

London 2012 Paralympic Sailing competition

Sailing Instructions

These Sailing Instructions (SIs) shall apply
from 22 August until 6 September 2012.

In all sections the following abbreviations apply:

SP	Rules for which a standard penalty may be applied by the Race Committee
DP	Rules for which the penalties are at the discretion of the International Jury
NP	Rules that are not grounds for protest by a boat

1. Rules

- 1.1. The Sailing competition will be governed by the rules as defined in The Racing Rules of Sailing (RRS). Other documents under RRS Definition: Rule (g) include:
 - 1.1.1. International Paralympic Committee (IPC) Handbook.
 - 1.1.2. The London 2012 Paralympic Sailing competition Equipment Inspection Regulations (EIR).
 - 1.1.3. The London 2012 Paralympic Sailing competition Coach Boat Regulations (CBR).
 - 1.1.4. The London 2012 Paralympic Sailing competition Competition Area Regulations (CAR).
 - 1.1.5. The London 2012 Paralympic Sailing competition Athlete Media Guide (AMG).
 - 1.1.6. RRS Appendix P, Special Procedures for RRS 42.
 - 1.1.7. The International Association for Disabled Sailing (IFDS) Race Management Manual 2009-2012 (RMM) part 1.
 - RMM Part 6 does not apply.
 - 1.1.8. The Class Rules for the following Class Associations:
 - Sonar; this is an SCA Appendix B (Alternative Rules) event.
 - SKUD 18 including Section J4.
 - International 2.4mR including Section K.
- 1.2. National Authority prescriptions will not apply.
- 1.3. Classification:
 - 1.3.1. The London 2012 Paralympic Games Classification Guide will apply.
 - 1.3.2. The IFDS Functional Classification System and Procedures (FCS) will apply.
 - 1.3.3. The ISAF Sailor Classification Guide (Regulation 22) will apply.
- 1.4. In all rules governing this competition, both 'athlete' and 'competitor' mean a person competing in the event.
- 1.5. Decisions of the International Jury will be final as provided in RRS 70.5.
- 1.6. If there is a conflict between languages, the English text will take precedence.

- 1.7. RRS 63.7 is changed to read: 'If there is a conflict between *rules*, the protest committee shall resolve that conflict in the manner that it believes will provide the fairest result for all boats affected.'
- 1.8. Outside help: RRS 41 (a) is changed to read: 'help for a crew member who is ill, injured or in danger.'

2. Safety regulations [NP] [DP]

- 2.1. Athletes shall wear personal flotation devices at all times while afloat, except briefly while changing or adjusting clothing or personal equipment and with the exceptions allowed by RMM 7.1 (e).
- 2.2. Boats not leaving the shore for a scheduled race shall promptly notify the Sport Information Desk. [SP]
- 2.3. Before leaving shore, an athlete or their authorised personal carer shall deposit their accreditation at the Athlete Tracker Distribution cabin. [SP]
 - 2.3.1. An accredited personal carer may deposit or collect accreditation on behalf of an athlete if registered and granted permission to do so by the Technical Delegate. Athletes should apply on a form available from the Sport Information Desk.
- 2.4. On returning to shore or when no more races are scheduled for a boat for the day, an athlete or their authorised personal carer shall collect their accreditation at the Athlete Tracker Distribution cabin within 45 minutes of returning ashore or within 45 minutes of racing being postponed to a later day, whichever is later. [SP]
- 2.5. An athlete or their authorised personal carer may collect their accreditation whenever they return to shore, but shall deposit their accreditation again before leaving to race. [SP]
- 2.6. Before leaving shore to race, a boat representative shall collect their tracking module at the Athlete Tracker Distribution cabin. [SP]
- 2.7. When no more races are scheduled for a boat for the day, a boat representative shall deposit their tracking module at the Athlete Tracker Distribution cabin, within 15 minutes of the boat returning ashore or within 15 minutes of racing being postponed to a later day, whichever is later. [SP]
- 2.8. A boat that retires from racing shall notify the Race Committee before leaving the racing area if possible, and shall complete a retirement declaration form at the Sport Information Desk before the protest time limit. [SP]
- 2.9. Any outside help whilst racing shall be reported to the International Jury before the end of protest time on the day concerned on a form available from the Jury office reception or the Sport Information Desk. When completed, the form shall be returned to the Jury office reception.

