



1st CNS OPEN INTERNATIONAL SAILING REGATTA 2023

14-20 March 2023

KARACHI-PAKISTAN

SAILING INSTRUCTIONS

Organizing Authority: Pakistan Navy/ Pakistan Sailing Federation

1. Rules

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*, No national authority prescriptions will apply
- 1.2 In all rules governing this regatta:
 - 1.2.1 [NP] denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a).
 - 1.2.2 [SP] denotes a rule which a standard penalty may be applied by the Race Committee without a hearing, or a discretionary penalty applied by the international Jury with a hearing. This changes RRS 63.1, RRS A5.1 and A5.2.
- 1.3 The first three sentences of RRS 61.1(a) is changed to “A boat intending to protest shall inform the other boat at the first reasonable opportunity. When her protest will concern an incident in the racing area that she was involved in or saw she shall hail “Protest”. She shall inform the race committee at the finishing line immediately after finishing of the boat/s being protested or as soon as practicable after she retires. Rule 40 applies at all times while boats are afloat on the water
- 1.4 [DP] chartered boats shall be handled according to the **Attachment E**
- 1.5 If there is a conflict between Sailing Instructions and Notice of Race, the Sailing Instructions will take precedence.

2. [DP][NP] Advertising, Identification, Camera and Electronic Equipment

- 2.1 Boats shall display event sponsor advertising, if required by the Organizing Authority. The Organizing Authority will supply the advertisements and instructions for their use.
- 2.2 Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the Organizing Authority.
- 2.3 The use of other cameras, sound equipment or positioning equipment will not be allowed.

3. [DP] Code of Conduct

- 3.1 Competitors and support persons shall comply with any reasonable requests from a regatta official
- 3.2 Competitors shall handle any boats or equipment provided by the organizing authority with proper care and seamanship, and in compliance with any written instructions
- 3.3 [SP] Boats not racing shall avoid the area where boats are racing and any official boats
- 3.4 The OA may reduce or remove a prize in the case of misconduct or refusal to comply with any reasonable request, including attendance at official functions

4. Notices to Competitors

Notices to competitors will be posted on the Official Notice Board (ONB) located at the PN Aquatic Club

5. Changes to the Sailing Instructions



Any change to the sailing instructions will be posted before 10:00 hrs on the day it will take effect, except that any change to the schedule of the first races of a day will be posted by 20:00 hrs on the day before the day it will take effect

6. Signals made Ashore

- 6.1 Signals made ashore will be displayed on the Official Flag Pole located next to the Slipway
 6.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in race signal AP
 6.3 [SP] [DP] Flag D with a sound signal means: 'The warning signals will be made not less than 45 minutes after flag D is displayed or not before the scheduled time, whichever is later. Boats shall not leave their allocated berths until this signal is made'

7. Regatta Format

- 7.1 The regatta will be sailed in single series of 12 races for all classes
 7.2 Classes may be grouped to start together. See SIs 13.4

8. Schedule

8.1 Daily schedule

Date / Day	Time	Event
14 Mar 2023 (Tuesday)	-	Arrivals/ Registrations
15 Mar 2023 (Wednesday)	1000 hrs	Registrations
	1400 hrs	Practice Race
	1700 hrs	Opening Ceremony (Formal Rig – Color/ Tracksuit)
16 Mar 2023 (Thursday)	0900 hrs	Morning Brief
	1100 hrs	Races
17 Mar 2023 (Friday)	1230 hrs	Morning Brief
	1430 hrs	Races
18 Mar 2023 (Saturday)	0900 hrs	Morning Brief
	1100 hrs	Races
19 Mar 2023 (Sunday)	0900 hrs	Morning Brief
	1100 hrs	Races
	1600 hrs	Leave PN Aquatic Club for Closing Ceremony (Formal Rig to be carried along in the morning)
	1700 hrs	Prize Distribution Ceremony/Hi Tea/Departures
20 Mar 2023 (Monday)		Departures as per plan

