Extract for Race Category 0 Monohulls JANUARY 2018- DECEMBER 2019

 $\mbox{\ensuremath{\textcircled{C}}}$ ORC Ltd. 2002, amendments 2003-2018 $\mbox{\ensuremath{\textcircled{C}}}$ World Sailing Limited Version 0.5 - 04 January 2017

Because this is an extract not all paragraph numbers will be present

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- supply a copy of the reprint to each of World Sailing and ORC Ltd

Official interpretations shall take precedence over these Special Regulations and will be indexed, numbered, dated and displayed on the World Sailing web site www.sailing.org/specialregs

Language & Abbreviations Used

Mo - Monohull

Mu - Multihull

" ** " means the item applies to all types of boat in all Categories except 5 for which see Appendix B or 6 for which see Appendix C.

RED TYPE indicates significant changes in 2018

Guidance notes and recommendations have been removed from the Regulations and are available on www.sailing.org/documents/offshorespecialregs/index.php

The use of the masculine gender shall be taken to mean either gender

Administration

The Offshore Special Regulation are administered by the World Sailing Special Regulation Sub-Committee whose terms of reference are as follows: (www.sailing.org/regulations)

World Sailing Regulation 6.9.8.3 - The Special Regulations Sub-Committee shall:

- (a) be responsible for the maintenance, revision and changes to the World Sailing Offshore Special Regulations governing offshore racing, under licence from ORC Ltd. Such changes shall be biennial with revised editions published in January of each even year, except that matters of an urgent nature affecting safety may be dealt with by changes to the Regulations on a shorter time scale;
- (b) monitor developments in offshore racing relative to the standards of safety and seaworthiness.

Any queries please E-Mail: technical@sailing.org

SECTION 1 - FUNDAMENTAL AND DEFINITIONS

	1.01	Purpose and Use
**	1.01.1	The purpose of the Offshore Special Regulations (OSR) is to establish uniform minimum equipment, accommodation and training standards for monohull and multihull (excluding proa) boats racing offshore.
**	1.01.2	The OSR do not replace, but rather supplement, the requirements of governmental authority, Classification Society certification, the Racing Rules of Sailing (RRS), Equipment Rules of Sailing(ERS), class rules and Rating Systems.

** 1.01.3 Use of the OSR does not guarantee total safety of the boat and her crew. Particular attention is drawn to the description of OSRs for inshore racing which includes that adequate shelter and or effective rescue is available all along the course. This is not included in more onerous OSR categories. 1.02 **Responsibility of Person in Charge** ** 1.02.1 Under RRS 4 the responsibility for a boat's decision to participate in a race or continue racing is hers alone. The safety of a boat and her crew is the sole and inescapable responsibility of the Person in Charge who shall do his best to ensure that the boat is fully found, thoroughly seaworthy and manned by an experienced and appropriately trained crew who are physically fit to face bad weather. The person in charge shall also assign a person to take over his responsibilities in the event of his incapacitation. ** 1.02.2 Neither the establishment of the OSR, nor their use by Organizing Authorities, nor the inspection of a boat under the OSR in any way limits or reduces the complete and unlimited responsibility of the Person in Charge. ** 1.02.3 By participating in a race conducted under the OSR, the person in charge, each competitor and boat owner agrees to reasonably cooperate with the organizing authority and World Sailing in the development of an independent incident report as specified in 2.02 1.03 **Definitions, Abbreviations, Word Usage** ** Definitions of Terms used in this document 1.03.1 Abbreviation Description # Pound force (lbf) **ABS** American Bureau of Shipping Month/year of first launch Age Date **AIS Automatic Identification Systems CEN** Comité Européen de Normalisation The part of the cockpit, including the transverse after limit, over which Coaming water would run when the boat is floating level and the cockpit is filled to overflowing **COLREGS** International Regulations for Preventing Collisions at Sea Contained A cockpit where the combined area open aft to the sea is less than 50% maximum cockpit depth x maximum cockpit width Cockpit **CPR** Cardio-Pulmonary Resuscitation Crewmember Every person on board DSC Digital Selective Calling ΕN European Norm **EPIRB** Emergency Position-Indicating Radio Beacon **ERS** World Sailing - Equipment Rules of Sailing **FA Station** The transverse station at which the upper corner of the transom meets the sheerline. First Launch Month & year of first launch of the individual boat Foul-Weather Clothing designed to keep the wearer dry and may consist of one piece or several Suit **GMDSS** Global Maritime Distress & Safety System **GNSS** Global Navigation Satellite System **GPS** Global Positioning System The term hatch includes the entire hatch assembly including the lid or Hatch cover as part of that assembly High Modulus Polyethylene (Dyneema®/Spectra® or equivalent) **HMPE**

intergovernmental organisation that oversees Inmarsat's performance of its Public Service Obligations for the GMDSS and reports on these

The International Mobile Satellite Organisation, the independent,

to IMO

IMO

IMSO

International Maritime Organisation

INMARSAT Inmarsat Global Limited is the private company that provides GMDSS

satellite distress and safety communications, plus general

communications via voice, fax and data

ISAF International Sailing Federation- (now World Sailing)

ISO International Standard Organization or International Organization for

Standardization.

ITU International Telecommunications Union

Jackstay A securely fastened webbing or rope which permits a crewmember to

move from one part of the boat to another without having to unclip a

safety harness tether.

LH Hull Length as defined by the ERS

Lifeline Rope or wire line rigged as guardrail / guardline around the deck

LSA IMO International Life-Saving Appliance Code

LWL (Length of) loaded waterline

Monohull A boat with one hull

Moveable Material carried for the sole purpose of increasing weight and/or Ballast influencing stability and/or trim and which may be moved transversely

but not varied in weight while a boat is racing

Multihull A boat with more than one hull

Open Cockpit A cockpit that is not a Contained Cockpit.

ORC Offshore Racing Congress (formerly Offshore Racing Council)

OSR Offshore Special Regulation(s)

Permanently The item is effectively built-in by e.g. bolting, welding, glassing etc.

Installed and may not be removed for or during racing.

PLB Personal Locator Beacon

Primary Month & Year of first launch of the first boat of the production series

Launch or first launch of a non-series boat

Proa Asymmetric Catamaran

Rode Rope, chain, or a combination of both, which is used to connect an

anchor to the boat.

