

Sailing Instructions

1. Rules

- 1.1 Races and scoring will be managed according to IDNIYRA By-Laws, NIA racing rules, the Sailing Instructions and the Skippers Meeting.

2. Starting Times

Day 1 Tuesday 19.2. 2019		Day 2 & 3 Wednesday-Thursday 20-21.2.2019	
09:00-09:50	Registration	09:00	Skippers Meeting
10:00	Skippers Meeting	10:00	First scheduled start
11:00	First scheduled start		

- 2.1 A lunch break will be arranged each day.
- 2.2 Starting times of subsequent races each day will be announced by the Race Committee Chairman, reference IDNIYRA By-Laws.

3. Course & Race Area Location

- 3.1 The course shall be the 'Darling Course' of NIA as described in attachment A. It is to be sailed 2 or 3 laps per race depending on the length of the course. Decision will be made at skippers meeting based on the recommendation of Racing Committee. Voting by raising hands.
- 3.2 Details and eventual hazards of the course will be further explained at the Skippers Meeting.

4. Marks

- 4.1 Marks will be described at the Skippers Meeting.
- 4.2 Darling-marks will be used near windward and leeward marks. Darling-mark will be part of the mark. Sailors are not allowed to pass between mark and darling-mark. Crossing the line between mark and darling-mark means disqualification by the Race Committee without protest hearing.

5. Starting Line

- 5.1 The starting line will be marked by flags (described at Skippers Meeting). The "wire" starting line system will be used. All sailors shall put leeward runner next to the starting position indicated on the starting line. Sailing over the starting line means disqualification by Race Committee without a protest hearing.
- 5.2 Competitors must go to the right (looking upwind) of the starting line after finishing a race.

6. Parking Area

- 6.1 A yacht sailing inside of the parking area may be disqualified by Race Committee without a protest hearing.

7. Fleet Splitting

- 7.1 If more than 40 competitors are registered or if the Race Committee assesses the conditions better suited for smaller groups, the competitors will be divided into two groups. If there is a need for two groups, the splitting will be made at start position lottery.

After first races of both groups, the first 40 % of sailors of both groups will join the A-group. The next start is for the the rest of sailors. After the race the best sailors will go to A-group so that the groups are the same size. This race is also the first B-group race. The winner of this start is the first, who stays to B-Group. Next start is for A-group , then B etc.

8. Starting & Finishing Signals

- 9.1 The starting signal shall be the swift lowering of the starters flag after he raises his flag to signify the preparatory signal. If the start is to be delayed after the preparatory signal the starter will slowly withdraw his flag.
- 9.2 The finish of the first yacht shall be signaled by the raising of a checkered flag, which will remain raised for 10 minutes or until all yachts have finished, whichever is earlier.
- 9.3 The Grand Prix finishing style will apply, after the first yacht finishes, all consecutive yachts will finish regardless of how many laps they may have completed. In each race, a yacht will be scored ahead of all yachts with fewer laps. Any yacht not finishing within 10 minutes of the first yacht will be scored according to her finish in the previous lap (if no laps have been completed she will be scored DNF).
- 9.4 A clear signal will be given by means of flag and signal horn (loud and clear) 5 minutes before each start

10. Time Limit

- 10.1 The lap time limit (minutes) is 8 times the distance (km) between the leeward and windward marks.

11. Race Abandonment

- 11.1 A flag with a black cross displayed at the leeward and/or the windward mark shall signal abandonment of the race.

12. Protests

- 12.1 Intention to protest must be reported to the Race Committee immediately after the race. A written protest must be filed with the Race Committee Chairman within 30 minutes after the last race of the day.

13. Talking to the scorers

- 13.1 A skipper who attempts to speak to the scorers while a race is in progress may be liable to disqualification from the regatta.

14. Propulsion

- 14.1 A yacht may not employ any means of propulsion other than the action of the wind on the sails. However, the crew (unassisted by anyone except for reasons of physical disability as authorized by the Judges) may push the yacht to leave the starting line. Running is not allowed. After 5 steps, sailors can use only one leg for creating speed for boat. By same means sailor can return the yacht to wind propulsion when necessary. This especially but not only means that pushing around marks or pushing across the finishing line is forbidden. The race committee will watch closely if any pushing is according to that rule and the present wind conditions/directions on the course. Other pushing shall be cause for disqualification.
- 14.2 The Swedish DN Regulations rule "Lex Viking" will apply (*see figure in attachment B*). Pushing the yacht below 90° relative the course between the marks looking upwind or at a higher course than normally sailed upwind (45° ±5°) is **not permitted** while racing. The wind direction is always presumed to be parallel the imaginary line between the windward and leeward marks. Violation of "Lex Viking" shall be cause for disqualification.

