



SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the “rules” as defined in the Racing Rules of Sailing (RRS).
- 1.2. Laser class rule 7 (a) is restricted as follows “only one person shall be on board whilst racing. The person shall be the one named on the entry form”.
- 1.3. Appendix P will apply as amended in SI 17.
- 1.4. All times stated are local time unless otherwise stated.
- 1.5. If there is a conflict between languages the English text will take precedence.

2. ENTRY REGULATIONS

- 2.1. Only current fully paid members of the International Laser Class Association may enter the regatta. These memberships shall be with the Laser Fleet/District Association and with the World Sailing National Authority of the country, where the sailor normally sails, even though such place may not be his permanent residence; however, such member, for any valid reason and with the approval of both District Chairmen, may select instead the Fleet/District and the WORLD SAILING National Authority in which he has permanent residence in accordance with the ILCA constitution article 10 (3) and ILCA rule part two article 9. The sailor can only be member of one Laser Fleet/District Association. The WORLD SAILING number of the sailor must be with the WORLD SAILING National Authority as defined above.

During registration each sailor will be required to show clear written evidence of current membership of their national Laser Association.

If a sailor is unable to present this, he/she will be charged a fee of € 70, € 10 of which will be retained by the collecting club and € 10 by ILCA, to cover administration. € 50 will be passed on to the sailor's district, who may refund it to the sailor if he/she is already a current member, or may put it towards that sailor's membership fee if he/she is not a member.

- 2.2. Competitors shall reach the following ages during 2018:

Age Group	Masters Category
35 to 44	Laser Standard Apprentice Master Laser Radial Apprentice Master Laser 4.7 Apprentice Master (Women only)
45 to 54	Laser Standard Master Laser Radial Master Laser 4.7 Master (Women only)
55 to 64	Laser Standard Grand Master Laser Radial Grand Master Laser 4.7 Grand Master (Women only)
65 to 74	Laser Radial Great Grand Master Laser 4.7 Great Grand Master (Women only)
65 and over	Laser Radial Legend Laser 4.7 Legend (Women only)

- 2.3. Crew substitution is not permitted.

3. NOTICES TO COMPETITORS

- 3.1. Notices to competitors will be posted on the official notice board located at Grup d'Esports Nàutics de Roses on the north west side of Roses Marina.
- 3.2. The race office will be open from 09:00 daily from Friday 26th October until 18:00 on non race days or until 30 minutes after the close of Protest Time on race days. Also it can be extended at the discretion of race committee.

4. CHANGES IN SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 10:00 on the day it will take effect, except that any change to the schedule of races will be posted by 19:00 on the day before it will take effect, including information that 3 races will be scheduled.

5. BOATS AND EQUIPMENT

- 5.1. All competitors shall use only one hull, sail, mast, boom, centreboard and rudder.
- 5.2. In the event of damage, boats and equipment may only be substituted with the written permission of the Race Committee. If the damage occurs later than 90 minutes before the first scheduled start on a racing day and before the start of the last race of the day, provisional verbal permission shall be obtained from the Jury or Race Committee and the written permission of the Jury or Race Committee shall be applied for before the end of Protest Time at the end of the day in which the substitution takes place.
- 5.3. Boats shall affix the stickers provided by the organising authority on both side of the forward 25% of the hull, 300mm from the bow.
- 5.4. When ashore, boats shall be kept in their assigned places at the venue.
- 5.5. Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the organizing authority.

6. RACING FORMAT

- 6.1. The regatta will consist of up to 6 races.
- 6.2. Will be two separate fleets. One for Laser Standard class and other for Laser Radial and 4.7 class.

7. PROGRAMME, START TIME AND STARTING SEQUENCE

- 7.1. Programme and start times:

Friday 26 th October	09:00 Registration
	12:00 Skipper's meeting
	13:00 Warning signal 1 st race (races)
Saturday 27 th October	12:00 Warning signal race (races)
Sunday 28 st October	12:00 Warning signal race (races)

- 7.2. The time for the first warning signal on 27st October to 28th October will be 12:00 unless altered in accordance with sailing instruction 4.
- 7.3. Each day succeeding races will be started as soon as practicable after the finish of the previous race.
- 7.4. Any race for which a warning signal is not given by 15:30 on the last day of the regatta will be abandoned and not re-sailed.
- 7.5. The programme may be changed to sail more than three races a day.

