



## SAILING INSTRUCTIONS

Shetland Race 21/6 – 27/6 2016

Organizing authority Hordaland Seilkrets

### CONTENTS

1	Rules .....	2
2	Race committee.....	2
3	Advertisements .....	2
4	Registration.....	2
5	Insurance.....	2
6	Changes in sailing instructions .....	2
7	Safety Regulations (separate document).....	2
8	Safety inspection.....	3
9	Crew limit / Crew list.....	3
10	Minimum fuel and water.....	3
11	Use of motor and motor driven pumps .....	3
12	Responsibility / Safety .....	4
13	Skippers meeting.....	4
14	Classes .....	4
15	Race schedule .....	4
16	The Courses .....	4
17	Starting lines .....	5
18	Starting systems and signals .....	5
19	Rules after sunset.....	5
20	Passing platforms in the North Sea .....	5
21	Position and passing reports during the race.....	5
22	Finishing lines .....	6
23	Passing the finish line .....	6
24	Time Limits .....	7
25	Boats declaration / report to the race committee.....	7
26	Scoring penalty .....	7
27	Retire from the race .....	7
28	Protests and request for redress .....	8
29	Scoring.....	9
30	Prizes.....	9
31	Race offices .....	9
32	Map (course westbound):.....	10
33	Map (start in Korsfjorden): .....	10
34	Map (Outer boarder for Lerwick harbour):.....	11
35	Map (Finish Lerwick): .....	12
36	Map (course eastbound):.....	12
37	Map (start Lerwick): .....	13
38	Map (Finish Korsfjorden): .....	13

## 1 Rules

The race will be governed by the current versions of:

- The rules as defined in the Racing Rules of Sailing (RRS) for 2013-2016 with the prescriptions of the Norwegian Sailing Federation (NSF),
- The International Regulations for Preventing Collisions at Sea (IRPCAS),
- ISAF The Equipment Rules of Sailing
- ISAF and ORC 2016-2017 Offshore Special Regs
- The updated rules for the Respite System NOR Rating 2016
- these Sailing Instructions.

## 2 Race committee

The technical meaning of the word "Race Committee" only include the following persons during the race:

Race committee in Bergen			Race committee in Lerwick	
Chairman	Fridtjov Bergmann	+47 90972899	Chairman	Stephen Johnston
Race Officer	Ulv K Hjellestad	+47 90064155		
		ulv@hjellestad.no		
Safety Officer	Svein Aaland	+47 91895610		

In addition the Race Committee will be officials at the Race Office in Lerwick, and officials directly connected to the starting- and finishing functions in Lerwick and Bergen.

All other persons supporting the total arrangement is not a part of the Race Committee in the technical meaning within a regatta.

Further details and other members of the organizing committee can be found on the race's web pages.

## 3 Advertisements

The race is classified in Category C in accordance with RRS Appendix 1 – ISAF

Advertising Code. The Organizing Authority will use sponsor advertising. The advertising ensign shall be attached to the yachts aft.


## 4 Registration

Eligible competitors / boats are approved by the Measurement Committee, and have completed their registration at the Organizer, as described in the Notice of Race.

## 5 Insurance

All competing yachts must hold valid insurance coverage.

## 6 Changes in sailing instructions

Any change to the Sailing Instructions, after approval from the Jury, will be delivered written before start in Bergen or in Lerwick. This will be signaled by flag "L"  hoisted outside the Race Office not later than 2 hours before Skippers meeting in Bergen or Lerwick.

## 7 Safety Regulations (separate document)

Competing boats shall have an overall length of 27' or more, (with exception of boats classified and authorized under the design specification of the Mini Transat 650), and constructed and equipped in

accordance with NSF Safety Regulations for Offshore racing, 2016 - 2017, category 3 with liferaft. All boats shall have fixed installed inboard motor. Motor, propeller shaft and propeller or saildrive shall be in proper functioning condition and be able to work immediately if it is needed by the situation. Boats carrying propane are required by Lerwick Harbour to have a gasdetector installed.

## **8 Safety inspection**

Entered boats shall be presented to safety control to the fixed time and place as decided by the Race Committee. This will be given with confirmation of entering the race after end of entering time. Safety control shall be notified in the boats log: "Safety control Shetland Race 2016" with date and the controller's signature.

Any faults in accordance to this paragraph in the Sailing Instructions shall be notified in the boats log and shall be fixed before start.

Any boat can anytime be picked out to another or new control (see Safety Instructions § 2.02).

