



Sailing Instructions
SAIL EXTREME 2016
Kerteminde Sejlklub, 14 - 15 May 2016

29er, A-Cat, Contender, Europe, Feva, Laser Radial, Laser Standard, Optimist A, B and C
and Zoom 8.

2nd TORM Junior Grand Prix
A-optimist, Feva and Zoom8



1 Rules

- 1.1 The regatta will be governed by the rules as defined in the *Racing Rules of Sailing* including prescriptions of The Nordic Sailing Federation and The Danish Sailing Association.
- 1.2 Furthermore, the rules for TORM's Grand Prix series will apply.
- 1.3 If there is a conflict between languages, the Danish text will take precedence.

2 Notice to competitors

Notices to competitors will be posted on the official notice board located in the Sailing Centre.

3 Changes to sailing instructions

Changes to the sailing instructions will be posted on the official notice board before 08.30 on the day it will take effect, except that any change to the schedule of races will be posted not later than 20.00 on the day before it will take effect.

4 Signals made ashore

- 4.1 Signals made ashore will be displayed at the signal mast located at the Sailing Centre.
- 4.2 When flag "AP" is displayed ashore, "1 minute" is replaced with "not less than 60 minutes" in the race signal "AP".
- 4.3 Red flag displayed ashore means that no boats are allowed to leave the harbour until the red flag is removed. Red flag displayed over one or more class- or course area flag(s) means that boats identified by the flag(s) are not allowed to leave the harbour until the flags are removed. Infringement of this instruction may result in disqualification from the entire regatta.

5 Schedule of races

- 5.1 The maximum number of races for Europe, Laser and Optimist A will be 8, for Yngling 6. The maximum number of races per day for Europe, Laser and Optimist A will be 4. For all other classes, there is no maximum number of races.
- 5.2 Warning signal for first race Saturday: 11.00. However, for C-optimist 11.30.
Warning signal for first race Sunday: 10.00. However, for C-optimist 10.30.
- 5.3 Warning signal for subsequent races same day will be given as soon as possible.
29er, A-Cat and Feva may have a lunch break at the discretion of the race officer. Lunch break will be signalled with code flag H and the appropriate class flag(s). The approximate time of the next warning signal will be displayed on the official notice board.
- 5.4 For A-optimist, Zoom 8 and Feva, no starting sequence will be initiated more than 6 hours later than the scheduled time of the first start of the day. However, if racing is postponed ashore, this limit is changed accordingly.
- 5.5 On the last day of the regatta no warning signal will be made after 16.00.

6 Flights / Flight flags (only A-optimist)

- 6.1 The A-optimist class will race in flights. Flight flags:

<u>Flight</u>	<u>Flag</u>	<u>Streamer on the sprit</u>
1	Yellow	Yellow
2	Blue	Blue

Flight flags will be displayed no later than the warning signal. When a race signal is displayed over a flight flag, the signal applies to that flight only.

- 6.2 Upon registration, two streamers will be provided. The streamer identifying the flight shall be attached at the peak of the sail / at the end of the sprit while racing.
- 6.3 On the first day of racing, the flight assignments will be based on the current Danish ranking. Boats which are not on the Danish ranking list, will to the extent possible be assigned based on their national ranking. On the second day of racing, the flights will be re-assigned, based on the results as of 19.00 the day before. The flight assignments will be posted on the official notice board no later than 20.30, the day before the races.
- 6.4 If one flight has not completed a given race, the race will be excluded in the results of all flights.

7 Racing Areas

Attachment I shows the location of the racing areas.



8 The courses

- 8.1 The diagrams in attachment II show the courses, including the order in which the marks are to be passed. Rounding marks are to be left to port. For classes racing in course areas D and F, pennant 3 means that the course is extended by one lap – see attachment II.
- 8.2 All course areas except A will be identified by a coloured flag in accordance with attachment I. The main race committee vessel on these course areas will display a flag of the given color. When a race signal is displayed over a course area flag, the signal applies to all classes on the identified course area. Course area A will be identified by flight flags as described in no. 6.1.
- 8.3 In the event that one of two gate-marks is missing, the gate mark which is in position should be left to port. On race area E, course signals will be as follows:
- 8.4 Outer loop: Nummeral pennant 1
Inner loop: Nummeral pennant 2
If no course signal is displayed at the warning signal, the course will be outer loop.

