



Singlehanded Sailing Society

2011 Notice of Race and

Standing Sailing Instructions

Revised 1 March 2011

Revisions indicated by bars in right margin

1. RULES

- a. The rules as defined in the Racing Rules of Sailing 2009-2012 (RRS) will govern these races. The Additional Sailing Instructions for each race may further modify RRS and these Instructions. (Note: except as noted herein, this document does not apply to the LongPac.)
- b. Between the hours of sunset and sunrise, the Steering and Sailing Rules of the International Rules for the Prevention of Collisions at Sea and of the Unified Inland Rules shall replace Part 2 of RRS.
- c. In accordance with the purpose of these races, the following equipment and practices are allowed:
 - i. Autopilot and/or wind-powered self-steering gear. This modifies RRS 52.
 - ii. Twin headsails set on two poles for downwind sailing. This modifies RRS 50.2.
 - iii. Powered winches, hydraulics, or furling devices – only on boats that have declared this information on their PHRF application and have been rated accordingly. This modifies RRS 52.

2. LIABILITY

Sailing is an activity that has an inherent risk of damage and injury. Competitors in these races are participating entirely at their own risk. See RRS 4, Decision to Race. Singlehanded Sailing Society (SSS) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in these events, each competitor agrees to release SSS from any and all liability associated with such participation to the fullest extent permitted by law.

3. DISQUALIFICATION WITHOUT HEARING

This modifies RRS 63.1 and A5. The Race Committee will disqualify, without a hearing, a boat that (according to the Coast Guard, civil authorities or commercial vessel operators, or the Race Committee's observation):

- a. **Impedes the passage** of a vessel that can safely navigate only within a narrow channel or fairway, or the passage of a vessel with limited maneuverability (reference: International and Inland Rules 9 and 18), or
- b. Finishes between the hours of sunset and sunrise without displaying **proper running lights** (reference: International and Inland Rules 20 and 25). The times published by NOAA (National Oceanic and Atmospheric Administration) for sunset and sunrise in San Francisco will prevail, with a grace period of three minutes.

4. ELIGIBILITY

These races are open to:

- a. Any monohull that has a current Northern California PHRF Certificate **or** conforms to the class rules of a one-design association that has examples in the NCPHRF database.
- b. Any multihull at least 19 feet LOA and at least 8 feet wide with a current BAMA Multihull PHRF Certificate.

5. EQUIPMENT REQUIREMENTS

a. For races whose entire course is inside San Francisco Bay:

Boats must comply with U.S. Coast Guard regulations and shall carry the following minimum equipment.

- i. Fire extinguisher(s) meeting U.S. Coast Guard requirements.
- ii. Manual bilge pump with capacity of at least 10 gallons per minute.
- iii. Anchor with suitable rode.
- iv. Navigation lights meeting U.S. Coast Guard requirements.
- v. Mechanical marine compass.
- vi. Appropriate charts and plotting tools.
- vii. Fog horn, operable independently of the boat's power system.
- viii. Waterproof flashlight.
- ix. First aid kit.
- x. Lifejacket with whistle and strobe light attached, for each crewmember.
- xi. VHF radio.
- xii. An alternate means of propulsion.

b. For races whose course includes ocean waters outside San Francisco Bay:

Boats may not use hiking assists such as trapezes, racks or sliding seats. They shall comply with all requirements of 5.a above **and** shall carry the following minimum equipment.