Non competing or boats disqualified in accordance to safety regulations, will on the leg Bergen - Lerwick, not be included in the Organizers safety program if they would sail to Shetland outside the competition Shetland Race 2016.

Such boats shall stay clear of the starting line during the starting procedure and shall not interfere with a boat that is racing. Boats disqualified which are close to the starting area, shall have their sails furled, maneuver by the motor and display their national flag.

Boats disqualified in accordance to safety regulations in Shetland, will be included in the Organizers safety program for the leg Lerwick - Bergen. Such boats shall act as boats disqualified in Norway (see above), and they shall report to the Organizer at arrival in Norway.

## **9 Crew limit / Crew list**

9.1 Every entered boat shall have a crew of minimum 4 persons. This does not apply to "Double Handed" class where there is a minimum limit of 2 persons. For boats with displacement of 2200 kg or more, the NOR Rating-committee in HSK have given general dispensation from NOR Rating-rule 6.9 Crew Limits, § 2 "maximum number of crew members". I.e. these boats have no limits upward regarding number of crewmembers.

9.2 Any changes in the registered crew list before start in Bergen or in Lerwick shall be delivered written to the Race Committee before the start of skippers meeting.

9.3 If a boat has a missing, or faulty crew list, she will be deleted from the Competitors list.

9.4 During the races Bergen - Lerwick or Lerwick - Bergen is it not allowed to take onboard any new crewmember. Crew can be changed in Lerwick. If any crewmember is missing before start in Bergen or Lerwick, a written report shall be delivered the Race Committee at least 30 min. before the race starts in Bergen, or at the skippers meeting before start in Lerwick.

## **10 Minimum fuel and water**

Every racing sailboat shall have full fuel- and water tanks when they leave harbour for starting.

## **11 Use of motor and motor driven pumps**

Motor and motor driven pumps are only allowed for battery charging, drainage of keelson, to hoist an anchor and warping from ground. If a propulsion motor is used for this, a part of the transmission system between the gear and the propeller must stand still (locked). These restrictions is not a hinder for using a motor to rescue man over board, or to give assistance (RRS 1.1 and 41), and neither to use it in any dangerous situation, but under such circumstances a full report shall be given in the Boat Declaration.

## 12 Responsibility / Safety

- 12.1 The skipper on board have the responsibility that the boat is equipped to go through the regatta, and the skipper alone takes the decision that the boat and crew are able to start and finish this regatta (see safety rules § 1.2).
- 12.2 The Race Committee or Hordaland Seilkrets 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.
- 12.3 A boat, which, during the race to or from Shetland, sails with crewmembers, which are under the influence of alcohol, can be protested for infringing Safety Rule § 1.02.

## 13 Skippers meeting

- 13.1 Bergen - Skippers meeting will be at Bergens Seilforening, Hjeltestadveien 247, 5259 Hjeltestad Tuesday 21<sup>st</sup> June at 19.00.  
Written weather forecast and updated lists will be distributed, together with all information of general character.
- 13.2 Lerwick - Skippers meeting will be in the club Lerwick Boating Club, Saturday 25<sup>th</sup> June at 13.30 local time. Written weather forecast and updated lists will be distributed, together with all information of general character.

## 14 Classes

- 14.1 Class grouping will be as follows – with further details / changes to be handed out at the Skippers Meeting.

Class	
Class 1	*Double Handed NOR Rating
Class 2	NOR Rating with spinnaker up and including 0,920
Class 3	NOR Rating with spinnaker 0,921 – 0,984
Class 4	NOR Rating with spinnaker 0,985 and up

\*Requires documented proof of able yachtsmen on ocean-going Regattas for both crewmembers

## 15 Race schedule


- 15.1 Bergen - Lerwick, normal start.  
Start between Tekslo and Marstein Lighthouse Wednesday 22<sup>nd</sup> June at 10.00 local time.
- 15.2 Lerwick - Bergen, normal start.  
Race start from Lerwick Harbour Saturday 25<sup>th</sup> June at 16:00 local time

## 16 The Courses

- 16.1 **BERGEN – LERWICK**  
Start in the waters between Tekslo to north and Store Marsteinen to south with west direction over the starting line. Sail west in the North Sea to Shetland with free entrance north or south of Bressay and to the finishing line in Lerwick harbour. Distance 194 nautical miles (See charts at the last pages). (SI § 32, 33 and 34).
- 16.2 **LERWICK - BERGEN:**  
Start Lerwick harbour, and then sail south through Bressay Sound, out in the North Sea with Bard Head (the south point of Bressay) to be left on port. Continue over the North Sea and into the Korsfjorden and the finishing line at Marsteinen. Distance 194 nautical miles (See charts at the last pages). (SI § 36 and 37).

