



NORWEGIAN/NORDIC CHAMPIONSHIP

FOR EXPRESS

22.8-24.8 2014

OSLO SEILFORENING

NORWAY

SAILING INSTRUCTIONS

[DP] denotes a rule for which the penalty is at the discretion of the protest committee.

[NP] denotes that a breach of this rule will not be grounds for a protest by a boat.

1 RULES

1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.

1.2 The following prescription of the Nordic Sailing Federation will apply:

When rule 30.2 or 30.3 applies and the starting vessel is not a starting mark but lies on the extension of the starting line, the base of the triangle in the rule shall run from the starting vessel, along the extension and the starting line, to the starting *mark* at the opposite end of the starting line.

1.3 The Rules for Nordic Championships shall apply.

1.4 Participants shall note that the Organizers and competing boats are bound by Norwegian law which prohibits advertising for all forms of alcoholic and tobacco products.

1.5 Boats may be required to display advertising chosen and supplied by the organizing authority.

1.6 If there is a conflict between languages the English text will take precedence.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board, which is at the website of the championship: (<http://www.seilmagasinet.no/?regatta=1405&id=2633&type=Side>) notices will be mirrored on the notice boards at Lille Herbern race office and Aker Brygge Race Office. Failure to mirror notices will not be grounds for a request for redress by a competitor. This changes rule 62. The race office at Aker Brygge is located outside the Harbour Office.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted on the official notice board before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 2100 on the day before it will take effect.

4 SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on the Event Website:

(<http://www.seilmagasinet.no/?regatta=1405>), and in addition from flag poles outside the race offices on Lille Herbern and Aker Brygge.

4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

4.3 [DP] When flag Y is displayed ashore, rule 40 applies at all times while afloat. This changes the Part 4 preamble.

5 SCHEDULE OF RACES

5.1 Dates of racing:

<i>Date</i>	<i>Intended first warning signal</i>
22.8	14.00
23.8	11.00
24.8	11.00

5.2 **Number of races:** 8 races are scheduled, 6 Opening Series Races and 2 Final Races.

5.3 On the last day of the regatta no warning signal for a new starting sequence for all fleets will be made after 14.30.

6 CLASS FLAGS

Class flags (warning signal) will be coloured flags, (Yellow, Blue, Black and White) designating the fleets to start. For the Final Series only: Boats in the Gold fleet will use either a Black Flag or a Blue Flag. Boats in the Silver fleet will not use any ID flags.

7 RACING AREAS

Attachment 1 shows the location of racing areas and course areas. Race Course nr.1 is the default course area. If another Race Course is to be used, this will be signalled in accordance with SI 3. However, the race committee may change from one Race Course to another on the water by displaying flag L (Follow me) with one sound.

8 RACE FORMAT

8.1 The event will consist of an Opening Series and a Final Series.

8.2 [NP] The boats will be split into 4 groups: Yellow, Blue, Black and White of as near as possible equal size and ability. A seeding committee, appointed by the OA, will make the initial assignments. The groups will start together two and two in fleets. It is intended that all groups will meet each other twice in the opening series (a double round robin).

The 50% highest scoring competing boats after the opening series will sail in the Gold Fleet on the last day, the remaining boats will sail in the Silver Fleet. The Silver Fleet will not be bigger than the Gold Fleet.

The format may be shortened.

8.2 Boats will be reassigned to groups/fleets after each day of racing, except if on the first day only one race is completed. If all fleets have completed the same number of races, boats will be reassigned on the basis of their ranks in the series. If all fleets have not completed the same number of races, the series scores for reassignment will be calculated for those races, numbered in order of completion, completed by all fleets.

