



**Carrigaline Court Hotel Dinghy Frostbite League at Royal
Cork**
Sunday 05th, 12th, 19th and Saturday 25th of November 2023

SAILING INSTRUCTIONS

1. Rules

- a. The Regatta will be governed by the rules as defined in the Racing Rules of Sailing.
- b. Racing will be governed by current ISAF Racing Rules of Sailing, ISA Prescriptions and those of ILCA Ireland and The Irish Topper Association.
- c. Entry is open to all sailors who are members of Irish Sailing Clubs.
- d. Registration will be from 9:45 to 10.15 hours on Sunday 05th November 2022.
- e. A briefing will be held in the Dinghy Centre at 10.15 hours on Sunday 05th November 2022.

2. Notice to Competitors

- a. Notices to competitors will be posted on the official notice board which will be a whatsapp group with this [link](#):

3. Changes to the Sailing Instructions

- a. Any change to the sailing instructions will be posted no later than one half hour before the start of the first race on the morning it will take effect.

4. Sail Numbers

- a. Boats shall use their correct sail numbers (as also listed on their entry form), which shall be clearly readable on both side of the sail.

5. Signals Made Ashore

- a. Signals made ashore will be displayed on the Club Flagpole.

6. Schedule of Races

- a. It is proposed to run 3 races each day. The race officer at their discretion may elect to run a 4th race or more as weather permits from week to week.
- b. The scheduled time of the warning signal for the first race on each scheduled race day is 11.00 hours.
- c. When races are run back-to-back, the Warning Signal for the next race will be given as soon as possible after all boats have been finished.
- d. The latest time for a warning signal will be 14h unless amended on the day of racing.

7. Class Flags

- a. The class flag to be used will be at the discretion of the race officer.

8. Racing Area and Areas that are obstructions

- a. The racing area will be on the Curlane Bank or other harbour areas at the discretion of the Race Officer.
- b. Race areas and areas that are obstructions will be described at the competitors' briefing.

9. The Courses

- a. The course will be described at the competitor's briefing or as per displayed/instructed on the water by the PRO.

10. Marks

- a. Course Marks and Start/Finish Marks will be described at the competitors' briefing.

11. The Start

- a. The starting line will be between the main mast of the committee vessel and an outer distance mark (ODM). There shall be separate starts for ILCAs, Toppers and PY.

12. Change of Course after the start

- a. To change the positions of the next mark, the race committee may move the original mark (or the finishing line) to a new position. The change will be made before the leading boat has begun the leg, although the mark may not yet be in the new position. Any mark to be rounded after rounding the moved mark may be relocated to maintain the course configuration.

13. The Finish

- a. The primary finishing line shall be between the mainmast of a committee boat, which shall be identified by flying a blue flag, and the finishing mark.
- b. No earlier than 10 minutes after the first boat has finished, the RO may, at their discretion, finish the remainder of the fleet that are still racing at a secondary finishing line.
- c. Boats that have passed the area where the secondary finishing line is placed and have not retired, but that subsequently fail to finish, shall be awarded the average of the points for the places available to them had they finished.
- d. In awarding finishing positions the decision of the Race Officer is final and shall not provide grounds for any boat to seek redress.
- e. After finishing, boats shall keep well clear of the finishing area and avoid impeding any boat not yet finished.

14. Time Limits and target times

- a. For all fleets: the time limit for the first boat to complete a race is 60 minutes.
- b. If no boat finishes within 60 minutes, the race may be abandoned. It may be re-sailed where possible.
- c. Boats failing to finish within 15 minutes after the first boat sails the course and finishes may be given a placing at the discretion of the Race Officer.

15. Protest and Requests for Redress

- a. Protest forms are available at the race office or are available at www.racingrulesofsailing.org. Protests and requests for redress shall be delivered to the Race Office within the appropriate time limit.
- b. For each class, the protest time limit is 60 minutes after the last boat has finished the last race of the day.
- c. The same time limit applies to protests by the race committee and protest committee about incidents they observe in the racing area and to requests for redress.

16. Scoring

- a. A minimum of 4 races are required to constitute a Frostbite series.
- b. The low point scoring system of Appendix A will apply, except that:
- c. When 4 races are completed there will be one discard.
- d. When 9 races are complete there will be 2 discards.

17. Equipment and measurement checks

- a. A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions.

18. Safety Regulations

- a. A boat that retires from a race shall notify the race committee as soon as possible.
- b. All crew shall wear adequate personal buoyancy at all times while on the water.
- c. Particularly as the event is held in November, it is imperative that Sailors wear suitable full length wet gear and layers to ensure that they are warm and comfortable throughout the duration of the series.

19. Support Boats

- a. Except for rescue purposes, team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or retired or the race committee signals a postponement, general recall or abandonment.

20. Series Prizes

Will be awarded as follows:-

On the basis of final entries in each class.

Note - for the Topper Fleet, The Bill Jones Memorial Trophy shall be awarded to the First placed Royal Cork Yacht Club sailor.

21. Disclaimer of Liability

- a. Competitors participate in the regatta entirely at their own risk. See rule 4 (Decision to Race).
- b. By signing the entry form, competitors and their parents or guardians confirm they are entirely responsible throughout the event for themselves and their boats on land and on the water.
- c. The organising 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.

22. Insurance

- a. It is the duty of each boat owner to have their boat adequately insured against any risk, including civil responsibility to third parties and to ensure that such insurance remains valid for the entirety of the Frostbite League.

Appendix A: Race course

Inner and Outer Loop Trapezoid setup. Committee board will indicate fleet instructions.

Fleet 1
Fleet 2

