



**International One Design Class - 2009 North American Invitational  
July 29 - August 1, 2009**

Organized by the Northeast Harbor International One Design Class  
Hosted by the Northeast Harbor Fleet  
at Mount Desert Island, Maine

## **SAILING INSTRUCTIONS**

### **1 RULES**

The Regatta will be governed by *The Racing Rules of Sailing 2009-2012*, US Sailing Prescriptions (copy will be posted on the Official Notice Board, Regatta Center, Fleet House), these Sailing Instructions, Addenda "A" through "E", and any Notice to Competitors as may be required. The Sailing Instructions modify the Notice of Race.

### **2 NOTICES TO COMPETITORS**

Notices to competitors will be posted on the Official Notice Board at the Regatta Center at the Fleet House, Shore Road, Northeast Harbor, Maine.

### **3 CHANGES TO SAILING INSTRUCTIONS**

Any change to the sailing instructions will be posted before 0900 on the day it will take effect. Code flag Lima will be displayed on the flagpole at the Fleet House to call attention to the change. A change to the schedule of races will be posted by 1900 on the day before it will take effect.

### **4 BOATS**

- 4.1 Boats will be provided for all competitors. Boats will be rotated after each race in accordance with a rotation draw that will be held at the skippers' meeting. The results of the draw will be posted on the official notice board at the Fleet House.
- 4.2 Management of the boats rests with the organizing authority's Technical Committee and decisions concerning the use of spare boats will be made in conjunction with the race committee and/or jury.
- 4.3 Boats will be raced "as is". The shrouds, jumpers, headstay and mast chocking shall not be adjusted in any way by a competitor. All other fittings or equipment designed to be adjusted may be adjusted within the limits provided. Competitors may not seek redress for errors or omissions of the organizing authority in preparing the boats. (Modifies RRS 62.1)
- 4.4 All equipment provided with the boat for sailing purposes shall be in the boat while afloat.
- 4.5 Roll-tacking, by using shrouds as a way of supporting a crewmember's weight outboard of the shrouds, is prohibited.
- 4.6 Competitors shall deliver a damage report noting any damage or loss of equipment, however slight, to the technical committee representative before debarking into the tender.

- 4.7 Failure to comply with instructions 4.3 through 4.6 may invoke RRS 2 action.
- 4.8 The following are permitted:
- a) a compass may be tied or taped to the hull or spars;
  - b) wind indicators, including yarn or thread, may be tied or taped anywhere on the boat, but no hole shall be made in any sail for any purpose.
  - c) tape may be used anywhere above the waterline except on brightwork. All tape shall be removed before leaving the boat.
  - d) competitors may use their own spinnaker sheets and launcher.

## **5 SAILS – SEE ADDENDUM C**

- 5.1 Each boat will have a mainsail and jib which remain aboard.
- 5.2 A spinnaker and turtle will be provided at the Skipper's Meeting. The spinnaker and turtle shall remain with that competitor for the entire regatta.
- 5.3 Any spinnaker repair is the responsibility of the competitor. Call Acadia Sails, 244-5722, for assistance.
- 5.4 In windy conditions in compliance with NEH IOD Class Rule Article V.2, (see Addendum C) spinnakers may not be flown when the signal boat displays code flags **Hotel** over **Alpha** with repetitive signals at a mark of the course.
- 5.5 Subsequently, when wind conditions abate and no longer comply with Article V.2, (see Addendum C) and when the signal boat with repetitive sounds signals at a mark of the course displays code flags **Hotel** over **Charlie** spinnakers may be flown.

5.6

## **6 SIGNALS MADE ASHORE**

- 6.1 Signals made ashore will be displayed on the flagpole at the Fleet House.
- 6.2 When flag AP is displayed ashore, boats shall remain on moorings.
- 6.3 When flag AP is lowered, the next signal will be made not less than 60 minutes later.

