**2008 Paralympic Regatta**
7 – 13 September 2008

*Sailing Committee, Qingdao*

_of the_

*Beijing Organising Committee for the Olympic Games*

Qingdao, China

## SAILING INSTRUCTIONS

### Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATD</td>
<td>Assistant Technical Delegate</td>
</tr>
<tr>
<td>BOCOG</td>
<td>Beijing Organising Committee for the Olympic Games</td>
</tr>
<tr>
<td>IFDS</td>
<td>International Association for Disabled Sailing</td>
</tr>
<tr>
<td>ISAF</td>
<td>International Sailing Federation</td>
</tr>
<tr>
<td>MR(s)</td>
<td>Measurement Regulation(s) (of IFDS)</td>
</tr>
<tr>
<td>PAD</td>
<td>Personal Assistive Device</td>
</tr>
<tr>
<td>PFD</td>
<td>Personal Flotation Device</td>
</tr>
<tr>
<td>SSCQD</td>
<td>Sailing Subcommittee, Qingdao (of BOCOG)</td>
</tr>
<tr>
<td>TD</td>
<td>Technical Delegate (of IFDS)</td>
</tr>
<tr>
<td>VSDP</td>
<td>Very Severely Disabled Person</td>
</tr>
</tbody>
</table>

### 1 RULES

1.1 The regatta will be governed by

(a) The rules as defined in *The Racing Rules of Sailing* [2005-2008];

(b) The *IFDS Functional Classification System and Procedures* [2005-2008, updated November 2006];

(c) The *IFDS Race Management Manual* [2005-2008, updated November 2007], part 1;

(d) The *International 2.4mR Class Rules* [Appendix K shall apply];

(e) The *SKUD 18 class Rules* [updated July 2008; centre-line seats shall be fitted].

(f) The *Sonar Class Rules* [Appendix B (Alternative Rules) shall apply, and 1.4 is deemed to have been fulfilled by accreditation for the 2008 Paralympic Games];

(g) The *IFDS Measurement Regulations* adopted for this regatta;

(h) Appendix P of these instructions as changed by instruction 14; and

(i) IPC and BOCOG prescriptions [Decisions of the IPC Executive Committee shall be final].

1.2 No national authority prescriptions will apply.

1.3 RRS Appendix G shall not apply.
2 NOTICES TO ATHLETES

Notices to athletes will be posted on the official notice board(s) located in front of the Administration Centre.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted on the official notice board(s) before 09:00 on the day the change will take effect, except that any change to the schedule will be posted by 20:00 on the day before the change will take effect.

4 SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on the official flagpole(s) in front of the boat park. When a signal is displayed over an area or event flag (instruction 6), the signal applies only to that area or event.

4.2 When flag AP is displayed ashore, ‘one minute’ is replaced with ‘not less than 30 minutes’ in the race signal AP.

5 SCHEDULE OF RACES

5.1 Eleven races are scheduled for each event:

7 September  Practice race
8 September  Races 1 & 2
9 September  Races 3, 4 & 5
10 September Reserve day
11 September Races 6, 7 & 8
12 September Races 9 & 10
13 September Race 11.

5.2 If necessary, the reserve day will be used for competition.

5.3 The scheduled time of the warning signal for the first race each day is 13:00.

5.4 On the last scheduled racing day for each event, no warning signal will be made after 16:00.

5.5 At least four minutes before a warning signal is displayed, an orange flag may be displayed with one sound to alert boats that a race or sequence of races will begin soon.

5.6 The format will be fleet racing. There will be no medal race.

6 EVENT FLAGS

<table>
<thead>
<tr>
<th>Event</th>
<th>Class</th>
<th>Flag</th>
</tr>
</thead>
<tbody>
<tr>
<td>One-person</td>
<td>2.4mR</td>
<td>Class insignia on a white background, or numeral pennant <em>One</em>.</td>
</tr>
<tr>
<td>Two-person</td>
<td>SKUD</td>
<td>Class insignia on a white background, or numeral pennant <em>Two</em>.</td>
</tr>
<tr>
<td>Three-person</td>
<td>Sonar</td>
<td>Class insignia on a white background, or numeral pennant <em>Three</em>.</td>
</tr>
</tbody>
</table>
7 EXCLUSION ZONE AND RACING AREAS

7.1 Racing area A (single-person and two-person events) and racing area B (three-person event) will be within an exclusion zone defined in Attachment 1.

