the vang fitting and the boom.
- 9.2 Each competitor will be issued with an identification badge at registration. Each competitor shall, before going afloat each day, hand their badge to the race office and collect their fleet coloured band. Immediately on return to shore each competitor shall return their band to the race office and collect their badge. **This is a safety regulation.**

10 COURSE AREA AND SIGNALS ASHORE

- 10.1 The approximate position of course areas will be displayed on the official notice board.
- 10.2 Flag V with two sound signals (one when lowered) means "No boat shall go afloat until this signal is lowered. The first warning signal will be made not less than 1 hour after V is lowered."
- 10.3 Signals made ashore will be displayed on the signal mast near the race office. When a signal is displayed over a fleet flag it applies to that fleet only.
- 10.4 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

11 THE COURSE

- 11.1 The diagram shows the course, the order in which marks are to be passed and the side on which each mark is to be left.



- 11.2 No later than the warning signal, the race committee signal boat will display the approximate compass bearing of the first leg.
- 11.3 The length of the course will be set for a target time of 70 minutes. Failure to meet the target time will not be grounds for redress. This changes rule 62.1(a).
- 11.4 The course may be shortened to finish at a rounding mark or a gate provided 4 or more legs have been sailed on an outer loop course and at least 3 or more legs have been completed on an inner loop course (excluding the leg between mark 1 and mark 1A).

12 MARKS

- 12.1 All rounding marks will be yellow cylinder buoys (1.5m).
- 12.2 Alternate marks will be yellow cylinder buoys (1.5m) with a black band.
- 12.3 Marks 3s/3p and 4s/4p are gate marks.

13 THE START

- 13.1 Races will be started according to rule 26. To alert boats that a race or sequence of races will begin soon, an orange flag will be displayed with one sound for at least four minutes before a warning signal is displayed
- 13.2 The warning signal for the subsequent starts will be made as soon as practicable after the previous start.
- 13.3 Start Sequence

Fleet	Flag	Start Sequence	Course
Laser Radial Women / Green / GOLD	Green	1 st Start	Outer
Laser Radial Women / Yellow / SILVER	Yellow	2 nd Start	Inner
Laser Radial Men / Blue / GOLD	Blue	3 rd Start	Outer
Laser Radial Men / Red / SILVER	Red	4 th Start	Inner

- 13.4 The Laser Radial Women's Championship class flag shall be a green flag with a red Laser logo.
- 13.5 The Laser Radial Men's Championship class flag shall be a white flag with a red Laser logo.
- 13.6 Fleet colour flags will be displayed with the class flag.
- 13.7 The starting line will be between the staffs displaying orange flags in two race committee boats.
- 13.8 Boats whose warning signal has not been displayed shall avoid the starting area during start sequences for other fleets.
- 13.9 A boat starting later than 4 minutes after her starting signal will be scored 'DNS'. This changes rule A4 and A5.

14 STARTING PENALTIES

- 14.1 Standard Penalty Rule
Unless a black flag is displayed as the preparatory signal, the following rule will apply to all starts (this changes rule 29.1 & A5):
If any part of a boat's hull, crew or equipment is identified within the triangle formed by the ends of the starting line and Mark 1 during the minute before her starting signal, she will be disqualified from that start without a hearing.
- 14.2 Black Flag Rule
 - 14.2.1 Rule 30.3 is supplemented as follows:
Sail numbers will be displayed for at least 3 minutes. A long sound signal will be made when the numbers are initially displayed. A boat whose number is so displayed shall leave the racing area, defined in instruction 14.2.2 before the new preparatory signal. If she fails to do so, she is liable to be scored DNE.
 - 14.2.2 Before the starting signal, the racing area is the area within 100 metres of the starting line. After the starting signal, the racing area is the area within an imaginary line drawn 100 metres outside any point where a boat might sail during normal racing and includes the area bounded by marks 1, 2, 3 and 5 at all times when any boat of any fleet is still racing.
 - 14.2.3 When the race committee decides that its application of rule 30.3 entitles a boat to redress under rule 62.1(a), it may give her redress by not displaying her sail number and not disqualifying her (change of rules 30.3, 60.2 and 63.1).
 - 14.2.4 If possible the sail numbers of boats disqualified under instruction 14.1 or rule 30.3 will be displayed at Mark 1.

