

REGATA DE NATAL LUSITÂNIA 2019
30th November and 1st December 2019

SAILING INSTRUCTIONS

ORGANIZATION

The Clube Naval de Cascais, as Organizing Authority with the sponsorship of Lusitania and the support of Cascais Marina, establishes this Sailing Instructions for the REGATA DE NATAL LUSITANIA 2018 open to Optimists (Race Area A), Laser Radial, Laser 4.7, 420 (Race Area B) and SB20 (Race Area C) class boats, and it will be raced from 30 November to 1 December 2019 in Cascais – Portugal

ABBREVIATIONS

DP	Rules for which the penalties are at the discretion of the Protest Committee
NP	Rules that are not ground for protest or redress by a boat, modify RRS 60.1

1. RULES

- 1.1. The regatta will be governed by the *rules* as defined in The Racing Rules of Sailing.
- 1.2. **[NP][DP]**In accordance to World Sailing regulation 20, competitors are required to display advertising as supplied by the Organizing Authority.
- 1.3. When in conflict, the sailing instructions prevail over the Notice of Race, changes RRS 63.7
- 1.4. If there is a conflict between languages the English text will take precedence.
- 1.5. 420 class will use the Standart Sailing Instructions provided by Portuguese Sailing Federation.

2. NOTICES TO COMPETITORS

- 2.1. Notices to competitors will be posted on the official notice board located near the race office.
- 2.2. When a notice is posted, code flag “L “will be exposed at the official flag pole ashore

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Any change to the sailing instructions will be posted at least two hours before the 1st scheduled warning signal for the first race of the day on the day it will take effect,
- 3.2. Any change to the schedule of races will be posted before the end of the protest time limit of the day before it will take effect.

4. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed at the official flag pole located at the CNC South Quay.
- 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. [NP][DP] Flag “D” with a sound means ‘The warning signal will be made not less than 60 minutes after flag D is displayed, and not before the scheduled time. Boats shall not to leave their assigned places until this signal is made.’ This Instruction does not apply for the SB20 class..
- 4.4. In addition to the Race Signals Preamble: “When a signal is displayed over a class, fleet or race area flag it applies to that class, fleet or race area only”;

5. RACE SCHEDULE

Date	Time	Class	Event
Saturday 1st Dezembro	12:00	Optimist Laser Radial Laser 4.7 SB20	1st Warning Signal
Sunday 2nd Dezembro	11:00	Optimist Laser Radial Laser 4.7 SB20	1st Warning Signal

- 5.1. When there has been a long postponement and when more than one race (or sequence or races) will be held on the same day, the warning signal for the first race and each succeeding race will be made as soon as practicable. 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 five minutes before a warning signal is displayed;
- 5.2. Each Class will sail a maximum of 4 races per day.
- 5.3. Number of Races; 6 races are scheduled for each fleet.
- 5.4. On the last day of the championship no warning signal will be made after 15:00

6. EVENT FORMAT

- 6.1. For the Optimist, 420, Laser Radial, Laser 4.7 and SB20 the regatta will consist of a single series.

7. CLASS FLAGS

CLASS	FLAG
Optimist	White flag with Class Insignia
420	White Flag with Class Insignia
Laser Radial	Green Flag with Class Insignia
Laser 4.7	Yellow flag with Class Insignia
SB20	White Flag with Class Insignia

8. RACE AREAS

- 8.1 Os The race committee boats of each race area will be identified with a orange flag with the correspondent letter.

Race Area "A" – Optimist

Race Area "B" – 420, Laser Standard, Laser Radial e Laser 4.7

Race Area "C" – SB20

- 8.2 Courses will be established on the race areas defined on Attachment A.

- 8.3 The Race Areas are defined as follows:

8.3.1 Before the preparatory signal: up to 100 meters to leeward of the starting line;

8.3.2 After the warning signal: up to 100 meters distant of any point that a boat can sail while racing.

9. COURSES

- 9.1 The diagrams in Attachment B show the courses, including the order in which marks are to be passed, and the side on which each mark is to be left;

- 9.2 The race committee can replace, at any time, the 2 gate marks by a single mark, which shall be passed to port;

- 9.3 Courses can be shortened, from the time when boats have completed 3 legs change RRS 32;

10. MARKS

10.1.