7.2 The Qingdao Olympic Sailing Centre (the Olympic Marina) is not part of the exclusion zone.

7.3 The route from the entrance of the harbour to point 1 of the exclusion zone (broken parallel lines in Attachment 1) is part of the exclusion zone.

7.4 While a boat is racing, no part of her may cross the boundary of the exclusion zone.

8 THE COURSES

8.1 Attachment 2 shows the courses, signals, approximate angles between legs, order in which marks are to be passed, and side on which each mark is to be left for the single-person and two person events.

8.2 Attachment 3 shows the course, signals, order in which marks are to be passed, and side on which each mark is to be left for the three-person event.

8.3 The following will be displayed on a board on the race committee signal boat.
   • Magnetic bearing of the windward mark, and
   • Course signal (a number indicating the mark rounding sequence).

8.4 In attachments 2 and 3, mark 3 is shown as a gate (3s and 3p), and mark 4 is shown as a gate (4s and 4p). When a gate is in situ, boats shall sail between the gate marks from the direction of the previous mark and round either gate mark. Each of the gates may be replaced by a single mark that shall be left to port.

9 MARKS

9.1 Orange cylindrical buoys will be used on racing area A. Red cylindrical buoys will be used on racing area B.

9.2 New marks, as provided in instruction 12, will be of the same shape and colour as original marks.

9.3 The starting marks will be the race committee signal boat at the starboard end and a race committee boat at the port end. Each boat will fly an orange flag with the text ‘START’.

9.4 The finishing marks will be race committee boats each flying an orange flag with the text ‘FINISH’.

10 OBSTRUCTIONS

The boundary of the exclusion zone ranks as an obstruction.

11 THE START

11.1 Races will be started by using RRS 26.

11.2 The starting line will be between staffs on the starting marks each bearing an orange flag displaying the text ‘START’.

11.3 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
11.4 A boat starting later than four minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A4 and A5.

11.5 If a boat fails to start or breaks RRS 30.2 or 30.3, the race committee will point flag X at her, make a sound signal and display her national letters. The boat shall immediately retire from the race. If she fails to do so, she will be disqualified without a hearing and her score will not be excluded. This changes RRS A5.

12 CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the race committee will lay a new mark (or move the finishing line), and remove the original mark as soon as practicable, except that mark 1a shall not be re-laid.

13 THE FINISH

The finishing line will be between staffs on the finishing marks each displaying an orange flag with the text ‘FINISH’.

14 PENALTY SYSTEM

For the two-person event, rules 44.1 and 44.2 are changed so that only one turn, including one tack and one gybe, is required.

15 TARGET TIMES AND TIME LIMITS

15.1 Target times are between 50 and 75 minutes (RMM 14.1).

15.2 The time limit shall be one hour and 45 minutes (RMM 14.2).

15.3 Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35 and A4.

16 PROTESTS AND REQUESTS FOR REDRESS

16.1 No boat need display a red flag. This changes RRS 61.1(a).

16.2 Protest forms shall be available at the protest desk in the Administration Centre. Protests shall be delivered thereto within the protest time limit.

16.3 For each event, the protest time limit is 90 minutes after the last boat has finished the last race of the day. This changes RMM 16.

16.4 Notices will be posted within 30 minutes of the protest time limit to inform athletes of hearings in which they are parties or named as witnesses. Hearings will be held in the jury offices.

16.5 Notices of protest by the race committee or jury will be posted to inform boats under RRS 61.1(b).

16.6 A list of boats that have been penalized under instruction Appendix P for breaking RRS 42 will be posted.

16.7 Breaches of notice of race provisions 3.6, 13.2, 19 and 21 and instructions 7.3, 11.3, 18, 19, 20, 21, 22, 23, 24, 25 and 29 (but not 29.6) shall not be grounds for protest by a boat. This changes RRS 60.1(a). Penalties for these breaches may be less than disqualification if the jury so decides.
16.8 On the last day of the series, 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, or
   (b) no later than 30 minutes after the requesting party was informed of the decision on the day.
This changes RRS 66.