15 CHANGE OF THE NEXT LEG OF THE COURSE

- 15.1 A change of the next leg of the course will first be attempted by changing the position of the Standard Marks. When this is not possible the course will be reset using one or more Alternate Marks (described in 12.2). When Alternate Marks are already in use, the course may be further reset using the original Standard Marks.
- 15.2 The compass bearing of the changed leg may not be displayed. This changes rule 33.

16 ABANDONING A RACE

Under rule 32.1, the race committee may abandon the race because of a major wind shift or irregular winds or when the wind speed drops below 5 knots (2.5 m/s) as measured by the Race Committee. A competitor may not request redress because of action or no action by the race committee under this instruction. This changes rule 60.1(b).

17 THE FINISH

- 17.1 The finishing line will be between a staff displaying an orange flag on a race committee boat and the port-end finishing mark which will display an orange flag on a staff.

18 PENALTY SYSTEM

- 18.1 Appendix P will apply with the following changes:
- (a) If a first penalty is signalled after she has finished, a boat will be given a scoring penalty of 8 points without a hearing.
 - (b) Appendix P3 is modified to read "If a boat has been penalised for the first time under SI Appendix P1 and the race committee signals a postponement, general recall or abandonment, the penalty is cancelled, but it is counted to determine the number of times she has been protested during the regatta. If a boat has been penalised for the second or subsequent time under Appendix P1 and the race committee signals a postponement, general recall or the race is abandoned, the boat shall not sail in this race if it is restarted or re-sailed. If she does, she shall be disqualified without a hearing and her score shall not be excluded.
- 18.2 Action by the jury under Appendix P will not be grounds for redress by a competitor. The Jury may initiate a redress hearing. This changes rule 60.1(b), 60.2(b) and Appendix P4.

19 TIME LIMIT

Boats failing to finish within 20 minutes after the first boat in her fleet sails the course and finishes will be scored Did Not Finish. This changes rule 35, A4 and A5.

20 PROTESTS

- 20.1 Protests shall be written on forms available at the race office and delivered there within the Protest Time Limit. The Protest Time Limit will be posted on the official notice board by the International Jury and may be different for each fleet and course area.
- 20.2 Protest notices will be posted within 30 minutes of the protest time limit. Protests will be heard at the jury office.
- 20.3 Protests by the race committee or jury will be posted before the end of the protest time to inform boats under rule 61.1(b).
- 20.4 On the last day of the qualifying series and on the last day of racing a request for a reopening of a hearing shall be delivered:
- o within the protest time limit if the party requesting reopening was informed of the decision on the previous day;
 - o no later than 15 minutes after the party requesting reopening was informed of the decision on that day. This changes rule 66.
- 20.5 On the last scheduled day of racing, a request for redress based on a jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.
- 20.6 Breaches of instructions 1.6, 6.3, 9.1, 9.2, 13.8, 25 and 26 will not be grounds for a protest by a boat. This changes rule 60.1(a). For these breaches the jury may apply another penalty in place of disqualification.
- 20.7 Decisions of the jury will be final as provided in rule 70.5.
- 20.8 To request correction of an alleged error in posted race or series results, a boat shall complete a scoring enquiry form available at the race office.
- 20.9 A list of boats that have been penalised by the jury for breaking rule 42 will be posted after racing each day.

