



CMYC SAILING RULES AND INSTRUCTIONS

(a) Sailing Instructions and Courses

Individual copies of sailing instructions will not be issued. Courses will be shown on the Officer of the Day's board and competitors are responsible for familiarising themselves with the course to be sailed.

(b) Life Vests

Optimists: Life vests are compulsory equipment. Whilst racing all crew members must wear a life vest.

Others: Life vest is compulsory if requested by the Officer of the Day. Flag "Y" will be flown.

(c) Buoyancy

All boats have to carry sufficient buoyancy bags.

(d) Starting and Finishing Lines

These lines are formed by an extension of the transit of two diamonds on shore. The outward limit of the line will be marked with a course mark and the inward limit may be similarly marked when necessary. Any or both of these marks may not be exactly in line. Should a start in the open lake be used then one or more floating objects may be used to designate the line to the satisfaction of the sailing committee.

(e) Course Marks

Marks may be poles, buoys or natural features as indicated on the Officer of the Day's Board.

Where a mark in the course is an island, fish trap, fish hut or other fixed obstacle, and a boat touches any part of the mark which is below the water, then the boat shall not be penalized for having so touched.

When Ant Island (No. 2) is used as a mark, the rock immediately to the east of it shall be considered a part of the mark.

(f) Time

The starting time for all races will be 1100hrs or after or as indicated in the NOR. Starting time for the races will be shown on the Officer of the Day's Board.

(g) Team Racing

All team racing will be under RRS Rules.

(h) Personal Handicaps (PHC)

These will normally be adjusted monthly by the Sailing Committee, based on earlier race results. The Sailing Committee will arbitrate on all matters related to PHCs.

Helms that sail with crew from Navy or any other professional crew will be considered to have a PHC of zero for that event.

(i) Time Limit

There will be a time duration limit of 2½ hours within which the first boat must finish in all races unless otherwise specified on the OOD's Board before the start.

(j) Race Entries

Members or guests of members entering for races sailed under the Club burgee will be deemed to be owners of the Yacht they sail for the duration of the race. Guests competing in club races need not necessarily be members of a recognized Yacht or Sailing Club. However, only members shall be eligible to be awarded club trophies, and where a race is won by a non-member, the trophy shall be awarded to the highest-ranked member participating in that race. Guests sailing in races where personal handicaps apply shall be deemed to have a zero personal handicap for that race.

Members or guests intending to race must enter boats in the 'Race Entry Book' prior to the 5-minute bell.

(k) Class Rules

A new yacht or one brought from outside the Club shall not be eligible to compete in class races until she has been measured and passed by the Fleet Captain.

(l) Certificate of Conformity

Certificates of Conformity may be obtained by individual boat owners from the Fleet Captain.

(m) Unclassified Yachts

An unclassified yacht, while observing the RRS Rules in regard to buoyancy or lifesaving equipment, must carry a suitable paddle and bailer.

(n) Class Handicap

Club boat handicaps will be based on the Portsmouth Yardstick. The Sailing Committee will arbitrate on all matters related to Boat Handicaps (BHCs). The following are the Portsmouth Numbers in use at CMYC:

New/Upgraded GP 14	1130
Old GP 14 ¹	1150
Enterprise	1122
Laser 4.7	1208
Laser Radial	1147
Laser Standard	1100
Optimist	1642
420	1105
Hornet	955
Nacra 5.5 SL	723
Fireball	952
Hobie 16	812
Cat A Class	681

Corrections to times are made using the following formula:

Corrected Time (C) = Elapsed Time (E) x 1000 / Portsmouth Number (N)

Handicaps to be used for other classes will be determined by the Sailing Committee.

(o) Spinnakers

All classes of boats may carry a spinnaker where class regulations so permit.

¹ Old GP14's are defined as original, un-reconditioned BOD1 boats without spinnaker rigging

(p) Single-Handed Sailing

Where the race conditions specifically permit single-handed sailing, this will only apply to those Classes in which Class rules and regulations so permit.

(q) 720/360 Penalty Option, and Protesting

The CMYC has adopted the One-turn / Two-turn Penalty in all club races other than team races, except where otherwise specified by the OOD.

A protest is to be indicated by the flying of a red flag from the shroud of the protesting crew's boat, from the time of the incident until the end of a race. Protests will be heard under the RRS. Any decision taken by the protest committee can be appealed to the Sailing Sub Committee for a review.

(r) Others

All races will be sailed under the Racing Rules, supplemented by local rules that are detailed in this programme, and any additional rules laid down by the Sailing Committee during the course of the season.

Official races require a minimum of three competitors when a club trophy or cup is being competed for.