



ISA Youth Pathway National Championships 2016

Howth Yacht Club

31st March – 3rd April
2016

SAILING INSTRUCTIONS

1. RULES

- 1.1 The Regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS).
- 1.2 The Prescriptions of the ISA shall apply.

2. ORGANISING AUTHORITY

- 2.1 The Organising Authority (OA) is Howth Yacht Club, in conjunction with the ISA.

3. NOTICES TO COMPETITORS

- 3.1 Notices to competitors will be posted on the Official Notice Board located at the Clubhouse.

4. CHANGES TO SAILING INSTRUCTIONS (SI)

- 4.1 Any change to the SI will be posted before 0900 on the day it will take effect, except that any change to the schedule of the first races each day will be posted by 2000 on the day before it will take effect.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on the flagpole beside the walkway to the marina.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in race signal AP.
- 5.3 ICF D with a sound signal means: 'The warning signal will be made not less than 45 minutes after flag D is displayed or not before the scheduled time, whichever is later'. **Boats shall not go afloat until this signal is made.**

6. SCHEDULE OF RACES

6.1 Racing is scheduled as follows:-

31 st March	3 races	420, Laser Radial	1 st warning signal	1155
1 st April	3 races	420, Laser Radial, Laser 4.7, Topper	1 st warning signal 1 st warning signal	1055 1155
2 nd April	3 races	420, Laser Radial, Laser 4.7, Topper	1 st warning signal:	1055
3 rd April	2 races	420, Laser Radial, Laser 4.7, Topper	1 st warning signal:	1055

6.2 Except for the first race (or sequence of races) each day, or where a starting sequence follows a postponement or general recall, an orange starting line flag will be displayed with one sound signal at least ONE minute before a warning signal is made to alert boats that a race or sequence of races is imminent. Where such an alert is not being provided, the orange flag will be hoisted with the first warning signal of a sequence of starts.

6.3 If more than one of any Classes' scheduled races has not been sailed on the days prior to 3rd April. three races may be sailed for each such Class on 3rd April.

6.4 On the last day of the Regatta, no warning signal for a Class will be made after 15.30

7. CLASS FLAGS

Class	Flag
420	420 Class Flag
Laser Radial	Laser Class Flag
Laser 4.7	Int. Code Flag J
Topper	Int. Code Flag T

8. RACING AREA

8.1 The race areas will generally be north of Ireland's Eye and south of Malahide Estuary. The area between Ireland's Eye and Claremont Beach may also be used at the discretion of the OA. Three

course areas will normally be in use during the event – Black course for 420s/ Laser Radials and Yellow course for Laser 4.7/ Topper. The third course shall be used for the Optimist Trials, which have their own separate SIs.

8.2 The course assigned to each fleet and its approximate location will be posted on the Official Notice 1 Board each day before 0930.

9. THE COURSES

9.1 The diagrams in Attachment A show the courses, the order in which marks are to be passed, and the side on which each mark is to be left. Mark 3 and Mark 4 are shown as gates on some courses,

3S/3P and 4S/4P (S=starboard, P=port), which the Race Committee may replace by a single Mark

3 or 4. If a single mark 3 or 4 is used, it is to be left to port. Leg lengths and angles shown are approximate and for indicative purposes only and may be varied to suit conditions afloat.

- 9.2 No later than the Preparatory signal for each Class on the Black course, the course designation will be displayed on a board on the Race Committee Starting Boat. The course configurations for the Classes on the Yellow course will be as per the illustration in Appendix A.

10. MARKS

- 10.1 Course Area Marks 1, 2, 3(3s/3p), 4(4s/4p) for the 420/Laser Radial course will be Black cylindrical inflatables and for the Laser 4.7/ Topper course marks 1, 2, 3(3s/3p) and 4 will be Yellow Cylindrical inflatables.
- 10.2 The starting marks for the 420/Laser Radial will be the Race Committee Starting Boat, "Star Point" at the starboard end, and an orange cylindrical mark at the port end.
- 10.3 For the Laser 4.7/Topper/Opt Champs course the starting marks will be the Race Committee Starting Boat, "Sea Wych", at the starboard end and an orange cylindrical mark at the port end.
- 10.4 The finishing marks, except where a race is shortened, will be a Race Committee finishing boat flying a blue flag at one end and a red buoy at the other end.
- 10.5 New marks as provided in SI 12.1 will be the same shape and colour as the original marks.
- 10.6 A Race Committee boat signaling a change of course is a mark as provided in SI 12.2.

