



## 2006 NOTICE OF RACE and STANDING SAILING INSTRUCTIONS SINGLEHANDED SAILING SOCIETY

### 1. RULES

a. The Racing Rules of Sailing 2005-2008 (RRS), including US Sailing Prescriptions and as amended by these instructions, shall govern all SSS races except the LongPac and TransPac. (Separate sailing instructions will be issued for those races.) The additional sailing instructions for each race may further modify RRS and these Instructions. Between the hours of sunset and sunrise, the Steering and Sailing Rules of COLREGS (International Rules for the Prevention of Collisions at Sea) and of the Unified Inland Rules shall replace Part 2 of RRS.

b. In accordance with the purpose of the races, those portions of RRS that prohibit practices or equipment which are or may prove useful to singlehanded or doublehanded ocean sailors may be waived at the discretion of the Race Committee. Specifically, the following are allowed:

- i. Autopilot and/or wind-powered steering vane.
- ii. Twin headsails set on two poles for downwind sailing.

### 2. SPECIFIC INTERNATIONAL AND INLAND RULES

a. A boat that impedes the passage of a vessel that can safely navigate only within a narrow channel or fairway, or impedes the passage of a vessel with limited maneuverability, will be subject to protest by the Race Committee or other boats and will face disqualification. Reference: International/Inland Rules 9 and 18.

b. **A boat that finishes between the times of sunset and sunrise** in San Francisco as published by NOAA (National Oceanic and Atmospheric Administration), **without displaying proper running lights** readily visible to the Race Committee, **will be disqualified**. A grace period of three minutes will be granted to allow for interpolation errors in the use of published tables. Reference: International/Inland Rules 20 and 25.

### 3. ELIGIBILITY

These races are open to monohulled and multihulled sailboats. Entrants are advised that any unusual arrangement in hull, rig, sails, ballast, or equipment that the Race Committee considers to be a potential hazard, or an attempt to violate or circumvent the intent of these Sailing Instructions, will be grounds for rejection of entry or for protest and disqualification. Specific eligibility requirements for SSS races follow.

#### **For races whose entire course is inside San Francisco Bay:**

- a. Monohulls: Any boat with a current Northern California PHRF Certificate or PHRF Monterey Bay Rating Certificate.
- b. Multihulls: Any boat at least 19 feet long and at least 8 feet wide with a current Northern California MPHRF Certificate.

#### **For races whose course includes Coastal waters adjacent to San Francisco Bay:**

Boats must meet the requirements for races inside San Francisco Bay. In addition, each boat must have a fixed, enclosed berth, and the boat may not use hiking assists such as trapezes, racks or sliding seats. Monohulls must be self-righting and have essentially watertight cockpits.

### 4. MINIMUM EQUIPMENT

All boats must comply with the U.S. Coast Guard's requirements for recreational vessels and have the following minimum equipment. NOTE: \*\* indicates items that are not mandatory for races whose entire course is within San Francisco Bay.

- a. Lifelines or safety lines leading from both sides of the cockpit forward and well secured at each end.\*\*
- b. Fire extinguisher meeting U.S. Coast Guard requirements.
- c. Manual bilge pump of at least 10 gallons per minute capacity.
- d. Anchor with suitable rode.
- e. Seacocks or soft wooden plugs to close all throughhull openings.\*\*
- f. Navigation lights.
- g. Compass.
- h. Charts and piloting tools.
- i. Lead line or echo sounder.\*\*
- j. Fog horn.
- k. Radar reflector.\*\*
- l. Waterproof flashlight.
- m. First aid kit.
- n. At least two gallons of fresh water.\*\*
- o. Life jacket with whistle and strobe light attached, for each crewmember.
- p. Safety harness for each crewmember.
- q. VHF radio (refer to additional sailing instructions for each race for the specific channel needed).
- r. Three red parachute flares or orange smoke flares, and three red handheld flares.\*\*
- s. An alternate means of propulsion.

### 5. INSPECTION

The Race Committee has the right to inspect any entered boat and to reject its entry or disqualify it, if they find it does not meet the requirements of these Sailing Instructions.

### 6. RESPONSIBILITY

It shall be the sole responsibility of each boat to decide whether to start or continue in a race. Every boat shall render all possible assistance to any vessel or person in peril, when in a position to do so.

