



MANLY SAILING CUP

TERM 1 2020

SAILING INSTRUCTIONS

Letter to competitors

Hi Sailors,

We are very excited to have you come along and join us for the Manly Sailing Cup! The aim of this race series is to have fun, challenge your-self and learn how sailing regattas work. There will be a social BBQ after every race day, and lots of fun prizes to be won for everyone!

The Manly Sailing Cup is a chance for you to learn fleet racing rules. The official Racing Rules of Sailing is a very detailed and comprehensive document; you are not expected to fully understand it right away. The Manly sailing cup will primarily focus on the rules concerning:

When boats meet

- Right of way rules*
- Port boat must keep clear*
- Windward boat must keep clear*

Useful video: [https://www.youtube.com/watch?v= u51n56906o](https://www.youtube.com/watch?v=u51n56906o)

Marks and Obstructions

- Establishing overlap*
- Mark room*
- Keeping your course*

Instructors will be going over rules at every briefing, so do not worry if you don't currently understand all of the rules. There will also be a jury boat on the water, which will keep a close eye on the fleet. Once back on deck the jury officer will discuss rule infringement situations that happened on the water with all of the sailors at the debriefing. The best way to learn the racing rules of sailing is experiencing on the water, the different situations when certain rules apply.

This document is the official Sailing Instructions for the Manly Sailing Cup. If you enter a sailing regatta in the future the sailing instructions will tell you everything you need to know and will be structured just like this one.

Look forward to seeing you all on race day!

Kind regards,

Manly Sailing Team

P.S Here is the official Racing Rules of Sailing document, Focus on Part 2 (pg 11 – 18)
[https://www.sailing.org/tools/documents/WorldSailingRRS20172020new-\[24067\].pdf](https://www.sailing.org/tools/documents/WorldSailingRRS20172020new-[24067].pdf)

1. ORGANISING AUTHORITY

MANLY SAILING LTVD

<https://www.manlysailing.com>

Email: info@manlysailing.com.au

Ph: (02) 9977 4000

2. Eligibility AND BOAT ALLOCATION

- All participants must have completed their level 1 sailing course at Manly Sailing school to be eligible to compete in the Manly Sailing Cup.
- Exemptions from this requirement are to be discussed with the organising body at least one week prior to the series commencement.
- Boat allocations will be given at the sailing briefing on the first day of the series.

3. SCHEDULE

TIME	DESCRIPTION
4pm	Participants arrive – sign in & allocated a boat
4:15pm	Race Briefing
4:45pm	Must be on the water
5:00pm	Official practice lap with instruction
5:20pm	First warning signal
6pm	Back to the club
6:10 – 6:30pm	Prizes and pack up
6:30 – 7pm	BBQ

4. RACE FORMAT

- There are two fleet divisions: O'pen Bic full rig, O'pen Bic small rig for the practice and first race.
 - The first race will always be a practice race on each day of the series; this race will not be scored.
 - The next race or races will go towards the daily prizes for each fleet division.
- The last race of each race day will be a series score race, these scores determine the winner of the series and who wins the cup. For this race there will only be one division: O'pen Bic's (full & small rigs)
- There are 7 series score races scheduled.

5. SAFETY REGULATIONS

- Personal buoyancy aid is mandatory for every competitor and support boat crew member.
- Competitors must sign in prior to racing and sign off once back on the Manly Yacht Club deck. If a sailor has failed to do so, their score's that day will not be counted towards the series.
- Competitors leaving the race before finishing must inform the race committee or instructor boat as soon as possible. Sailors who have done so are to wait for racing to conclude, before sailing back to the yacht club.

6. RULES

- The series will be governed by the rules as defined in the [Racing Rules of Sailing](#)
- The OBCA (O'pen Bic class association) [class rules](#) apply
- The O'pen Bic [Addendum Q](#), approved by World Sailing under RRS 86.2 and allowing umpiring on the water for all races, will apply.














7. JURY

- Umpiring on the water for all races, will apply.
- The jury boat on the water will enforce penalty rules.
- A two-turn penalty will apply when a boat has broken one or more rules of Part 2, Racing Rules of Sailing (When boats meet & mark rounding rules)
- A one-turn penalty will apply when a boat has broken rule 31 (touching a mark).
- To complete the penalty a boat must make it's required number of turns in the same direction, each turn including one tack and one gybe.

8. THE START

- The race officer has the right to select each class flag and communicate this to all competitors at the race briefing.
- Five-minute start sequence will be conducted.
- Boats whose warning signal has not been made, shall avoid the starting area during the starting sequence for other races.