8. CLASS FLAGS, FLEET IDENTIFICATION AND CATEGORY

- 8.1. The Group Flags for both fleets will be as follow:

Standard Rig: Blue flag with laser logo

Radial Rig and 4.7 Rig: Red flag with laser logo

9. SIGNALS MADE ASHORE AND COURSE AREA

- 9.1. Signals made ashore will be displayed on the flag pole located near the race office.
- 9.2. Flag D displayed with two sounds (one when lowered) means "No boat shall go afloat until this signal is lowered. The first warning signal will be made not less than 30 minutes after flag D is lowered".
- 9.3. AP displayed ashore with two sounds (one when lowered) means ""The race is postponed. The first warning signal will be made not less than 30 minutes after AP is lowered."

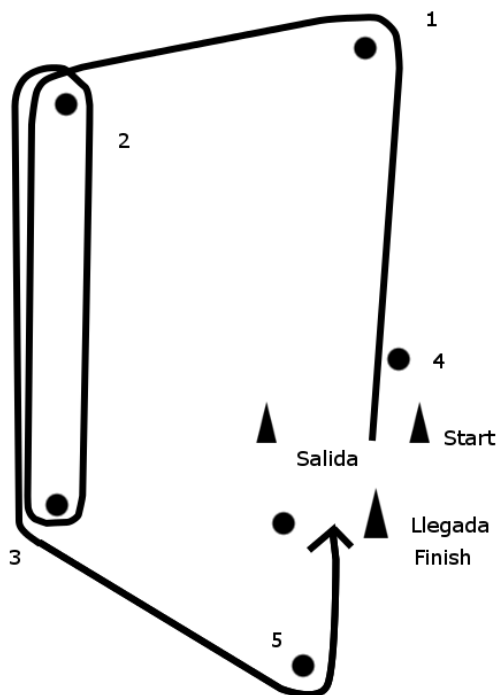
10. THE COURSE

- 10.1. The following diagram shows the course, the order in which marks are to be passed and the side on which each mark is to be left. The leg between marks 3 and mark 5 may be laid shorter than the leg between mark 1 and mark 2 so that the finish line is not directly to leeward of the start line

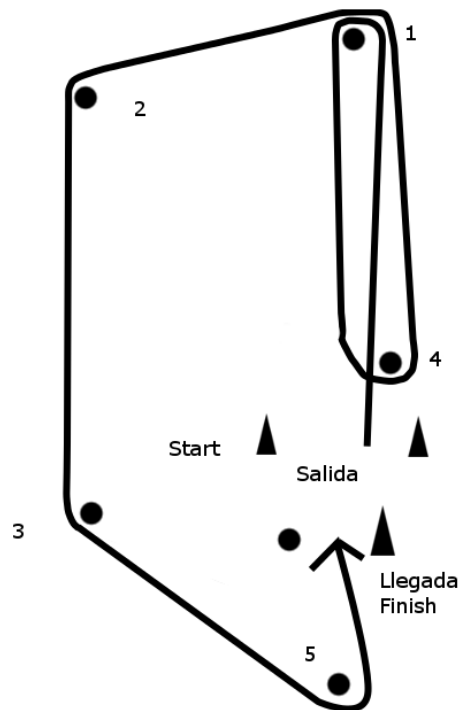
Outer (ZO) 1, 2, 3, 2, 3, 5, FINISH

Inner (ZI) 1, 4, 1, 2, 3, 5, FINISH

ZO



ZI



- 10.2. No later than the warning signal, the race committee signal boat will display the approximate compass bearing of the first leg and course OUT (outer) or IN (inner).
- 10.3. The length of the course will be set for a target time of 45 minutes. Failure to meet the target time will not be grounds for redress under rule 62.1(a).
- 10.4. The course may be shortened to finish at a rounding mark.

11. MARKS

- 11.1. Standard marks will be red tetrahedron red buoys. Alternate marks (see SI 16.1) will be yellow cylindrical buoys
- 11.2. The starting line will be between committee boat flying orange flag and orange buoy
- 11.3. The finishing line will be between committee boat flying blue flag and a blue flag buoy.

12. THE START

12.1. Races will be started as follows. This changes RRS rules 26 and 30.

Time before start	Signal	Visual signal	Sound signal
5 minutes	Warning	group Flag(s)	1 sound
4 minutes	Preparatory	Flag U or Black Flag	1 sound
1 minute	1 Minute	Flag U or Black Flag removed	1 sound
0 minutes	Start	group Flag(s) removed	1 sound

12.2. The warning signal for the next fleet's start will be made as soon as practicable after the previous start.

12.3. A boat that starts more than 5 minutes after her starting signal will be scored DNS without a hearing. This changes RRS Appendix A.4 and Appendix A.5.

