



Juegos Centroamericanos y del Caribe Mayagüez 2010

Sailing Competition

21-30 July 2010

Balneario de Boquerón

Boquerón, Puerto Rico

Organizing Authority

Federación de Vela de Puerto Rico (FVPR)

in conjunction with

Confederación Centroamericana y del Caribe de Vela (COCECAVE)

SAILING INSTRUCTIONS

1. RULES

- 1.1 The XXI Caribbean and Central American Games will be governed by the Rules as defined in The Racing Rules of Sailing (RRS), including the Sailboard Racing Rules (Appendix B of the RRS). To the extent permitted by Part 7 of the RRS, specific provisions of the rules may be modified, altered or made inoperative by the Notice of Race (NOR) or the Sailing Instructions (SI).
- 1.2 The sailing events shall be organized and held under the direction of the FVPR, with the endorsement of the International Sailing Federation (ISAF) and COCECAVE. Issues of a technical nature shall be decided by the Technical Delegate of ISAF to these Games or as provided by the Rules as defined by the RRS.
- 1.3 Issues of general order, not covered in this notice or the rules, will be ruled upon by the Organizing Committee of Mayagüez 2010 according to the CACSO's regulations.
- 1.4 Class rules will apply, except as modified, altered or made inoperative by the NOR or the SI, to the extent permitted by such class rules and except for any class rule dealing with the running of any of the Class Championships.
- 1.5 For the Laser Class Standard and Radial Rule 4 of Part Two of the Class Rules will not apply.
- 1.6 Change the first statement of the International J-24 Class Association rule 3.7.3 to read as follow:
The all-up weight for racing, excluding the crew, shall be not less than 1329.48 kg.
- 1.7 Rules 3.8.8 and rule 3.8.9 of the International J-24 Class Association rules will not apply.
- 1.8 The XXI Caribbean and Central American Games Sailing Competition Measurement Regulations will apply.
- 1.9 No national prescriptions will apply.



- 1.10 If there is a conflict in the rules between languages, the English text will take precedence. If there is a conflict in CASCO's Statutes or Regulations between languages, the Spanish text will take precedence

1.11 Reserved

2. ADDITIONAL IDENTIFICATION

- 2.1 While racing, boats shall display bow numbers. The organizing authority will supply the numbers and instructions for their use.

3. NOTICE TO COMPETITORS

- 3.1 Notice to competitors will be posted on the official notice board(s), its location will be announced at the team managers' Meeting scheduled at the Venue at 1700 AST on 21 July 2010.

4. CHANGES TO SAILING INSTRUCTIONS

- 4.1 Any change to the sailing instructions will be posted before 0800 on the day it will be take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed using a Flag Pole located at the west side of the Sailing Venue.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 70 minutes' in the race signal AP. This changes "Race Signals" in RRS.
- 5.3 When flag AP is displayed ashore, Boats shall stay on shore until code flag "AP" is lowered. This applies to competitors and coach boats. This changes "Race Signals" in RRS.
- 5.4 When flag Y is displayed ashore and/or on the RC vessel, RRS 40 and the Part 4 preamble are changed to apply at all times while afloat.

6. SCHEDULE OF RACES

6.1 Schedule

Friday, 23 July 2010	Practice race
Saturday, 24 July 2010	Races
Sunday, 25 July 2010	Races
Monday, 26 July 2010	Races
Tuesday, 27 July 2010	Races
Wednesday, 28 July 2010	Lay Day (Reserve day)
Thursday, 29 July 2010	Races Return of boats and equipment
Friday, 30 July 2010	Return of boats and equipment; Awards and Closing Ceremony for sailing events



- 6.2 Number of races: 12 races are scheduled to be completed for the entire series. At the discretion of the RC, more than one race (up to a maximum of three races) may be held on any racing day, provided that no warning signal will be made after 1630 AST on any day except that on the last day of the regatta no warning signal will be made after 1430 AST.
- 6.3 The Reserve day will be used for racing if 4 races are not completed in all classes by the end of racing on the previous day. The PRO, after consultation with the TD, will determine the schedule of racing for the reserve day, which may include racing for all or some of the classes that did complete the 4 races. Such schedule will be posted as specified in SI 4.1.
- 6.4 The scheduled time of the warning signal for the first race on each day is 1100 (AST).
- 6.5 To alert boats that a race or sequence of races will begin soon, an orange flag will be displayed (with one sound) for at least four minutes before a warning signal is displayed.
- 6.6 From the 23rd to the 29th of July, a team managers' meeting will be held at 0800 in the Briefing Room at the Sailing Facilities on every racing day.

