



**SAILING INSTRUCTIONS**  
**2008, Portimão Formula Windsurfing World Championships**  
Alvor, Portimão, Portugal - September 8<sup>th</sup> to 14<sup>th</sup>.  
*Organizing Authority: Overpower Club*



*An International Windsurfing Association sanctioned event*

**PREAMBLE**

NOR means Notice Of Race.

ONB means Official Notice Board.

OVP means Overpower Club.

Boards admitted shall confirm their registration with the organizing authority. Eligible competitors may complete entry formalities at the Regatta Secretariat, by complying with NOR Art. # 26.2.

**1 RULES**

1.1 The regatta is governed by the rules as defined in the NOR. In case of a discrepancy with the NOR, the Sailing Instructions will take precedence.

1.2 Racing rules changes in the Sailing Instructions are: Race signals, 32, 35, 40.1, 60.1(a), 61.2 (a), 61.3, 66, A4.

1.3 Environment rules: no rubbish thrown in the sea. Rubbish shall be put on support and organisation boats.

**1.4 ADVERTISING**

Competitors are required to carry advertising in compliance with ISAF Regulation 20.

a) If required each competitor shall place the advertising stickers issued by the organising authority, back to back on the sail immediately above the boom and as close to the leach as possible.

b) Crews shall not cut or adapt the stickers in any way.

c) Lycra vests may be issued and shall be worn outside all clothing when going afloat to race or racing. (Alteration to Art. # 20.3.2)

1.5 If there is a conflict between languages, the English text will prevail.

**1.6 CLASSES & DIVISIONS**

1.6.1 Classes: Formula Windsurfing (FWC).

1.6.2 Gender Divisions: Men and Women may race separately (if 10 or more).

Age Divisions: Youth and Masters shall race together in the FWC.

Weight Division: Light and Heavy shall race together in the FWC.

Formula Windsurfing championship rule 9 will apply See Appendix - Group Racing Format

**2 NOTICES TO COMPETITORS**

Notices to competitors will be posted on the official notice board located on the panes of the regatta office. All such posted notices shall constitute official notice to each competitor who shall consult the Official Notice Board regularly.

**3 CHANGES TO THE SAILING INSTRUCTIONS**

Any change in the sailing instructions will be posted, after approval by the Class Race Supervisor, on the official Notice Board one hour before the scheduled starting time on the day that it takes effect except that any change to the schedule of

races will be posted before 20:00 hrs, on the day before it will take effect.

## **4 SIGNALS**

### **4.1 SIGNALS MADE ASHORE**

Signals made ashore will be displayed on the official flagpole located on the beach outside of the WSP clubhouse. Flag "AP" (with two sound signals) means "racing is postponed". When removed (with one sound signal), the warning signal will be made not less than 20 minutes from removal. (Alteration to Race Signals and Championship Rule 11.1.2.)

Flag "Y" (with one sound signal) means RRS 40.1 applies at all times while afloat for the competitors. Coaches and support crew personnel shall wear their buoyancy vests.

Flag "D" (with one sound signal) means a checking system will be set up and rule 18.1 of the present sailing instructions applies. The "D" Flag will be hoisted not less than 30 minutes before the next start.

Flag "L" (with one sound signal) means: "A notice to competitors has been posted on the ONB."

### **4.2 SIGNALS MADE AFLOAT**

Flag "R" means: "A rescue operation is in progress. Coach boats shall assist."

## **5 SCHEDULE OF RACES**

### **5.1 Racing is scheduled is as specified in the Notice of Race.**

When there has been a long postponement and when more than one race (or sequence of races) will be held on the same day, the warning signal for a succeeding race will be made as soon as practicable.

To alert boards that another race will begin soon, an ORANGE flag on Race Committee signal boat will be displayed with one sound for at least 4 minutes before the warning signal.

### **5.3 The warning signal for the last race of each day shall not be made within 90 minutes of the official local sunset time. No warning signal will be given after 17:25 hrs on Sunday 14th September 2008.**

## **6 CLASS FLAG**

Formula Men: WHITE flag with BLACK letter « F » (case of groups, this flag will not be used) .

Formula Women: PINK flag with BLACK letter « F »(If sails separate start).

Formula Gold (final round) or yellow fleet: YELLOW flag with BLACK letter « F ».

Formula Silver (final round) or blue fleet: BLUE flag with BLACK letter « F ».

## **7 RACING AREA**

The racing area is located in the "PORTIMAO COAST".

## **8 THE COURSE & COURSE AREAS**

### **8.1 Championship Rule # 14.1 is deleted. The type of course to be sailed will be as published on the ONB.**

The course area is defined as an area extending 75 meters beyond the course including the "starting line" and the "finishing line" and its extensions, which would normally be taken by a racer when racing. Access to the course area during a race is restricted to racers racing and official boats as defined in SI Art # 21.

