



ILCA and PY (incl RS Aero) Dinghy Frostbite Series 2022 / 2023



Sailing Instructions

1. Rules & Eligibility

- 1.1. Racing will be governed by the Racing Rules of Sailing (2021 - 2024) (RRS), the prescriptions of Irish Sailing, the rules of the ILCA, RS Aero Class Associations and respective PY Classes, the Notice of Race (NoR), these Sailing Instructions (SI) and any changes to the NoR or SI. Advertising in compliance with ISAF Regulation 20 is permitted.
- 1.2. Entries are accepted at the sole discretion of the Organising Committee.
- 1.3. Replica ILCA sails or spars may be permitted provided their measurements fall within ILCA Class limits.

2. Safety

- 2.1. The attention of each competitor is drawn to the potential dangers of sailing during Winter months when wind chill, water temperature and weather conditions can quickly induce fatigue / hypothermia. Each competitor shall wear a buoyancy aid and suitable protective clothing at all times and RRS 40.1 shall apply. Please see SI 20 for advice on minimum levels of protective clothing but competitors shall consider whether additional clothing is appropriate for themselves and dress appropriately for the conditions. Wetsuits will not be recognised as personal buoyancy. Competitors must be aware of the Irish Sailing Safety Guidelines and its recommendations.
- 2.2. Competitors participate in the series entirely at their own risk. See RRS 4, Decision to Race. Neither Houth Yacht Club CLG, the Race Committee, nor the Organising Committee, including those individuals who comprise them, are liable for loss of or damage to boats or equipment, or for death or injury to competitors.
- 2.3. All helms are required to sign out before going afloat and to sign in when coming ashore after racing or having retired. The form will be held in the race office beside the marina office. Failure to do so will incur a penalty, without a protest hearing, equivalent to DNF for the race, or races, for which the boat failed to comply with this instruction. This changes rule 63.1 and Appendix A5.
- 2.4. All boats shall have a painter, with minimum diameter of 6 mm and at least 3 metres in length, made fast to the bow.
- 2.5. Competitors are advised to regularly check their equipment for possible defects, e.g., loose rivets, frayed ropes, insecure bung, loose tiller extension universal joint, split rings, etc.
- 2.6. Competitors shall co-operate with crews of Race Committee boats, including RIBs, and should accept their advice.
- 2.7. In adverse weather conditions competitors are reminded of the possibility of coming ashore on Claremont beach.
- 2.8. When leaving or entering the Marina area and harbour entrance please keep in single file on the right-hand side of the channel (in the direction of travel) and pass vessels port-to-port.
- 2.9. Boats shall not impede trawlers or fishing vessels in the Sound or Harbour Entrance. These vessels have right of way due to restricted waters.

3. Insurance

- 3.1. Each participating boat shall be insured with adequate, valid, third-party liability insurance cover inclusive of a racing risks extension.

4. Notices to Competitors

- 4.1. Notices to competitors will be posted on the official notice board, which is located in the archway at the marina entrance to the Club. Notices may also be circulated via WhatsApp messages to the Event Group, as per NOR 13.

5. Signals made ashore

- 5.1. Signals made ashore will be displayed on the flagpole at the top of the marina bridge.
- 5.2. When flag 'AP' is displayed ashore "one minute" is replaced with "not less than 30 minutes". This changes RRS "Race Signals". Boats are requested not to leave the harbour until flag AP is lowered.
- 5.3. Flag 'L' over the ILCA flag indicates that an amendment to the Sailing Instructions has been posted. This signal will only be made on the first day of racing after each amendment has been posted.

6. Changes to Sailing Instructions

- 6.1. Changes to the Sailing Instructions will be posted on the official notice board not later than 2 hours before the scheduled start of the first race so affected and will remain in force for all subsequent races. Changes may also be circulated via WhatsApp messages to the Event Group, as per NOR 13.
- 6.2. Where the number of races sailed falls behind schedule due to adverse weather, the Race Committee reserves the right to run up to 3 races per day to address the shortfall. Where this is intended, in addition to posting a change on the notice board, an emailed notice will be circulated to all competitors who have provided an email address. This will be done no later than Friday midnight prior to the day it is planned to hold an additional race. This will be deemed to be adequate notice.