16.9 On the last day of the series, a request for redress for a jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.

16.10 Decisions of the jury will be final as provided in RRS 70.4.

16.11 Attention is drawn to MR 2.8 and 2.13 which change RRS 62.1.

17 SCORING

17.1 A boat’s series score shall be the total of her
   (a) Race scores when fewer than five races have been completed, or
   (b) Race scores excluding her worst score when five to eight races (inclusive) have been completed, or
   (c) Race scores excluding her two worst scores when nine to eleven (inclusive) races have been completed.

17.2 To request correction of an alleged error in posted race or series results, a boat shall complete a scoring enquiry form available at the protest desk.

18 SAFETY REGULATIONS

18.1 Each boat shall communicate her arrival at the racing area by passing close to the starboard quarter of the race committee signal boat on port tack and attracting the attention of the race committee. Boats not leaving the harbour for any of the day’s racing shall so inform the race office.

18.2 A boat that retires from a race shall notify the race committee as soon as possible and complete a retirement declaration form, available at the protest desk, upon return to shore.

19 REPLACEMENT OF CREW OR EQUIPMENT

19.1 No change-of-crew shall be permitted. This changes RMM 7.1.

19.2 No substitution of athletes shall be permitted after the opening of the Delegation Registration Meeting (Notice of Race 5.3.2).

19.3 Substitution of damaged or lost equipment will not be allowed except as permitted by MR 3.4.

20 EQUIPMENT AND MEASUREMENT CHECKS

A boat and its equipment may be inspected at any time for compliance with class rules and the IFDS Measurement Regulations. On the water, a boat may be instructed to proceed immediately to a designated area for inspection (MR 4).
21 OFFICIAL BOATS

Official boats will be marked as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Flag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classifier</td>
<td>White flag with ‘C’ or ‘CLASSIFIER’ in black or blue</td>
</tr>
<tr>
<td>Competition Manager</td>
<td>White flag with ‘CM’ or ‘COMPETITION MANAGER’ in black or blue</td>
</tr>
<tr>
<td>First Aid</td>
<td>White flag with a cross</td>
</tr>
<tr>
<td>Harbour Management</td>
<td>Blue flag with ‘HM’ or ‘HARBOUR’ in white</td>
</tr>
<tr>
<td>IFDS</td>
<td>White flag with ‘IFDS’ in black or blue</td>
</tr>
<tr>
<td>Jury</td>
<td>White flag with ‘J’ or ‘IJ’ or ‘Jury’ in black or blue</td>
</tr>
<tr>
<td>Media</td>
<td>Green flag with ‘M’ or ‘MEDIA’ in white</td>
</tr>
<tr>
<td>Race Committee</td>
<td>White flag with ‘RC’ in black or blue</td>
</tr>
<tr>
<td>Rescue</td>
<td>Red flag with ‘RESCUE’ in white</td>
</tr>
<tr>
<td>Technical Delegate</td>
<td>White flag with ‘TD’ or ‘TECHNICAL DELEGATE’ in black or blue</td>
</tr>
<tr>
<td>Television</td>
<td>White flag with ‘BOB’ in black or blue</td>
</tr>
<tr>
<td>VIP</td>
<td>White flag with ‘VIP’ in black or blue</td>
</tr>
</tbody>
</table>

22 COACH AND SUPPORT BOATS

Team leaders, coaches and other support personnel shall be governed by prescriptions contained in the Coach and Support Boat Regulations for the regatta.

23 BERTHING AND HAULOUT RESTRICTIONS

23.1 When not sailing, boats shall be kept at assigned places in the boat park or harbour.

23.2 Between races, boats may be removed from the water as per the schedule posted on the official notice board(s).

23.3 With the permission of the Onshore Supervisor (Sport), Chief Measurer or their agent(s), repairs in inclement weather may, after measurement, be affected in the measurement tent.

24 DIVING EQUIPMENT, SWIMMING AND BOAT SKIRTING

From the start of the first race until end of the last race,
(a) use of underwater breathing apparatus,
(b) use of in-water boat skirting (to contain growth retardant), and
(c) swimming, diving and bathing
are forbidden in the harbour and within 250m of the midpoint of the harbour entrance.

25 RADIO COMMUNICATION

While on the water, a boat shall not carry equipment capable of transmitting or receiving a radio frequency. This restriction applies to mobile telephones but not to equipment provided or authorised by the organising authority.
26 PRIZES

26.1 First prize shall be a gilt silver medal and a diploma.
26.2 Second prize shall be a silver medal and a diploma.
26.3 Third prize shall be a bronze medal and a diploma.
26.4 Fourth, fifth, sixth, seventh and eighth prizes shall be diplomas.
26.5 Each participant in the Beijing 2008 Paralympic Games will receive a commemorative medallion and certificate.