3. Code of conduct [DP]

- 3.1. Athletes shall comply with any reasonable request from a Sailing competition official.
- 3.2. Boats that are on a Course Area to which they are not assigned shall remain clear of the area where boats are racing and any official boat. [SP]
- 3.3. When passing through a Course Area where racing is in progress, boats shall remain within 20 metres of the course boundary. [SP]
- 3.4. Athletes shall not in any way interfere with the functionality of supplied media or results equipment.

4. Course Area and Competition Area [DP]

- 4.1. The Course Area is shown in SI Addendum A.
- 4.2. All boats shall remain in the Competition Area at all times whilst afloat. No part of a boat shall cross the boundary. While a boat is racing, the boundary ranks as an obstruction.
- 4.3. Boats shall not enter the Portland Marina gate crossing defined in the CAR when the gate is closed to Paralympic traffic. [SP]
- 4.4. If any part of a boat crosses the boundary of the Competition Area, they may be subject to security quarantine and search before being permitted back into the Venue.

5. Daily race schedule

- 5.1. The daily race schedule for Events will be posted on the Official Noticeboard in an Event Schedule Notice as follows:
 - 5.1.1. A provisional schedule for all races in the Sailing competition will be posted at the beginning of the Sailing competition.
 - 5.1.2. The Race Committee will post the schedule for each Event on a daily basis, no later than 20:00 the previous evening.
- 5.2. No warning signal will be made after 18:00 on any race day unless otherwise specified in an Event Schedule Notice posted the previous day.

6. The courses

- 6.1. Courses will be windward / leeward or trapezoid. The diagrams in SI Addendum B show the courses, the course designations, the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.
- 6.2. No later than the warning signal, the Race Committee signal boat will display the course designation and the approximate compass bearing of the first leg.

7. Marks

- 7.1. Marks will be as specified below unless otherwise specified in an Event Schedule Notice.
- 7.2. Marks 1, 2, 3, and 4, and associated gate marks, will be cylindrical inflated buoys as follows:

Events	Marks 1 2 3a 3b 4a 4b	New mark
Size for all Events	1.8m cylinder	1.6m cylinder
Colours by Event		
Single Person Keelboat	Pink	Pink with black band
Two Person Keelboat	Pink	Pink with black band
Three Person Keelboat	Orange	Blue with black band

- 7.3. The starting line marks will be Race Committee vessels.
- 7.4. The finishing line marks will be Race Committee vessels, or a Race Committee vessel and one of either a dan buoy with an orange flag or an inflatable mark.

8. Event flags

Event flags will be class insignia:

Event	Class insignia
Single Person Keelboat	2.4mR
Two Person Keelboat	SKUD 18
Three Person Keelboat	Sonar

9. The start

- 9.1. Racing will be started in accordance with RRS 26.
- 9.2. The starting line will be between a staff displaying an orange flag on the Race Committee vessel at the starboard end and a staff displaying an orange flag on the Race Committee vessel at the port end.
- 9.3. When a start sequence is in progress, boats whose warning signal has not been made shall remain outside the starting area. The starting area is the area 50m from the starting line and marks in all directions. [NP][DP][SP]
- 9.4. In RRS 30.3, change 'sail number' to 'national letters'.

10. The finish

- 10.1. The finishing line will be between a staff displaying an orange flag on the Race Committee vessel and one of:
- a) a staff displaying an orange flag on a nearby Race Committee vessel; or
 - b) the course side of the nearby finishing dan buoy with an orange flag; or

- c) the course side of the nearby inflatable finishing mark.

11. Time limits and target times

- 11.1. Time limits and target times are as shown in the table below.

Event	Target Time	Mark 1 time limit	Time limit	Finish window
Single Person Keelboat	50	20	75	20
Two Person Keelboat	60	25	90	20
Three Person Keelboat	65	30	100	20

- 11.2. If no boat has passed Mark 1 within the Mark 1 time limit, the race shall be abandoned. This changes RRS 35.
- 11.3. Boats failing to finish within the time stated in the finish window after the first boat sails the course and finishes will be scored Did Not Finish. This changes RRS 35, A4 and A5.

12. Communications with athletes

- 12.1. Notices to athletes will be posted on the Official Noticeboard located in the main hall of the Weymouth and Portland Venue.
- 12.2. When a visual signal is displayed over an Event flag, the signal applies only to that Event. This changes the Race Signals preamble.
- 12.3. Signals ashore will be displayed at the London 2012 Paralympic Sailing competition flagpoles in the Venue boat park.
- 12.4. When flag AP is displayed ashore, '1 minute' is replaced with 1 hour. This changes Race Signals AP. Flag AP over H displayed ashore means 'Boats shall stay ashore or at their designated berth'. This changes Race Signals AP over H.

