

# Potomac River Sailing Association

## Sailing Instructions: Spring and Fall Frostbite Regattas

### 1 RULES

The series will be governed by the 'rules' as defined in the *Racing Rules of Sailing 2005-2008*. Inland Rules of the Road will apply. In particular, channel-bound traffic has right-of-way over racers.

### 2 ENTRIES

All one design boats 20 feet or under in compliance with their class rules and sailed by a PRSA member are eligible to compete. Two registered boats of the same class constitute a fleet. Classes with 5 or more registered boats will get their own start.

### 3 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located at the bulletin board across from the cranes.

### 4 CHANGES TO SAILING INSTRUCTIONS

Any additions or changes to these general sailing instructions will be posted as a notice one hour before racing is scheduled to begin.

### 5 SCHEDULE OF RACES

5.1 A skipper's meeting will be held in the crane area at **noon**.

5.2 The scheduled time of the warning signal for the first race is **12:40**. The start may not be delayed for latecomers.

5.3 No warning signal will be made after **3:40 p.m.**

### 6 RACING AREA









Races will be conducted either in the cove north of the Washington Sailing Marina or on the Potomac River Southeast of the Washington Sailing Marina (East of the power plant). The choice will be posted on the official notice board and announced at the skipper's meeting.

### 7 THE COURSES

7.1 The course of each class will be designated by a series of symbols described below.

- All **starts** will be **to windward**.
- Boats shall leave **marks to port**.
- A **triangle symbol** indicates that boats shall round the windward, gybe, and leeward marks, and, if it is the last leg, **finish to windward**.
- A **sausage symbol** indicates that boats shall round the windward and leeward marks, and, if it is the last leg, finish to windward.
  - A **sausage** may be **followed by** an **LG symbol** to indicate a leeward gate. When there is a gate, boats shall sail between the gate marks from the direction of the previous mark and round either gate mark.
  - A **sausage** may also be **followed by** a **down-arrow symbol** that indicates that boats shall round the windward mark and finish downwind.
- **Number 2 and 3** indicate the number of repetitions of the legs indicated by the **preceding triangle or sausage symbol**.

#### Sample Course Board:

		Laser: Start-W-R-L-W-finish
		Penguin: Start-W-R-L-W-L-Finish
		Sunfish: Start-W-L-W-L-Finish
		El Toro: Start-W-R-L- W-R-L- W-R-L-Finish

### 8 MARKS

8.1 Marks will be **orange balls**.

8.2 The starting and finishing marks are orange balls.

8.3 A gate shall consist of two orange balls about 120 feet apart.

## 9 THE START

### 9.1 START SIGNALS

Races will be started using sound signals as prescribed in Appendix Q of US Sailing (**three minute starts**).

A series of **5 short sound signals** will be made before the starting sequence begins to **call attention** to the impending starting sequence. The starting sequence begins 5 seconds after the end of the attention signals and shall consist of the following sound signals made at the indicated times:

- 3 long at 3 minutes (the warning),
- 2 long at 2 minutes (the preparatory),
- 1 long and 3 short at 1 minute and 30 seconds,
- 1 long at 1 minute,
- 3 short at 30 seconds,
- 2 short at 20 seconds,
- 1 short at 10 seconds,
- 1 short for each second during the final 5 seconds, and
- 1 long at the start.

9.2 Boats whose warning signal has not been made shall avoid the starting area.

9.3 All boats bear the responsibility of checking in with the RC prior to the start of racing by sailing by the stern of the signal boat on starboard and hailing both their sail number and the skipper or owner's last name.

9.4 Any class that does not check-in at least five boats may be started with another class.

9.5 The starting sequence will be designated on the course board by the order (top to bottom) of the respective class symbols displayed on the board.

9.6 Individual recalls shall be signalled with one sound signal and the hail of the sail number (or some other clearly distinguishing feature) of each recalled boat.

9.7 General recalls shall be signalled with two sound signals and the hail of "general recall". The warning signal for the new start of the recalled class shall follow and may be preceded by a series of short blasts to attract attention.

9.8 Failure of a competitor to hear an adequate course, postponement, starting sequence, or recall signal shall not be grounds for redress.

### 10 START & FINISH LINE

The starting line and finish line will be between a **blue** flag on the signal boat and a nearby **orange ball**, usually located on its port side.

### 11 PENALTY SYSTEM

The 720-degree turns penalty, rule 44.2 of The Racing Rules of Sailing, shall apply with the modification that it is **one full turn (including one tack and one jibe)** instead of two turns.

### 12 TIME LIMITS

12.1 The time limit will be 60 minutes for each class.

12.2 Boats failing to finish within 15 minutes of the first boat that sails the course and finishes will be scored Did Not Finish. This changes rules 35 and A4.1.

### 13 PROTESTS AND REQUESTS FOR REDRESS

13.1 Protests shall be delivered to the race committee within the protest time limit.

13.2 The protest time limit is 30 minutes after the race committee boat docks.

13.3 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 and where these hearings will be held.

### 14 SCORING

14.1 The Low Point scoring system of Appendix A will apply.

14.2 A boat that is scored DNF (Did Not Finish) shall be scored points for its finishing place one more than the number of qualified finishers in the race. Qualified finishers exclude OCS, DSQ, BFD, RAF. This changes rule A9.

### 15 SAFETY

15.1 Boats withdrawing from a race shall notify the RC as soon as practicable.

### 16 PRIZES

Prizes will be awarded in accordance with the PRSA awards policy and will be distributed at the annual party.