11. THE START

- 11.1 The starting sequence on each course will be as follows:
11.1a Black Course – 420, Laser Radial
11.1b Yellow Course – Laser 4.7, Topper
- 11.2 In the event of a Class being subject to a General Recall, the intention is that the scheduled sequence of Class starts will be maintained but the Race Committee has discretion to defer the restart of the recalled Class until the other Classes racing on the Course have started. Competitors are advised to watch the flag sequence and be alert to the possibility of the recalled Class being deferred until later in the sequence. This changes RRS 29.
- 11.3 The starting line will be between the mast of the Committee Boat displaying an Orange flag on the starboard end, and an Orange cylindrical mark on the port end of the line.
- 11.4 Boats whose Warning Signal has not been made shall not interfere or obstruct boats whose Warning Signal has been made and shall keep clear of the starting line area between the Preparatory and Starting signals of other Classes.
- 11.5 A boat starting later than 4 minutes after her Starting signal will be scored DNS. This changes RRS A4 and RRS A5.
- 11.6 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 it is postponed or abandoned before the Starting signal. This changes RRS 26, 63.1. A4 and A5. The scoring abbreviation UFD shall be used for a 'U Flag' penalty. This changes RRS A11.

12. CHANGE OF POSITION OF THE NEXT MARK

- 12.1 To change the next leg of the course, the Race Committee will lay a new mark and remove the original mark or move the original mark (or move the finishing line) as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.
- 12.2 Except at a gate, boats shall pass between the Race Committee boat signaling the change of course and the nearby mark, leaving the mark to port and the Race Committee boat to starboard. This changes RRS 28.1.

13. THE FINISH

- 13.1 The finishing line, except where a race is shortened, will be between a boat displaying a blue flag and a red cherry mark or finish boat.
- 13.2 After the first boat has finished, the Race Committee may set alternative finishing lines as follows:
 - 13.2a When a committee boat displays flag W with two sounds, boats that have not yet rounded the nearby mark shall finish between this mark and the staff on the boat displaying flag W.
 - 13.2b When a boat finishes in accordance with this Instruction, she shall be awarded a finishing place behind all boats that passed the nearby mark before flag W was displayed.

This changes RRS A4.2.
- 13.3 Back-markers may be given their finish position as taken on the course by a Race Committee boat displaying ICF 'W'. The flag display will be accompanied by two sound signals. This changes RRS 32.2.

14. PENALTY SYSTEM

- 14.1 A boat that has taken a penalty or retired under RRS 44.1 shall complete an acknowledgment form at the Race Office within the protest time limit.
- 14.2 Appendix P will apply.
- 14.3 Whistle System: To encourage boats to take penalties afloat, Jury members may blow a whistle when they see what they believe to be a breach of a Rule.
- 14.4 An Arbitration hearing procedure and Exoneration Penalty will be offered as follows:
 - 14.4.1 When a protest or request for redress is lodged, a boat may at the same time request Arbitration, or the Protest Committee or Race Committee may offer it.
 - 14.4.2 If the parties and a member of the protest or Race Committee agree that 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 RRS, except that the first sentence of RRS 64.1 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 RRS 63.1.

14.4.3 When there is not an agreement to use Arbitration, or when, after 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. RRS 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.

14.4.4 When redress is offered and accepted by boats at the 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, all parties may ask for the request to be heard before a Protest Committee.

14.4.5 Decisions from Arbitration can be referred to a Protest Committee but cannot be reopened or appealed.

14.4.6 Exoneration Penalty

A boat that may have broken a rule of Part 2, or RRS 31 or 42, may, after finishing the race concerned and before the start of a related protest hearing, notify the race committee that she accepts a 20% scoring penalty as stated in RRS 44.3(c), (except that the minimum penalty is two places if that does not result in a score worse than DNF). This penalty does not reverse an OCS score, a disqualification under RRS 30.3 or a penalty under Appendix P. It is not available for a breach of RRS 2 or of class rules or for gross misconduct under RRS 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.

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 penalised further in a protest hearing when the Protest Committee decides that it was appropriate to the facts found and the applicable rules.

14.4.7 Not used

14.4.8 For the 420 Class only: The Race Committee may display flag O with the warning signal to signal that pumping, rocking and ooching are allowed as specified in the Class rules. If the wind speed exceeds the specified limit after the starting signal, the Race Committee may display flag O with repetitive sounds at a rounding mark or gate to signal that the actions, as specified in the 420 Class rules, are permitted once boats have passed the mark(s).

