



Rio 2016 Paralympic Sailing Competition

SAILING INSTRUCTIONS

7-17 September 2016, Rio de Janeiro, Brazil

1. RULES

Additional Rules referenced in the Notice of Race and Sailing Instructions will be published on the World Sailing website (www.sailing.org), the International Paralympic Committee website (www.olympic.org) or at the Rio 2016 website (www.rio2016.com).

- 1.1 The regatta will be governed by the rules as defined in The 2013-2016 Racing Rules of Sailing (RRS) and other governing documents including:
 - 1.1.1 The Paralympic Chapter of the IPC Handbook and other governing documents of the International Paralympic Committee (IPC).
 - 1.1.2 The Qualification System as published in the Rio 2016 Paralympic Games Qualification Guide will apply.
 - 1.1.3 As permitted by RRS 86.2, World Sailing has authorized that World Sailing Regulation 20.2.7 shall also apply to the Paralympic Games 2016. Advertising at the event shall be governed by the IPC Manufacturer Identification Guidelines for Rio 2016
 - 1.1.4 The Rio 2016 Paralympic Sailing Competition Equipment Regulations (ER).
 - 1.1.5 The Rio 2016 Paralympic Sailing Competition Support Team Regulations (STR).
 - 1.1.6 The Rio 2016 Paralympic Sailing Competition Athlete Media Guide (AMG).
 - 1.1.7 The Rio 2016 Paralympic Sailing Competition Area Regulations (CAR).
 - 1.1.8 RRS Appendix P, Special Procedures for RRS 42. In RRS P1, change 'sail number' to 'national letters'.
 - 1.1.9 The following class rules will apply:
 - 1.1.9.1 For the Three-Person Keel-boat event (Sonar): this will be a Sonar Class Association Appendix B - Alternative Rules event.
 - 1.1.9.2 For the Two-Person Keel-boat event (SKUD18): Class rule J.4
 - 1.1.9.3 For the Single-Person Keel-boat event (2.4 Norlin One Design): Boats shall comply with the 2.4 Norlin One Design class rules. No National Authority prescriptions will apply.
 - 1.1.10 Classification:
 - 1.1.10.1 The Rio 2016 Paralympic Games Classification Guide (PGCG) will apply.
 - 1.1.10.2 The Para World Sailing Functional Classification System & Procedures Manual (FCS) will apply.
 - 1.1.10.3 In the event of any conflict between the PGCG and the FCS, the PGCG will take precedence.
 - 1.1.11 Part 1 of the Para World Sailing Race Management Manual 2013-2016 (RMM), including the addendum, will apply



- 1.2 No National Authority prescriptions will apply.
- 1.3 Decisions of the International Jury will be final as provided in RRS 70.5.
- 1.4 For the Two-Person Keelboat RRS 44.1 and RRS P2.1 are changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
- 1.5 In all rules governing this regatta;
 - 1.5.1 [DP] denotes a rule for which the penalty is at the discretion of the International Jury;
 - 1.5.2 [SP] denotes a rule for which a standard penalty may be applied by the Race Committee without a hearing or a discretionary penalty applied by the International Jury with a hearing; and
 - 1.5.3 [NP] denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a).
 - 1.5.4 Both 'athlete' and 'competitor' mean a person competing in the event.
 - 1.5.5 The term 'scheduled' means: As originally scheduled unless amended by a later notice to competitors.
- 1.6 RRS 63.7 is changed to read: 'If there is a conflict between rules, the protest committee shall resolve that conflict in the manner that it believes will provide the fairest result for all boats affected.'
- 1.7 If there is a conflict between languages the English text will take precedence.

