



Lyme Regis Sailing Club

Sailing Instructions

1. Rules

1.1. Racing will take place under the current ISAF Racing Rules of Sailing (RRS), the prescriptions of the RYA, these sailing instructions and the appropriate class rules.

2. Eligibility

2.1. Races are open to all current LRSC members.

2.2. Visitors may be invited to participate in Club Races in accordance with LRSC Rules. However, Club Trophies (unless specifically designated) may only be held by LRSC members.

3. Entries

3.1. The minimum number of entries for a race is three boats. The OOD may at his/her discretion allow classes to combine for the start procedure, treating them subsequently as separate races for purposes of finish procedures and subsequent allocation of points or awards.

3.2. Boats wishing to participate in club races shall enter by completing the required details on the club signing on sheet, (which will be available in the clubhouse). The sheet may be removed approximately twenty minutes before the start of the race. Late entries may be made in person or by radio to the OOD or OOD's delegate before the warning signal, but acceptance of such late entries shall be at the OOD's sole discretion. Such late entries shall be deemed to have signed the disclaimers on the 'signing-on sheet'.

4. Notices to Competitors

4.1. Notices will be posted on the sailing notice board in the clubhouse or club compound.

4.2. Postponed or abandoned races.


4.2.1. Postponed trophy races may be sailed as conditions permit in lieu of subsequent races.

4.2.2. Advance notice of the sailing of such a postponed trophy race need not be given. (RRS 81 is hereby amended).

5. Changes in Sailing Instructions

5.1. Changes will be posted on the notice board for at least thirty minutes before the advertised start time of the race(s) concerned.

6. Signals made ashore






6.1. Signals will be displayed on the clubhouse Flagstaff. In the case of dinghies, when flag Y  is displayed before or with the warning signal, competitors shall wear life-jackets or other adequate personal buoyancy. Wetsuits or drysuits are not adequate buoyancy.

7. Schedule of races

7.1. Races will be conducted in accordance with the current LRSC programme. Competitors should check the clubhouse notice board or club website (www.lymeregissailingclub.co.uk).

8. Class Flags

8.1. Class flags/pennants will be used as required where classes are given separate starts. The following flags/pennants will be used as appropriate:


- General Handicap.....9 
- Cruisers.....T 
- Youth (Helm & Crew under 18years).....6 
- Gold Fleet.....1 
- Silver Fleet.....2 

9. Racing Area

9.1. **Course area.** Courses will be set using the club marks (yellow pillar) depicted on the sailing notice board or club course card. Middle and long distance races will be in areas set by the OOD and race officers on the day of the race.

10. Courses

10.1. **Committee Boat starts.** If no course is shown on the committee boat the provisional course displayed on the sailing notice board shall be sailed.

10.2. **Changes to Course.** If Flag L  is flown by the Committee Boat prior to the warning signal competitors should come within hailing distance in order to receive instructions - such as advice regarding a change of course. The new course may also be displayed on the course board.

11. Marks

11.1. **Description of course marks.** Racing shall take place around yellow pillar buoys unless otherwise stated on the course board.

11.2. **Start Line.** The Start Line will be a line between the mast on the Committee boat displaying an Orange Flag and an adjacent yellow pillar buoy.

11.3. If there is a general recall in a multiple start sequence, the re-start of the offending class will move to the end of the starting sequence

12. Finishing

12.1. **Finishing Line.** The Finishing Line shall be a line between the signal mast displaying a Blue Flag on the committee boat and an adjacent yellow pillar buoy (this may or may not be an original mark of the course).

13. Penalty System.

13.1. **Taking Penalties.** For all races Rule 44.1 shall apply.

14. Time Limits.

14.1. Maximum time limits for the first finishers in each fleet will be:

- Normal Races 1.5 Hours
- Middle Distance Races 3.0 Hours
- Long Distance Races 5.0 Hours
- Evening Races OOD's discretion

14.2. Any boat finishing more than 30 minutes after the first finisher in the same class will be scored a DNF.

14.3. If a full or shortened course cannot be completed (e.g. due to lack of wind) the results may be calculated from the last completed round at the discretion of the OOD

15. Protests.

15.1. **Time Limit.** Competitors intending to protest must inform the OOD in person at the first reasonable opportunity. The protest, in writing, must be lodged one hour after the last boat in the race has finished.

