



July 30 – August 1, 2010
Alamitos Bay Yacht Club
Long Beach, California USA
<http://www.abyc.org>

SAILING INSTRUCTIONS

The Organizing Authority for the Club Flying Junior (CFJ) Class 2010 National Championship will be the Alamitos Bay Yacht Club (ABYC), 7201 East Ocean Blvd, Long Beach, CA. 90803.

1. RULES

- 1.1. The regatta will be governed by the rules as defined in The Racing Rules of Sailing.

2. ADVERTISING

- 2.1. The Organizing Authority may require all participating boats to display event sponsors advertising in accordance with ISAF Regulation 20.

3. ADDITIONAL IDENTIFICATION

- 3.1. Bow numbers will be assigned at registration and it shall be each competitor's responsibility to affix and maintain them properly. The Race Committee may protest any boat that has violated this instruction. The penalty shall be the 10% scoring penalty for the first race competed in by the infringing boat on the day of infraction. Replacement numbers shall be available from the Race Committee.

4. NOTICES TO COMPETITORS

Notices to competitors will be posted on the Official Regatta Notice Boards located at Alamitos Bay Yacht Club on the glass doors of the Quarterdeck overlooking Basin 5.

5. CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

6. SIGNALS MADE ASHORE

- 6.1. Signals made ashore will be displayed on the Alamitos Bay Yacht Club flag pole.
- 6.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than sixty (60) minutes' in race signal AP. Boats are requested not to leave the harbor until this signal is lowered.
- 6.3. To measure the time until protest filing time closes, as the Race Committee Signal Boat docks, Code Flag "B" will be hoisted and one (1) sound signal will be made. Code Flag "B" will be flown for thirty (30) minutes until lowered with one (1) sound signal to mark the close of protest time. See also SI 17 Protests.



7. SCHEDULE OF RACES

7.1. Racing Schedule:

Friday	July 30, 2010	11:55	Warning signal 1st Race of Day subsequent races to follow
Saturday	August 1, 2010	11:55	Warning signal 1st Race of Day subsequent races to follow
Sunday	August 2, 2010	11:55	Warning signal 1st Race of Day subsequent races to follow

7.2. No warning signal will be made after 15:00 on the final day of the regatta

8. CLASS FLAGS

The Class flag will be a white flag displaying the class insignia.

9. RACING AREAS

9.1. The races will be held inside the Long Beach Federal Breakwater. At its discretion the Race Committee may move the course to an alternate location.

10. THE COURSES

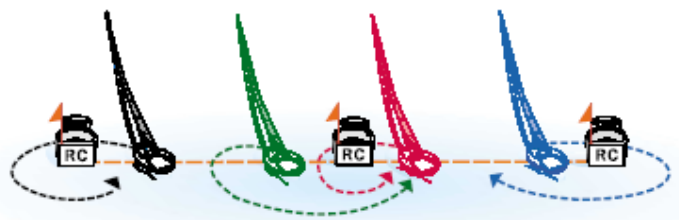
- 10.1. The diagrams in Addendum B show the courses, including the course signals, approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left. The course lengths will be adjusted to provide appropriate amounts of racing.
- 10.2. No later than the warning signal, the race committee signal boat will display the approximate compass bearing from the starting line to the first mark.
- 10.3. When there is a gate, boats shall sail between the gate marks from the direction of the previous mark and round either gate mark.
- 10.4. Courses will not be shortened. This changes rule 32.

11. MARKS

- 11.1. Marks 1, 1a, 2, 3, 4, and 5 will be Yellow Inflatable Shapes.
- 11.2. New marks, as provided in instruction 13, will be Orange Inflatable Shapes.
- 11.3. The starting and finishing marks will be staffs mounted on whip marks.

12. THE START

- 12.1. An Orange Flag will be displayed with one sound 5 minutes before the initial Warning Signal for the first class to start each day.
- 12.2. The Starting Line will consist of up to three committee boats;



RRS 30.1 Round-an-End Rule with mid-line boat



starboard end line boat, mid-line Signal Boat, and port end line boat. The mid-line Signal Boat might not be on a straight line between the starboard end line boat and the port end line boat.