13. Changes to Sailing Instructions

- 13.1. Except for changes to the racing schedule or to the format, changes to the SIs will be posted no later than 2 hours before the scheduled time of the first race affected.
- 13.2. Except as permitted in SI 5, any change to the format or schedule of races will be posted by 20:00 on the day before it will take effect.

14. Equipment and measurement checks [DP]

- 14.1. Details of equipment inspection and measurement are specified in the EIR.

- 14.2. The Equipment Inspection Committee (EIC) is responsible for all equipment inspection functions. The Chairman of the EIC may appoint one or more panels or persons to carry out the functions of the EIC.
- 14.3. Add RRS 60.4. The EIC may protest a boat for a breach of a Class Rule, RRS 43, rules relating to personal equipment or a rule of the EIR. The EIC may report an alleged breach of other rules to the Race Committee.
- 14.4. Delete RRS 43.1(c) and 78.3. In RRS 60.2 delete: 'However, when the Race Committee receives a report required by rule 43.1(c) or 78.3, it shall protest the boat.'
- 14.5. The first sentence of RRS 61.1(b) is changed to: 'A race committee, equipment inspection committee or protest committee intending to protest a boat shall inform her as soon as reasonably possible.'
- 14.6. RRS 62.1(a) is changed to: 'an improper action or omission of the race committee, protest committee, equipment inspection committee or organising authority, but not by a protest committee decision when the boat was a *party* to the hearing.'
- 14.7. The substitution of equipment will not be allowed unless approved by the EIC in accordance with the EIR.

15. Official boats

- 15.1. Official boats will be marked as follows:

Boat type	Identification flag
Competition Managers	White flag with blue 'COMPETITION MANAGER'
Equipment inspection	Yellow flag with black 'MEASURER'
First aid / medical	White flag with red 'FIRST AID'
IFDS	White flag with blue 'IFDS'
Jury / judges	White flag with black 'JURY'
Marshalls	White flag with red 'MARSHALL'
Media: Broadcast, photo and written press	Green flag with white 'MEDIA'
Paralympic Family	White flag with blue 'PARALYMPIC FAMILY'
Omega results service	White flag with blue 'Timing'
Rescue	White flag with red 'RESCUE'
Technical Delegate	White flag with blue 'TECHNICAL DELEGATE'

- 15.2. Actions by official boats or helicopters shall not be grounds for requesting redress by a boat. This changes RRS 60.1(b), but not 60.2 or 60.3.

16. Coach boats [NP] [DP]

- 16.1. Coach boats shall comply with the London 2012 Paralympic Sailing Competition Coach Boat Regulations (CBR).
- 16.2. For the purposes of the rules governing this competition, a coach boat includes any boat that is under the control or direction of a person who is providing, or may

provide, physical or advisory support to an athlete, including the gathering of data that may be used at a later time.

17. Additional rules [DP][NP]

- 17.1. For the Two Person Keelboat event, RRS 44.1 and RRS P2.1 are changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
- 17.2. For the Two Person Keelboat event, the Class Rule C.2 CREW – C2.1 LIMITATIONS (d) 'Where centreline seats are specified or fitted, crew (buttocks) shall remain in contact with their seat's sitting surface at all times while racing' has been varied as follows:
 - 17.2.1. C2.1 (d) is satisfied if any part of the crew's buttocks is in contact with the seat's sitting surface.
 - 17.2.2. While racing, seat belt straps shall be adjusted to ensure that the crew is secured to the seat.
 - 17.2.3. A crew member performing a pressure relief manoeuvre (using both hands to lift his body off the seat) does not break the rule, but still one of the buttocks shall remain in contact with the seat.
 - 17.2.4. A breach of these rules can be protested only by the Jury and the penalty may be less than DSQ. This changes RRS 60.1 and 60.2

18. Format of racing

- 18.1. The Sailing competition will consist of a series of up to 11 races for each Event.

19. Schedule of races

- 19.1. Events will be sailed to the schedule set out in the Notice of Race, except that any races not sailed on the scheduled day may be sailed on a following day that is designated as a racing day for that Event, subject to the maximum number of races per day specified in SI 19.3.
- 19.2. Two races per day are scheduled for each fleet racing event from 1 to 5 September, with one race per Event scheduled for 6 September.
- 19.3. Due to weather conditions, up to one extra race per day may be sailed, with no Event being more than one race ahead of its schedule.
- 19.4. Unless specified otherwise in the Daily Event Schedule Notice, the warning signal for each succeeding race will be made as soon as practicable.
- 19.5. After a long delay, 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 minutes before a warning signal is displayed.