9 Marks

Marks are described in Attachment II.

10 The Start

- 10.1 Class flags are the class insignia on white background. For B-optimist, the class insignia will be blue. For C-optimist, the class insignia will be black.
- 10.2 Races will be started by using rule 26.
To alert boats that a race sequence will begin soon, an orange flag will be displayed with one sound for at least four minutes before a warning signal is displayed.
- 10.3 The starting line will be between orange flags on the starting marks, see attachment II.
- 10.4 Boats whose warning signal has not been made shall keep clear of the starting area during starting sequences for other classes / flights. The starting area is defined as the area within 50 meters of the starting line. At flight races there may be a waiting line below the starting line. 2 marks mark this waiting line. The area between the starting line and the waiting line is for the starting boats only. Waiting boats shall not pass the waiting line until the previous start is completed.
- 10.5 A boat starting later than 4 minutes after her starting signal will be scored "Did not start" without a hearing. This changes rule A2, A4 and A5.
- 10.6 If flag U has been displayed as the preparatory signal, no part of a boat's hull, crew, or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing but not if the race is restarted or resailed or postponed or abandoned before the starting signal. This changes rule 26.
- 10.7 For all classes except C-optimist: If any part of a boat's hull, crew or equipment is on the course side of the starting line during the two minutes before her starting signal, the race committee will display flag V. It will be displayed until all boats have sailed completely to the pre-start side, but not after the starting signal. Errors in the display of this signal shall not be grounds for a request for redress.

11 Change of the next leg of the course

- 11.1 To change the next leg of the course the race committee will either move the original mark (or finishing line) to a new position or lay a new mark similar to the original mark and remove the original mark as soon as practicable.
- 11.2 Rule 33 is changed as follows: Only flag C will be displayed with repetitive sound signals.

12 The Finish

The finishing line will be between blue flags on the finishing marks (orange flags on race area C), see attachment II.

13 Penalty system

- 13.1 For 29er, A-Cat, Contender and Feva, rule 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
- 13.2 Appendix P – "Special Procedures for Rule 42" applies for A-Optimist and Zoom8.
- 13.3 For A-optimist and Europe, certain minor breaches of the class rules which do not increase the speed potential, and which do not compromise safety, will be penalized with a 6 point scoring penalty. If the breach of the class rule has not been resolved before the next start, a report according to rule 78.3 will be made.



- 13.4 Boats sailing to and from race areas are not allowed to pass through other active race areas. Boats whose warning signal has not been made shall avoid the starting area. Boats which are not racing shall avoid the finishing area to the extent that there is no risk of hindering the free passage of boats about to finish. The Race Committee may without a hearing penalize boats breaking this instruction with a scoring penalty of 5 points added to the total points in the series. This changes rule 64.1 and A2.
- 13.5 According to the Statutes for the Torm Grand Prix Series, sailors and support personnel shall comply with the Danish Ethical Code of Sailing. Breaches of the Ethical Code by sailors or support personnel may result in penalties imposed on the boat.

14 Time Limits and target times

- 14.1 Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored "Did not finish" without a hearing. This changes rule 35, A4 and A5.
- 14.2 Time limits and target times are as follows:

<u>Class</u>	<u>Time limit</u>	<u>Target time (first boat)</u>
29er	60	35
A-Cat	90	45-60
A-optimist	80	50
B-optimist	90	35-45
Contender	90	45-60
C-optimist	60	35
Europe	90	45
Feva	90	40
Laser	90	45-60
Zoom 8	80	40-45

Any deviation from the target times will not be grounds for redress. This changes rule 62.1 (a).