RRS ISAF - Racing Rules of Sailing

Safety Line A tether used to connect a safety harness to a strong point

SAR Search and Rescue

SART Search and Rescue Transponder

Securely Held strongly in place by a method (e.g. rope lashings, wing-nuts) which will safely retain the fastened object in severe conditions

including a 180° capsize and allows for the item to be removed and

replaced during racing

SOLAS Safety of Life at Sea Convention

SSS The Safety and Stability Screening numeral

Static Ballast Material carried for the sole purpose of increasing weight and/or to

influencing stability and/or trim and which is not moved or varied in

weight while a boat is racing

Static Safety A safety line (usually shorter than a safety line carried with a harness)

Line kept clipped on at a work-station STIX ISO 12217-2 Stability Index

Variable Ballast Water carried for the sole purpose of influencing stability and/or trim

and which may be varied in weight and/or moved while a boat is

racing.

Waterline The water surface when the boat is floating in measurement trim

World Sailing formerly the International Sailing Federation or ISAF

1.03.2 The words "shall" and "must" are mandatory, and "should" and "may" are

permissive.

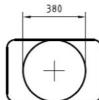
1.03.3 The word "yacht" shall be taken as fully interchangeable with the word

"boat".

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SECTION 2 - A		& GENERAL REQUIREMENTS
	2.01	Categories of Events
**		Organizing Authorities shall select from one of the following categories and may modify the OSR to suit local conditions
	2.01.1	Category 0
MoMu0		Trans-oceanic races, including races which pass through areas in which air
1 101 100		or sea temperatures are likely to be less than 5°C (41°F) other than
		temporarily, where boats must be completely self-sufficient for very
		extended periods of time, capable of withstanding heavy storms and
		prepared to meet serious emergencies without the expectation of outside
	2.02	assistance
	2.02	Incident Reporting
		The Organizing Authority of a race will establish whether any incidents
		occurred, which if reported would be likely to be relevant to evolving the
		Offshore Special Regulations, the plan review process, or in increasing
		safety. The Organizing Authority will follow any guidelines issued by World
		Sailing concerning incident reporting.
	2.03	Inspection
**		A boat may be inspected at any time. If she fails to comply with the OSR
		her entry may be rejected or she will be subject to protest
	2.04	General Requirements
**	2.04.1	All equipment required by OSR shall:
**	a)	function properly
**	b)	be regularly checked, cleaned and serviced
**	c)	when not in use be stowed in conditions in which deterioration is minimised
**	d)	be readily accessible
**	e)	be of a type, size and capacity suitable and adequate for the intended use
		and size of the boat.
**	2.04.2	Heavy items shall be permanently installed or securely fastened
SECTION 3 - S	TRUCTURAL	CEATURES STARTITY EIVER COULDMENT
		FEATURES, STABILITY, FIXED EQUIPMENT
**		A boat shall be/have:
**	3.01	A boat shall be/have: Strength of Build and Rig
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Mo0,1,2	d)	have an additional World Sailing/ISAF certificate of building plan review in accordance with a) or b) and c) above for any significant repair of
MoMu0,1,2	3.03.2	modification to the hull, deck, coachroof, keel or appendages. A monohull with Primary Launch between 1987 and 2010, and all multihulls, shall have been designed, built, maintained, modified or repaired in accordance with the requirements of:
Mo0,1,2 Mo0,1,2	a) b)	OSR 3.03.1, or the ABS Guide for Building and Classing Offshore Yachts and have on board either an ABS certificate of plan approval, or written statements signed by the designer and builder confirming that they have respectively designed and built the boat in accordance with the ABS Guide, or
MoMu0,1,2	c)	the EC Recreational Craft Directive for Category A having obtained the CE mark, or
MoMu0,1,2	d)	ISO 12215 Category A, with written statements signed by the designer and builder confirming that they have respectively designed and built the boat in accordance with the ISO standard, and
MoMu0,1,2	e)	have written statements or approvals in accordance with a), or b) or c) and d) above for all significant repairs or modifications to the hull, deck, coach roof, keel or appendages, on board, except
MoMu0,1,2	f)	that a race organizer or class rules may accept, when that described in a), b), c), d) or e) above is not available, the signed statement by a naval architect or other person familiar with the standards listed above that the boat fulfils these requirements
Mo0,1,2	3.04 3.04.1	Stability - Monohulls Able to demonstrate compliance with ISO 12217-2* design category A or higher, either by EC Recreational Craft Directive certification having obtained the CE mark or the designer's declaration * The latest effective version of ISO 12217-2 should be used unless the boat was already designed to a previous version
Mo0,1,2,3	3.04.2	Where compliance in accordance with 3.04.1 cannot be demonstrated, able to demonstrate either:
Mo0,1,2 Mo0,1,2	a)	i a STIX value not less than 32; and ii AVS not less than 130 - 0.002*m, but always >= 100°, (where "m" is the mass of the boat in the minimum operating condition as defined by ISO 12217-2); and
Mo0,1,2		iii a minimum righting energy m*AGZ>172000 (where AGZ is the positive area under the righting lever curve in the minimum operating condition, expressed in kg metre degrees from upright to AVS); or
Extract Mo0 Extract Mo0,1 Mo0	b) c) 3.04.3	Stability Index in ORC Rating System of not less than 120; or IRC SSS Base value of not less than 35 Capable of self-righting from an inverted position with or without reasonable intervention from the crew and independent of the condition of
	3.06	the rig Exits - Monohulls
Mo0,1,2,3,4	3.06.1	At least two exits if 8.5 m (28') LH and greater and with a Primary Launch after 1994. One exit shall be located forward of the foremost mast except where structural features prevent its installation
Mo0,1,2,3,4 Mo0,1,2,3,4	3.06.2 a)	The following minimum clear hatch openings if First Launch after 2013: a circular hatch with diameter 450 mm (18"); or
Mo0,1,2,3,4	b)	any other shape with minimum dimension of 380 mm (15") and minimum area of $0.18~\text{m}^2$ (1.9 ft ²) (see figure 1)