7. EQUIPMENT AND MEASUREMENT CHECKS

- 7.1 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 a race committee equipment inspector or measurer to proceed immediately to a designated area for inspection.

8. RACING AREAS

- 8.1 There will be two racing areas designated as "Alpha Racing Area" and "Bravo Racing Area" located approximately as shown in **Attachment A**.

9. EVENT CLASSES AND RACING AREA ASSIGNMENTS

Event	Event's Class Flag	Race Area
Laser	Blue Logo White Background	Race Area 1
Laser Radial	Orange Logo White Background	Race Area 1
Sunfish	Black Logo White Background	Race Area 1
Snipe	Blue Logo White Background	Race Area 1
RS:X (Male)	Black RS:X White Background	Race Area 2
RS:X (female)	Orange RS:X White Background	Race Area 2
Hobie 16	Black Logo White Background	Race Area 2
J-24	Blue Logo White Background	Race Area 2

10. THE COURSES

- 10.1 The diagrams in **Attachment B** show the courses, including the course signals, approximate angles between legs, and the order in which marks are to be passed, and the side on which each mark is to be left.
- 10.2 Mark 4 is shown as a gate, 4S and 4P. This gate may be replaced by single mark, in which case, Mark 4 will be left to port.



11. MARKS

- 11.1 Marks 1, 2, 3, 4S and 4P will be orange inflatable tetrahedrons buoys, except as stated in SI 11.2 and 11.3.
- 11.2 Mark 1 for RS:X will be orange inflatable cylindrical buoy.
- 11.3 Mark 1 for J-24 will be yellow inflatable cylindrical buoy.
- 11.4 The starting marks will be race committee boats.
- 11.5 The finishing marks will be a race committee boat and yellow inflatable cylindrical buoy.
- 11.6 New marks, as provided in instruction 13.1, will be of the same shape and color as the original marks.

12. THE START

- 12.1 The starting line will be between staffs displaying orange flags on the starting marks.
- 12.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 12.3 A boat starting later than four minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A4 and A5.
- 12.4 Prior to the start of each race, each boat shall pass near the stern of the Race Committee signal boat and hail her country name until acknowledged by the Race Committee.

13. CHANGE OF COURSE AFTER THE START

- 13.1 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.

14. THE FINISH

- 14.1 Trapezoid Courses: The finishing line will be between a staff displaying an orange flag on the finishing mark at the port end and the starboard-end finishing mark when the race committee displays a blue flag or shape. This instruction does not apply when rule 32.2 does.
- 14.2 Windward/Leeward Courses: The finishing line will be between a staff displaying an orange flag on the finishing mark at the starboard end and the port-end finishing mark when the race committee displays a blue flag or shape. This instruction does not apply when rule 32.2 does.

15. PENALTY SYSTEM

- 15.1 For the Hobie Cat class, RRS 44 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty, including one tack and one gybe.
- 15.2 Appendix P will apply except that P2.1 is changed by instruction SI 15.1. This also modifies RRS 44.2.



16. TIME LIMITS AND TARGET TIMES

16.1 Time limits and target times in minutes for the entire series are as follows:

Class	Time Limit	Target time
RS:X	50	30-35
Laser, Laser Radial, Sunfish	60	45
Hobie 16	70	50
J24, Snipe	80	60

16.2 Failure to meet the target time will be not ground for redress. This changes RRS 62.1(a)

16.3 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 RRS 35, A4 and A5.

17. PROTESTS AND REQUESTS FOR REDRESS

17.1 Except for RS:X, boats shall conspicuously display a red flag according to the second sentence of RRS 61.1(a). (Amends RRS 61.1(a)(2)). A boat required to display a flag shall do so until she is no longer racing.