RACE AREA	SHAPE AND COLOR	STARTING MARK	FINISH MARK	NEW MARK
A	Red Conical	Boat with an Orange flag	Dan buoy with Orange Flag	Conical Blue
B	Yellow Conical	Boat with an Orange flag	Dan buoy with Orange Flag	Conical Blue
C	Orange Cylindrical	Yellow Cylindrical	Dan buoy with Orange Flag	Conical Blue

- 10.2. **[NP]** The race Committee may substitute the start or the finish mark by a vessel, duly identified and anchored ;

- 10.3. A race committee boat signaling a change of a leg of the course is a mark as provided in instruction 12.4.

11. START

- 11.1. The starting line will be between race committee signal boat mast displaying an orange flag and the start mark or between race committee staffs displaying an orange flag;

- 11.2. Boats, whose warning signal has not been displayed, must stay away from the starting area.

- 11.3. For Race Area B and C classes, no later than the warning signal, the race committee signal boat will display the course to be sailed. For Race area B it will be displayed at a white board at the stern of the Race Committee signal boat.

- 11.4. A boat starting later than 4 minutes after her starting signal will be scored Did Not Start. This changes RRS A4.

12. CHANGE OF THE NEXT LEG OF THE COURSE

- 12.1. To change the next leg of the course, the race committee will lay a new mark, or move the original marks at the gate or move the finishing line, and remove the original mark as soon as possible. When in a subsequent change a new mark is replaced, it will be replaced by an original mark
- 12.2. For Race Area C, if there is a change of course to mark 1, mark 2 shall not be rounded this changes RRS 28.1;
- 12.3. When a change of course is made for a gate mark, this may be substituted by a single mark, which shall be left to port.
- 12.4. Except at a gate, boats shall pass between the race committee boat signaling 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.

13. FINISH

- 13.1. The finish line will be between a mast with an Orange flag at the race committee and the finish mark described at SI 10.1

14. SISTEMA DE PENALIZAÇÕES

- 14.1. **[NP][DP]** A boat that have done a penalty in accordance to RRS 44.1, or that has retired from a race, must sign a declaration form at the race office, within the protest time limit;
- 14.2. Appendix P of the RRS will only be applied to the classes on Race Area A and B.
- 14.3. For the SB20 Class, RRS 44.1 is changed so that Two-Turns Penalty is replaced by the One-Turn Penalty.

15. TIME LIMIT

CLASSES	Time Limit	[NP]Target Time	Time limit at mark 1	Time Limit after the 1st
Optimist	70	45	30	20
Other Classes	90	60	30	15

- 15.1 If no boat has rounded Mark 1 within the Mark 1 time limit the race will be abandoned.
- 15.2 Boats failing to finish within the Time Limit after the 1st after the first boat sails the course and finishes will be scored Did Not Finish. This changes rules 35 and A4.

16. PROTESTS AND REQUESTS FOR REDRESS

- 16.1.** In addition to RRS 61.1 “A boat intending to protest shall inform the race committee finish boat immediately after finishing informing the protestee sail number. If the protester does not finish the race he shall inform the Race Committee Boat as soon as possible or the Race Office and immediately after arriving ashore.”
- 16.2.** Protests and requests for redress shall be delivered there within the protest time limit and in the right forms.
- 16.3.** The protest time limit is 60 minutes after the last boat of that class has finished the last race of the day or 60 minutes after the race committee signal of no more racing for that day, whichever is later. This indication will be posted at the official notice board.
- 16.4.** Communication with the sail numbers of the boats signalized by the race committee with infractions to RRS29.1 and RRS30 or RRS42, will be posted before the protest time limit.
- 16.5.** Communication with the sail numbers of the boats signalized by protest committee with infractions to RRS42 will be posted on the Official Notice Board.
- 16.6.** Notices of protests by the race committee or protest committee will be posted on the Official Notice Board, 15 minutes before the end of the Protest Time Limit. This changes 61.1(b).
- 16.7.** Notices will be posted within 15 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 jury room, located at CNC facilities.