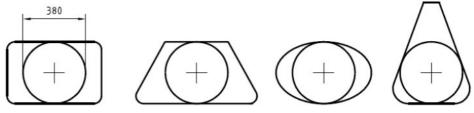






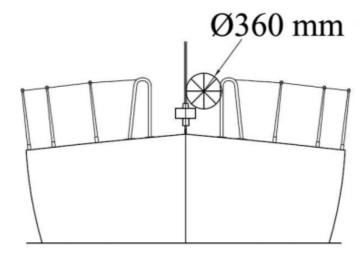
		Figure 1 - Measurements of Minimum Clear Opening
	3.08	Hatches & Companionways
**	3.08.1	Hatch covers forward of the maximum beam station shall not open toward
		the interior of the boat, except hatches in the side of a coachroof or ports
		having an area of less than 0.071 m ² (110 in ²)
**	3.08.2	Hatches not conforming with 3.08.1 shall be clearly labelled and used in
	5.00.2	accordance with the following instruction "NOT TO BE OPENED AT SEA"
**	3.08.3	
**		A hatch, including a hatch over a locker shall be:
11-11-	a)	permanently attached and capable of being firmly shut immediately and
M 0 1 2 2 1	1.5	remaining firmly shut in a 180° capsize
Mo0,1,2,3,4	b)	above the water when the boat is heeled 90°
Mo0,1,2,3,4		A boat may have a maximum of two hatches on each side of centerline that
		do not conform to the requirement in b), provided that the opening of each
		is less than 0.0712 m (110 in2)
**	3.08.4	Companionway hatches:
**	a)	fitted with a strong securing arrangement which shall be operable from the
		exterior and interior even when the boat is inverted
**	b)	blocking devices:
**	i	capable of being retained in position with the hatch open or shut
**	ii	secured to the boat (e.g. by lanyard) for the duration of the race
**	iii	permit exit in the event of inversion
Mo0,1,2,3,4	3.08.5	if a monohull with Open Cockpit(s):
Mo0,1,2,3,4	3.08.5 a)	a companionway sill that does not extend below the local sheerline; or
Mo0,1,2,3,4	b)	a companionway in full compliance with ISO 11812 category A
Mo0,1,2,3,4	3.08.6	if a monohull with Contained Cockpit(s) where the companionway extends
1100,1,2,3,7	5.00.0	below the local sheerline, panels capable of blocking the companionway up
		to the level of the local sheerline whilst giving access to the interior.
	3.09	
**		Cockpits Cockpits that colf drain quickly by growity at all angles of bool and are
11-11-	3.09.1	Cockpits that self-drain quickly by gravity at all angles of heel and are
**	2.00.2	permanently incorporated as an integral part of the boat
* *	3.09.2	A cockpit sole at least 2% LWL above the waterline (or in IMS boats with
dede		First Launch before 2003, at least 2% L above the waterline)
**	3.09.3	A bow, lateral, central or stern well is a cockpit for the purposes of OSR
		3.09
**	3.09.4	Cockpit Volume
**		The maximum combined volume below lowest coamings of all contained
		cockpits shall be:
Extract	a)	primary launch before April 1992: 6% (LWL x maximum beam x freeboard
MoMu0,1		abreast the cockpit)
**	b)	primary launch after March 1992 as above for the appropriate category
		except that "lowest coamings" shall not include any aft of the FA station
		and no extension of a cockpit aft of the working deck shall be included in
		calculation of cockpit volume
	3.09.5	Cockpit Drains
**	-	Cockpit drain cross section area of unobstructed openings (after allowance
		for screens if fitted) shall be at least that of:
**	a)	2 x 25 mm (1") diameter or equivalent for a boat less than 8.5 m (28') LH
**	b)	4 x 20 mm (3/4") diameter or equivalent for a boat less than 6.5 m (26') LH or
	ט	TA 20 IIIII (3/T) didilicter of equivalent for a boat 0.3 iii (20) Lift of

greater

Sea Cocks or Valves

3.10

**	3.10.1	Permanently installed sea cocks or valves on all through-hull openings below the waterline except for integral deck scuppers and instrument through-hulls
	3.11	Sheet Winches
**	5.11	Sheet winches mounted in such a way that an operator is not required to be substantially below deck
	3.12	Mast Step
**	3.12.1	The heel of a keel stepped mast securely fastened to the mast step or adjoining structure
	3.13	Watertight Bulkheads
Mo0Mu0,1,2,3, 4	3.13.1	Either a watertight "crash" bulkhead within 15% of LH from the bow and abaft the forward end of LWL, or permanently installed closed-cell foam buoyancy effectively filling the forward 30% LH of the hull
Mo0Mu0,1,2,3, 4	3.13.2	Any required watertight bulkhead to be strongly built to take a full head of water pressure without allowing any leakage into the adjacent
Mo0	3.13.3	compartment At least two watertight transverse main bulkheads in addition to any
1 100	3.13.3	bulkheads positioned within the forward and aft 15% of LH
Mo0	3.13.4	Outside deck access for inspection and pumping shall be provided to every watertight compartment terminated by a hull section bulkhead, except that deck access to extreme end "crash" compartments is not required
Mo0	3.13.5	An access hatch in every required watertight bulkhead (except a "crash" bulkhead). The access hatch shall have means of watertight closure permanently attached to the main panel, or lid, or cover of the hatch. The
		closure shall not require tools to operate
	3.14	Pulpits, Stanchions, Lifelines
**	3.14.1	The perimeter of the deck surrounded by system of lifelines and pulpits as follows:
**	a)	Continuous lifelines fixed only at (or near) the bow and stern. However a gate on each side of a boat is permitted. Except at its end fittings and at gates, the movement of a lifeline in a fore-and-aft direction shall not be constrained. Temporary sleeving shall not modify tension in the lifeline.
**	b)	Minimum heights of lifelines and pulpit rails above the working deck and vertical openings:
**	i	upper: 600 mm (24")
**	ii	intermediate: 230 mm (9")
**	iii	vertical opening: no greater than 380 mm (15") except that on a boat with a Primary Launch before 1993 where it shall be no greater than 560 mm (22")
**	c)	Lifelines permanently supported at intervals of not more than 2.2 m (7'-2 1/2") and shall not pass outboard of supporting stanchions
**	d)	Pulpit and stanchion bases permanently installed with pulpits and stanchions mechanically retained in their bases
**	e)	The outside of pulpit and stanchion base tubes no further inboard from the edge of the working deck than 5% of maximum beam or 150 mm (6"), whichever is greater, nor further outboard than the edge of the working deck
**	f)	Stanchions straight and vertical except that:
**	i	within the first 50 mm (2") from the deck, stanchions shall not be displaced horizontally from the point at which they emerge from the deck or stanchion base by more than 10 mm (3/8")
**	ii	stanchions may be angled to not more than 10° from vertical at any point above 50 mm (2") from the deck
**	g)	A bow pulpit may be open provided the opening between the pulpit and any part of the boat does not exceed 360 mm (14")



