[SP] denotes a rule for which a standard penalty may be applied by the Race Committee without a hearing

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| No  | SP breaches | Penalties  |
| 1 | Penalties for breaches of rules in the Sailing Instructions marked | 1 point |
| 2 | Failure to Check-Out will result in 1-point penalty for the next race completed even if no race is completed on the day of the infringement | 1 point |
| 3 | Failure to Check-In will result in 1-point penalty for the last race completed even if no race is completed on the day of the infringement. | 1 point |
| 4 | Each competitor shall personally Check-Out on the required form, before going afloat each day and Check-In on returning to shore and at the latest by the end of protest time | 1 point |