



SAILING INSTRUCTIONS
Frostbite Cup 2022/2023
J/80 class
organised by **RZV Naarden**
from 9 October 2022 through 19 March 2023
Location: Gooi- and Markermeer, Naarden

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

1. RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2 Racing rules RRS 28.1, RRS 35, RRS 40, RRS 44.1, RRS 62, RRS 62.1(a), RRS 62.2, RRS 65.2, RRS A4, RRS A5 and RRS A10 will be changed.
- 1.3 All competitors and support persons must adhere to the corona rules of the Dutch government. For the for the rules see <https://www.government.nl/topics/coronavirus-covid-19>.
- 1.4 [DP] Competitors and support persons shall comply with any reasonable request from an event official. Failure to comply may be misconduct. - Reasonable actions by event officials to implement COVID-19 guidance, protocols or legislation, even if they later prove to have been unnecessary, are not improper actions or omissions.
- 1.6 EXCEPTIONS CLASS RULES J/80
For the entire series of the Frostbite Cup, the weight restriction of the international J/80 class does not apply. The so-called Naarden rule applies instead. This reads as follows:

"If sailing with a crew of 4, there is no maximum crew weight. When sailing with a crew of more than 4 people, the international weight rules of the J/80 class apply.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the sailing instructions will be posted before 0900 on the day it will take effect.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the official notice board located at R&ZV Naarden clubhouse. Announcements will also, be mentioned in the WhatsApp group.
- 3.2 The race office is located at R&ZV Naarden clubhouse, Onderwal 10a, 1411 LV Naarden.
- 3.3 On the water, the race committee intends to monitor and communicate with competitors on VHF radio. (channel 71).
- 3.4 Communications may be made by the race committee on VHF channel 71
The content of the information given over the VHF channels is a service to the competitors and will be no ground for redress. This changes rule RRS 62.

4 [DP] CODE OF CONDUCT

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



- 4.2 Competitors and support persons shall place advertising provided by the organizing authority with care, seamanship, in accordance with any instructions for its use and without interfering with its functionality.

5. SIGNALS MADE ASHORE

- 5.1 No signals will made ashore.

6 SCHEDULE OF RACES

6.1

Date	Class: J/80	1st Warning Signal	No. of races
	Skippers briefing at the clubhouse	0930	
	Racing (warning signal)	1055	3 or more races

- 6.2 Reserved

- 6.3 The scheduled time of the warning signal for the first race each day is 1055.

- 6.4 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

- 6.5 On the last scheduled day of racing no warning signal will be made after 1500.

7 CLASS FLAGS AND BOW NUMBERS

- 7.1 The Class flag is the J Flag.

- 7.2 Boats are not permitted to fly their class flag from their backstay during racing days.

- 7.3 Bow numbers are issued for identification. The bow numbers should fixed to port and starboard as far forward as possible. If bow numbers are not correctly marked or do not correspond to the number under which the entry is entered or which have been assigned by the race committee, a 30% time penalty can be awarded for all races where this deviation is found. No protest or request for redress is possible against this penalty.

8 RACING AREA

- 8.1 The racing area on the Gooimeer.

9 COURSES

- 9.1 The diagram(s) in SI Addendum A show(s) the courses, 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.

10 MARKS

- 10.1 Marks 1, 2, 3, 4S and 4P will be Yellow/Orange inflatable cylinders.

- 10.2 New marks, as provided in SI 13.1, will be a Yellow/Orange inflatable cylinder.

- 10.3 The starting and finishing marks will be orange respectively blue flags on the starting vessel and on the outer distance marks, see also SI addendum A

- 10.4 A race committee vessel signaling a change of a leg of the course is a mark as provided in SI 13.2.



10.5 The following marks are rounding marks: *A, B and C*.

11 OBSTRUCTIONS

Not applicable.

12 THE START

12.1 Not applicable.

12.2 The starting line is between a staff displaying an orange flag on the signal vessel at the starboard end and the course side of the port-end starting mark.