17.2 Boats are requested to inform the Race Committee boat/finishing mark of her intention to file a protest by sailing to the starboard beam side of the Race Committee Finishing Vessel as soon as reasonably possible after she finishes. (Amends RRS 61.1(a))

17.3 Protests forms are available at the Jury Secretary Station located in front of the Jury Office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

17.4 The Protest Time for each course will start when the Race Committee Finishing Vessel docks.

17.5 Protests shall be lodged with the Jury Secretary at the Sailing Venue not later than one (1) hour after the protest time is started in the relevant class.

17.6 A notice will be posted on the Official Notice Board as soon as possible indicating when the committee boat docked and when protest time will end for each course.

17.7 The Jury will hear protests in approximately the order of receipt and as soon as possible after filing.

17.8 Notices will be posted on the Official Notice Board 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 at the Jury Office located South side of the Sailing Venue.

17.9 Notices of protests by the race committee or jury will be posted to inform boats under rule 61.1(b) & (c).

17.10 A list of boats that have been penalized under Appendix P for breaking rule 42 will be posted.



- 17.11 Breaches of instructions 2, 5.3, 5.4, 12.2, 12.4, 24, 26 will not be grounds for a protest by a boat. This changes rule 60.1(a). .
- 17.12 Any penalty for any infringement of the rules, other than RRS Part 2, is at the sole discretion of the Jury and may be other than disqualification. This changes RRS 64.1.
- 17.13 On the last day of racing a request for reopening a hearing shall be lodged with the Jury Secretary
- 17.13.1 within the protest time limit of the last day of racing if the requesting party was informed of the decision on the previous day; or
- 17.13.2 no later than 30 minutes after the requesting party was informed of the decision on the last day of racing. This changes RRS 66.
- 17.14 On the last day of the series a request for redress from a protest committee decision shall be lodged with the Jury Secretary no later than 30 minutes after requesting party was informed of the decision on the last day of racing. This changes RRS 62.2.
- 17.15 When the Jury sits with a panel of less than 5 members in accordance with Appendix N 1.4(b), the time limit for the parties to request a full panel Jury hearing shall be 30 minutes from the time the initial decision is announced.
- 17.16 Decisions of the jury will be final as provided in rule 70.5.

18. SCORING

- 18.1 Four (4) races are required to be completed to constitute a series.
- 18.2 When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.
- 18.3 When from 5 races to 10 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- 18.4 When from 11 or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst score.
- 18.5 To request correction of an alleged error in posted race or series results, a boat may complete a scoring enquiry form available at the race office.
- 18.6 The scoring abbreviation for a discretionary penalty imposed under instruction 17.12 will be DPI.

19. REPLACEMENT OF CREW OR EQUIPMENT

- 19.1 Substitution of competitors will not be allowed without prior written approval of the Jury.
- 19.2 Substitution of damaged or lost equipment will not be allowed unless authorized by the Race Committee. Requests for substitution shall be made to the committee at the first reasonable opportunity. All substituted equipment must be presented to the Measurer for approval before the end of the protest time of the day it is first used.



20. AWARDS

20.1 All crew members in every class shall be awarded the following:

- 20.1.1 First place: a XXI's Games gold medal and certificate
- 20.1.2 Second place: a XXI Games silver medal and certificate
- 20.1.3 Third place: a XXI Games bronze medal and certificate

21. SPECIAL RESTRICTIONS

21.1 Support / coach Boats

- 21.1.1 Authorized support/coach boats will be allowed only in areas designated by the RC (support/coach boat zone) from the time of the preparatory signal for the first class to start until all boats have finished or the race committee signals a postponement, general recall or abandonment.
- 21.1.2 Support/coach boats shall be marked with a 40 cm. by 50 cm. white flag from a staff no less than 4 feet in height, which flag shall have the ISAF national letters in black.

21.2 Restrictions applicable to the J-24 Class.

- 21.2.1 All J-24 boats must be in the water in their assigned slips no later than by 1030 on 22 July 2010 and must remain in the water until the end of the last day of racing, unless a haul out is authorized by the IJ within said period. While the J-24's are in the water the cleaning of bottoms by anything other than free diving without the aid of scuba gear is prohibited, as is the envelopment of the hulls by baths of any nature.

22. TRASH DISPOSAL

22.1 Boats shall not put trash in the water. Trash may be placed aboard support and race committee boats.

23. ELECTRONIC GEAR

23.1 Except in an emergency, 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, data, internet and/or electronic transmissions. Class rules not amended by the SI may also apply.