17. SCORING

- 17.1.** 1 race is required to be completed to constitute a series.
- 17.2.** When fewer than 4 races have been completed, a boat’s series score will be the total of her race scores. When 4 or more races have been completed, a boat’s series score will be the total of her race scores excluding her worst score.
- 17.3.** To request a correction of a race result, competitors must fill a form available at the race Office;

18. [NP][DP] SAFETY REGULATIONS

- 18.1.** During races the responsible of the safety is the the race committee chairman and is him who shall take all decision regarding this matter;
- 18.2.** In case of emergency, the race committee boat can hoist code flag “V” and all boat referred in instruction 22 can enter the race area for rescue operations, and giving support to all the fleet upon coordination of race committee;
- 18.3.** No non identified vessel can circulate within the race area defined in this sailing instructions, from the warning signal till all boat have finished the race, except in case of emergency, as specified in SI 18.2;
- 18.4.** A boat that does not leave the harbor or retires from a race shall notify the race office or the race committee as soon as possible, by sign .
- 18.5.** A boat ashore shall remain in their assigned place/berth

18.6. A boat shall not sail inside the Marina. Competitors shall wait for the towing from the marina staff or organization boat when they want to go afloat and when they are coming back ashore.

19. REPLACEMENT OF CREW OR EQUIPMENT

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

19.2. Replacement of damaged or lost equipment will not be allowed unless approved by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

20. 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 to a designated area for inspection

21. BARCOS OFICIAIS

Official boats will be marked as follows:

Category	Flag
Race Committee Boats	White flag with RC
Jury Boats (JURY)	White flag with Jury

22. [NP][DP] SUPPORT BOATS

22.1 Team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or the race committee signals a postponement, general recall or abandonment

22.2 Coach and support boats must be registered at the race office and will have to display their identification while afloat. This identification must be made by displaying the club or country flag

22.3 Team leaders, coaches and other support personnel boats shall not be moored at the club piers unless for loading operations.

23 [NP][DP] HAUL-OUT RESTRICTIONS

Keelboats shall not be hauled out during the regatta except with and according to the terms of prior written permission of the race committee.

24 CONTROLO ANTI-DOPING

Anti-Doping Controls can be made, in accordance to the WADA/ISAF specifications. Tests will be made in accordance to ISAF Regulation 21, Anti-Doping.

25 RÁDIO COMMUNICATION

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

26 [NP][DP]CAMARAS AND ELECTRONIC EQUIPMENT

The organizing committee may request a boat to install cameras or other electronic equipment, in all or some boats. The information of this systems cannot be used by competitors as proof in protest or request for redress hearings this changes RRS63.3.

27 PRIZES

Prizes will be given to the top three boats of each class and to the first female boat if there are more than 3 female boats racing.