13. STARTING PROCEDURE

13.1. Races will be started by using rule 26 with the warning signal made 5 minutes before the starting signal.

14. CHANGE OF THE NEXT LEG OF THE COURSE

14.1. A change of the next leg of the course will first be attempted by changing the position of the original marks. When this is not possible the course will be reset using one or more alternate marks (described in instruction 11). When alternate marks are already in use, the course may be further reset using the original marks. A boat shall not request redress under 60.1(b) because of an action or no action by the race committee under this instruction.

15. ABANDONING A RACE

15.1. Under rule 32.1, the race committee may abandon the race because of a major wind shift or irregular winds or when the wind speed drops below 5 knots (2.5 m/s) as measured by the race committee. A boat shall not request redress under 60.1(b) because of an action or no action by the race committee under this instruction.

16. THE FINISH

16.1. The finishing line will be between a race committee boat displaying a blue flag and the port-end finishing mark.

17. PENALTY SYSTEM FOR BREACHES OF RULE 42

17.1. Appendix P will may apply with the following changes:

- (a) If a first penalty is signalled after a boat has finished, the boat will be given a scoring penalty of 8 points without a hearing.
- (b) Appendix P3 is replaced with "If a boat has been penalised for the first time under Appendix P1 and the race committee signals a postponement, general recall or abandonment before the boat has had an opportunity to take a penalty, the penalty is cancelled, but it is counted to determine the number of times she has been penalised during the regatta."
- (c) Appendix P4 is replaced with "An action by the jury under Appendix P shall not be grounds for a request for redress by a boat. The jury may initiate a redress hearing and may give redress for an action by a member of the jury or its designated observer under rule P1". This changes rule 60.1(b).

17.2. A boat that has either retired from or been disqualified in a race for a breach of rule 42 shall not compete in that race if it is restarted or resailed. For the purposes of this instruction a race is 'restarted or resailed' when it has the same race number as a previously abandoned or recalled race, even if the race is resailed on a later date, or is resailed as part of a final series instead of a qualifying series. If she competes, she shall be disqualified (score not excludable) without a hearing and the jury will consider calling a hearing under rule 69.1(a). This does not apply when the disqualification is the result of the boat's first penalty, and she was not informed of the disqualification prior to the restart or re-sail. This changes rule 36.

This means:

Yellow Flag	Immediate penalty action by boat	After a general recall or a postponement or an abandonment	No action by boat	After a general recall or a postponement or an abandonment
1st	Two turns/ 8 points (SI 18.1(a))	Can restart	DSQ	Shall not restart if notified of the DSQ.
2nd and next	Retire (DNF)	Shall not restart	DNE	Shall not restart

17.3. A list of boats that have been penalised for breaking rule 42 will be posted after racing each day.

18. TIME LIMIT

Boats failing to finish within 15 minutes of the time the first boat sails the course will be scored DNF without a hearing. This changes RRS Rule 35, Appendix A.4 and Appendix A.5.

19. PROTESTS

- 19.1. Protests shall be in writing and delivered to the race office within the protest time limit. Protest forms will be available at the race office. The protest time limit will be posted on the official notice board. It will be 60 minutes after the last boat finishes and may be different for each fleet.
- 19.2. Protest notices will be posted within 30 minutes of the protest time limit. Protests will be heard at the jury office located in the GEN Roses Club.
- 19.3. Notices of protests by the race committee or jury will be posted before the end of the protest time limit to inform boats under rule 61.1(b).
- 19.4. If rule Appendix N1.4(b) applies, the time limit for requesting a hearing under that rule is 30 minutes after the party was informed of the panel's decision.
- 19.5. On the last scheduled day of racing a request for a reopening of a hearing shall be delivered:
 - Within the protest time limit if a party to a protest requesting reopening was informed of the decision on the previous day; - No later than 30 minutes after the decision is posted;
 - If no racing has taken place on that day, no later than 30 minutes after 'AP over A' is displayed ashore.

This changes RRS 66.
- 19.6. On the last scheduled day of racing, a request for redress based on a jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.
- 19.7. Breaches of instructions 1.4, 5, 6, 9, 13.5, 25, 26 and 27 will not be grounds for a protest by a boat. This changes rule 60.1(a). For these breaches the jury may apply a lesser penalty in place of disqualification.
- 19.8. When an international jury is appointed in accordance with RRS Appendix N the decision of the Jury will be final.
- 19.9. To request correction of an alleged error in posted race or series results, a boat shall complete a scoring enquiry form available at the race office.
- 19.10. The jury will not consider claims for damages arising from incidents involving boats bound by the rules.