2 [DP] [NP] SAFETY REGULATIONS

- 2.1 Athletes shall wear personal flotation devices in accordance with RMM 8.1. This changes RRS 40 and the pre-amble to RRS Part 4.
- 2.2 Boats not leaving the harbour for a scheduled race shall promptly notify the Sports Information Desk.
- 2.3 [SP] Before leaving shore, athletes or their support person shall deposit their accreditation at the Omega cabin situated on the promenade.
- 2.4 [SP] On returning to shore or when no more races are scheduled for that boat for the day athletes or their support person shall collect their accreditation at the Omega cabin within the protest time limit.
- 2.5 [SP] Athletes or their support person may personally collect their accreditation whenever they return to shore but they or their support person shall deposit their accreditation again before leaving to race.
- 2.6 [SP] Before leaving shore to race, an athlete or support team member shall collect their tracking module at the Omega cabin.
- 2.7 [SP] When no more races are scheduled for a boat on that day, a boat representative shall deposit their tracking module at the Omega cabin within the protest time limit.
- 2.8 [SP] A boat that retires from racing shall notify the Race Committee before leaving the racing area if possible and shall complete a retirement declaration form at the Sports Information Desk as soon as possible after returning ashore.



3 [DP] CODE OF CONDUCT

- 3.1 Athletes shall comply with any reasonable request from a regatta official.
- 3.2 Athletes shall handle any boats and equipment provided by the organizing authority with proper care and seamanship, without interfering with its functionality, and in compliance with the ER.
- 3.3 Athletes shall not in any way interfere with the functionality of supplied media or results equipment.
- 3.4 [SP] Boats not racing shall avoid the area where boats are racing and of any official boats.
- 3.5 [SP] Boats that are on a Course Area to which they are not assigned shall avoid the area where boats are racing and of any official boat.

4 COMMUNICATIONS WITH ATHLETES

- 4.1 Notices will be posted on the official notice board located at the Sports Information Desk.
- 4.2 Notices will also be posted at www.sailing.org/paralympics/rio2016. Failure to post a notice on the website will not be grounds for redress. This changes RRS 62.
- 4.3 When a visual signal is displayed over an Event flag, the signal applies only to that Event. This changes the Race Signals preamble.
- 4.4 Signals ashore will be displayed beside the launching ramps on the promenade.
- 4.5 When flag AP is displayed ashore, '1 minute' is replaced with the times in minutes shown below in the race signal AP.

Race Area	Race Signal AP not less than time
Pão de Açúcar	45
Escola Naval	45
Copacabana	90

- 4.6 [SP] [NP] A boat shall not leave the shore until flag D is displayed ashore. The warning signal will be made not less than the time in minutes shown below after flag D is displayed or not before the schedule time, whichever is later.

Race Area	Warning Signal not less than
Pão de Açúcar	45
Escola Naval	45
Copacabana	90

5 CHANGES TO SAILING INSTRUCTIONS

- 5.1 Except for changes to the schedule of races and course assignments, changes to the Sailing Instructions will be posted no later than two hours before the scheduled time of the first race affected.
- 5.2 Any changes to the Sailing Instructions will be approved by a World Sailing Technical Delegate.



6 FORMAT OF RACING

6.1 The format for each Event consists of 11 races.

7 [DP][NP] COURSE AREAS AND COMPETITIONS AREAS

7.1 The Course Areas are shown in SI Addendum A. The CAR will define the Competition Areas.

7.2 All boats shall remain in the Competition Areas at all times whilst afloat. No part of a boat shall cross the boundary.

7.3 If any part of a boat crosses the boundary of the Competition Areas, she may be subject to security quarantine and search before being permitted back in to the Venue.

8 SCHEDULE OF RACES AND COURSE AREA ASSIGNMENTS

8.1 The race schedule, including the time of the first warning signals and assignment of Events to Course Areas is shown in SI Addendum B.

8.2 The Race Committee will post the assignment for each Event on a daily basis, no later than 2000 the previous evening.

8.3 The Race Committee may reassign an Event to any Course Area no later than two hours before the scheduled starting signal. However;

8.3.1 When flag AP is displayed ashore, the course area may be changed until 15 minutes before the AP is removed; and

8.3.2 when flag AP is displayed afloat, the course area may be changed. The race committee signal boat will display flag L over the Event(s) flag and move to the new Course Area.