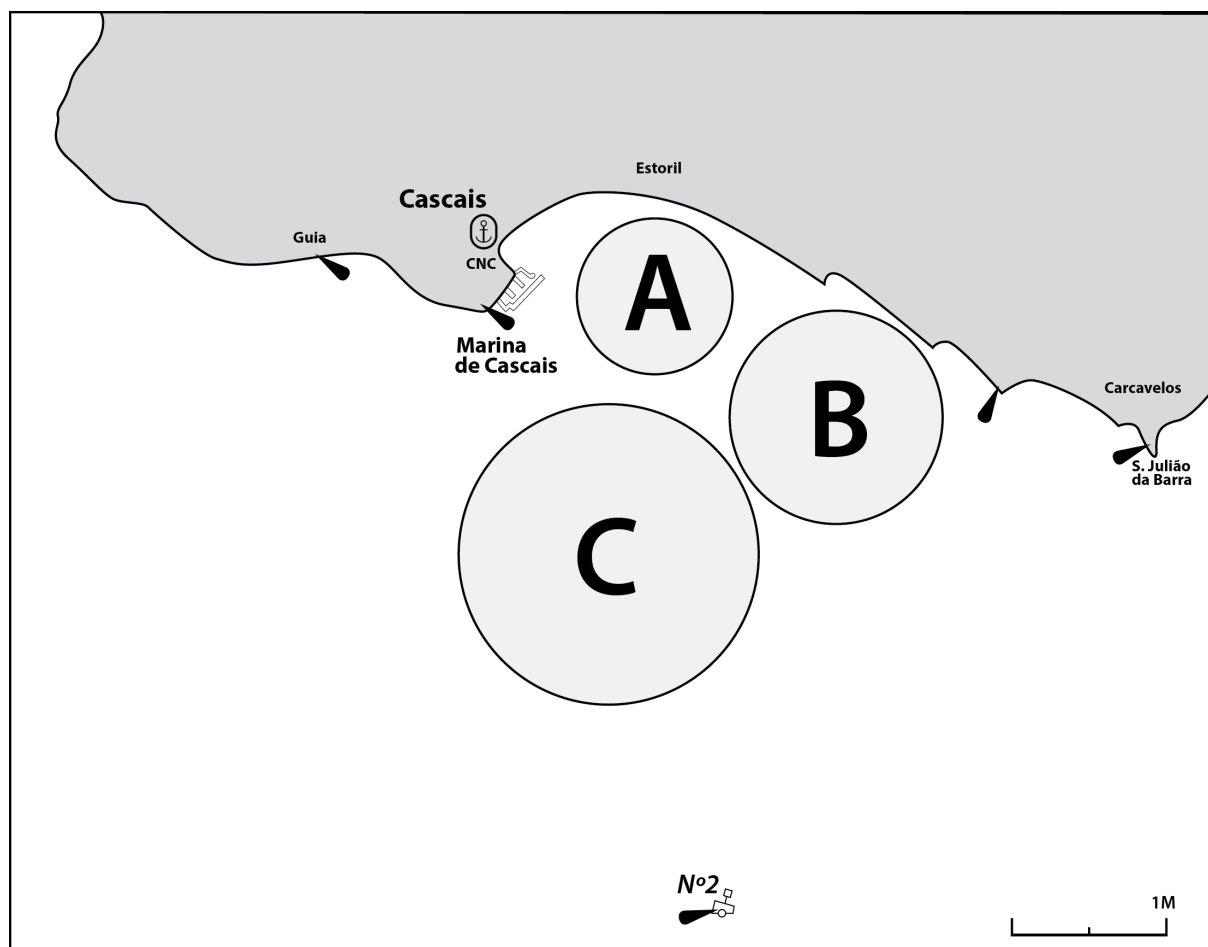
28 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority, his staff, race officials or other involved entity 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.