Eiguro	2	Diagram	Chowing	Dulnit	Ononing
Figure	Z •	· Diagram	Snowing	PUIDIT	Openina

		rigare = pragram enerming ranpit eperming
**	h)	Lifelines may terminate at or pass through adequately braced stanchions
T. I.		set inside and overlapping the bow pulpit
**	i)	When a deflecting force of 4 kg (8.8 #) is applied to a lifeline at the mid-
		point of the longest span between supports that are aft of the mast, the
		deflection shall not exceed:
**	i	50 mm (2") for an upper or single lifeline
**	ii	120 mm (4 ¾") for an intermediate lifeline
	3.14.3	Spare number
	3.14.4	Spare number
	3,14.5	Spare number
	3.14.6	Lifeline Specifications
Mo0,1,2,3	3.14.6 a)	Lifelines of stranded stainless steel wire
**	3.14.6 b)	The minimum diameter is specified in table 8 below
**	3.14.6 c)	Stainless steel lifelines shall be uncoated and used without close-fitting
	·	sleeving, however, temporary sleeving may be fitted provided it is regularly
		removed for inspection.
**	3.14.6 d)	A lanyard of synthetic rope may be used to secure lifelines provided the gap
	311 110 4)	it closes does not exceed 100 mm (4"). This lanyard shall be replaced
T. I.		annually
**	3.14.6 e)	All components of the lifeline enclosure system shall have a breaking
		strength no less than the lifeline
	LH	Wire HMPE rope (Single HMPE Core (Braid on
		braid) braid)

LH	Wire	HMPE rope (Single	HMPE Core (Braid on
		braid)	braid)
under 8.5m (28')	3mm (1/8")	4mm (5/32")	4mm (5/32")
8.5m - 13m	4mm	5mm (3/16")	5mm (3/16")
	(5/32")		
over 13m (42'	5mm	5mm (3/16")	5mm (3/16")
8")	(3/16")	_	

	8")	(3/16")		
	3.17	Toe Rail or Foot -	Stop	
Mo0,1,2,3	3.17.1	-	ed toe rail of minimum heigh to the stanchion bases, aro	· ,,
Mo0,1,2,3	3.17.2	of a toe rail on a bo	e of between 25-50 mm (1-2 at with Primary Launch befo	, , ,
	3.18	Toilet		
MoMu0,1,2	3.18.1	Permanently installe	ed toilet	

1 101 100,1,2	5.10.1	i cimarcity instance tonet
	3.19	Bunks
MoMu0	3.19.1	Permanently installed bunk for each crewmember
	3.20	Cooking Facilities
	2 22 4	

MoMu0,1,2,3 3.20.1 Permanently installed cooking stove, capable of being operated safely at sea, with fuel shutoff control

	3.21 3.21.1	Drinking Water Tanks & Drinking Water Drinking Water Tanks
MoMu0	3.21.1	Permanently installed delivery pump and water tanks dividing the water supply into at least three compartments
MoMu0	3.21.2 3.21.2	Drinking Water Equipment (which may include watermakers and tanks containing water) permanently installed to provide at least 3 I (0.8 US Gal) of drinking water per person per day for the likely duration of the voyage
	3.21.3	Emergency Drinking Water
MoMu0	3.21.3 a)	in the absence of a power driven watermaker, at least 1 I (0.26 US Gal) per person per day in at least two separate containers shall be provided for the expected duration of the voyage
MoMu0	3.21.3 b)	when a power-driven watermaker is on board, at least 500 ml (0.13 US Gal) per person per day in at least two separate containers shall be provided for the expected duration of the voyage
MoMu0	3.21.3 c)	facilities shall be provided to collect rainwater for drinking purposes including when dismasted
	3.22	Hand Holds
**	3.22.1	Adequate hand holds fitted below deck
alada.	3.23	Bilge Pumps and Buckets
**	3.23.1 a)	two strong buckets, each with a lanyard and of at least 9 I (2.4 US Gal) capacity
Mo0,1,2	3.23.1 b)	two permanently installed manual bilge pumps, one operable from above, the other from below deck
**	3.23.2	All required permanently installed bilge pumps shall be operable with all cockpit seats, hatches and companionways shut and with permanently installed discharge pipe(s) of sufficient capacity
**	3.23.3	Bilge pumps shall not be connected to cockpit drains and shall not discharge into a Closed Cockpit
**	3.23.4	Bilge pumps shall be readily accessible for maintenance and for clearing out debris
**	3.23.5 3.24	All removable bilge pump handles retained by a lanyard Compass
MoMu0,1,2,3	3.24	Marine magnetic compass capable of being used as a steering compass:
MoMu0,1,2,3,4	3.24 a)	Permanently installed marine magnetic steering compass, independent of any power supply, correctly adjusted with deviation card
MoMu0,1,2,3	3.24 b) 3.25	a second compass which may be hand-held and/or electronic Halyards.
**	3.25 3.26	A minimum of two halyards, each capable of hoisting a sail, on each mast Bow Fairlead
Mo0	3.26	Bow fairlead, closed or closable and a cleat or securing arrangement, suitable for towing, permanently installed
	3.27	Navigation Lights
**	3.27.1	mounted above sheerline and so that they will not be masked by sails or the heeling of the boat
**	3.27.2	having light intensity meeting COLREGS. When incandescent bulbs are used the minimum power rating shall be:
**	3.27.2 a)	For LH less than 12 m (39'-4"), 10 W
**	3.27.2 b)	For LH 12 m (39'-4") and greater, 25 W
MoMu0,1,2,3	3.27.3	reserve lights having the same specifications as above, and that can be powered independently
**	3.27.4	spare bulbs (not required for LED)
	3.28	Engines, Generators, Fuel
4. 4.	3.28.1	Propulsion Engines
**	3.28.1 a)	engines and associated systems installed in accordance with their manufacturers' guidelines and suitable for the size and intended use of the boat