- i. Lifelines and pulpits conforming to ISAF Offshore Special Regulations section 3.14 ([http://www.sailing.org/tools/documents/OSR2010Parts1to6101209-\[8164\].pdf](http://www.sailing.org/tools/documents/OSR2010Parts1to6101209-[8164].pdf)), with two exceptions:
 - a. This requirement is **waived** for boats less than 30 feet LOA.
 - b. Vinyl-coated wire lifelines are permitted. The coating shall not be included when measuring the size of the wire. Entrants are urged to inspect such lifelines closely and to replace them with bare wire or Dyneema at the earliest opportunity.
- ii. Soft wooden plugs to close all throughhull openings.
- iii. Echo sounder or lead line.
- iv. Passive radar reflector.
- v. At least one gallon of fresh water for each crewmember.
- vi. Safety harness and tether for each crewmember, and jackstays rigged for use.
- vii. VHF radio with at least 25 watts of transmitting power.
- viii. GPS receiver.
- ix. EPIRB or PLB operating on 406 MHz, with current NOAA registration.
- x. Three red parachute flares and three red hand flares. If SOLAS type, no more than 6 years old. If not, unexpired.
- xi. Two orange smoke flares. If SOLAS type, no more than 10 years old. If not, unexpired.
- xii. An alternate means of propulsion capable of propelling the boat at a speed (in knots) not less than the square root of the waterline length (in feet).
- xiii. Drogue for speed management (multihulls only).
- xiv. Man overboard pole and Lifesling (doublehanded entries only).
- xv. Tethers attaching any removable hatch closures (washboards) to the boat.

6. UNUSUAL DESIGNS; INSPECTION

The Race Committee reserves the right to inspect any entered boat, and to cancel the entry of a boat with any unusual arrangement in hull, rig, sails, ballast, or equipment that the Race Committee considers to be a potential hazard, or an attempt to violate or circumvent the intent of this document.

7. CALENDAR

Date	Race	Race type	Notes
January 29	Three Bridge Fiasco	Bay	
April 2	Corinthian	Bay	
May 21	Singlehanded Farallones	Ocean	Singlehanded only
July 6-12	Great Pacific Longitude Race (LongPac)	Ocean	Separate SIs; additional entry fee
August 6	Half Moon Bay	Ocean	
September 17	Richmond – South Beach	Bay	
October 15-16	Vallejo 1-2	Bay	Two races; single entry fee

Meetings and other events associated with the races are announced in the Additional Sailing Instructions for each race. Race and meeting dates are also posted at the club's website, <http://sfbaysss.org>.

8. ENTRIES

- a. Members of Singlehanded Sailing Society are entitled to enter the races (except the LongPac) without additional fees. (For membership information, see <http://sfbaysss.org>.) Single-race entry fees for non-members are \$45 in the Singlehanded division and \$60 in the Doublehanded division. The non-member fee for the Vallejo 1-2 regatta is \$60.
- b. An entry in the Singlehanded division shall have a crew of one named person, who shall be at least 18 years of age.
- c. An entry in the Doublehanded division shall have a crew of two named persons, one of whom shall be at least 18 years of age. Exception: A skipper may sail alone in the Doublehanded division in one race per season, but not in the LongPac.
- d. Entries for each race shall be made electronically through Jibaset or such other online service that the SSS Board may adopt (link at <http://sfbaysss.org>). Entries must be received **no later than the skippers' meeting**.
- e. An entrant may not change classes or divisions after the entry deadline, except:
 - i. In case of an error in the original entry, or the establishment or dissolution of a designated class including his boat.
 - ii. For a Bay race, an entrant may change from Singlehanded to Doublehanded division until and including radio check-in. He shall make good the increased entry fee (if applicable) before entering future SSS races.
 - iii. Except in the LongPac, an entrant may change from Doublehanded to Singlehanded division until and including radio check-in. If doing so he may also change to Class C (non-spinnaker), if the boat is eligible. The difference in entry fee will not be refunded.

9. COURSES

Courses are specified in the Additional Sailing Instructions for each race.

10. DIVISIONS AND CLASSES

- a. Unless otherwise stated in the Additional Sailing Instructions, each race has Singlehanded and Doublehanded divisions.
- b. Each division is subdivided into seven boat classes as defined in the following table.
- c. One-design classes, or other classes of similar boats, will be established if they have five or more entrants in the same division. The Race Committee may designate additional classes at its discretion. One-design or other designated classes shall start with the class(es) that they would otherwise sail in, but will be scored separately.

