



Coupe Internationale de Printemps OPTIMIST

9th to 15th April 2016

Sailing Instructions

Organised by the [Yachting Club de la Pointe Rouge](#), under the responsibility of the Fédération Française de Voile.

1. Rules

The Championship will be governed by :

- 1.1 The rules as defined in *The Racing Rules of Sailing*. (RRS)
- 1.2 National prescriptions for foreign competitors as defined in Appendix.
- 1.3 Federal regulations.
- 1.4 Class and Measurement rules in force and Promotion Optimist 2015-2016 regulations.
- 1.5 If there is a conflict between languages the French text will take precedence.

2. Notices to competitors

- 2.1 Notices to competitors will be posted on the official notice board located in the tent, in the Roucas Blanc nautical base.
- 2.2 For the practice race, if groups are made, the 1st start will concern the odd numbers, the second even numbers.

3. CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted on the official notice board at the latest 2 hours before the warning signal of the race it will affect, except that any change to the schedule of races will be posted by 2000 hours on the day before it will take effect



4. SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on masts in the Roucas Blanc nautical base.

4.2 When flag AP is displayed ashore, the warning signal will be made not less than 30 minutes later. This modifies the race signal AP.

5. SCHEDULE OF RACES

5.1 Dates and times of racing:

Date	1 st warning signal
Sunday 10th April	16:00 Practice race
Monday 11th April	11:00
Tuesday 12th April	11:00
Wednesday 13th April	11:00
Thursday 14th April	11:00
Friday 15th April	10:30

The maximum number of races per day is 3 unless a program modification is made.

Optimist Benjamins (Under 12) groups	3 races maximum, 4 hours on sea
Optimist Minimes/Cadets (Under 14) groups	3 races maximum, 6 hours on sea

The amount of time spent on the sea is at the discretion of the Race Committee. It can in no case give rise to a protest or request for redress.

5.2 After a long delay, to alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

5.3 On the last day of racing, no warning signal will be made after 1500 hours.

5.4

If more than 80 boats are registered in a division, the race will be run in groups with a qualifying phase and a final phase following the rules defined below :



5.5 : Qualifying Phase:

If necessary, the boats will be divided into 2 or 3 or 4 groups during the qualifying phase, and Gold, Silver and Bronze and Emerald fleets during the final phase. On the first day of racing, the division will be based on the latest National Ranking before the regatta. Competitors will be allocated according to their rank: Group 1 = 1st, 6th, 7th, 12th... ; Group 2 = 2nd, 5th, 8th, 11th, ... ; Group 3 = 3rd, 4th, 9th, 10th, ... Foreign competitors will be allocated in equal numbers and randomly to the three groups. This division will be maintained for the whole first day.

The list of groups will be displayed each day before signing in. Competitors will be allocated to new groups each day, unless on the first day only one race was raced in all the groups. If two or more competitors have the same rank, they will be placed in the left-hand column in the order of the groups defined above.

Divisions will be based on the ranking available each evening after racing, independently of any outstanding protests or requests for redress.

If the groups have raced the same number of races, ranking and division will be based on the same number of races, on the order that they were raced.

5.6 Group Ribbons

(a) Competitors shall display the identifying ribbon of their group from the top of the sprit.

Group 1 then Gold fleet: Yellow ribbon

Group 2 then Silver fleet: Blue ribbon for Minimes and no ribbon for Benjamins

Group 3 then Bronze fleet: Red ribbon

Group 4 then Emerald Fleet: No ribbon

(b) From Tuesday a bib will be given to the first three Minimes and Benjamins, and also to the first girl. Competitors shall wear the bibs above all other equipment including lifejacket, from the moment they go onto the water until after the end of the day's racing.

5.7 The qualifying phase

The qualifying phase will last as many days as required for at least 4 races to have been run and validated for each group.

5.8 Final phase

(a) The final phase will begin on the third day of racing, provided that at least 4 races have been validated. If fewer than 4 races have been completed, the regatta will continue in qualifying groups.

There will be the same number of groups in the final stage as in the qualifying phase.

Gold, Silver and Bronze Fleets will have as nearly as possible the same number of competitors, in such a way that the Silver, Bronze and Emerald fleets are not bigger than the Gold fleet.

The competitors with the best rankings in the qualifying phase will race all the races of the final phase in the Gold fleet, competitors with the following ranks of the qualifying phase will race in the Silver fleet, then in the Bronze fleet and finally in the Emerald fleet.