14.4.9 If the wind speed becomes less than the specified limit after ICF 'O' was displayed, the Race Committee may display ICF 'R' with repetitive sounds at a rounding mark or gate to signal that RRS 42 applies to boats after they have passed the mark(s).

15. TIME LIMITS

15.1 Time Limits are as follows:-

Class	Race time limit	Mark 1 time limit	Time limit after the first boat finishes	Race target time
Laser Radial, 420	90 minutes	30 minutes	15 minutes	45 minutes

Laser 4.7, Topper	75 minutes	30 minutes	15 minutes	30 minutes
----------------------	------------	------------	------------	------------

- 15.2 If no boat has passed Mark 1 within the Mark 1 time limit, the race will be abandoned.
- 15.3 Boats failing to finish within the time limit after the first boat (see SI 16.1) sails the course and finishes will be scored Did Not Finish. This changes RRS 35, A4 and A5.

16. PROTESTS AND PENALTY SYSTEM

- 16.1 Boats protesting shall notify, and seek acknowledgement from, the Race Committee Finishing Boat on finishing.
- 16.2 Protest forms are available at the Race Office. Protests shall be delivered to the Race Office within the Protest Time Limit.
- 16.3 For each course area, the Protest Time Limit is 60 minutes after the last boat has finished the last race of the day or the time of the latest abandonment or postponement of a race, whichever is the latest. The same time limit applies to protests by the Race Committee and Protest Committee about incidents they observe in the racing area and to requests for redress. This changes RRS 61.3 and 62.2.
- 16.4 Notices will be posted on the Official Notice Board within 30 minutes after the Protest Time Limit expiry to inform competitors of hearings in which they are parties or named as witnesses.
- 16.5 Hearings will be held in the Jury Office beginning as soon as possible.
- 16.6 Notices of protests by the Race Committee or Protest Committee will be posted to inform boats under RRS 61.1(b).
- 16.7 A list of boats that have infringed RRS 42 will be posted on the Official Notice Board.
- 16.8 For the purpose of RRS 64.3(b), the authority responsible is the Principal Race Officer.
- 16.9 Breaches of SI 3, 5.3, 12.2, 15.2, 18, 19, 21, 22, 23, 24, 25 will not be grounds for a protest by a boat. This changes RRS 60.1(a). Penalties for these breaches may be less than disqualification if the Protest Committee so decides.
- 16.10 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 a previous day and no later than 30 minutes after the party requesting reopening was informed of the decision if on that day.
- 16.11 On the last racing day, a request for redress from a Protest Committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2 and 66.
- 16.12 Decisions of the Protest Committee will be final, as provided in RRS 70.5.

17. SCORING

- 17.1 A total of 11 races are scheduled with 4 races required to be completed to constitute a series for the 420 and Laser Radial Classes. A total of 8 races are scheduled and 3 races are required to be completed to constitute a series for the Laser 4.7 and Toppers.
- 17.2 When fewer than 5 races have been completed a boat's series score will be the total of her race scores. When 5 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst excludable score.
- 17.3 To request correction of an alleged error in posted race or series results, a boat shall complete a scoring enquiry form available at the Race Office.
- 17.4 The scoring abbreviation for a discretionary penalty imposed under SI 16.9, 18.1 or 18.8 will be DPI. This changes RRS A11.

18. SAFETY /LAUNCHING REGULATIONS

- 18.1 A tally board system shall be operated for all fleets during the event and a crew member of each boat shall personally obtain the assigned tally for their boat when going afloat and return it when coming back ashore. The tally boards shall be located near the top of the slipways designated for use by each Class.
For the Laser Radial and 420 fleets, the allocated tally shall be removed from the tally board and placed in the bucket beside it when the boat is launching and again when returning ashore.
For the other fleets, the tallies shall be removed, taken afloat and returned to the designated fleet board on coming ashore. Boats shall tally off as per instruction above no later than 20 minutes after a boat has returned ashore. Any boat in breach of this Instruction shall be awarded an additional 5 points discretionary penalty to their first race finished on the day of the breach. This changes RRS 63.1 and A5. If the Race Committee deems it appropriate, a protest may be lodged for a gross breach of this SI.
- 18.2 All Classes shall launch from and return to the slip assigned to their Class and boats shall comply with the instructions of the Beach Master.
- 18.3 A boat that retires from a race shall notify the Race Committee as soon as possible.
- 18.4 Boats not leaving the shore for the day's races shall notify the Race Office as soon as possible.
- 18.5 Competitors shall wear life jackets or other adequate personal buoyancy while afloat. The organising authority reserves the right to reject any buoyancy jacket which it considers unsuitable. When no specifications are given in the class rules, personal buoyancy shall comply with CE EN393 (CE 50N - 50 Newton) or an equivalent standard, providing a minimum of 5kg of buoyancy. This amends RRS 40.
- 18.6 Boats found launching not in compliance with Class safety rules may be refused permission to launch until the non-compliance is addressed to the satisfaction of the Beach Master.
- 18.7 Boats wishing to leave their race course area before the end of the day's racing shall not do so unless authorised by a safety boat. The safety boat will instruct boats in the procedure for returning ashore.
- 18.8 Boats shall follow the instructions of the safety boats. Infringements will be reported to the Race Committee, which may protest the boat. Boats penalised under this SI may be awarded