- 8.2 No more than 3 races shall be sailed each day
 8.3 Races not sailed on the scheduled day may be sailed on the following day at the discretion of the Race Committee
 8.4 The warning signal for each succeeding race will be made as soon as practicable
 8.5 No warning signal will be made after 14:30 on the last day

9. Class Flags

Class flags will be:

Class	Flags
ILCA 7	ILCA letters on White Flag
ILCA 4	ILCA letters on Yellow Flag
RSX	RSX letters on White Flag

10. Racing Areas

Attachment A shows the location of racing area



11. The Courses

11.1 The diagrams in Attachment B show the courses, the course designations, the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left

12. Marks

- 12.1 Marks 1, 2, 3 and 4 will be **Orange inflatable cylindrical buoys.**
- 12.2 The starting marks will be the race committee vessel displaying an **Orange flag** and an **Orange buoy.**
- 12.3 The finishing marks will be the race committee vessel displaying a **Blue flag and a black buoy.**
- 12.4 New marks as provided in instruction 14.1 will be **Orange inflatable cylindrical buoy with Black band around.**
- 12.5 A race committee vessel signaling a change of course is a mark as provided in S.I. 14.1.
- 12.6 If there is no gate in the courses (Attachment-B) the mark will be left to port.

13. The Start

- 13.1 The starting line will be between a staff displaying **Orange flag on the starting vessel and an orange buoy.**
- 13.2 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound for at least five minutes before a warning signal is displayed
- 13.3 **[DP][NP]** Boats whose warning signal has not been made shall avoid the starting area. The starting area is defined as a rectangle 50 meters from the starting line and marks in all directions
- 13.4 The Race Committee may start together more than one class by displaying their class flags together with the warning signal
- 13.5 **[DP][NP]** Boats that have finished shall return directly to the starting area or **ashore** keeping well clear of all boats racing and of all boats whose warning signal has been made
- 13.6 A boat starting later than four minutes after her starting signal will be scored DNS. This changes RRS A4 and A5.
- 13.7 Starting order will be RS:X, ILCA 7 and ILCA 4.

14. Change of the Position of the Next Mark

14.1 When a new mark is laid, the original mark will be removed as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by the original mark

15. The Finish

The finishing line will be between a finishing vessel displaying **Blue flag and black mark.**

16. Penalty System

- 16.1 Appendix P, *Special Procedures for RRS 42*, will apply
- 16.2 RRS P2.3 will not apply and RRS P2.2 is changed so that it will apply to any penalty after the first one

17. Time Limits

17.1 Time limits are as follows:

CLASS	Time Limit	Mark 1 Time Limit	Finish Window	Race Target Time
ILCA	75 min	25 min	15 min	40 – 45 min
RS:X	50 min	15 min	10 min	20 -25 min

17.2 If no boat has passed Mark 1 within the Mark 1 time limit the race will be abandoned



17.3 Boats failing to finish within the time stated in the Finish Window after the first boat sails the course and finishes will be scored Did Not Finish. This changes RRS 35, A4 and A5

17.4 Failure to meet the target time will not be grounds for redress. This changes RRS 62.1(a)

18. Hearing Requests

18.1 To inform the race committee of the boat/s being protested, the boat intending to protest shall approach the starboard side of the Race Committee vessel immediately after finishing and shall hail protested boat's sail number(s)

18.2 Hearing Request forms are available at the Regatta Office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

18.3 For each class, 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, whichever is later.

18.4 Notices will be posted 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 room, located in the PN Aquatic Club. Hearings may be scheduled to begin up to 30 minutes before the end of the protest time.

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

18.6 A list of boats that have been penalized under Appendix P for breaking RRS 42 and under SI 18.7 will be posted.

18.7 For breaches of the SIs marked [SP] the race committee may apply a standard penalty without a hearing. A list of these breaches and the associated standard penalties will be posted on the Official Notice Board. However, the race committee may protest a boat when they consider the standard penalty to be inappropriate. A boat that has been penalized with a standard penalty can neither be protested for the same incident by another boat nor can another boat request redress for this race committee action. This changes RRS 60.1, 63.1 and Appendix A5.