8.3 Reassignments for the opening series will be made as follows:

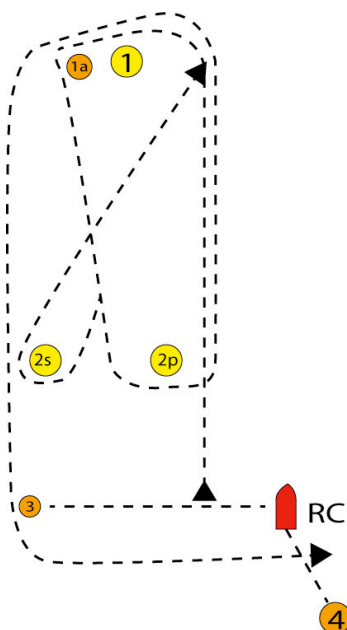
Rank in Series	Group Assignment
1 st	Yellow
2 nd	Blue
3 rd	Black
4 th	White
5 th	White
6 th	Black
7 th	Blue
8 th	Yellow
9 th	Yellow
And so on	

- 8.4** Reassignments will be based on the ranking available at 2100 that day regardless of protests or requests for redress not yet decided.
- 8.5** If all fleets have not completed the same number of races by the end of a day, the fleets with fewer races will continue racing the following day until all fleets have completed the same number of races. All boats will thereafter race in the new fleets.
- 8.6** If at the end of the opening series one fleet has more race scores than the other, any extra races will be abandoned so that all boats have the same number of race scores in the opening series.
- 8.7** Any recalculation of opening series ranking after boats have been assigned to Gold Series Fleets will not affect the assignments, except that a redress decision may promote a boat to a higher fleet.

9 THE COURSES

- 9.1** The diagram show the course, the order in which marks are to be passed, and the side on which each mark is to be left.

Course: Start - 1 - 1a - 2s/2p (gate) - 1 - 1a - 3 - Finish.



9.2 No later than the warning signal, the race committee signal boat will display the approximate compass bearing of the first leg.

10 MARKS.

10.1 Marks 1, 2a, 2b, will be yellow inflated marks.

10.2 New marks, as provided in SI 13.1, will be orange buoys.

10.3 The starting (Mark 3) and finishing (Mark 4) marks will be orange buoys with a flag, and a committee boat displaying an orange (starting mark) or blue (finishing mark) flag.

10.4 The offset mark (Mark 1a) will be an orange buoy.

10.5 A race committee boat signalling a change of a leg of the course is a mark as provided in SI 13.2.

11 OBLIGATION TO KEEP WELL CLEAR OF COMMERCIAL TRAFFIC

All participating boats have an unlimited and absolute obligation to keep well clear of commercial traffic during racing, between races and while transferring between the harbour and the racing area.

12 THE START

12.1 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.

12.2 The starting line will be between a committee boat displaying an orange flag and an orange mark (Mark 3) with a flag.

12.3 [DP][NP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

12.4 The starting order of the fleets will be:

Opening Series	First Start	Second Start
Race 1	Yellow / Blue	Black / White
Race 2	Yellow / Black	Blue / White
Race 3	Blue / Black	Yellow / White
Race 4	Yellow / Blue	Black / White
Race 5	Yellow / Black	Blue / White
Race 6	Blue / Black	Yellow / White
Final Series	First Start	Second Start
Race 7	Gold	Silver
Race 8	Gold	Silver

12.5 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start without a hearing (DNS). This changes rules A4 and A5.

12.6 If flag U has been displayed as the preparatory signal, 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 and scored UFD without a hearing, but not if the race

is restarted or resailed or postponed or abandoned before the starting signal. This changes rule 26. When flag U is used as preparatory signal, rule 29.1 (Individual recall) does not apply.

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 Except at a gate, boats shall pass between the race committee boat signalling the change of the next leg and the nearby mark, leaving the mark to port and the race committee boat to starboard. This changes rule 28.

14 THE FINISH

The finishing line will be between a committee boat displaying a blue flag and an orange mark (Mark 4) with a flag.

15 PENALTY SYSTEM

Rule 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

16 TIME LIMITS

Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did not finish (DNF) without a hearing. This changes rules 35, A4 and A5.

