



2019 Cock Island Race

15 June 2019
Portsmouth, VA

SAILING INSTRUCTIONS (6/07/2019)

1. **RULES:** The Racing Rules of Sailing (RRS) for 2017-2020 and prescriptions of US SAILING, as modified by these sailing instructions.
2. **NOTICES TO COMPETITORS:** Printed copies of the notices to competitors, Sailing Instructions and amendments will be posted on the Official Notice Board, located near the Portsmouth Water Stage.
3. **CHANGES TO SAILING INSTRUCTIONS:** In writing and posted to the notice board before **2030, 15 Jun 2019**. Skippers are responsible for complying whether or not they attend the skippers' meeting.
4. **CLASSES:**
 - 4.1. **PHRF Classes.** Open to all self-righting monohull boats 20' LOA or longer with 2019 PHRF of the Chesapeake Valid Ratings. Boats must meet Category 5P Special Regulations criteria. Boats will display PHRF of the Chesapeake class flags from their backstays.
 - 4.2. **"Cruising" (formerly known as Soft Core) Classes.** Open to all self-righting monohull boats 20' LOA or longer without 2019 PHRF of the Chesapeake Valid Ratings. Boats must meet USCG safety and equipment criteria. Boats will be assigned a courtesy rating which may not be appealed, and shall display assigned color streamers (provided in the skipper's bag at registration) from their backstay:
C1 Purple
C2 Orange
C3 Green

5. SCHEDULE OF RACES:

- 5.1. The 2019 Cock Island Race will be held on 15 June 2019.
- 5.2. The RC will attempt to give an Attention signal, consisting of a VHF 72 call and multiple horns, at approximately 0855. The first Warning will occur at 0900L, RC time.
- 5.3. Anticipate starts as follows (use only as a guide; refer to RC flags, Appendix A Cock Island Racing Divisions, to determine actual start times):

Class	Class Flag	Warning	Prep Up	Prep Down	Start
PS A	No 9	0900	0901	0904	0905
NS1	No.5	0905	0906	0909	0910
C1	Purple	0910	0911	0914	0915
C2	Orange	0915	0916	0919	0920
C3	Green	0920	0921	0924	0925

- 5.4. If the RC postpones a start or abandons a race, the decision for subsequent starts will be at RC discretion. The RC will resume starts following the sequence above with timing adjusted as required.

6. RESTRICTIONS:

- 6.1. All boats must be capable of transmitting and receiving VHF Channel 72.

6.2. Boats in the PHRF-NS Classes and Cruising Classes are restricted from using Spinnakers/ drifters/bloopers/gennakers/Code Zero sails. PHRF-NS1 and NS2 boats are permitted two (2) headsails. Cruising Classes are restricted to one headsail only (exception: two headsails are permitted briefly during sail changes). Maximum unpenalized length of whisker poles is J. Maximum unpenalized genoa LP is 155%.

7. RACING AREA / COURSES:

7.1. Refer to Attachment A. Marks denoted “(p)” are to be left to Port, marks designated “(s)” are to be left to Starboard.

7.2. The RC will designate the course(s) to be sailed on the course board located at the RC station on the Portsmouth Seawall. Boats shall sail the course designated by the letter by their class flag depiction as posted on the course board. Skippers can anticipate 3 courses: PHRF A shall sail the longest course; PHRF NS1 and C1 shall sail the intermediate course; C2/3 shall sail the shortest course. **THE CLASS-DESIGNATED COURSE CANNOT BE SHORTENED AFTER THE START.**

8. THE START:

8.1. RRS 26 procedures (see Appendix C). Boats in classes not yet in sequence should remain clear of the starting area to avoid interfering with boats in their start sequence. An interfering boat is subject to protest under RRS 24.1.

8.2. The starting line will be between the Orange flag at the Race Committee tent on the Portsmouth Seawall and the starting drop mark (Yellow Cylinder) on the Southern Branch of the Elizabeth River across from the Race Committee tent.

8.3. INDIVIDUAL RECALLS. Per RRS 29.1. In addition, the RC may attempt a hail to OCS boats on VHF 72. The hail is a courtesy; its timing, the sequence of boats recalled, or perceived lack of courtesy hail does not absolve a boat from the responsibility to correct a starting error.

8.4. GENERAL RECALLS. Per RRS 29.2. The starting sequence will resume with the recalled class. All remaining start times will be delayed by the time necessary to restart the recalled class.

8.5. POSTPONEMENT. The RC may postpone starts to allow for commercial shipping or to deal with safety issues. All start times for classes not started will be delayed as necessary. The start sequence will resume one minute after the AP flag is lowered.

9. THE FINISH:

9.1. The finishing line will be the line between the Yellow Cylinder drop mark on the Southern Branch of the Elizabeth River and the Orange flag at the RC station on the Portsmouth Seawall.

9.2. Boats are also required to display their assigned bow number as provided in the skipper’s bag upon finishing until acknowledged by the RC. Boats who fail to comply may not be scored.

