

**Athens International 420 Sailing Week
420 Open and 420 Women
&
Greek National Championship 2019
Athens, Greece 22nd - 25th March 2019**

SAILING INSTRUCTIONS

[DP] denotes a rule for which the penalty is at the discretion of the Protest Committee and may be less than disqualification.

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

[SP] denotes a rule for which a standard penalty may be applied by the race committee without a hearing.

1 RULES

- 1.1 The regatta will be governed by the 'rules' as defined in The Racing Rules of Sailing.
- 1.2 The Equipment Rules of Sailing for 2017 – 2020
- 1.3 The National Prescriptions 2017 – 2020 and the 2019 Prescription of the HSF racing programme.
- 1.4 The current valid Class Rules of the Int'l 420 Class
- 1.5 Appendix P shall apply
- 1.6 In RRS 61.1 is added: A boat intending to lodge a protest must inform the RC her intention to protest and the number of the protestee immediately after finish.
- 1.7 If there is a conflict between languages, the English text will take precedence.
- 1.8 If there is a conflict between the NoR and the SIs, the SIs instructions will take precedence (Change of RRS 63.7)

2 NOTICES TO COMPETITORS

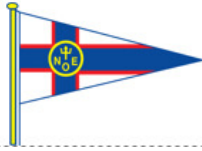
Notices to competitors will be posted on the official notice board located in front of the boat parking area

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 1800 on the day before it will take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at the flagpole located at the boat park area.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes'. This changes race signal AP
- 4.3 Flag AP over H displayed ashore means "Boats shall not leave the harbor until further instructions". This changes race signal AP over H.



5 SCHEDULE OF RACES

- 5.1 22 March 09:00 – 12:00 Registration
- 5.2 22 March 13:30 First warning signal
- 5.3 23 March 11:00 First warning signal
- 5.4 24 March 11:00 First warning signal
- 5.5 25 March 11:00 First warning signal
- 5.6 11 races has been scheduled to be sailed. No more than 3 races will be sailed each day.
- 5.7 At the last day of the Event no warning signal will be made after 16:00

6 CLASS INSIGNIA

Class flags will be the class 420 insignia on white background.

7. RACING AREA

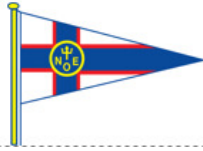
Races will be held at Phaliron Bay.

8. COURSES

Attachment A describes the course, and the marks and approx. angles.

9. MARKS

Mark	420 Course
Start	Signal Race Vessel Orange Flag.
Start (pin)	Staff Buoy with Orange Flag
Finish	Race Vessel with Orange Flag FINISH.
Finish (pin)	Staff Buoy with Orange Flag
Marks 1-2-3 Course	Yellow pyramid Buoy
Mark 4S/4P (gate)	Yellow pyramid Buoys
Change of Course	Green pyramid Buoy



10. THE START

- 10.1 The starting line will be between a staff on the RC vessel displaying orange flag on starboard end and a staff displaying orange flag on a mark at the port end.
- 10.2 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 the warning signal is made.
- 10.3 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS)

11. CHANGE OF THE NEXT LEG OF THE COURSE

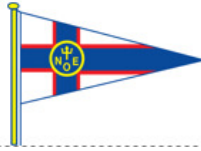
- 11.1 To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable.
- 11.2 When a subsequent change a new mark is replaced, it will be replaced by an original mark.

12. THE FINISH

The finishing line will be between staffs displaying an orange flag on the Race Vessel on port end and a staff buoy with orange flag on the starboard end.

13. PENALTY SYSTEM

- 13.1 A boat that has taken a penalty or retired under rule 44.1 shall complete an acknowledgment form at the race office within the protest time limit.
- 13.1 Penalties for breaches of sailing instructions 18, 19, 21, 22 and 24 may be less than disqualification if the Protest committee so decides. Breaches of rules in the sailing instructions marked SP will not be grounds for a protest by a boat. This changes rule 60.1(a).
- 13.2 Penalties for RRS, the 420 class rules or rules in the NoR and SIs marked as DP are at the discretion of the international Jury. A boat may accept a discretionary penalty for the breaches stated above before a hearing concerning the same incident by completing a form available at the Protest committee office.
- 13.3 For breaches of the SIs marked as SP the Race Committee may apply a standard penalty without a hearing. The standard penalties will be posted in the official notice board. However, the race committee may protest a boat when they consider the standard penalty to be inappropriate. This changes RRS 63.1 and Appendix A5.