## **9 MARKS**

Marks will be ORANGE.

## **10 AREAS THAT ARE OBSTRUCTIONS**

There are no known obstructions.

## **11 THE START**

### **11.1 Races will be started by using Rule 26, system 1, with the warning signal given 5 minutes before the starting signal.**

### **11.2 The starting line will be between the staff displaying a RED flag on the Race Committee signal boat at the starboard end, and a buoy with a flag at port end.**

### **11.3 Boards whose warning signal has not been made shall avoid the starting area.**

### **11.4 A board starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS). This changes rule A4.**

### **11.5 The interval between the "Starting Signal" of one class and the "Warning Signal" of the next class will be at the discretion of the Race Committee.**

When conditions are unfavourable, the Race Committee Signal boat and other RC vessels may hold position by using engines.

Recalls will be signalled in accordance with RRS 29.

When an Individual recall has been signalled, the sail numbers of the identified competitors will only be posted on the Race Committee boat just before the finish of the race. Failure to display numbers shall not be grounds for redress.

When a General Recall has been signalled, the succeeding start(s) for the same and/or for different class/division will be given according to the flags hoisted on the Race Committee Signal boat.

## **12 CHANGE OF THE NEXT LEG OF THE COURSE**

No change of the position of the mark is scheduled.

## **13 THE FINISH**

13.1 The finishing line will be between a staff displaying a red flag on a Race Committee boat and the course side of the finishing mark, as illustrated on the course diagram.

When conditions are unfavourable, the Race Committee Signal boat and other RC vessel may hold position by using engines.

## **14 PENALTY SYSTEM**

A board that has taken a penalty or retired under Rule 44.1 shall complete an acknowledgement form at the race office within the protest time limit.

## **15 MAXIMUM NUMBER OF RACES - TIME LIMITS - TARGET TIMES - REST PERIODS**

15.1 There shall be a maximum of 4 races a day, and a maximum of 15 races in the series.

15.2 (a) The time limit necessary for the first board to finish the race is 40 minutes

(b) The time limit necessary for the first board in each group/fleet to reach the first mark is 12 minutes. A race shall be abandoned if either of the time limits above is exceeded and anyway shall not count towards the official results. (This changes Rule 32 RRS)

15.3 Boards failing to finish within 15 minutes after the first board in their respective group/ fleet sails the course and finishes will be scored Did Not Finish (DNF) except those who are scored DNC, DNS, DSQ, BFD, OCS, RAF, RDG, DNE or DGM. This changes rule 35 and A4.2 RRS.

The target elapsed time for a course race in planing conditions is 15 > 20 minutes for the winner. If pumping becomes the main method of propulsion, the race shall be abandoned.

### **15.5 REST PERIODS**

15.5.1 When racing back to back the minimum interval between the closing off the finishing line and the new warning signal for that group will be of 10 minutes.

If two races have been sailed back to back there shall be a rest period of a minimum of 20 minutes ashore for the last finisher per fleet/ group in the second race before the warning signal for the next race for that fleet/ group.

## **16 PROTESTS, ACKNOWLEDGEMENTS AND REQUESTS FOR REDRESS**

[Championship Rule # 19 is deleted.](#)

16.1 Forms are available at the race office. Protests, requests for redress and acknowledgement forms (Alternative Penalty under RRS 44.1 & 44.2 Form) shall be delivered there within the protest time limit of their class/division on that day.

16.2 For each class, the protest time limit is 45 minutes after the last board has finished the last race of the day.

16.3 Notices informing the parties to the protest of the intended order and the approximate time of the hearings will be posted on the Official Notice Board as soon as possible after the protest has been lodged (not later than 30 minutes after Protest Time). Protests will be heard in the approximate order of receipt and parties are requested to remain in the vicinity of the Jury Office to expedite hearings.

Hearings will be held in the Protest Committee room, located in the Club House of the "SNB".

16.4 Notices of protests by the Race Committee or the Protest Committee will be posted to inform boards under rule 61.1 (b).

16.5 Breaches of instructions 1.3, 1.4, 11.3, 14, 18, 19.2, 22 and 23 will not be grounds for a protest by a board but may result in action by the International Jury and / or Race Committee. This changes rule 60.1 (a). Penalties for these breaches may be less than disqualification if the Jury so decides.

16.6 On the last day of the regatta, a request for reopening a hearing shall be delivered:

(a) Within the protest time limit if the party requesting reopening was informed of the decision on the previous day.

(b) No later than 30 minutes after the party requesting reopening was informed of the decision on that day.

Any request for redress, lodged after jury hearings are completed for the regatta, will not affect the prize giving ceremony. This change Rule 66.

