



## ***CICSA Match Racing Nationals 2023***

***February 23-26, 2023***

***West Vancouver, Canada***

### **1. Rules**

**1.1.** The regatta will be governed by the 2021-2024 Racing Rules of Sailing (RRS) including appendix C, except as modified by these sailing instructions, and by the Notice of Race.

**1.2.** The prescriptions of Sail Canada, CICSA, and ICSA will apply.

**1.3.** The Organizing Authority (OA) is the West Vancouver Yacht Club (WVYC) & CICSA.

**1.4** The OA reserves the right to amend these SIs. Any amendments to the SIs shall be posted on the official regatta notice board at <https://cicsailing.ca/2023-match-racing>. As a courtesy the NOR, SIs and any amendments may be posted on the door of the yachting centre.

### **2. Changes to Sailing Instructions**

**2.1.** Amendments to the SI made ashore will be posted on the Official Notice Board before 0900 on each day of racing and must be approved the Chief Umpire and OA; this includes changes to the race schedule.

**2.2.** Amendments made afloat will be signalled by the display of flag 3rd substitute with three sound signals. An umpire will communicate these by VHF on channel 73.



### **3. Communication with competitors**

**3.1.** Notices to competitors will be posted on the door of the yacht training centre and online at <https://cicsailing.ca/2023-match-racing>. The race office is located at the Yacht Training Center.

**3.2.** Signals made ashore will be made from the Flagpole adjacent to the Yachting Center.

**3.2.1.** As a courtesy, the Race Committee will signal one long sound signal prior to leaving the harbour.

**3.3.** When flag 'AP' is displayed ashore, '1 minute' is replaced by 'not less than 30 minutes.'

**3.4.** Pertinent communications to competitors may be made by the race committee on VHF channel 73. VHF communication is not a substitute for Official Notices posted before 0900.

**3.5.** From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

### **4. Code of Conduct**

**4.1.** Competitors and support persons shall comply with reasonable requests from race officials.

**4.2.** Competitors and support persons shall handle any equipment by the organizing authority with care, seamanship, in accordance with any instructions for its use and without interfering with its functionality.

### **5. Equipment & Crew Regulations**

**5.1.** The event will be sailed in J/22 type boats, provided by the OA.

**5.2.** The sails to be used will be allocated by the OA.



**5.3.** The OA will decide which boats are to be used for each stage and when they decide a boat should not be used, the skipper assigned that boat will be given the temporary use of another boat.

**5.4.** The OA may permit a substitute boat or sail when it is satisfied the original boat or sail is damaged and that repairs in the time available are not practical.

**5.5.** The sail combination to be used will be signalled from the RC boat before the attention signal of a flight. The signals will have the following meaning:

No Signal - Main, Jib, and Spinnaker

Z Flag - Main and Jib

**5.6.** The total number of crew, including the skipper, shall be four (4) including at least one (1) female.

**5.7.** The maximum total weight of the crew, including the skipper, dressed in at least shorts and shirts, shall not exceed 660 lbs.

**5.8.** One substitution of one crew member is allowed during the regatta.

## **6. Schedule of Racing**

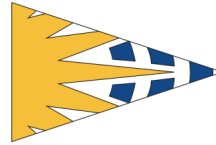
**6.1.** The schedule is as follows:

### Thursday Feb 23rd:

- 0830-1500 - Event Check-in
- Practice Schedule will be communicated to competitors via email.

### Friday Feb 24th:

- 0900 - Skipper's meeting
- 1000 - First warning signal (Round Robin Seeding Races 1-13)



Saturday Feb 25th:

- 0900 - Skipper's meeting
- 1000 - First warning signal (Round Robin Seeding Races 14-21)
- 1400 - Lunch Break.
- 1500 - Warning signal (Elimination Series Races 1-3)

Race #	Team 1 (port entry)	Team 2 (starboard entry)
1	DAL	UBC
2	McM	DAL
3	QU1	McM
4	UVIC	QU1
5	UBC	UVIC
6	UofT	UBC
7	McM	UofT
8	QU2	McM
9	UVIC	QU2
10	DAL	UVIC
11	UofT	DAL
12	QU1	UofT
13	QU2	QU1
14	UBC	QU2
15	McM	UBC
16	UVIC	McM
17	UofT	UVIC
18	QU2	UofT
19	DAL	QU2
20	QU1	DAL
21	UBC	QU1



Sunday Feb 26th:

- 0900 - Skipper's meeting
- 1000 - First warning signal (Elimination Series Races 4-13)
- 1500 - Last possible warning signal
- 1600 - Awards Ceremony

**6.2.** Live Race Schedule and Results will be updated here:

[https://docs.google.com/spreadsheets/d/1UCI6bF75C\\_ASpUJ0yAM57e16xMHLajBrrfm5h1E129M/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1UCI6bF75C_ASpUJ0yAM57e16xMHLajBrrfm5h1E129M/edit?usp=sharing)

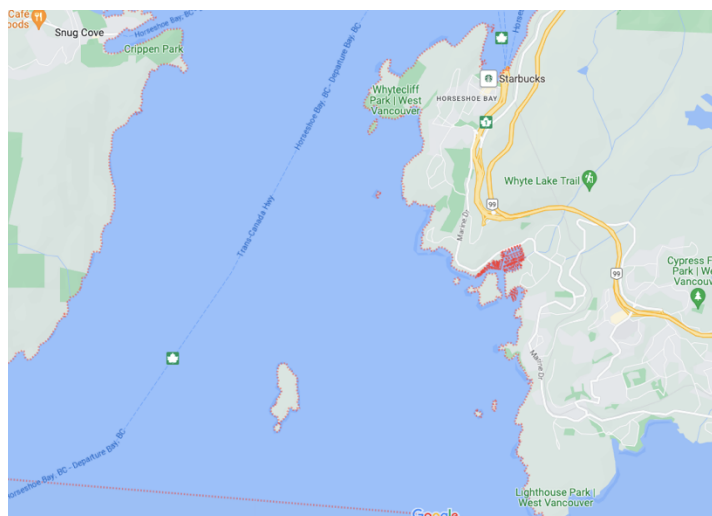
**6.3.** The regatta format may be changed during the event by the OA with the consultation of the Chief Umpire and the CICSA Representative to accommodate the weather conditions at the venue.