## 17 Starting lines

### 17.1 Bergen:

The starting line will be between 2 orange buoys, or between 1 orange buoy and the starting vessel, if it displays flag signal "M" . The starting line will be in open water between Tekslo and Marsteinen, outer Korsfjorden. (SI § 33)


### 17.2 Lerwick harbour:

The starting line in Lerwick harbour will be the line from the signal mast on the pier for Lerwick Boating Club, towards the light on Maryfield Ferry Terminal (Bressay), i.e. if you take a bearing to the light on Maryfield Ferry Terminal, character: Oc.WRG., on 064 degrees without correction for deviation. (SI § 37)

## 18 Starting systems and signals

18.1 All classes start together using class flag "D" .

18.2 Races will be started using RRS 26 with an extra attention signal 10 min. before start.

Warning signal	5 min. before start	Flag "D" displayed	one sound
Preparatory signal	4 min. before start	Flag "P"  displayed	one sound
One minute signal	1 min. before start	Flag "P" removed	one long sound
Starting signal	0 min.	Flag "D" removed	one sound

18.3 During the starting procedure, if possible, the starter will hold an open line on VHF channel 8 and do count downs.

## 19 Rules after sunset

In the period between 22:00 evening and 05:00 morning (Norwegian time) The International Regulations for Preventing Collisions at Sea (IRPCAS) will apply, and not the ISAF RRS Part 2. In this period and under restricted view the lanterns shall be on.

## 20 Passing platforms in the North Sea

When passing platforms or other installations in the North Sea the boats shall keep a distance at least 500 m to the installations.

## 21 Position and passing reports during the race

21.1 On the way to and from Shetland the boats shall give positions / passing reports as described in SI § 21.2 og 21.3. When reporting every boat shall state their call signal, sail number, boat name and position. In addition shall date and time incl timezone together with all the information from the report be notified in the boat declaration scheme.

When report for crossing declared east / west longitude is given, and the boat because of the wind direction will beat several times over the longitude, the report shall be given only the first time crossing in the race main direction.

21.2 Reporting on the leg Bergen - Lerwick.

During the race west from Bergen to Lerwick the boats shall report passing longitudes or positions as declared in the following table:

Passing:	Report to:	VHF-channel
004° 00' east longitude	Rogaland Radio Florø Radio	07, 22, 60, 81 21, 66, 79
000° 00' west longitude (Zero-meridian )	Shetland Coast Guard	16 → 67
Lerwick harbour outer border (SI § 34)	Lerwick Harbour	12

- Shetland Coast Guard shall be called on channel 16. When contact is established you will be asked to change to working channel 67.
- When reporting at 000° 00' west longitude and at outboard border for Lerwick harbour, you shall be ready to state the boats speed in knot and estimated time for arrival in Lerwick.

### 21.3 Reporting on the leg Lerwick – Bergen.

During the race eastwards from Lerwick to Bergen the boats shall report passing longitudes as declared in the following table:

Passing	Report to	VHF-channel
000° 00' west longitude (Zero-meridian)	Shetland Coast Guard	16 → 67
004° 00' east longitude	Rogaland Radio Florø Radio	07, 22, 60, 81 21, 66, 79

### 21.4 Failing to establish contact

It is called attention to that under special spherical and meteorological conditions it can be difficult to make contact over VHF to give position / passing reports. In that case the boat is asked to contact other competitors nearby and report to them. Notify in the boat declaration scheme the name of the boat reported to.

Still continue to call the organised report service (Rogaland Radio, Florø Radio, Shetland Coast Guard or Lerwick Harbour Trust) until contact is established. Then inform about the unsuccessful attempt for contact and state position, date and time when the real passing was. Also state the boats position when established contact. Notify established contact in boat declaration.

21.5 Passing report given to Rogaland Radio and Florø Radio as in SI § 21.2 og 21.3 is free of charge. All other traffic outside the report service, where traffic is charged, will be valued the normal way.

## 22 Finishing lines

### 22.1 Lerwick :

The finishing line for the race Bergen - Lerwick is in Lerwick harbour and will be the line from the signal mast on Lerwick Boating Clubs pier, towards the light on Maryfield Ferry Terminal (Bressay), i.e. if you take a bearing to the light on Maryfield Ferry Terminal, character: Oc.WRG, on 064 degrees without correction for deviation. The boat finishes by crossing the finishing line either from north or south, according to the chosen approach (See SI § 16.1, 16.2 and 35.)