20. SCORING

- 20.1. The Low Point System of RRS Appendix A will apply.
- 20.2. At least 2 races are required to be completed to constitute a regatta. When 4 or more races have been completed, a boat's series score will be the total of its race scores excluding the worst score.
- 20.3. The Laser 4.7 fleet is only open to women
- 20.4. The ranking at the individual regattas will be by extraction for each age category for each fleet.

21. PRIZES

21.1. Prizes for each Regatta will be awarded in the following categories.

- 1st, 2nd and 3rd Laser Apprentice Standard (35 to 44 years)
- 1st, 2nd and 3rd Laser Master Standard (45 to 54 years)
- 1st, 2nd and 3rd Laser Grand Master Standard (55 to 64 years)
- 1st, 2nd and 3rd Laser Great Grand Master Standard (from 65)
- 1st, 2nd and 3rd Laser Apprentice Radial Men(35 to 44 years)
- 1st, 2nd and 3rd Laser Apprentice Radial Women (35 to 44 years)
- 1st, 2nd and 3rd Laser Master Radial Men (45 to 54 years)
- 1st, 2nd and 3rd Laser Master Radial Women (45 to 54 years)
- 1st, 2nd and 3rd Laser Grand Master Radial Men (55 to 64 years)
- 1st, 2nd and 3rd Laser Grand Master Radial Women (55 to 64 years)
- 1st, 2nd and 3rd Laser Great Grand Master Radial Men (from 65)
- 1st, 2nd and 3rd Laser Great Grand Master Radial Women (from 65)
- 1st, 2nd and 3rd Laser 4.7 Women Overall

22. SAFETY

- 22.1. Competitors shall wear personal flotation devices at all times when afloat, except briefly when changing or adjusting clothing or personal equipment. Wet suits and dry suits are not personal flotation devices. This changes rule RRS 40.
- 22.2. Competitors who require assistance from rescue boats should wave one arm with hand open. If no assistance is required, the arm should be waved with fist closed.
- 22.3. If considered necessary a competitor may be ordered by a race organisation boat to abandon his or her boat and board a rescue boat.
- 22.4. A boat that retires from a race shall notify a race committee or jury boat as soon as possible or the race office immediately after returning to the shore.
- 22.5. If a boat is abandoned it will be marked with a hazard tape tied through the bow eye to signal that the sailor is safe.

23. RUBBISH/TRASH DISPOSAL

- 23.1. As sailors, we respect our environment and seek to protect and restore our boat park, shore, coastal waters and oceans. Sailors shall always use trash bins ashore and shall not intentionally put trash in the water. Trash may be placed aboard support and race committee boats.

24. PHOTOGRAPHY CONSENT

- 24.1. By entering the Championships competitors accept that they may be photographed and/or videotaped participating in the race and/or using the Championship facilities and they consent to the taking of such images and to the use, reuse, publication and republication of such images in any media, in conjunction with the competitor's name or not, without compensation and without the competitor's approval of such images or any use thereof.

25. LIABILITY

- 25.1. The Grup d'Esport Nàutics de Roses, The Federació Catalana de Vela, the Real Federación Española de Vela and the AECIL / EurILCA, their officers, members and volunteers do not accept liability for loss of life or property, personal injury or damage caused by or arising out of the Euro Masters Series regatta and competitors take part in the regatta at their own risk.
- 25.2. The establishment of the Notice of Race and the Sailing Instructions in no way limits or reduces the complete and unlimited responsibilities of a competitor being solely and entirely responsible for the management of a boat he is sailing.
- 25.3. A competitor shall maintain their boat in a safe and seaworthy condition.
- 25.4. A competitor shall be of good health and a competent sailor capable of racing a Laser Radial in open water in 25 knots wind and it is his sole responsibility to decide to participate in a race or to continue racing.
- 25.5. All competitors shall be insured with valid third party liability insurance with a minimum cover of 1,500,000€ per event or equivalent thereof in any other currency.
- 25.6. A competitor is recommended to have personal accident and health insurance that covers them while attending the regatta and whilst racing.

26. COMMITTEE BOATS

- 26.1. Each race committee boat may display Orange flag
- 26.2. Rescue boats may display a RSQ flag
- 26.3. Jury boats may display a JURY flag