

2016 Up Bay Interclubs  
Organizing Authority Yacht Clubs (OA):  
Mantoloking, Normandy Beach, Lavallette, Shore Acres, Metedeconk  
River, Manasquan River and Bay Head Yacht Clubs  
July 12, 21 and August 1, 2016

## **SAILING INSTRUCTIONS**

### **1. RULES**

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 Class Rules will apply. Boats may deviate from class rules for sail numbering, but sail numbers must be unique for each class. All yachts shall have their sail number on both sides of their sail.

### **2. NOTICES TO COMPETITORS**

- 2.1 Notices to competitors will be posted on the official notice board(s) (ONB) located at the Lavallette Yacht Club and at the Mantoloking Yacht Club Sailing Center.
- 2.2 EACH SAILOR IS RESPONSIBLE FOR THEIR OWN LUNCH. Lunch will not be provided or for sale at the host yacht club.

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

Any change to the sailing instructions will be posted on the ONB at least one (1) hour prior to the scheduled first warning signal on the day it will take effect.

### **4. SIGNALS MADE ASHORE**

- 4.1 Signals made ashore will be displayed at the respective LYC/MYC flagpole.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.
- 4.3 In the event of postponement or abandonment on the water, prior to the warning signal, all committee boats will sound (2 for postpone, 3 for abandon) and verbally confirm. The RC boat will display the time of next warning signal on white board used for course designation. This changes rule 27.3.

### **5. SCHEDULE OF RACES**

5.1

Date	Location	Skippers Meeting	First Warning
------	----------	------------------	---------------

			Signal
7/12/16	LYC	0930	1030
7/21/16	MYC	None	1030
8/1/16	LYC	None	1030

5.2 Up to Five (5) races are scheduled for each Interclub.

## 6. CLASS FLAGS

Class flags will be:

Class	Flag
Club 420	420 class symbol
Laser, Laser 4.7	Laser class symbol
Optimist	Optimist class symbol
Sunfish	Sunfish class symbol

## 7. RACING AREAS

7.1 The racing area for Interclubs hosted by Lavallette Yacht Club will be on Barnegat Bay off Lavallette Yacht Club.

7.2 The racing area for Interclubs hosted by Mantoloking Yacht Club will be on Barnegat Bay just south of Swan Point.

7.3 The racing area will be shown on the ONB and discussed at the LYC skippers' meeting July 12.

## 8. THE COURSES

8.1 The RC will display the course for each race on a white board.

8.2 Combinations in the courses listed can be made at the discretion of the Race Committee.

**W/L # (P)** means Windward/Leeward, Number of revolutions (times around), all marks to Port.

**T # (S)** means Triangle, Number of revolutions, all marks to Starboard.

**T #+W/L # (P)** means Triangle, Number of revolutions, **plus** Windward/Leeward, Number of revolutions, all marks to Port.

8.3 Courses will not be shortened. This changes rule 32.

8.4 Legs of the course will not be changed after the preparatory signal. This changes rule 33.

## **9. MARKS**

9.1 Marks will be orange, spherical inflatables.

9.2 The starting and finishing marks may be different in shape and color to the rounding marks.

## **10. THE START**

10.1 Races will be started according to Appendix S, Sound-Signal Starting System. This changes rule 26.

10.2 The anticipated starting order is: Club 420, Laser Radial, Laser 4.7, Sunfish, Opti A, then Opti B.

10.3 The starting line will be between a staff displaying an orange flag or shape on the RC boat at the starboard end and the course side of the port-end starting mark.

10.4 Individual recalls will be signaled in accordance with RRS 29.1. In addition, the RC will attempt to hail each boat that has not started correctly. Failure to make or hear such hail will not be grounds for redress.

10.5 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

10.6 A boat starting later than three minutes after her starting signal will be scored Did Not Start without a hearing. This changes rule A4.

## **11. THE FINISH**

The finishing line will be between a staff displaying an orange flag or shape on the finishing mark at the starboard end and the course side of the port-end finishing mark.

## **12. TIME LIMITS**

12.1 The time limit shall not exceed one (1) hour for each race.

12.2 No warning signal will be made after 1500.

12.3 Any changes to time limits will be posted on the ONB at least one (1) hour prior to the first warning signal.

12.4 Boats failing to finish within 15 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.

## **13. PROTESTS AND REQUESTS FOR REDRESS**

13.1 The requirement to display a red protest flag is waived, this amends rule 61.1. However, haling "Protest" to the other boat and informing the RC at the finish is required.

13.2 Protest forms are available at the host clubhouse. Protests shall be delivered there within sixty (60) minutes after the time the race committee docks. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

13.3 Protest notices will be posted within ten (10) minutes after the protest time limit has expired or earlier to inform where and when there is a hearing in which they are parties to a protest or named as witnesses.

13.4 If the race committee posts a list of boats scored OCS, ZFP or BFD on the ONB before the protest time limit (60 minutes after RC docks), a request for redress based on such a posted score shall be made no later than thirty (30) minutes after the protest time limit. This changes the first sentence of rule 62.2.

13.5 Notices of protests by the race committee or protest committee will be posted to inform boats under rule 61.1(b).

13.6 On the last scheduled day of racing a request for reopening a hearing shall be delivered

- (a) within the protest time limit if the requesting party was informed of the decision on the previous day;
- (b) no later than 30 minutes after the requesting party was informed of the decision on that day.

This changes rule 66.