### 22.2 Korsfjorden :

The finishing line for the race Lerwick - Bergen is in Korsfjorden and will be between Marsteinen lighthouse (N060 07'52,69 E005 00'35,46) and Tekslo light (N060 09'19,29 E005 00'25,88).

A boat finishes by crossing the line in direction from west towards east (See SI § 38).

## 23 Passing the finish line

23.1 Watchmen will attend the respective finishing lines. When passing the finishing line every boat shall record date and their own finishing time in Norwegian time (hour.min.sec). If possible, the boat shall notify the sail number on the competitor before and after over the finishing line. If there is inconsistency between the time taken onboard and the time taken by the linewatcher, the time taken by the watchmen will be official.

23.2 In reasonable time before the boat crosses the finishing line to finish they shall identify themselves to the watchmen over VHF channel 8, as follows:

By finish in Shetland: ***"Shetland Race Finishing Line Control"***

By finish in Norway: ***"Shetland Race Finishing Line Control"***

Note! Be sure that your boat has finished and cleared the finishing line and marks before you start the motor. Advice for finishing in the dark: Light up sail and sail number when you pass the line. Be sure of that the line watcher really has registered your sail number and finishing time.

- 23.3 When the boats are approaching finish in Lerwick and calls the watchmen over VHF they shall also state which way, approaching from north or south.
- 23.4 After finishing in Lerwick please read other information in this program regarding arrival to Lerwick and the harbour regulations in Lerwick. Among others how the boat will be given harbour space. Remember to call up «Lerwick Harbour» once more over VHF channel 12.

## 24 Time Limits

Time limits are as follows (in hours after starting signal):

Bergen – Shetland: 50 hours

Shetland – Bergen: 50 hours

Boats failing to finish within the time limit will be scored Did Not Finish (DNF). This changes RRS 35.

## 25 Boats declaration / report to the race committee

- 25.1 Every boat shall deliver a written boat declaration after each race. The declaration shall contain date and time for finishing, and information regarding position / passing all mentioned points given under way.
- 25.2 At Shetland shall the declaration be delivered at the Race Office on Victoria Pier, Lerwick. Boats retiring from the race on the way to Shetland and then returns to Norway can send their declaration to the Race Officer address in Norway.
- 25.3 In Norway the declaration be delivered in the letterbox at Hjellestadnaustet. (See SI § 39) Boats which retire from the race on the way to Norway or goes to another harbour than Hjellestad, can send their declaration to the Race Officer. (See SI § 2)
- 25.4 The time limit for delivering the Boat Declaration is the same as for lodging protest in Shetland (SI 28.1) and in Norway (SI § 28.2).
- 25.5 If a boat has incidents during the race, which could be an infringement of some of the rules for the race, and then takes a scoring penalty, protests or other action, it shall be reported in the Boat Declaration.

## 26 Scoring penalty

- 26.1 RRS 44.3, Scoring Penalty will apply for the following infringements and actions:
- breach of a rule in RRS Part 2
  - breach of §21 (minimum distance to platforms in the North Sea).
  - omission to give position / passing report as stated in SI § 21.
  - missing delivered or filled Boat Declaration in accordance with SI §2.
- 26.2 Boat who breach a rule in RRS Part 2 and then takes a «Scoring Penalty» shall display and act in accordance with RRS 44.3(a) (yellow flag and call the linewatcher's attention when finishing).

## 27 Retire from the race

- 27.1 Boats who retire from the race shall, if possible, report two times:
- As soon as the boat retires from the race.
  - As soon as possible, after the boat arrives in harbour or are secured in safety.

27.2 A report of retirement from the race shall contain:

- Boats sail number and name
- Position or locality
- Time for retirement / arrival in harbour
- Reason for retirement and the condition for crew and boat
- Destination in Norway or other country if report is given while retiring

27.3 A report of retirement from the race shall be given to:

a) At the time the boat retires from the race:

Race Officer, via Rogaland Radio or Shetland Coast Guard.

b) When the boat have arrived harbour or is secured in safety:

Harbour Shetland: Race Office, Lerwick Boating Club or Shetland Race Finishing Line Control

Harbour Norway: Race Officer or Safety Officer.

## 28 Protests and request for redress

Protest forms are delivered to each boat.

Boats intending to protest are asked to call the line watchers attention that they are displaying a protest flag when they call over VHF for finishing (See SI § 23.2).