(b) Any recalculation of the final series ranking after the competitors have been assigned to series fleets will not affect the assignments except that a redress decision may promote a competitor to a higher fleet.

Only a competitor that obtained redress can change group, and only before the final phase races have started.

6. Class Flags

Class flags will be:

Minimes :

Yellow ribbon: Gr1 then Gold fleet.

Blue ribbon: Gr2 then Silver fleet.

Red ribbon: Gr3 then Bronze fleet.

Optimist flag with black logo on orange background: Gr4 then Emerald fleet.

Benjamins: Optimist flag with black logo on white background.

If groups:

Yellow ribbon: Gr1 then Gold fleet.

Optimist flag with black logo on white background: Gr2 then Silver fleet.

7. Racing area

The location of the racing area is Marseille Southern bay (see Appendix).

8. The courses

8.1 The diagram in Attachment shows the course, including the order in which marks are to be passed, and the side on which each mark is to be left.

9. Marks

9.1 Marks are yellow for Minimes / cadets and orange for Benjamins.

9.2 The starting mark is a race committee boat.

9.3 The finishing mark is green for Minimes and red for Benjamins.

10. Start

10.1 The starting line will be between the masts of the race committee boats displaying an orange flag.

10.2 Boats waiting: boats whose warning signal has not been made shall remain below the starting area.

A boat starting later than 4 minutes after her starting signal will be scored DNS.

10.3 If Flag U has been displayed as the preparatory signal, no part of a boat's hull, crew or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing but not if the race is postponed or abandoned or restarted or resailed. This changes RRS 26, Race Signals RRS 63.1. When the U flag is used as



a preparatory signal RRS 29.1 Individual Recall does not apply. The abbreviation for the score to the penalty under U flag is UFD. This changes RRS A11.

11. The Finish

The finishing line will be between a staff displaying an orange flag on a race committee boat and the course side of the finishing mark.

12. CHANGE OF THE NEXT LEG OF THE COURSE

12.1 The Race Committee can only move the finishing line.

13. Penalty system

13.1 Rule 44.1 applies but is changed so the Two-Turns Penalty is replaced by the One-Turn Penalty.

13.2 Appendix P will apply, modified as follows:

13.2.2 RRS P2.3 does not apply and RRS P2.2 applies to any penalty after the first

13.3 A breach of any RRS (except RRS chapter 2 and RRS 28 and 31) may, after hearing , be liable to a penalty of from 5% of the number of registered to disqualification.

13.4 Direct arbitration

Direct arbitration will apply

13.5 On water judging

a) If the jury witnesses an incident in which a rule of Part 2 of the RRS , or RRS 31 or 44.2 is broken, it can indicate its observations by a sound signal, while displaying a red flag. If the offending boat does not take a penalty in accordance with SI 13.1 and RRS 44.2, the jury may penalize a boat that was breaking a rule by a new sound signal and pointing a red flag towards this boat. In this case SI 13.1 (One-Turn Penalty) will no longer apply and the designated boat will take a penalty of Two-Turns Penalty in accordance with RRS 44.2 .

b) If the penalty is not taken, the designated boat will be disqualified without a hearing , unless he protests another boat, the result of which may allow the jury to consider the application of RRS 64.1 (c).

c) Action or lack of action by the jury on the water may not give grounds for a request for redress by a competitor (RRS 62.1 (a)).

d) The jury boats can be positioned at any point in the race area . Their position shall not give grounds for request for redress.

e) The normal procedure for protesting a boat, the race committee or jury remains applicable to incidents which have not been the subject of an action of the jury on the water.



14. Time Limits

14.1 Time limits and target times are as follows :

<i>Classe</i>	<i>Target Time</i>	<i>Finish Time Limit for First</i>
Optimist Minimes/cadets	40'	70'
Optimist Benjamins	30'	60'

Failure to meet the target time will not be grounds for redress. This changes RRS 62.1 (a).

14.2 Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.

15. PROTESTS AND REQUESTS FOR REDRESS

15.1 Protest forms are available from Jury Secretary in the Race Office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

15.2 The protest time limit is 60 minutes after the last boat has finished the last race of the day or the Race Committee signal no more racing today, whichever is later.

15.3 Notices will be posted within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the jury room. They will begin at the time indicated on the notice board.

