



Abbey Sailing Club
Abingdon-on-Thames OX14 5LD
Established 1933

A.S.C. SAILING INSTRUCTIONS

1.0 RULES

1.1 Races will be governed by the World Sailing, Racing Rules of Sailing 2017-2020, the prescriptions of the Royal Yachting Association, the rules of each class concerned and by these sailing instructions.

References in this document to rules are to the World Sailing, Racing Rules of Sailing 2017-2020.

Copies of which can be found at:

<http://www.sailing.org/documents/racingrules/index.php>

1.2 THE ZONE Under rule 86.1(b), in the definition Zone the distance at Abbey Sailing Club is THREE hull lengths.

2.0 NOTICES TO COMPETITORS

2.1 Notices to competitors will be posted in the Sailing Programme.

3.0 ENTRIES & DECLARATIONS

3.1 All competitors must sign on before a race. Finishing declarations are not required. A boat that does not finish or retires after finishing shall notify the Race Officer as soon as possible.

3.2 Race Duty Compensation – When a helmsman misses a race because he/she is OOD or AOD, then he/she will receive average points for that race. To do this they must sign on with their boat details and must write 'Duty' in the 'Finish Time' column.

3.3 The minimum number of boats forming a fleet is 2.

4.0 CHANGES TO SAILING INSTRUCTIONS

4.1 Any additions or changes to these sailing instructions will be posted on the notice board.

5.0 SCHEDULE OF RACES

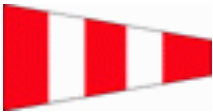
5.1 A schedule of races is published by the Sailing Secretary at the start of the season and is referred to as the 'Sailing Programme'.

5.21 The scheduled time of the warning signal for the first race each day is five minutes prior to the published start time in the sailing programme.

5.22 At The discretion of the OOD (Depending on fleet size), To Alert Boats that a Race sequence is about to start, a SINGLE sound signal with NO Flags can be given as an ATTENTION signal five minutes prior to the the intended warning signal.

5.3 The race may be postponed at the discretion of the race officer at any point prior to or during the start sequence.

5.4 A postponement is initiated by:

Instruction	Flag	Sound	Description
Race Postponement	 <p>Flag "AP" Answering Pennant</p>	↑ 2 sound	5.5 A postponement maybe initiated for any reason, typical reasons include too little or too much wind, the safety boat not ready, marks not in place, or an error with the 4 or 1 minute signal.

5.7 A postponement period is ended by lowering the answering pennant, accompanied by one short sound signal. There shall be a 1 minute period before the start sequence is initiated.

6.0 CLASS WARNING FLAGS

6.1 The warning flag for each race will be stated on the race notice board or on the signing on sheet.

7.0 COURSE

7.1 A plain RED flag flying will indicate that there are two marks, one upstream and one downstream of the line, and both marks must be left to PORT.

A plain GREEN flag flying will indicate that there are two marks, one upstream and one downstream of the line, and both marks must be left to STARBOARD.

A plain YELLOW flag flying will indicate that a special course has been set and is written on the course board.

7.2 For a committee boat start the course will either (1) be described on the race notice board or (2) be communicated from the committee boat.

8.0 MARKS

8.1 The course marks will be chosen from but not limited to:

(T) top (VS) very short (SR) short reach (L) long (VL) very long Danger Sign.





9.0 START LINE

9.1 Club Line: The line is the extension of a line through the centres of two poles in front of the Starters Box.

9.2 Committee Boat Line: The line will be between (a) a mast or staff on the committee boat and (b) an outer distance mark.

10.0 START PROCEDURE



10.1 Races will be started by using rule 26; the following sequence shall be used:

Signal	Flag	Default Flag	Sound	Minutes to Start
Warning	Class Flag Up Flag "M" Mike		1 sound	5
Preparatory	Flag P Up Flag "P" Papa		1 sound	4
One Minute	Flag P Down Flag "P" Papa		1 long sound	1
Start	Class Flag Down Flag "M" Mike		1 sound	0

10.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.




