

# THE SAN FRANCISCO YACHT CLUB



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## Northern California High School Sailing - NorCal #3 Appleton Regatta Nov. 9, 2008 Sailing Instructions

### 1 Rules

The regatta will be governed by the Racing Rules of Sailing for 2005-2008 (including USSAILING prescriptions), the ISSA Procedural Rules, the PCISA Supplemental Rules, the Notice of Race, and these sailing instructions.

### 2 Notices to Competitors/ Changes to the Sailing Instructions

All notices to competitors or changes to the sailing instructions will be posted on the notice board near the Junior Flag Pole of the San Francisco Yacht Club.

### 3 Safety

3.1 A boat that retires from a race must notify the Race Committee prior to leaving the course area. If this is not possible, they must do so immediately upon arriving ashore.

3.2 Each competitor shall provide and wear a USCG approved personal flotation device (PFD) at all times while afloat, except for brief periods so as to allow for addition or removal of clothing. Wetsuits or drysuits **are not** acceptable substitutes for a PFD.

3.3 Competitors shall keep clear of commercial traffic at all times.

### 4 Boats

4.1 Each team is responsible for providing two class legal CFJs in good condition and two sets of CFJ sails in good condition. 1 bailer per boat is required; 2 are recommended.

### 5 Schedule of Racing

5.1 Racing will commence at 1045, Sunday, Nov. 9, 2008 with A-division.

5.2 No race shall begin later than 1700, Sunday, Nov. 9, 2008.

### 6 Racing Area

The Racing area will be San Francisco Bay.

### 7 Courses

7.1 Courses will be windward/leewards or triangles. See attached course charts.

7.2 All marks shall be left to port.

### 8 Marks

Marks will be orange "Waypoint Pizza" balls.

**9 Start/Finish**

9.1 The start/finish line shall be between an orange ball and a flag on a staff aboard the committee boat.

9.2 Races will be started in accordance with RRS Appendix Q, Sound Signal Starting System. (3 minute)

**10 Recalls**

10.1 Sail numbers will be used to hail a vessel in the event she is on course side at the time of her start signal.

10.2 Individual recalls will be signaled by verbal hail and with Code Flag "X".

10.3 It is the obligation of every vessel to make a proper start. The race committee will attempt to hail the sail number of any boat on course side at the time of her start signal, however failure to do so shall not constitute grounds for redress.

10.4 A General Recall will be signaled by verbal hail and/or multiple sound signals. The start sequence will commence as soon as practical thereafter.

10.5 After a General Recall, the Round the Ends rule provision of RRS Rule 30.1 shall apply without display of Code Flag "I" for the immediate start only.

**11 Abandoning Race**

11.1 The Race Committee may abandon a race in progress when a change in weather conditions has, in its judgment, made the race an unsatisfactory test of skill.

11.2 The Race Committee may act under RRS Part 3 (Conduct of a Race) without the approval of the jury.

**12 Scoring**

Scoring will be as provided in ISSA Procedural Rule 9.

**13 Protests**

Protest procedures will be in accordance with ISSA Procedural Rules 16-21.

Protests shall be submitted in writing. Protests will be heard as soon as possible after the RC boat docks. A competitor intending to protest is not required to fly a red flag. This amends ISSA PR 16(a).

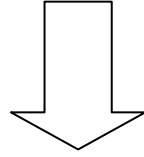
**14 Coaching**

Coaching between races will be allowed. All coaches will be given water access. Coaches must stay off the racecourse.

**15 OFFICIAL NOTICE FOR ALL COMPETITORS**

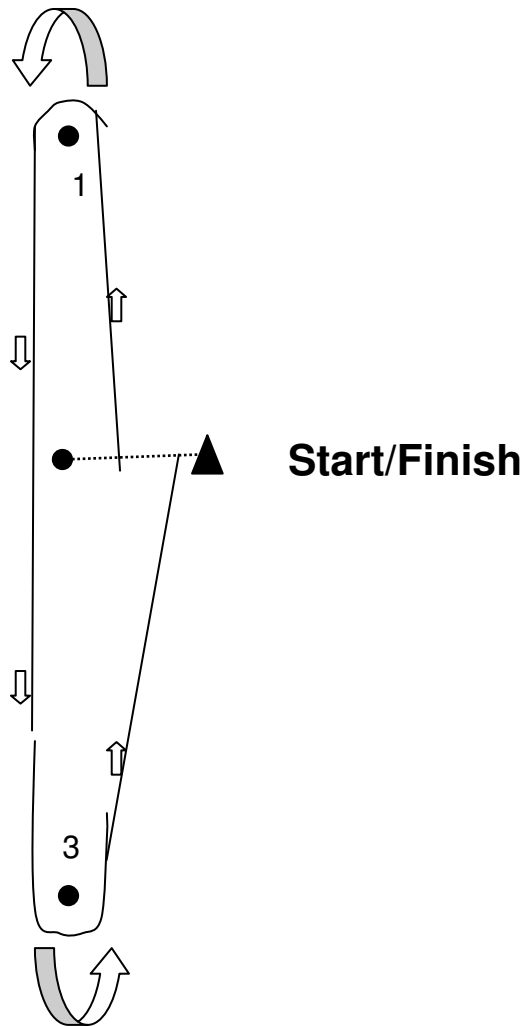
No contestant during the course of the regatta shall use, either on or off the water, alcoholic beverages or any controlled substance, the possession of which is unlawful. Infringement of this regulation and/or other off-water discipline expectations occurring during the regatta may be the basis for disciplinary action. A Discipline Hearing Board that will consist of three adult members, the Regatta Chairman or his designee, a member of ISSA or The San Francisco Yacht Club Board of Directors or a designee, and the Chief Judge or his designee will handle enforcement of this Sailing Instruction. The Discipline Hearing Board shall meet at a time and method selected by its members to hear and review any infringements. Their decision to impose scoring penalties or other sanctions they alone deem appropriate, including summary removal from the entire regatta, shall be final and without appeal.