20. Course changes

- 20.1. 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.
- 20.2. Courses may be shortened in accordance with RMM 11.

21. Protests and requests for redress

- 21.1. Protest forms are available from the Jury office reception or from the Sport Information Desk. Protests and requests for redress or reopening shall be delivered to the Jury office reception within the appropriate time limit.
- 21.2. For each Event, the protest time limit after the last boat in that Event has finished the last race of the day, or racing is abandoned for the day or postponed to a later day, is 90 minutes.
- 21.3. Notices will be posted on the Official Noticeboard within 30 minutes of the protest time limit to inform athletes of hearings in which they are parties or named as witnesses. Hearings will be held in the protest rooms located in the Jury offices, beginning at the time posted. Hearings may be scheduled to begin no earlier than 30 minutes before the end of the protest time.
- 21.4. Notices of protests by the Race Committee, the EIC or International Jury will be posted to inform boats under RRS 61.1 (b).
- 21.5. A list of boats that have been penalised under Appendix P for breaking RRS 42 will be posted.
- 21.6. On the last scheduled day of racing for the Event, a request for reopening a hearing shall be delivered:
 - a) within the protest time limit if the requesting party was informed of the decision on the previous day; or
 - b) no later than 30 minutes after the requesting party was informed of the decision on that day.

This changes RRS 66.

- 21.7. On the last scheduled day of racing for the Event, a request for redress based on an International Jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.

22. Scoring

- 22.1. The Low Point System of RRS Appendix A will apply.
- 22.2. When fewer than five races have been completed, a boat's series score will be the total of her race scores.
- 22.3. When five or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

- 22.4. One race is required to be completed to constitute a Sailing competition.
- 22.5. A boat starting later than four minutes after her starting signal will be scored Did Not Start. This changes RRS A4 and A5.
- 22.6. The scoring abbreviation for a DP or SP penalty is DPI.
- 22.7. A boat may complete a scoring enquiry form to request correction of an alleged error in posted race or series results. Forms are available from the Jury office reception or the Sport Information Desk, and shall be returned to the Sport Information Desk.

23. Penalties and grounds for protest

- 23.1. Breaches of rules marked [NP], the EIR, CBR and AMG will not be grounds for protest by a boat. This changes RRS 60.1 (a).
- 23.2. Penalties for breaches of NoR 19 (Media Rights, Cameras and Electronic Equipment), SIs marked [DP], RRS 41, the Class Rules, the EIR, the CBR, the CAR and the AMG are at the discretion of the International Jury. A boat may accept a discretionary penalty for the breaches of these rules before a hearing concerning the same incident by completing a form available at the Jury office reception or the Sport Information Desk.
- 23.3. For breaches of the SIs marked SP, the Race Committee may apply a standard penalty without a hearing. A list of these breaches and associated standard penalties will be posted on the Official Noticeboard at the beginning of the Sailing competition. The Race Committee may still protest a boat when they consider the standard penalty to be inappropriate. This changes RRS 63.1 and Appendix A5.

24. Identification, advertising, cameras and electronic equipment [NP][DP]

- 24.1. When provided by the Organising Authority, boats or crew shall carry, display or wear the following as instructed:
 - 24.1.1. Bibs for all athletes;
 - 24.1.2. Coloured bibs for Event leaders;
 - 24.1.3. Coloured dots on the mainsail for Event leaders;
 - 24.1.4. National letters;
 - 24.1.5. Crew names on sails;
 - 24.1.6. Event advertising;
 - 24.1.7. Cameras and sound equipment;
 - 24.1.8. Tracking or timing system equipment;
 - 24.1.9. Country flags on mainsails.

25. Rubbish disposal [DP]

- 25.1. Boats shall not intentionally put rubbish in the water. Rubbish may be placed aboard coach and official boats when not racing.

26. Berthing and boat park [DP]

- 26.1. When berthed, boats shall be kept in their assigned places in the marina or boat park.

27. Haul out restrictions [DP]

- 27.1. Keelboats shall not be hauled out during the Sailing competition, except with and according to the terms of prior written permission of the EIC.

