

SOLO 2022 NATIONS CUP

18th to 21st of June 2022 - Yacht Club de Carnac, France

Sailing Instructions

[DP] in a rule means that the penalty for breach of that rule, may, at the discretion of the Protest Committee, be less than disqualification.

[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 Protest Committee with a hearing;

[NP] denotes a rule that shall not be grounds for protest by a boat

1 RULES

- 1.1. The regatta will be governed by the rules as defined in **The Racing Rules of Sailing (RRS)**.
- 1.2. Racing rules 44.1 and 44.2 will be changed as described in SI 15.
- 1.3. Appendix P . will apply, modified in SI 15.2
- 1.4. RRS 40 will be changed as described in SI 19.1
- 1.5. RRS 43.1(b) will be changed so that a Solo Class competitor,s clothing and equipment shall not weigh more than 10kg , including footwear and clothing worn below the knee.
- 1.6. The French National prescriptions for foreign competitors will apply. (see in Appendix)
- 1.7. If there is a conflict between languages, the English text will prevail.

2. CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted before 09:00 on the day it will take effect, except that any change to the schedule of races will be posted by 20:00 on the day before it will take effect.

3 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board on the website of the Club With the following address: www.yccarnac.com/regates-morbihan/coupe-des-nations-du-national-solo
In addition to inform the competitors of a publication from the Organization , the Race Committee, or the



Jury , a Whatsapp Group has been created.

4 [DP] [NP] CODE OF CONDUITE

- 4.1. Competitors and support persons shall comply with reasonable requests from race officials.
- 4.2. Competitors and support persons shall handle any equipment or place advertising provided by the organizing authority with care , seamanship, in accordance with any instructions for its use and without interfering with its functionality.

5 SIGNALS MADE ASHORE

- 5.1. Signals made ashore will be displayed on the flagpole located in the East corner of the dinghy park
- 5.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in the race signal AP. This change RRS race signal AP.
- 5.3. When flag AP over H is displayed ashore, boats shall not leave the dinghy park. This change RRS race signal AP over H.

6 SCHEDULE

6.1

DATE	TIME	EVENT
Friday 17 th June	16.00 – 18.30	Registration
Saturday 18 th June	08.30 – 10.30	Registration
	11.00	Competitors Briefing
	13.00	1 st Warning signal for Nations Cup races
	18.00	<i>Opening ceremony and Welcome drink</i>
Sunday 19 th June	11.00	1 st Warning signal for Nations Cup races
	19:00	<i>BBQ in YC Carnac</i>
Monday 20 th June	11.00	1 st Warning signal for Nations Cup races
	19.30/20.00	<i>Class dinner at the "Casino" of Carnac</i>
Tuesday 21 st June	11.00	1 st Warning signal for Nations Cup races
	As soon as possible after race or at 11.00 if no race	Prize Giving & closing Ceremony

6.2 10 races are scheduled. It is the intention that 2 races will be sailed back to back on the first and the last day and 3 races the other days

6.3 However if the schedule is delayed, or for any other reason, the Race Committee may add to a day's schedule one or more races, but no more than four (4) races a day will be sailed.

6.4 On the last scheduled racing day no warning signal will be made after **15:00**.

7 FORMAT OF RACING

The Solo Nation Cup will consist of a single series.

8 CLASS FLAG

White Flag with the Solo "S"



Or a different flag described during the competitors briefing.

9 RACING AREA

The racing area will be Bay of QUIBERON shown in Appendix "Course Race Area".

10 THE COURSES

10.1 The diagram in Appendix " COURSES" shows the courses, including course designations, the approximate configuration between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

10.2 No later than the warning signal, the race committee will display the approximate compass bearing of the first leg together with the course number, and the type of course with relevant flag.



