

DMYC Frostbite Challenge

For Mono-Hull Dinghies



Sailing Instructions 2022-2023

General Information

All paid-up competitors are honorary members of the DMYC on race days and on the evening of the prize-giving. The DMYC reserves the right to withdraw this membership.

We ask your assistance in our efforts to keep the racing simple, trouble-free, safe, enjoyable and clean, bearing in mind the constraints involved in setting courses, racing in confined waters and the compromises of the handicapping system. We remind competitors to keep the marina fairway clear before, during and after racing, and to “leave no trace” in or on the water.

1 RULES

- 1.1 All races will be governed by the Racing Rules of Sailing, the Prescriptions of Irish Sailing, these Sailing Instructions and the appropriate Class Rules.
- 1.2 Racing rules 26, 27, 28, 29, 32, 63, A3, A4 and A5 and race signals will be changed as detailed below.
- 1.3 All helms must be personal members of Irish Sailing or of an affiliated Category 1 club.
- 1.4 No boats should be left unattended on the DMYC slip.
- 1.5 Boats must display a sail number. A boat wishing to sail with a change in sail number must inform the race committee before the start of the race.

2 NOTICES TO COMPETITORS

Notices to competitors will be displayed on the notice board in the DMYC clubhouse and may also be posted on the DMYC web site or other medium.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 12:00 on the day it will take effect, but a change to the schedule of races will be posted at least four days before it will take effect.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed on the yardarm at the DMYC clubhouse.

5 SCHEDULE OF RACES

5.1 Races are scheduled on Sundays as below:





- | | |
|----------------|---|
| Series 1 | Seven Sundays from 6 November to 18 December 2022 |
| Series 2 | Thirteen Sundays from 1 January to 26 March 2023 |
| Overall Series | All dates above. |

5.2 The scheduled time of the warning signal for the first race each day is 13:57.

5.3 The aim is to run at least two races each Sunday, when conditions permit. Starts for subsequent races will be signalled as soon as practicable after the previous race.

6 CLASSES AND FLAGS

Boats will race in four classes, using the class flags shown below. (The start sequence is in SI 10.1.)

Class	PY – all except ILCA	ILCA 7 (Laser full rig)	ILCA 4 (Laser 4.7)	ILCA 6 (Laser Radial)
Flag	Numeral 6 	ILCA 7, white 	ILCA 4, yellow 	ILCA 6, green 

7 RACING AREAS

Racing will take place in Dun Laoghaire Harbour or in Dublin Bay, close to the harbour.

8 COURSES

- 8.1 The course may be either windward-leeward, triangular or a mix of the two (similar to the old Olympic Triangle). Course diagrams are shown on the Course Card (page 4).
- 8.2 The type of course and the number of laps to be sailed will be indicated on boards displayed on the committee boat. These signals will be displayed no later than the preparatory signal of the relevant class. This changes RRS 27.1. The meaning of the signals is on the Course Card.
- 8.3 A red flag flown on the committee boat indicates a port course, as shown on the Course Card. A green flag indicates a starboard course, with all marks (except gate marks) rounded to starboard, in a mirror image of the diagrams on the Course Card.
- 8.4 **When a blue flag is flying on the committee boat, indicating that the finish line is active, boats shall not cross the finish line except to finish.**

9 MARKS

The main rounding marks will be orange or yellow inflatable marks. The windward mark will be a cylindrical mark. The offset mark, if used, will be an orange or yellow mark, smaller than the windward mark and a different shape. The start mark will be a striped inflatable mark. The finish mark may be the start mark or another recognisable mark laid close to the committee boat.

10 THE START

- 10.1 Races will be started using RRS 26, with the warning signal 3 minutes before the starting signal of each class, and the preparatory signal 2 minutes before the starting signal. This changes RRS 26. The normal start sequence for the first race is:

Class or Classes	Warning and flag(s)	Preparatory	One Minute	Start
PY	13:57 Numeral 6	13:58	13:59	14:00
ILCA 7 and ILCA 4	14:00 ILCA 7 ILCA 4	14:01	14:02	14:03
ILCA 6	14:03 ILCA 6	14:04	14:05	14:06

- 10.2 The start line will be between a striped pole on the committee boat, with an orange flag, and the course side of the start mark.
- 10.3 Boats whose warning signal has not been made shall avoid the immediate starting area during the starting sequence of other classes and avoid interfering with boats that are racing.
- 10.4 In the event of a general recall, if there are other classes waiting to start, the normal starting sequence will continue. The warning signal for the restart of the recalled class will be made at the end of the normal starting sequence. If there is more than one recalled class, the restarts will be in the order of the normal sequence. This changes RRS 29.2. Note that a race may be abandoned after multiple attempts to start. Note that a restarted race may have a shorter course than originally signalled.
- 10.5 A boat that does not start within 6 minutes of her starting signal will be scored Did Not Start without a hearing. This changes RRS 63.1, A4 and A5.