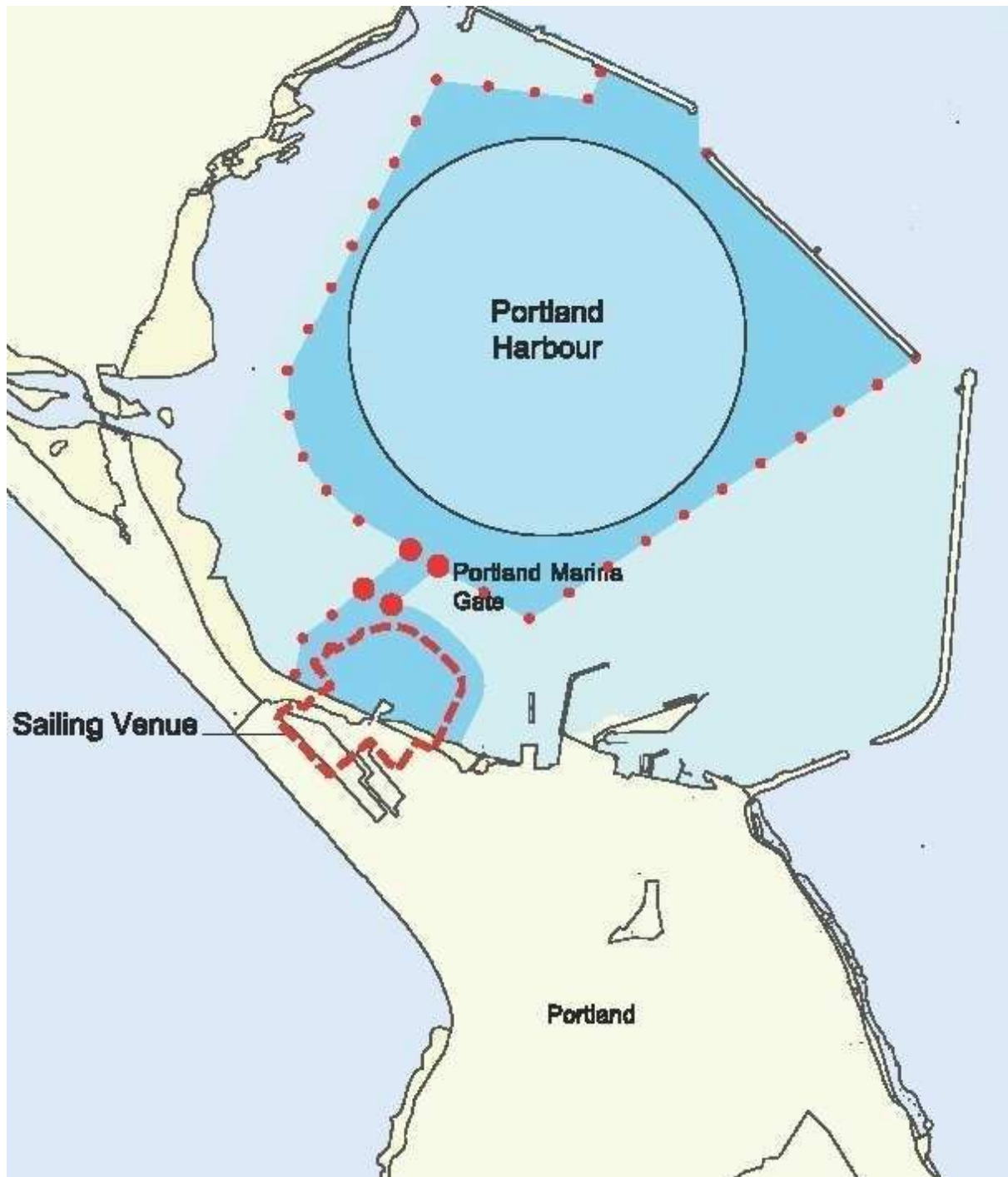
28. Diving equipment and plastic pools

- 28.1. Underwater breathing apparatus and plastic pools or their equivalent shall not be used around keelboats between the preparatory signal of the first race and the end of the Sailing competition.

29. Radio communication [DP]

- 29.1. A boat shall neither make radio transmissions nor receive radio communications not available to all boats, except as provided for in RMM 5.5, in an emergency or when using equipment provided by the Organising Authority. This restriction also applies to mobile telephones which boats shall not have on board at any time.

Addendum A: Course Area



Addendum B: Course illustrations

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

LA

Course: Same As Course L Except With Offset Mark 1A

Signal	Mark Rounding Order
LA2	Start - 1 - 1a - 2s/2p - 1 - 1a - Finish
LA3	Start - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - Finish
LA4	Start - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 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