18.8 On the last scheduled day of racing;

18.8.1 a request for reopening a hearing shall be delivered within the protest time limit if the requesting party was informed of the decision on the previous day; or no later than 30 minutes after the requesting party was informed of the decision on that day. This changes RRS 66.

18.8.2 a request for redress based on a jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2

19. Scoring

19.1 The Low Point System of RRS Appendix A will apply. RRS A8 is deleted.

19.2 To request correction of an alleged error in posted race or series results, a boat may complete a scoring enquiry form available at the Regatta Office.

19.3 At least 3 races are required to be completed to constitute the regatta series.

19.4 Discards:

19.4.1 When fewer than 3 races have been completed, a boat's series score will be the total of her race scores.

19.4.2 When 4 to 8 races have been completed, a boat's series score will be the total of her race scores excluding her worst score

19.4.3 When 9 or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst score races.

20. [DP][NP] Safety Regulations

20.1 [SP] Check-out and check-in procedure will be established. All competitors must sign:

20.1.1 Before leaving to race on each scheduled day after flag D is displayed ashore.

20.1.2 Within the protest time limit after returning ashore.

The check-out and check-in point will be located near the Official Notice Board.



- 20.2 [SP] Boats not leaving the harbor for the day's races shall notify the regatta office as soon as possible.
- 20.3 [SP] A boat that retires from racing shall notify the race committee before leaving the racing area, or if that is not possible, shall notify the regatta office as soon as possible after returning ashore.
- 20.4 The Race Committee reserves the right to assist competitors who in their opinion require assistance, regardless of the wishes of the competitor. This will not be grounds for redress. This changes rule 62.1(a).

21. [DP][NP] Replacement of Equipment

- 21.1 Substitution of damaged or lost equipment will not be allowed unless approved in writing by the Race Committee. Requests for substitution shall be made to the Race Committee at the first reasonable opportunity.
- 22.1 Substitution of damaged equipment may be permitted provided the relevant form has been completed at the Race Regatta Office and both the damaged and the substituting equipment has been inspected by Race Committee.
- 21.2 If the substitution was made on the water between races, both the damaged and the substituting equipment shall be presented to the Race Committee after the end of the day's racing. The substitution is subject to the approval of the Race Committee given retrospectively.

22. [DP][NP] Equipment and Measurement Checks

- 22.1 The Event Organizer will supply the boats to all foreign participants except the sails and running rigging.
- 22.2 All boats shall have valid measurement certificates.
- 22.3 A boat or equipment may be inspected at any time for compliance with the Class Rules, the Notice of Race and the Sailing Instructions.
- 22.4 On the water, a boat can be instructed by the Race Committee to proceed immediately to a designated area for inspection.

23. Official Vessels

Official vessels will be marked as follows:

Vessel	Flag
Race Committee	Flag "RC"
PRO	Flag "PRO"
Jury	Flag "Jury"
VIP	Flag "VIP"
Press/ Media Boats	Flag "MEDIA"
Rescue Boat	Flag "Rescue"
Medical	Flag "+"

24. SupportVessels

Attachment C- Support Boat Regulations shall apply to all support boats

25. [DP][NP] Trash Disposal

In addition to RRS 47 trash may be placed aboard support and race committee boats

26. [DP][NP] Berthing

When berthed, boats shall be kept in their assigned place in the boat park. Boats shall not be moved from their parking spaces toward the launching ramps until flag D is displayed and instructed to do so by the Beach Master



27. [DP][NP] Radio Communication

A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats, except in an emergency or when using equipment provided by the race committee. This restriction also applies to mobile telephones

28. Prizes and Title

Prizes will be awarded as defined in the Notice of Race

29. Disclaimer of Liability and Risk Statement

29.1 Competitors and support team participate in the regatta entirely at their own risk and they are reminded of the provisions of RRS 3, Decision to Race. Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

29.1.1 They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;

29.1.2 They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;

29.1.3 They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;

29.1.4 By participating in any race, they are satisfied that their boat is in good order, equipped to sail in the event and they are fit to participate;

