

INTERNATIONAL ONE METRE
2010 Region 1 Championship Sailing Instructions
Newport, RI May 13, 14 & 15

1. Rules

- 1.1. The event will be governed by the 'rules' as defined in the Racing Rules of Sailing, including the Heat Management System (HMS 2007), the Notice of Race (NOR), these Sailing Instructions (SI), the International One Metre Class Rules, and the Equipment Rules of Sailing, and the prescriptions of US Sailing when they apply.
- 1.2. Rule 31.2 is changed by adding: When a boat is wrongfully compelled by another boat to break Rule 31.1, she shall be exonerated
 - (a) if the other boat acknowledges breaking a Rule of Part 2 by taking a penalty or retiring immediately, or
 - (b) under Rule 64.1(b), after successfully protesting another boat involved in the same incident.
- 1.3. Rule 33 shall remain in effect. Remove 33(a), (b), and(c). The signalling of all boats shall be audible. Following the signal, the Race Committee shall orally provide the location and description of the changed mark, the side on which it is to be left, and shall make said changes on the course board as soon as practical. For Rule 33, offset marks shall not be considered as a separate leg. This changes Rule E3.4.
- 1.4. Rule 51 is replaced with: During an event, (a) ballast shall not be shifted, shipped or unshipped; (b) except for replacements of similar weight and position, no control equipment shall be shifted, shipped or unshipped; (c) the position of rig counterbalance weights may be adjusted; and (d) bilge water shall not be used to trim the boat, but may be removed at any time.
- 1.5. The Race Director may penalize without a hearing a competitor that has broken RRS Rule 2, for the use of inappropriate language or behaviour toward another competitor or Race Official, provided that the Race Director was witness to the incident. At the discretion of the Race Director, the penalty may be one or more penalty turns. This changes RRS Rule 63.1.
- 1.6. The Sailing Instructions shall prevail in case of conflict with the Notice of Race. This changes Rule 63.7.
- 1.7. Rule E4.2 is changed to read as follows:

E4.2 Outside Help

Rule 41 is changed to

- (a) A competitor shall not give tactical or strategic advice to a competitor who is racing.
- (b) A competitor who is racing shall not receive outside help except
 - (1) A boat that has gone ashore or aground outside the launching area, or become entangled with another boat or a mark, may be freed and re-launched only with outside help from a rescue boat crew;
 - (2) Competitors who are not racing and others may give outside help in the launching area as permitted by rule E4.5;

(3) Help as provided for in Rule 1;

(4) Help in the form of information freely available to all boats.

- 1.8. Rule E4.4 is changed to read as follows: "Throughout rule 44, instead of 'Two-Turns Penalty' read 'One-Turn Penalty', which shall include one tack and one gybe."
- 1.9. The last sentence of Rule E4.5 (a) is changed by adding "or after the first boat finishes."
- 1.10. In RRS E5.3, change "5 minutes" to "1 minute".
- 1.11. Add to E6(c): Identification shall comply with the rules applicable at the time of the initial fundamental measurement of the sail or with rule E6.
- 1.12. Add to E6: (g) A boat chartered or loaned for an event may carry national letters and/or a sail number in contravention of rule E6(b). Where there is a conflict between sail numbers, the procedures of rule E6(b) shall apply.
- 1.13. Rule G3 is made applicable. A boat chartered or loaned may carry national letters or a sail number in contravention of the International One Metre Class Rules. Where there is any conflict in sail numbers, the race committee shall prescribe that sail numbers be amended until the conflict is resolved.

2. Notices to Competitors

- 2.1. Notices to competitors will be posted on the Official Notice Board or verbally by the race committee. The Race Director shall notify skippers of the location of the Official Notice Board if it is to be displayed, which will be situated within the sailing area, and accessible while racing.

3. Scoring system

- 3.1. A minimum of 9 races must be completed to constitute an event. There is no maximum number of races prescribed. Time schedules posted within the NOR shall determine the completion of the regatta. This changes Rule J2.1(9).
- 3.2. Heat Management System (HMS 2007) shall apply, and is amended as follows: The maximum number of boats entered to race shall be 48. See Charts "Race 2" and Race 3 and forward" attached at the end of these instructions.
- 3.3. A copy of HMS 2007 will be posted on the Official Notice Board. Competitors may obtain further copies upon request.
- 3.4. HMS time limits shall *not* be in effect at any time throughout the regatta unless otherwise notified by the Race Director. Notification shall take place along with the hail of the upcoming heat and race number. In the event of such a change, that change shall remain in effect until otherwise notified.
- 3.5. For any race or heat where a time limit is not in effect, the RD may ask the competitors still on the water if they will accept a score based on their relative positions on the course.

- 3.6. Should the number of boats scheduled to sail drop below 21 boats during the event, the RD may revert to a single heat format, but may also return to HMS.
- 3.7. For single heat races, a time limit may be announced prior to the race. This time limit shall also be posted on the Official Notice Board or announced verbally.
- 3.8. Rule 64.2 is changed by HMS 1.5 so that redress can be given by assigning a place with appropriate points.
- 3.9. Heat selection for Race 1 shall be carried out as per HMS 2007 2.1

4. Changes in the Sailing Instructions

- 4.1. Any change of the Sailing Instructions shall be implemented only between heats or races. Two sound signals followed by verbal announcements shall be made to call attention to change.
- 4.2. The Race Committee may amend sailing instructions orally or in writing. Oral changes to the Sailing Instructions shall be consistent with the RRS. Written changes to the Sailing Instructions will be posted as needed. Rule 89.2c is modified in that oral changes may be given to competitors provided that all competitors affected are notified.

