

SAILING INSTRUCTIONS

British Heart Foundation Cup

Presented by

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2018

1.0 RULES.

- 1.1 The series will be governed by the ISAF Racing Rules of Sailing (RRS) 2016-2019, the R.Y.A Prescriptions, the Notice of Race and these Sailing Instructions.
- 1.2 Rule 40 will be changed as follows: Competitors shall wear personal flotation devices **at all times whilst afloat**, except briefly while changing or adjusting clothing or personal equipment.
- 1.3 Masthead buoyancy will be allowed for all classes.

2.0 NOTICES TO COMPETITORS.

- 2.1 Notices to all competitors will be posted on the Official Dinghy Notice Board at Cardiff Bay Yacht Club.

3.0 CHANGES IN SAILING INSTRUCTIONS.

- 3.1 Changes to the sailing instructions (SIs) will be posted 60mins before the advertised starting time of the races concerned.

4.0 SCHEDULE OF RACES.

- 4.1 The racing take place over 6 back to back races.

5.0 CLASS FLAGS

General Handicap: IC Flag "F"

6.0 COURSES

Course will be a Trapezoid as per Appendix 1

7.0 MARKS

- 7.1 Marks of the course will be spherical buoys, preferably with white poles through them which may be topped with a flag.
- 7.2 The starting mark will be a spherical buoy, preferably with a white pole through it which may be topped with an orange flag.

8.0 THE START

- 8.1 The starting line will be between a staff bearing an orange flag on the Committee Boat, and the starting mark.
- 8.2 A boat starting later than 2 minutes after her starting signal will be scored Did Not Start. This changes rules A4 and A5.

9.0 SHORTENED COURSE.

- 9.1 If the Race Officer decides to shorten course, they will display the "S" flag on the Committee Boat and the course will be shortened at the finish line.

10.0 THE FINISH

- 10.1 The finishing line will be between the committee boat and the start mark "S" as shown on the Appendix.

11.0 TIME LIMITS

- 11.1 Boats failing to finish within 10 minutes of the first boat may be given a finish when they next pass through the start line.

12.0 PROTESTS AND REQUESTS FOR REDRESS

- 12.1 Protest Forms are available at Cardiff Bay Yacht Club. Additional forms are also available from the RYA website. Protests and Requests for Redress shall be delivered to the race office within the 30 mins of coming ashore.
- 12.2 Notification of Protest and / or Redress outcomes will be displayed on the notice board of Cardiff Bay Yacht Club.

13.0 SCORING & DISCARDS

- 13.1 The scoring system will use the lowest points total.
- 13.2 All races will count. There will be no discards

14.0 REPLACEMENT OF CREW OR HELM

- 14.1 No changing of crew will be allowed.

15 Exoneration Penalty

- 15.1 A boat that may have broken a rule of Part 2, rule 31 or rule 42, may, after finishing the race concerned and before the start of a related protest hearing, notify the Race Committee that she accepts a 30% scoring penalty as stated in rule 44.3(c), except that the minimum penalty is two places provided that does not result in a score worse than DNF. This penalty does not reverse an OCS score, a disqualification under rule 30.3 or a penalty under Appendix P. It is not available for a breach of rule 2 or of class rules or for gross misconduct under rule 69. Nor is it available to a boat that caused injury or serious damage, or gained a significant advantage by her breach: in these circumstances, her penalty is to retire.
- 15.2 When an Exoneration Penalty is accepted,
- (a) Neither the boat nor a protest committee may then revoke or remove the penalty.
 - (b) The boat shall not be penalized further in a protest hearing when the protest committee decides that it was appropriate to the facts found and the applicable rules.

