



**THE CINNAMON OPTIMIST ASIAN & OCEANIAN  
CHAMPIONSHIP 2016**  
Trincomalee, Sri Lanka  
May 28 – June 5

**ORGANISING AUTHORITY**

The Cinnamon Optimist Asian & Oceanian Team Racing Championship 2016 is organised by the Yachting Association of Sri Lanka (YASL) in conjunction with the Ministry of Sport in Sri Lanka under the authority of the International Optimist Dinghy Association (IODA).

**TEAM RACING SAILING INSTRUCTIONS**

**ABBREVIATIONS**

SP	Rules for which a standard penalty may be applied by the Race Committee without a hearing or a discretionary penalty applied by the International Jury with a hearing
DP	Rules for which the penalties are at the discretion of the International Jury
NP	Rules that are not grounds for protest by a boat. This changes Racing Rule of Sailing 60.1 (a)

**1 RULES**

- 1.1 The Regatta will be governed by the 'rules' as defined in The Racing Rules of Sailing.
- 1.2 Appendix D will apply, including D.2.2 (single flag procedure) but deleting D1.1(d).
- 1.3 The first sentence of D3.1(d)(3) is deleted and replaced by: "when the boat has broken rule 1 or 2, rule 14 when she has caused damage or injury, or a rule when not racing, either the boat's score may be increased or half or more race wins may be deducted from her team, or no penalty may be imposed."
- 1.4 When a boat starts and finishes, and breaks rule 28.1 by failing to sail the course described in Sailing Instructions, 6 points shall be added at her score without a hearing. This changes rule A5.
- 1.5 No national authority prescriptions will apply.
- 1.6 Rule 40 and the preamble to Part 4 are changed as follows:
  - 1.6.1 The first sentence of rule 40 is deleted and replaced by: "Each competitor shall wear a personal flotation device (PFD) according to class rule 4.2 (a), properly secured at all times while on the water except when temporarily adding or removing clothing."
  - 1.6.2 Add to the preamble of Part 4, after 'racing': ", except rule 40 as amended by SI 1.6.1"
- 1.7 If there is a conflict between languages the English text will take precedence.

**2 CAMERAS AND ELECTRONIC EQUIPMENT [NP][DP]**

- 2.1 Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the organising authority. Information from this equipment shall not be used by a boat as evidence in a hearing. This changes rule 63.6.
- 2.2 The equipment provided, once placed on the boat as instructed by the organising authority, shall not be manipulated by the competitor or the coach in any way, except when so required by the organising authority.

**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

**TEAM RACING SAILING INSTRUCTIONS**

**3 COMMUNICATIONS WITH COMPETITORS**

- 3.1 Notices to competitors will be posted on the official notice board located in the Hotel Lobby. Signals made ashore will be displayed from the official flagpole located on the beach opposite the 'Crab' restaurant.
- 3.2 **[NP][DP]** Flag D displayed with one sound means: 'the warning signal will be made not less than 45 minutes after flag D is displayed.' Boats shall not leave their berthing places until this signal is made.
- 3.3 Code Flag B displayed means 'Sailing Instruction 19.3 applies'.

**4 CHANGES TO SAILING INSTRUCTIONS**

- 4.1 Any written changes to the Sailing Instructions or the schedule shall be approved by the IODA Principal Race Officer (IODA PRO) and posted on the official notice board at least 15 minutes before the warning signal of the race from which it will take effect.
- 4.2 Sailing Instructions may be changed orally by the Race Committee and/or the Umpires before the warning signal, when flag L is displayed. It is the responsibility of each team to obtain any oral instructions given. These changes will also be communicated to the coaches orally by the umpires or RC and posted on the official notice board at the end of that day's racing.
- 4.3 Changes to the format of racing and the publication of the schedule of subsequent races made on the water will be announced as described in instruction 4.2.

**5 BOATS [DP]**

- 5.1 Charter boats are mandatory. Competitors shall use the boats according to paragraph 16 of the Notice of Race. Except for the foils, spars, fittings and running rigging, all equipment provided with the charter boats for sailing purposes shall be on the boat while afloat.
- 5.2 Competitors shall report any damage or loss of equipment, however slight, to the Organising Authority's representative immediately after securing the boat ashore.
- 5.3 Failure or loss of chartered equipment will not be grounds for a request for redress. This changes rule 62.1(a).
- 5.4 Hulls, foils, and daggerboards may be cleaned but only with water.