7. Schedule of Races

- 7.1. It is intended to run two races back-to-back each day, including on the day of the Round the Island Race. On New Year's Day there will be one race. Entry for the New Year's Day Race is free for entrants to the pre-Christmas series. Entry for the Round the Island Race is free for entrants to the post-Christmas series.
- 7.2. Racing is scheduled as follows:

Series	Dates	Race Day	No. Races	Warning Signal
Courtney Cup (ILCA) PY Trophy	6th November 2022 to 18th December 2022	Sunday	14 Races (2 per day)	1045
New Year's Day Race	1 st January 2023	Saturday	1 Race	1155
Rowan Trophy (ILCA) PY Trophy	8th January 2023 to 5th March 2023	Sunday	18 Races (2 per day)	1045
Round the Island Race	11th March 2023	Saturday	2 Races	1055

8. Class Flags

- 8.1. The Class flags and the starting sequence where all four Classes have individual starts, shall be:

Class	Flag
ILCA 7	ILCA Class flag (may be "old" Laser flag until ILCA flag is available)
ILCA 6	ICF 'R'
ILCA 4	ICF 'J'
PY	ICF 'A'

- 8.2. The fleets may be started separately but the Race Committee has discretion to amalgamate the starts of either two, three, or all ILCA Classes into fleets as they see fit, which will be indicated by displaying the Class Flags of the next Classes to start simultaneously at their fleet Warning Signal.
- 8.3. If the decision is made to start all **single-handed** ILCA classes together, Code Flag E will replace the Class flags of the individual ILCA Classes

9. Starting Area

- 9.1. The Starting Area will be North of Howth Harbour in Howth Sound.
- 9.2. Boats are requested to sail near the Committee Boat prior to the first warning signal each day for identification purposes.

10. Starting Signals

- 10.1. The time of the first warning signal each day shall be as per NoR 3. Subsequent races that day shall start as soon as is possible.
- 10.2. Racing shall be started using a 3-minute sequence: Warning signal with relevant Class flag(s) displayed at Start -3 minutes. Preparatory signal with appropriate flag (P, U or Black) displayed at Start -2 minutes and removed at Start -1 minute. Class flag(s) removed at Start. Where more than a single fleet is planned, the Warning Signal for each succeeding fleet shall be made with or after the Starting Signal of the preceding fleet. This changes RRS 26
- 10.3. The starting line will be between the red and white pole on the Committee Boat and a black spherical mark. The starting mark may remain in place during the first race. The fleet flag will be displayed 3 minutes before the start of the race to which it applies.
- 10.4. Boats shall keep clear of the starting line until their warning signal.

11. Starting Time Limit

- 11.1. A boat that comes to the starting area but does not start (as per RRS Definitions) within 5 minutes after her valid starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

12. Finishing Time Limit

- 12.1. The time limit is 60 minutes for the leading boat in each fleet
- 12.2. After the first boat has finished, the Race Committee may offer a finishing position to the boat still racing in last place. The finishing position offered will be the number of boats finished and still racing plus 1. A boat is not obliged to accept such an offer unless it is the last boat still racing. The Race Officer is not obliged to make such an offer. A boat that accepts such an offer will immediately cease racing, and the Race Officer may repeat this process with the next last boat. The offer may be made via safety or support boat personnel. This changes the definition of the word "Finish". This changes RRS 35 and A4.
- 12.3. Any boat which fails to finish within 10 minutes of the leading boat in their fleet shall be deemed to have retired and will be scored as DNF. This changes RRS 35 and Appendix A5.