29.1.5 The provision of a race management team, patrol boats, umpires and other officials and volunteers by the organizer does not relieve them of their own responsibilities;

29.1.6 The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances

29.2 The Organizing Authority and all parties involved in the regatta organization 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

30. Rights to use Name and Likeness

By participating in this regatta competitors automatically grant to the Organizing Authority and their sponsors the right in perpetuity to make, use and show, from time to time at their discretion any motion pictures, still pictures and live, taped or filmed television and other reproductions of the athlete during the regatta, and of all of his or her material related to the regatta, without compensation

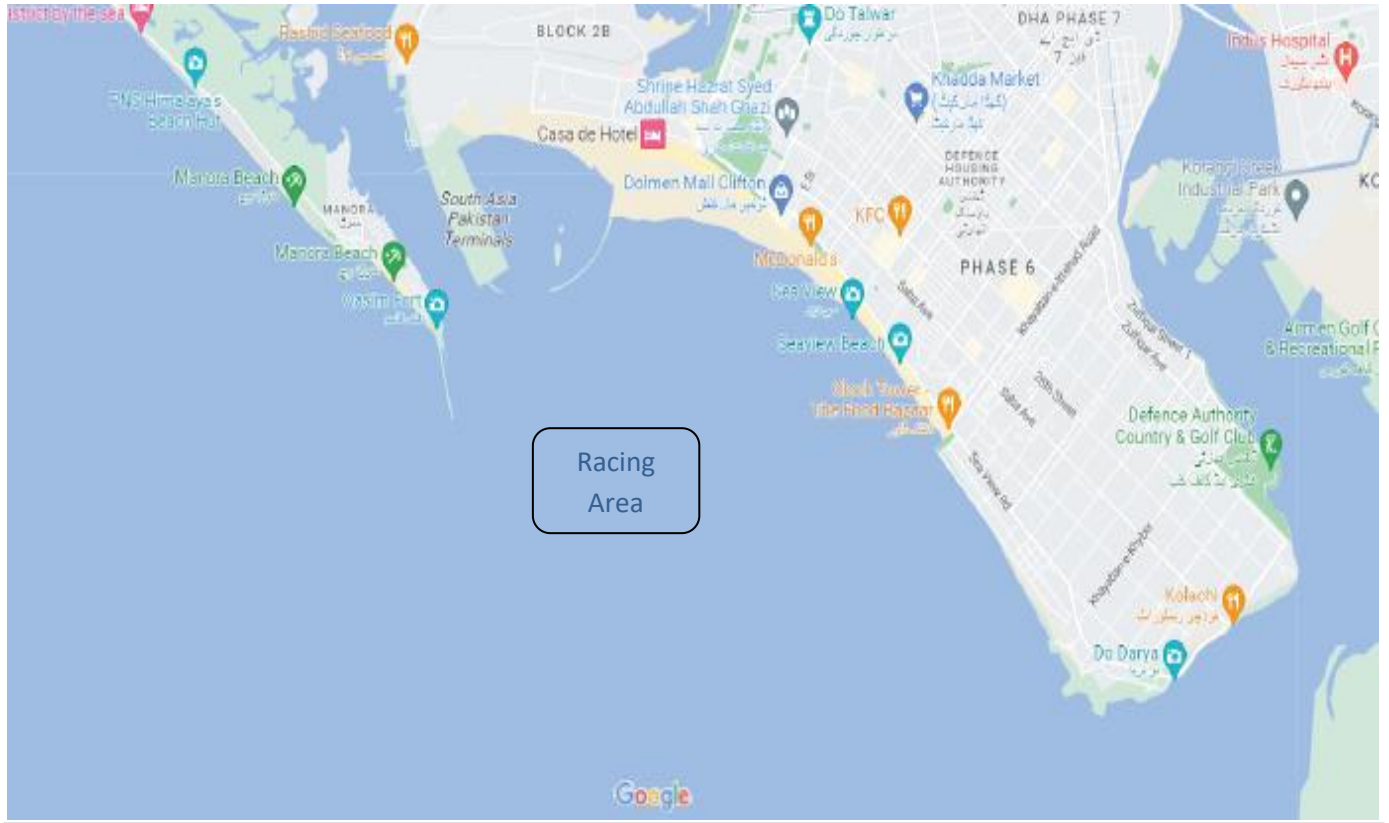
31. Insurance

31.1 Each participating boat shall be insured with valid third party liability insurance with coverage taking into account the value of the boats.