11 THE FINISH

- 11.1 The finish line will be between a striped pole on the committee boat, with a blue flag, and the course side of the finish mark.
- 11.2 The course may be shortened at any rounding mark or gate in accordance with RRS 32.
- 11.3 When flag F is displayed near the leeward mark or gate, with sound signals, all boats should round the leeward mark or pass through the gate as normal, but then proceed to the finish line and finish. When flag F is displayed with a class flag or flags, it applies only to the class or classes indicated. The finishing time or place for boats that have sailed different numbers of laps will be adjusted in an equitable manner. This changes RRS race signals, RRS 32, A3 and A4.
- 11.4 In the ILCA classes, a race committee vessel displaying flag W may offer the last boat still racing a score corresponding to its place in the race at that time. If the boat accepts this offer, it shall stop racing. This changes RRS 28.1, A3, A4 and A5.





- 11.5 If flag A is displayed on the committee boat at the finish of a race, there will be no more races that day. This extends RRS race signals.
- 11.6 Boats no longer racing shall avoid the finishing area while the blue flag is flying on the committee boat, so that other boats can finish without obstruction.

12 PROTESTS

- 12.1 A boat wishing to protest another competitor should inform the Race Committee before leaving the race area.
- 12.2 Hearing Request forms are available at the Race Office in the DMYC and on the DMYC web site. Such forms should be delivered to the Race Office within two hours of the last boat finishing the last race of the day.
- 12.3 Protests will normally be heard at 1700 hours on the Sunday following the protest, but a protest on the last day of a series will be heard as soon as practicable, to facilitate prize-giving.

13 SCORING

- 13.1 The scoring system in RRS Appendix A will be used, with rule A5.3 in effect. Rule A5.3 will be changed so that the score for a boat that does not come to the starting area will be 3 more than the number of boats that came to the starting area.
- 13.2 Finish times of boats in the PY class will be adjusted using the Portsmouth Yardstick handicap system, with local adjustments where appropriate.
- 13.3 At least 3 boats must start to constitute a race.
- 13.4 At least 5 races must be completed to constitute a series.
- 13.5 When more than 5 races have been completed in a series, discards will be allowed as follows:
6 to 8 races: 1 discard; 9 to 12 races: 2 discards; 13 to 16 races: 3 discards;
17 to 20 races: 4 discards; 21 to 24 races: 5 discards; 25 or more races: 6 discards.

14 SAFETY

- 14.1 Adequate personal buoyancy must be worn by all competitors. Wet suits are not sufficient.
- 14.2 Each boat should have on board a knife, which is readily accessible in the case of capsize, and a towing line, properly secured.
- 14.3 The priority of safety boat personnel is the safety of people. The instructions of safety boat personnel must be obeyed.
- 14.4 In strong winds or other adverse conditions, especially if the race is abandoned, boats must return to shore as soon as possible after finishing or retiring. In extreme conditions, it may not be possible to return to the point of departure.
- 14.5 In the event of racing being abandoned due to severe weather conditions, competitors are required to report immediately to the DMYC on their arrival ashore (01 280 1371).
- 14.6 Failure to comply with any of these safety instructions may lead to non-discardable disqualification. This changes RRS A5.1.

15 DISCLAIMER OF LIABILITY

Competitors participate in these races entirely at their own risk and take responsibility for their decision to race or to continue racing – see RRS Rule 3, Decision to Race. The Dun Laoghaire Motor Yacht Club cannot be held responsible for any injury, accident or damage to any person, boat or equipment arising out of these races. The same applies to the organisers, the sponsors, the safety boat personnel and any volunteer acting on behalf of the DMYC.