Flag 1 = Triangle type course
Flag 2= Windward/Leeward type course

11 MARKS

- 11.1 Marks are given in the Appendix Courses
- 11.2 Race committee vessel signalling a change course is a mark

12 THE START

- 12.1 The starting line will be between a staff displaying an orange flag on the Committee Vessel at the starboard end and the course side of the port end starting mark.
- 12.2 Start will started by using RRS 26
- 12.3 A boat starting later than 4 minutes after her starting signal will be scored "Did Not Start" (DNS) without hearing. This changes RRS A5.1 and A5.2

13 CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1 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. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.
- 13.2 In case of a change of a beating leg only the new Mark 1 will be placed but not the Spreader Mark "Sp". (This changes RRS 33)
- 13.3 Except at a gate, boats shall pass between the Race Committee Vessel signaling the change of the next leg and the nearby mark, leaving the mark to port and the race committee boat to starboard. This changes RRS 28.

14 THE FINISH

The finishing line will be between a staff displaying an blue flag on the Race Committee Vessel and the finishing mark.

15 PENALTY SYSTEM AND EXONERATION

- 15.1 RRS 44.1 is changed so that the two-turns penalty is replaced by the one-turn penalty.
- 15.2 Appendix P will change such as:
 - 15.2.1 RRS P.2.1 is changed so that the two-turns penalty is replaced by the one- turn penalty.
 - 15.2.2 RRS P2.3 will not apply and RRS P2.2 will apply to any penalty after the first one.
- 15.3 A breach of rules other than 28 and 31 and those in Part 2 shall, after a hearing be given a penalty ranging from 10% of the number of boats registered, to disqualification. [DP]
- 15.4 Appendix T will apply.
- 15.5 After a [DP] penalty or [ARB] penalty, scores off other boats will not be changed. Therefore, two boats may receive the same score



16 TIME LIMITS AND TARGET TIMES

- 16.1. The target time for each race will be **45 minutes**, depending on weather conditions. Failure to meet the target time will not be grounds for redress. This changes RRS 35,A5.1,A5.2 and A10
- 16.2. The "Mark 1" time limit will be **30 minutes**. If no boat has passed "Mark 1" within the Mark 1 time limit the race will be abandoned. Failure to meet the target time will not be grounds for redress. This changes RRS35,A5.1,A5.2 and A10.
- 16.3. The time limit for a race will be **90 minutes**. Failure to meet the target time will not be grounds for redress. This changes RRS 35,A5.1,A5.2 and A10.
- 16.4. The time limit to finish is set at **20 minutes** after the first boat sails the course has finished. At this moment the race will be "frozen" and all boats who have not finished will ranked using the position of the frozen situation and not DNF. This changes RRS 35, A4 and A5.

17 PROTESTS AND REQUESTS FOR REDRESS

- 17.1. Protest forms will be available from the Race Office. They shall be delivered there within the protest time limit.
- 17.2. The protest time limit is **60 minutes** after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is later.
The Protest Time Limit will be posted on the Jury Official Notice Board located in the tent and on the Whatsapp group.
- 17.3. Notices will be posted within 30 minutes of the expiry of the protest time to inform competitors of hearings in which they are parties or named as witnesses. It shall be the responsibility of competitors to check the Notice Board for such notices and to attend hearings at the specified time. Hearings will be heard in the Protest Room located in the clubhouse (first floor). Parties and witnesses for each protest are requested to remain in the vicinity.
- 17.4. Notices of protests by the Race Committee, Technical Committee and Protest Committee will be posted to inform boats under RRS 61.1(b)
- 17.5. On the last scheduled day of racing a request for redress based on a Protest Committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.
- 17.6. For infringements of the rules other than in Part 2 of the RRS and RRS 28 and 31, the Protest Committee may award a lesser penalty than disqualification"[DP]
- 17.7. Breaches of sailing instructions marked [NP] and RRS 55 will not be grounds for a protest by a boat. This changes the RRS 60.1(a). Penalties for these breaches, breaches of sailing instructions marked [DP] or breaches of Class Rules may be less than disqualification if the Protest Committee so decides. The scoring abbreviation for a discretionary penalty imposed under this instruction will be DPI.