31.2 The Organizing Authority is not responsible for verifying the status or validity of certificates

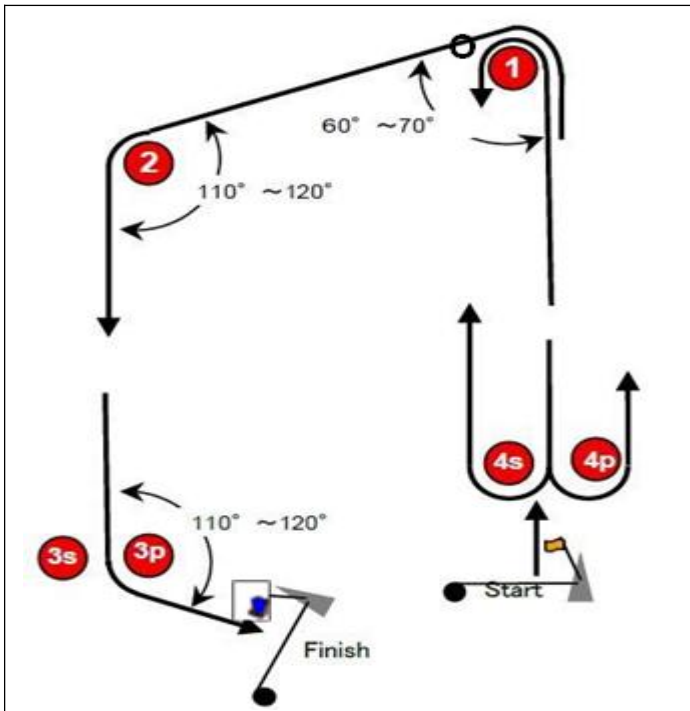


Attachment A – Race Area





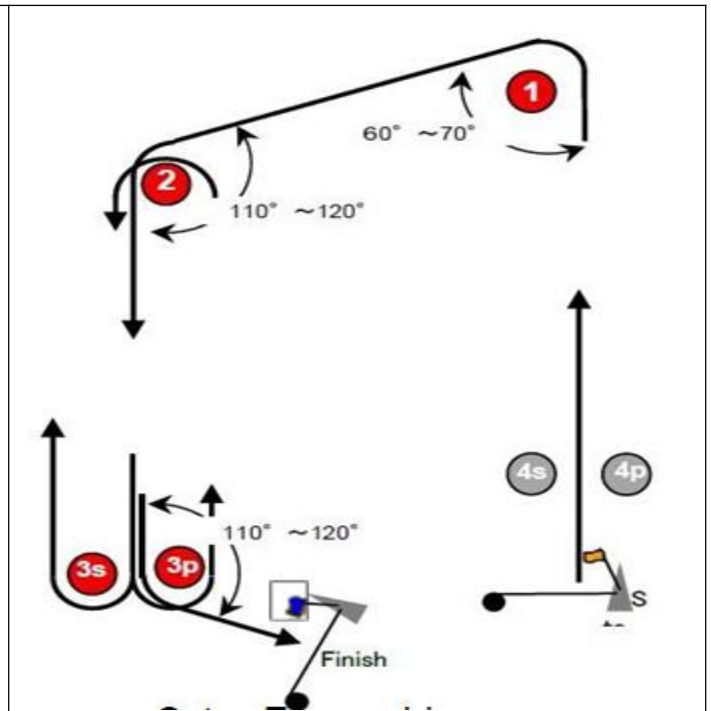
Attachment B - Courses



Course: Inner Trapezoid

Signal: Mark Rounding Order