24. BERTHING

24.1 Boats shall be kept in their assigned places in the boat park.

25. SHORE FACILITIES

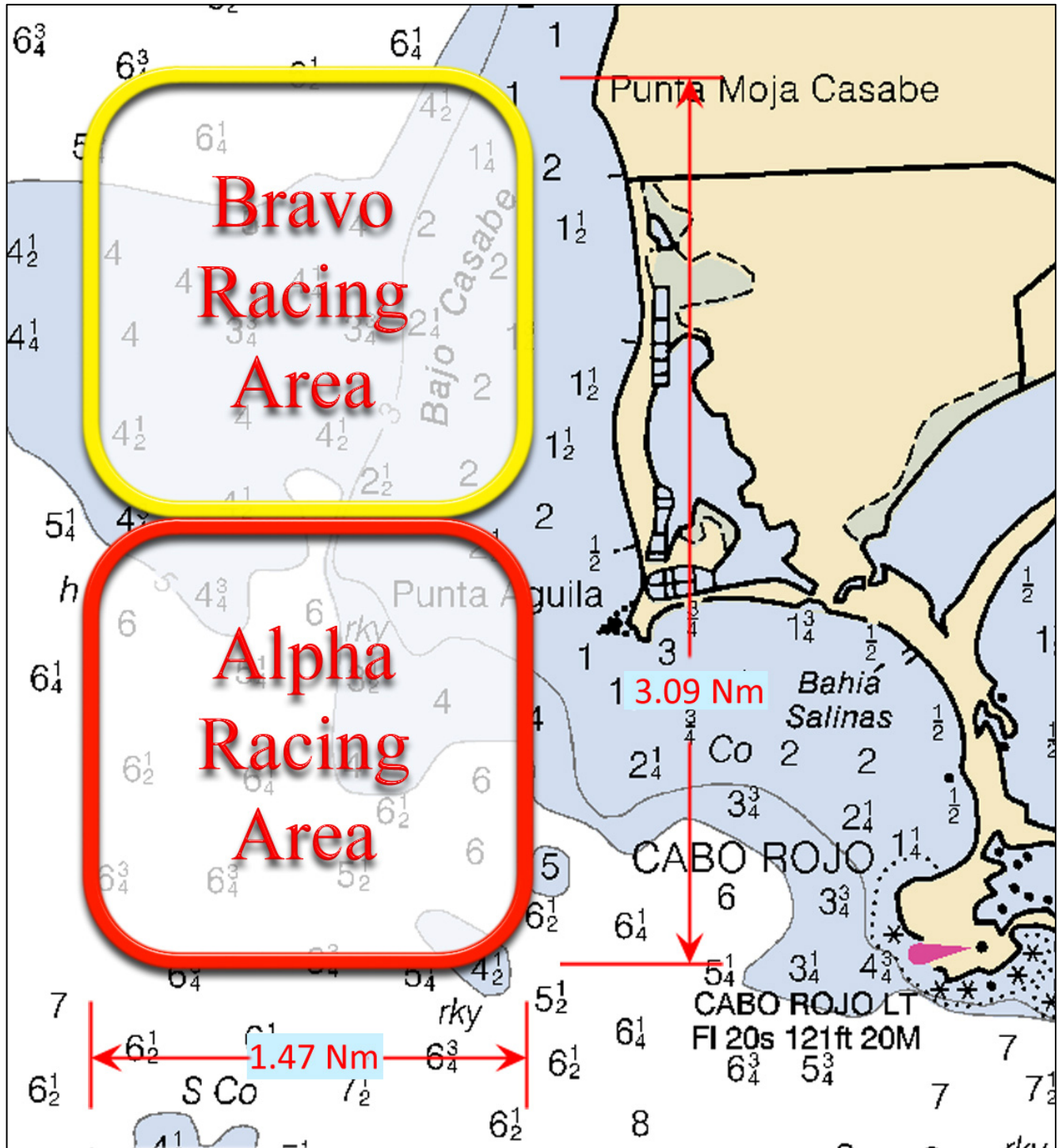
25.1 Reserved

26. DOPING CONTROL

26.1 Doping control will be conducted according to the World Anti-Doping Code, IOC Anti-Doping Policy and the ISAF Regulation 21 – Anti-doping code.