21 ARBITRATION SYSTEM

- 21.1 As an alternative to a complete protest hearing by the jury for an alleged breach of a rule of Part 2, competitors may be given the choice of using an arbitration system. A condition for this is that the parties present at the time scheduled for the hearing agree to accept the decision of the arbitrators. The arbitration system changes rules 63 and 64.
- 21.2 The arbitrators will be two members of the jury. They will take the evidence of the parties and give their opinion as to any rule breaches. This opinion will be binding as a protest decision on the parties. However, the hearing may be reopened under rule 66. If a party to a hearing asks for a reopening, the penalty, if any, will be a DSQ or greater. If the arbitrators refer the case to the full jury, or the jury initiates a reopening, the penalty will be the penalty prescribed in instruction 21.3 or a greater penalty.
- 21.3 If the arbitrators penalise a boat, the penalty will be a scoring penalty of 30% (rounded up to the next whole number) of the number of entrants in the fleet. See rule 44.3(c).
- 21.4 If, at the time of offering the arbitration system to the parties, any of the parties refuse to accept the system, the protest will be heard by a jury panel or the full jury and the penalty score becomes DSQ or DNE.

22 WHISTLE SYSTEM

To encourage boats to take penalties afloat, jury members may blow a whistle when they see what they believe to be a breach of a rule.

23 SCORING

- 23.1 A total of 4 races are required to be completed to constitute a championship.

- 23.2 A qualifying race will not count until all qualifying fleets have completed that race.
- 23.3 One race score will be excluded when calculating the division into the finals fleets.
- 23.4 The qualifying races and final races will count for total points in the championship.
- 23.5 When 4 or more races are completed 1 race score will be excluded; when 10 or more races are completed, 2 races scores will be excluded except that if a Qualifier/Finals series is sailed one race score may only be excluded from the Finals races, and only if at least 2 Finals races are completed.
- 23.6 The overall fleet results shall be provided for information only.
- 23.7 The official results will be published for each of the championship titles listed below calculated by extraction from the overall results without recalculation.
- 23.8 If a points scoring penalty for a breach of rule 42 or under the Arbitration System would result in a score worse than DSQ, the penalty will be that corresponding to DSQ. The scores of other boats will not be changed.
- 23.9 When sailing in qualifying fleets, penalty points will be equal for all fleets, based on the fleet with the highest entry.

24 PRIZES

- 24.1 The first European Laser Radial Women's sailor in the European Championship will be the European Laser Radial Women's Champion 2009.
- 24.2 The first Laser Radial Women's sailor in the event will be the winner of the Laser Radial Women's European Trophy winner 2009.
- 24.3 Prizes will be awarded in accordance with the ILCA Honour Award By-Law for the European Championship.
- 24.4 Other awards may be given at the discretion of the organizing authority.

25 TEAM AND SUPPORT BOATS

- 25.1 There will be a Coaches meeting at the Race Office 2.5 hours before the first scheduled start time of the first race each day. The objective of the meetings are to receive feedback from the coaches on the regatta organisation, exchange view points and inform the coaches about changes in the sailing instructions and regatta organisation in general.
- 25.2 Team and support boat drivers shall register their boats at the Race Office and submit the names and sails numbers of the sailors they are supporting.
- 25.3 Each coach/support boat shall be clearly identified with a number supplied by the Organising Authority. No other individual support boats shall be used.
- 25.4 Each coach/support boat is recommended to carry a vhf radio capable of transmitting and receiving all international ship to ship channels, channels, a preferred channel for team / support boats to listen on will be displayed on the official notice board.
- 25.5 The movements of support boats may be restricted.
- 25.6 Team and support boats shall not be in the racing area during the period between the first warning signal of the first fleet in a race and the finish of the last boat in the last fleet, except when a postponement is signalled, in which case they may be in the racing area until the first signal after the end of the postponement. The racing area is defined in instruction 14.2.2. Note: To be certain of not breaking this instruction team/support boats are advised to anchor at least 150 metres outside the starboard end of the starting line and below the extension of the starting line.
- 25.7 If a team or support boat does not comply with instruction 25.3 and 25.6 a discretionary penalty may be applied by the jury to some or all associated competitors.
- 25.8 Instruction 25.6 will not apply to rescue operations.