28.1 For the race Bergen – Lerwick

Protests shall be delivered to the Race Office in Lerwick (See SI § 31.2), within 3 hours after the boat finished the race, or arrived the harbour in Shetland after retiring from the race. If the finish or arrival after retirement is between 19:00 and 07:00 (local time) the protest shall be delivered the following morning before 10:00. The Race Office Letterbox can be used if the Race Office is not attended.

**I** Boats retired from the race Bergen - Lerwick and returning to Norway can send the protest to the Race Officer address in Norway within 24 hours after the boat has arrived harbour in Norway. In that case the skipper shall establish contact with the safety coordinator for Shetland Race 2016 in Norway (See SI § 27.3) to inform which boat(s) or action is protested.

**II** On the official Notice Board at the Race Office in Lerwick, the notices will be posted to inform competitors the time and place for hearings in which they are parties or named as witnesses. When the signal flag "B" is displayed from the signal staff on the pier for Lerwick Boating Club, it means that a notice for protests is on the Notice Board. Copies of protests can be delivered from the Race Office. It is the competitors own responsibility to keep themselves informed about posted protests. The signal flag "B" will be lowered 3 hours after the time limit for boat with lowest NOR Rating

28.2 For the race Lerwick - Bergen

Protests can be delivered to the Race Office at Bergens Seilforening, within 3 hours after the boats finish, or arrival after retirement. When finishing, or arrival to Marsteinen after retirement, between 19:00 and 07:00 the protest shall be delivered within the following morning at 10:00. If the Race Office is not attended, the letterbox at Bergens Seilforening can be used. It is recommended that protests are communicated to the race committee immediately after arrival.

Boats that retire from the race Lerwick – Bergen and arrives other harbour or places than Marsteinen / Hjellestad shall inform about protests to the Race Officer through the Safety Officer for Shetland Races 2016 in Norway (See SI § 2) within 3 hours after boats arrival. Sail number and name of the protestor and protestee must be reported. The written protest must be delivered the Race Office at Marsteinen, or in the letterbox at Hjellestadnaustet, or posted to the Race Officer within 24 hours after the protest was reported



## 29 Scoring

### 29.1 Calculating corrected time:

The regatta is divided in 2 separate races, Norway - Lerwick and Lerwick - Norway. In both races will corrected time be calculated after the method "Time on time".

### 29.2 Scoring system:

The Low Point scoring system of RRS Appendix A will apply. The total score for each boat will be the sum of the points from the 2 races Norway – Lerwick - Norway. The score after corrected time in each race will be the basis for the Low Point System.

## 30 Prizes

There are several prizes in the Shetland Race 2016. These will be announced at the skippers meeting.

For each race there are prizes to 1/3 of the yachts in each class.

All skippers and crew will receive a Competitors Diploma and a Shetland Race pin.

Prize giving for the race Bergen – Lerwick will be held in Lerwick on Friday night 24<sup>th</sup> June

Prize giving for the race Lerwick – Bergen will be held in Bergen Monday night 27<sup>th</sup> June.

## 31 Race offices

### 31.1 Race office in Bergen:

Before the race Bergen - Lerwick: at Bergens Seilforening, Hjeltestadveien 247, 5259 Hjeltestad.

The official Notice Board will be placed outside the Race Office.

The Race Office is open: Tuesday 21<sup>st</sup> June 17:00 - 19:00

After the race Lerwick - Bergen: At Bergens Seilforening.

Information is also available on the Office web site <http://shetland-race.no/>.

### 31.2 Race office in Lerwick:

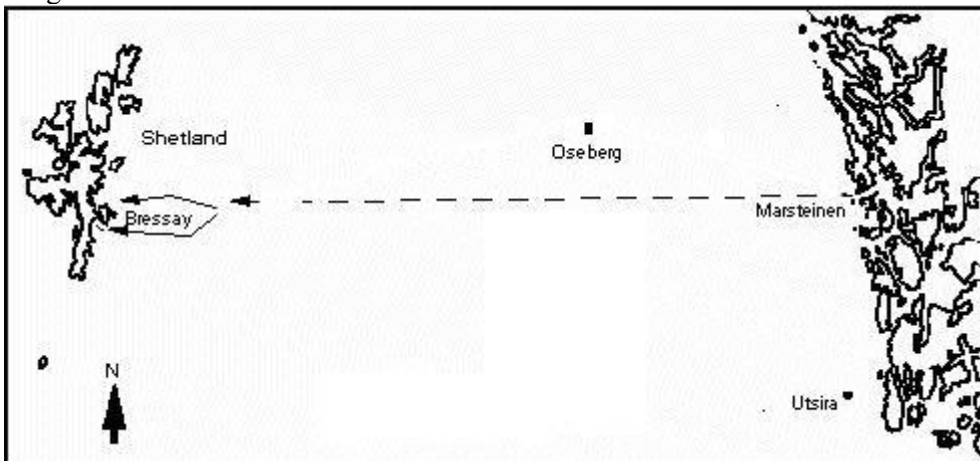
Lerwick Boating Club, 12a Commercial Street, Lerwick.