13. Finishing

- 13.1. The finishing line, except where the course is being shortened, shall be a line between the red and white pole on the Committee Boat, which shall display a blue flag, and a spherical yellow finishing mark, which shall be left to port.
- 13.2. Boats having finished are required to keep clear of all boats still racing. Those not doing so may be disqualified

14. Shortening Courses

- 14.1. The Race Committee may shorten the course at any mark on the course.
- 14.2. In addition to the normal procedure of shortening the course at a mark, the Race Committee may also shorten the course by requiring boats to sail directly from a mark to the finishing line. As boats round a mark, flag 'F' may be displayed from a nearby RIB, accompanied by repeated short sound signals. Boats shall then sail directly from that mark to the Start / Finish line and finish from the direction of the last mark rounded. This changes rule 32.2. Where a WL course is in use and the RIB is in the vicinity of marks 1 and 2, the flag shall be deemed to be flown beside mark 2.

15. Marks & Descriptions of Marks

- 15.1. The starting mark will be a black spherical mark.
- 15.2. The finish mark will be a yellow spherical mark.
- 15.3. All other marks will be red spherical marks to be left to port.

16. Courses

- 16.1. Courses will be a mixture of Windward-Leeward and Olympic courses starting from a Committee Vessel.
- 16.2. Courses will be selected by the Race Committee on the day and indicated by displaying on the Committee Boat either Flag "W" for Windward-Leeward Course, or Flag "O" for Olympic Course.
- 16.3. In certain wind conditions a "triangles only" course may be set. This will be signalled by displaying Flag "T" and, for such courses, any Class scheduled to sail a Windward Leeward loop on an Olympic course shall instead sail a triangle in place of that loop.
- 16.4. The Race Committee may reposition marks during a race to keep the course true to the wind. This will not be signalled. This changes rule 33.
- 16.5. Please see Appendix A for course diagrams.

17. Scoring

- 17.1. Scoring shall be as per RRS Appendix A4, low points system. Points are accumulated by the helmsman and not the boat.
- 17.2. One discard will be allowed for every four races sailed, up to a maximum of four discards per series.
- 17.3. Persons not entered shall not be awarded results. Boats participating in the series shall only be raced by helmsmen who have been properly entered. Single race entrants shall not score points in the series nor affect the results of those who have entered the series. This changes RRS Appendix A4.2 and RRS Appendix A9.
- 17.4. Rule A5.3 shall apply but, by way of change to it, the following scores will apply to boats falling into the following categories:
 - 17.4.1. DNC: Points equal to the number of entries for the series plus one
 - 17.4.2. DNS/OCS/RET/DSQ: Points equal to the number of boats that came to the starting area plus one

18. Protests

- 18.1. Protests, Requests for Redress or Reopening and Scoring Enquiries shall be submitted online at: https://www.racingrulesofsailing.org/events/5080/event_links?name=dinghy-frostbites
- 18.2. The Protest Time Limit is 1600 on each race day. Protest Time Limits shall be posted online at: https://www.racingrulesofsailing.org/events/5080/event_links?name=dinghy-frostbites
Notices of protests by the Race Committee will be posted online, at the same link, to inform boats. This changes Rule 61.1(b).
- 18.3. Times and locations of protest/redress hearings shall be notified to all parties involved.

19. Club Membership

- 19.1. Competitors are granted temporary membership of Howth Yacht Club on racing days, subject to the Club Rules.

20. Protective Clothing

- 20.1. The Race Committee advises the following minimum level of protective clothing: 3.5 mm long john wetsuit, long sleeve jumper, wind-proof suit, wet suit boots, hat or balaclava, OR Dry suit, tee shirt, long sleeve jumper, warm trousers, wet suit boots, hat or balaclava.