5. Course

- 5.1. The course, as well as the starting and finishing lines, shall be selected and set in accordance with the Race Director.
- 5.2. The course will be displayed on the course board as required by RRS E3.2, together with the single alternative shortened course option. Description of the marks, including starting and finishing marks stating the order and side on which each is to be left shall be posted on the course board.

6. Changes to the course

- 6.1. Any change to the course shall be posted on the course board and shall be preceded by a sound signal and a verbal warning.
- 6.2. During a heat, shortening of the course to the prearranged option shown on the course board shall 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.

7. Control and launching area

- 7.1. The launch and control area(s) may be determined by the Race Committee according to the conditions present at the venue at the time and duly marked and communicated to competitors. If there are no launch and control area(s) posted, the launch and control areas are unrestricted.

8. Start

- 8.1. The heat composition shall be posted on the Heat board near the control area. Competitors shall 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.

- 8.2. RRS 30.1 (round the end) shall be applied without further notice to the re-start of any heat that has had one general recall.
- 8.3. There shall be no "Holds" requested by competitors, except by competitors being promoted and racing in the next heat, and relegated competitors when there are only two heats. The RD, solely at his discretion, may postpone the start as provided in Rule 27.3, and the signal shall be 2 sounds.

9. Protests

- 9.1. Protest forms shall be available at the Race Office.
- 9.2. Parties to a protest shall be called orally by hailing that the protest hearing is opening. It is the responsibility of the parties to come to the hearing without delay accompanied by any witness. No other notice of the hearing will be given. This changes Rule 63.2.
- 9.3. A protest jury may be compiled from the list of competitors. If such a jury is used, it shall consist of 3 members.
- 9.4. Decisions of the jury shall be final as provided in Rule 70.4.
- 9.5. Competitors may not protest other competitors for IOM Class Rule infractions. Only the race committee may bring protests of this nature. Competitors should bring any concerns regarding these infractions to the attention of the race committee who will determine how to proceed.
- 9.6. Competitors may not protest other competitors for ERS infractions. Only the race committee may bring protests of this nature. Competitors should bring any concerns regarding these infractions to the attention of the race committee who will determine how to proceed.
- 9.7. Competitors may not protest regarding Appendix E6, Identification on Sails. Only the race committee may bring protests of this nature. Competitors should bring any concerns regarding these infractions to the attention of the race committee who will determine how to proceed.

10. Transmitters

- 10.1. 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. The practice area shall be posted on the Official Notice Board.
- 10.2. Notwithstanding the areas listed herein no non-racing competitor shall sail within 16 metres (50 feet) of either a racing competitor or any mark of the racing course.
- 10.3. Transmitters shall comply with current Federal Communications Commission (FCC) regulations for radio controlled surface craft.
- 10.4. 'Whip' or short antennae, such as the ones found on Spektrum radios, shall be exempt from RRS E1.5.

- 10.5. When a protest committee finds that a competitor has broken this Sailing Instruction they shall both warn them and give them time to comply, or penalize them.

11. Measurement

- 11.1. The Race Committee may at any time request a random check measurement to confirm that a boat complies with the Class Rules.

HMS Modified Charts

Race 2 Schedule

No. of Boats	2 Heats		3 Heats			End of Race 2, Heat:		
	A	B	A	B	C	A	B	C
20	6	14				5 down	6 up	
21	6	15				5 down	6 up	
22	7	15				5 down	6 up	
23	7	16				5 down	6 up	
24	8	16				5 down	6 up	
25	8	17				5 down	6 up	
26	9	17				5 down	6 up	
27	9	18				5 down	6 up	
28	10	18				5 down	6 up	
29	10	19				5 down	6 up	
30	11	19				5 down	6 up	
31	11	20				5 down	6 up	
32	12	20				5 down	6 up	
33	13	20				6 down	6 up	
34	14	20				6 down	6 up	
35			9	9	17	6 down	6 up/5 down	6 up
36			9	9	18	6 down	6 up/5 down	6 up
37			9	9	19	5 down	6 up/4 down	6 up
38			9	9	20	5 down	6 up/3 down	6 up
39			9	12	18	4 down	6 up/5 down	6 up
40			9	12	19	4 down	6 up/5 down	6 up
41			9	12	20	4 down	6 up/4 down	6 up
42			12	12	18	6 down	6 up/6 down	6 up
43			12	12	19	6 down	6 up/6 down	6 up
44			12	12	20	6 down	6 up/5 down	6 up
45			15	15	15	8 down	5 up/10 down	5 up
46			15	15	16	8 down	5 up/9 down	5 up
47			15	15	17	7 down	5 up/8 down	5 up
48			15	15	18	6 down	5 up/7 down	5 up

**Race 3
Schedule
and
Forward**

No. of Boats	2 Heats		3 Heats		
	A	B	A	B	C
20	7	13			
21	7	14			
22	8	14			
23	8	15			
24	9	15			
25	9	16			
26	10	16			
27	10	17			
28	11	17			
29	11	18			
30	12	18			
31	12	19			
32	13	19			
33	13	20			
34	14	20			
35			9	10	16
36			9	10	17
37			10	10	17
38			10	11	17
39			11	11	17
40			11	11	18
41			11	12	18
42			12	12	18
43			12	12	19
44			12	13	19
45			12	13	20
46			12	14	20
47			13	14	20
48			14	14	20