13.7 On the last scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.

## **14. SCORING**

14.1 The Low Point System of Appendix A will apply.

14.2 Up to five (5) races are scheduled for each Interclub.

14.2.1 When fewer than five (5) races have been completed, a boat's series score will be the total of her race scores.

14.2.2 When five (5) or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

14.3 One (1) race is required to be completed to constitute a series for each Interclub.

14.4 Summer Series Score

14.4.1 If 20 races or more races have been completed, a boat's series score will be the total of her race scores excluding her worst 4 scores. If 15 to 19 races have been completed, a boat's series score will be the total of her race scores excluding her worst 3 scores. If 10 to 14 races have been completed, a boat's series score will be the total of her race scores excluding her worst 2 scores. And if 9 races or fewer races have been completed, a boat's series score will be the total of her race scores excluding her single worst score.

14.4.2 An additional drop to account for one Interclub absence may be adjusted if deemed eligible by the RC for competing in regional or national regattas. Request for such consideration must be in writing, sent to Matthew Goetting at MYC (mgoetting@hotmail.com) no later than 7/20/16, even if requesting in advance of regatta.

## **15. SAFETY REGULATIONS**

15.1 Life jackets shall be worn (donned and properly fastened) by all competitors and coaches at all times. Competitors must wear USCG approved jackets per RRS requirements. Failure to do so will result in individual or club disqualification from the day's races.

15.2 Whistles shall be worn by all competitors at all times.

15.3 All classes other than Optis are required to have a painter (tow line) readily available at all times. It shall be at least thirty (30') feet long and of sufficient strength to tow a swamped boat.

15.4 All Club 420s are required to use a masthead floatation assistance device (properly attached to rigging). Failure to do so will result in individual disqualification from the day's races.

15.5 A boat that does not start or retires from a race shall notify the RC or a patrol boat as soon as possible.

15.6 Any boat failing to start or retiring from a race without proper notice is subject to protest by the race committee.

## **16. REPLACEMENT OF CREW OR EQUIPMENT**

16.1 Substitution of competitors will not be allowed without prior written approval of the RC.

16.2 Substitution of damaged or lost equipment will not be allowed unless authorized by the RC. Requests for substitution shall be made to the committee at the first reasonable opportunity.

## **17. 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 can be instructed by an RC equipment inspector or measurer to proceed immediately to a designated area for inspection.

## **18. SUPPORT BOATS**

18.1 Team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or retired or the race committee signals a postponement, general recall or abandonment.

18.2 Support boats will be provided by OA yacht clubs and must have safety cutting equipment on board at all times in addition to other Government required safety equipment.

## **19. TRASH DISPOSAL**

Trash may be placed aboard support or official boats.

## **20. PRIZES**

Weekly prizes will be awarded during lunch of the following Interclub. Bay Championship and Summer Series Awards will be awarded at Seaside Park Yacht Club, Sept 3th.

## **21. 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.

**WAIVER OF LIABILITY, MEASUREMENT, SAFETY CERTIFICATION and USE OF LIKENESS**

We recognize and understand that participation in this Regatta is voluntary and that the competitor incurs risk by participating including the possibility of injury or death. In consideration of the acceptance of the competitor's entry, I the parent, waive, both for myself and for my child, any and all claims, charges, losses and liabilities including those caused by negligence, against the Mantoloking and Lavallette Yacht Clubs and their respective officers, trustees, contractors, employees, members, and volunteers, that may arise from or in any way be in connection with the activities of the Regatta. We are aware that the activities of the competitor may involve maneuvering a boat on water in potentially hazardous conditions which may include among other things, cold water temperatures, strong winds, high waves, lightening, sudden and unexpected immersion in deep waters and collisions with other water craft or stationary objects such as docks, pilings and buoys. I, the parent, understand that I am responsible for the actions of my child while he or she is participating in the Regatta both on land and at sea and that I am solely responsible for whether or not my child participates or sails each day in the weather conditions. We also agree that my child is bound by the Racing Rules of Sailing, the Notice of Race, and the Sailing Instructions.

We grant to the Mantoloking and Lavallette Yacht Clubs the right to use my child's name, age and photograph, without compensation, in any press release, web site posting, advertisement, brochure or other medium intended to publicize this regatta.

Print name (parent or guardian)\_\_\_\_\_

Signed (parent or guardian): \_\_\_\_\_ Date: \_\_\_\_\_

## Medical Consent Form

Each participant must complete and sign a copy of this form.

NAME OF  
PARTICIPANT: \_\_\_\_\_

NAME OF PARENT OR  
GUARDIAN: \_\_\_\_\_

In the event of accident or injury to me, my spouse or any child of mine (specifically including my child if named above as the "Participant") or in the event of illness of me, my spouse or any child of mine while in, on or about the premises of Mantoloking and/or Lavallette Yacht Clubs or while participating in any activity sponsored by or under the auspices of the Mantoloking and/or Lavallette Yacht Clubs under circumstances where I am physically unable to consent or am not present:

1. I hereby voluntarily consent to the furnishing to myself, my spouse or any of my said children of such medical care, attention and treatment by any hospital, physician or physicians as such hospital, physician or physicians may deem necessary or advisable.
2. I authorize the General Manager, Assistant General Manager or any officer or member of the Mantoloking and/or Lavallette Yacht Clubs to consent to such medical care, attention or treatment.
3. I agree to pay all costs of such medical care, attention or treatment and to hold free and harmless of and from any and all liability for such cost the Mantoloking and Lavallette Yacht Clubs and the officers and members.

I, the Undersigned, do hereby authorize and consent to any x-ray examination, anaesthetic, medical or surgical diagnosis or procedure rendered under the general or specific supervision of any member of the medical staff or of the dentist licensed by the Sate of New Jersey or of any hospital holding a current operation certificate issued by the State Department of Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power to render care which the aforementioned physician in the exercise of his best judgement may deem advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

Signature of Parent or Guardian: \_\_\_\_\_  
Date: \_\_\_\_\_

IN CASE OF EMERGENCY CALL:  
NAME RELATIONSHIP      PHONE NUMBER