

# Sailing Instructions

## Nordic IOM Championship 2024, 6 – 8 sept.

### 1. Rules

- 1.1. The regatta will be governed by the 'rules' as defined in the Racing Rules of Sailing, including the RRS App E, the IOMICA Class Championship Rules, the Notice of Race (NoR), these Sailing Instructions (SI), the International One Metre Class Rules and the Equipment Rules of Sailing.
- 1.2. RRS APP. T may be applied.
- 1.3. No prescription of a national authority will apply.
- 1.4. The Sailing Instructions shall prevail in case of conflict with the Notice of Race.
- 1.5. The English language version of these documents shall prevail.
- 1.6. RRS E 5.2 Umpired Races may be applied.
- 1.7. RRS G3 is made applicable. Where there is any conflict in sail numbers, the race committee shall prescribe that sail numbers be amended until the conflict is resolved.
- 1.8. Touching marks are allowed with the following exceptions:
  - Marks forming the start line during start.
  - Marks forming the finishing line when the boat finishes.

### 2. Notices to Competitors

- 2.1. The Official Notice Board will be situated in front of the sailing area.
- 2.2. Notices to competitors will be posted on the Official Notice Board.

### 3. Scoring system

- 3.1. SHRS shall apply if more than one heat.
- 3.2. A copy of SHRS will be posted on the Official Notice Board. Competitors may obtain further copies from the Race Office.
- 3.3. Heat selection for Race 1 will be according to each NCA prioritized list. Non Nordic competitors will be placed by the organizers
- 3.4. Discarges
  - 3.4.1. Qualifying races
    - After 4 races have been completed, 1 discard.
    - After 8 races have been completed, 2 discards.
    - After 16 races have been completed, 3 discards and so on for every further 8 races completed.
    - If the transition to finals happens BEFORE the second discard, but at least after 6 races, a temporary discard is used to determine which finals fleets boats go to.
  - 3.4.2. Final races.
    - After 4 races have been completed, 1 discard.
    - After 8 races have been completed, 2 discards.
    - After 16 races have been completed, 3 discards and so on for every further 8 races completed.
    - Discharges in the final races is only for the final series.



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## 4. Time out limit

Time out limit will be 20 minutes and 5min after first boat finishes

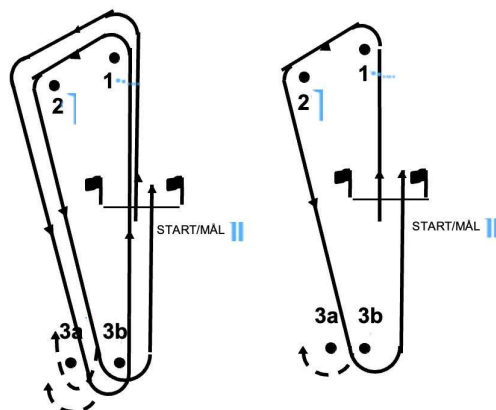
## 5. Changes in the Sailing Instructions

5.1. Any change of the Sailing Instructions will be posted on the Official Notice Board and shall be implemented only between races. Two sound signals followed by verbal announcements shall be made to call attention to change.

## 6. Course

6.1. The sailing area is shown in attachment A.

6.2. A windward leeward course with one or two laps will be sailed as shown



## 7. Changes to the course

7.1. The course may be changed only between heats or races. Any change to the course will be posted on the course board and the next heat will be preceded by a sound signal and a verbal warning.

7.2. During a heat, shortening of the course to the prearranged option shown on the course board will be signalled by two sound signals followed by verbal confirmation on the leg before the leading boat starts the leg in which she will finish because of shortening.

## 8. Control , launching and practice area.

8.1. The control area will be as shown in attachment A, or such other area as may be designated by the Race Committee. Any changes will be posted on the Official Notice Board and shall be implemented only between heats. Two sound signals followed by verbal announcements shall be made to call attention to the change(s).