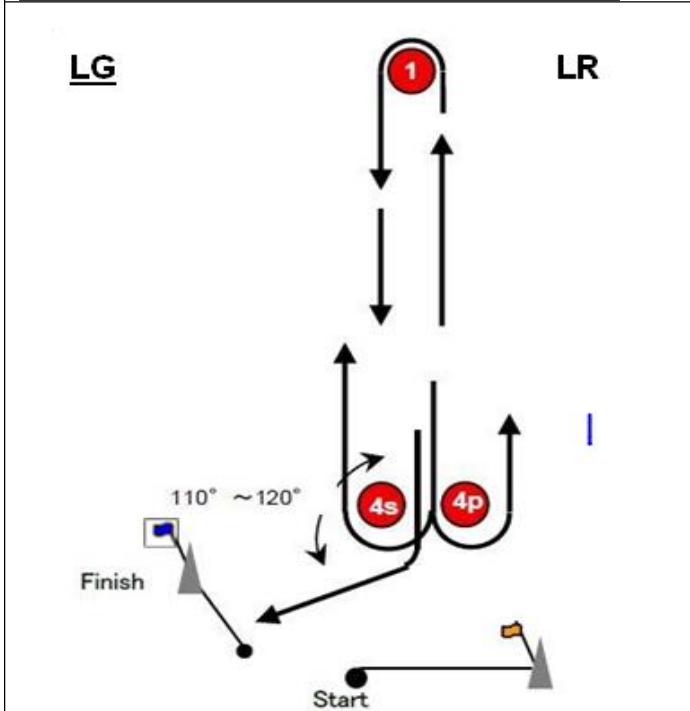
I2	Start -1 -4s/4p -1 -2 -3p -Finish
I3	Start -1 -4s/4p -1 -4s/4p -1 -2 -3p -Finish



Course: Outer Trapezoid

Signal: Mark Rounding Order

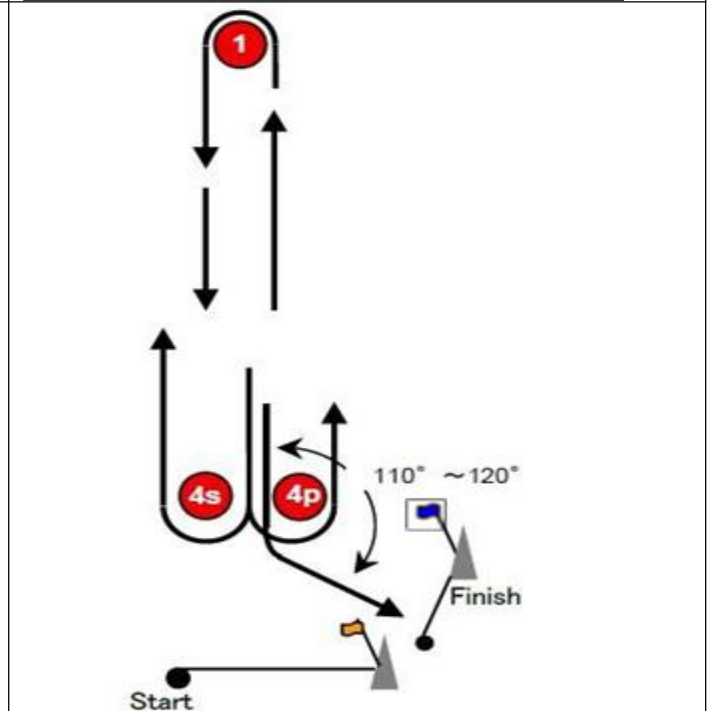
O2	Start -1 -2 -3s/3p -2 -3p -Finish
O3	Start -1 -2 -3s/3p -2 -3s/3p -2 -3p -Finish