**6 RESERVE**

**7 FORMAT OF RACING**

- 7.1 The event will be a four-boat against four-boat team race. For teams having five competitors, any four may compete in a race, provided that the fifth competitor remains in the area designated for coaches, or ashore, from the warning signal of that race until that race has been completed.
- 7.2 Attachment 1 shows the intended racing format. The format may be modified during the event in a fair and practical way as solely determined by the IODA PRO taking into account the entries, weather conditions, time constraints and any other relevant factors.
- 7.3 The Race Committee with the approval of the IODA PRO may decide not to run a re-sail if the result of that race is not relevant to the progress of any team to the next round.

**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

**TEAM RACING SAILING INSTRUCTIONS**

- 7.4 For members entering more than one team in one of the team racing events, each team will be identified as follows:  
Team 1: yellow ribbon  
Team 2: blue ribbon  
Team 3: no ribbon
- 7.5 **[NP][DP]**Ribbons shall be displayed from the outboard end of the boom and will be provided at the race office.

**8 SCHEDULE OF RACES**

DATE	SCHEDULE
Tuesday, May 31	19:00 Time Limit to hand in the Confirmation of Teams
Wednesday, June 1	09:00 Coaches Meeting 10:00 Team Racing Asian & Oceanian Championship Races
Thursday, June 2	Spare Day

**9 CLASS FLAGS**

The class flag will be a white flag with the Optimist class logo.

**10 RACING AREAS**

Attachment 2 shows the location of the racing area.

**11 THE COURSE**

- 11.1 The diagram in Attachment 3 shows the course, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.
- 11.2 The Race Committee may move marks of the course. Rule 33 will not apply. The moving of a mark by the Race Committee will not be grounds for a boat to request redress. This changes rule 60.1(b).
- 11.3 Courses will not be shortened. This changes rule 32.

**12 MARKS**

- 12.1 Marks 1, 2, 3 and 4 will be inflatable orange cylindrical marks.
- 12.2 The starting marks will be a race committee boat and orange 'dumpy' buoys with a staff displaying an orange flag
- 12.3 The finishing marks will be a race committee boat and an orange 'dumpy' buoy with a staff displaying an orange flag.
- 12.4 The waiting area windward boundary as defined in 23.2 will be designated by yellow 'can' buoys.

**13 THE START**

- 13.1 Races will be started as follows:

Signal	Min. before starting signal	Sound Signal	Visual Signal
Warning	3	One	Class flag displayed
Preparatory	2	One	"P" flag displayed

**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

**TEAM RACING SAILING INSTRUCTIONS**

One-minute	1	One	"P" flag removed
Starting	0	One	Class flag removed

This changes rule 26.

- 13.2 The starting line will be between a staff displaying an orange flag on the starting mark on the starboard end and the starting mark on the port end.
- 13.3 When an individual recall is made, flag X will be displayed for up to 1 minute. This changes rule 29.1.
- 13.4 The race number and the country codes of the teams to start will be displayed on the stern of the committee boat before the warning signal. When the race number is displayed in this way, it overrides all prior communications, schedules or instructions. The Race Committee may at any time remove a particular race from the published sequence of races and run it at a later time.
- 13.5 [DP] Boats may approach the starting line only after the race number with their team's country code has been displayed, or X flag is removed, whichever is later. Boats that have finished shall return directly to the waiting area or ashore, keeping well clear of all boats racing and of all boats whose warning signal has been made.

**14 THE FINISH**

The finishing line will be between a staff displaying an orange flag on the finishing mark on the starboard end and the finishing mark on the port end.

**15 TIME LIMITS AND ABANDONMENT**

- 15.1 The time limit for each race will be 20 minutes.
- 15.2 The Race Committee may abandon a race for any reason. This changes rule 32.
- 15.3 Abandonment may be signalled orally by the Race Committee and/or the Umpires. Abandoned races may be re-sailed, and if so, a new warning signal will be made as soon as practical. This changes rule 32 and Race Signals.