26 SAFETY

- 26.1 Competitors shall wear a life jacket or other adequate personal buoyancy at all times when afloat. Wet suits and dry suits do not constitute adequate personal buoyancy.
- 26.2 Competitors who require assistance should wave one arm with hand open. If no assistance is required, the arm should be waved with fist closed.
- 26.3 If considered necessary a competitor may be ordered by a race organisation boat to abandon his or her boat and board a patrol boat.
- 26.4 Instruction 9.2 replaces a "sign in/sign out" system. It is also a safety instruction.
- 26.5 A boat that retires from a race shall notify a race committee boat as soon as possible or the race office immediately after returning to the shore.
- 26.6 GPS tracking of individual boats will be used for safety purposes. In addition the organisers will use the system for public media purposes and to provide displays onshore. Information from the tracking system shall not be used as evidence, or be used as a basis for a protest or request for redress by either the Race Committee or a boat, although the International Jury may use available information from the system at their discretion. This changes RRS 60.1 and 60.2.
- 26.7 The following safety procedure will be followed:
 - 26.7.1 Each race day the helm shall personally collect and sign for the tracking device at the Race Office before leaving shore to race. A representative collecting the device or a signature by a representative shall be invalid.

- 26.7.2 For each fleet, individual tracking devices will be made available at the Race Office from two hours before the scheduled time of the first warning signal up to the starting signal of the first race of the day for the concerned fleet.
- 26.7.3 A boat that retires from a race and not intending to race later that day shall notify a Race Committee boat and return her tracking device to the Race Office as soon as possible and within the protest time limit of her fleet. The helm shall personally sign the list, which will be available at the Race Office, to show that it has been returned.
- 26.7.4 When returning ashore after racing, the helm shall personally return the tracking device to the Race Office and sign the list to show that the device has been returned. The opportunity to return and "sign off" tracking devices will be available up to the protest time limit for the concerned fleet.
- 26.7.5 However, when the Race Committee requests competitors to wait ashore for further signals between two races and then decides effectively to start a new race, tracking devices should be returned and "signed off", in accordance with 26.7.4, before the time the flag AP is lowered ashore. Thereafter, tracking devices shall be collected from the Race Office and signed for in accordance with 26.7.1 and 26.7.2, up to the starting signal of the new race. When returning ashore after racing boats should return their tracking devices in accordance with 26.7.4.

27 PHOTOTGRAPHY CONSENT

By entering the Championships competitors accept that they may be photographed and/or videotaped participating in the race and/or using the Championship facilities and they consent to the taking of such images and to the use, reuse, publication and republication of such images in any media, in conjunction with the competitors name or not, without compensation and without the competitors approval of such images or any use thereof.

28 LIABILITY

- 28.1 The Skovshoved Sejlklub, the International Laser Class Association and their officers, members and volunteers do not accept liability for loss of life or property, or personal injury or damage caused by or arising out of the 2009 European Laser Radial Women's Championship, and competitors take part in the championship entirely at their own risk.
- 28.2 The establishment of the Notice of Race and the Sailing Instructions in no way limits or reduces the complete and unlimited responsibilities of a competitor being solely and entirely responsible for the management of a boat she is sailing.
- 28.3 By entering in the championship and deciding to race a competitor warrants that he is in good health and a competent sailor capable of racing a Laser Radial in open water in 25 knot winds. It is the sole responsibility of each sailor, and where applicable the nominated responsible adult, to decide to participate in a race or to continue racing.
- 28.4 The participating boat is required to hold adequate insurance and in particular to hold insurance against third party claims of at least 7,500,000 DKK (7.5 million Danish Kroner).

29 COMMITTEE BOATS

- 29.1 Each race committee boat will display the club flag.
- 29.2 Patrol boats will display the club flag
- 29.3 Mark laying boats will display the club flag
- 29.4 Jury boats will display code flag J. If a measurer is on board the boat may also display a white flag with the letter M.
- 29.5 Rescue boats will display the club flag.
- 29.6 Failure of a committee boat to fly an identifying flag is not grounds for redress. This changes rule 60.1b