18. SCORING

- 18.1. The Low Point scoring system of RRS Appendix A will apply.
- 18.2. **3 race** is required to be completed to constitute a series.
- 18.3. When fewer than **4 races** have been completed, a boat's series score will be the total of her race scores.
When from **4 to 7 races** have been completed, a boat's series score will be the total of her race scores excluding her worst score.
When **8 or more** races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.

19 SAFETY REGULATIONS

- 19.1. Personal Flotation Devices shall be worn by all competitors, at all times while afloat, except for a short period whilst changing clothing. Flag "Y" will not be displayed. This changes RRS 40, the preamble to Part 4 and the Race signals "Y".
- 19.2. While afloat, all boats shall carry a towline of minimum length 10m and minimum diameter 6mm, with one end fixed to a strong point of the boat as, close as possible from the bow.



- 19.3 A boat that retires shall sign a declaration form on coming ashore before the end of the protest time limit. The forms will be available in the race office.
- 19.4 All competitors shall sign a "checking OUT form before going afloat and checking IN after coming back ashore every day. The checking place will be under the tent.
- The checking OUT will be open 90 minutes before the 1st warning signal scheduled
 - The time limit for checking OUT will be the starting time for the first race.
 - The time limit for checking IN will be the protest time limit
 - After the race committee has used "AP/H or N/H", Checking OUT will be available from time when the first boat returns to shore.
- 19.5 Penalty for breaking SI §19.4:
Competitor shall receive a penalty of 10% calculated on the number of boats entered without hearing (This changes RRS 63.1)
- On first race of the day for not checking OUT
 - On the last race of the day for not checking IN
 - On all races of the day in case of-not checking OUT & IN
But no more than DNF
- 19.6 When the race committee considers that a boat or competitor is in difficulty it may instruct the boat or competitor to accept outside help, retire or sail ashore.
- 19.7 In accordance with RRS 43.1 and WORLD SAILING Case 89, no clothing or equipment may be worn on the body of helm to carry liquid of any description, even if for the purpose of re-hydration; this includes camelbacks, water bottles and cans of drink.

20. [DP] REPLACEMENT OF COMPETITORS or EQUIPMENT

- 20.1 Substitution of competitors is not allowed.
- 20.2 Substitution of damaged or lost equipment will not be allowed unless authorized by the Technical Committee. Requests for substitution shall be made to the Technical Committee at the first reasonable opportunity but no later than protest time limit.

21. [DP] EQUIPMENT AND MEASUREMENT CHECKS

- 21.1 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 the technical committee to proceed immediately to a designated area for inspection.
A boat not complying with the Class rules, may be disqualified from that race or from all races on that day. This boat will be allowed to participate in further races only on correction of the non-compliance , at the discretion of the Technical Committee.
- 21.2 For the purpose of RRS 64.3(b) the "authority responsible" must be the Technical Committee appointed by the Solo Class

22. OFFICIAL BOATS

Official boats will be marked as follows

Race Committee	Yacht club de Carnac Flag or sticker
Jury/Judges	Jury
Media	Press
Safety boats	Yellow vest