16 Advisory Hearing & RYA Arbitration Hearings

- 16.1 When there is an incident that will not result in the lodging of a protest or a request for redress, a boat, Protest Committee or Race Committee may request an advisory hearing with the race office, and notify any boat involved in the incident. An Adviser will then call a hearing to learn what may have happened and will state whether any rule appears to have been broken, and by which boat. A boat may as a result notify the Race office that she accepts an Exoneration Penalty when it applies to the incident, or choose to retire.
- 16.2 When a protest or request for redress is lodged, a boat may at the same time request RYA Arbitration, or the Protest Committee or Race Committee may offer it.
- 16.3 If the parties and a member of the protest or race committee agree that RYA Arbitration is suitable, an Arbitrator (who may be that member of the Protest Committee) will call a hearing conforming to Section B of Part 5 of the Racing Rules of Sailing, except that rule 64.1(a) will

not apply. Instead when the Arbitrator decides that a boat that is a party to the arbitration hearing has broken a rule for which the Exoneration Penalty is available, the party will be invited to accept that penalty, and, if it is accepted by a protested boat, the protesting boat will be allowed to withdraw the protest, changing rule 63.1.

- 16.4 When there is not an agreement to use RYA Arbitration, or when, after RYA Arbitration, a protest is not withdrawn or the Exoneration Penalty is not applicable to the facts, there will be a normal protest hearing, at which the Arbitrator may be a member of the Protest Committee. Rule 66 and 70 (reopening and appeal, respectively) do not apply to the arbitration decision since this is not a protest committee decision or procedure. A boat may still accept an Exoneration Penalty at any time before the start of a protest hearing and receive its protection from further penalization. She may also retire.
- 16.5 When redress is offered and accepted at the RYA Arbitration, all parties the Protest Committee or Race Committee may seek to have this reviewed by asking for a full hearing. When redress is offered and not accepted, or not offered at all, the boat may have her request heard before a Protest Committee.

17. Rubbish Disposal

- 17.1 Boats shall not put rubbish into the water. Rubbish may be placed on support and official boats.
- 17.2 The penalty for breaking RRS 55 is at the discretion of the protest committee (DPI) and may be less than disqualification.

18. Boats and Competitors in Difficulty

- 18.1 When the race committee considers that a boat or competitor is in difficulty it may instruct the boat or competitor to accept outside help, retire or sail ashore.

19. RADIO COMMUNICATION

- 19.1 A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats (DPI). This restriction includes mobile telephones.

20. DISCLAIMER OF LIABILITY

Risk Statement

RRS Rule 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 organiser 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;

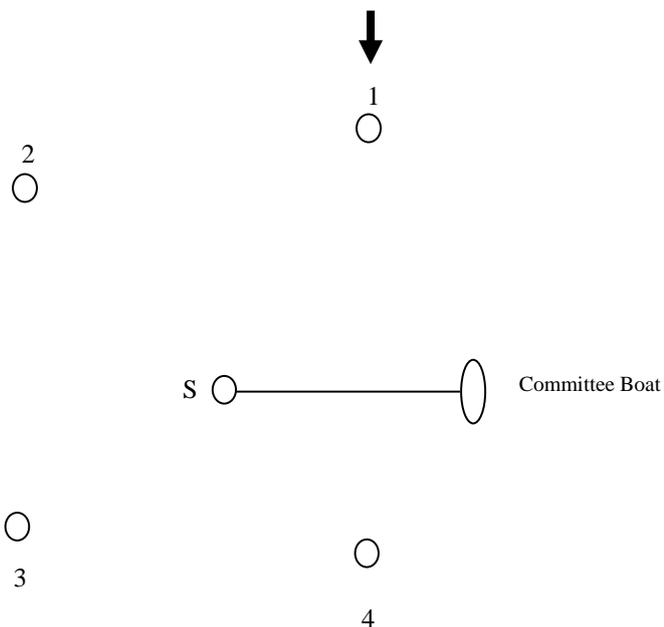
21. INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £2million per event or the equivalent.

Appendix 1

Course Z Trapezoid Course

The course will be the Trapezoid course, which is shown below.



- 1.1 General Handicap Fleet
1-2-3-4-S = 1 LAP
- 1.2 Marks 1, 2, 3 and 4 shall be Rounded to Port
- 1.3 Each boat MUST pass through the Start / Finish Line on every up wind leg after passing Mark 4 to Port and before proceeding to Mark 1
- 1.4 The number of laps will be displayed on the Committee Boat.