

To the RYC racing community:

Here are the updated sailing instructions for 2009 season, we know it will be a great one! The purpose of these race instructions is to get down on paper how our racing program works. The driving force behind a more formalized set of rules is that the program is going to grow, and the experience level of the competitors will continue to improve. As these things happen people are, and should, become more familiar with the rules of the game. The main feature of these instructions is to outline the protest process so that rules infractions can be settled in a timely and sportsman like way. As it always has been, and we hope always will be, the club strongly encourages responsible behavior on the course. This year the RC will describe an adjustment to the 720 rule (see section 18 below).

Please treat the race committee with the respect these hard working people deserve. Remember, if it weren't for them, the racing wouldn't be as good as it is, and you would be doing race committee work instead of racing. We would encourage anyone that hasn't been on the RC boat before to give it a try. You will develop an appreciation for the work these folks are doing. Please keep radio communication with the committee to a minimum. Please stay close to the boat after the finish of your race so the committee can get another start going quickly.

Please note the "I" flag rule is in effect at all starts.

J Henry, H Burden, RYC RC.

Your protest 2009 committee:

Vince Bemis

Dave Jones

Doug Roth

Doug Pope

**Rockland Yacht Club 2009 Sailing Instructions**  
**Rockland Yacht Club**

1. **Rules:** Racing will be governed by the **Racing Rules of Sailing 2009-2012**.
2. **Entries:** Any member yacht of the Rockland Yacht Club that has paid their racing fees, and has submitted a 2009 PHRF Racing certificate for their boat. Racers may participate in 2 races without these obligations being met. By the third race, the certificates and fees must be submitted.
3. **Notices to Competitors:** Notices to competitors in case of cancellation: All competitors are encouraged to call Jeff Dinse at 207-542-5312 (cell) at 1500 on the day of the race if they are concerned about possible race cancelation for that night.
4. **Signals Made Ashore:** At this time Rockland Yacht Club has no plans to display signals ashore.
5. **Schedule of Races:**

**First Series**

**Date    High Tide**

<hr/>	<hr/>
6/16	5:51pm
6/23	11:54am
6/30	6:25pm
7/07	12:00pm
7/14	4:22pm
7/21	10:58pm
7/28	4:55pm

**Second Series**

**Date    High Tide**

<hr/>	<hr/>
8/4	7:48pm
8/11	3:02pm
8/18	9:48pm
8/25	3:26pm
9/1	9:51pm
9/8	1:49pm
9/15	8:36pm

- 6. Class Flags: No class flags will be used. Instead the solid Red flag will indicate the Etchells Class (should there be one) and the solid Yellow flag will indicate the PHRF Class.**
- 7. Racing Area: All races will be held within Rockland Harbor. The area is bounded by the inside Harbor and an imaginary line from the Breakwater Lighthouse following 180 degrees (magnetic) to Owl's Head Shore.**
- 8. Check in Before Start: Boats shall check in before their first start of each day. This is done by sailing past the stern of the Race Committee after it has set the pin end and has anchored on the line. Boats that are not starting a second or subsequent race shall notify the Race Committee before leaving the racing area. Boats that withdraw from a race or decide not to start after coming to the racing area, shall advise the Race Committee as soon as reasonably possible.**
- 9. Marks: All marks will be orange mooring balls or orange cylinders.**
- 10. The Course: The course will be posted on the white board located on the stern of the Committee Boat and/or on VHF Channel 68. The order in which the marks are passed and the side on which each mark is to be left will be as illustrated on the board. To allow for simultaneous racing of separate classes it is reasonable to sail (downwind) through the starting line given the next class has already started.**
- 11. Starting: Prior to initiation of the Starting Sequence at the beginning of the racing the Race Committee will hail all yachts on Channel 68 and inform them that racing will begin within 2 minutes. The first starting sequence is as follows:**

**1 minute prior to start – there will be three short horn blasts**  
**10 Minutes – Red Flag (Warning)(Etchells) up/one horn blast**  
**9 Minutes – P (Preparatory) Flag up/one horn blast**  
**6 Minutes – P (Preparatory) Flag down/one horn blast**  
**5 Minutes - Red Flag down (Etchells Start)/one horn blast**  
**5 Minutes Yellow Flag (PHRF) up (Warning)**  
**4 Minutes – P (Preparatory) Flag up/one horn blast**  
**1 Minute – P (Preparatory) Flag down/one horn blast**  
**0 Minutes – Yellow Flag down (PHRF Start)/one horn blast**