Course: Windward/ Leeward

Signal: Mark Rounding Order

LG2	Start -1 -4s/4p -1 -4s -Finish
LG3	Start -1 -4s/4p -1 -4s -Finish



Course: Windward/ Leeward

Signal: Mark Rounding Order

LR2	Start -1 -4s/4p -1 -4p -Finish
LR3	Start -1 -4s/4p -1 -4s/4p -1 -4p -Finish



Attachment C – Support Boats Regulations

1. General

- 1.1 The Support Boat Regulations (SBR) shall apply from 00:00 on 16th of March 2023 until 23:59 on 19th of March 2023.
- 1.2 For the purposes of these regulations, a support boat includes any boat that is under the control or direction of a person who is or may provide physical or advisory support to an athlete, including the gathering of data that may be used at a later time.
- 1.3 The Organizing Authority may inspect boats at any time to ensure that they comply with these regulations, and the person responsible for the boat shall facilitate such inspection.
- 1.4 An alleged breach of any of these regulations may be referred to the Protest Committee for a hearing. As a result of the hearing, the Protest Committee may instruct the Organizing Authority to withdraw accreditation and access rights from the driver or person in charge, with or without the option of substitution, either for a specified period or for the remainder of the competition. Note also, action may be taken under RRS 69.
- 1.5 The Organizing Authority may change these regulations at any time. Any changes will be posted on the official notice board and circulated to team leaders.
- 1.6 The Organizing Authority may, at its discretion, refuse to register support boats not deemed to be suitable
- 1.7 Support boats and designated drivers shall be registered at the regatta office either before leaving the venue by water for the first time or by 18:00 on the day before the first race of the event that it is supporting, whichever is earlier.
 - 1.7.1 Each boat shall be insured with valid third-party liability insurance. The Organizing Authority is not responsible for verifying the status or validity of certificates.
 - 1.7.2 Only an accredited person may be a designated driver.
 - 1.7.3 The person registering the support boat shall confirm that:
 - 1.7.3.1 a valid insurance certificate showing proof of third-party liability coverage as required by 1.7.1 has been obtained;
 - 1.7.3.2 each designated driver has a motorboat driving license recognized by a national authority appropriate to that boat; and
 - 1.7.3.3 Anyone who will be using a radio has an appropriate radio operation license recognized by a national authority.
- 1.8 Support boats shall be marked with the applicable national sail letters (see RRS G1.1) clearly displayed on both sides of the boat in strongly contrasting colors at all times while afloat. The minimum height for the letters shall be 200 mm. The letters will not be provided by the Organizing Authority.
- 1.9 Support boats shall display also a special flag provided by the Organizing Authority

2. Sailing Venue

- 2.1 Support boats shall use the designated slipway/area for launching. Once launched, trailers shall be moved immediately to the trailer park or as otherwise directed by the Organizing Authority
- 2.2 Only registered support boats will be allowed into the sailing venue
- 2.3 When not in use, support boats shall be appropriately berthed at the sailing venue in the allocated areas for support boats for the entire time that these Support Boat Regulations apply.
- 2.4 Support boats shall not use the dinghy launching slipways or keelboat pontoons for any purpose whatsoever, including mooring, launching and retrieval, and loading and unloading of equipment



3. **Safety**

3.1 Support boats shall carry on board:

- 3.1.1 life jackets / buoyancy aid for all passengers and the driver
- 3.1.2 first-aid kit;
- 3.1.3 VHF radio;
- 3.1.4 device for making a sound signal;
- 3.1.5 compass;
- 3.1.6 adequate anchor and tackle for conditions and depth;
- 3.1.7 tow rope (minimum 15m long and 10mm thick);
- 3.1.8 operational engine kill cord (also known as a safety lanyard or automatic engine immobilizer);
- 3.1.9 hand pump or bailer
- 3.1.10 knife; and
- 3.1.11 any additional safety equipment required by local maritime law

3.2 Rule 40 applies at all times while coach boats are afloat on the water.

3.3 Kill cord shall be used at all times when the engine is running on the support person vessel.

3.4 The maximum plated / certified passenger limits for the boat shall never exceed.

3.5 Team leaders are responsible for overseeing the safe operations of their support boats on the water, including knowledge of who is afloat and ensuring their safe return to the venue.

3.6 At all times, the registered driver(s) of a support boat shall comply with directions given by a race official. In particular, this includes assisting in rescue operations when requested to do so.