a scoring penalty, or such other penalty that the Protest Committee may decide. This changes Rule 64.1(a).

- 18.9 Howth Harbour is a commercial fishing port. Motor vessels entering and leaving it have right of way and sailing boats are required to keep clear of them. Failure to comply with this requirement is a breach of Harbour Regulations and may also, at the discretion of the Organising Committee, be treated as a breach of these SI.
- 18.10 Boats entering and leaving the Harbour are advised to keep clear of the anglers who sometimes fish from the pier ends at both sides of the Harbour entrance, to avoid their lines and to beware of the risk of being fouled by hooks and weights when the anglers are casting.
- 18.11 The navigable channel from the Marina to the entrance to the fishing harbour is marked with red and green buoys. Boats are advised to stay within the marked channel when entering and leaving the marina area.

19. REPLACEMENT OF CREW OR EQUIPMENT

- 19.1 Substitution of competitors will not be allowed without prior written approval of the Race Committee.
- 19.2 Substitution 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

- 20.1 A boat or its equipment may be inspected at any time for compliance with the Class rules and Sailing Instructions.
- 20.2 On the water, a boat can be instructed by a Protest Committee member to proceed immediately to a designated area for inspection.

21. ADVERTISING

- 21.1 The OA may require competing boats to carry event sponsor advertising on the hull and / or sail.
The OA will supply stickers and instructions for their use.

22. OFFICIAL BOATS

- 22.1 Official boats will be marked as follows:-
- 22.1(a) Committee Start Boat – Course colour flag and orange flag
 - 22.1(b) Committee Finishing Boat – Blue flag or ICF 'S', as appropriate
 - 22.1(c) Safety/Rescue RIBs – White flag with letter 'R'
 - 22.1(d) Mark boats – No flag
 - 22.1(e) Jury – Yellow flag with letters 'JURY' or 'J'
 - 22.2(f) Motherships – White flag

23. SUPPORT BOATS

- 23.1 Support boats shall register with the Race Office.

- 23.2 Each support boat shall conspicuously display an identification flag that will be supplied to the assigned boats by the Organising Authority at registration. Support boats shall stay at least 100m from the race area except when requested to assist by an official boat.
- 23.3 Support boats for the Laser Radial and 420 classes - except when requested by or agreed with the Race Committee - coaches and supporters shall not communicate with competitors afloat, tow competitors to or from the race area, or enter the race area.
- 23.3 Breaches of any part of this paragraph will not be grounds for a protest by a boat. This changes RRS 60.1(a). For these breaches the Protest Committee may apply another penalty in place of disqualification.
- 23.4 In the event of an emergency the support boats will follow the instructions of the Race Officer or Safety Officer. All support boats shall keep a listening watch on the VHF Channel appropriate to the course they are located on, as follows: Black (420, Laser Radial) - 69; Yellow (Laser 4.7, Topper) - 71. The Optimist Trials course will use 77.

24. BERTHING

- 24.1 Boats shall be kept in their assigned spaces ashore.

25. RADIO COMMUNICATION

- 25.1 A boat shall neither make radio transmissions while afloat nor receive radio communications. This restriction also applies to mobile telephones.

26. PRIZES

- 26.1 Prizes will be awarded to the first three boats overall in each Class, subject to at least 10 entries in the Class, and to the highest place boat with an all-female crew in each Class.