8.2. The launching area will be as shown in attachment A., or such other area as may be designated by the Race Committee. Any changes will be posted on the Official Notice Board and shall be implemented only between heats. Two sound signals followed by verbal announcements shall be made to call attention to the change(s).

8.3. The practice area will be the race area marked in attachment A.

8.4. The Race Committee may announce changes to the permitted practice areas. Any changes will be posted on the Official Notice Board and shall be



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implemented only between heats. Two sound signals followed by verbal announcements shall be made to call attention to the change(s).

### 9. Start

- 9.1. The heat composition will be posted on the Heat board near the control area. Competitors will be advised orally by a hail of the upcoming heat and race number. It is the competitor's responsibility to hear this call and start in their assigned heat. Failure to comply with this Sailing Instruction will not be grounds for redress.
- 9.2. RRS 30.1 will be applied to the re-start of any heat that has had one general recall.
- 9.3. Starting signals:  
A warning signal will be given at 3 min. The start procedure starts at 2 min according to RRS E3.4

### 10. Racing times and schedule

Friday	Sept 6th	09:00	Registration and event measurement
		11:40	Skippers meeting.
		12:00	Start of first race
		18:00	No heat or race will be started after this.
Saturday	Sept 7th	10:15	Skippers meeting
		10:30	Start of first heat.
		18:00	No heat or race will be started after this
		18:30	Social get together
Sunday	Sept 8th	09:30	Skippers meeting.
		09:45	Start of first heat of the day.
		14:30	No racing after this time. (Heat or race in progress will be abandoned.)
	After racing:		Prize Ceremony.

#### Breaks:

On Saturday there will be a 30 min. lunch break between 12.00 and 13.00 and a break of 20 min around 15.30. On Sunday there will be a 30 min. lunch break between 11:00 and 12.00.

When racing one heat there will be a 10 min break for every 4.race.

### 11. Qualifying and Final races

When SHRS is implemented Friday and Saturday will be qualifying series.  
Sunday will be Final races

### 12. Protests

- 12.1. Protest forms will be available at the Race Office.
- 12.2. Parties to a protest will be called orally by hailing that the protest hearing is opening. It is the responsibility of the parties to come to the hearing without



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delay accompanied by any witness. No other notice of the hearing will be given. Hearings will be held in the jury office. This changes Rule 63.2.

12.3. Decisions of the jury will be final as provided in Rule 70.4.

12.4. For the purpose of rule 64.3(b) the 'authority responsible' is the event Senior Equipment Inspector.

12.5. The protest time is set to 3 min. after last boat in the previous heat finishes. An oral message to the race officer within the time limit is accepted as protest.

If more than one heat and the result of the protest does not influence the heat composition of the following heat, the protest hearing can be done while that heat races.

If there is only one heat, the race management can decide to do the hearing after races.

12.6. RRS APP. T. Arbitration may apply.

### 13. Transmitters

13.1. Unless the Race Committee prohibits their use, competitors not racing may use their transmitters at any time for the purpose of tuning or practice sailing. Practice area will be posted on the Notice Board.

13.2. Notwithstanding the areas listed herein no non-racing competitor shall sail within 15 metres of either a racing competitor or any mark of the racing course.

### 14. Measurement checks

The Race Committee may at any time request the event Senior Equipment Inspector to confirm that a boat complies with the Class Rules in which case it will inform the Competitor who shall present his boat to the Senior Equipment Inspector.

### 15. Repairs/rig change

#### When racing in two or more heats:

Time for repair/rig change is granted for boats that has been racing and are going to race in the upcoming heat will be granted repair/rig change time. The race officer must be warned at the latest 2 minutes after last boat finishes, a 5 min repair/rig change time will then be granted.