Attachment A

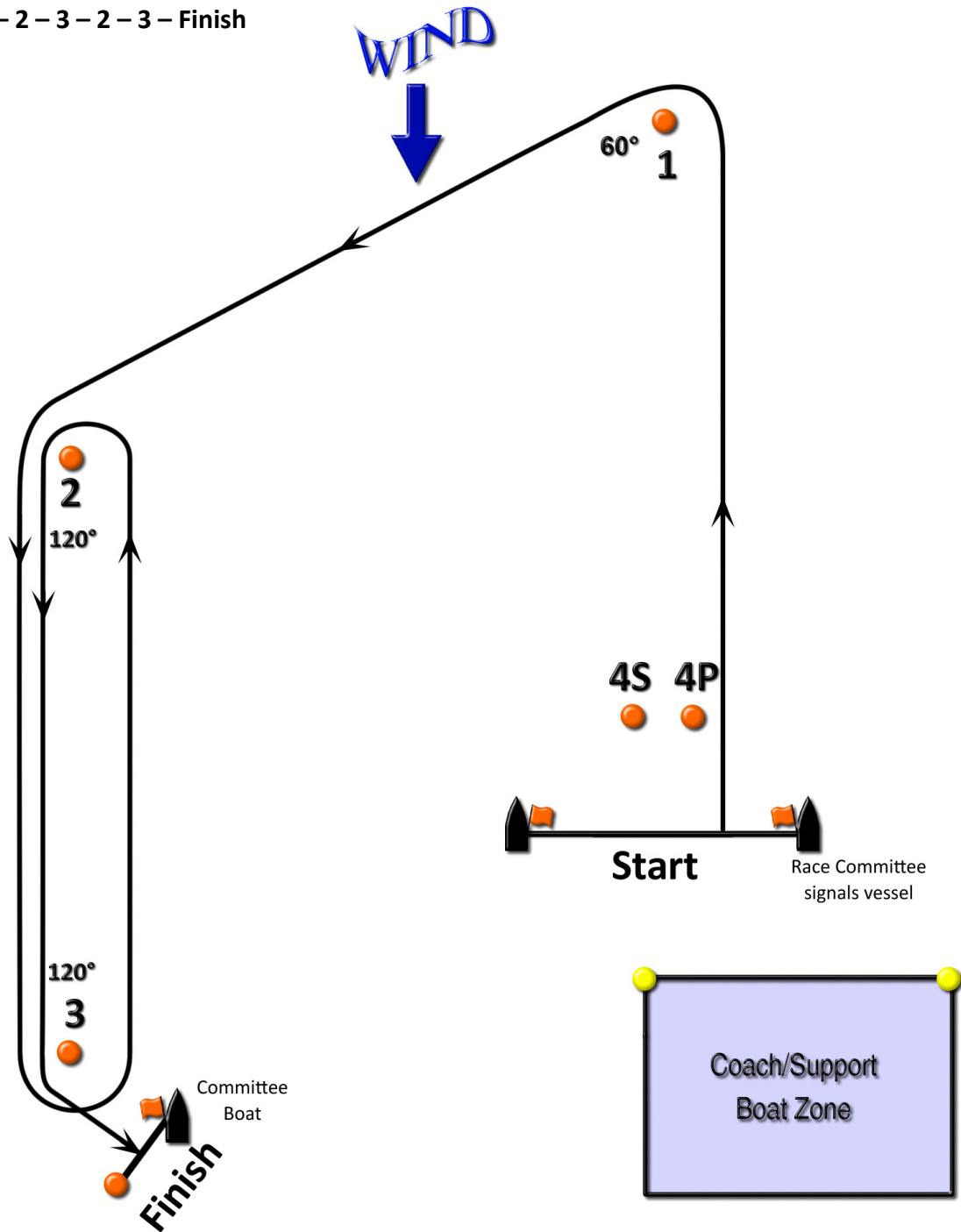


Attachment B

Trapezoid Courses

Course Signal: TO

Start – 1 – 2 – 3 – 2 – 3 – Finish

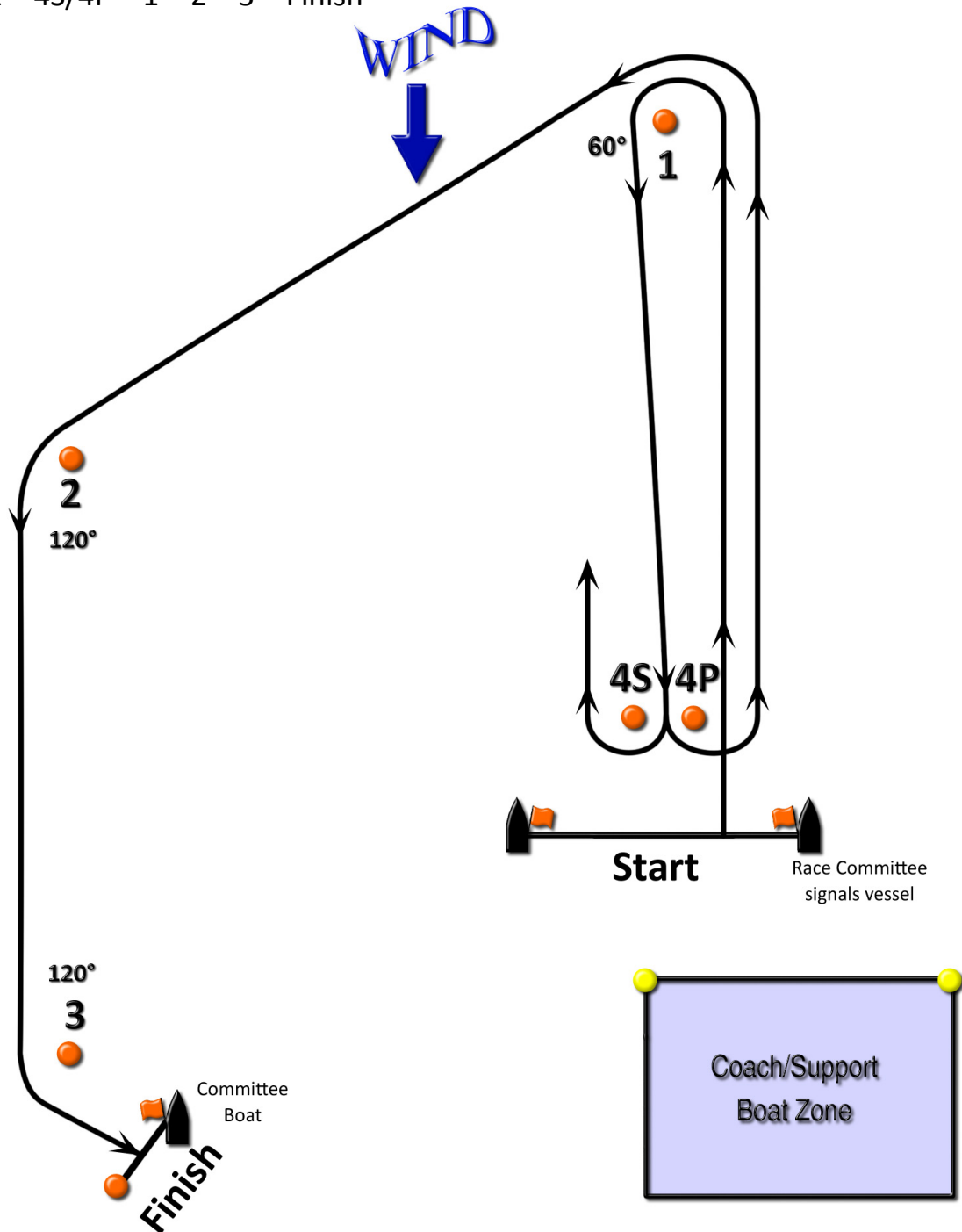


Attachment B (Cont.)

Trapezoid Courses

Course Signal: TI

Start – 1 – 4S/4P – 1 – 2 – 3 – Finish



Attachment B (Cont.)

Windward-Leeward Course

Course signal	Mark rounding order
W2	START – 1 – 4s/4p – 1 – 4s/4p – FINISH
W3	START – 1 – 4s/4p – 1 – 4s/4p – 1 – 4s/4p – FINISH
W4	START – 1 – 4s/4p – 1 – 4s/4p – 1 – 4s/4p – 1 – 4s/4p – FINISH