**16 UMPIRING AND FLAGS**

- 16.1 The event will be umpired in accordance with Appendix D as modified by these Sailing Instructions. Some races may have more Umpires than others as determined by the Chief Umpire.
- 16.2 The required red protest flag shall be attached to the competitor, clothing or PFD and it must be capable of being deployed at arm's length. To signal a protest, the flag shall be displayed from a concealed position to a position where it is visible to the protested boat and umpires.

**17 PROTESTS AND REQUESTS FOR REDRESS**

- 17.1 For protests and requests for redress other than protests under a rule listed in rule D2.2, competitors shall inform an Umpire or the Race Committee at the first reasonable opportunity upon finishing. The Umpires will, when appropriate, hear protests and requests for redress while afloat.
- 17.2 The protest time limit for competitors is two minutes after finishing and for the Race Committee or Jury it is 60 minutes after the last boat finishes the last race of the day.

**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

**TEAM RACING SAILING INSTRUCTIONS**

- 17.3 A hearing may be declined if it is not relevant to progress to the next round. This changes rule 63.1.
- 17.4 When a hearing ashore is necessary, the schedule will be published no later than 30 minutes after the end of the protest time limit.
- 17.5 Decisions of the Jury will be final as provided in rule 70.5.
- 17.6 Breaches of Class Rules and Sailing Instructions marked **[NP]** will not be grounds for a protest by a boat. This changes rule 60.1(a). Penalties for these breaches will be at the discretion of the jury.

**18 SCORING**

- 18.1 For the final series, Rule D4 is deleted and replaced by:  
Each team will race at least two times. Teams having lost two times are eliminated from the competition and may return ashore. The two remaining teams will race the SAIL OFF. This is a set of three races after which the winner of two of them becomes the winner of the championship.
- 18.1.1 If the SAIL OFF is not completed, the winner of race 23 will be the winner of the Team Racing event except that if only one race of the SAIL OFF is completed, the winner of that race will be the winner of the Team Racing event
- 18.1.2 If flight F (semi final) is not completed, the winner of R23 will be the winner of the TR and the winners of R27 and R28 will be ranked using, in order,  
(i) the number of races won when the two teams met;  
(ii) the total points scored in all races against common opponents;  
(iii) the order in which they entered the Team Racing event.

**19 SAFETY REGULATIONS [NP]**

- 19.1 **[SP] Sign-Out and Sign-In Procedure.** The requirements of this instruction are specified for the safety of the competitors.
- 19.1 a) The control point to Sign-Out and Sign-In competitors will be located in the tent near the “Crab” restaurant.
- 19.1 (b) The Team Leader of each country shall individually Sign-Out each competitor on their team each day before racing, beginning two hours before the scheduled warning for the day, by signing beside their own name in the space provided on the required form and marking an X beside the name of each of the competitors on their team that will be leaving the venue to race.
- 19.1 (c) The Team Leader of each country shall individually Sign-In each competitor on their team each day after racing immediately upon returning to shore, but no later than the protest time limit, by personally signing beside their own name in the space provided on the required form and marking an X beside the name of each of the competitors on their team that have returned to the venue after racing.
- 19.2 **[DP]**A boat retiring from a race shall notify a race committee or safety boat before leaving the course and shall complete the relevant form available at the Race Office.
- 19.3 **[DP]** When code flag B is displayed ashore each Coach or Team Leader shall sign a checklist adjacent to the Race Office within 45 minutes after the flag has been displayed, to indicate that all team members have returned to shore.

**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

**TEAM RACING SAILING INSTRUCTIONS**

- 19.4 [DP] Competitors who require assistance shall blow a whistle or wave the paddle or one arm. The race committee reserves the right to assist competitors who in their opinion require assistance, regardless of the wishes of the competitor. This will not be grounds for redress. This changes rule 62.1(a).
- 19.5 [DP] When the Race Committee displays Flag V with repetitive sounds, all official and support boats shall monitor the Race Committee for search and rescue instructions.