## **7 SCHEDULE OF RACES - SEE ADDENDUM A**

- 7.1 Thursday, July 30 0830 hrs - Skipper's meeting at Regatta Center
- 7.2 No race shall commence after 1530 Saturday, August 1<sup>st</sup>, 2009.

## **8 CLASS FLAG**

The class flag will be a white rectangle with red IC logo.

## **9 RACING AREAS**

The Northeast Harbor Fleet Racing Chart shows the location of racing areas. The chart is provided in the competitor's packet.

## **10 THE COURSE – SEE ADDENDUM B**

- 10.1 Addendum B shows the courses, the order in which marks are to be passed, and the side on which each mark is to be passed. Islands may impose on the course's diagram.
- 10.2 No later than the warning signal, the race committee signal boat will display the course to be sailed and the approximate distance and compass bearing to the first mark.
- 10.3 The windward mark will have an offset buoy to port and approximately abeam of the mark. The offset buoy must be passed on the port hand before running free.

- 10.4 The leeward mark is a gate. Boats shall sail between the gate marks from the direction of the previous mark and round either gate mark.

## **11 MARKS**

- 11.1 The Windward mark and Offset buoy will be orange tetrahedrons. The separation between buoys will be approximately 6 boat-lengths.
- 11.2 Leeward gate marks will be yellow tetrahedrons with approximately 8 boat-lengths separation.
- 11.3 The Start and Finish marks will be orange tetrahedrons.
- 11.4 The Leeward Gate and the Offset mark might not be deployed prior to the start.

## **12 OBSTRUCTIONS**

The navigational buoyage is formatted on “red, right, returning” and in thorofores west is deemed returning while east is departing. All government marks are to be observed with the exception of Middle Rock FI G”5”, designated NEHF racing mark **P**, at the southern approach to The Narrows of Somes Sound, Spurling Point FI R Gong, NEHF racing mark **Q**, northwest of Great Cranberry Island, and Spurling Rock Bell R”2”, designated NEHF racing mark **R**, south of Sutton Island.

## **13 THE START**

- 13.1 Races will be started using the RRS 26 sequence (5,4,1,Go) with an attention signal one minute prior to the warning signal with the lowering of Lima, **AP** or 1<sup>st</sup> Repeater.
- 13.2 The starting and finishing lines will be between a staff on the Race Committee Boat with an orange flag and the water’s edge (course side) of the starting and finishing marks.

## **14 CHANGE OF THE NEXT LEG OF THE COURSE**

To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position.

## **15 THE FINISH**

The finishing line will be between a staff displaying an orange flag on the signal boat and the apex of the finishing mark.

## **16 TIME LIMIT**

The time limit for a race is two hours. Boats failing to finish within 30 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes Rules 35, A4 and A5.

## **17 PROTESTS AND REQUESTS FOR REDRESS**

- 17.1 Protest forms are available at the Regatta Center. Protests shall be delivered to the Duty Officer at the Regatta Center within the protest time limit. Time limit is one hour after the last boat finishes.
- 17.2 Notices of protests 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 located at the Fleet House.
- 17.3 Notices of protests by the Race Committee or Jury will be posted during protest time to inform the boat(s) involved.
- 17.4 On the last day of the regatta a request for reopening a hearing shall be delivered:
- (a) within the protest time limit if the party requesting reopening was informed of the decision on the previous day;

(b) no later than 30 minutes after the party requesting reopening was informed of the decision on that day. This changes RRS 66.

## **18 SCORING**

- 18.1 Scoring shall be the low point system, RRS A4.1. All scores count, there will be no exclusions.
- 18.2 Three (3) races are required to be completed to constitute the North American Invitational Championship.

## **19 SAFETY REGULATIONS**

- 19.1 Boats shall check-in (number and helm's name) on starboard tack astern of the RC Signal boat prior to the warning for each race.
- 19.2 A boat that retires from a race shall notify the race committee on VHF CH. 65 as soon as possible.
- 19.3 The RC Signal boat shall stream a small red "tomato" style buoy astern, off her port quarter as a safety buoy. Competitors shall not sail between the RC Signal boat and the buoy. The buoy and the securing line are part of the RC Signal boat.