8.4 Races not sailed on the scheduled day may be sailed on a following day at the discretion of the Race Committee.

8.5 The warning signal for each succeeding race will be made as soon as practicable.

8.6 No warning signal will be made after 1700 any day.

9 THE COURSES

9.1 Courses will be windward / leeward or trapezoid with optional finishing legs. The diagrams in SI Addendum C show the courses, the course designations, the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

9.2 No later than the warning signal, the race committee starting vessel will display the course signal and the approximate compass bearing of the first leg.

10 MARKS

10.1 Marks 1, 2, 3, and 4, offset, or associated gate marks, will be as follows:

Course Area	Marks 1, 2, 3, 4 New Marks 3 & 4	New Marks 1 & 2	Inflatable Starting Line Mark	Inflatable Finishing Line Mark
Pão de Açúcar	Green cylindrical	Green with black strip cylindrical	Green cylindrical	Green cylindrical

Escola Naval	Yellow cylindrical	Yellow with black strip cylindrical	Yellow cylindrical	Yellow cylindrical
Copacabana	Orange cylindrical	Orange with black strip cylindrical	Orange cylindrical	Orange cylindrical

10.2 Offset marks will be the same as Mark 1, 2, 3, 4.

10.3 The starting and finishing line marks will be race committee vessels or inflatable marks.

11 EVENT FLAGS

Event flags will be class insignia on the following background:

Event	Class Insignia	Background Colour
One-Person Keelboat	2.4mR	White
Two-Person Keelboat	SKUD18	White
Three-Person Keelboat	Sonar	White

12 THE START

12.1 The starting line will be between a staff displaying an orange flag on the race committee vessel at the starboard end and either

12.1.1 the course side of the port-end inflatable starting mark, or

12.1.2 a staff displaying an orange flag on the race committee vessel at the port end.

12.2 [DP] A buoy may be attached to the race committee starting vessel anchor line just below keel depth. Boats shall not pass between this buoy and the race committee starting vessel at any time. This buoy is part of the race committee starting vessel ground tackle.

12.3 [DP] When a starting sequence is in progress, boats whose warning signal has not been made shall avoid the starting area. The starting area is defined as the area 50 meters from the starting line and marks in all directions.

12.4 Races will be started by using the following signals. Flags P, U and Black are not preparatory signals. This replaces the table in RRS 26 and changes Preparatory signals in Race Signals.

Minutes before starting signal	Visual signal displayed	Visual signal removed	Sound signal	Means
6	Class flag			Class to start
	P, U, or Black flag			Starting Penalty P = None



5	White flag with number 5		One	Warning signal
4	Blue flag with number 4	White flag	One	Preparatory signal
3	Pink flag with number 3	Blue flag	One	Three minutes
2	Red flag with number 2	Pink flag	One	Two minutes
1	Yellow flag with number 1	Red flag	One long	One minute
0	Green flag	Yellow flag	One	Starting signal
+1		Green flag, Class flag, P, U or Black flag	No sound	

12.5 If flag U has been displayed, no part of a boat's hull, crew or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing but not if the race is restarted or re-sailed. This changes RRS 26 and A5. When flag U is displayed RRS 29.1 does not apply. The scoring abbreviation for a flag U penalty is UFD. This changes RRS A11.

12.6 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

12.7 The warning signal for each succeeding race will be made as soon as practicable.

12.8 In RRS 30.3, change 'sail number' to 'national letters'.

13 COURSE CHANGES

13.1 To change the next leg of the course, the Race Committee will (a) lay a new mark, or (b) move the finishing line, or (c) move the leeward gate. When a new mark is laid, the original mark will be removed as soon as possible. When in a subsequent change a new mark is replaced, it will be replaced by an original mark. When Mark 1 has been replaced, Mark 1a will not be reset. This changes RRS 33.

13.2 Courses will not be shortened. This changes RRS 32.

14 THE FINISH

14.1 The finishing line will be between a staff displaying an orange flag on the race committee vessel and either:

14.1.1 the course side of the nearby inflatable finishing mark, or

14.1.2 a staff displaying an orange flag on the nearby race committee vessel.