**20 REPLACEMENT OF EQUIPMENT [DP]**

- 20.1 Substitution of damaged or lost equipment will not be allowed unless approved in writing by the race committee. Requests for substitution shall be made to the race committee at the first reasonable opportunity.
- 20.2 Substitution of damaged equipment may be permitted provided that the relevant form has been completed at the Race Office and both the damaged and the substituting equipment has been inspected by the Measurement Sub-Committee.
- 20.3 If the substitution was made on the water between races, both the damaged and the substituting equipment shall be presented to the Measurement Sub-Committee after the end of the day's racing. The substitution is subject to the approval of the race committee given retrospectively.

**21 EQUIPMENT AND MEASUREMENT CHECKS [NP][DP][SP]**

- 21.1 A boat or equipment may be inspected at any time for compliance with the Class Rules, the Notice of Race or the Sailing Instructions. The following scoring penalties may be imposed without a hearing: minor class rule infringement: 1 point; intermediate class rule infringement: 3 points; major class rule infringement: 6 points.

**22 OFFICIAL AND ACCREDITED BOATS**

- 22.1 Official boats will be identified as follows:

BOAT	FLAG
Race Committee Signals Vessel	Red flag with Black 'RC'
Race Committee Boats	Red flag with Black 'RC'
Jury Boats	White flag with Black 'J'
Rescue Boats	White flag with Black 'S'
Equipment Inspector Boats	White with Black 'M'
Support Boats	Country Flag
Medical Boats	White flag with Black 'FA'

- 22.2 Accredited boats will be identified as follows:

Press	White flag with Black 'Media'
Spectator and VIP Boat	White flag with Black "VI"

**23 SUPPORT BOATS**

- 23.1 Support boats will be at the disposal of the Organising Committee, which will re-allocate them to teams participating. This allocation will be done according to the

**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

**TEAM RACING SAILING INSTRUCTIONS**

number of boats available and the number of teams participating. The allocation will be announced at the Coaches' meeting.

- 23.2 **[NP][DP]** Coach boats shall remain anchored within the designated waiting area shown on the diagram in Attachment 3 unless otherwise directed by the Race Committee and/or Umpires for safety purposes.
- 23.3 The penalty for failing to comply with paragraph 15 of the NoR and/or this instruction may result in the disqualification from the race/s in which the infringement took place, or other penalty at the discretion of the Jury, of the team associated with the infringing boat.

**24 PRIZES**

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Prizes will be awarded in accordance with the Notice of Race.

**25 TRASH DISPOSAL [NP][DP]**

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Trash may be placed aboard support and race committee boats.

**26 RISK STATEMENT**

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26.1 RRS 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."

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

26.1 a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves and their boat to such inherent risk whilst taking part in the event;

26.1 b) They are responsible for the safety of themselves, their boat and their other property whether afloat or ashore;

26.1 c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission;

26.1 d) Their boat is in good order, equipped to sail in the event and they are fit to participate;

26.1 e) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;

26.1 f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

**27 INSURANCE [NP]**

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The purchase of third-party liability event insurance from IODA is mandatory. The purchase will be arranged through the IODA at a cost of EURO 10 per competitor and per coach, payable to the organisers upon arrival, before registration is completed. Conversion to USD\$ will be made either on the Official Arrival Day or a date just prior to registration. Details of this insurance can be found at:  
[http://www.optiworld.org/uploaded\\_files/thirdParty.pdf\\_1948\\_en.pdf](http://www.optiworld.org/uploaded_files/thirdParty.pdf_1948_en.pdf)

The deductible on any claim is Euro 150.

**28 RIGHT TO USE NAMES AND LIKENESS**

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**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

**TEAM RACING SAILING INSTRUCTIONS**

In participating in this championship, a competitor automatically grants to the organising authority, the IODA and the sponsors of the championship the right in perpetuity to make, use and show at their discretion any motion pictures, still pictures and live, taped or filmed television and other reproductions of him or her during the championship, and of all of his or her material related to the championship, without compensation.