Telephone: +44 1595 696954 FAX: +44 1595 696954

Official Notice Board is in the clubs ground floor. Service Office is on Victoria Pier.

### 32 Map (course westbound)

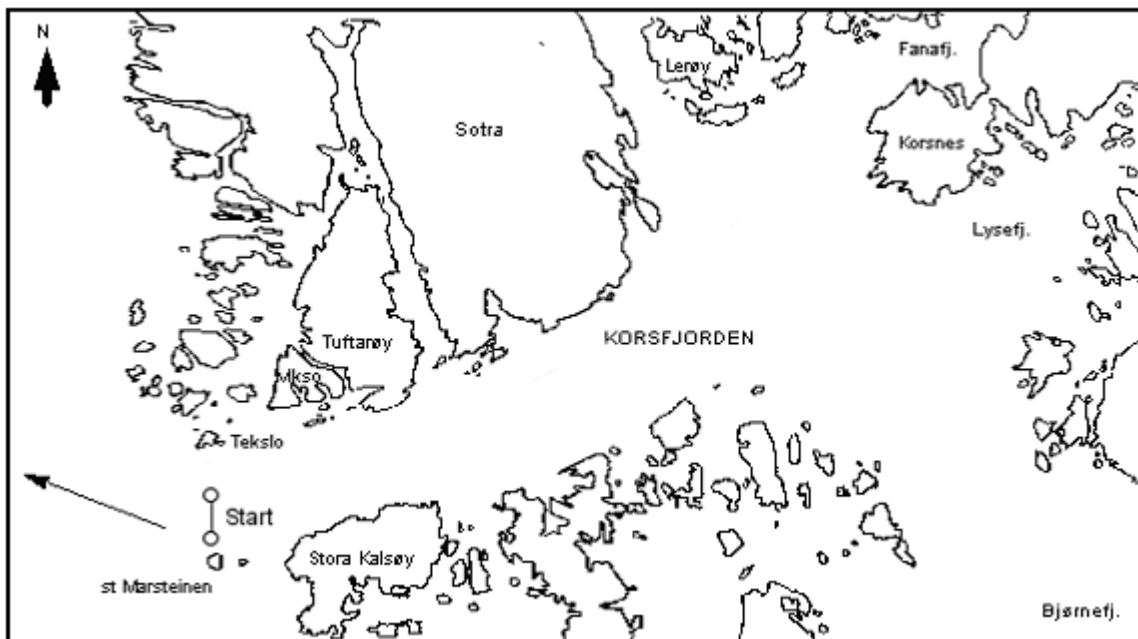
Bergen – Lerwick



Navigation after sea chart 301, North Sea, sea chart 559, North Sea northern part, or equivalent.

### 33 Map (start in Korsfjorden):

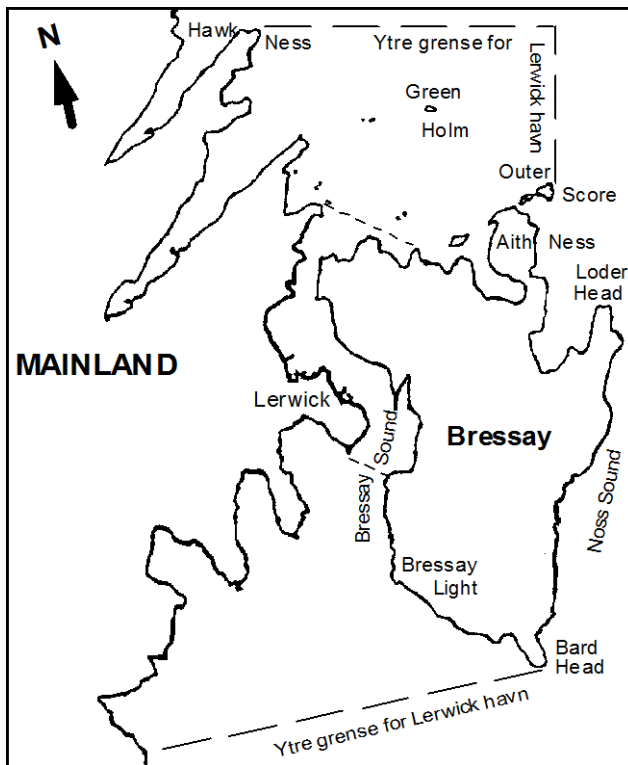
START IN KORSFJORDEN,



Navigation after sea chart 21 or Sjøkartverkets boat sport chart for the same waters.