15 TIME LIMITS AND TARGET TIMES

15.1 The time limits and target times in minutes are as follows:

Event	Time Limit	Mark 1 Time Limit	Finish Window	Target Time
One-Person Keelboat	70	25	20	50
Two-Person Keelboat	90	30	20	60
Three-Person Keelboat	100	35	20	65

15.2 If no boat has passed Mark 1 within the Mark 1 Time Limit the race shall be abandoned.

15.3 Boats failing to finish within the time stated in the Finish Window after the first boat sails the course and finishes will be scored Did Not Finish. This changes RRS 35, A4 and A5.

16 [DP] EQUIPMENT AND EQUIPMENT INSPECTION

16.1 As permitted by RRS 87 changes to the class rules are detailed in NoR 3.2, 13.6, NoR Appendix 4, the RMM and the Equipment Regulations.

16.2 The Equipment Inspection Committee (EIC) is responsible for all equipment inspection functions. The Chairman of the EIC may appoint one or more panels or persons to carry out the functions of the EIC.

16.3 Details of equipment inspection are specified in the ER.

16.4 RRS 78.2 is deleted and replaced by: When a rule requires a valid certificate to be produced or its existence verified the certificate must be produced before the boat races. If the certificate is not produced or verified before the boat races the boat shall be disqualified from all races of the event.

16.5 Add RRS 60.4. 'The EIC may protest a boat for a breach of a class rule, rule 43, rules relating to personal equipment, SI 3 or a rule of the Equipment Regulations. The Equipment Inspection Committee may report an alleged breach of other rules to the Race Committee.'

16.6 Delete RRS 43.1(c) and 78.3. In RRS 60.2 delete: 'However, when the Race Committee receives a report required by rule 43.1(c) or 78.3, it shall protest the boat.'

16.7 Throughout RRS 61 replace 'race committee' with 'race committee or equipment inspection committee'.

16.8 The substitution of equipment will not be permitted unless approved by the EIC in accordance with the ER.

17 OFFICIAL BOATS

17.1 Official boats will be marked as follows:

Competition Manager	White Flag with "Competition Manager" in green
Equipment Support	Blue Flag with "Gear" in white
Equipment Inspection	Purple Flag with "Measurer" in white
First Aid	White Flag with "Rescue" in red



Jury	Blue Flag with "Jury" in white
Marshalls	White Flag with "Marshall" in red
Media: Olympic Broadcasting Services	Green Flag with "OBS" in white Extra Yellow Flag with "OBS" green that allows this boat to go into the Course Area
Media: Photo and written press	Green Flag with "Media" white
Media: other broadcasting services	Green Flag with "OBS" in white
Olympic Family	White Flag with "Olympic Family" green
Omega results services	Blue Flag with "Repeater" in white
Principal Race Officer	White Flag with "IRO" in green
Rescue	White Flag with "Rescue" in red
Technical Delegates	White Flag with "Technical Delegate" in green
World Sailing	White Flag with "Olympic Family" green

17.2 Actions by official boats or helicopters shall not be grounds for requesting redress by a boat. This changes RRS 60.1(b).

18 SUPPORT TEAMS (INCLUDING SUPPORT BOATS)

18.1 Support Teams and Support Boats shall comply with local legislation and the rules.

19 [SP] [NP] IDENTIFICATION AND ADVERTISING WHILE RACING

19.1 When provided by the Organizing Authority, boats or competitors shall carry, display or wear the following as instructed:

- 19.1.1 Bibs for all athletes;
- 19.1.2 Coloured bibs for Event leaders (1st, 2nd and 3rd);
- 19.1.3 Coloured dots on the mainsail for Event leaders (1st, 2nd, 3rd);
- 19.1.4 National letters;
- 19.1.5 Crew names on sails;
- 19.1.6 Event advertising;
- 19.1.7 Cameras, camera dummies, mounts, sound equipment or positioning systems;
- 19.1.8 Country flags on mainsails.



20 SCORING

- 20.1 The Low Point System of RRS Appendix A will apply.
- 20.2 When fewer than five races have been completed, a boat's series score will be the total of her race scores. When five or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- 20.3 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start. This changes RRS A4 and A5.
- 20.4 One race is required to be completed to constitute a regatta.
- 20.5 To request a correction of an alleged error in posted race or series results, a boat may complete a scoring enquiry form available at the Sports Information Desk.