## 7. CALENDAR

The dates of each race are attached to these Sailing Instructions as a separate document.

## 8. ENTRIES

- a. A singlehanded entry shall consist of one person, who shall be at least 18 years of age. A doublehanded entry shall consist of a crew of two persons, one of whom shall be at least 18 years of age. Sponsored boats are permitted.
- b. Members of the Singlehanded Sailing Society are entitled to enter the races (except the LongPac and Transpac) without additional fees. Race entry fees for non-members are specified on the SSS race entry form. Entry fees shall be paid by check made payable to Singlehanded Sailing Society, or by cash if hand-delivering the entry.
- c. All entries for each race must be made on the SSS race entry form, accompanied by the applicable entry fee, and either hand-delivered to the Race Committee or mailed to Singlehanded Sailing Society, PO Box 457, Alameda, CA 94501, so as to arrive **no later than the Wednesday before the race (except for Three Bridge Fiasco and Transpac race which have earlier deadlines specified on the individual race Sailing Instructions).**

## 9. EVENTS

Meetings and other events associated with each race are specified in the additional sailing instructions for each race.

## 10. COURSES

Courses are specified in the additional sailing instructions for each race. A temporary mark may replace any specified mark.

## 11. DIVISIONS AND CLASSES

Unless otherwise stated in the additional sailing instructions, each race has Singlehanded and Doublehanded divisions, each being subdivided into seven classes as defined in the following table. One-design classes, or other specially designated classes, require 5 or more starters. The Race Committee may designate additional classes at its discretion. One-design or other special classes shall start with the class(es) that they would otherwise sail in, but will be scored separately.

Class 1	Multihulls, all MPHRF ratings	Flag J
Class SPORTBOAT	A Sportboat is defined as a monohull with a displacement-to-length ratio of 105 or less; i.e. $D / (2.24 \times (LWL / 10)^3) \leq 105$ where D is displacement in pounds and LWL is waterline length in feet. The displacement and LWL appearing on the boat's PHRF certificate will be used to calculate this ratio. ALL monohulls meeting the SPORTBOAT rule are required to sail in this class.	Flag G
Class 2	Monohulls, PHRF 99 & under	Flag F
Class 3	Monohulls, PHRF 100 to 160	Flag E
Class WYLIECAT 30	Unmodified WylieCat 30's. This class shall start with Class 3 but will be scored separately.	
Class 4	Monohulls, PHRF 161 & over	Flag D
Class 5	Monohulls, Non-Spinnaker, all PHRF ratings. Catboats and Sportboats are ineligible for this class. Note: Class 5 boats shall not use any type of spinnaker, including gennakers and cruising spinnakers. RRS 50.4 defines a spinnaker.	Flag C

## 12. HANDICAP

Each monohulled boat must have a current Northern California PHRF certificate (available from the Yacht Racing Association of San Francisco, Fort Mason Center, San Francisco, CA, 94123; (415) 771-9500; www.yra.org) or a current PHRF Monterey Bay Rating Certificate. Each multihulled boat must have a current official MPHRF rating (available from the Bay Area Multihull Association at (510) 794-8466 or www.sfbama.org). **A copy of the current certificate must be filed with the Singlehanded Sailing Society no later than the Wednesday before the race.** This modifies RRS 78.2.

Additionally, each individual entry is allowed at most one PHRF certificate change during the season to be eligible for the Season Championship (refer to Section 22 for season scoring).

## 13. CHECK IN

**Prior to the first Warning signal** for the race, all boats must hail the Race Committee on the **VHF radio** channel specified in the additional sailing instructions, advise the Race Committee of the boat's name and sail number, and receive an acknowledgment from the Race Committee. A boat failing to check in successfully will be scored DNS.

## 14. START

Starting times are specified in the additional sailing instructions for each race. The starting signals will be as prescribed in RRS 26; the preparatory flag will be flag P. A "rolling start" procedure will be followed (i.e. starts at five minute intervals) unless the postponement flag is displayed; this modifies RRS 26.

## 15. INDIVIDUAL RECALL

If any boat is OCS at its starting signal, the Race Committee will display flag X and/or make one sound, and may notify OCS boats by loudhailer and/or VHF radio on the channel specified in the additional sailing instructions. This modifies RRS 29.1. However, nothing contained in these instructions shall relieve a boat of its obligation to make a proper start.