23 [DP] SUPPORT BOATS

- 23.1 All drivers of support boats shall be registered with the organizing authority and shall declared the sail number of all associated competitors and will be required to comply with event support boat regulations.
- 23.2 All driver of support boats shall clearly display wear the "yellow vest with an N° on the back (in exchange for a deposit of 10 euros) supplied by the OA and a PFD at all times while afloat. Wet suits and dry suits are not personal flotation devices .
Kill cords shall be worn while engines are running. The course safety officer will be looking out for compliance on this issue. There are no excuses and boats may be requested to leave the race area immediately if kill cords are not being used appropriately.
Each coach/support boat shall carry at least three strips of hazard warning tape for the purposes of safety the tape is available from the race office.
- 23.3 Each coach/support boat is required to carry a VHF radio capable of transmitting and receiving all international ship-to-ship channels.
- 23.4 Except when participating in rescue operations, team leaders, coaches, parents and other support personnel (coach/support boats) shall stay more than 100 meters from any point where a boat might sail during normal racing and completely outside the area bounded by marks 1, Sp, 3, and the starting and finishing lines from the time of the preparatory signal until all boats have finished or the race committee signals a postponement or abandonment or general recall. When boats are finishing coach/support boats shall stay more than 100 meters beyond the finish line until all boats in all fleets have finished.
- 23.5 Support boats shall be checked within the race area
- 23.6 All support boat will be required to comply with RRS 3
- 23.7 If a coach/support boat does not comply with instructions 23.2; 23.3, 23.4, 23.5 or 23.6 , a discretionary penalty may be applied by the Protest Committee after a hearing to some or all associated competitors and may include restrictions on the movement of their coach/support boat.

24 [DP] [NP] TRASH DISPOSALS

The National Solo Class Association , and the Y.C. Carnac are concerned to maintain a clean sea and request all single use plastics not to be taken on board a boat.
Trash may be placed aboard support or official boats.
Competitors and their support persons shall not drop trash in the dinghy park.

25 [DP] BERTHING

Boats shall be kept in their assigned place while they are on the Y.C.Carnac parking.

26 HAUL OUT RESTRICTION

Not applicable

27 DIVING EQUIPMET AND PLASTIC POOLS

Not applicable

28 PRIZES

Prizes will be given as follows:

- 1st, 2nd, 3rd placed boats of the general ranking
- Other prizes may be awarded at the discretion of the Class and the Organization

29 DATA PROTECTION

- 29.1 By participating in this event, competitors grant to the Organizing Authority and its sponsors the right to make , use and show , from time to time at their discretion, any motion pictures and live, taped or filmed television and any other reproductions of the athlete and the boat , produced during the period of the competition without compensation.



- 29.2 [DP][NP] If required by the Organizing Authority, competitors shall give interviews at the regatta.
29.3 [DP][NP] Boats may be required to carry cameras, sound equipment and positioning equipments as specified and supplied by the Organizing Authority.
29.4 [DP][NP] competitors shall not interfere with the normal working of the Organizing Authority supplied media equipment.

30 DRONES

Providing that all relevant authorisation from the French Authorities has been obtained, event drones (UAVs/UASs) may be used in close proximity to obtain media for an event. This may be over land and/or water. Any material obtained from their use can be used by the event team or sponsors for PR and Media purposes.-Drones are inherently potentially dangerous and competitors recognize this risk and should avoid any contact with them. They should not try to touch them.

31 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risks. See RRS 3, Decision to Race.

The Organizing Authority will not accept any liability for material damage or personal injury, or death sustained in conjunction with, or prior to, during or after the regatta.

The competitor of the boat will not claim for equipment indemnity in case of help on repatriation of the boat run under the responsibility of the helm.

32 INSURANCE

Each participating boat must hold and be able to present a valid certificate third party liability insurance (in French or English) during the regatta period, including a minimum accident guarantee amount of two million Euros (2 000 000€) for bodily injury and/or material damage.

The Organizing Authority will not be responsible for the checking of the status or the validity of the certificates and/or certificates of liability insurance produced by competitors.