15 Protests and requests for redress

- 15.1 Protest forms are available in the race office and shall be delivered there again.
- 15.2 Protest time for each class is 60 minutes after the last boat has finished the last race of the day.
- 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 Sailing Centre. Time of the start of the hearings will be posted.
- 15.4 Notices of protests by the race committee or the protest committee will be posted to inform boats under rule 61.1 (b).
- 15.5 Breaches of instructions 17, 19.2 and 21 will not be grounds for a protest by a boat. This changes rule 60.1(a). Protests for breaches of these instructions are a matter for the race- or protest committee. Penalties for these breaches, and for breaches of instructions 10.5 and 13.4, may be less than disqualification if the protest committee so decides.
- 15.6 On the last day of the regatta a request for reopening a hearing shall be delivered
- within the protest time limit if the party requesting reopening was informed of the decision on the previous day,
 - not later than 30 minutes after the party requesting the reopening was informed of the decision on that day.
- This changes rule 66.
- 15.7 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 rule 62.2.
- 15.8 No hearings will begin after 21.30 if the following day is a racing day.

16 Scoring

- 16.1 One race is required to constitute a series.
- 16.2 For Europe, the low point system is changed so that a 1st place in a race will be scored $\frac{3}{4}$ points. This changes rule A4.1.
- For classes racing in one fleet, scoring will be in accordance with rule A9, as a series longer than a regatta. In flight races the following changes apply: Rule A4.2 is changed so that points will be based on the number of boats in the largest start in the series, and rule 44.3 (c) is changed so that points for a 20% penalty under rule 30.2 will be based on the number of boats in the largest start in the series.



- 16.3 (a) When fewer than 5 races have been completed a boat's series score will be the total of her race scores.
(b) When 5 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

17 Safety Regulations

- 17.1 A boat that retires from a race *shall* notify the race committee as soon as possible.
17.2 Competitors shall wear personal flotation devices at all times while afloat, except briefly while changing or adjusting clothing or personal equipment. Wet suits and dry suits are not personal flotation devices.
17.3 When a white flag with a red cross (rescue flag) is displayed (together with signal flag "N over H" or "N over A" on the RC starting vessel), it means: Due to security situation, sail to the harbour. If assistance is needed, contact any race committee boat or coach boat.

18 Replacement of crew

Substitution of competitors will not be allowed without prior written approval of the race committee.

19 Equipment and measurement checks

- 19.1 A boat or equipment may be inspected 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 to a designated area for inspection.
19.2 A-optimist shall use the equipment declared on the equipment declaration form, unless written permission to substitute equipment is obtained from the race committee. In the event of breakdown on the water, the boat shall inform the race committee at the first reasonable opportunity, and afterwards, the boat shall apply for substitution of equipment in writing before the protest time limit.

20 Official boats

- 20.1 Official boats will display a Sail Extreme flag.
20.2 The protest committee boats will display a white flag with the word JURY.

21 Support boats

- 21.1 Team leaders, coaches and other support boats are not allowed in the course area (consisting of the area in which racing boats during the whole race naturally can be expected to sail and an extension of 100 meters on all sides of this area) from the first warning signal for the first class/flight until the last boat has finished the race. This rule does not apply when a postponement is signaled, but will again apply from the first signal after the postponement signal has been removed. Furthermore, support boats shall keep a distance of minimum 100 meters from any racing boat. For some course areas, there may be additional restrictions for support boats, see the official notice board.
21.2 Support boats shall fly the burgee of their club.
21.3 All team leaders, coaches and other support boats will be a part of the safety and rescue plan. If a security situation is signalled (see instruction 17.3), all support boats are obliged to assist any participant in need of assistance and to follow any instruction from any race committee boat. The designated VHF channel for safety communications will be channel 77.

23 Radio communication

A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobiletelephones.

24 Prizes

At least one prize will be given for each five started junior / youth boats in each class, however maximum 30 prizes in each class. By lot between all participants who have participated in at least 1 regatta in the TORM Grand Prix series, there will be found a winner of a "Tanker Trip" for two sailors. The winners will be flown to a harbour within Europe to sail with one of TORM's tankers for one week. TORM Grand Prix series is both a junior and a youth series. Furthermore there will be a challenge cup instituted by Danish Sailing Association for the TORM Grand Prix series.