16.7 Competitors wishing to clarify a scoring enquiry shall initially do so by completing a "Scoring Enquiry Form" and by lodging it at the Regatta Office. Only if the response given by the Race Committee is unsatisfactory in the opinion of the competitor should be request a hearing under RRS 62.

Competitors wishing to retire from a race shall make a retirement declaration at the Regatta Office.

16.9 For the purpose of RRS 64.3(b), the qualified authority is ISAF.

## 17 SCORING

Championship Rule # 21 is deleted.

- 17.1 The low point scoring system of RRS Appendix A will apply as amended by Appendix B - Windsurfing Competition Rules.  
When there are 10 or more competitors within a Division racing in a single fleet, competitors may score points equal to their finishing place in their division and Official Results may be published for each division.  
In the case of group racing "Silver Fleet" competitors will score points from "qualifying round" plus the number of points corresponding to #17.1 in order to be ranked according to SI Appendix 3 - Racing Format # RF.6.

## 18 SAFETY REGULATIONS

Championship Rule # 20 is deleted.

- 18.1 Check-out and check-in: When the checking system will be set up, flag "D" (Control) will be displayed ashore with a sound signal.  
It will be located in front of the OVP office. Each competitor, intending to race, shall personally sign-out, against his name/sail number, when going out to race.  
When returning ashore each competitor shall personally sign in to confirm that he/she has returned to shore, but not between races back to back.  
Failure to sign will induce a DSQ with out a hearing.  
Failure to sign for the departure will induce a penalty for the first race of the day.  
Failure to sign for the return will induce a penalty for the last race of the day.  
Failure to sign for the departure and the return will induce a penalty for all the races of the day.  
The "check signing" for the start, will be opened until the scheduled time for the first warning signal of the day and for the return, closed at the protest time limit, or 30 minutes after being instructed to go ashore by the Race Committee.
- 18.2 Retirement: A board that retires from a race shall, whenever possible, notify a Race Committee boat before leaving the course area.  
Notwithstanding such notification, she shall then proceed, as soon as possible, to the beach and the competitor shall immediately report to the Regatta Office, in person or, if the competitor has come ashore along way from the race site, by phoning the Regatta Office.  
A board that retires from a race shall notify the race committee by completing a retirement declaration at the Regatta Office. Failure to comply with this instruction may result in action under RRS 60.2 or 60.3.  
Competitors not leaving the site for the days racing shall inform the Beach Office prior to the first start.
- 18.6 Personal buoyancy
- 18.6.1 If personal buoyancy is prescribed, each competitor shall wear above the waist a jacket, harness or vest with a minimum buoyancy of 4 kg in fresh water. The buoyancy shall be tested with a metal weight of 4 kg which shall remain supported for a minimum of 5 minutes.
- 18.6.2 Personal buoyancy shall not weigh more than 1.5 kg when wet weighed in accordance with RRS Appendix H.

## 19 REPLACEMENT OF CREW OR EQUIPMENT

Substitution of damaged or lost equipment will not be allowed unless approved by the Race Committee. Requests for substitution shall be made to the Race Committee at the first reasonable opportunity.  
Crew changes are not permitted.

## 20 EQUIPMENT AND MEASUREMENT CHECKS

Championship Rules # 6 shall apply.

Competitors shall ensure that a completed Equipment Registration form is returned to the Race Office before the start of the first race.

A board or equipment may be inspected at any time for compliance with the class rules and sailing instructions.

## 21 OFFICIAL BOATS

- 21.1 When he is at work, a committee boat displays a RED flag.  
Committee "mark boats" may be placed near each mark.  
At the finishing line, an additional committee boat might be placed near the end finishing mark.  
The absence of committee boat or signal will not be grounds for redress. This changes rule 62.1 (a).
- 21.2 Other Race Committee boats may include:
- The "equipment inspector's boat", which will fly a WHITE flag with the letter "M" in black.
  - The JURY boat, which may fly a flag with the letter "J" or the word "JURY".
- 21.3 Media boats and helicopters are not under the direct control of the Race Committee. However, they are required to keep clear. Their failure to do so is grounds for redress, whether there is physical damage or not (Alteration or RRS 62.1 b).
- Media boats are identified by a WHITE flag with the letter "P" in BLACK.
  - Media helicopters are identified by a WHITE self-adhesive sticker on each side with the letter "P" in BLACK.

## 22 SUPPORT AND TEAM BOATS

Championship Rule # 24 is deleted.

- 22.1 Coach and support personnel may use "support craft" to assist their competitors on the water. They shall register at the regatta office prior to the first scheduled race, providing details of their boats and distinctive identification, which shall include flying a WHITE flag bearing the national 3 letter code in BLACK (minimum height 120mm), of the country of origin.
- 22.2 Team leaders, coaches and other support personnel shall stay outside areas where boards are racing from the time of the preparatory signal for the first class until all boards have finished or the Race Committee signals a postponement.
- 22.3 Instruction 22.1 will not apply to rescue operations.