## 16. RESTRICTED AREAS

A boat that violates any of the following restrictions shall retire or face protest and disqualification.

- a. A boat shall not enter any of the following areas:
  - i. The area within 50 yards of the starting line, before its Warning signal
  - ii. Any area designated by the U.S. Coast Guard as prohibited to small craft
- b. The following buoys or other objects shall be left to shoreward at all times (the shore defining "shoreward" is the closest, except where otherwise stated in parentheses). A boat violating this rule may not "unwind" to correct the violation; this modifies RRS 28.1.
  - i. The **H beam** near St. Francis Yacht Club
  - ii. The buoy marking **Anita Rock**
  - iii. The **South Tower** of the Golden Gate Bridge
  - iv. The buoy marking **Little Alcatraz Rock**
  - v. The buoy marking **Point Belvedere**
  - vi. The buoy marking **Point Blunt**
  - vii. The beacon marking the outer end of the **Berkeley Pier** (Berkeley shore)
  - viii. The buoy marking **Castro Rock**

## 17. REPORTING FINISH

Boats approaching the finish are requested to so notify the Race Committee by VHF radio, on the channel specified in the additional sailing instructions.

## 18. TIME LIMIT

A boat that does not finish by the time limit specified in the additional sailing instructions will be scored DNF. This modifies RRS 35.

## 19. REPORTING RETIREMENT

**Any boat that retires from a race for any reason, or does not finish within the time limit, must contact the Race Committee as soon as possible** on the VHF radio channel specified in the additional sailing instructions for that race, by telephoning the voicemail line at (866) SAIL-SSS (866 724-5777) or by any other effective means. Failure to do so will result in the boat being refused entry in future SSS races until the skipper serves on Race Committee for one race. Other boats are requested to relay VHF radio transmissions if direct communication with the Race Committee is not possible.

## 20. PROTESTS AND PENALTIES

Protests shall be submitted in writing according to the form prescribed by RRS, and delivered to the Race Committee no later than 48 hours after the time limit of the race. Verbal notification of the intent to protest must be given within 1 hour of the protesting boat's finish. Penalties for infringements of the rules shall be in accordance with RRS 44.1 and 44.2.

## 21. RACE SCORING

Singlehanded and Doublehanded divisions will be scored separately. Except for the Three Bridge Fiasco, results for each race will be calculated using Time-on-Time correction, using the formula  $TCF = 800 / (520 + PHRF)$ . Positions within class and overall in each division will be published.

## 22. SEASON SCORING

Singlehanded and Doublehanded season championships are scored separately. For the Singlehanded division an entry is considered to be the boat/skipper pair. For the Doublehanded division an entry is considered to be the boat and either of the co-skippers on any race. Points are awarded in each race as follows:

- a. Finisher: Finishing position in division divided by number of starters in division, except:
  - i. First place in division: 0 points
  - ii. In LongPac: finishers' points divided by 2
  - iii. In Transpac: finishers' points divided by 4
- b. Did not finish, or retired after finish: 1.1 points
- c. Disqualified: 1.2 points
- d. Did not start: 1.5 points
- e. Service on Race Committee in any race except LongPac or Transpac (maximum of one score per season):
  - i. Average of scores in all races excluding the throwout, except:
  - ii. If the number of finishers in division divided by the number of starters in division is less than the above average: 1.1 points

Each competitor's season score will be the total of his race scores excluding his single worst score. The boat with the lowest season score wins the championship, and others will be ranked accordingly.

### **23. TROPHIES**

Trophies are awarded for first place on corrected time in Singlehanded and Doublehanded divisions for each standalone race and for the combined Vallejo 1-2. Trophies are awarded for top positions on corrected time in each class of each division as follows: first if 3 or more starters; second if 6 or more starters; third if 10 or more starters. The Race Committee may award additional place trophies at its discretion. Perpetual trophies are awarded for each race. A perpetual trophy is awarded to the season champion in each of the two divisions.

### **24. AMENDMENTS**

Written changes to the Sailing Instructions may be distributed at the skippers' meeting and shall prevail over these Instructions. Verbal changes may be announced over the VHF radio on the channel specified in the additional sailing instructions up until the first Warning signal of the race. Flag L will be flown if any verbal changes are announced.