15. Parking Brake

- 15.1 Parking brake must always be available for immediate use. Any unattended yacht with sail up must have the parking brake engaged. Failure to do this shall result in DSQ in the race prior to the verdict and may result in disqualification from the entire regatta if damage or injury results and the Race Committee deems it appropriate.

16. Sailors Behaviour

- 16.1 Any inappropriate behaviour towards Race Committee or volunteers will be referred to Jury and may result in DSQ.

17. Safety

- 17.1 First aid kit and ice rescue equipment including a rescue board will be available in the safety zone.

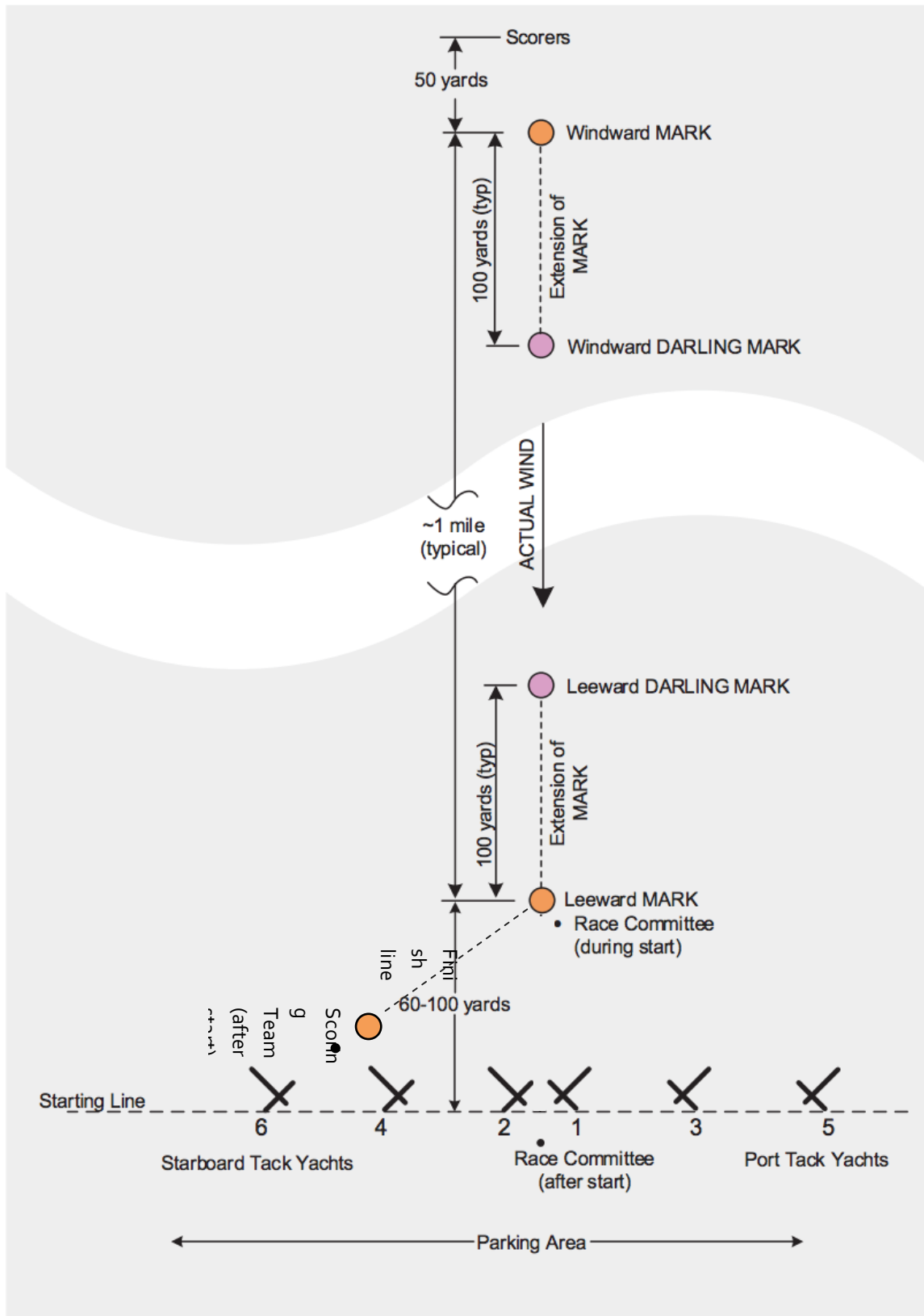
18. Equipment

18.1 The same equipment (except runners & sails) must be used throughout the entire regatta, except articles found illegal in one race or heat.

18.2 A yacht is restricted to the use of two sails and nine runners in the regatta.

Attachment A

DARLING COURSE



Attachment B

Lex Viking