Class Designation	Description	Class Flag
C	Monohulls, Non-Spinnaker, all PHRF ratings. Catboats and Sportboats are ineligible for this class. Note: Class C boats shall not use any type of spinnaker, including gennakers and cruising spinnakers. RRS 50.4 defines a spinnaker.	C
D2	Monohulls, PHRF 198 & over, except Sportboats.	Classes D1 and D2 will start together. They will be merged in races in which either class has less than 5 entries.
D1	Monohulls, PHRF 153 to 195, except Sportboats.	
E	Monohulls, PHRF 111 to 150, except Sportboats.	E
F	Monohulls, PHRF 108 & under, except Sportboats.	F
Sportboat	Monohulls with displacement-to-length ratio of 112 or less <i>and</i> waterline length of 32 feet or less; i.e. $D / (2.24 \times (LWL / 10)^3) \leq 112$ <i>and</i> $LWL \leq 32$ where D is displacement in pounds and LWL is waterline length in feet. Normally a boat will be classified on the basis of the dimensions appearing on its PHRF certificate. But if a boat type has multiple examples in the NCPHRF database and the Race Committee believes that an individual boat's D or LWL is in error, it may assign the boat to the same class as the majority of its type.	G
Multihull	Multihulls, all MPHRF ratings.	J

11. HANDICAP

- a. Except as noted below, each monohulled boat must submit a current Northern California PHRF certificate issued by Yacht Racing Association of San Francisco Bay, 415-771-9500, <http://yra.org>.
 - i. Boats belonging to organized one-design fleets, conforming to the class rules, do not require a certificate. They will be scored with the one-design NCPHRF rating.
- b. Each multihulled boat must submit a current Multihull PHRF certificate issued by Bay Area Multihull Association, <http://sfbama.org>.
- c. Any entrant submitting a certificate shall upload a copy to the online registration service no later than the entry deadline, unless alternative arrangements are made with the Race Committee. This modifies RRS 78.2.

12. COMMUNICATIONS

- a. Prior to the first Warning signal for the race, every boat shall check in by hailing the Race Committee on the VHF radio channel specified in the Additional Sailing Instructions, identifying itself by boat name and sail number, and advising the Race Committee of any change in crew, division or class (see 8.e above). Check-in is incomplete until the boat receives an acknowledgment from the Race Committee.
 - i. A boat that checks in after the first Warning but before the last Start will receive a 20 minute time penalty without a hearing; this modifies RRS 63.1 and A5.
 - ii. A boat that fails to check in before the last start will be scored DNS; this modifies RRS A5.
- b. Competitors are advised to monitor Vessel Traffic Service on VHF channel 14 (inside the Bay) and 12 (on the ocean), and are encouraged to hail commercial vessels on channel 13 to ascertain their intentions. Information thus obtained about commercial traffic movements shall not be construed as outside assistance under RRS 41.
- c. Any boat that retires from a race or does not finish within the time limit must contact the Race Committee as soon as possible on the designated VHF channel, by voicemail at 866 SAIL SSS (866-724-5777), or by any other effective means. Violators will be denied entry in future SSS races until the skipper serves on Race Committee for one race. Other boats are requested to relay VHF transmissions if direct communication with the Race Committee is not possible.
- d. Boats approaching the finish are requested to hail the Race Committee on the designated VHF channel.

13. START

- a. Scheduled starting times are specified in the Additional Sailing Instructions for each race.
- b. When one class's start coincides with another class's warning, the prevailing signal shall be the display of the second class flag. The removal of the first class flag may be delayed. This modifies RRS 26.
- c. No boat may start later than 30 minutes after the last starting signal.

14. RESTRICTED AREAS

A boat that violates any of the following restrictions shall retire or face protest and disqualification. It may not “unwind” to correct the violation; this modifies RRS 28.1.