15.2. **Hearing.** If the hearing cannot be held immediately, the time, date and place of the hearing shall be posted on the Sailing Committee notice board within two hours of the finishing time of the last race of the day.

16. Results and Scoring

16.1. **Handicap Race Results.** Results of handicap races will be calculated using the current RYA Portsmouth Yardstick system. The Sailing Committee may revise PY numbers to suit local circumstances and conditions. The Sailing Committee will allocate a trial number to any boat wishing to race not having a published PY number. Such a trial number may be revised at any time by the Sailing Committee following consultation with the owner.

16.2. **Results.** Results of races will be displayed on the club web site as soon as possible after the event.

16.3. **Series Scoring.** When more than three races are sailed in a series, one result shall be discarded. A further discard shall be awarded for each additional set of three races completed in the series. The Low Point Scoring System (RRS Appendix A) will apply amended as follows:

- DNS Race Entrants + 1 point
- DNF Race Entrants + 1 point
- DNC Series Entrants + 1 point
- DSQ Series Entrants + 1 point

16.4. **Breaking Of Ties.** Ties shall be broken as per RRS Appendix A.

16.5. **Allocation of points.** Points are awarded to a club member helming the same class of boat throughout a series. If either the helm or the class is changed during the series they will be scored separately.

17. Fleets

17.1. **Fleets.** Helms will be allocated Gold or Silver Fleet status based on previous club race results.

17.2. **Fleet Choice.** A helm allocated Gold Fleet status can only sail in the Gold Fleet races. A helm allocated Silver Fleet status can choose to sail in either fleet but cannot change fleets during a series.

18. Safety

18.1. Competitors under the age of 18 must wear adequate personal buoyancy whilst afloat. Wet suits or dry suits are not considered adequate buoyancy.

18.2. A boat that retires from a race shall inform the OOD or Safety Boat before leaving the race area. On returning to the beach, the competitor shall notify the 'Duty Beach' that he/she has returned safely.

19. Disclaimer of Liability

19.1. In entering any race, participants accept that they are responsible for themselves, their crew, and their boats, whether afloat or ashore. Nothing done by the organisers (i.e. the club, race management team, patrol craft and anyone helping to run the event) will relieve participants of their responsibilities. By launching (or putting to sea) participants imply the suitability of their boat and the competence of the skipper and crew for the expected or forecast conditions. The provision of patrol craft does not relieve participants of their responsibilities.

19.2. All competitors must complete the Signing on Sheet. By signing this entry form you agree to the following and accept the disclaimer below:-

19.2.1. I agree to be bound by the racing Rules of Sailing and by any other rules that govern this event, I am aware of the onus placed upon competitors by RRS Fundamental Rule 4 "A boat is solely responsible for deciding whether or not to start or continue racing".

Note those under the age of 18 are required to have a parent or guardian sign the race entry form on their behalf.

19.2.2. I declare that I hold a valid certificate of insurance, which covers me while racing (including adequate third party legal liability insurance cover for a minimum amount of £3,000,000). I agree that the Lyme Regis Sailing Club shall not be liable for any loss, damage, death or personal injury howsoever caused to the Helm or Crew as a result of their taking part in the race or races. Moreover, every owner/competitor warrants the suitability for his equipment and boat for the race or races to be entered.

19.2.3. I agree that the provision of safety equipment and boats by Lyme Regis sailing club is neither guarantee that assistance can be rendered to any competitor in need, nor acceptance of any responsibility for rescue of any competitors. Further, in the event that assistance is rendered to any competitor, no liability for any loss, damage or injury to any competitor and/or his and equipment is accepted by the regatta organisers, the crew or owners of such safety craft.

20. Insurance

20.1. All boats shall have adequate third party insurance cover (minimum £ 3,000,000) for the duration of the season.