25 Disclaimer of Liability

Competitors participate in the regatta entirely on their own risk. See rule 4 "Decision to race". The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.



26 Insurance

Each participating boat shall be insured with a valid third-party liability insurance.

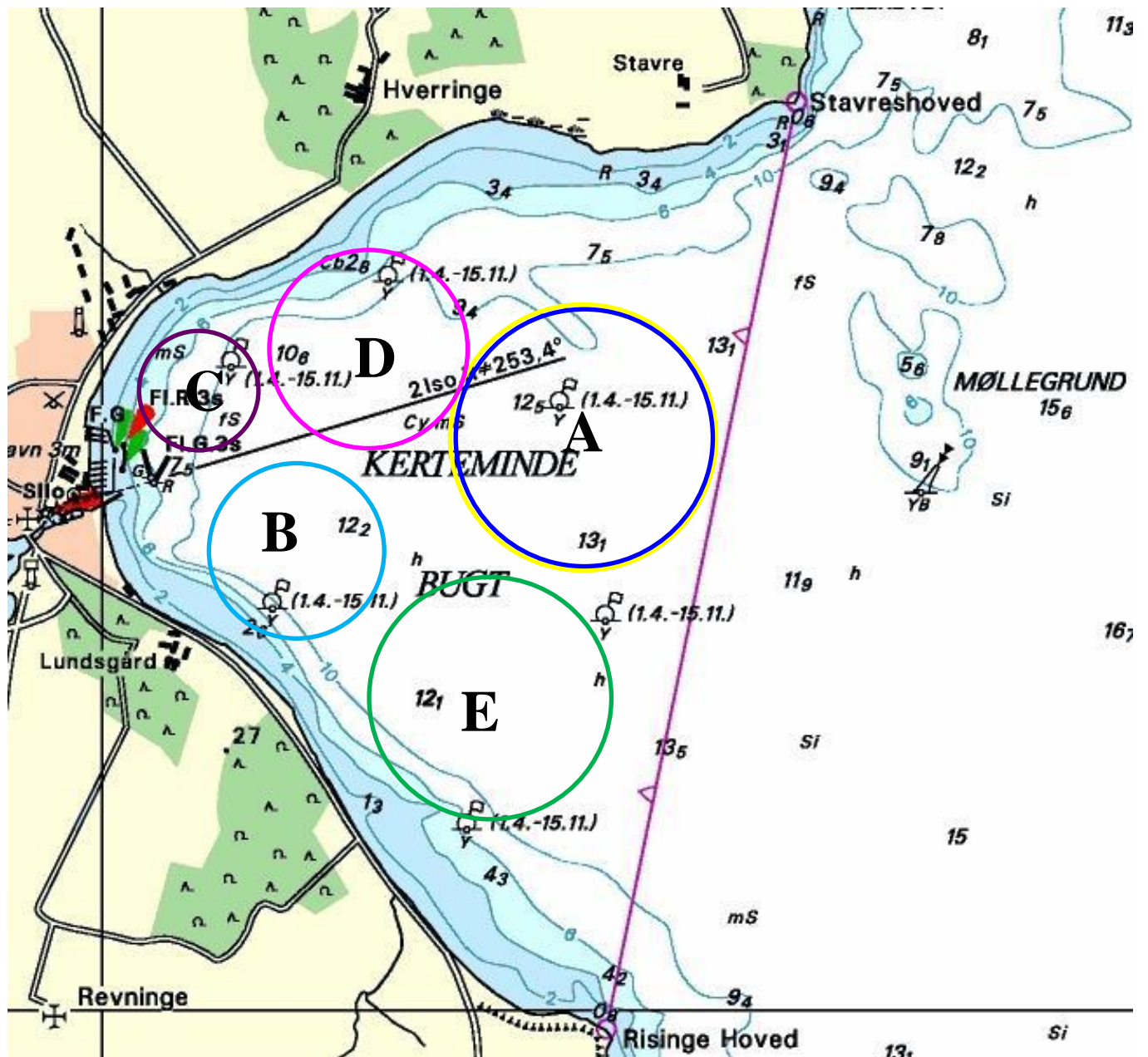
A boat shall produce a valid insurance policy. If a boat can not produce a valid policy it will be excluded from participation.