- 12.3. The Starting Line will be between staffs displaying orange flags on the starboard end line boat and mid-line Signal Boat and between staffs displaying orange flags on the mid-line Signal Boat and the port end line boat.
- 12.4. When RRS 30.1 Round-an-End Rule is in effect. Boats subject to this rule shall sail to the pre-start side of the line around either end, or around the mid-line boat, leaving it to port as if it were the port end of the starting line, before starting. This modifies RRS 30.1. (See diagram.)
- 12.5. A yellow inflatable mark may be attached to the Race Committee Boat(s) and shall be considered part of the Starting Mark for the purposes of RRS 28 and 31.
- 12.6. Starting and recall signals will be made from the mid-line Signal Boat.
- 12.7. A boat starting later than 5 minutes after her starting signal will be scored Did Not Start. This changes rule A4.1.

13. CHANGE OF THE POSITION OF THE NEXT MARK

To change the position of the next mark, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. The change will be signaled before the leading boat has begun the leg, although the new mark may not yet be in position. Any mark to be rounded after rounding the new mark may be relocated without further signaling to maintain the course shape. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

14. THE FINISH

The finishing line will be between staffs displaying orange flags on the finishing marks.

15. RRS 42 (propulsion) and other infringements.

- 15.1. RRS Appendix P will be in effect; boats which are observed by a member of the Jury infringing RRS 42 may be protested on the water.
- 15.2. For other than Rule 42 infringements the Jury will observe racing. When the Jury sees an infringement the Jury will make one sound signal. No sail number will be hailed. This means that the Jury has seen a protestable situation and one or more competitors should do penalty turns. If no penalty turns are done the Jury may protest one or more boats.
- 15.3. Action or no action by the Jury under this SI shall not be grounds for redress.
- 15.4. The Jury boats will be identified by white flag lettered "JUDGE".

16. TIME LIMITS AND TARGET TIMES

- 16.1. The time limit for a race will be 90 minutes. Boats failing to finish within 30 minutes after the first boat finishes or within the time limit, will be scored DNF. This changes RRS 35 and A4.1.
- 16.2. The Race Committee will abandon any race it judges not to be a fair test of sailing skill.



17. PROTESTS AND REQUESTS FOR REDRESS

- 17.1. Competitors intending to protest shall inform the Race Committee immediately after finishing and before communicating with coaches or spectators. Boats should first sail to the non-course side of the Finish Boat and report to the Finish Boat. Boats that do not finish shall report their intent to protest to any Race Committee Boat at the first possible opportunity. This adds to RRS 61.1(a)
- 17.2. Protests shall be written on forms available near the Protest Office and filed there within protest time.
- 17.3. The protest time limit is thirty (30) minutes after the race committee signal boat docks after the last race of the day. The same protest time limit applies to all protests by the race committee and jury and to requests for redress. This changes rules 61.3 and 62.2. See also SI 6.3
- 17.4. Notices will be posted on the Protest Notice Board located near the Protest Office to inform competitors that there will be a hearing in which they are parties to a protest. This will constitute official notice to all parties under RRS 63.2.
- 17.5. Protests will be heard in approximately the order in which they are received.
- 17.6. Notices of protests by the race committee or jury will be posted to inform boats under rule 61.1(b).

18. SCORING

- 18.1. Twelve (12) races are scheduled of which one (1) must be completed to constitute a series.
- 18.2. When fewer than six (6) races have been completed, a boats series score shall be the sum of her race scores.
- 18.3. To request correction of an alleged error in posted race or series results, a boat shall complete a Scoring Enquiry Form available at the race office.

19. SAFETY REGULATIONS

- 19.1. Competitors are required to wear a U.S. Coast Guard approved personal flotation device at all times while on the water, except when temporarily adding or removing clothing. The 'Y' flag need not be flown. This will change RRS 40.1 and the preamble to Part 4.
- 19.2. CHECK IN - Before the WARNING signal on EACH day of a boat's racing she shall sail by the stern of a Race committee Boat flying code flag "L" on starboard tack and hail her sail number until she is acknowledged by a return hail of her sail number by the Race Committee. A boat failing to check-in may be subject to protest and subsequent disqualification by the Jury. Only the Race Committee may lodge a protest against a boat for infringing this rule.
- 19.3. A boat that retires from a race shall notify the race committee as soon as possible.