MoMu0,1,2,3	3.28.1 b)	an engine which provides a minimum speed in knots of (1.8 x √LWL in
	,	metres) or (√ LWL in feet)
Mo0,1,2Mu0	3.28.1 c)	inboard engine
**	3.28.1 d)	an inboard engine shall have a permanently installed exhaust, cooling
		system, fuel supply, fuel tank(s) and shall have adequate heavy weather
	3.28.2	protection Generator
**	3.28.2	If an optional generator separate from the propulsion engine is carried, it
	5.20.2	shall be installed in accordance with the manufacturer's guidelines
	3.28.3	Fuel Systems
MoMu0,1,2,3	3.28.3 a)	All fuel tanks shall be rigid (but may have permanently installed flexible
, , , -	,	linings) and shall have a shutoff valve
MoMu0,1,2,3	3.28.3 b)	At the start a boat shall carry sufficient fuel to meet charging requirements
		for the duration of the race and to motor at the above minimum speed for
		at least 8 hours
	3.28.4	Battery Systems
MoMu0,1,2,3	3.28.4 a)	a dedicated engine starting battery when an electric starter is the only
MaMuO 1 2 2	2 20 4 6)	method for starting the engine
MoMu0,1,2,3	3.28.4 b)	batteries installed after 2011 shall be of the sealed type from which liquid electrolyte cannot escape
	3.29	Communications Equipment, GPS, Radar, AIS
MoMu0,1,2,3	3.29.01	a marine radio transceiver with an emergency antenna when the regular
1 101 100,1,2,3	3.23.01	antenna depends upon the mast
MoMu0,1,2,3	3.29.02	if the marine radio transceiver is a VHF:
MoMu0,1,2,3	3.29.02 a)	a minimum rated output power of 25 W
MoMu0,1,2	3.29.02 b)	a masthead antenna not less than 38 cm (15") in length and co-axial feeder
. ,	,	cable with not more than 40% power loss
MoMu1,2,3	3.29.02 c)	be DSC capable if installed after 2015
MoMu1,2,3	3.29.02 d)	DSC capable VHF transceivers shall be programmed with an assigned MMSI
		(unique to the boat), be connected to a GPS receiver and be capable of
		making distress alert calls as well as sending and receiving a DSC position
		report with another DSC equipped station
MoMu0	3.29.02 e)	a marine VHF DSC radio covering all international and US marine channels
Mana	2 20 02 -\	and meeting ITU class D
MoMu0	3.29.03 a)	at least two hand-held satellite telephones, watertight or with waterproof
		covers and internal batteries. When not in use each to be stowed in a grab bag (see OSR 4.21)
MoMu0	3.29.04	at least two hand-held marine VHF transceivers each with min 5 W output
Monuo	3.23.01	power, watertight or with waterproof covers. When not in use to be stowed
		in a grab bag (see OSR 4.21)
**	3.29.06	a second radio receiver, which may be the handheld VHF in 3.29.5 above,
		capable of receiving weather bulletins
MoMu0	3.29.07	a direction-finding radio receiver operating on 121.5 MHz to take a bearing
		on a PLB or EPIRB, or an alternative device for crew overboard location
		when each crew member has an appropriate personal unit (see OSR 5.07);
MoMu0	3.29.09	a Standard-C satellite terminal (GMDSS) shall be permanently installed and
		permanently powered up for the duration of the race and for which the race
Mana	2 20 10	committee shall have polling authority.
MoMu0	3.29.10	an MF/HF marine SSB transceiver (GMDSS/DSC) with at least 125 W
		transmitter power and frequency range from at least 1.6 to 29.9 MHz with permanently installed antenna and earth.
MoMu0	3.29.11	an active radar set permanently installed either:
MoMu0	3.29.11 a)	a pulse (magnetron) unit with not less than 4 kW PEP and an antenna unit
. 101 140	3.23.11 uj	with a maximum dimension not less than 533 mm; or
MoMu0	3.29.11 b)	a frequency modulated continuous wave (FMCW) Broadband Radar™ unit.
	- ,	The radar antenna unit shall remain essentially horizontal when the boat is
		heeled and at least 7 m (23') above the water. Installations in place before

	2.20.42	January 2006 shall comply as closely as possible with OSR 3.29.11 a).
Mo0,1,2 Mu1,2	3.29.13	an AIS Transponder which either:
MoMu0,1,2 MoMu0,1,2	3.29.13 a) 3.29.13 b)	shares the masthead VHF antenna via a low loss AIS antenna splitter; or has a dedicated AIS antenna not less than 38 cm (15") in length mounted
	,	with its base not less than 3 m (10') above the Waterline and co-axial
SECTION 4 - PO	ODTARI E EOI	feeder cable with not more than 40% power loss (Loss Estimator)
3EC110N 4 - P	OKTABLE EQ	A boat shall have:
	4.01	Sail Letters & Numbers
**	4.01.1	Identification on sails which complies with RRS 77 and RRS Appendix G
MoMu0,1,2,3	4.01.2	An alternative means of displaying identification as required under RRS
, , ,		Appendix G for a mainsail, to be displayed when none of the numbered sails are set
	4.02	Search and Rescue Visibility
MoMu0	4.02.1	A 4 m ² (43 ft ²) area of highly-visible pink, orange or yellow on the coachroof and/or deck
	4.03	Soft Wood Plugs
**	4.03.1	A tapered soft wood plug stowed adjacent to every through-hull opening
	4.04	Jackstays and Clipping Points
MoMu0,1,2,3	4.04	Permanently Installed fittings for jackstay ends and clipping points
MoMu0,1,2,3	4.04.1	Jackstays which shall:
MoMu0,1,2,3	4.04.1 a)	be independent on each side of the deck
MoMu0,1,2,3	4.04.1 b)	enable a crewmember to move readily between the working areas on deck
		and the cockpit(s) with the minimum of clipping and unclipping operations
MoMu0,1,2,3	4.04.1 c)	have a breaking strength of 2040 kg (4500#) and be uncoated and non-
		sleeved stainless steel 1 x 19 wire of minimum diameter 5 mm (3/16"),
	4040	webbing or HMPE rope
MoMu0,1,2,3	4.04.2	Clipping points which shall:
MoMu0,1,2,3	4.04.2 a)	be adjacent to stations such as the helm, sheet winches and masts, where crewmembers work
MoMu0,1,2,3	4.04.2 b)	enable a crewmember to clip on before coming on deck and unclip after
1401410,1,2,3	7.07.2 0)	going below
MoMu0,1,2,3	4.04.2 c)	enable two-thirds of the crew to be simultaneously clipped on without
1101100,1,2,5	110 112 0)	depending on jackstays
	4.05	Fire Fighting Equipment
**	4.05.1	A fire blanket adjacent to every cooking device with an open flame
MoMu0	4.05.2	3 fire extinguishers, each with 2 kg of dry powder or equivalent, in different parts of the boat, one system of which is to deal with fire in a machinery
		space
	4.06	Anchors
MoMu0	4.06	Anchors, chain and rope which comply with relevant class rules or the rules
		of a recognised Classification Society (e.g. Lloyd's, DNV, etc.)
MoMu1,2,3	4.06	2 un-modified anchors that meet the anchor manufacturer's
		recommendation based on the boat's dimensions with suitable combination
		of chain and rope, ready for immediate assembly, and ready for
		deployment within 5 minutes except that for a boat less than 8.5 m (28')
	4.0=	LH there shall be 1 anchor meeting the same criteria.
	4.07	Flashlights and Searchlights
**	4.07	Watertight lights with spare batteries and bulbs as follows:
MoMu0,1,2,3	4.07 a)	a searchlight, suitable for searching for a person overboard at night and for collision avoidance
MoMu0,1,2,3	4.07 b)	a flashlight in addition to 4.07 a)
MoMu0	4.07 d)	a high-intensity heavy duty searchlight powered by the boat's batteries,
	4.00	instantly available for use on deck and in the cockpit
**	4.08	First Aid Manual and First Aid Kit
ጥጥ	4.08.1	A First Aid Manual and First Aid Kit. The contents and storage of the First
		Aid Kit shall reflect the likely conditions and duration of the passage, and