#### When one heat is raced:

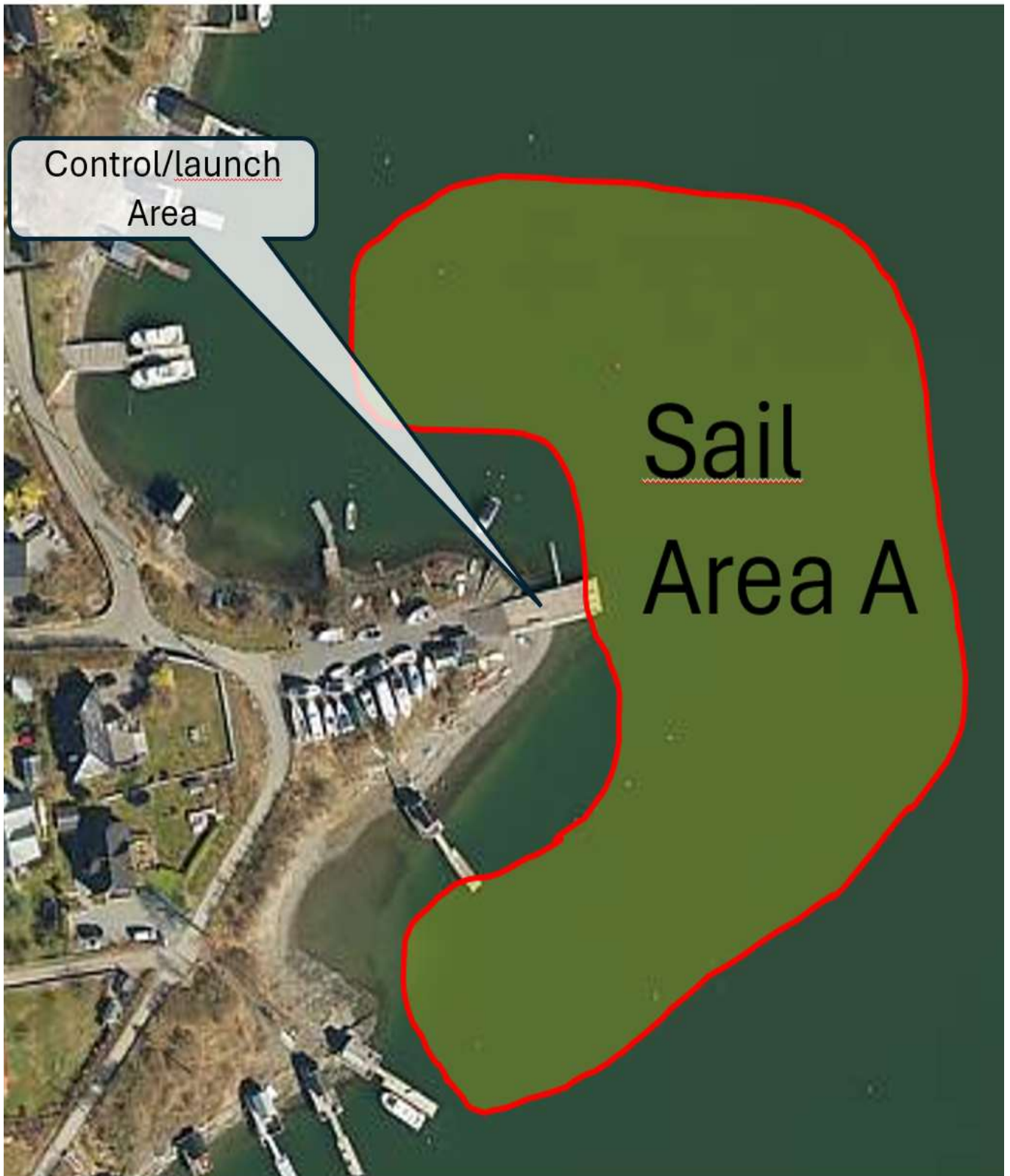
Any sailor that requires repairs after incidents during racing will be granted 5 min repair time. Race officer must be noted 2 min after last boat in the race finishes at the latest. A 5 min repair time will then be given.

If the weather conditions picks up during racing and there are no scheduled break, the race officer can decide break to change rig.