21 PROTESTS, PENALTIES AND REQUESTS FOR REDRESS

- 21.1 Protest forms are available at the jury office. Protests and requests for redress or reopening shall be delivered to the jury office within the appropriate time limit.
- 21.2 For each Event, the protest time limit is 60 minutes after the last boat has finished the last race of the day for Race Areas Pão de Açúcar and Escola Naval and 90 minutes for Race Areas Copacabana.
- 21.3 Notices 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 office beginning at the time posted. Hearings may be scheduled to begin up to 30 minutes before the end of protest time.
- 21.4 Notices of protests by the Race Committee, Equipment Inspection Committee or International Jury will be posted to inform boats under RRS 61.1(b).
- 21.5 A list of boats that have been penalized under Appendix P for breaking RRS 42 and under SI 21.8 will be posted.
- 21.6 Penalties for breaches of NoR 13 (Equipment & Equipment Inspection), NoR Appendix 4 (Rio 2016 Equipment Limitations), the ER, AMG, CAR, class rules, or rules in the NoR and SIs marked [DP] or [SP] in the event of a hearing, are at the discretion of the International Jury.
- 21.7 Breaches of NoR 14 (Equipment & Equipment Inspection) and NoR 21 (Insurance) or rules in the SIs marked [NP] will not be grounds for a protest by a boat. This changes RRS 60.1(a).
- 21.8 For breaches of a rule marked [SP], the Race Committee may apply a standard penalty without a hearing or a discretionary penalty may be applied by the International Jury with a hearing. A list of these breaches and the associated standard penalties will be posted on the Official Notice Board. However, the Race Committee may protest a boat when they consider the standard penalty to be inappropriate. A boat that has been penalised with a standard penalty can neither be protested for the same incident by another boat nor can another boat request redress for this race committee action. This changes RRS 60.1, 63.1 and Appendix A5.
- 21.9 When a penalty is given under SI 21.6 or 21.8 before a race is started, the penalty will remain if that race is restarted or resailed. This changes RRS 36.



21.10 On the last scheduled day of each Event a request for reopening a hearing shall be delivered:

21.10.1 within the protest time limit if the requesting party was informed of the decision on the previous day;

21.10.2 no later than 30 minutes after the requesting party was informed of the decision on that day;

