



Myanmar National Optimist Sailing Championships 2018

20th ~ 26th March

Ngwe Saung Yacht Club & Resort

Sailing Instructions

1 RULES

1.1. This Regatta will be governed by:

- (a) the Racing Rules of Sailing for 2017 – 2020 (RRS), except as altered by these Sailing Instructions;
- (b) the Class Rules of the respective classes except altered by these Sailing Instructions;
- (c) any questions with regard to these Sailing Instructions must be submitted in writing to the Race Committee. The questions and any relevant answers will be posted on the Regatta Notice Board at N.S.Y.C.

1.2. Alternative Penalties for infringement of Rule 42 (Propulsion)

Boats, which are observed by a member of the protest committee, infringing Rule 42 may be protested on the water. A member of the protest committee will notify the protested boat as soon as possible by a sound signal accompanied by display of a red flag and by hailing the boat's sail number.

(a) On the first infringement in the regatta the boat shall :

- (i) acknowledge the infringement by doing a 720° at the earliest opportunity or
- (ii) should the boat continue to race, she will be subject to action by the protest committee under Rule 60.3 and is liable to be scored DNE for that race.

(b) On the second infringement in the regatta the boat shall either:

- (iii) acknowledge the infringement by immediately retiring from the race. Such action shall not affect the scores for races already completed or;
- (iv) should the boat continue to race in which case she will be subjected to action by the protest committee under Rule 60.3 and is liable to be scored DNC in all races in the regatta. Furthermore the competitors may be subject to action by the protest committee under Rule 69.

A boat that acknowledges that she has infringed Rule 42 by taking appropriate action shall not be subject to protest by another boat for infringing RRS 42 for the same incident.

Action or no action by the Jury under this Sailing Instructions shall not be grounds for granting redress. This alters Rule 62.1.

2 [DP][NP] CAMERAS AND ELECTRONIC EQUIPMENT

- 2.1 Boats may carry or be required to carry cameras, sound equipment or positioning equipment as specified by the Organizing Authority.
- 2.2 The equipment provided, once placed on the boat as instructed by the Organizing Authority, shall not be manipulated by the competitor or support personal in any way, except when so required by the Organizing Authority.

3 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located at NSYC Boat Park Area.

4 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted at least 1 hour before the displaying of 'D' flag on the day it will take effect, except that any change to the schedule of races will be posted by 8.00pm on the day before it will take effect.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on the flag staff located within the boat park of Ngwe Saung Yacht Club & Resort. When a signal is displayed over an area or class flag it applies to that area or class only.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.
- 5.3 [NP][DP] Flag D with one sound means 'The warning signal will be made not less than 30 minutes after flag D is displayed. Boats shall not leave the beach until this signal is made.'

6 FORMAT OF RACING

- 6.1 **Three races** are required to be completed to constitute a series. When **six races** have been completed, a boat's series score will be total of her race score excluding her worst score. If there are **nine races** have been completed, the total of her race score excluding her two worst score.
- 6.2 There will be 3 races to be sailed each day, the race officer may be conduct one extra race ahead-off schedule. The Number of race scheduled for the series shall be eleven races (11).
- 6.3 On the last day of the racing, no warning signal will be made after 1430.

7. SCHEDULE

- 7.1 Schedule of Events

DATE	TIME	EVENTS
20 Mar 2018		Official Arrival Day / Registration
21 Mar 2018	0930 1400 1830	Team Manager Meeting/ Registration Practice Race Opening
22 Mar 2018	1000	R-1, R-2, R-3
23 Mar 2018	1000	R-4, R-5, R-6

24 Mar 2018	1000Day – 3	R-7, R-8, R-9
25 Mar 2018	1000 1830	R-10, R-11 (last possible start of the day at 1430) Closing Ceremony
26 Mar 2018	Official Departure Day	Official Departure Day

7.2 The scheduled time of the warning signal for the first race each day is 10.00am.

8 CLASS FLAGS

8.1 Class flags will be:

<i>Event</i>	<i>Class Insignia</i>	<i>Background colour</i>
<i>Optimist</i>	<i>Optimist (Blue)</i>	<i>White</i>

9 RACING AREAS

9.1 Attachment 1 shows the location of racing areas.

10 THE COURSES

10.1 The diagrams in Attachment 2 show the courses.

11 MARKS

11.1 Marks 1, 2 and 3 or associated gate marks, will be as follows:

Marks 1, 2, 3s, 3p	New Mark	Starting line mark	Finishing line mark
Red Cylinder	Pink Rounded	Yellow Cylinder	Pink Rounded

11.2 A race committee boat signal a change of a leg of the course is a mark as provided in instruction 13.2

12 THE START

12.1 Races will be started using the following signals:

Minutes before starting signal	Visual signal	Sound signal	Means
5	Class Flag	One	Warning signal
4	P, I, U or black flag	One	Preparatory signal
1	Preparatory flag removed	One long	One minute
0	Class flag removed	One	Starting signal

12.2 The starting line will be between a staff displaying an orange flag on the committee boat at the starboard end and a Yellow Cylinder mark at the port end.