- a. A boat shall not enter any of the following areas:
 - i. The area within 50 yards of the starting line, after the first warning signal but before its own warning signal
 - ii. The prohibited area adjacent to the Coast Guard base on **Yerba Buena Island**, bounded by two lines from a point at 37°48.450' N, 122° 21.583' W, running due north and due west to the island.
 - iii. The area around **Richmond Long Wharf**, bounded by two lines connecting the three buoys G "3" FI G 4s (1/3 nm south of Long Wharf), R "2" Q R (1/2 nm west of Long Wharf) and R "2CR" FI R 4s (Castro Rock), and by lines running northeast from the first and last of those buoys to the Richmond shore.
- b. Boats shall not pass between the following buoys or landmarks and the nearest point on the specified shore.
 - i. Vertical ‘H’ beam just west of St. Francis Yacht Club – and the San Francisco shore
 - ii. **Anita Rock** and any buoy marking same – and the San Francisco shore
 - iii. **South Tower** of Golden Gate Bridge – and the San Francisco shore
 - iv. Buoy GR BELL marking **Little Alcatraz** Rock – and Alcatraz
 - v. Buoy G "3" FI G 4s – and Peninsula Point, **Belvedere**
 - vi. Buoy G "3" Q G – and **Pt. Blunt**, Angel Island
 - vii. Daymark FI R 4s 15ft 4M "2" at the outer end of the **Berkeley Pier** – and the Berkeley shore

15. TIME LIMIT

- a. Time limits are specified in the Additional Sailing Instructions for each race. A boat that does not finish by the time limit will be scored DNF. This modifies RRS 35.
- b. If no boat finishes within the time limit, the race will not be abandoned. All starters (except those scored DNS under SSI 12.a.ii or disqualified) will be scored DNF. This modifies RRS 35.
- c. In case of a postponement of the start, the time limit will be extended for the affected class(es) by a time increment equal to the duration of the postponement.

16. PROTESTS

- a. A protesting boat shall verbally notify the Race Committee of its intent to protest within one hour of its finish.
- b. Protests shall be submitted in writing according to the form prescribed by RRS, and must be received by SSS no later than 48 hours after the time limit of the race.

17. RACE SCORING

Singlehanded and Doublehanded divisions are scored independently. Results will be calculated using Time-on-Time scoring with the formula $TCF = 700 / (520 + PHRF)$. Positions within class and overall in each division will be published.

18. SEASON SCORING

- a. Singlehanded and Doublehanded season championships are scored independently. In each race, points are awarded on the basis of the overall standings within division – in other words, results within boat classes are disregarded.
- b. Points are awarded only to SSS members. For example, an SSS member who finishes 4th behind three non-members will receive first-place points. (For membership information, see <http://sfbaysss.org> .)
- c. Points are accrued only by unique skipper/boat combinations – in other words, a boat sailed by a substitute skipper or a skipper who changes boats will be scored as an unrelated entry.
- d. An entrant who becomes a member during the season will accrue points as a member from that point onward, and will be scored DNC in each previous race.
- e. The Low Point System is used with the following modifications. This modifies RRS A4.2 and A9.
 - i. DNF and RAF receive points equal to (number of starters in division) + 1.
 - ii. DSQ receives points equal to (number of starters in division) + 2.
 - iii. DNS, DNC and OCS receive points equal to (number of starters in division) + 3.
 - iv. Finishers in the LongPac receive normal finishers' points divided by 2.
- f. Each competitor's season score is the total of his race scores excluding his worst score, except that his LongPac score cannot be discarded. The competitor with the lowest season score is the champion, and others will be ranked accordingly.

19. AWARDS

- a. For each standalone race except Half Moon Bay, trophies are awarded for the top positions on corrected time in each class of each division as follows: first if 3 or more starters; second if 6 or more starters; third if 10 or more starters. The Race Committee may award additional place trophies at its discretion.
- b. For the Vallejo 1-2 regatta, trophies are awarded for the combined results of the two races.
- c. Perpetual trophies are awarded to the winners of the Singlehanded and Doublehanded divisions in most races.
- d. Participation mementos are distributed at the awards meeting for each race. They may not be available afterward.

e. A perpetual trophy is awarded to the season champion in each of the two divisions.

20. AMENDMENTS

- a. Written changes to the Sailing Instructions may be distributed at the skippers' meeting and shall prevail over these Instructions and the Additional Sailing Instructions.
- b. Verbal changes may be announced over the VHF radio on the channel specified in the Additional Sailing Instructions up until the first Warning signal of the race. Flag L will be flown if any verbal changes are announced. Any such changes shall prevail over these Instructions and the Additional Sailing Instructions.