9.3. Boats **must** complete a scoring certificate and turn it in at the drop box located at the Water Stage in the North Harbor Inlet. Boats failing to comply will be considered to have not completed all tasks required to Finish and will be scored DNF without a hearing.

10. PENALTY SYSTEM:

- 10.1. A retiring boat shall advise the RC as soon as practical.
- 10.2. When a boat breaks a Right of Way (Part II) Rule and the infraction has not caused injury or damage, she may absolve herself by completing a Two Turns penalty. RRS 44.3 (alternative scoring penalty) is not applicable.

11. TIME LIMITS:

- 11.1. The time limit for all races is 3:00 PM. Boats not finished by 3:00 PM should retire, inform the Race Committee on VHF 72, and return to the docks for the post-race party.
- 11.2. Deadline to submit scoring certificates is 4:00 PM.
- 11.3. Deadline to submit protests or requests for redress is 4:00 PM.

12. PROTESTS AND REQUESTS FOR REDRESS:

- 12.1. The decision to protest rests with competitors. The RC will refrain from filing protests on behalf of boats. However, the RC may testify at protest hearings regarding incidents witnessed if requested.
- 12.2. A boat wishing to protest another boat shall promptly hail the boat being protested and display a red flag. She shall keep this flag flying until she finishes or retires. She must file a written protest before the deadline with the RC or submit it in the Scoring Certificate box with her certificate.
- 12.3. A boat intending to protest shall inform the RC upon finishing or retiring, and identify the boat(s) being protested. She shall call the RC's attention to her red flag upon finishing.
- 12.4. Protests and requests for redress will be heard by a Protest Committee appointed by the RC. Upon the filing of a protest or request for redress, the RC will coordinate with the parties and Protest Committee. Hearings will be scheduled as needed immediately following the races; schedule posted at the Water Stage.
- 12.5. Arbitration will not be offered.

13 SCORING:

- 13.1. This regatta will be scored using the RRS Appendix A Low Points scoring system.
 - 13.2. The Hanbury Cup will be awarded to the boat in a PHRF Class (A/B/C/NS1/NS2) winning her Class by the greatest corrected margin.
- 14. SAFETY:** The decision to race or continue racing or retire rests with an individual skipper. Should prevailing or forecast conditions be questionable, the RC will be available via cell phone: **(309) 573-4891** and after 0800 on Race Channel (**VHF 72**).

15. COMMERCIAL TRAFFIC AND NAVAL VESSEL PROTECTION ZONES:

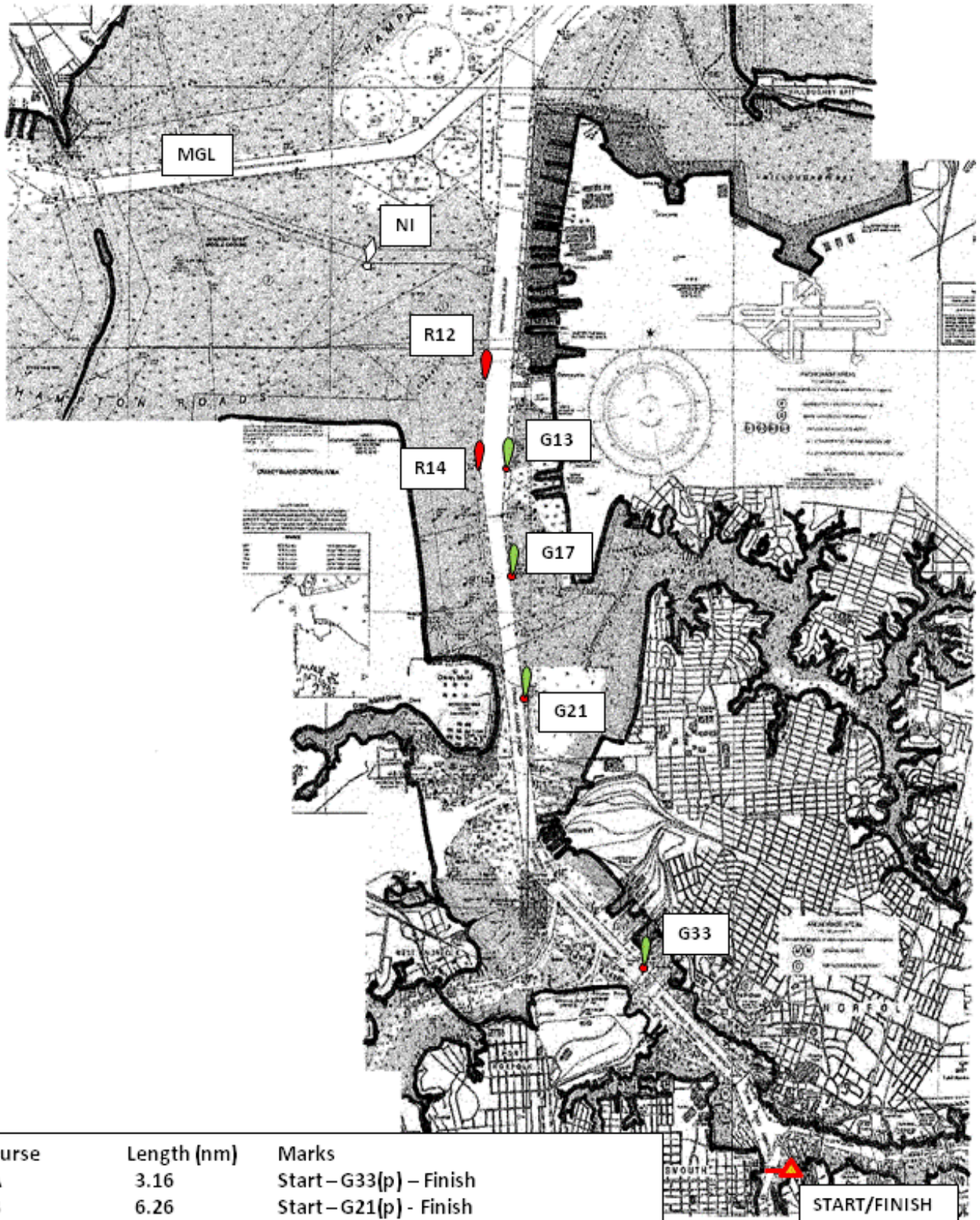
- 15.1. Any attempt by a contestant to exercise right of way, to cross in close proximity to or to interfere with the reasonable transit of the race area by commercial freighters, tugs, or tows, and other vessels which are unable to respond readily will be grounds for a protest. Should such a protest occur, the burden of proof is on the boat allegedly interfering. Contestants must take evasive action well in advance of any potentially dangerous situation.
- 15.2. Under RRS 42.3(h) and (i), a boat may use any means necessary, including an engine, to clear right of way traffic in established shipping channels, provided she does not gain significant advantage through her actions. While she is subject to protest, Rule 62.1 is modified to consider her request for redress under these circumstances.