### 34 Map (Outer boarder for Lerwick harbour):

Outer limit for Lerwick harbour



Navigation after Approches to Lerwick map no. 3291.

The outer borderlines are shown on the official Sea Chart no. 3291.

On the south the border is in a straight line from Bard Head with bearing approx. 260° against the headland The Skeo on the Mainland.

On the north the border is a line straight north (W 001° 04' 00'') from the east side of the island Outer Score and to crossing a line straight east (N 060° 13' 468'') from the headland Hawk Ness on the Mainland.

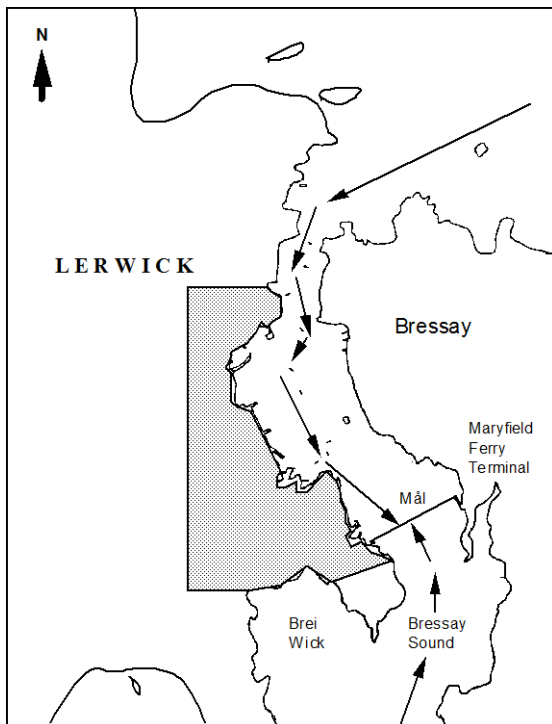
Note !

When boats are approaching the Outer border for Lerwick harbour they shall call Lerwick Harbour on VHF channel 12 to give passing report in accordance with SI § 21.1 and 21.2.

Lerwick Harbour Authority has a radar which cover both the southly and northly entrance to Lerwick from the outer parts and into the inner harbour..

### 35 Map (Finish Lerwick):

Finish Lerwick



Navigation after 'Approaches to Lerwick', map no. 3291, 3290. Chart for the finishing area in Lerwick harbour. The finish can be by crossing the finishing line either from south or from north.

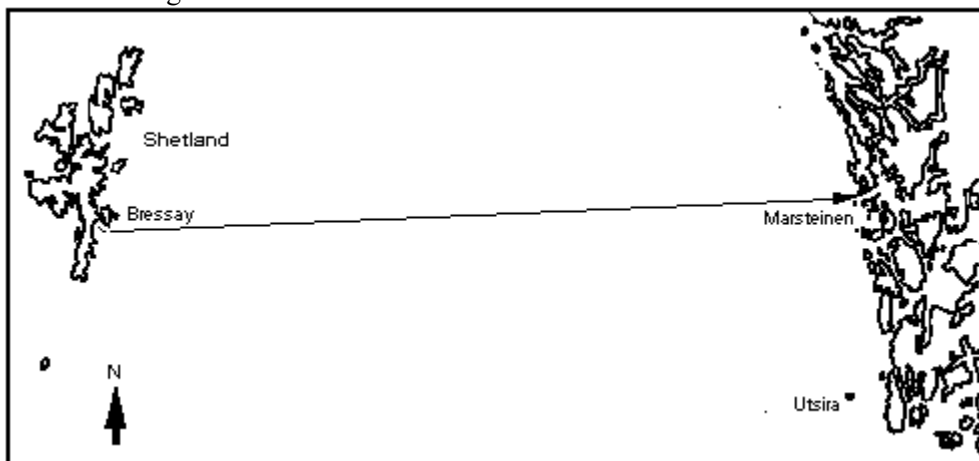
On the chart is the seaward approach from north and from south.

The approach arrows from north show the commercial approaching course and are not an expression of bounded sailing course.