3.7 In accordance with RRS 37 all registered support person vessels shall act as assistance / rescue boats in case of need and shall comply with any instruction given by the Race Committee on the designated Channel or the Organizing Authority.

3.8 Support boats shall comply with local harbor and marina regulations, including speed limits

4. **General Restrictions**

4.1 The registered driver(s) of a support boat will be responsible for the control of the boat at all times and will be held responsible for any inappropriate behavior, dangerous actions or improper practices, or actions affecting the fairness or safety of competition.

4.2 Support boats shall not leave any device, piece of equipment, buoy, marker or similar item permanently in the water. Temporary use of floating objects is allowed for current measurement. These objects shall be removed as soon as the measurement has been taken

4.3 Support boats should take particular care to minimize their wash when transiting the course areas

5. **Racing Area Restrictions**

5.1 Support boats 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 the race committee signals a postponement, general recall or abandonment.

5.2 During any starting sequence, support boats shall stay at least 50 meters to leeward of the starting line and its extensions.

5.3 Support Boats shall not be positioned:

- 5.3.1 Closer than 50 meters of any boat racing.
- 5.3.2 Within 50 meters of the starting line and marks.
- 5.3.3 Between any boat racing and the next mark of the course.
- 5.3.4 Between the inner and outer trapezoid courses.
- 5.3.5 Within 50 meters of any mark of the course while boats are in the vicinity of that mark.
- 5.3.6 Within 50 meters of the finishing line and marks while boats are finishing.



- 5.4 In addition, support boats that are motoring above 5 knots shall remain at least 150 meters from any boat racing.
- 5.5 When a race committee or jury member instructs a support boat to move further from the course area, the support boat shall do so immediately.
- 5.6 Additional restrictions apply to medal races and will be posted on the official notice board

Attachment D – Standard Penalties

Violation	Penalties
Code of Conduct:	
Not avoiding the area where boats are racing and any official boats – SI 3.3	Three points scoring penalty in her closest sailed race
Signals Made Ashore:	
Leaving when Flag D is not displayed ashore – SI 6.3	One point scoring penalty in her first race of the day
Safety Regulations:	
Not signed out – SI 20.1	One point scoring penalty in her first race of the day
Not signed in – SI 20.1	One point scoring penalty in her first race of the day
Not notifying the race office when not leaving the shore for the day’s races – SI 20.2	One point scoring penalty in her closest sailed race
Not notifying the race office when retiring from a race – SI 20.3	One point scoring penalty in her closest sailed race

Attachment E – Handling of the Boats

1. General

- 1.1 While all reasonable care is taken to equalize the boats, variations will not be grounds for redress. This changes RRS 62.
- 1.2 Competitors shall report to the Race Office, at first reasonable opportunity after returning to shore, of any equipment damage or malfunction.

2. Prohibited Items and Action

- 2.1 Except in an emergency or in order to prevent damage or injury, or when directed by an umpire otherwise, the following is prohibited
 - 2.1.1 Any additions, omissions or alternations to the equipment supplied.
 - 2.1.2 The use of any equipment for a purpose other than that intended or specifically permitted.
 - 2.1.3 The replacement of any equipment without the permission of the race committee.
 - 2.1.4 Sailing the boat in a manner that it is reasonable to predict that significant further damage would result
 - 2.1.5 Moving equipment from its normal storage position except when being used.
 - 2.1.6 Boarding a boat without prior permission.
 - 2.1.7 Marking directly on the hull or deck with permanent ink



3. **Mandatory Items and Action**

3.1 The following is mandatory:

3.1.1 The completion of a written damage report before leaving a boat and submitting it to the RC, even if no damage or loss is recorded. Reports shall include any evidence of matters which could cause damage or disadvantage to the boat in future matches.

3.1.2 At the end of each sailing day:

3.1.2.1 Folding, bagging and placement of the sails as directed.

3.1.2.2 Leaving the boat in the same state of cleanliness as when first boarded.

3.2 At the end of the final day for a particular boat, cleaning the boat removing all trash and removing all tape and marks.

3.3 Any request to alter, in any way, the equipment on a boat shall be in writing and to permit a yes/no answer.