27. DISCLAIMER OF LIABILITY

- 27.1 Competitors participate in the Regatta entirely at their own risk. See RRS 4, Decision to Race.
- 27.2 The OA 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.
- 27.3 Temporary Membership - All competitors sailing in the ISA Youth Pathway Nationals shall be temporary members of Howth Yacht Club during the event and will be bound by the rules of the Club.

28. INSURANCE

- 28.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of €1,500,000.00 per incident or the equivalent.

29. RIGHTS TO USE NAME AND LIKENESS

- 29.1 By participating in this Regatta, a competitor automatically grants to the OA, the ISA and the sponsors of the Regatta the right in perpetuity to make, use and show at their discretion any motion pictures, still pictures and live, taped or filmed television and other reproductions of him or her during the Regatta, and of all of his or her material related to the Regatta, without compensation.

Attachment A

420. Laser Radial course options

I

Course: Inner Trapezoid

Signal	Mark Rounding Order
I2	Start - 1 - 4s/4p - 1 - 2 - 3p - Finish
I3	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 2 - 3p - Finish
I4	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s/4p - 1 - 2 - 3p - Finish

O

Course: Outer Trapezoid

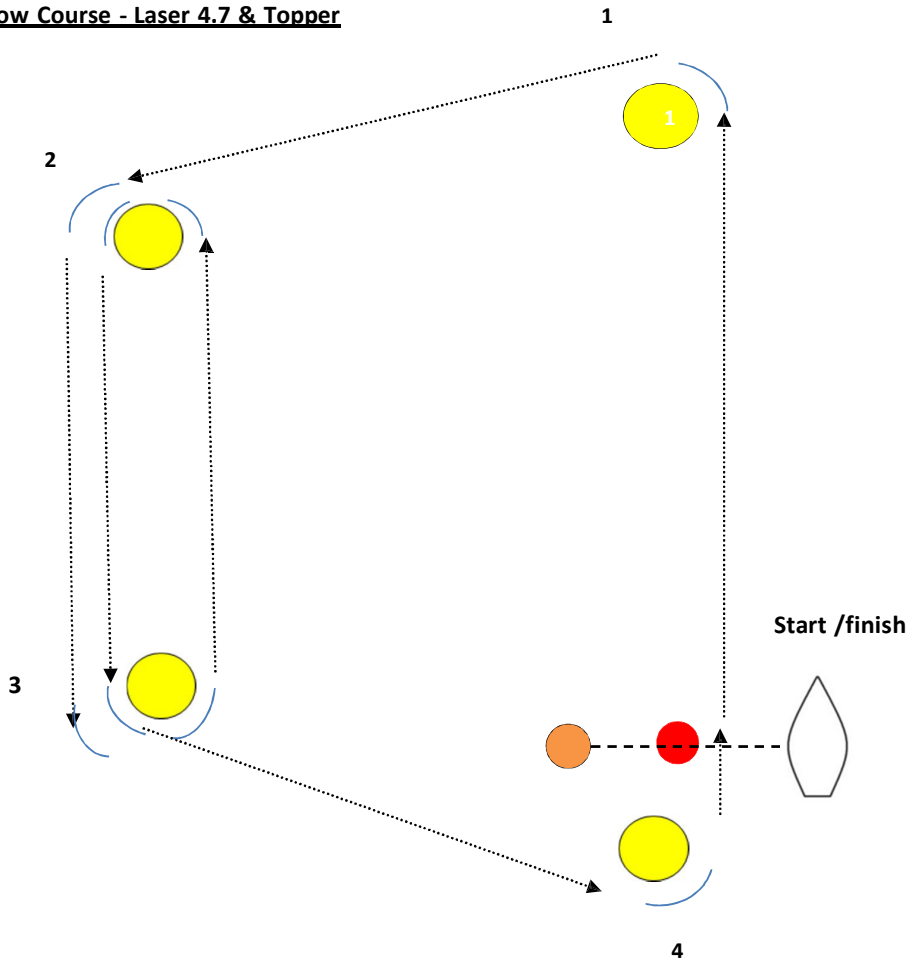
Signal	Mark Rounding Order
O2	Start - 1 - 2 - 3s/3p - 2 - 3p - Finish
O3	Start - 1 - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - Finish
O4	Start - 1 - 2 - 3s/3p - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - Finish

L

Course: Windward/Leeward

Signal	Mark Rounding Order
L2	Start - 1 - 4s/4p - 1 - Finish
L3	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - Finish
L4	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s/4p - 1 - Finish

Yellow Course - Laser 4.7 & Topper



Mark roundings – Start, 1, 2, 3, 2, 3, 4, Finish