20. EQUIPMENT AND MEASUREMENT CHECKS

- 20.1. Each competitor is responsible for ensuring their equipment is in compliance with the CFJ Class rules. Failure to do so may result in disqualification from the regatta. NOR 6 (Measurement) will be enforced and other measurement and equipment checks may be done at any time during the regatta.
- 20.2. The Race Committee may permit a competitor to use sails carrying distinguishing numbers other than the boats correct sail number. Permission must be sought from the Race Committee and CFJ



Class representative by submitting a completed sail number change form, available from the Race Officer.

21. SUPPORT BOATS

- 21.1. Coach/support boats must register with the organizing authority.
- 21.2. All coach/support boats must be equipped with VHF radios and be prepared to monitor a designated VHF channel if requested to do so by the race committee. Coach/support boats must be prepared to render assistance to any boat in need and perform any other function requested of them by the race committee. Coach/support boats shall display an identification flag supplied by the race committee; no flag, banner, pennant, signal or shape other than that supplied by the race committee shall be displayed.
- 21.3. Unless otherwise directed by the race committee, no coach/support boat will be allowed within the course nor have any communication with a competitor between the warning signal for a race and the time the race is postponed or abandoned, a general recall has been signaled or the competitor has finished.
- 21.4. The penalty for failing to comply with requests for assistance by the race committee or requirements stated above or in the sailing instructions will be applied to the competitor boat(s) associated with the coach/support personnel at the discretion of the protest committee.

22. PRIZES

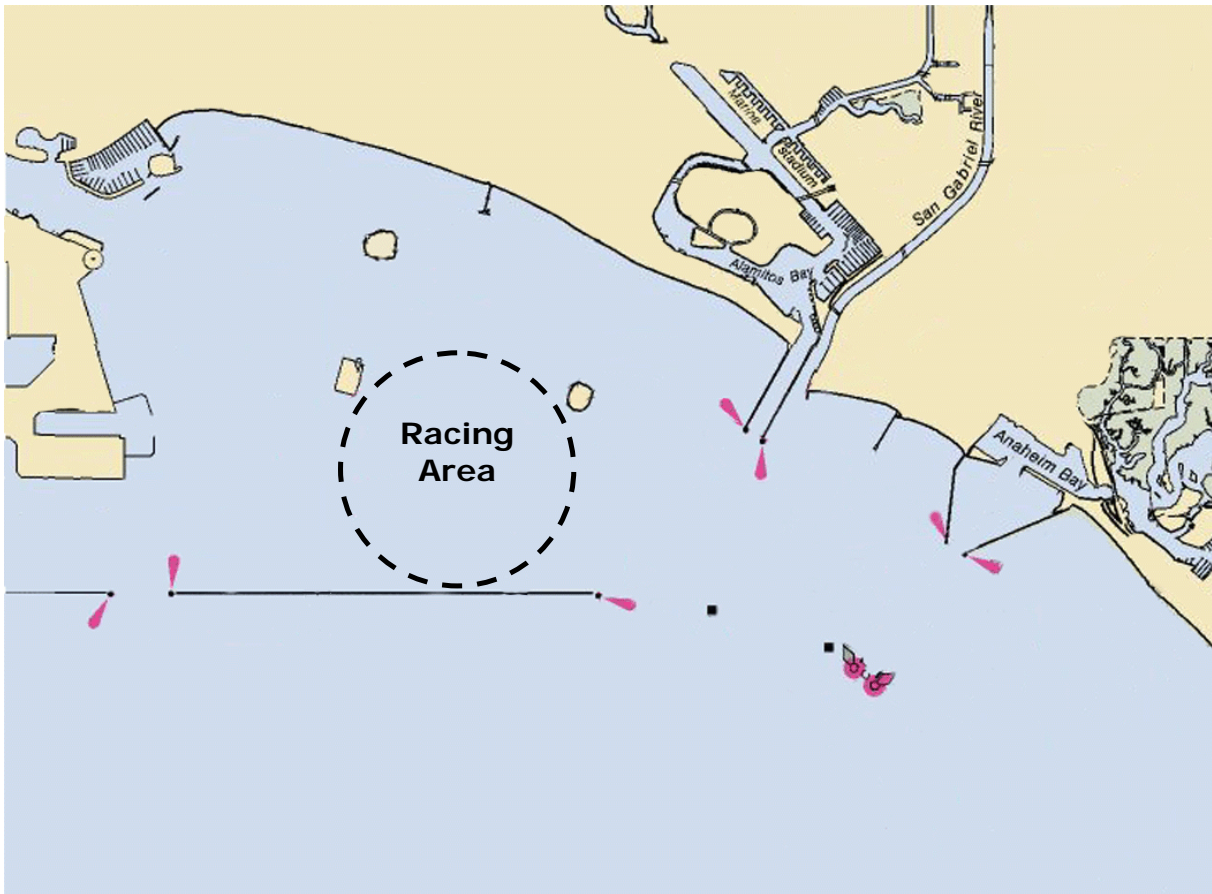
Prizes will be awarded in accordance with the Notice of Race following the last race on Sunday.

23. DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.



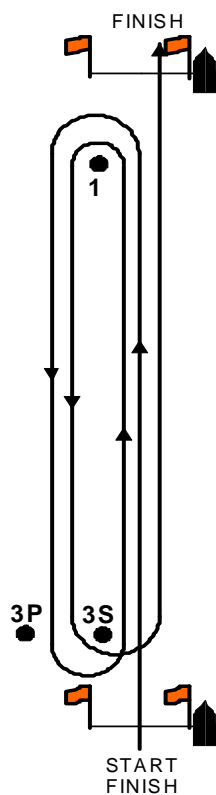
Addendum A – Racing Areas



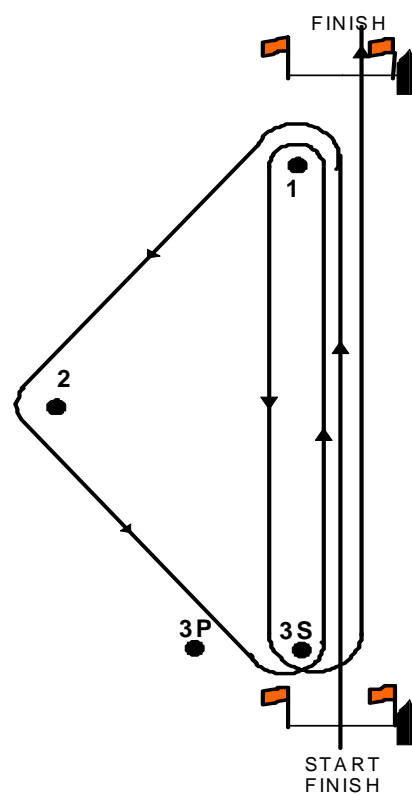


Addendum B – Illustrating the Course

Windward-Leeward (course 1 example)



Olympic Triangle (course 5 example)



Course

Mark Rounding Order

- | | | |
|----------|-----------------|---|
| 1 | <i>(5 legs)</i> | Start – 1 – 3 – 1 – 3 – Finish (Upwind) |
| 2 | <i>(6 legs)</i> | Start – 1 – 3 – 1 – 3 – 1 – Finish (Downwind) |
| 3 | <i>(7 legs)</i> | Start – 1 – 3 – 1 – 3 – 1 – 3 – Finish (Upwind) |
| 5 | <i>(6 legs)</i> | Start – 1 – 2 – 3 – 1 – 3 – Finish (Upwind) |
| 6 | <i>(7 legs)</i> | Start – 1 – 2 – 3 – 1 – 3 – 1 – Finish (Downwind) |
| 7 | <i>(9 legs)</i> | Start – 1 – 2 – 3 – 1 – 3 – 1 – 2 – 3 – Finish (Upwind) |

All marks are rounded to Port except gates.