29 INSURANCE

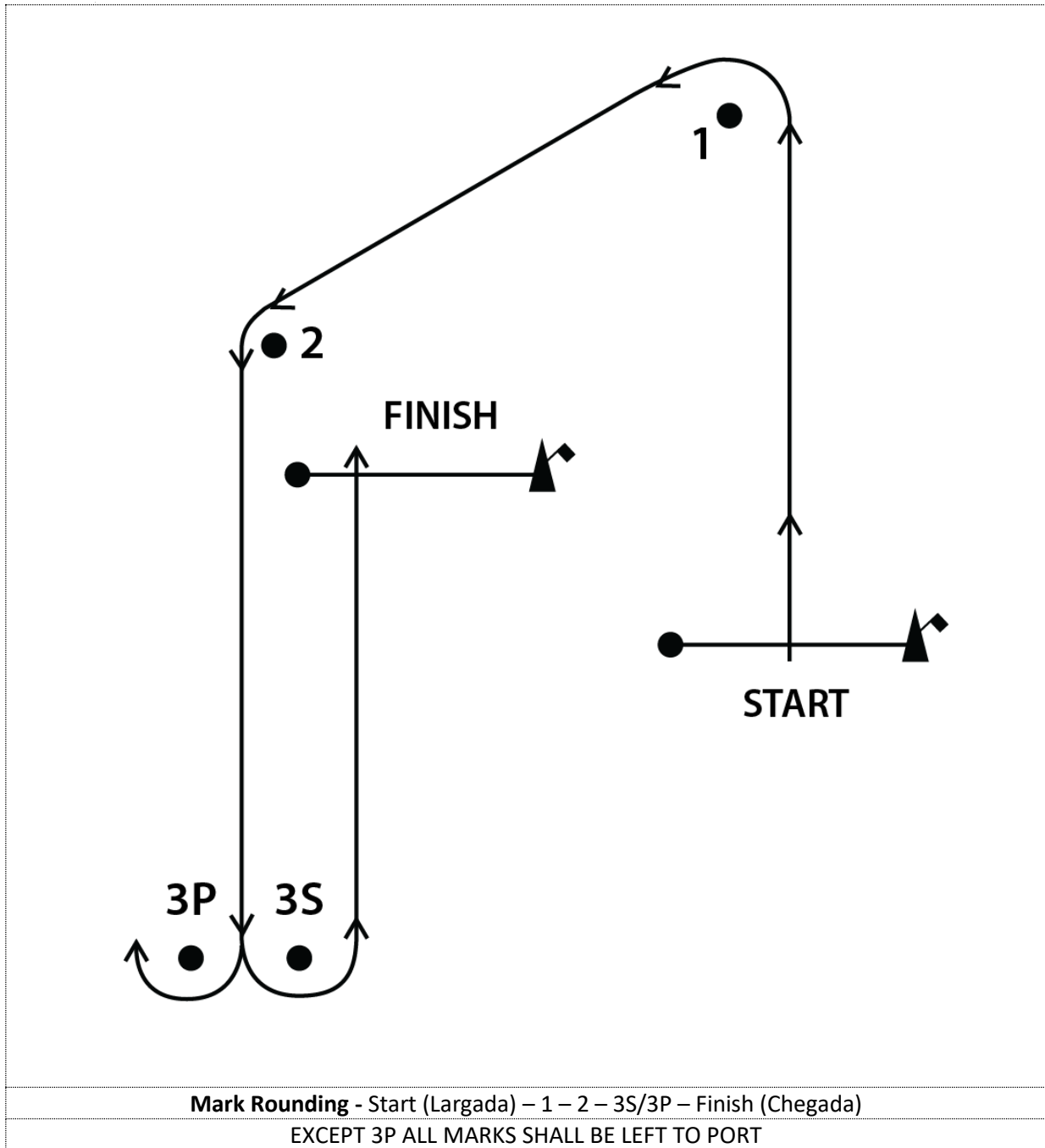
Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of 305.000 € per event or the equivalent.