- 15.3.** All contestants will remain clear of Naval Vessel Protection Zones and United States Government restricted areas at all times. This includes naval vessels moored to piers and in shipyards located along the River. If warned to clear the area by a security boat – do so at the first safe opportunity.
- 16. RADIO COMMUNICATION:** Racers will monitor **VHF 72**. While racing, competitors shall not obtain navigational or weather information that is not available to the general public by any means (e.g. VHF, cell phone, or Internet). Boats should monitor VHF Channel 72 during the start for recalls and any other information the Race Committee may issue. It is suggested that boats racing monitor VHF Channel 16 and the NOAA Weather Broadcasts and make contact with commercial traffic on VHF Channel 13 as appropriate to maintain safety.
- 17. MEDIA RIGHTS:** By their entry, competitors give absolute right and permission for any photograph or video footage of themselves or the boat they are sailing to be published in any media the regatta organizers see fit.
- 18. DISCLAIMER OF LIABILITY:** Competitors participate in the regatta entirely at their own risk. See RRS, Rule 4, Decision to Race. Portsmouth Boat Club, Inc.; the City of Portsmouth, Virginia; the United States Coast Guard; Harbor Patrol and local law enforcement agencies; and the Race Committee will not accept liability for material damage, personal injury, or death sustained in conjunction with or prior to, during, or after the regatta.

APPENDIX A – COCK ISLAND RACING DIVISIONS

Class		Flag
PHRF A	9	
PHRF B	6	
PHRF C	7	
PHRF NS1	5	
PHRF NS2	BLUE	
Cruising 1	PURPLE	
Cruising 2	ORANGE	
Cruising 3	GREEN	

APPENDIX B – COCK ISLAND MARKS AND COURSES



Course	Length (nm)	Marks
A	3.16	Start – G33(p) – Finish
B	6.26	Start – G21(p) - Finish
C	8.10	Start – G17(p) - Finish
D	9.78	Start – G13(p) - Finish
E	11.22	Start – R12(p) - Finish
F	13.60	Start – R12(p) – NI(p) – R14(s) - Finish
G	15.98	Start – R12(p) – MGL(p) – R14(s) - Finish

APPENDIX C – RRS 26 STARTING PROCEDURES

Warning	5-minutes to Start	<p>Class Flag Up (A Fleet Shown)</p> 	Cannon	
	4-minutes to Start	 <p>Prep Flag Up</p>	Short Horn	<ul style="list-style-type: none"> • Racing Rules in effect; • Motor out of gear or off; • Boats may protest rules infractions
	1-minute to Start	 <p>Prep Flag Down</p>	Long Horn	One Minute
Start	Start	 <p>Class Flag Down</p>	Cannon	Start

Note: The RC may signal starting penalties by using the Z, or Black Flag in lieu of the Prep. In this case, the One Minute signal starts the time in which these penalties may be applied to boats which cross the line early.

Note: The “I” Flag (RRS 30.1) starting penalty will not be used – “round the ends” is impractical.

Note: The RC will lower any remaining Over Early signals from the preceding start at the One Minute signal whether boats have cleared or not to ready for the next class’ start.

A boat competing in a class listed below shall clearly display a class flag or class streamer - at the stern approximately 5 feet up on the backstay if available.