17 PROTESTS AND REQUESTS FOR REDRESS

17.1 A boat intending to protest another boat for an incident on the water must, for the protest to be valid, as soon as practicable after finishing inform the race committee finishing vessel about the protest and the identity of the boat or boats being protested.

17.2 Protest forms are available at the race office located at Lille Herbern. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

17.3 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.

17.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room, located at Lille Herbern, beginning at the time posted.

17.5 Notices of protests by the race committee or protest committee will be posted to inform boats under rule 61.1(b).

17.6 Penalties for breaches of rules in the SIs marked [DP] and breaches of rule 55 or class rules, are at the discretion of the protest committee. Breaches of rules in the SIs marked [NP] and breaches of rule 55 or class rules will not be grounds for a protest by boats. This changes rule 60.1(a).

17.7 On the last day of the Opening Series and the last scheduled day of racing a request for reopening a hearing shall be delivered

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

- (b) no later than 30 minutes after the requesting party was informed of the decision on that day. This changes rule 66.

17.8 On the last day of the Opening Series and 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 rule 62.2.

17.9 Equipment and measurement protests will only be accepted from the race committee or protest committee. This changes rule 60.1(a).

17.10 For equipment and measurement protests, the protest committee may apply an alternative penalty other than a disqualification.

18 ARBITRATION

As an alternative to a protest hearing by the protest committee for an alleged breach of a rule of Part 2, boats may be given the choice of using an arbitration procedure. The arbitration procedures change rules 63 and 64, and are listed in SI Attachment 2 and will be strictly followed. Competitors are advised to read the addendum before any boat against boat hearing.

19 SCORING

19.1 4 races are required to be completed to constitute a Championship. If fewer than 4 Opening Series races have been completed by the end of racing Saturday August 23, the Opening Series will be extended, and there will be no Final Series.

19.2 (a) When fewer than 4 races have been completed, a boat's series score will be the total of her race scores.

(b) When from 5 to 8 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

(c) No scores from the Final Series may be discarded.

19.3 The boats in the Gold fleet shall be scored highest in the event.

19.4 For the purpose of Rule A4.2 Scoring, the number of boats entered into an Opening Series Race only will be the number of boats assigned to the largest Opening Fleet.

20 [DP][NP] SAFETY REGULATIONS

20.1 Racing with the engine mounted on the boat is strictly forbidden. A boat that retires from a race and want to return to shore may mount and use the engine after having retired. Engines may be used while transferring between the harbour and the racing area.

20.2 A boat that retires from a race shall notify the race committee as soon as possible.

21 [DP][NP] REPLACEMENT OF CREW OR EQUIPMENT

21.1 Substitution of competitors will not be allowed without prior written approval of the race committee.

21.2 Substitution of damaged or lost equipment will not be allowed unless authorized by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

22 [DP][NP] EQUIPMENT AND MEASUREMENT CHECKS

A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a boat may be instructed by a race committee equipment inspector or measurer to proceed immediately to a designated area for inspection.

23 [DP][NP] EVENT ADVERTISING, IDENTIFICATION AND MEDIA

23.1 Advertising: Boats shall display stickers provided by the organizing authority. The stickers shall be attached on both sides of the bow (no more than 10 cm from the leading edge and no more than 10 cm from the rail. The numbered stickers shall be attached closest to the bow.

23.2 Identification:

- (a) While racing each boat shall display a flag corresponding to the group to which she has been assigned.
- (b) The flag shall be attached to the backstay approximately 2 meter above the deck.
- (c) The coloured flags will (together with the trackers) be handed out at the Race Office and shall be handed in after racing each day before the end of the protest time limit.

23.3 Trackers: The trackers provided shall be switched on while racing. **GoPro:** In order to enriching the media coverage from the event, some boats/crew will be requested to carry a GoPro media-pack installation provided by the OA, to gather still or video images on-board while racing. The crews will be instructed about installation and running of the recorder/transmitter. The equipment shall be running while racing and may be transmitting live.