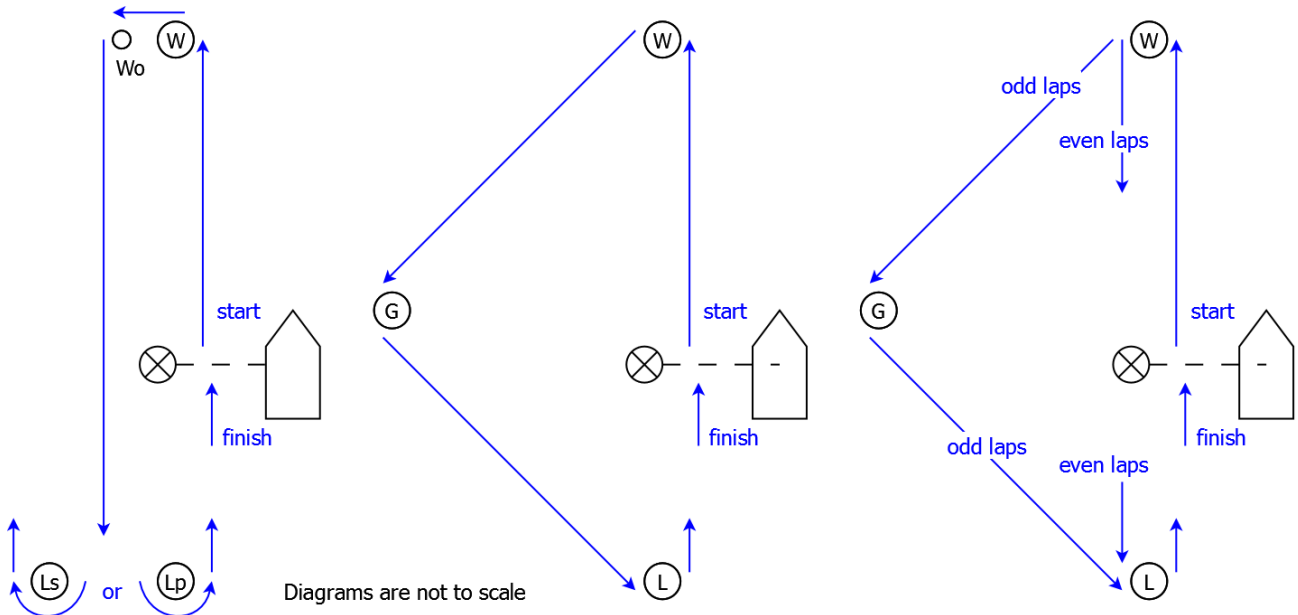
16 PRIZES

Prizes will be awarded to the top three boats in each class in each series. Prizes for Series 1 will be awarded, if possible, on Sunday 18 December 2022 at the Christmas party. Prizes for Series 2 and for the Overall Series will be presented in the DMYC on 26 March 2023.

Special prizes may also be presented after each day's racing (at approx. 1700 hours). **Competitors must be present to collect these prizes on the day.**

Course Card

Course Diagrams



Windward-Leeward

Signal: **W**

Simple Triangular

Signal: **T**

“Olympic Triangle”

Signal: **O**

Note SI 8.4: When a blue flag is flying on the committee boat, indicating that the finish line is active, boats shall not cross the finish line except to finish.

Windward-Leeward Course, signalled by letter W and a number indicating the number of laps:
If only one leeward mark is laid, it shall be treated as Lp and rounded to port (for a port course as shown). If the offset mark, Wo, is not laid, it shall be omitted from the rounding sequences below.

Signal	Course to be sailed – marks W and Wo are rounding marks
W 1	Start - W - Wo - Lp or Ls - Finish
W 2	Start - W - Wo - Lp or Ls - W - Wo - Lp or Ls - Finish
W 3	Start - W - Wo - Lp or Ls - W - Wo - Lp or Ls - W - Wo - Lp or Ls - Finish
W 4	Start - W - Wo - Lp or Ls - W - Wo - Lp or Ls - W - Wo - Lp or Ls - W - Wo - Lp or Ls - Finish

Simple Triangular Course, signalled by letter T and a number indicating the number of laps:

Signal	Course to be sailed – marks W, G and L are rounding marks
T 1	Start - W - G - L - Finish
T 2	Start - W - G - L - W - G - L - Finish
T 3	Start - W - G - L - W - G - L - W - G - L - Finish
T 4	Start - W - G - L - W - G - L - W - G - L - W - G - L - Finish

Mixed Triangular and Windward Leeward Course, signalled by letter O and a number indicating the number of laps:

Signal	Course to be sailed – marks W, G and L are rounding marks
O 2	Start - W - G - L - W - L - Finish
O 3	Start - W - G - L - W - L - W - G - L - Finish
O 4	Start - W - G - L - W - L - W - G - L - W - L - Finish
O 5	Start - W - G - L - W - L - W - G - L - W - L - W - G - L - Finish