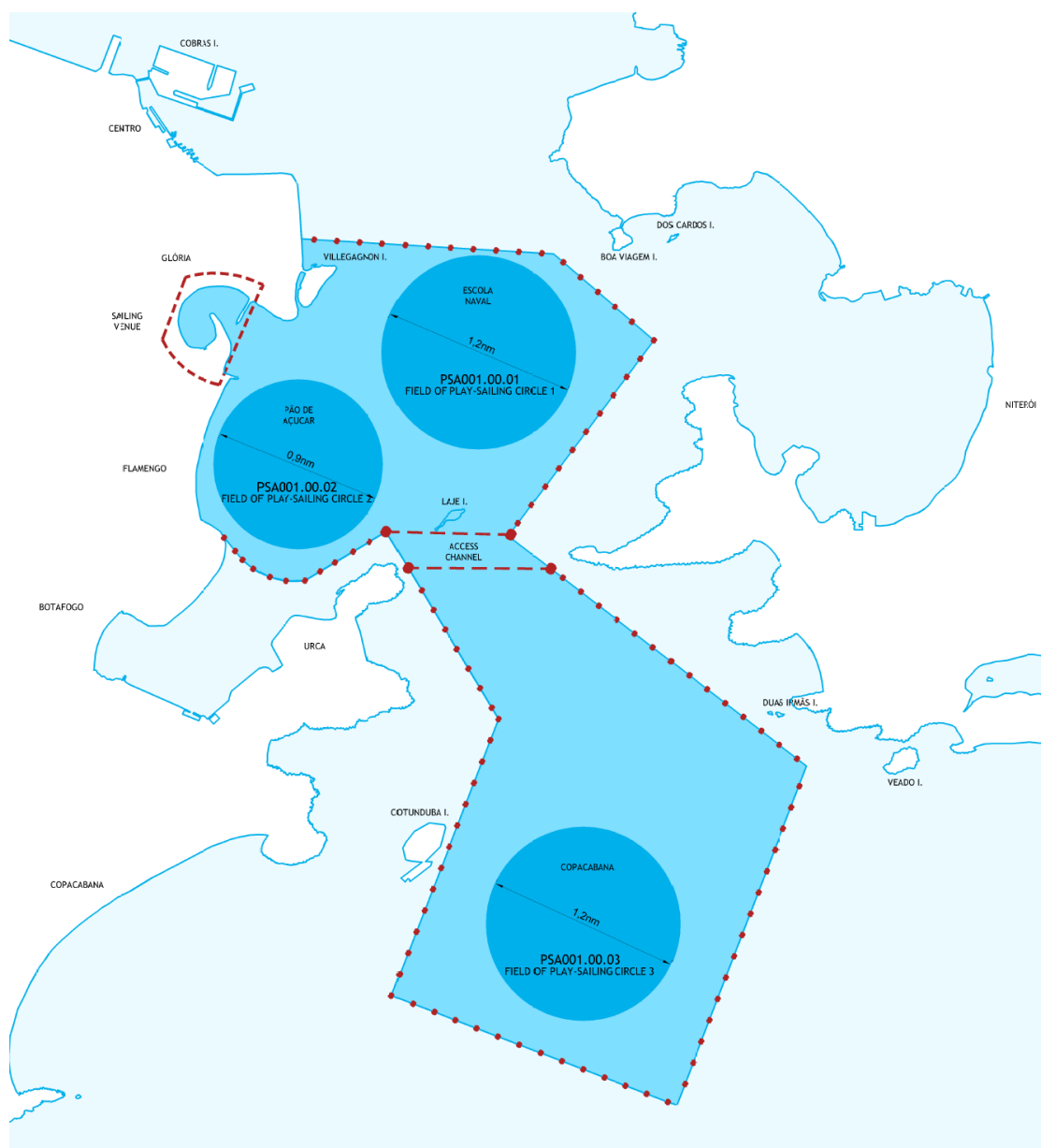
21.10.2.1 This changes RRS 66.

21.11 On the last scheduled day of each Event a request for redress based on a protest decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.

22 [DP] RADIO COMMUNICATIONS

22.1 A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats, except as provided in RMM 6.2 Level 1 events (h), or in an emergency or when using equipment provided by the Race Committee. This restriction also applies to mobile telephones.

SI Addendum A Course Areas





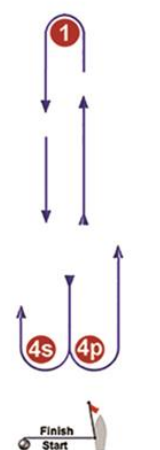
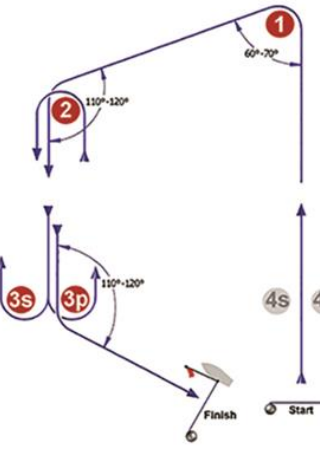
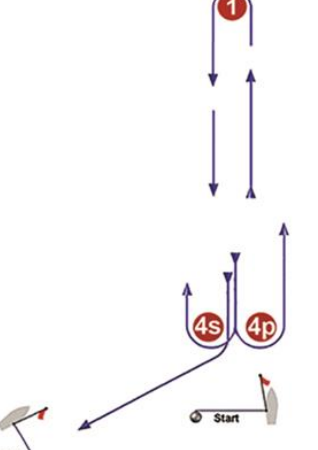
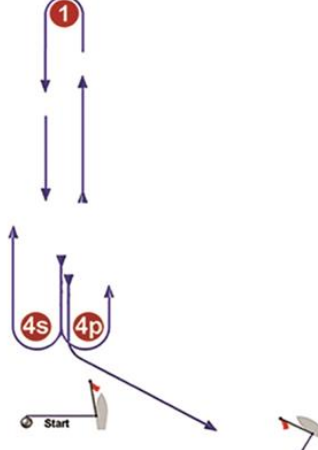
SI Addendum B Race Schedule