24 OFFICIAL BOATS

Official boats will be marked with OS flag, except that the protest committee boats will be marked with a J flag.

25 [DP] SUPPORT BOATS

Team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first fleet to start until all boats have finished or retired or the race committee signals a postponement or abandonment.

26 [DP][NP] TRASH DISPOSAL

All trash shall be disposed ashore. However, rule 55 is changed by adding the following sentence to the rule: 'However, discarding elastic or wool bands when setting a sail will not be considered a breach of rule 55.'

27 [DP] HAUL-OUT RESTRICTIONS

Keelboats shall not be hauled out during the regatta except with and according to the terms of prior written permission of the race committee.

28 [DP] DIVING EQUIPMENT AND PLASTIC POOLS

Underwater breathing apparatus and plastic pools or their equivalent shall not be used around keelboats between the preparatory signal of the first race and the end of the regatta.

29 [DP][NP] RADIO COMMUNICATION

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. The use of smart phones or tablets to access the official notice board while racing is permitted. Boats are encouraged to bring VHF on-board and **listen** to the channel announced on the Official Notice Board.

30 PRIZES

Prizes will be as follows:

Nordic Sailing Federations medals will be presented to the first three boats in the championship. Norwegian Sailing Federations medals will be presented to the three first Norwegian boats. There will be prizes to 1/3 of the registered boats - some of which may be allocated by a draw.

31 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4, 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.

32 INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of € 1.000.000,- per incident or the equivalent.

Attachment 1

RACING AREAS AND RACE COURSES



This chart must not be used for navigation!

There are no islands or underwater rocks inside the designated racing areas, however, sailing to and from the racing areas there are several hazards.

Free maps of the area are available online at: <http://kart.gulesider.no/> - click on the link in the right hand corner marked 'Sjøkart' for maritime view of the maps.

Attachment 2

Arbitration Procedure

1. Introduction

- 1.1 This addendum applies when an arbitration procedure is used as an alternative to a protest hearing.
- 1.2 Arbitration is a quicker procedure providing lower penalties for any breach of the rules eligible for arbitration.

2. Declining Arbitration

- 2.1 When a party to the protest does not agree to arbitration, the protest will be heard by a full panel.

3. Accepting Arbitration

- 3.1 When both parties to the protest agree to arbitration they each agree;
 - (a) that the protest is valid; and
 - (b) to accept the arbitration decision as binding; and
 - (c) that no witnesses will be heard during the arbitration; and
 - (d) questions by parties will be limited to those necessary to establish the basic facts found.
- 3.2 When a party to the protest informs the protest committee that they do not wish to attend a hearing, that party will be deemed to have agreed to arbitration.

4. Arbitration Hearing

- 4.1 The arbitrators will be two members of the protest committee.
- 4.2 The arbitrators will hear the testimony of the parties and then give one of the following decisions:
 - (a) There was no breach of a rule by either boat; or
 - (b) One or both boats broke a rule of Part 2 and the Arbitration Penalty will be applied, or
 - (c) The case will be referred to a protest hearing.

5. Arbitration Penalty

- 5.1 An Arbitration Penalty (ARB) will be a scoring penalty of 30% (rounded up to the next whole number) of the number of entries. For the purposes of rule A4.2 Scoring the number of boats will be the number of boats assigned to the largest fleet.
- 5.2 If a points scoring penalty under the arbitration procedure would result in a score worse than DSQ, the penalty will be that corresponding to DSQ.
- 5.3 The scores of other boats will not be changed.

6. Protest Hearings

- 6.1 If the arbitrators have referred the case to a protest hearing, or if the protest committee initiates a reopening, any penalty given for a breach of a rule of Part 2 will be the Arbitration Penalty.
- 6.2 If the hearing is reopened at the request of a party to the protest under rule 66 (Reopening a hearing) any penalty given may be an Arbitration Penalty or disqualification at the discretion of the protest committee.
- 6.3 The panel for protest hearings held under 6.1 & 6.2 of this addendum may include one or both of the arbitrators.