## 23 RADIO COMMUNICATIONS

A board shall neither make radio transmissions while racing nor receive radio communications not available to all boards. This restriction also applies to mobile phones.

## 24. MEDICAL REGULATIONS

- 24.1 The use of banned substances and methods is prohibited in accordance with RRS 5 and the Medical Rules and Regulations of the International Olympic Committee. Random tests may be conducted at any time from the first race until the prize giving ceremony.
- 24.2 After a race, each competitor selected for a doping check will be handed a testing notification by a representative of the Organising Authority. This representative must observe the competitor at all times and accompany him/her to the visiting room of the Dope Control Station with his/her card but no later than one hour after receipt of the notification. A competitor failing to report to the Dope Control Station within the time limit will be subject to an RRS 69 hearing.

## 25 PRIZES

- 25.1 Prizes will be awarded according to the NOR. The detailed list of prizes to be awarded will be posted on the ONB after the close of registration, and before the first race.
- 25.2 All competitors and coaches are reminded of NOR # 4.2 requiring attendance at the prize giving and closing ceremony. Prize winners not attending may forfeit their prize.

## 26 DISCLAIMER OF LIABILITY

Competitors participate in the regatta 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 the regatta.

## 27 RACE OFFICIALS

Chairman of the Race Committee: Claudio Allesandrello [ITA] - IRO  
Chairman of the Protest Committee: Pedro Rodrigues [POR] - IJ  
Regatta Chairman: Andrus Poksi [EST] - IJ  
Class Representative: Ceri Williams [GBR]  
ISAF - Class Measurer: Guido Verlachct [BEL] - IM



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## **Appendix 3**

### **Group Racing Format**

#### **RF.1 FLEET SIZES**

RF.1.1 The maximum fleet size shall be 120.

#### **RF.2 SEEDING LIST, FLEET OR GROUP RACING**

RF.2.1 Where there are 70 or fewer racers entered in a class/division, they shall race together in one fleet.

RF.2.2 Where there are between 71 and 90 racers entered in a class/division, the Class Race Supervisor shall decide whether they shall race in one fleet or whether there shall be a First Round followed by a Final Round.

RF.2.3 Where there are more than 90 racers entered in a class/division, they shall race a First Round followed by a Final Round. They shall be divided into two Groups of approximately equal ability, according to current Formula Ranking.

RF.2.4 The racer heading the ranking list shall initially be in the first Group, racers in 2<sup>nd</sup> and 3<sup>rd</sup> positions on the ranking list shall be in the second Group, racers in 4<sup>th</sup> and 5<sup>th</sup> positions on the ranking list shall be in the First Group and so on.

RF.2.5 The first Group shall be designated the Yellow Group and the second the Blue Group.

RF.2.6 The Blue Group (silver fleet) may carry a blue ribbon provided by the local organiser tied to the batten-retaining strap of the second batten above the boom. The LOA will post a notice stating where and when these ribbons will be issued before the first race of the day.

RF.2.7 The decision of the Class Race Supervisor is final.

#### **RF.3 FIRST ROUND**

RF.3.1 The First Round may be held over three days.

RF.3.2 When, at the end of each day, the two Groups have completed an equal number of races, they shall be intermixed according to their current standing. At other times they may be intermixed according to their current standing provided that each Group has completed the same number of races.

RF.3.3 If, at the close of racing on the third day of the First Round, six races have not been completed by each of the two Groups, racing will be held on succeeding days until the minimum number of six races has been completed.

RF.3.4 The first round shall consist of no more than 8 races.

#### **RF.4 OVERALL STANDING**

At the end of the First Round, an overall standing will be established. A boards overall standing shall be the sum of her scores for all first round races excluding their worst score in accordance with RRS Appendix B, #B8.2. If racing in the Final Round is not possible, this shall count as the official result. The competitor with the lowest score will head the overall standing.

#### **RF.5 FINAL ROUND**

Racing in the Final Round will take place in the Gold and Silver Fleets. The Gold Fleet shall consist of the top 50% of racers based on the Overall Standings (Art # 9.4) plus one in the case of an odd number of entries. In case of ties at the break point those racers so tied shall sail in the Gold Fleet. The fleet lists shall be posted at least 1 hour before the first scheduled starting time of the first race of the Final Round.

#### **RF.6 FLEET STANDING**

A racer's fleet standing will be the sum of their scores for all races excluding their worst score(s) in accordance with RRS Appendix B # B8.2. The racer with the lowest total score will head the fleet standing. Silver Fleet racers will be ranked in the fleet standing after those in the Gold Fleet.