



**Rappahannock River Yacht Club**  
**2011**  
**General Sailing Instructions**  
**Performance Handicap Racing Fleet**

1. **Rules.** International Sailing Federation 2009-2012 Racing Rules of Sailing adopted by U.S. Sailing (RRS/US), US Sailing prescriptions, General Sailing Instructions for CBYRA Sanctioned Handicap and Cruising One Design Division Events (Green Book), PHRF rules, except as altered by these Sailing Instructions, and these Sailing Instructions shall govern.
2. **Safety.** All boats must adhere to the requirements of RRS/US, PHRF, and the US Coast Guard Safety standards. A boat withdrawing from a race shall notify the Race Committee as soon as possible by hail or radio. If a skipper or crew should fall overboard, that person shall be rescued as expeditiously as possible. If another boat is the rescuer, the rescuer may appeal for adjustment of her time not to exceed the time actually spent in the rescue. It is the responsibility of the rescuer to determine if an injured person needs further attention and to seek it out. The same time adjustment may be sought for assistance to a capsized or severely damaged boat.
3. **Entries.** For CBYRA Sanctioned races (Spinnaker and Non-Spinnaker classes), entries shall be accepted from owners and charterers of competing boats who are CBYRA members or members of a Yacht Club that is a member of CBYRA and who have a valid PHRF Certificate for the boat entered. Cruising class boats are encouraged but not required to hold a valid rating. Any Cruising Class boat without a valid rating shall be assigned one by the RRYC fleet captain. Ratings assigned by the fleet captain shall be the base rating for the boat and shall not include any credits normally given by PHRF of the Chesapeake.  
All boats must meet PHRF Category 5P (River) equipment and accommodation requirements unless modified by the Notice of Race or Event Sailing Instructions. A completed CBYRA standard entry form must be received by the race committee at the 0830 Skippers' meeting at RRYC or on the water no later than 10 minutes before the scheduled time for the first Warning Signal. Each entry form must show clearly which class is being entered. Once registered and on the water, a competitor may change classes only if there are two entries or fewer on the water in the class.
4. **Notices to Competitors.** Notices to competitors shall be posted on the notice board located inside the Rappahannock River Yacht Club clubhouse.
5. **Signals Made Ashore.** Signals made ashore shall be displayed from the flagpole located next to the launch ramp of the Rappahannock River Yacht Club. If a postponement is signaled ashore, the warning signal shall be made not less than 30 minutes after flag AP is lowered. This changes Race Signals AP.
6. **Radios.** VHF Channel 72 shall be used by the Race Committee to communicate with the racing fleet. The race committee shall not respond to transmissions from competitors while they are racing except to acknowledge retirements or requests for emergency assistance. Visual Signals, i.e., Course Board and Flags, shall be the controlling communication with the fleet. It is suggested that, if possible, racing boats also monitor VHF Channel 16 as required for safety.

7. **Classes.** Boats should have sail numbers; however, once the boat is identified by color and name by the race committee, boats without sail numbers may be permitted to race. Each boat racing should have one of the following International Code Class Flags flying from the bow and/or stern 5 feet up from the deck. PHRF N may use two headsails downwind. Boats in the Cruising Class may only make a headsail change if it is to reduce sail for safety reasons, and may only fly downwind the sails used to sail upwind.

**CLASS FLY CODE FLAG**

PHRF A/B/C/D Spinnaker: #6

PHRF N Non-spinnaker: #5

Cruising Class: no flag

8. **Schedule of Races.** Two races shall be scheduled for each class. The starting sequence shall follow RRS/US rule 26 with the first race Spinnaker Class Warning Signal scheduled at 1030, followed by the Non-spinnaker Class. One race finished shall constitute a regatta for that Class.

9. **Second Race.** The second race shall be scheduled to start after the last boat of the previous race, Spinnaker, Non-spinnaker, and Cruising Class, has finished. However, the Race Committee may start the second race of any class if there is to be a long delay before another Class finishes. An Alert Signal of 3 short horns shall be given approximately one minute before the 2nd race start sequence begins.

10. **Racing Area.** Unless designated in the Notice of Race or Event Sailing Instructions, all races shall be sailed in the area between Towles Point, and the White Stone Bridge.

11. **Courses.** Courses shall be Standard Triangular or Windward-Leeward using orange tetrahedron drop marks and shall be sailed as described below and designated on the Committee Boat Course Board.

DESIGNATOR	RACE COURSE	LEGS
A	Windward-leeward	2
B	Windward-leeward-windward	3
C	Windward-leeward, twice	4
D	Windward-leeward, three times	6
E	Triangle	3
F	Triangle-windward	4
G	Triangle-windward-leeward	5
H	Triangle-windward-leeward-windward	6
I	Triangle twice	6
J	Triangle twice-windward	7
K	Triangle twice-windward-leeward	8

The Course Board shall be set prior to the Warning Signal and shall show the Spinnaker Class course designator in first position and, if different, the Non-spinnaker Class course designation in the second position. If both classes sail the same course, the second designator shall be blank. Red designator letter indicates leave marks to Port. Green indicates leave marks to Starboard. Approximate distance to the first mark shall be in the third and fourth positions and the approximate bearing to the mark in the last position. Should a change be made on the course board after it is posted, the race committee shall fly Code Flag “L” and signal one sound for all boats to come within hail distance to see the changed course.