		the number of crew
	4.09	Foghorn
**	4.09.1	A foghorn
	4.10	Radar Reflector
**	4.10.1	A passive radar reflector with:
**	4.10.1 a)	octahedral circular plates of minimum diameter 30 cm (12"), or
**	4.10.1 b)	octahedral rectangular plates of minimum diagonal dimension 40 cm (16"),
	,	or
**	4.10.1 c)	a non-octahedral reflector with a documented Root Mean Square minimum Radar Cross Section (RCS) area of 2 m ² (22 ft ²) from 0-360° of azimuth
		and ±20° of heel
MoMu0	4.10.2	A Radar Target Enhancer (RTE) which complies with ISO 8729-2:2009 or
	4.11	equivalent
**		Navigation Equipment
ጥጥ	4.11.1	Navigational charts (not solely electronic), light list and chart plotting equipment
	4.12	Safety Equipment Location Chart
**	4.12.1	A safety equipment location diagram in durable waterproof material, clearly displayed in the main accommodation, marked with the location of principal
		items of safety equipment
	4.13	Depth, Speed and Distance Instruments
MoMu0,1,2,3	4.13.1	A knotmeter or distance measuring instrument (log)
MoMu0	4.13.2	Two independent depth sounders
Mondo	4.14	Spare Number
	4.15	Emergency Steering
MoMu0,1,2,3	4.15.1	An emergency tiller capable of being fitted to the rudder stock except when
1401440,1,2,3	7.13.1	the principal method of steering is by means of an unbreakable metal tiller
MoMu0,1,2,3	4.15.2	A proven method of emergency steering with the rudder disabled
14101410,1,2,3	4.15.2 4.16	· · · · · · · · · · · · · · · · · · ·
**		Tools and Spare Parts
**	4.16.1	Tools and spare parts, suitable for the duration and nature of the passage
	4.16.2	An effective means to quickly disconnect or sever the standing rigging from
	4.17	the boat Boat's name
**		
77.71	4.17.1	The boat's name on miscellaneous buoyant equipment, such as lifejackets, cushions, lifebuoys, recovery slings, grab bags etc.
alada.	4.18	Retro-reflective material
**	4.18	Marine grade retro-reflective material on lifebuoys, recovery slings, liferafts and lifejackets
	4.19	EPIRBs
MoMu0	4.19.1	Two water and manually activated 406 MHz EPIRBs
MoMu0,1,2	4.19.2	A 406 MHz EPIRB registered after 2015 shall include an internal GPS
MoMu0,1,2	4.19.3	All EPIRBs registered with the appropriate authority associated with the
		country code in the hexadecimal identification (15 Hex ID) of the beacon. A
		beacon can be registered online with the Cospas-Sarsat IBRD if the country
		does not provide a registration facility and the country has allowed direct
		registration in the IBRD
	4.20	Liferafts
	4.20.1	Liferaft Construction
MoMu0	4.20.1 b)	A sufficient number of liferafts so that in the event of any one liferaft being
	,	lost or rendered unserviceable, sufficient aggregate capacity remains for all
		crewmembers
MoMu0	4.20.1 c)	Liferafts shall comply with SOLAS LSA code 1997 Chapter IV or later version
	4.20.2	Minimum Liferaft Equipment
MoMu0,1,2	4.20.2 a)	A SOLAS liferaft shall contain as a minimum a SOLAS A pack;
, ,	4.20.3	Liferaft Packing and Stowage
MoMu0,1,2	4.20.3 a)	Each liferaft shall be packed either in:-
, - , - , -		

MoMu0,1,2	4.20.3 a) i	a rigid container securely stowed on the working deck, in the cockpit or in
MaM0 1 2	4 20 2 -\ "	an open space; or:-
MoMu0,1,2	4.20.3 a) ii	a rigid container or valise securely stowed in a dedicated weather tight
		locker containing liferaft and abandon ship equipment only which is readily
MaMO 1 2	4 20 2 ~	accessible and opens onto the cockpit or working deck, or transom
MoMu0,1,2	4.20.3 c)	On a multihull or on a monohull with moveable ballast the liferaft shall be
MaMO 1 2	4 20 2 4)	readily deployable whether or not the boat is inverted
MoMu0,1,2	4.20.3 d) 4.20.3 e)	The end of each liferaft painter should be securely fastened to the boat
MoMu0,1,2	4.20.3 e)	Each raft shall be capable of being got to the lifelines or launched within 15 seconds
	4.20.4	Spare Number
MoMu0,1,2	4.20.5	Liferaft Servicing
MoMu0,1,2	4.20.5 a)	A liferaft shall be serviced at a manufacturer authorized service station at
1101100,1,2	1.20.5 d)	the following maximum intervals:
MoMu0,1,2	4.20.5 a) i	SOLAS liferafts annually
MoMu0,1,2	4.20.5 a) ii	ISO 9650 canister packed liferafts every 3 years
MoMu0,1,2	4.20.5 a) iii	ISO 9650 valise packed liferafts every 3 years except that hired liferafts
1101100,1,2	112013 a) 111	shall be serviced annually
MoMu0,1,2	4.20.5 a) iv	ISAF liferafts annually
MoMu0,1,2	4.20.5 a) v	ORC liferafts annually
MoMu0,1,2	4.20.5 b)	Servicing certificates (original or a copy) on board
, ,	4.21	Grab Bags
**	4.21 f)	If a grab bag is provided it shall have inherent flotation, at least 0.1 m ² (1
	,	ft ²) area of fluorescent orange colour on the outside, shall be marked with
		the name of the boat, and shall have a lanyard and clip
	4.22	Crew Overboard Identification and Recovery
	4.22.1	Locator Beacons
MoMu0	4.22.1 a)	A PLB (Personal Locator Beacon) equipped with 406Mhz and 121.5Mhz for
_		each crew member
MoMu0,1,2	4.22.1 b)	An AIS personal crew overboard beacon for each crew member
MoMu0	4.22.1 c)	A personal unit in addition to the PLB in OSR 4.22.1 b) if the location device
M-M-0 1 2	4.22.4.1	carried by the boat in accordance with OSR 3.29.07 requires it;
MoMu0,1,2	4.22.1d)	Where possible every PLB shall be registered with the appropriate authority
		associated with the country code in the hexadecimal identification (15 Hex ID) of the beacon. A beacon can be registered online with the Cospas-
		Sarsat IBRD if the country does not provide a registration facility and the
		country has allowed direct registration in the IBRD.
	4.22.2	GPS Crew Overboard Position
MoMu0	4.22.2 a)	A GPS capable of recording a crew overboard position, within 10 seconds,
1 101 100	nezie aj	and monitoring that position, and
MoMu0	4.22.2 b)	connected to an emergency button immediately accessible to a helmsman
	,	which will sound an audible alarm in the accommodation and
		simultaneously send an appropriate signal to the GPS
MoMu0,1,2	4.22.3	a lifebuoy with a self-igniting light, a whistle and a drogue
MoMu0,1,2	4.22.4	In addition to 4.22.3 above, within reach of the helmsman and ready for
		immediate use, a second lifebuoy equipped with:
MoMu0,1,2	4.22.4 a)	a whistle, a drogue, a self-igniting light and
MoMu0,1,2	4.22.4 b)	a pole and flag. The pole shall be either permanently extended or be
		capable of being fully automatically extended
MoMu0	4.22.4 c)	Each lifebuoy shall be equipped with a sachet of fluorescein dye
MoMu0,1,2	4.22.5	At least one lifebuoy shall depend entirely on permanent buoyancy (e.g.
	4.22.6	foam)
**	4.22.6	Each inflatable lifebuoy and any automatic device shall be tested and
44	4 22 7	serviced at intervals in accordance with its manufacturer's instructions
**	4.22.7	A heaving line, no less than 6 mm (1/4")diameter, 15 - 25 m (50 - 75')
		long, readily accessible to cockpit

