

# **THE 2016 SOUTH WEST 3 “PEAKS” YACHT RACE**

## **RULES**

**Race Briefing.** There will be a briefing in St Mawes Sailing Club at 10:00 on the morning of the race. One sailor and one runner from each team to attend. The race then starts outside the club at 12:00 when runners will start with the St Just run.

- 1) Crew must consist of 4, 5 or 6 people including the runners/cyclists. All must sign a declaration of the intent to abide by the rules.
- 2) The rules and equipment checks help to ensure the safety of the team, but the skipper still remains ultimately responsible for the safety of the yacht and crew, runners/cyclists, insurance and its general management.
- 3) If you retire you must inform the race officials at the earliest opportunity, lower the class flag and not impede other teams still competing. It is important to inform a Race Official preferably the Race Officer of your retiral and further plans to prevent the alarm being raised when you become overdue at the next stop.
- 4) LIFEJACKETS must be worn in the dinghy when retrieving runners from the shore in St Mawes.
- 5) Protests. The Race Committee has the power to impose penalties up to and including disqualification on any team which has in the opinion of the committee acted contrary to the letter or spirit of these rules. In the event of sailing disputes, a protest panel will be convened and written protest must be placed before the panel at least 30 minute before the hearing. The protesting team shall try to inform the team protested against of the protest as soon as possible after the incident. The decision of the protest panel will be final. Protests must be made in writing and made within 2 hours of the yacht finishing. Where this is impossible the organisers must be informed by radio or phone as soon as practicable with the written protest following by email. Protests must state the following:
  - A The date and time of the incident
  - B The rules or instructions alleged to have been infringed
  - C A statement of the facts with diagrams and photographs if relevant
  - D Details of any other vessels or observers in the vicinity

## **SAILING RULES**

1. The race is for sailing boats which must have a minimum of 3 berths and be fitted with an engine and VHF.
2. Boats must be seaworthy and properly equipped to compete.
3. When winds are too light to sail, yachts and dinghies may be propelled by the energy of their crew. Rowing, pedalling, kedging, pushing and towing are all allowed but any team member leaving the boat at sea to assist in or propel the boat must wear a lifejacket.
4. Yachts must obey the International Regulations for the Prevention of Collisions at Sea and any local authority rules. (Note ferries have priority in restricted waters)

5. In the event of a collision during the race, the yacht at fault can either risk a protest and possible time penalty or perform a 360 degree turn (not under power) as soon as it is safe to do so.
6. Boats are permitted to go alongside piers to land or pick up crew but skippers must ensure that their yachts will not impede other competitors.
7. Runners completing the St Just run will find their yacht's dinghy and a crewman waiting in the harbour but first must cross the finish line outside the St Mawes Sailing Club before heading for the dinghies.
8. The runners will then be rowed out to their yacht which must meet the dinghy outside the boundary of the fixed moorings area, unless it is actually on a mooring.
9. Yachts can pick up their runners on either side of the start line but must then proceed to and cross the starting line. Yachts in the process of picking up (ie physical contact with runners) will have restricted ability to manoeuvre and other yachts must steer clear.

### **USE OF ENGINES**

10 The start line for all boats is the St Mawes Sailing Club Start Line. For safety reasons, yachts must use engines at the start which could be rather crowded but then must stop them as soon as it is safe to do so and always well before they cross the start line.

11 Engines may be used within Newlyn/ Fowey harbour and when entering Queen Anne's Battery in Plymouth. Exact details of when engines can be turned on will be given out with the race instructions.

12 In an emergency, if the skipper of a yacht considers their own or another boat or crew is in danger, they may use their engine for propulsion to extricate their boat or assist logging full details of times, courses and speeds if an exact position is not possible. Any skipper taking such action must report details at the next landing point and the finish. A time penalty may be imposed down to the discretion of the race committee if they think a competitive advantage has been gained.

### **BOAT EQUIPMENT**

All boats must be capable of carrying their crew safely round this course even in bad weather and must carry the following items in working order:

- 1 An engine capable of driving the boat to windward in a gale with fuel for at least 6 hours motoring and a tool kit.
- 2 A radio for forecasts and marine VHF set
- 3 An inflatable life raft to accommodate every person on board, carried on deck or in a locker opening directly to the deck.
- 4 Two lifebuoys, one with self igniting light and the other secured to 30m of buoyant line, both easily accessible to the helmsman
- 5 A life jacket and harness for every person on board. (Buoyancy aids are not acceptable)
- 6 Two buckets with lanyards attached
- 7 Two fire extinguishers of at least 0.7kg of dry powder, CO2 or foam types. One must be within easy reach of the cockpit.
- 8 An anchor of appropriate size with suitable chain or warp attached.
- 9 One manually operated bilge pump

- 10 Six distress flares, including two of the rocket parachute type and a smoke flare.
- 11 A first aid kit including sea sickness remedies and rehydration powder.
- 12 A waterproof torch
- 13 A steering compass and hand bearing compass
- 14 Charts, tidal information and pilotage notes covering the race. At sea electronic aids are allowed provided that there is a backup in case of electrical failure.
- 15 Chart instruments and a log book.
- 16 Lead and line or echo sounder.
- 17 The name of the boat for the race must be prominently displayed.
- 18 Boats must display their race number (provided).
- 19 Adequate food and drink for the crew for the duration of the race.

#### RUNNING/CYCLING RULES

- 1 Competitors must remain clearly visible and audible to each other at all times. They must follow routes as specified and use the tag check system at checkpoints.
- 2 Any competitor who falls sick or is injured should be assisted back by their partner.
- 3 Competitors must have the clothing and equipment listed below with them at all times (except on the start run in St Mawes). Vests provided by the race organisers should be worn at all times.
- 4 There must be no pacing runners/cyclists.
- 5 Competitors must report to the marshalls before commencing each leg and again on completion.

#### RUNNERS/CYCLISTS EQUIPMENT

- 1 Roadworthy bike with front and back lights
- 2 Head torch with spare battery (this should be of sufficient strength (lumens) that allows running along a path at night – not just for reading maps!)
- 3 Hat or balaclava
- 4 Gloves or mits
- 5 One long sleeved top
- 6 Long trousers – tracksters, tracksuit bottoms, lycra running tights
- 7 Compass and whistle
- 8 Route maps
- 9 Emergency rations – 250 gms of chocolate or equivalent
- 10 First Aid Kit – one first aid kit per team, including one large wound dressing, two triangular bandages and three elastic bandages.
- 11 Mobile phone – one per team.
- 12 Tracking device (eg garmin) or app on phone (Strava preferred app)