**After the first start, individual class starts will be initiated by three short blasts indicating a 6 minute countdown. The official timing is visual (the flags) not the horn.**

- 12. Over Early: The "T" flag rule (RRS 30.1) is in effect at all times. The Round-an-End Rule is that if a boat is over early during the minute before the start**

**“she shall thereafter sail from the course side across an extension to the pre-start side before starting.” You must round either the Committee Boat or the pin end and reenter the starting line (no dipping). Also remember that while you are heading for an end to round, that you will have no rights, (not even starboard!).**

- 13. Individual Recalls: The Race Committee will give one horn blast, “X” flag up, and hail the individual boats. The RC will attempt to hail over early boats on Channel 68 or verbally if within earshot. Etchells boats will be hailed by sail# and PHRF boats by yacht name. The RC is not required to hail, this is courtesy of the RC. The failure to hail, the hail of some but not all boats, or untimely hail of a boat or boats shall not be grounds for granting redress (changes RRS 62.1(a)).**
- 14. General Recalls: If more than three boats are over early the Race Committee will give two horn blasts, “First Substitute” flag up. The recall will be announced on Channel 68. In the case of a general recall, three blasts will signal a new countdown sequence.**
- 15. Shorten Course: The Race Committee may shorten the course for any reason. The Race Committee will raise the “S” flag, give two blasts of the horn, and hail the fleet(s) over channel 68 informing them of the changes.**
- 16. The Finish: The finish line will be between the flag mast on the Committee Boat and the finishing mark.**
- 17. Time Limit: There is a 2 hour time limit for any race. PHRF boats failing to finish within 45 minutes of the first boat to finish will be awarded a finish score equal to the average score that would have been awarded to all boats that failed to finish had all such boats finished.**
- 18. Penalty System: The RC has determined that given the particular conditions of the RYC races, normal Two Turns penalties as described in RRS 44.1 and 44.2, can be taken as a One Turn penalty. After getting well clear of other boats as soon after the incident as possible, a protested boat can take a One Turn Penalty to exonerate herself. When a boat hits a mark the penalty is still one turn.**
- 19. Protests: Protests and Requests for Redress: follow RRS 60 – RRS 62.2. A protesting yacht must hail ‘protest’ and conspicuously display a red flag at the first reasonable opportunity (RRS 61.1a). Also boats intending to protest will, after finishing, notify the Race Committee at the finishing line. The notification shall include the sail number or yacht name (PHRF) of the protested boat. After receiving this notification the Race Committee will announce over Channel 68 that a protest is pending and that a meeting will**

- occur. The protesting yacht must fill out a protest form and deliver it to the Protest Committee (not Race Committee) in the Club House no later than one hour after the last finish of that day. Protest Forms are available online at <http://www.ussailing.org/racemgt/documents/ussapf.pdf>, please print copies and have them on your boat. The Protest hearing will begin 15 minutes after the form is submitted provided all parties are in attendance.
- 20. Scoring:** The low point scoring system shall be used with the first place being awarded one point. Boats scored OCS, DNF, and DSQ will be awarded a finish score 1 greater than the number of boats that started the race (RRS A9). A race will only be scored for a class in which 2 or more boats start. A boat's series score will be based on its best scores for 75% of the races sailed in that series. That is also to say that there is a 25% throw out in affect.
- 21. Safety Requirements and Equipment:** Each competing boat is required to carry at least the following equipment; Prescribed Coast Guard safety equipment, a working VHF Radio, visual signals for daytime use, and a suitable anchor and line for the class and sailing area.  
**Radio Communications & Emergency Conditions:** Emergency conditions should be reported to the Race Committee on channel 68. The Race Committee will monitor channel 68 from the time they leave the dock until they return to the dock at the end of the day. Boats in need of assistance can also call the Rockland Coast Guard on channel 16. The Committee Boat carries an emergency first aid kit and a cell phone with emergency phone numbers.
- 22. Disclaimer of Liability:** Competitors participate in the Racing Program entirely at their own risk (RRS 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 Racing Program.