Event chairman: Morten Grundsøe.

Race officers: Andreas Kuchler – IRO (Principal race officer), Hans Friis – NRO, Morten Halberg – NRO, Anders Lund – NRO, Jesper Tang Kristensen.

Protest committee: Anders Christensen – NJ (Chairman), Katrine Arnoldsen Juhl – NJ, René Lund – NJ, Jan Madsen – NJ, Mads Roden – NJ, Morten Grove, Thomas Nielsen, Christian Okkels, Eivind Skaalum.

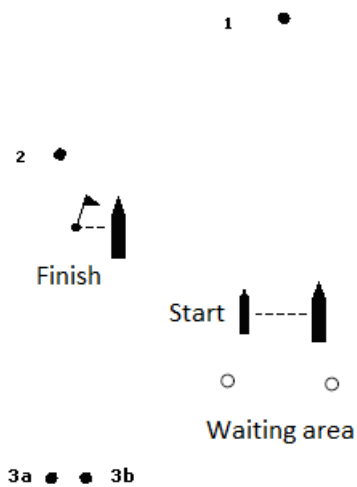
Attachment I Location of race areas



Race Area	Baneflag / course flag	Klasser / Classes
A	Gul, Blå / Yellow, Blue	Optimist A
B	Lyseblå / Light blue	Feva, Optimist B, Zoom 8
C	Lilla / Purple	Optimist C
D	Pink / Pink	29er, A-Cat, Contender
E	Grøn / Green	Europe, Laser

Attachment II Courses

Race area A – A-optimist



Course to sail:

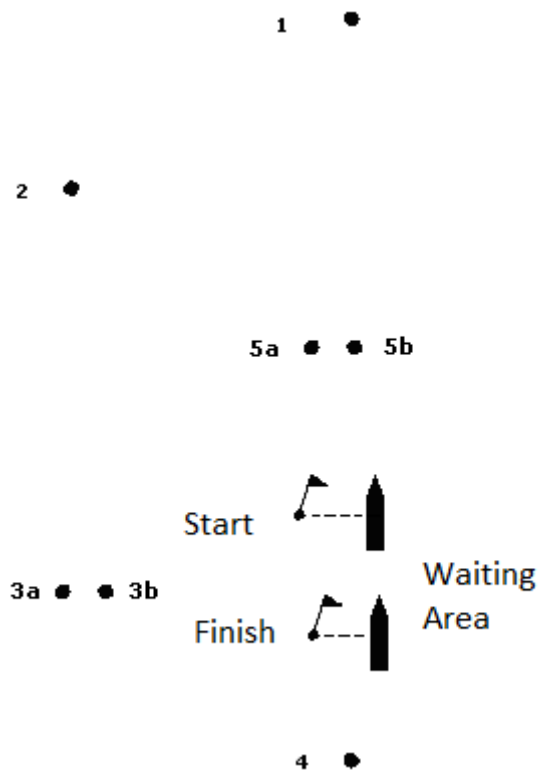
START – 1 – 2 – 3a/3b – FINISH

The starting marks will be two RC boats.

The finishing marks will be a staff bouy with a blue flag and the finishing vessel.

Marks 1, 2 and 3a/3b will be yellow cylinders.
Marks 3a/3b are gate marks.

Race area B – B-optimist, Feva, Zoom 8



Course to sail:

Zoom 8: START – 1 – 2 – 3a/3b – 2 – 3b – 4 – FINISH

Feva: START – 1 – 2 – 3a/3b – 2 – 3b – 4 – FINISH

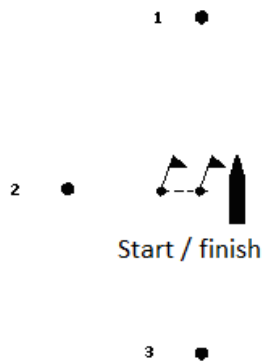
B-optimist: START – 1 – 5a/5b – 1 – 2 – 3b – 4 – FINISH

The starting marks will be a RC boat and a staff bouy with an orange flag.