LOCAL SUNSET and TIDES TIMES

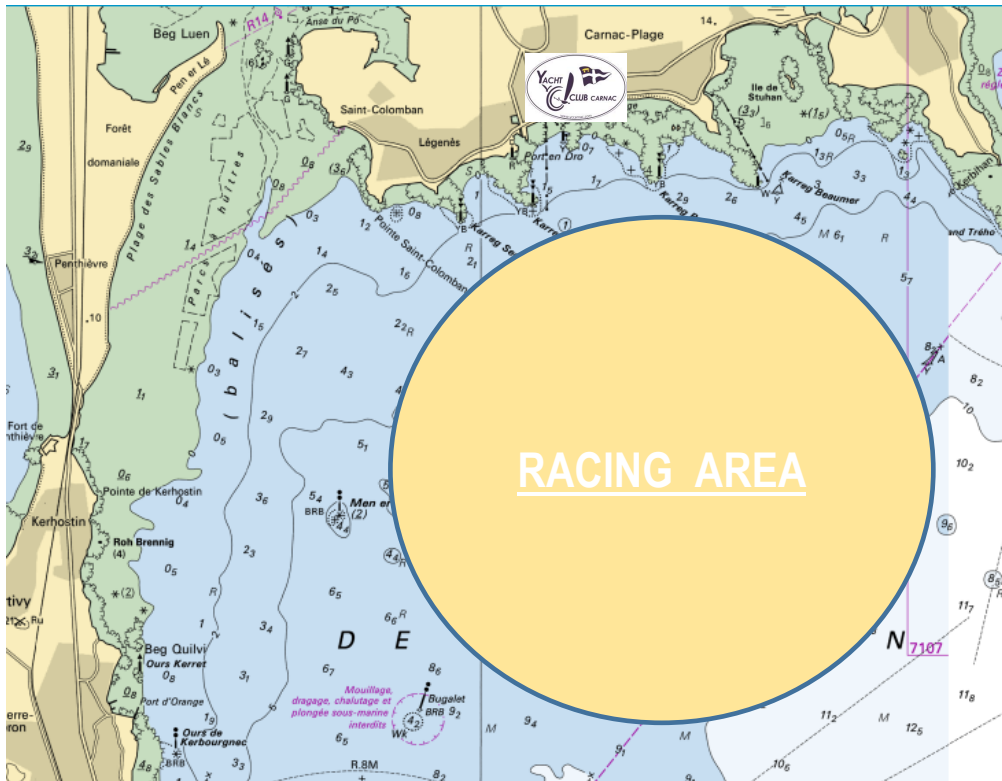
Date	TIDE Hight	TIDE Low	Coef.	SUNSET
June 18th	8h42	14h53	85	22h13
June 19th	9h36	15h49	76	22h13
June 20th	10h36	16h49	66	22h13
June 21st	11h49	17h53	58	22h14

Officials

Race Committee: Patrick LONGUET – NRO / FRA Chairman

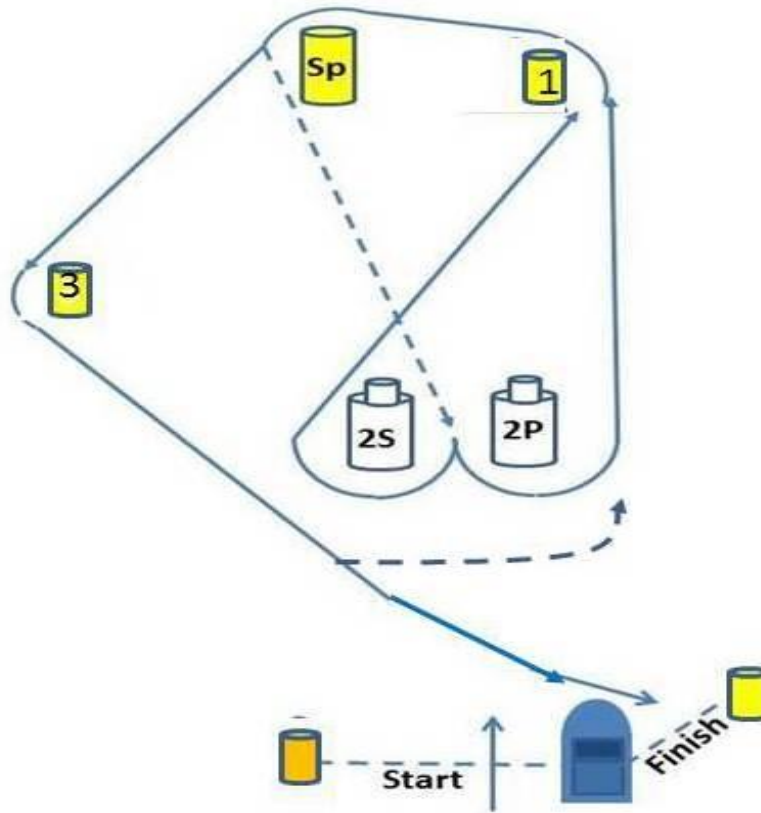
Protest Committee: Claude PETIT – NJ / FRA - Chairman

