



- The Place To Be -

Sanctioned 19 September 2019

SAS YOUTH NATIONAL CHAMPIONSHIPS 2019

to be sailed at
Theewater Sports Club, Theewaterskloof Dam, Villiersdorp, Western Cape
from
14th to 19th December 2019

SAILING INSTRUCTIONS

The Regatta is organized by SA Sailing Western Cape Region in conjunction with the Theewater Sports Club under the auspices of South African Sailing (SAS).

1 RULES

- 1.1 The regatta will be governed by the rules as defined in **The Racing Rules of Sailing (RRS)**.
- 1.2 The **South African Sailing (SAS) Requirements for National Championships** will apply.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board located inside the Regatta Centre (Afdak) at the TSC Clubhouse.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted at least ONE hour before the scheduled time for the Warning Signal of the race in which the change takes effect, except any change to the schedule of races will be posted by 19h00 on the day before it will take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on flag poles situated at the bridge hut outside the TSC Clubhouse. When a signal is displayed over a course area or class flag it applies to that area or class only.
- 4.2 When flag AP is displayed ashore, "1 minute" is replaced with "not less than (30) thirty minutes" in the race signal AP.

5 SCHEDULE OF RACES

Sunday 15 th	First warning signal 14h25
Monday 16 th	First warning signal 09h55
Tuesday 17 th	First warning signal 09h55
Wednesday 18 th	First warning signal 09h55
Thursday 19 th	First warning signal 08h55

No warning signal will be made after 14h25 on Thursday 19th.

Team Racing

Tuesday 17th. First warning signal 09h55.

The Team Racing schedule will be posted by 19h00 on Monday 16th.

- 5.1 A maximum of 15 fleet races are scheduled.
- 5.2 Four fleet races are scheduled per day with no more than 5 fleet races being sailed each day.
- 5.3 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 at least five minutes before a Warning Signal.
- 5.4 To alert boats that a further race will be held, Code Flag "L" will be displayed before the first boat finishes the previous race. The Warning Signal will be made 1 minute after the lowering of Code Flag "L" with a sound signal.

6 CLASS FLAGS

Class flags and the order of starting will be displayed on the Official Notice Board at least one hour before the start of the first race.

7 RACING AREAS

- 7.1 Addendum (C) shows the location of racing areas: Area (1) and Area (2).

Classes are assigned to racing areas as follows:

Area (1), Pennant One flag - Optimists, RS Tera's, Topaz's, Dabchicks, Mirrors.

Area (2), Pennant Two flag - Lasers, 420's, Multihull Classes, 29ers, 'O' Class.

8 THE COURSES

- 8.1 The diagram in Addendum (A) shows the courses for Area (1), 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.
- 8.2 The diagrams in Addendum (B) show the courses for Area (2), 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.

9 MARKS

- 9.1 The marks of the course in Area (1) and Area (2) will be described by the course cards displayed on the Official Notice Board.

- 9.2 A Race Committee boat signalling a change of a leg of the course is a mark as provided for in SI 11.2.

10 THE START

- 10.1 The starting line will be between the staff displaying an Orange Flag on the Committee Boat and the nearby pink buoy.
- 10.2 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start. This changes RRS A4 and A5.
- 10.3 Boats whose Warning Signal has not been made shall avoid the starting area during the starting sequence for other races.

11 CHANGE OF THE NEXT LEG OF THE COURSE

- 11.1 To change the next leg of the course, the Race Committee will move the original mark (or the finishing line) to a new position.
- 11.2 Except at a gate, boats shall pass between the Race Committee boat signalling the change of the next leg and the nearby mark, leaving the mark to port and the Race Committee boat to starboard. This changes RRS 28.1.

12 THE FINISH

The finishing line will be between the staff displaying a blue flag on the Committee Boat and the nearby pink buoy.

13 PENALTY SYSTEM

- 13.1 For multihulls only, RRS 44.1 is changed such that the Two-Turns Penalty is replaced with a One-Turn Penalty.
- 13.2 RRS Appendix P will apply for all Classes.
- 13.3 RRS P2.3 will not apply and RRS P2.2 is changed so that it will apply to any penalty after the first one. This changes RRS P2.

14 TIME LIMITS

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

15 PROTESTS AND REQUESTS FOR REDRESS

- 15.1 Protest forms are available at the Regatta Office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 15.2 For each class the protest time limit is 60 minutes after the last boat in the regatta has finished the last race of the day or the Race Committee signals "no more racing today", whichever is later.

- 15.3 Notices will be posted within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room located in the TSC Training Room, or in an additional protest room located next to the clubhouse, beginning at the time posted.
- 15.4 Notices of protest by the Race Committee, Technical Committee or Protest Committee will be posted to inform boats under RRS 61.1(b).
- 15.5 A list of boats that, under SI 13.2, have been penalised for breaking RRS 42 will be posted.
- 15.6 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 SCORING

- 16.1 Four (4) races are required to be completed to constitute a regatta.
- 16.2 A boat's regatta score will be as follows:
- (a) When fewer than 5 races have been completed, a boat's regatta score will be the total of her race scores.
 - (b) When from 5 to 9 races have been completed, a boat's regatta 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 regatta score will be the total of her race scores excluding her two worst scores.

17 SAFETY REGULATIONS

- 17.1 All competitors shall wear a personal flotation device capable of supporting a 5 kg steel weight at all times while afloat, except briefly while changing or adjusting clothing or personal equipment.
- 17.2 A boat that retires from a race shall notify the Race Committee as soon as possible

18 REPLACEMENT OF CREW OR EQUIPMENT

- 18.1 Substitution of competitors will not be allowed without prior written approval of the Race Committee.
- 18.2 Substitution of damaged or lost equipment will not be allowed unless approved by the Race Committee. Requests for substitution shall be made in writing to the Race Committee at the first reasonable opportunity.

19 EQUIPMENT AND MEASUREMENT CHECKS

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 a Race Committee Measurer to proceed immediately after the completion of a race to a designated area for inspection.

20 SUPPORT PERSONNEL AND BOATS

- 20.1 Team leaders, coaches and other support personnel shall stay at least 100 meters away from boats racing.

20.2 Coach boats and individual support boats shall be marked with a Yellow Flag.

21 TRASH DISPOSAL

Boats shall not discard trash in the water. Trash may be placed aboard support and Race Committee boats.

22 RADIO COMMUNICATION

Except in an emergency, a boat that is racing shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

23 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. Neither the Organising Authority nor its officials or other persons associated with the organisation of the event will accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

24 INSURANCE

Each participating boat is encouraged to carry sufficient valid third-party liability insurance to cover any liability arising during the event.