Each skipper can choose, on his own responsibility, how the boat shall sail approaching the finishing line.

### 36 Map (course eastbound):

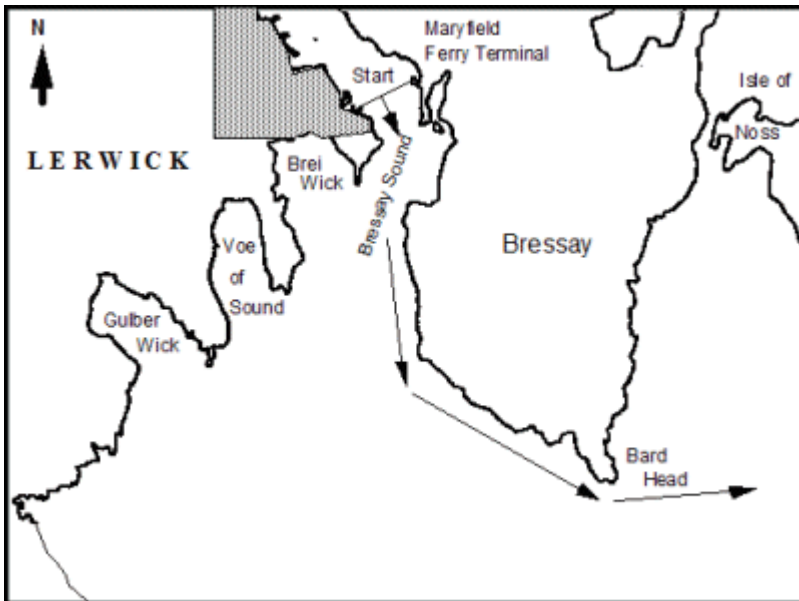
Lerwick - Bergen



Navigation after the Sea Chart 301, North Sea, Sea Chart 559, North Sea northern part, or equivalent.

### 37 Map (start Lerwick):

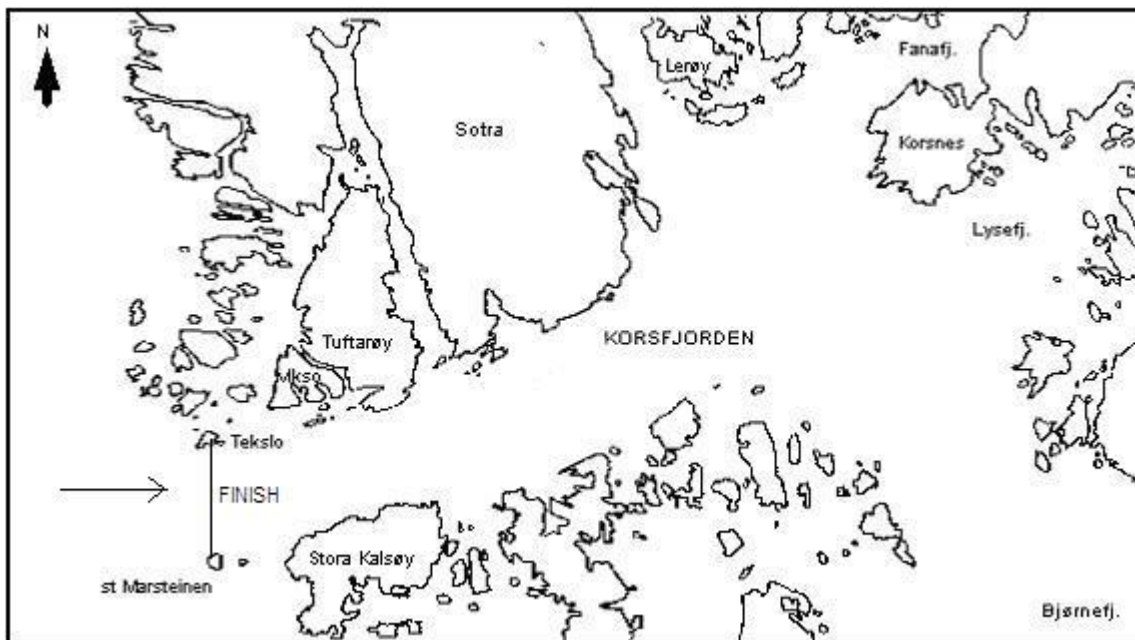
Start Lerwick



Navigation after 'Approaches to Lerwick', map no. 3290, 3291.

### 38 Map (Finish Korsfjorden):

Finish Korsfjorden



Navigation after Sea Chart 21, or Sjøkartverkets Boat Sport Chart on the same waters.