27 DISCLAIMER OF LIABILITY

Athletes participate in the competition entirely at their own risk (RRS 4). The organising authority and all other parties involved accept no liability for material damage, personal injury or death sustained in conjunction with or prior to, during or after the competition.

28 INSURANCE

The organising authority shall have the power to refuse to register a boat unless it sights proof that the boat is covered by third-party liability insurance for a minimum of €500,000 or equivalent per incident.

29 MISCELLANEOUS

29.1 Adaptations Committee

The second sentence of RMM 12.1 is interpreted as ‘The adaptations committee shall consist of the chief classifier of the event or his/her nominee, the TD or ATD or his/her nominee, and a member of the IFDS technical committee or a nominee of that committee.’

29.2 Adaptations and Personal Assistive Devices

At measurement, athletes shall declare, to the classification committee or its nominee(s), all adaptations and personal assistive devices (PADs) to be used in the event. The classification committee and its nominee(s) shall have the power to refer any adaptation or PAD to the adaptations committee (RMM 12).

29.3 Personal Flotation Devices

(a) Athletes shall wear PFDs at all times while afloat except temporarily for reasons of safety, comfort, well-being or personal hygiene.
(b) PFDs shall be in good condition and shall comply with specifications approved by
• A Recognised National Authority (of IFDS),
• A Member National Authority (of ISAF)
• A state or national standards organisation, or
• A state or national certification authority.
(c) Instructions 29.3(a) & (b) shall not be unreasonably enforced in the case of a very severely disabled person (VSDP) for whom, in the opinion of the TD after consultation with the Chief Classifier, the wearing of a conventional PFD would result in diminished safety.

(d) VSDPs seeking relief from Instructions 29.3(a) & (b) shall present themselves with PFDs to the TD or ATD before the end of measurement.

(e) Responsibility for the effectiveness of a PFD used by a VSDP shall be born by the wearer. Responsibility for not wearing a PFD shall be born by the VSDP.

(f) Instructions 29.3(a), (b) & (c) change the Preamble to Part 4, RRS 40 and RMM 8.1.

29.4 Assistance Signal
Athletes needing assistance shall display green flags which shall be supplied by race organisers. This changes RMM 9.1. Attention is drawn to RMM 8.2.

29.5 Trash Disposal
Boats shall not put trash in the water. Trash shall be placed aboard coach, support or race committee boats, or returned to shore with competition boats and deposited in the receptacles provided.

29.6 Hiking
The definition of ‘seated inboard’ (Sonar class rule C.2.1c) shall be that both ischial tuberosities of the athlete shall be inboard of the toe trail.

29.7 Movement of Crew within Boat
Exceptions in the second sentence of RMM 6.1(a) are interpreted to include hands, forearms, elbows, arms (bras), shoulders, axillae and torso superficial to pectoral and latissimus dorsi muscles when sitting on the seat (or an adaptation on the seat) and gripping the gunwale.

29.8 Spinnakers
(a) SKUDs shall use flag spinnakers obtained through IFDS and SSCQD. Such spinnakers and repair kits for them shall be available after the completion of measurement.

(b) When a flag spinnaker is damaged during the only or last race of the day, it shall be repaired before the start of the next race.

(c) When a flag spinnaker is damaged during
   • the first of two races for the day, or
   • the first or second of three races for the day,
the state of the spinnaker shall be reported to the race committee signal boat, and all reasonable attempts shall be made to repair the spinnaker between races.

(d) When a spinnaker is damaged such that athletes believe that repairs can not be affected between races, the chief measurer or his/her nominee shall inspect the sail, estimate the time required to repair it, and communicate that estimate to the race officer. In consultation with the TD, the race officer shall decide whether or not to postpone the next race in order allow repairs to be affected.
(e) If, in the opinion of the chief measurer or his/her nominee, the damaged spinnaker should be repaired ashore, the TD shall have the power to grant permission that the damaged spinnaker be substituted for another. Permission to use a substitute spinnaker for more than one race will be granted only in exceptional circumstances. Failure of a spinnaker obtained through IFDS and SSCQD shall not be grounds for redress by any boat. This changes RRS 62.1(a).

