

## Sailing Instructions

**The Nautical Club of Paleon Faliro is organizing the  
Open International Optimist Sailing Regatta “NCPF CUP”  
and the perpetual “7th N. SARIKAVAZIS TROPHY”  
from 11th to 13th February 2022**

### 1. RULES

The races will be governed by:

The regulations referred to in Article 1 of the Race Notice as amended by :

- These Sailing Instructions
- Class regulations

### 2. ANNOUNCEMENTS

2.1 Announcements to competitors will be posted on the official race site:

<https://nopf.gr/trophy/en/trophy-en/>

### 3. CHANGES TO THE SAILING INSTRUCTIONS

3.1 Any changes to the sailing instructions will be announced at least two hours before the start of the race to take effect, with the exception of changes to the race schedule which will be announced before 8pm the day before.

### 4. SIGNALS MADE ASHORE

4.1 Signals will be displayed on the Race web site.

<https://www.racingrulesofsailing.org/documents/3149/event>

4.2 Code Flag “AP” with two sound signals means the race is postponed. DO NOT leave the club area. The warning signal will not be made sooner than 30 minutes from the lowering of “AP”, accompanied by one signal. This changes “Race Signals”.

## 5. RACES SCHEDULE

- Thursday 13/02 14.00 Completion of registrations (e-registration)
- Friday 11/02 11: 00-11: 30 Coaches meeting( Mandatory)
- Friday 11/02 14:30 Races
- Saturday 12/02 TBA
- Sunday 13/02 TBA
- Sunday 13/02 18.00 Closing Ceremony - Closing Ceremony

Nine (9) races are planned.

No more than 4 races per day.

On Sunday 13/02/22 no warning signal will be given after 15:00

## 6. CLASS Flags

6.1 The following class flags will be used:

- OPTIMIST White group - White flag with blue class insignia.
- OPTIMIST Red group - White flag with blue class insignia and red stripe.

## 7. RACING AREAS

7.1 The races will take place in FALIRO Bay

## 8. RACE COURSES

8.1 The diagram in Appendix A shows the route, the approximate angle between the legs, the order in which they must be passed, and the side on which the turning points must be left.

## 9. MARKS

- 9.1 Marks 1,2,3s & 3p will be inflatable yellow buoys.
- 9.2 The starting ends will be the race committee boat on the right and a pole with an orange flag on the left.
- 9.3 The finishing ends shall be a pole with a blue flag in both ends.

## 10. STARTING

- 10.1 The starting line is defined between an orange flags on the starting ends.
- 10.2 All boats who's warning signal has not been given shall stay under the marks G1-G2 which shall be training buoys as shown in Appendix A during the process of other groups.
- 10.3 If a boat starts later than 4 minutes after its starting signal, it will be scored DNS without a hearing. This changes rule A4.

## 11. FINISH

- 11.1 The finish line is defined between blue flags in each end of the line.

## 12. PENALTY SYSTEM

- 12.1 Appendix P to the RRS will apply
- 12.2 Rule 2.2 and R 2.3 will not apply and R 2.1 is amended to apply to all penalties.
- 12.3 Coaches shall sign out and sign in for their Athletes in accordance with SI 16.1  
There will be a standard penalty (SP): one point of the first race of the day for not signing out and one point of the last race of the day for not signing in.
- 12.4 All coaches shall monitor on VHF Chanel 72.

## 13. TIME LIMITS

- 13.1 Boats failing to finish within 15 (fifteen) minutes after the first boat completes the race will be scored DNF without a hearing. This changes Rule 35, A4 and A5 .

## 14. PROTESTS AND REQUESTS FOR REDRESS:

- 14.1 Protest forms are available at the NCPF race secretariat.
- 14.2 The protest time limit is 60 minutes after the last boat has finished the last race of the day, or the race committee signals no more racing today, whichever is later.
- 14.3 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 next to the Race

Office, beginning at the time posted. Hearings may be scheduled to begin up to 30 minutes before the end of protest time.

- 14.4 A list of boats that have been penalized under Appendix P for breaking RRS 42 will be posted.
- 14.5 A boat may accept a discretionary penalty before a hearing concerning the same incident by completing a form available at the NCPF race Secretariat.
- 14.6 On the last day racing a request for redress based on a jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.
- 14.7 On the last day of the series a request for reopening of a hearing shall be delivered within the protest time limit if the requesting party was informed of the decision on the previous day, or no later than 30 minutes after the party was informed of the decision on that day. This changes RRS 66.

## 15. SCORING

- 15.2 There must be 2 races for the race to be valid.
- 15.3 When fewer than 4 races have been completed, a boats series score will be the total of her race scores.
- 15.4 When 4 or more races have been completed, a boats series score will be the total of her race score excluding her worst score.
- 15.4 In the event of an tie, the first race in which they participated together shall apply
- 15.5 The results of each race will also be announced on the official race site.

## 16. SAFETY

- 16.1 Sign out and sign in on a daily basis shall be conducted by sending to the **2022 NCPF Trophy info** Viber Group the following info:
  - Number of sails
  - Club name.
- 16.2 Coaches must keep in touch with the VHF Race Committee on Channel 72 throughout the races.
- 16.3 Operators must be responsible for their movements, wear the quick-stop bracelet attached to the engine switch, and hold a high-speed diploma.
- 16.4 Athletes are required to wear life jackets during their stay in the water.
- 16.5 A boat leaving the race must inform the racing committee as soon as possible.

## 17. DISPOSAL OF TRASH:

17.1 Boats observed throwing trash into the water would either be disqualified from all races sailed on the day the infraction is observed or be subject to other suitable disciplinary action or both.

## 18. RACING COMMITTEE BOAT

18.1 The race committee vessel will have a flag with the letters 'RC'.

## 19. SUPPORT VESSELS

19.1 Boats accompanying coaches must be kept away from them racing boats from the first warning signal until the last boat finishes or until the racing committee has postponed, a general recall or the abandonment of the race.

## 20. AWARDS

Prizes will be awarded:

- To the top 3 winners U16 for the boys, girls,
- To the top 3 winners U13 for the boys, girls (born 2010 or later)
- To the best team.
- The first athlete overall will also be awarded with the perpetual **“7th N. SARIKAVAZIS TROPHY”**
- Sponsors gifts will be awarded.

The prize giving will take place on Sunday 13/02/20 between 17:00 – 18.00.

## 21. RESPONSIBILITY

21.1 All participants compete in accordance with Fundamental Rule 4. The Organizing committee and the Committees have no responsibility whatsoever for anything that happens to people or things both on land and at sea during the race.

## 22. INSURANCE COVER

22.1 All competing boats and accompanying boats must have at least 540,000 euros of liability insurance provided by Greek law to third parties.

## 23. INFORMATION

23.1 For more information you can contact NCPF Secretariat at:

- +30 210 9814835
- [info@nopf.gr](mailto:info@nopf.gr)

<https://www.racingrulesofsailing.org/documents/3149/event>

Race Course (Optimist) START-1-2-3S,3P-FINISH