14 TIME LIMITS AND TARGET TIMES

14.1 Time limits for the first boat are as follows:

Class	Target Time	Time Limit	Mark 1	Finish
Window	40	60	20	15

14.1 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 rule 62.1(a).

14.2 Boats failing to finish within 15 minutes will be scored DNF

15 PROTESTS AND REQUESTS FOR REDRESS

15.1 Protest forms are available at the regatta office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit

15.2 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. The same time limit applies for protests lodged by the RC, IJ and TC. This changes RRS 61.3 and 62.2

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

15.4 A list of boats that, under instruction 1,5 have been penalized for breaking rule 42 will be posted before the end of the protest time limit

15.5 Notices will be posted on the Official Notice Board within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Protest committee room located at the HSF offices, beginning at the time posted. Hearings may be scheduled to begin up to 30 minutes before the end of protest time limit.

15.6 On the last day of racing a request for reopening a hearing shall be delivered:

- within the protest time limit if the party requesting reopening was informed of the decision on the previous day;
- no later than 30 minutes after the party requesting reopening was informed of the decision on that day.

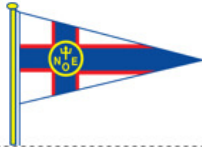
This changes rule 66.

16 SCORING

16.1 RRS Appendix A will apply. Four races are required to be completed to constitute a series.

- When fewer than 4 races have been completed, a boat's series score will be the total of her race scores.
- When 4 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

Divisions scoring will be extracted from the overall scoring



17 [DP] [NP] SAFETY REGULATIONS

- 17.1** Boats not leaving the harbour for the day's races shall notify the regatta office as soon as possible.
- 17.2** A boat that retires from a race shall notify the race committee before leaving the course area, or if that is not possible, she shall notify the regatta office as soon as possible after she returns to the harbor.
- 17.3** Boats needing help should draw the attention by using whistle or hand signals. The RC may decide to help a boat if believes that this is necessary even if the competitors has not request it. This cannot be ground for redress according to RRS 62.1.a.
- 17.4** Use of personal floating device (PFD) is mandatory for all athletes, coaches and members of the committees at all times while on the water as per article 1 of the HSF National Prescriptions.

18 [DP] [NP] REPLACEMENT OF EQUIPMENT

- 18.1** Substitution of damaged or lost equipment will not be allowed unless approved by the Technical or Race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

19 [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 can be instructed by a Technical or Race Committee member to proceed immediately to a designated area for inspection.

20 OFFICIAL BOATS

Official boats will be marked as follows:

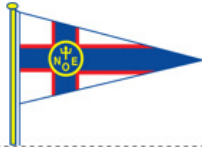
RC boats: orange flag with black RC

PC boats: white flag with black IJ

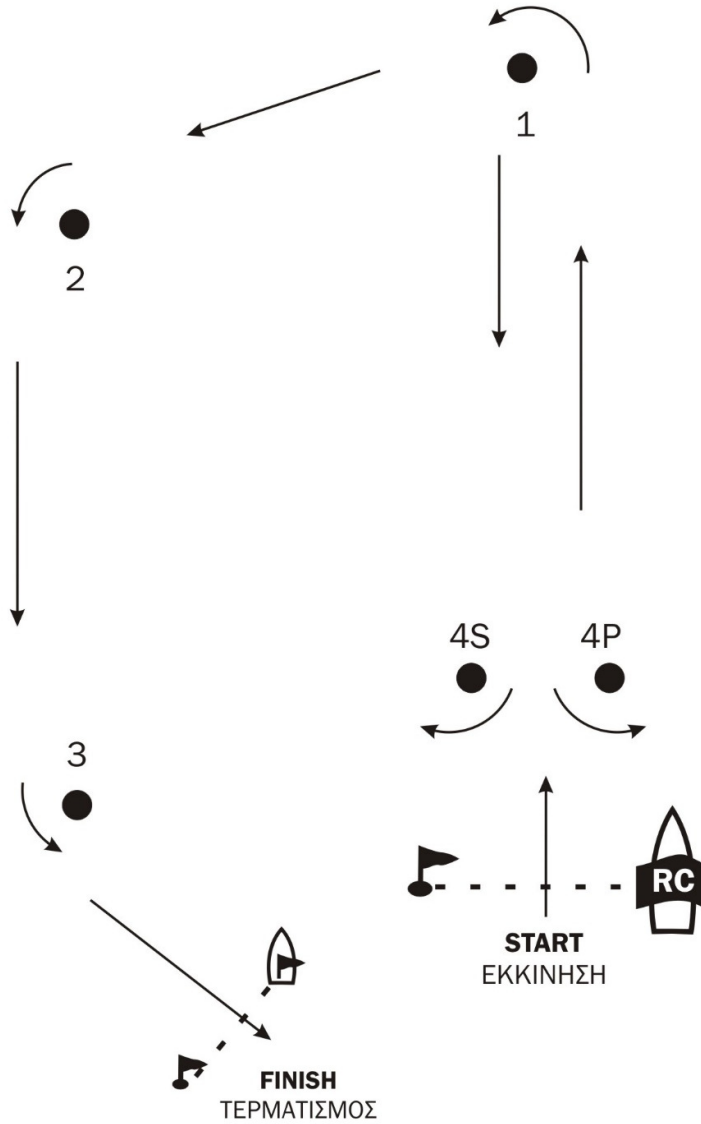
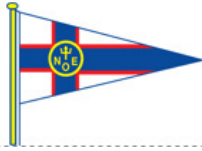
Actions by the official boats will not be grounds for a request for redress by a boat. This changes rule 62.1(a).

21 [DP] SUPPORT BOATS

- 21.1** Except when rendering assistance to a boat in danger at that boat's request or at the request of the race committee, team leaders, coaches and support personnel shall stay 100m outside areas where boats are racing from the time of the first preparatory signal for the first class to start until all boats have finished or the race committee signals a postponement, general recall or abandonment.
- 21.2** Support boats shall be registered at the Regatta Office, and shall be marked with their country flag or letters.
- 21.3** Each coach/support boat shall be identified by national flag or 3 letter country code, at all times while on the water. Greek coach/support boats shall additionally display the identification of their club
- 21.4** A breach of RRS 64.4 and Rule 1 of the HSF National Prescriptions concerning PDF by any coach or support personnel of a team, may penalize, by at least 2 points, all members of the team in that race.



- 22 [DP] [NP] TRASH DISPOSAL**
Boats shall not put trash in the water. Trash may be placed aboard support and race committee boats.
- 23 RADIO COMMUNICATION**
Except in an emergency, boats that is racing shall not make voice or data transmissions and shall not receive voice or data transmissions that is not available to all boats. This restriction also applies to mobile telephones.
- 24 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.
- 25 INSURANCE**
Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of € 540.000 per event or the equivalent.
- 26 MEDIA WAIVER**
A competitor participating at this Event automatically grants to the Organizing Authority and the sponsors the right in perpetuity, to make, use and show, from time to time and at their discretion any motion pictures and live, taped or film television and other reproductions of him/her and his/hers activities during the period of the competition of the Event in which the competitor participates and in all material related to the Event, without compensation.
- 27. PRICES**
Medals will be awarded to the First, second, and third place crews of Athens International 420 sailing week 2019.



ZI : Εκκίνηση (Start) - 1 - 4S/4P - 1 - 2 - 3 - Τερματισμός

XI : Εκκίνηση (Start) - 1 - 4S/4P - 1 - 4S/4P - 1 - 2 - 3 - Τερματισμός