**20 REPLACEMENT OF CREW - IOD World Class Association Championship Regulations V.5.3**  
"Helmspersons shall submit the names of their crew before the start of the first race of the regatta. Thereafter, changes in crew members cannot be made without the written consent of the International Jury and then, only for cause."

## **21 BREAKDOWN**

- 21.1 A boat suffering a breakdown or crew injury shall display a yellow flag from the backstay and notify the Race Committee on VHF channel 65 whether immediate assistance is required or if the boat will continue sailing. (This modifies RRS 41 and SI 25.)
- 21.2 A yellow breakdown flag will be provided in the Skipper's packet at registration.
- 21.3 Substitution of damaged or lost equipment will not be allowed unless approved by the technical committee. Requests for substitution shall be made to the committee at the first reasonable opportunity (display yellow breakdown flag).

## **22 EQUIPMENT AND MEASUREMENT CHECKS**

A boat or equipment may be inspected at any time for compliance with the Class Rules and Sailing Instructions. On the water, a boat may be instructed by the Technical Committee boat to proceed immediately to a designated area for inspection.

## **23 OFFICIAL REGATTA BOAT IDENTIFICATION – SEE ADDENDUM D**

## **24 HAUL-OUT RESTRICTIONS**

Boats shall not be hauled out during the regatta without written permission of the race committee.

## **25 RADIO COMMUNICATION**

A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones. However, all boats shall have VHF radios capable of receiving instructions from the race committee (Channel 65) and commercial traffic (Channels 16) per United States Coast Guard requirements.

## **26 PRIZES**

Prizes will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for each race and for overall standings.

## ADDENDUM A – SCHEDULE OF RACES



### INTERNATIONAL ONE DESIGN NORTH AMERICAN INVITATIONAL NORTHEAST HARBOR, MAINE JULY, 30<sup>TH</sup> THROUGH AUGUST 1, 2009

#### THURSDAY, JULY 30<sup>TH</sup>

0830 HOURS	REGATTA CENTER SKIPPER'S MEETING BOAT ROTATION & SPINNAKER DRAW
0930 HOURS	CREW DOCK START
1100 HOURS	RACE 1, BOAT ROTATION AND RACE(S) TO FOLLOW

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#### FRIDAY, JULY 31<sup>ST</sup>

0900 HOURS	CREW DOCK START
1030 HOURS	RACE, BOAT ROTATION AND RACE(S) TO FOLLOW

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#### SATURDAY, AUGUST 1<sup>ST</sup>

0900 HOURS	CREW DOCK START
1030 HOURS	RACE, BOAT ROTATION AND RACE TO FOLLOW IF NEEDED

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## ADDENDUM C – ARTICLE V. NEH IOD Class Rules

### NEH IOD Class Rules – Article V.2

Wind Velocity – Spinnakers shall not be used when sustained winds are 18 Knots or higher. No race shall be started when sustained winds are 22 Knots and higher.

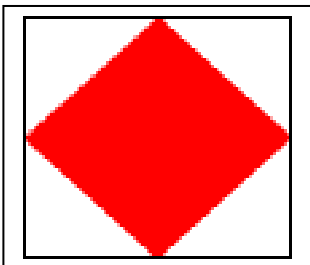
## ADDENDUM D – OFFICIAL REGATTA BOAT IDENTIFICATION

RACE COMMITTEE SIGNAL BOAT: M/V “Reveller”, blue power - Blue “RC” flag

MARK 1 – Windward - “Shearwater”, white lobster style

MARK 2 – Leeward - “Mema”, 24” dk green - Blue “RC”

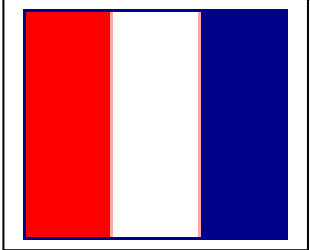
PATROL – any vessel with a pink flag flying; spectator will fly pink ribbon



### TECHNICAL COMMITTEE - Code Flag “Foxtrot”

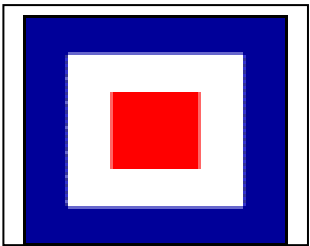
If you have a technical issue prior to the start of a race, please contact the race committee on Channel 65 and display your yellow breakdown flag from the backstay.