21. Dinghy Park

- 21.1. Competitors are required to reserve a parking space for their dinghy using the HYC Park Turtle application – log onto the application by clicking on the link, [Park Turtle](#) . Complete the required details and, in Section 3, select the '*Dinghy Frostbite Competitors 2022*' option from the dropdown list. **Failure to complete a parking space reservation using the Park Turtle app will mean that the boat is not permitted to be stored on HYC property and may be removed from the premises.**
- 21.2. Masts must be stored with the sections separated.
- 21.3. Road trailers are not permitted except when delivering and collecting boats. Road trailers found inside the dinghy park at other times will be placed on the pier at the owner's risk.
- 21.4. All boats must be removed on or before Monday 13th March 2023. Boats remaining on the premises after that date will be placed on the pier at the owner's risk.

22. Trolleys

- 22.1. All boats must have a serviceable trolley suitable for the type of boat they are sailing
- 22.2. To speed up the recovery of boats after racing, sailors are asked to take the first available trolley suitable for their type of boat. Sailors may collect their own trolley on the last day of each series. Owners are responsible for identifying their own trolleys.

23. Sail Numbers

- 23.1. Sails shall have the correct sail number (as per the entry form) clearly displayed on both sides in accordance with Class Rules. Permission from the race committee shall be requested in writing before each day's racing should a competitor wishes to sail under a different number from that under which they are entered.

Appendix A – Course Information

Olympic – Course flag ‘O’

ILCA 7, ILCA 6, (as per diagram)

Start - 1 - 2 - 3 - 1 - 3 - 1 - 2 - 3 - Finish

ILCA 4 & PY Fleet

Start - 1 - 2 - 3 - 1 - 3 - Finish

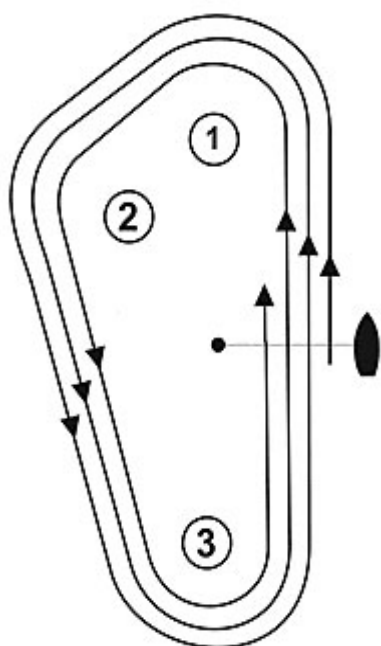
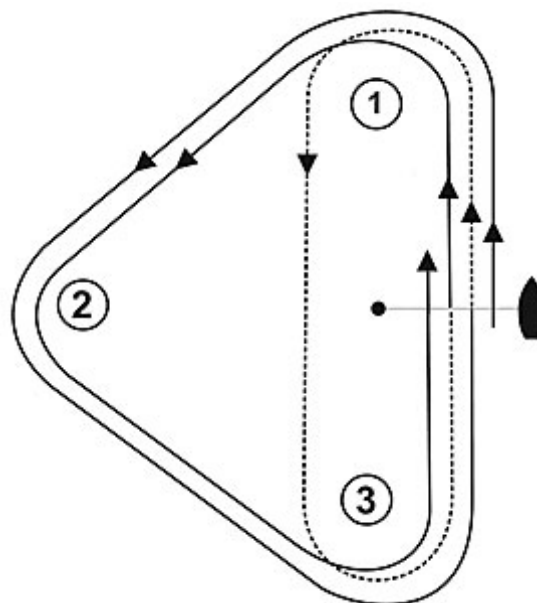
Triangles - Course flag ‘T’

ILCA 7, ILCA 6

Start - 1 - 2 - 3 - 1 - 2 - 3 - 1 - 2 - 3 - Finish (three rounds)

ILCA 4 & PY

Start - 1 - 2 - 3 - 1 - 2 - 3 - Finish (Two rounds)



W/L – Course flag ‘W’

ILCA 7, ILCA 6 (as per diagram)

Start - 1 - 2 - 3 - 1 - 2 - 3 - 1 - 2 - 3 - Finish

ILCA 4 & PY

Start - 1 - 2 - 3 - 1 - 2 - 3 - Finish