APPENDIX COURSE AREA



APPENDIX 1 COURSES

Course 1 "Triangle"

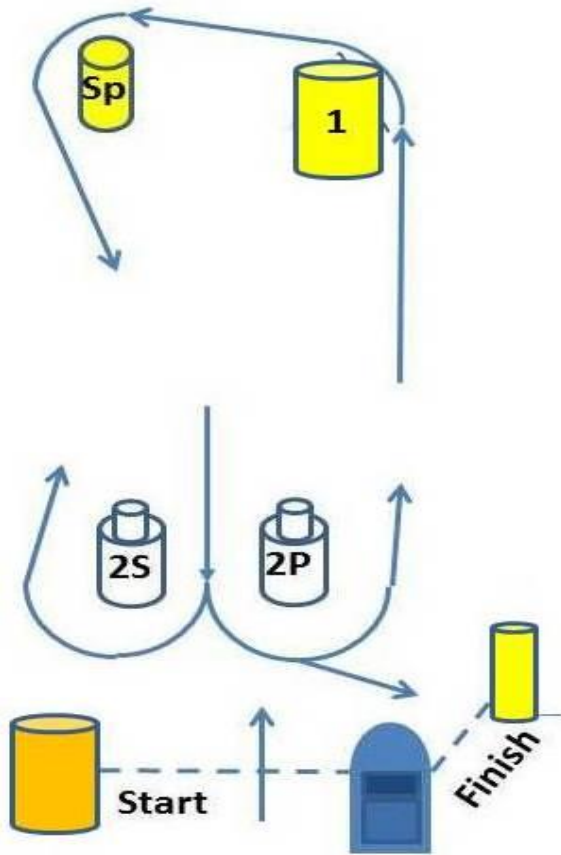
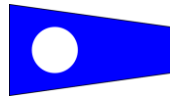


MARK	Description
Start line	Committee vessel + Orange bouy
1	Yellow bouy
Sp (spreader mark)	Yellow bouy
2S and 2P	White bouys FFV
3	Yellow bouy
Finish line	Committee vessel + yellow bouy

Course 1 "Triangle"	Description
T 1	Start – 1 – Sp – Gate 2S / 2P – 1 – Sp – 3 – 2S – Finish
T 2	Start – 1 – Sp – Gate 2S / 2P – 1 – Sp – 3 – 2S – 2P – 1 – Sp – Gate 2S / 2P – 1 – Sp – 3 – 2S – Finish
T 3	Start – 1 – Sp – Gate 2S / 2P – 1 – Sp – 3 – 2S – 2P – 1 – Sp – Gate 2S / 2P – 1 – Sp – 3 – 2S – 2P – 1 – Sp – Gate 2S / 2P – 1 – Sp – 3 – 2S – Finish

- The Changed Mark (SI 13) will be **Red** bouy
- Course may be shorten at any mark , using the "S" flag

Course 2 “Windward/ Leeward”



MARK	Description
Start line	Committee vessel + Orange bouy
1	Yellow bouy
Sp (spreader mark)	Yellow bouy
2S and 2P	White bouys FFV
Finish line	Committee vessel + yellow bouy