The finishing marks will be a staff bouy with a blue flag and the RC finishing vessel

Marks 1, 2, 3, 4 and 5 will be yellow cylinders.
Marks 3a/3b and 5a/5b are gate marks.

Race area C – C-optimist



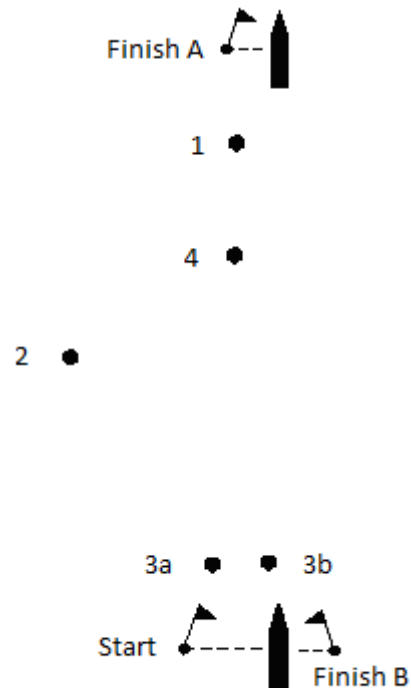
Course to sail:

START – 1 – 2 – 3 – FINISH

Starting- and finishing marks will be two staff buoys with orange flags.

Marks 1, 2 and 3 will be red buoys.

Race area D – 29er, A-Cat, Contender



Course to sail:

29er:

No course signal: START – 4 – 3a/3b – 4 – FINISH B

Nummeral pennant 3: START – 4 – 3a/3b – 4 – 3a/3b – 4 – FINISH B

A-Cat:

Int No course signal: START – 1 – 3a/3b – 1 – FINISH B

Nummeral pennant 3: START – 1 – 3a/3b – 1 – 3a/3b – 1 – FINISH B

Contender:

No course signal: START – 1 – 2 – 3a/3b – 1 – 3a/3b – FINISH A

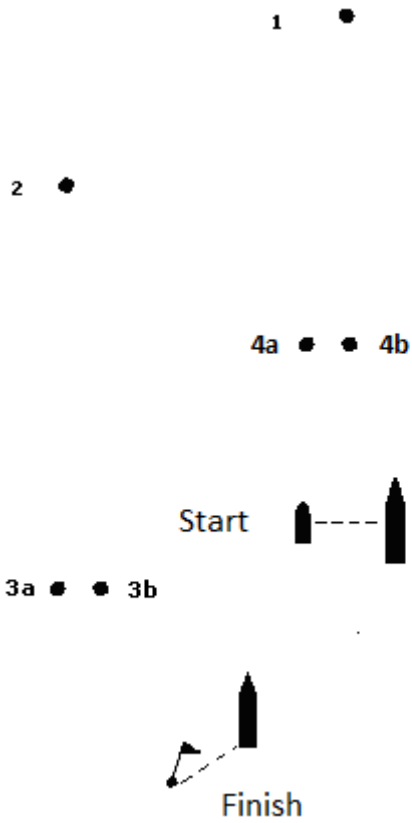
Nummeral pennant 3: START – 1 – 2 – 3a/3b – 1 – 2 – 3a/3b – 1 – 3a/3b – FINISH A

The starting marks will be the RC signal boat and a staff buoy with an orange flag.

The finishing marks will be a staff buoy with a blue flag, and the finishing vessel.

Marks 1, 2, 3a/3b and 4 will be orange cylinders
Marks 3a/3b are gate marks

Race area E – Europe, Laser



Course to sail (see SI 8.4):

Outer loop: START – 1 – 2 – 3a/3b – 2 – 3b – FINISH

Inner loop: START – 1 – 4a/4b – 1 – 2 – 3b – FINISH

The starting marks will be two RC boats.

The finishing marks will be a staff bouy with a blue flag and the finishing vessel.

Marks 1, 2, 3a/3b and 4a/4b will be orange cylinders.

Marks 3a/3b and 4a/4b are gate marks.