Five Minute start sequence

Action/Flag	Sound	Time before Start
Postponement flag (AP) 	N.A.	Holding off
AP down  	1 horn	Warning signal will be made 1 minute after the removal of the AP
Warning Class flag UP    Opti class class Open Bic	1 horn	5 min till start
Preparatory Blue Peter UP  	1 horn	4 min till start
Blue Peter DOWN  	1 horn	1 min till start
Start Class flag DOWN   	1 long horn	GO

9. COURSES AND FREESTYLE

- Refer to the appendix for the courses, including the approximate angles between legs, the order in which the marks are to be passed, and the side on which each mark is to be left.
- The Freestyle zone in each course is clearly marked, the race officer will select which freestyle maneuver is to be completed by sailors. This will be communicated at the race briefing.
- Freestyle maneuvers are:
 - **360:** including a tack and jibe in the same direction
 - **Capsizing:** capsize the boat until the head of the sail touches the water
 - **Standing leg:** Stand up sail the boat between the two marks in the freestyle zone
 - **Run around the mast:** Stop your boat in the freestyle zone, stand up and run around the mast

10. SCORING

- There are 7 point score races scheduled.
- Only the last race of each day will go towards a sailors point score.
- When 5 or less races have been completed there will be no discard. When 6 to 7 races have been completed a boats series score will be the total of her race scores excluding her worst score. When 8 to 9 races have been completed there will be 2 discards. When 10 or more races have been completed there will be 3 discards.
- Point score races will go towards winning the manly sailing cup series; sailor with the lowest points will win the cup.

Scoring system

Place	Points awarded
1 st	0.5
2 nd	1
3 rd	2
4 th	3
5 th	4
6 th	5
7 th	6
8 th	7
9 th	8
10 th	9
Did not race	Last place point + 1

11. PRIZES

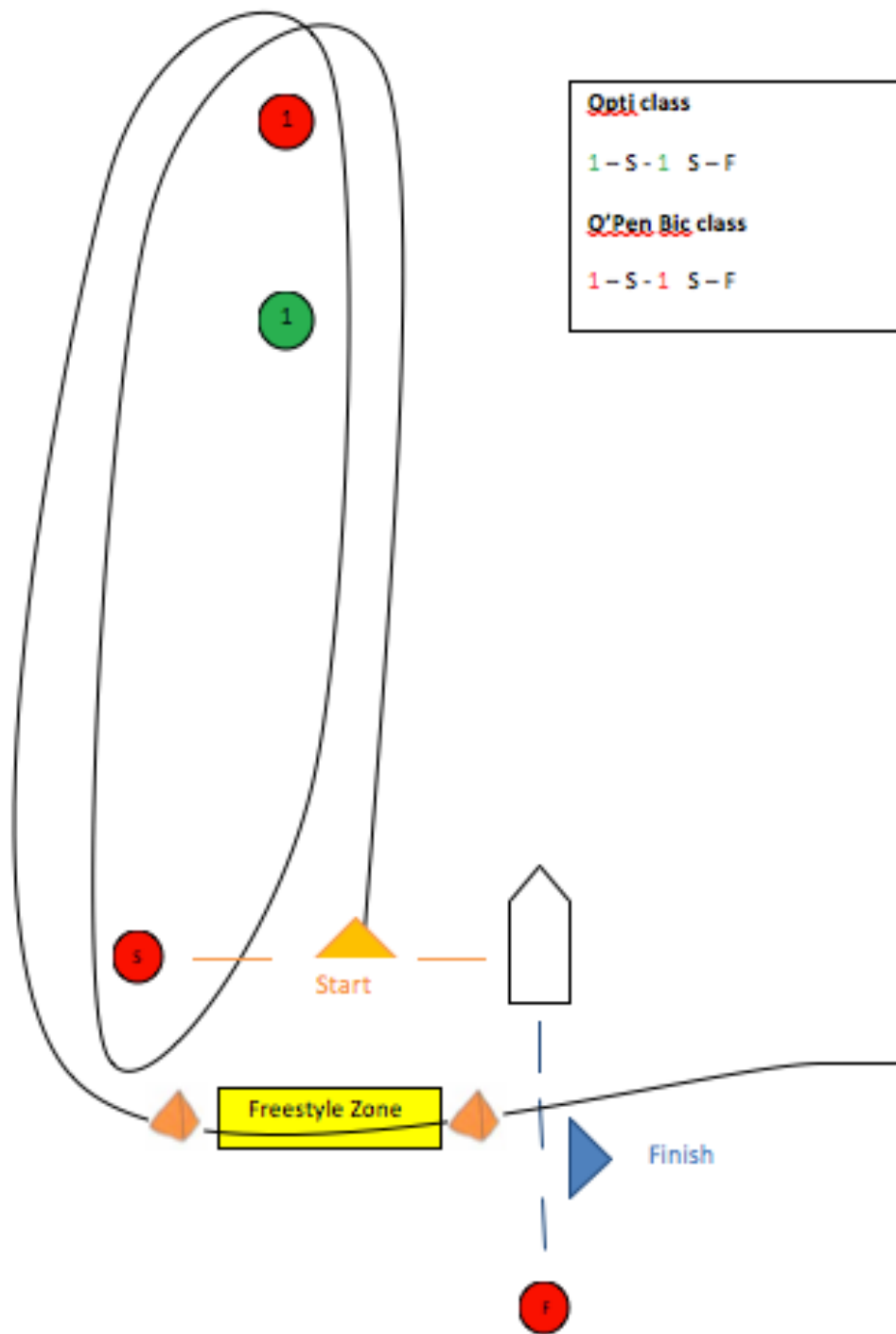
Each Race day Prizes	
1 st each fleet	1 st Place ribbon
2 nd each fleet	2 nd place ribbon
3 rd each fleet	3 rd place ribbon
Best Improved	Ribbon & wrapped prize
Swimming award	Small prize
Best freestyle	Small prize
End of series Prize	
Lowest point scorer of the series	Manly Sailing Cup (name engraved)