ATTACHMENT 1 – FORMAT OF RACING



**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

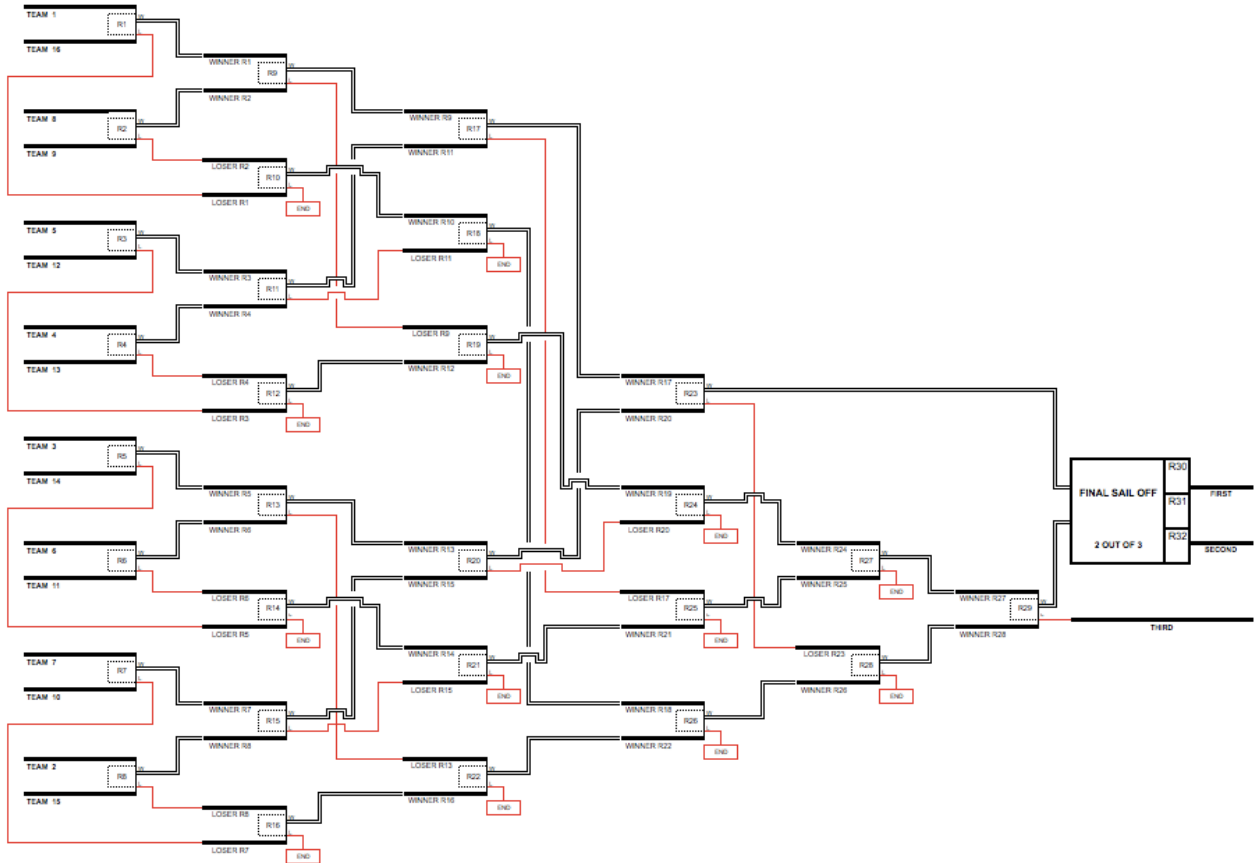
**TEAM RACING SAILING INSTRUCTIONS**

Note: This attachment must be read together with the relevant grid.

Stage A		Stage B		Stage C	
R1	Team 1	R9	Winner R1	R17	Winner R9
	Team 16		Winner R2		Winner R11
R2	Team 8	R10	Loser R2	R18	Winner R10
	Team 9		Loser R1		Loser R11
R3	Team 5	R11	Winner R3	R19	Loser R9
	Team 12		Winner R4		Winner R12
R4	Team 4	R12	Loser R4	R20	Winner R13
	Team 13		Loser R3		Winner R15
R5	Team 3	R13	Winner R5	R21	Winner R14
	Team 14		Winner R6		Loser R15
R6	Team 6	R14	Loser R6	R22	Loser R13
	Team 11		Loser R5		Winner R16
R7	Team 7	R15	Winner R7		
	Team 10		Winner R8		
R8	Team 2	R16	Loser R8		
	Team 15		Loser R7		
Stage D		Stage E		Stage F	
R23	Winner R17	R27	Winner R24	R29	Winner R27
	Winner R20		Winner R25		Winner R28
R24	Winner R19	R28	Loser R23		
	Loser R20		Winner R26		
R25	Loser R17				
	Winner R21				
R26	Winner R18				
	Winner R22				
Final SAIL OFF					
R30, R31, R32		Winner R23 vs. Winner R29			