MoMu0,1,2,3	4.22.8	A recovery sling which includes a:
MoMu0,1,2,3	4.22.8 a)	buoyant line of length no less than the shorter of 4 times LH or 36m (120')
MoMu0,1,2,3	4.22.8 b)	buoyancy section (horseshoe) with no less than 90 N (20#) buoyancy
MoMu0,1,2,3	4.22.9 c)	minimum strength capable to hoist a crewmember aboard
	4.23	Pyrotechnic and Light Signals
**	4.23.1	Pyrotechnic signals shall be provided conforming to SOLAS LSA Code
		Chapter III Visual Signals and not older than the stamped expiry date (if
		any) or if no expiry date stamped, not older than 4 years.

	,,,,,,	100 010101 011011 1 1 001101
Race Category	Red Hand Flares LSA III 3.2	Orange Smoke Flares LSA III 3.3
MoMu0,1,2,3	4	2
MoMu4		2

4.24 Spare Number

4.25 Cockpit Knife

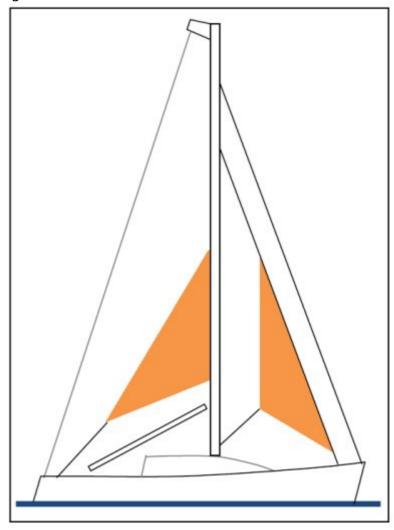
4.25.1 A strong, sharp knife, sheathed and securely restrained shall be provided readily accessible from the deck or a cockpit.

4.26 Storm & Heavy Weather Sails

4.26.1 Design

**

Figure 3



MoMu1,2		
**	4.26.1 a)	The material of the body of a storm sail purchased after 2013 shall have a
		highly-visible colour (e.g. dayglo pink, orange or yellow)
**	4.26.1 b)	Aromatic polyamides, carbon and similar fibres shall not be used in a trysail
		or storm jib but HMPE and similar materials are permitted
**	4.26.1 c)	Sheeting positions on deck for each storm and heavy-weather sail
**	4.26.1 d)	Sheeting positions for the trysail independent of the boom
**	,	, ,

	4.26.2	Sail Areas
**	4.26.2	The maximum area of storm sails shall be lesser of the areas below or as
		specified by the boat designer or sailmaker
MoMu0,1,2,3	4.26.2 a)	A heavy-weather jib (or heavy-weather sail in a boat with no forestay) with:
**	4.26.2 a) i	area of 13.5% height of the foretriangle (IG) squared
	4.26.2 a) ii	readily available means, independent of a luff groove, to attach to the stay A storm jib with:
MoMu0,1,2 MoMu0,1,2	4.26.2 b) 4.26.2 b) i	area of 5% height of the foretriangle (IG) squared
MoMu0,1,2	4.26.2 b) ii	maximum luff length 65% of IG
MoMu0,1,2	4.26.2 b) iii	permanently attached means, independent of a luff groove, to attach to the
, ,	,	stay
**	4.26.2 c)	For sails made after 2011: Storm and heavy weather jib areas calculated
		as: (0.255 x luff length x (luff perpendicular + 2 x half width))
MoMu0,1,2	4.26.2 d)	A storm trysail (or rotating wing mast if suitable) with:
MoMu0,1,2	4.26.2 d) i	area of 17.5% mainsail hoist (P) x mainsail foot length (E) For sails made after 2011:The storm trysail are calculated as (0.5 x leech
MoMu0,1,2	4.26.2 d) ii	length x shortest distance between tack point and leech)
MoMu0,1,2	4.26.2 d) iii	no headboard
MoMu0,1,2	4.26.2 d) iv	no battens
MoMu0,1,2	4.26.2 d) v	sail number and letters on both sides, as large as practicable
MoMu0,1,2	4.26.2 d) vi	in the case of a boat with an in-mast furling mainsail, the storm trysail shall
		be capable of being set while the mainsail is furled
	4.27	Drogue, Sea Anchor
MoMu0	4.27.1	A drogue for deployment over the stern, or a sea anchor or parachute
		anchor for deployment at the bow, complete with all necessary gear (see Appendix K)
	4.28	Spare Number
	4.29	Deck Bags
Mo0	4.29.1	If permitted by the Notice of Race, Sailing Instructions or Class Rules, bags
		for storing sails on deck shall be:
Mo0	4.29.1 a)	so constructed to ensure rapid draining of water
Mo0	4.29.1 b)	securely fastened in such a way that the integrity of deck fittings e.g.
		stanchions and lifelines, is not compromised SECTION 5 - PERSONAL EQUIPMENT
**		Each crew member shall have:
	5.01	Lifejacket
**	5.01.1	A lifejacket which shall:
**	5.01.1 a)	·
**	5.01.1 a)i)	if manufactured before 2012 comply with ISO 12402 - 3 (Level 150) or
steste	E 04 4 \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	equivalent, including EN 396 or UL 1180 and:
**	5.01.1 a)i)	if inflatable have a gas inflation system
MoMu0,1,2	5.01.1 a)i) 5.01.1 a)i)	have crotch/thigh straps (ride up prevention system (RUPS)) have an integral safety harness in compliance with OSR 5.02
**	5.01.1 a) ii	if manufactured after 2011 comply with ISO 12402-3 (Level 150) and be
	310111 47 11	fitted with a whistle, lifting loop, reflective material automatic/manual gas
		inflation system
**	5.01.1 a) ii	crotch/thigh straps (ride up prevention system (RUPS))
MoMu0,1,2	5.01.1 a) ii	an integral safety harness in compliance with OSR 5.02
MoMu0,1,2,3	5.01.1 b)	have an emergency position indicating light in accordance with either ISO
**	5.01.1 c)	12402-8 or SOLAS LSA code 2.2.3 be clearly marked with the boat's or wearer's name
MoMu0,1,2,3	5.01.1 d)	have a sprayhood in accordance with ISO 12402-8
MoMu0	5.01.1 d)	have a PLB unit (as with other types of EPIRB, should be properly
	- /	registered with the appropriate authority)
MoMu0,1,2,3	5.01.2	A boat shall carry at least one gas inflatable lifejacket spare cylinder and, if
-		appropriate, spare activation head for each type of lifejacket on board.