- The Changed Mark (SI 13) will be **Red** bouy
- Course may be shorten at any mark , using the “S” flag

Course 2 “Windward/ Leeward”	Description
WL 1	Start – 1 - Sp – 2P - Finish
WL 2	Start – 1 - Sp – Gate 2S/2P– 1 - Sp – 2P - Finish
WL 3	Start – 1 - Sp – Gate 2S/2P– 1 - Sp–Gate 2S/2P– 1 - Sp – 2P - Finish



Prescriptions of the Fédération Française de Voile Racing Rules of Sailing 2021-2024

FFVoile Prescription to **RRS 25.1** (*Notice of race, sailing instructions and signals*):

For events graded 4 and 5, standard notices of race and sailing instructions including the specificities of the event shall be used. Events graded 4 may have dispensation for such requirement, after receipt of FFVoile approval, received before the notice of race has been published.

For events graded 5, posting of sailing instructions will be considered as meeting the requirements of RRS 25.1 application.

(*) FFVoile Prescription to **RRS 64.4** (*Decisions on protests concerning class rules*):

The protest committee may ask the parties to the protest, prior to checking procedures, a deposit covering the cost of checking arising from a protest concerning class rules.

(*) FFVoile Prescription to **RRS 67** (*Damages*):

Any question or request related to damages arising from an incident occurred while a boat was bound by the Racing Rules of Sailing depends on the appropriate courts and cannot be examined and dealt by a protest committee.

A boat that retires from a race or accepts a penalty does not, by that action alone, admit liability for damages.

(*) FFVoile Prescription to **RRS 70.5** (*Appeals and requests to a national authority*):

The denial of the right of appeal is subject to the written approval of the Fédération Française de Voile, received before publishing the notice of race. This approval shall be posted on the official notice board during the event.

(*) FFVoile Prescription to **RRS 76** (*Prescription to RRS 76.1*)

An organizing authority or race committee shall not reject or cancel the entry of a boat or exclude a competitor eligible under the notice of race and sailing instructions for an arbitrary reason.

(*) FFVoile Prescription to **RRS 78.1** (*Compliance with class rules; certificates*):

The boat's owner or other person in charge shall, under his sole responsibility, make sure moreover that his boat complies with the equipment and security rules required by the laws, by-laws and regulations of the Administration.

(*) FFVoile Prescription to **RRS 86.3** (*Changes to the racing rules*):

An organizing authority wishing to change a rule listed in RRS 86.1(a) in order to develop or test new rules shall first submit the changes to the FFVoile, in order to obtain its written approval and shall report the results to FFVoile after the event. Such approval shall be mentioned in the notice of race and in the sailing instructions and shall be posted on the official notice board during the event.

(*) FFVoile Prescription to **RRS 88.2** (*Prescription to RRS 88.2*):

Prescriptions of the FFVoile shall not be changed in the notice of race and sailing instructions, except for events for which an international jury has been appointed.

In such case, the prescriptions marked with an asterisk (*) shall not be changed in the notice of race and sailing instructions. (The official translation of the prescriptions, downloadable on the FFVoile website www.ffvoile.fr, shall be the only translation used to comply with RRS 90.2(b)).

(*) FFVoile Prescription to **RRS 91(b)** (*Protest committee*):

The appointment of an international jury meeting the requirements of Appendix N is subject to prior written approval of the Fédération Française de Voile. Such approval shall be posted on the official notice board during the event.

FFVoile Prescription to **APPENDIX R** (*Procedures for appeals and requests*):

Appeals shall be sent to the head-office of Fédération Française de Voile, 17 rue Henri Bocquillon, 75015 Paris – email: jury.appel@ffvoile.fr, using preferably the appeal form downloadable on the website of Fédération Française de Voile: <http://espaces.ffvoile.fr/media/127235/formulaire-dappel.pdf>