Immediate hearings : with agreement of all parties , a hearing may be opened without waiting for the deadline for filing claims and posting notices, if they consider that the conditions of RRS 63.2 are met.

15.4 Notices of protests by the Race Committee or Protest committee will be posted to inform boats under rule 61.1(b).

15.5 A list of boats that have been penalized under Appendix P for breaking rule 42 will be displayed. A breach of the rules (except RRS chapter 2 and RRS 28 and 31) may, after instruction, be liable to a penalty ranging from 10 % of the number of boats registered to disqualification.

15.6 Breaches of the following instructions :

- Departure: Boats Waiting
- Security rules
- Publicity

- Accompanying boats may not be protested by a boat. This changes rule 60.1 (a) .

Penalties for these breaches may be less than disqualification if the jury so decides. The scoring abbreviation for a discretionary penalty under this instruction will be DPI.



15.7 On the last scheduled day of racing and of the qualifying phase, a request to reopen shall be delivered:

a. within the protest time limit if the requesting party was informed of the decision yesterday.

b. not more than 30 minutes after the requesting party was informed of the decision on that day.

This changes RRS 66.

15.8 On the last scheduled day of racing and of the qualifying phase, a request for redress based on a Jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.

16. Scoring

16.1 Two races are required to be completed to constitute a series.

The number of races required to be completed to validate international selections is five.

If at the end of the qualification phase some boats are ranked with more races than others, the points of the most recent races will be removed so that all boats have the same number of races taken into account.

For the qualification phase, RRS A4.2 is changed so that the points will be based on the number of boats assigned to the largest fleet.

Except for the score withdrawn under SI 16.2, the general ranking of a boat will be her total in the qualifying races validated by all fleets and her races in the final phase.

The various fleets of the final stage do not need to have completed the same number of races in the final phase.

The boats in the Gold fleet will appear first, etc. in the regatta except for a boat disqualified in the final phase under RRS 5 or 69.

16.2 Score Excluded

The number of races to have been completed in order to remove the worst score is four.

17. Safety regulations

Each boat must have on board all security equipment required by the class rules or current regulations.

17.1 Check-out and Check-in Procedure : a monitoring system will be set up . It will be located in the Roucas Blanc nautical base.

Check-Out: all competitors wishing to race must personally sign in next to their name and sail number before going on the water. The first name and surname must be legible.

Check-In: after racing, all competitors must personally sign in with their name and sail number before going on the water. The first name and surname must be legible.



A competitor who has not checked out at the start of a race or group of races without returning to the base will receive, without a hearing, (modification of RRS 63.1), a penalty of 10% of the number of boats registered for the first race of the group concerned.

A competitor who has not checked in at the end of a race or group of races without returning will receive, without a hearing, (modification of RRS 63.1), a penalty of 10% of the number of boats registered for the first race of the group concerned.

These penalties can be combined. (Modification of RRS 63.1) and are calculated according to the terms of RRS 44.3 (c).

Check Out will initially be open until the time of the first warning signal of the day, and Check In will be closed at the protest time limit or 30 minutes after receiving instructions to return to the base by the race Committee.

17.2 A boat that retires from a race shall notify the race committee as soon as possible and confirm (or have confirmed) at Check-In.

18. REPLACEMENT OR EQUIPMENT

18.1 Substitution of damaged or lost equipment will not be allowed without prior written approval of Race Committee or Measurer. Requests for substitution shall be made at the first reasonable opportunity.

19. EQUIPMENT AND MEASUREMENT CHECKS

19.1 A boat or equipment may be inspected at any time for compliance with the Class Rules, the Notice of Race or the Sailing Instructions. On the water, a measurer may require a boat to proceed immediately to a designated area for inspection there. The penalty system will be displayed on the official board in accordance with IODA recommendations.

20. Publicity

Boats must bear the sticker provided by the organizing authority on the bow area of the Optimist.

21. OFFICIAL BOATS

Official boats will be marked with a YCPR flag for Minimes / Cadets and red for Benjamins . The absence of this identification is not grounds for request of redress.

22. Support Boats

22.1 Team Leaders, Coaches and other support personnel shall stay outside areas where boats are or will be racing from the time the orange flag is displayed until all boats of all divisions in that race have finished or the Race Committee signals a postponement or abandonment.