Appendix

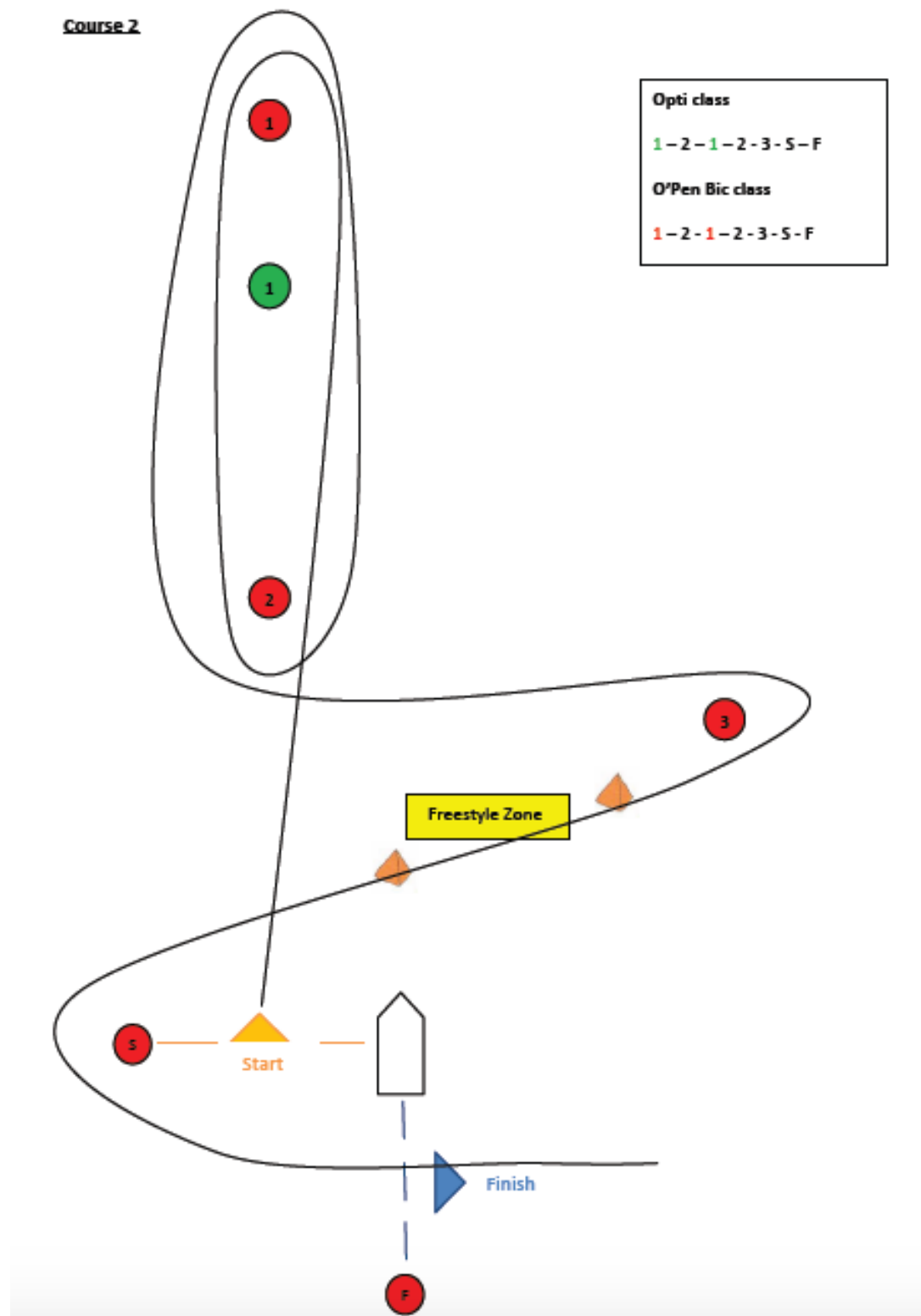
Racing Area



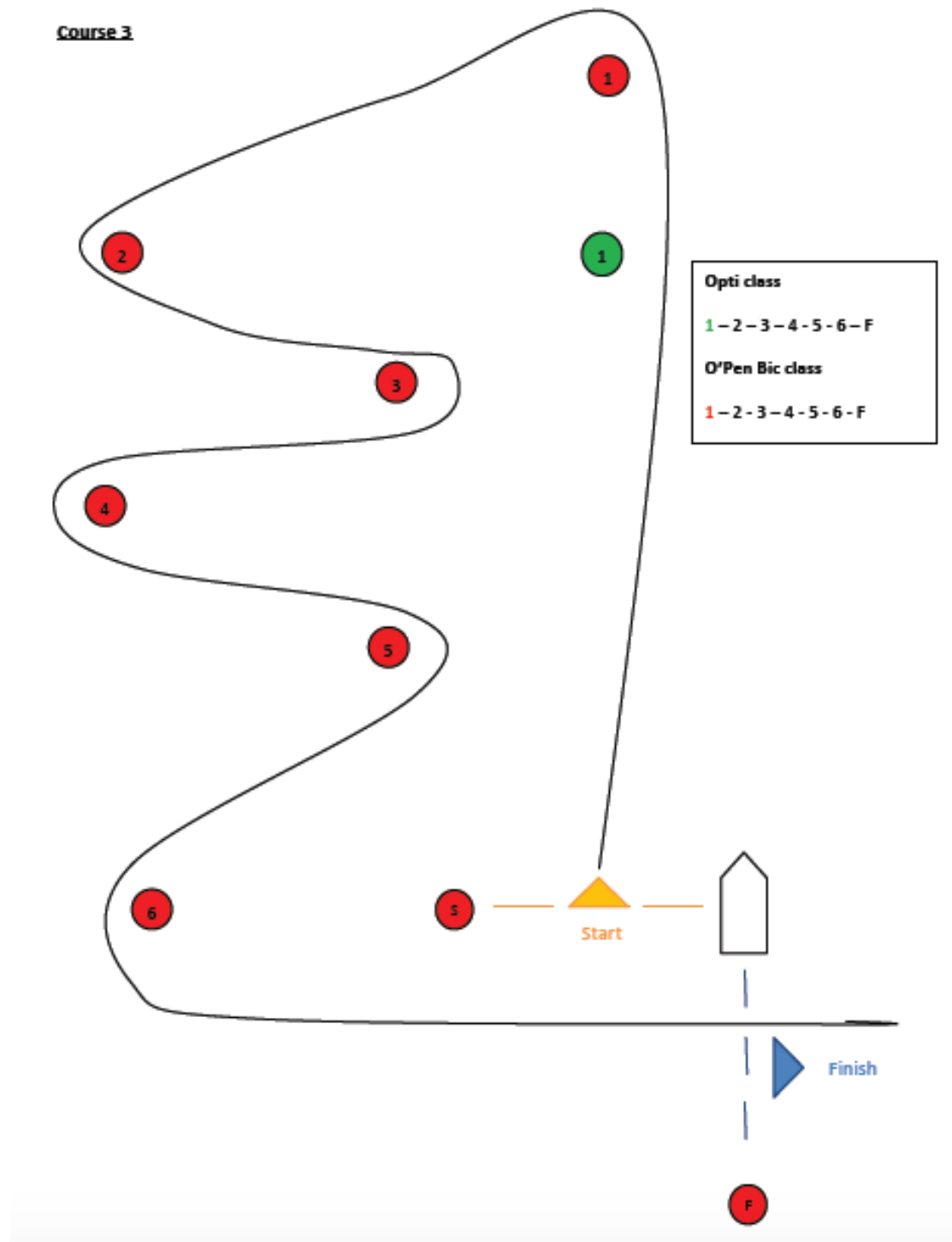
Course 1



Course 2



Course 3



Course 4

Opti class
1 - 2 - 1 - FZ - F
O'Pen Bic class
1 - 2 - 1 - S - FZ - F

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