The Technical boat is a white HBI. She may also have a “T” flag and assist in boat rotation transfers



### TRANSFER – Code Flag “Tango”

Transfers will occur after each completed race. All participants be on the look out for RC/Patrol 1 displaying Lima – “follow me” and follow her to a designated area. Please stage for transfer by dropping your jib and coming in on the starboard side of the boat that will transfer to you.



### MEDICAL – Code Flag “Whiskey” Assess your situation and contact the RC on Channel “65”

Fully qualified EMT person on the water

Display your red protest and yellow breakdown flag from the backstay at your earliest opportunity.

PATROL: pink field

Patrol boat will used to advise spectators to remain outside areas where boats are racing.

Patrol boats will be marked with pink flags.

Patrol boats will have a welcome sheet and pink flagging for each of the spectator fleet. We encourage all regatta vessels to fix the pink flagging to a stern light, antenna or mast to make boat identification easier and create the highest level of safety for everyone.

## ADDENDUM E – CLEAN REGATTA REQUIREMENTS



Clean Regattas is an effort by Sailors for the Sea in conjunction with yacht clubs, sailing programs and events to reduce our impact on our oceans and coastal waters.

### About the Program

Clean Regattas is a third party certification program that helps regattas, yacht clubs and sailing programs voluntarily achieve higher environmental standards. Participants have the option of choosing a Bronze, Silver or Gold level of engagement, and work to fulfill each of the requirements necessary to be certified at that level. Sailors for the Sea provides support and materials and the final certification that a club or event is a Clean Regatta.

### OUR PLEDGE

We pledge our commitment to clean waters and shores by participating in Sailors for the Sea's Clean Regattas program. We vow to fulfill, and encourage others to fulfill, the goals and requirements of Clean Regattas as set forth by Sailors for the Sea, and to work to protect and restore our waters for the use and enjoyment of this and future generations.

### BRONZE LEVEL

- [Clean Regatta Commitment](#)-Include in the Sailing Instructions a rule requiring conformance with the requirements of your chosen Clean Regattas Certification levels.
- Clean Regatta Liaison - Volunteer "Clean Regattas liaison" to communicate with Sailors for the Sea, and present the program at the skippers meeting – David Rockefeller and Sydney Roberts Rockefeller.
- Green Team-Assemble a team to work on shore and sea cleanup, oversee recycling operations and communicate the goals and agenda of the program throughout the event.
- Trash Free Regatta - Keep our shores and waters clear of debris. Overboard discharge of trash and littering at shore facilities (e.g., rigging tape, cigarette butts, beer cans) is prohibited.
- [No Discharge](#) - DO NOT allow discharge of untreated sewage or blackwater in harbor areas or no-discharge zones (NDZs).
- Recycling - Encourage recycling from boats and shore facilities.
- [Non-Toxic Cleaning Products](#) - List of "green" cleaning products included in skipper's packet.
- [Oil Spill Prevention](#) - Require that motorized vessels shall carry and use at least one bilge sponge and one fueling spill pad.

Each competitor and all Official Regatta Boats will be supplied with the necessary equipment to help fulfill our pledge.

Please use all appropriate recycling and trash bins ashore when cleaning out your lunch bags. Please return lunch bags daily (Thursday and Friday) to the commissary area of the Regatta Center for re-provisioning.

Good Luck and sail fast.

**THIS PAGE FOR NOTES AND CHANGES**