ATTACHMENT A
RACE AREAS



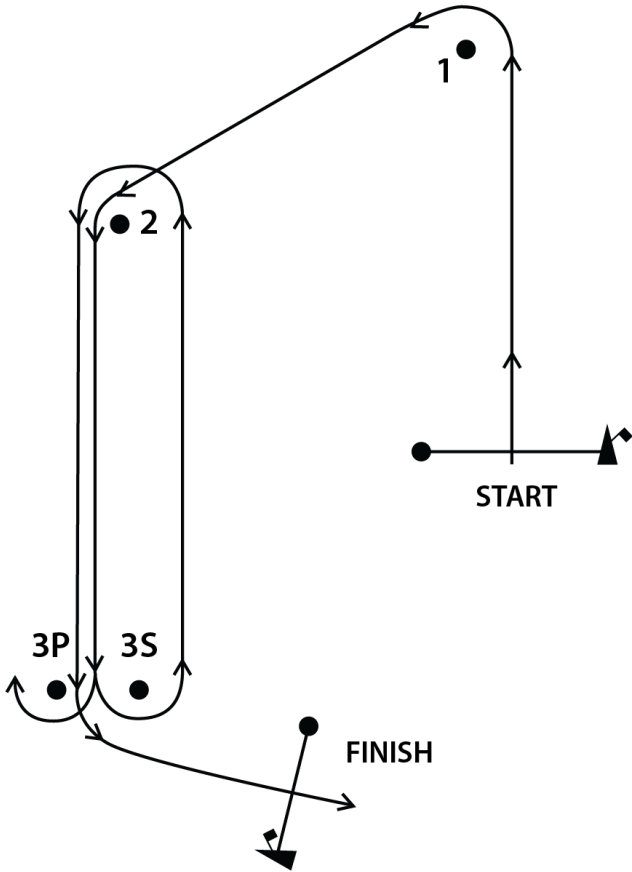
Race Area	Identification	Classes	Bearing	Distance
A	Orange Flag with A	Optimists	90º	0,5 Mn
B	Orange Flag with B	Radial, 4.7 e 420	110º	1,3 Mn
C	Orange Flag with C	SB20	180º	1,5 Mn

ATTACHEMENT B1
RACE AREA A - OPTIMIST CLASS
OPTIMIST COURSE - OUTER LOOP



ATTACHEMENT B2
RACE AREA B
420 + LASER STD, RADIAL, 4.7

OUTER LOOP – Signal: O"x"

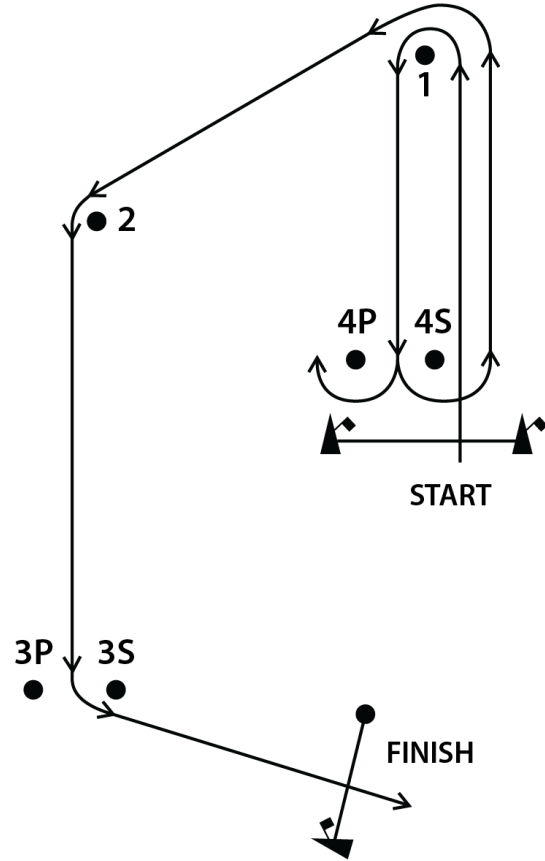


Signal - Mark Rounding

O2 - START (Largada) – 1 – 2 – 3P/3S – 2 – 3S – FINISH(Chegada)

O3 - START (Largada) – 1 – 2 – 3P/3S – 2 – 3P/3S – 2 – 3S – FINISH(Chegada)

INNER LOOP – Signal: I"x"