29.9 Seaweed

Athletes may not use any part of the body or any thing moved by a part of the body to directly clear animate matter from hulls or hull appendages. SKUD athletes are reminded of rule C.2.1(c).
APPENDIX P
SPECIAL PROCEDURES FOR RULE 42

P1  SIGNALLING A PENALTY
A member of the protest committee or its designated observer who sees a boat breaking RRS 42 may penalize her by, as soon as reasonably possible, making a sound signal, pointing a yellow flag at her and hailing her sail number, even if she is no longer racing. A boat so penalized will not be penalized a second time under RRS 42 for the same incident. This changes RRS 63.1.

P2  PENALTIES
P2.1  First Penalty
When a boat is first penalized under instruction P1 her penalty will be a Two-Turns Penalty under RRS 44.2 except for the two-person event where the penalty shall be a One-Turn Penalty including one tack and one jibe (see instruction 14). If she fails to take it she will be disqualified without a hearing.

P2.2  Second Penalty
When a boat is penalized a second time during the regatta, her penalty will be to promptly retire from the race. If she fails to take it she will be disqualified without a hearing and her score will not be excluded.

P2.3  Third and Subsequent Penalties
When a boat is penalized a third or subsequent time during the regatta, she shall promptly retire from the race. If she does so her penalty will be disqualification without a hearing and her score will not be excluded. If she fails to do so her penalty will be disqualification without a hearing from all races in the regatta, with no score excluded, and the protest committee will consider calling a hearing under RRS 69.1(a).

P3  POSTPONEMENT, GENERAL RECALL OR ABANDONMENT
If a boat has been penalized under instruction P1 and the race committee signals a postponement, general recall or abandonment, the penalty is cancelled, but it is still counted to determine the number of times she has been penalized during the regatta.

P4  REDRESS LIMITATION
A boat will not be given redress for an action by a member of the protest committee or its designated observer under instruction P1 unless the action was improper due to a failure to take into account a race committee signal or a class rule. This changes RRS 62.1(a).
Attachment 1

Exclusion Zone and Racing Areas A and B.
Attachment 2

Course Area A

1. Course diagram for single-person keelboat event

<table>
<thead>
<tr>
<th>Signal</th>
<th>Mark rounding sequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>START – 1 – (1a) – 4s/4p – 1 – (1a) – FINISH</td>
</tr>
<tr>
<td>2</td>
<td>START – 1 – (1a) – 4s/4p – 1 – (1a) – 4s/4p – 1 – (1a) – FINISH</td>
</tr>
<tr>
<td>3</td>
<td>START – 1 – (1a) – 4s/4p – 1 – (1a) – 4s/4p – 1 – (1a) – FINISH</td>
</tr>
</tbody>
</table>

Unless otherwise instructed, single-person keelboats shall round Mark 1a (an off-set mark). See also instruction 8.4.
2. Course diagram for two-person keelboat event

<table>
<thead>
<tr>
<th>Signal</th>
<th>Mark rounding sequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>START – 1 – 2 – 3s/3p – 2 – 3p – FINISH</td>
</tr>
<tr>
<td>2</td>
<td>START – 1 – 2 – 3s/3p – 2 – 3s/3p – 2 – 3p – FINISH</td>
</tr>
<tr>
<td>3</td>
<td>START – 1 – 2 – 3s/3p – 2 – 3s/3p – 2 – 3s/3p – 2 – 3p – FINISH</td>
</tr>
</tbody>
</table>

See also instruction 8.4.
Attachment 3

Course Area B

Course diagram for three-person keelboat event

<table>
<thead>
<tr>
<th>Signal</th>
<th>Mark rounding sequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>START – 1 – (1a) – 4s/4p – 1 – (1a) – FINISH</td>
</tr>
<tr>
<td>2</td>
<td>START – 1 – (1a) – 4s/4p – 1 – (1a) – 4s/4p – 1 – (1a) – FINISH</td>
</tr>
<tr>
<td>3</td>
<td>START – 1 – (1a) – 4s/4p – 1 – (1a) – 4s/4p – 1 – (1a) – 4s/4p – 1 – (1a) – FINISH</td>
</tr>
</tbody>
</table>

Unless otherwise instructed, three-person keelboats shall round Mark 1a (an off-set mark). See also instruction 8.4.