22.2 The coaches' charter will apply.



22.3 A clearance zone , from the finish line to the starting line, is identified in the course appendix. This zone is prohibited coach and accompanying boats. RRS 41, outside help, will apply in this zone even if the boat is no longer racing. This changes the introduction to Part 4 of the RRS.

22.4 Using the V flag during the regatta

a) Ashore on the Official mast or on the committee boat , the International Code V means: Team leaders, coaches and other support personnel present on the site should make themselves available to Head of security who will set them a task.

b) Posted on Race Committee boats:

Team leaders, coaches and other support personnel present on the site should get in touch using VHF channel assigned to security and make themselves available to Head of security who will set them a task.

23. TRASH DISPOSAL

Boats shall not throw any trash in the sea. Trash may be placed aboard support and race committee boats.

24. Prizes

Prizes will be given to the first 3 boys and first 3 girls in overall ranking in Minimes / Cadets and Benjamins and also the first 1st year Minime born in 2004 and the first 1st year Benjamin born in 2006.

Additional prizes will be awarded according to the ranking or by drawing lots.

25. Responsibility

Competitors participate in the race entirely at their own risk. The decision to participate in a race or to continue racing is their own responsibility.

The organizing authority will not accept any liability for damage , personal injury or death , sustained in conjunction with or prior to, during or after the regatta.

Designated Race Officials

PRO : Corinne AUBERT

International Race Officer Minimes/Cadets: François FARJAUD

International Race Officer Benjamins: Philippe FAURE

Measurer : YVES COIGNET

President of Protest Committe : Théo Wendling



ANNEXE "PRESCRIPTIONS FEDERALES"
FFVoile Prescriptions to RRS 2013 – 2016

Applying to foreign competitors

RRS 64.3 (*):

The jury may ask the parties to the protest, prior to checking procedures, a deposit covering the cost of checking arising from a protest concerning class rules.

RRS 67 (*):

Any question about or request of damages arising from an incident involving a boat bound by the Racing Rules of Sailing or International Regulation to Prevent Collision at Sea depends on the appropriate courts and will not be dealt by the jury.

RRS 70. 5 (*):

In such circumstances, the written approval of the Fédération Française de Voile shall be received before publishing the notice of race and shall be posted on the official notice board during the event.

RRS 78 (*):

The boat's owner or other person in charge shall, under his sole responsibility, make sure moreover that his boat comply with the equipment and security rules required by the laws, by-laws and regulations of the Administration.

RRS 86.3 (*):

An organizing authority wishing to change a rule listed in RRS 86.1 in order to develop or test new rules shall first submit the changes to the FFVoile, in order to obtain its written approval and shall report the results to FFVoile after the event. Such authorization shall be mentioned in the notice of race and in the sailing instructions and shall be posted on the official notice board during the event.

RRS 88 (*):

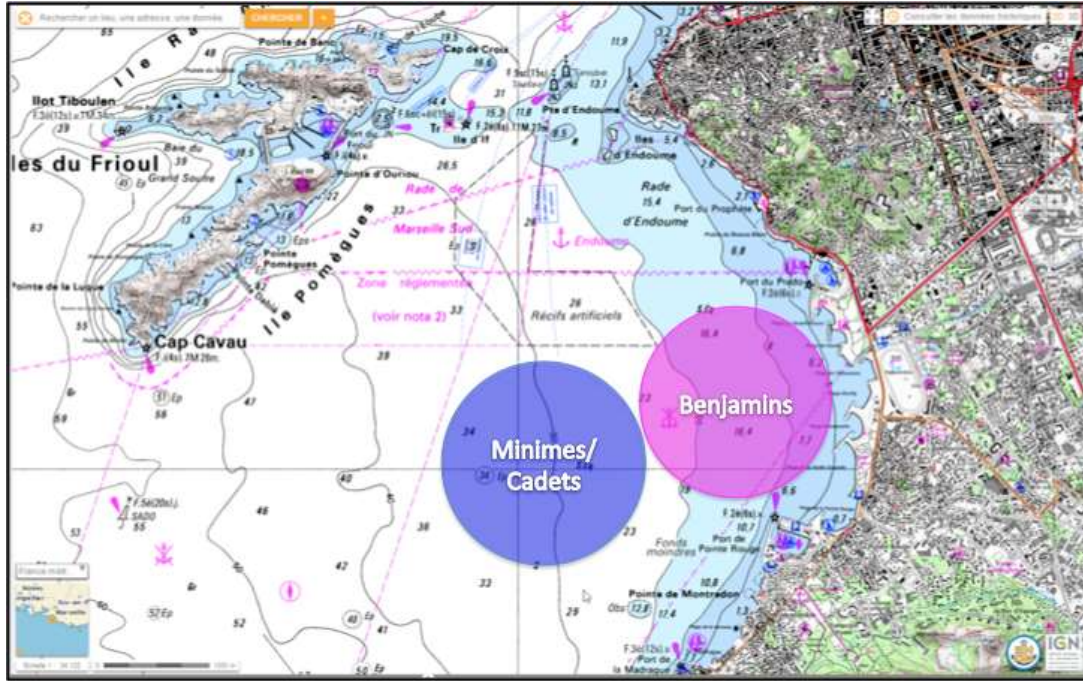
Prescriptions of the FFVoile shall be neither changed nor deleted in the notice of race and sailing instructions, except for events for which an international jury has been appointed. In such case, the prescriptions marked with an asterisk (*) shall be neither changed nor deleted in the notice of race and sailing instructions. (The official translation of the prescriptions, downloadable on the FFVoile website www.ffvoile.fr, shall be the only translation used to comply with RRS 90.2(b)).