**The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5**

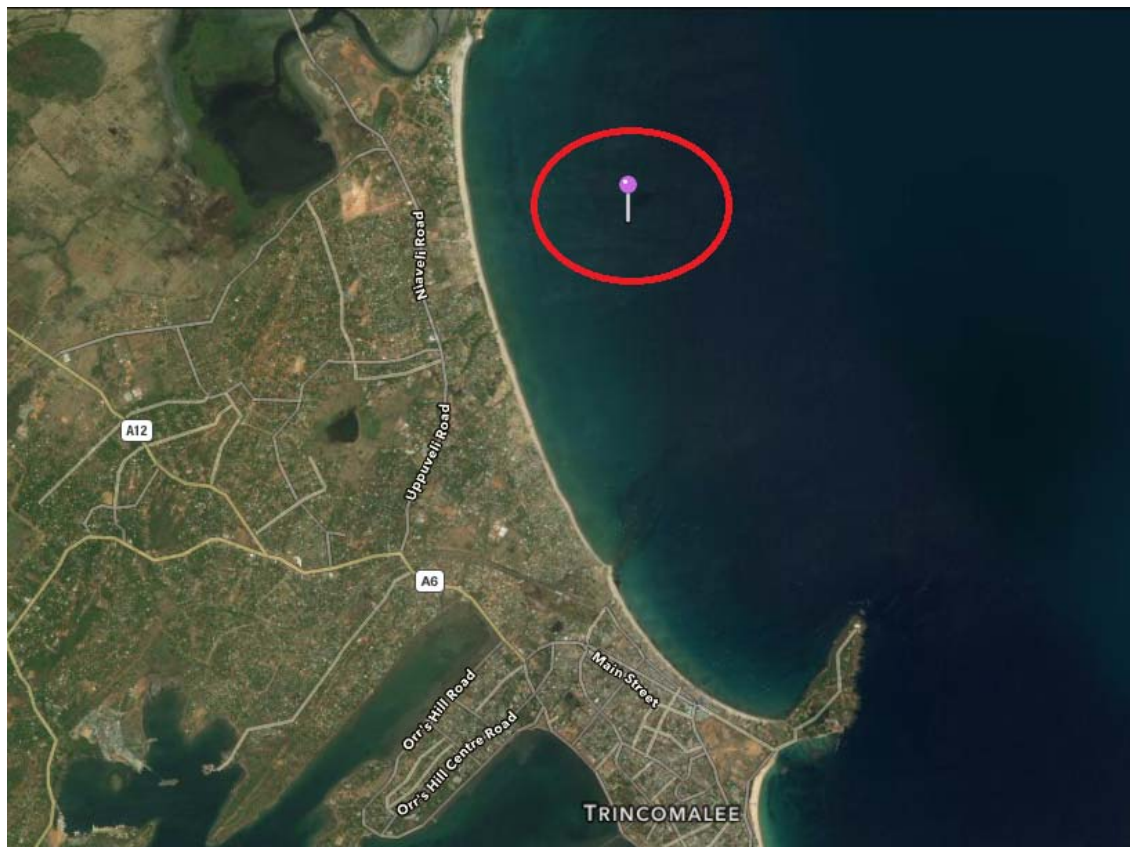
**TEAM RACING SAILING INSTRUCTIONS**



The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5

**TEAM RACING SAILING INSTRUCTIONS**

ATTACHMENT 2 – RACING AREA



The Cinnamon Optimist Asian & Oceanian  
Championship 2016  
Trincomalee, Sri Lanka  
May 28 – June 5

**TEAM RACING SAILING INSTRUCTIONS**

ATTACHMENT 3 – THE COURSE