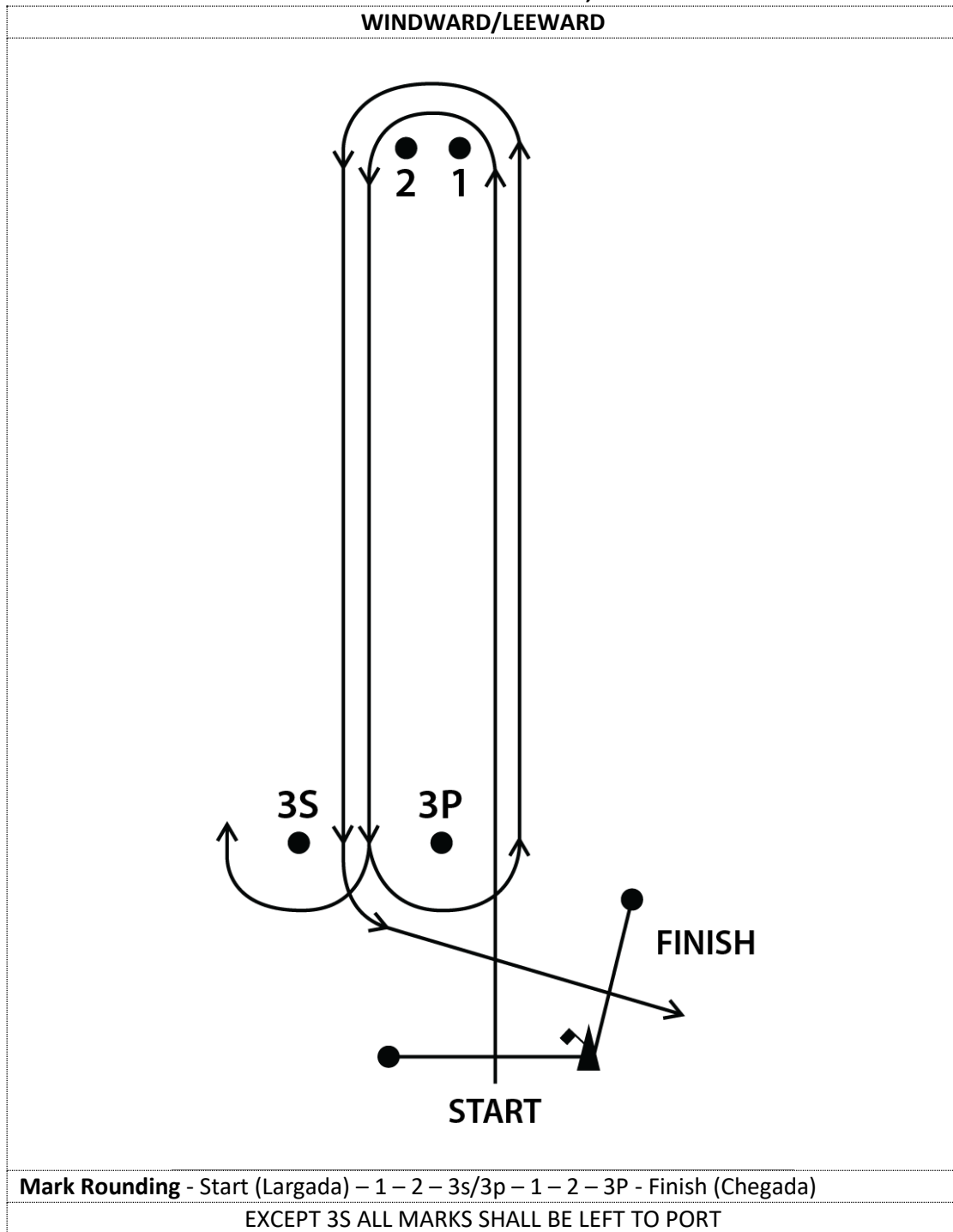
Signal - Mark Rounding

I2 - START (Largada) – 1 – 4P/4S – 1 – 2 – 3 – FINISH(Chegada)

I3 - START (Largada) – 1 – 4P/4S – 1 – 4P/4S – 1 – 2 – 3S – FINISH(Chegada)

ALL MARK ROUNDINGS TO PORT EXCEPT 3P AND 4P MARK.

ATTACHEMENT B3
RACE AREA C
COURSE 1 – PENNANT 1 OF ICS, SB20 CLASS
WINDWARD/LEEWARD



RACE AREA C
COURSE 2 – PENNANT 2 OF ICS, SB20 CLASS
WINDWARD/LEEWARD