RRS 91 (*):

The appointment of an international jury meeting the requirements of Appendix N is subject to prior written approval of the Fédération Française de Voile. Such notice of approval shall be posted on the official notice board during the event.
APPENDIX R (*): Appeals shall be sent to the head-office of Fédération Française de Voile, 17 rue Henri Bocquillon, 75015 Paris –email: jury.appel@ffvoile.fr.



Annexe Zones de course





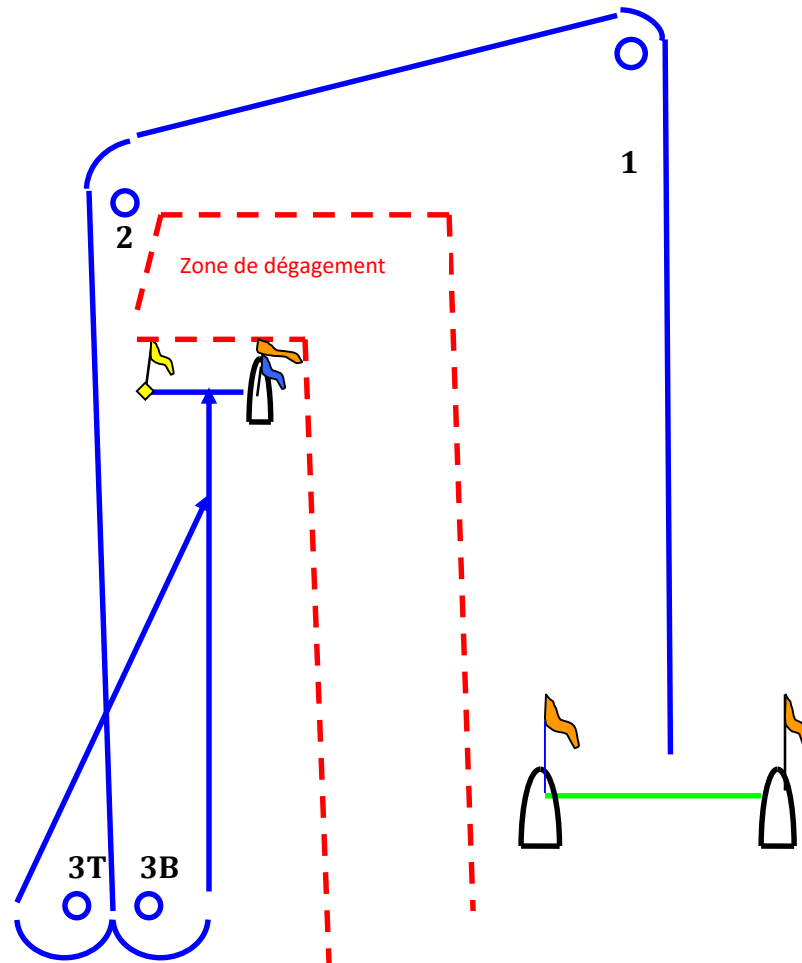
Annexe : Plan du Site





ANNEXE Parcours

Départ / 1 bâbord / 2 bâbord / porte 3t ou 3b / Arrivée



Zone de dégagement interdite aux entraineurs et accompagnateurs