12.3 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A4 and A5.

12.4 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five (5) minutes before a warning signal is made.

12.5 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A4 and A5.

13 CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1 To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.
- 13.2 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 change rule 28.

14 THE FINISH

The finishing line will be between a staff displaying a blue flag on the finishing boat at the port end and the finishing mark on the starboard end, except if the finish leg is an upwind leg, whereby the finishing boat will be at the starboard end and a red mark on the port end.

15 PROTESTS AND REQUESTS FOR REDRESS

- 15.1 Add to rule 61.1(a) "The protesting boat shall inform the Race Committee of the boat/s being protested at the finishing line immediately after finishing."
- 15.2 Protest forms are available at the race office, located at the Race Control Office at Ngwe Saung Yacht Club. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 15.3 For each course, the protest time limit is 60 minutes after the last boat has finished the last race of the day, or the race committee signals no more racing today, whichever is later.
- 15.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room, located at Ngwe Saung Yacht Club, beginning at the time posted.
- 15.5 Notices of protests by the race committee, technical committee or protest committee will be posted to inform boats under rule 61.1(b).
- 15.6 A list of boats that have been penalized under Appendix P for breaking rule 42 will be posted.
- 15.7 On the last scheduled day of the single a request for redress from a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.

16 PENALTY SYSTEM

Appendix P will apply.

17 TIME LIMITS AND TARGET TIMES

Class	Time limit	Mark 1 Time limit	Target Time
Optimist	50 min	15 min	40 min

- 17.1 If no boat has passed Mark 1 within the Mark 1 Time Limit, the race will be abandoned.
- 17.2 If a boat fail to finish 15 minutes after the first boat had finished will be scored as Did Not Finish (DNF).

18. SCORING

- 18.1 RRS Appendix A 4.1 'Low Point System'.
- 18.2 **Three races** are required to be completed to constitute a series. When **six races** have been completed, a boat's series score will be total of her race score excluding her worst score. If there are **nine races** have been completed, the total of her race score excluding her two worst score.

19 SAFETY REGULATIONS

- 19.1 [NP] Check-Out and Check-In Procedures:
Each boat shall personally sign-on on the forms provided at the Race Office prior to launching. After arriving on shore, each boat shall personally sign-off on the forms provided within the protest time limit.
The penalty for infringing rule 19.1 will result in a penalty equivalent to 5% of the fleet for the first race of that day if the boat fails to sign-on and of the last race of that day if the boat fails to sign-off, without a hearing. This changes rules 63.1, A4 and A5.
- 19.3 [DP][NP] All competitors are required to wear personal flotation devices at all times whilst afloat, except briefly while changing or adjusting clothing or personal equipment.
- 19.4 [DP] A boat that retires from a race shall notify the race committee as soon as possible.

20 [DP] [NP] REPLACEMENT OF CREW OR EQUIPMENT

- 20.1 Substitution of competitors will not be allowed without prior written approval of the race committee.
- 20.2 Substitution of damaged or lost equipment will not be allowed unless authorized by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

21 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, equipment inspector or measurer to proceed immediately to a designated area for inspection.

22 OFFICIAL BOATS

Official boats will be marked as follows:

Jury/Judges – White flag with letter "J"

Race Committee – Yellow flag

Media boat – White flag with 'MEDIA' Principal

Race Officer – White flag with 'PRO'

23 [DP][NP] SUPPORT BOATS

Support boats regulation shall apply. A copy of the Regulation will be posted on the Official Notice Board.

24 [NP] TRASH DISPOSAL

Trash may be placed aboard support or official boats.

25 [NP] BERTHING

Boats shall be kept in their assigned places in the boat park

26 [DP][NP] RADIO COMMUNICATION

Except in an emergency, 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.

27 PRIZES

Myanmar National Optimist Open Champion 2018 (Trophy)
Myanmar National Optimist Open Championship (1st to 5th)
Myanmar National Optimist Boy Class (1st to 3rd)
Myanmar National Optimist Girl Class (1st to 3rd)

28 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority 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 [NP] INSURANCE

Each participating boat shall be insured with valid third-party liability

30 RIGHTS TO USE NAME AND LIKENESS

By participating in this event, competitors automatically grant to the organizing authority and the event sponsors the right, in perpetuity, to make, use, and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation.

Attachment - 1



Attachment - 2