# Appendix "A" – COURSES

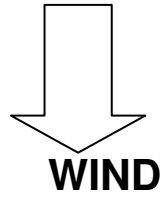


**WIND**

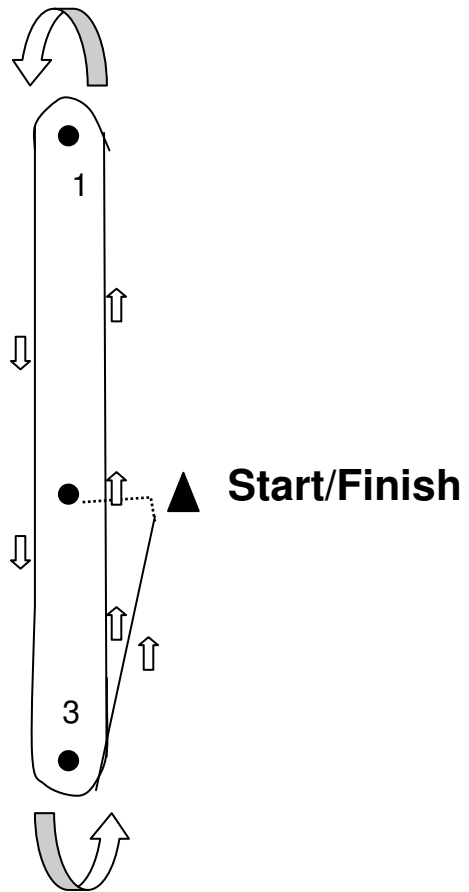
## Course # 1



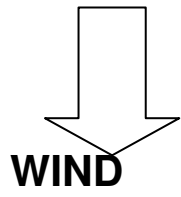
Course: Start-1-3-F



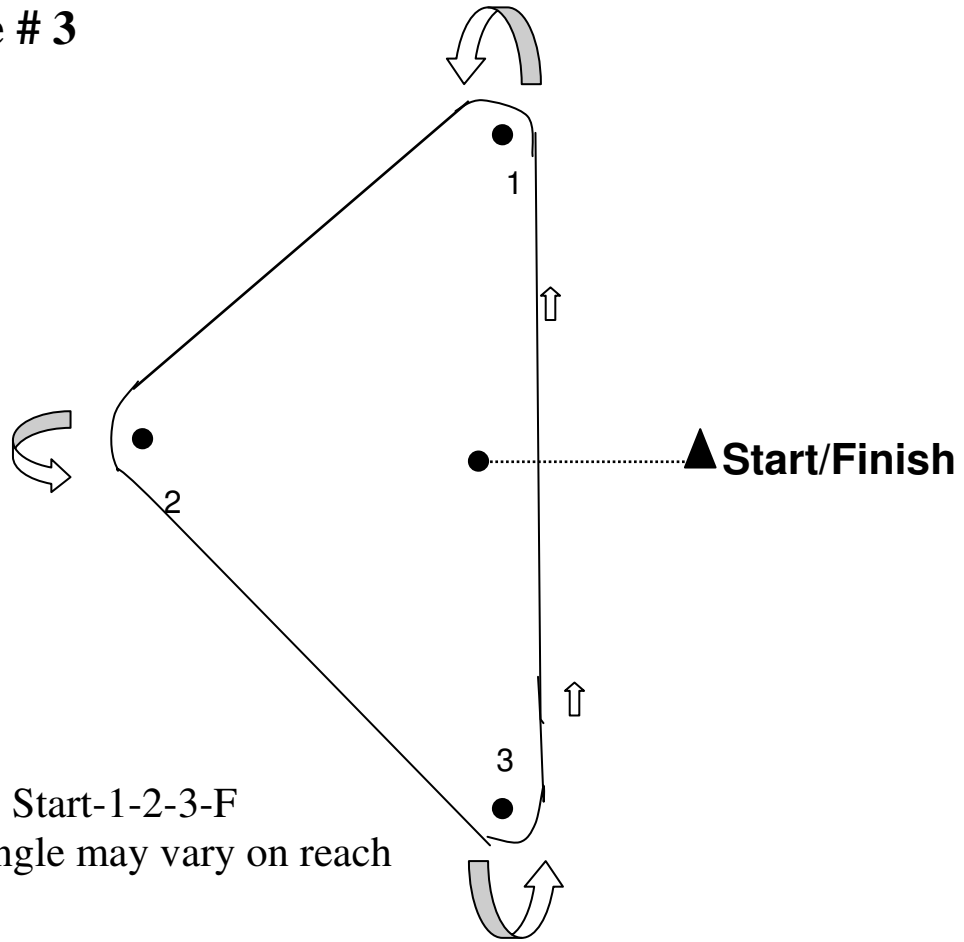
**Course # 2**



Course: Start-1-3-1-3-F



**Course # 3**



Course: Start-1-2-3-F  
\*Note angle may vary on reach