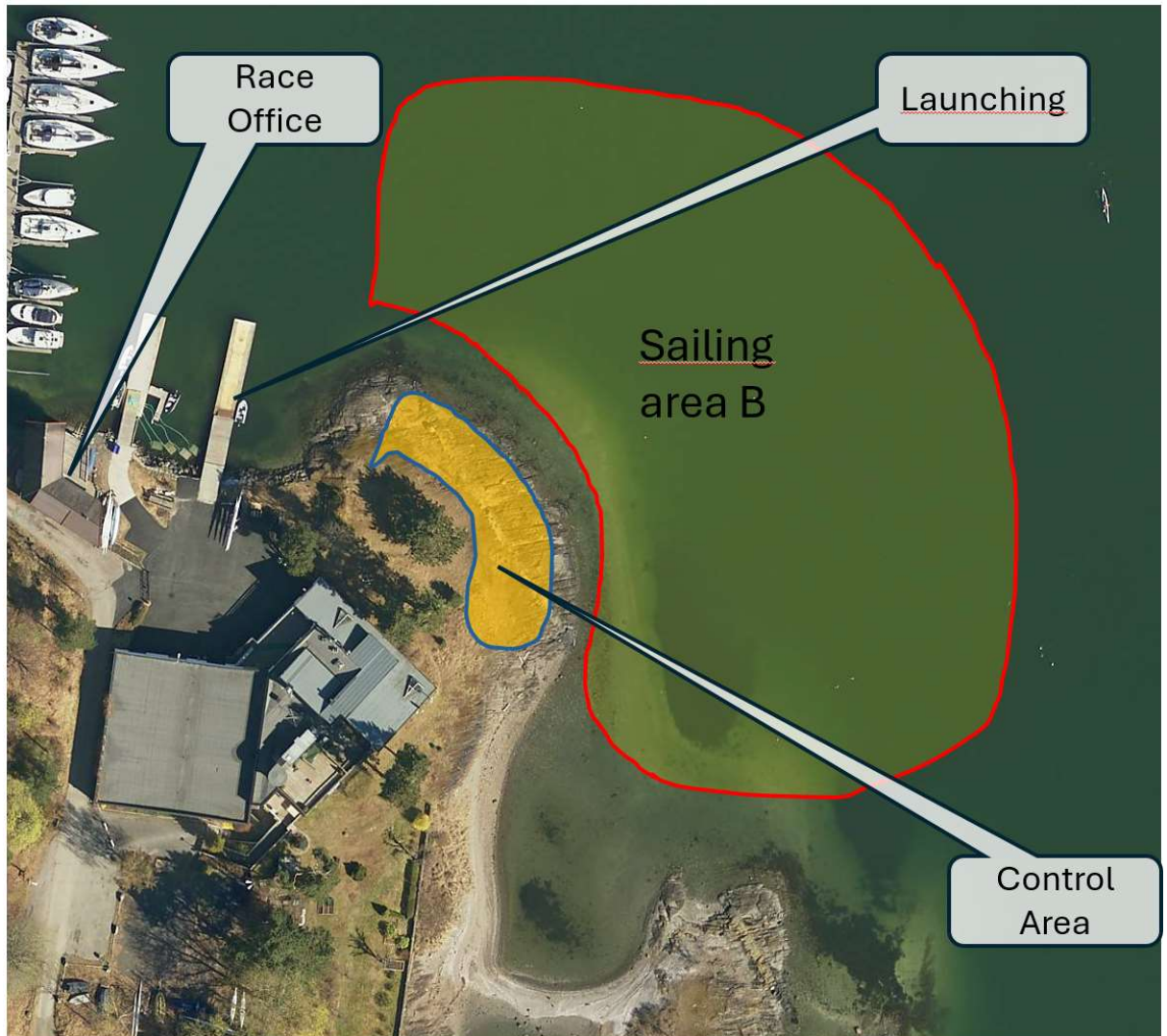
Attachment A





Sailing area A





## Sailing Area B



## Sailing Area C