12.3 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

12.4 Not applicable

12.5 A boat that does not start within 5 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

13 CHANGE OF THE NEXT LEG OF THE COURSE

13.1 To change the next leg of the course, the race committee will lay a new mark or move the finishing line and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark

13.2

Except at a gate, boats shall pass between the race committee vessel signalling the change of the next leg and the nearby mark, leaving the mark to port and the race committee vessel to starboard. This changes RRS 28.

14 THE FINISH

14.1 The finishing line will be between a staff displaying a blue flag on the finishing mark at the starboard-end and the course side of the port-end finishing mark.

15 PENALTY SYSTEM

15.1 RRS 44.1 is changed so that the Two-Turns Penalty is replaced the One-Turn Penalty.

15.2 RRS Appendix P applies.

16 TIME LIMITS [AND TARGET TIMES]

16.1 The Mark 1 Time Limit, Race Time Limit (see RRS 35), and the Finishing Window are shown in the table below.

Mark 1 Time Limit	Race Time Limit	Finishing Window
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30 minutes	60 minutes	20 minutes
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- 16.2** If no boat has passed Mark 1 within the Mark 1 time limit the race will be abandoned.
- 16.3** The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A5.1, A5.2 and A10.
- 16.4** Failure to meet the target time will not be grounds for redress. This changes RRS 62.1(a).

17 HEARING REQUESTS

- 17.1** The protest time limit is ninety (90) minutes after the last boat finishes the last race of the day or the race committee signals no more racing today, whichever is later. The time will be posted in the WhatsApp group
- 17.2** Hearing request forms are available from the race office at RZV Naarden Club house
- 17.3** Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room, located at RZV Naarden Clubhouse, beginning at the time posted on the Notice Board in the Club House.
- 17.4** A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.

18 [NP][DP] SAFETY REGULATIONS

- 18.1** Check-out and check-in: through a sail-by at the starting signal vessel.
- 18.2** [DP] A boat that retires from a race shall notify the race committee at the first reasonable opportunity.

19 REPLACEMENT OF CREW OR EQUIPMENT

- 19.1** Reserved.
- 19.2** Substitution of marked damaged or lost equipment will not be allowed unless approved by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

20 EQUIPMENT CHECKS AND MEASUREMENT CHECKS

- 20.1** A boat or equipment may be inspected at any time for compliance with the class rules, notice of race and sailing instructions.
- 20.2** [DP] When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

21 SUPPLIED BOATS

- 21.1** Not applicable

22 OFFICIAL VESSELS

- 22.1** Official vessels will be identified as follows: *RC FLAG*.



23 [DP] SUPPORT TEAMS

23.1 Not applicable

24 TRASH DISPOSAL

24.1 Trash has to be kept onboard until return in the harbour.

25 ORGANISATION

The race officer is : Henk Schiltkamp
The chairman of the protest committee is : N. de By



ADDENDUM A

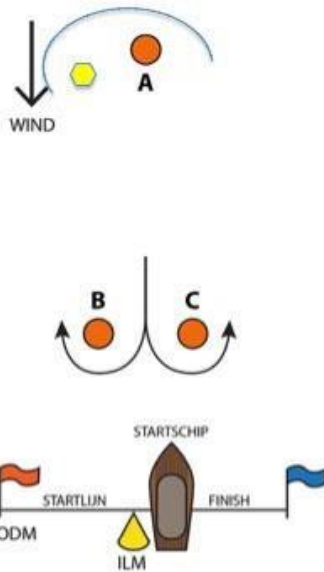
THE COURSES

Upwind-Downwind:

- 1 Start - A - Spreader - Finish.
- 2 Start - A - Spreader - Gate - A - Spreader - Finish.
- 3 Start - A - Spreader - Gate - A - Spreader - Gate - A - Spreader - Finish
- 4 Start - A - Spreader - Gate - A - Spreader - Gate - A - Spreader - Gate - A - Spreader - Finish
- 5 Start - A - Spreader - Gate - A - Spreader - Gate - A - Spreader - Gate - A - Spreader - Gate - A - Spreader - Gate - A - Spreader - Finish

Passing through the gate on the last leg to the finish is not required

Schematic display:





**Addendum B: the map of the event venue and
Race area FBC J/80 class 2022/2023**