	Sunday 11 September		Monday 12 September		Tuesday 13 September		Wednesday 14 September	
	Race Area Warning Signal	#	Race Area Warning Signal	#	Race Area Warning Signal	#	Race Area Warning Signal	#
One-Person Keelboat	Escola Naval 1310	P	Pão de Açucar 1310	2	Escola Naval 1310	2	Pão de Açucar 1310	2
Two-Person Keelboat	Escola Naval 1300	P	Pão de Açucar 1300	2	Escola Naval 1300	2	Pão de Açucar 1300	2
Three-Person Keelboat	Pão de Açucar 1330	P	Escola Naval 1330	2	Pão de Açucar 1330	2	Escola Naval 1330	2

	Thursday 15 September		Friday 16 September		Saturday 17 September	
	Race Area Warning Signal	#	Race Area Warning Signal	#	Race Area Warning Signal	#
One-Person Keelboat	Escola Naval 1310	2	Pão de Açucar 1310	2	Pão de Açucar 1400	1
Two-Person Keelboat	Escola Naval 1300	2	Pão de Açucar 1300	2	Pão de Açucar 1300	1
Three-Person Keelboat	Pão de Açucar 1330	2	Escola Naval 1330	2	Pão de Açucar 1200	1

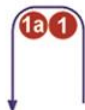


SI Addendum C Course Diagrams

<p><u>L</u></p>  <p>Course: Windward / Leeward</p> <table border="1"> <thead> <tr> <th>Signal</th><th>Mark Rounding Order</th></tr> </thead> <tbody> <tr> <td>L2</td><td>Start - 1 - 4s/4p - 1 - Finish</td></tr> <tr> <td>L3</td><td>Start - 1 - 4s/4p - 1 - 4s/4p - 1 - Finish</td></tr> <tr> <td>L4</td><td>Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s/4p - 1 - Finish</td></tr> </tbody> </table>	Signal	Mark Rounding Order	L2	Start - 1 - 4s/4p - 1 - Finish	L3	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - Finish	L4	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s/4p - 1 - Finish	<p><u>O</u></p>  <p>Course: Outer Trapezoid</p> <table border="1"> <thead> <tr> <th>Signal</th><th>Mark Rounding Order</th></tr> </thead> <tbody> <tr> <td>O2</td><td>Start - 1 - 2 - 3s/3p - 2 - 3p - Finish</td></tr> <tr> <td>O3</td><td>Start - 1 - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - Finish</td></tr> <tr> <td>O4</td><td>Start - 1 - 2 - 3s/3p - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - Finish</td></tr> </tbody> </table>	Signal	Mark Rounding Order	O2	Start - 1 - 2 - 3s/3p - 2 - 3p - Finish	O3	Start - 1 - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - Finish	O4	Start - 1 - 2 - 3s/3p - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - Finish
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LR4	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s/4p - 1 - 4p - Finish																



LA



Course: Same As Course L Except with Offset Mark 1A

Signal	Mark Rounding Order
LA2	Start - 1 - 1a - 4s/4p - 1 - 1a - Finish
LA3	Start - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - Finish
LA4	Start - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - Finish

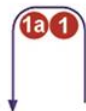
LGA



Course: Same as LG Except With Offset Mark 1a

Signal	Mark Rounding Order
LGA2	Start - 1 - 1a - 4s/4p - 1 - 1a - 4s - Finish
LGA3	Start - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - 4s - Finish
LGA4	Start - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - 4s - Finish

LRA



Course: Same as LR Except With Offset Mark 1a

Signal	Mark Rounding Order
LRA2	Start - 1 - 1a - 4s/4p - 1 - 1a - 4p - Finish
LRA3	Start - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - 4p - Finish
LRA4	Start - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - 4s/4p - 1 - 1a - 4p - Finish