11.0 RECALLS

11.1 The following rules and signals shall be used to manage recalls:

Instruction	Rule	Flag	Sound	Exoneration
Individual recalls	29.1	 Flag "M" Mike	↑ 1 sound	Offending boat(s) must re-cross the start line to continue.
General recalls	29.2	 Flag "Sub 1"	↑ 2 sound	A new warning signal will be made one minute after First Substitute is lowered.

12.0 SHORTENING COURSE

12.1 The following rules and signals shall be used to manage course length:

Instruction	Flag	Sound	Description
Shortened Course	 Flag "S" Sierra	↑ 2 sound	Indicates that the leading boat will finish when it next crosses the finish line in the same direction as the start.
Shortened Course	 Flag "S" Sierra  Flag "X" X-Ray	↑ 2 sound	Indicates that the leading boat will finish when it next crosses the finish line in the opposite direction as the start.

13.0 TIME LIMIT

13.1 Time limits for Sunday and Wednesday evening series will be one and a half hours. For other series and events it will be two hours unless specifically detailed in the sailing instructions.

14.0 RACE ABANDONEMENT

14.1 In the event of it being necessary to postpone the start of, or to abandon a race, the provisions of World Sailing Rules 27.3 or 32:1 will be applied.

15.0 FINISH LINE

15.1 Club Line: As described in section 9 (Start Line).

15.2 Committee boat line: The line will be between (a) the mast or staff on the committee boat and (b) an outer distance mark.

16.0 PROTESTS

16.1 A protesting yacht shall lodge her protest with the OD within 30 minutes of the time she finishes the race, unless the race committee has reason to extend the time limit. Suitable protest forms are available from the Starter's Box and protests will be heard as soon as practicable.

17.0 SCORING

17.1 Scoring will be in accordance with Appendix A (Low Point System). Rule A9 will apply. Two races shall be completed to constitute a valid series.

17.2 Race Duty Compensation: Average points will be calculated as being the sum of the points scored divided by the number of races in which the helmsman ranked as a starter.

17.3 The number of races to count in any series shall be 55% with fractions rounded up to the nearest whole number Ties shall be broken in favour of the boat with most first places etc. in accordance with Appendix A8 of RRS.

Placement	Points
1 st	1
2 nd	2
3 rd	3
---etc.---	--etc.--
Retired (RET)	Number of starters + 1
Disqualified (DSQ)	Number of starters + 2
Did not start (DNS)	Number of starters in the race with the greatest number of starters in the series + 3

19.0 SPORTSMANSHIP & THE RULES

19.1 Competitors in the sport of sailing are governed by a body of rules that they are expected to follow and enforce. A fundamental principle of sportsmanship is that when competitors break a rule they will promptly take a penalty, which may be to retire.

20.0 SAFETY, RISK STATEMENT AND DECISION TO RACE

20.1 The race organisers shall not be liable for any loss, damage, death or personal injury howsoever caused to the owner/competitor or crew, as a result of their taking part in the race or races. Moreover, every owner/competitor warrants the suitability of his/her boat for the race or races. Helms are responsible for both their personal safety and that of their crew; they are the sole judges of whether their experience is sufficient for the prevailing conditions.

20.2 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.”

20.3 Sailing is by its nature an unpredictable sport and therefore 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 omissions;
 - 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, umpires and other officials and volunteers by the 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.
- 20.4 A boat that retires from a race shall notify the race committee as soon as possible.

20.5 Under 18s must wear personal flotation devices at all times. When Flag 'Y' is displayed personal buoyancy must be worn by all helms and crews and in all races between 1st October and 30th April, inclusive.

20.6 Boats, helm and crew participating in races designated as Night Races must wear illumination and Personal Flotation Devices.

20.7 A trapeze or hiking harness shall have a device that can quickly release the competitor from the boat at any time while in use.

20.8 Helping Those in Danger - A boat or competitor shall give all possible help to any person or vessel in danger.

21.0 EQUIPMENT AND MEASUREMENT CHECKS

21.1 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 equipment inspector or measurer to proceed immediately to a designated area for inspection.

22.0 INSURANCE & LICENCES

22.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £2,000,000 per event or the equivalent.

22.2 All Boats (before being launched on the Thames at Abbey Sailing Club) must be registered with the Environment Agency and have a current Thames River Licence applicable to that class of Boat. Licences can be obtained from most locks or direct from the Environment Agency.