## 7. Class Flags

**7.1.** The Class Flag will be Numeral pennant One.

## 8. Racing Area

**8.1.** The racing area will be in Howe Sound west of WVYC.

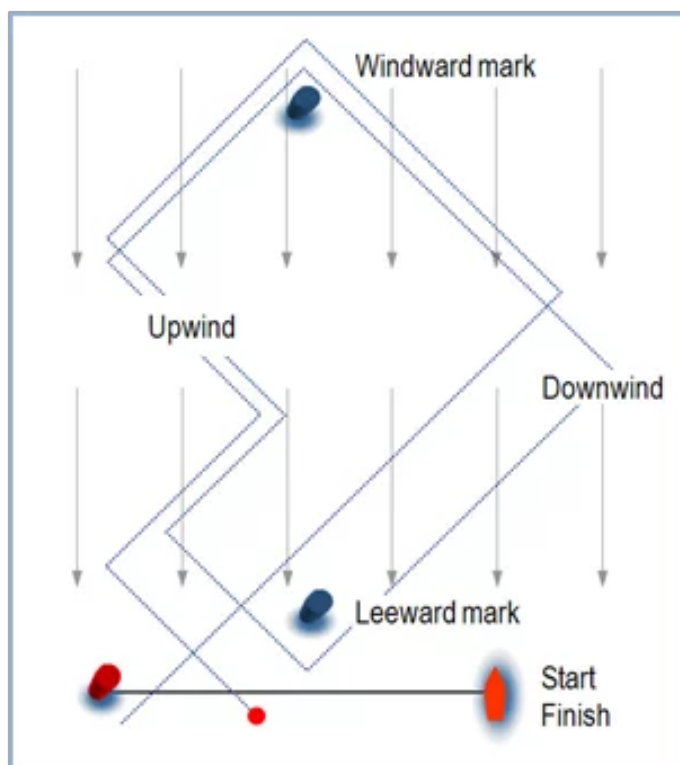




## 9. Course

### 9.1. Course Description

**9.1.1.** Course will be a two lap windward leeward. Both the windward & Leeward marks will be taken to starboard.



Course image provided by: <https://thecongressionalcup.com/match-racing>

### 9.1.2. Description of Marks

Windward Mark: Yellow Tetrahedron

Leeward Mark: Yellow Tetrahedron

Start Pin: Orange Tetrahedron

**9.2.** The start line will be between the orange flag on the port side of the RC boat and the windward side of the start pin.



**9.3.** No signal made – two laps (Start, W, L, W, Finish.) If S flag displayed at the attention signal, course is shortened to a one lap (Start, W, Finish.)

**9.4.** Abandonment and Shortening

**9.3.1.** RRS 32 is deleted and replaced with: ‘After the starting signal, the RC may abandon or shorten any match for any reason, after consulting with the match umpires when practical.’

**9.3.3.** Match umpires may verbally inform the competitors in their match of an abandonment at the request of the RC without a visual or sound signal being made by the RC. This changes Race Signals and rule 32.1.

**9.5.** Competitors may not request on course site (OCS) penalties, given by the RC or Umpires.

**10. Start Procedure**

**10.1.** Races will be started in accordance with RRS C3.1

**10.2.** The signals for starting a match shall be as follows. Times shall be taken from the visual signals; the failure of a sound signal shall be disregarded.

**10.3.** Races will be started as follows:

Time (min)	Visual Signal	Signal (horn)	Meaning
7	F flag displayed	One long	Attention signal
6	F flag removed		
5	Numeral pennant displayed	One	Warning signal
4	Flag P displayed	One	Preparatory
2	Blue or yellow flag or both displayed	One	End of pre-start entry
1	Flag P removed	One long	



0	Numeral Pennant removed	One	Starting signal
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This changes RRS 26.

### 11. Time Limit

**11.1.** boat that does not finish within 5 minutes after her opponent has completed the course and finished will be scored DNF.

**11.2.** Target race time is 15 minutes.

### 12. Change of the next leg of the course

**12.1.** After the starting signal, the RC may abandon or shorten any match for any reason, after consulting with the match umpires when practical. Any course changes made between races will be communicated via VHF channel 73.

### 13. Scoring

**13.1.** The winner of a race during seeding will be awarded one point. The loser will be awarded zero points. Points will tallied to determine seeding in the double elimination bracket.

**13.2.** The loser of a race in the double elimination bracket will be moved to the losers bracket and eliminated from the competition after a second loss. Additional details will be communicated at the Skipper's meeting.

### 14. Media Images and Sound

**14.1.** The OA has the right to use any images and sound recorded during the event free of any charge.





## **15. Prizes**

**15.1.** Prizes will be awarded to the top three teams.

**15.2.1.** Cleanest boat award will also go towards the team that keeps the cleanest boat during the event.

## **16. Risk Statement**

**16.1.** Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

**16.2.1.** The competitor is 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.

**16.2.2** The competitor is responsible for the safety of themselves, their crew, their boat, and their other property whether afloat or ashore.

**16.3.1.** The provision of a race management team and other officials and volunteers by the event organisers does not relieve them of their own responsibilities.

## **17. Disclaimer Of Liability**

**17.1.** Competitors participate in the racing 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 a race.