MoMu0,1,2	5.01.3	A boat shall carry at least one spare lifejacket as required in OSR 5.01.1, except a PLB described in 5.01.1(e)
**	5.01.4	The person in charge shall personally check each lifejacket at least once annually.
	5.02	Safety Harness and Tethers
MoMu0,1,2,3	5.02.1	A harness that complies with ISO 12401 or equivalent
	5.02.2	A tether that shall:
MoMu0,1,2,3	5.02.2 a)	comply with ISO 12401 or equivalent
MoMu0,1,2,3	5.02.2 b)	not exceed 2 m (6'-6") including the length of the hooks
MaM0 1 2 2	5.02.2 c)	have self-closing hooks
MoMu0,1,2,3	5.02.2 d)	have overload indicator flag embedded in the stitching be manufactured after 2000
MoMu0,1,2,3 MoMu0,1,2,3	5.02.1 e) 5.02.3	All of the crew shall have either:
MoMu0,1,2,3	a)	a tether not exceeding 1m(3'3") including the length of the hooks, or
MoMu0,1,2,3	b)	an intermediate self-closing hook on a 2 m (6'-6") tether
MoMu0	c)	a boat shall carry spare harnesses and tethers as required in OSR 5.02
1101140	c)	above sufficient for at least 10% of the crewmembers (minimum one unit)
MoMu0,1,2,3	5.02.4	A tether which has been overloaded shall be replaced
	5.03	Personal Location Lights
MoMu0	5.03.1	Two packs of miniflares or two personal location lights (either SOLAS or
		strobe): one to be attached to, or carried on, the person when on deck at
		night
	5.04	Foul Weather Suits
MoMu0	5.04 a)	A foul weather suit with hood
M M O	5.05	Knife
MoMu0	5.05.1	A knife, to be worn on the person at all times
MoMu0	5.06	Flashlight
MOMUO	5.06.1 5.07	A buoyant watertight flashlight Survival Equipment
MoMu0	5.07.1	an immersion suit (attention is drawn to EN ISO 15027-1 constant wear
1 101 100	3.07.1	suits, and EN ISO 15027-2 abandonment suits and the LSA Code Chapter
		II, 2,3);
	5.08	Diving Equipment
MoMu0	5.08.1	The boat shall have at least two diving suits each to cover the entire body
		and including gloves, fins and portable air supplies
		SECTION 6 - TRAINING
MoMu0	6.01.1	Every member of a crew including the Person in Charge shall have
		undertaken training within the five years before the start of the race in OSR
MaMO 1 2	C 01 2	6.02 Training Topics
MoMu0,1,2	6.01.2	At least 30% but not fewer than two members of a crew, including the Person in Charge shall have undertaken training within the five years before
		the start of the race in OSR 6.02 Training Topics
MoMu0,1,2	6.01.4	Except as otherwise provided in the Notice of Race, an in-date certificate
1101100,1,2	0.01.1	gained at a World Sailing / ISAF Approved Offshore Personal Survival
		Training course shall be accepted by a race organizing authority as
		evidence of compliance with Special Regulation 6.01. See Appendix G -
		Model Training Course, for further details.
	6.02	Training Topics
	6.02.1	Giving Assistance to Other Craft
	6.02.2	Personal Safety Gear, theory and practice
	6.02.3	Care and Maintenance of Safety Gear
	6.02.4	Fire Precautions and Firefighting, theory and practical
	6.02.5	Crew Overboard Identification and Recovery
	6.02.6	Hypothermia, Cold Shock and Drowning
	6.02.7 6.02.8	Crew Health Marine Weather
	6.02.8	Heavy Weather
	0.02.9	ricary recallici

	6.02.10	Storm Sails
	6.02.11	Damage Control
	6.02.12	Search and Rescue Organization
	6.02.13	Pyrotechnics and Signalling Gear, theory and practical
	6.02.14	Emergency Communications, theory and practical
	6.02.15	Liferafts and Abandon Ship, theory and practical
	6.03	Spare Number
	6.04	Routine Training On-Board
**	6.04	At least annually the crews shall practice the drills for:
**	6.04	Crew-Overboard Recovery
**	6.04	Abandonment of vessel
	6.05	Medical Training
MoMu0	6.05.1	At least one crewmember shall have a valid STCW A-VI/4-2 (Proficiency In
		Medical Care) certificate or equivalent
MoMu0	6.05.2	In addition to 6.05.1 another crewmember shall have a valid first aid
		certificate completed within the last five years meeting:
MoMu0,1,2	6.05.2 a)	A certificate listed on the World Sailing website www.sailing.org/specialregs
	.,	of MNA recognised courses
MoMu0,1,2	6.05.2 b)	STCW First Aid Training complying with A-VI/1-3 - Elementary First Aid or
, ,	,	higher STCW level
	6.06	Diving Training
MoMu0	6.06.1	At least 30% of the crew shall have received appropriate diving training to
		enable them to carry out basic repairs underwater and to provide
		assistance if necessary in recovery of a crew overboard
		APPENDICES TO SPECIAL REGULATIONS
		Appendix A - Moveable and Variable Ballast
		Appendix B - For Inshore Racing
		Appendix C - For Inshore Dinghy Racing
		Appendix D - A guide to ISO and other Standards
		Appendix E - World Sailing Code for the organisation of Oceanic
		Races
		Appendix F - Standard Inspection Card
		Appendix G - Model Training Course
		Appendix H - Model First Aid Training Course
		Appendix J - Hypothermia
		Appendix K - Drogues and sea anchors

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