

**DAHLGREN YACHT CLUB**  
**2014 PHRF and CENTERBOARD FLEETS'**  
**GENERAL SAILING INSTRUCTIONS**

**1. Rules.**

All racing will be governed by the Rules as defined in the current *Racing Rules of Sailing (RRS)*, and as modified by these Sailing Instructions.

**2. Entries.**

All competitors must complete a Dahlgren Yacht Club (DYC) entry form and submit it to the Race Officer or Event Coordinator prior to racing. This form will include a release of DYC and its officers, including Race Officers and any liability concerning participation in the race. Membership in DYC is required. Guest yachts may be extended temporary participation privileges consistent with normal standards of hospitality.

**A) PHRF Series.** Open to all yachts eligible under PHRF of the Chesapeake policies.

**B) Centerboard Series.** Open to all dinghies under the Portsmouth Handicap System.

**3. Notices to competitors.**

Notices to competitors will be posted on the official notice board located at the DYC dockhouse.

**4. Signals made ashore.**

Signals made ashore will be displayed at the end of the Dahlgren Yacht Club dock. For the PHRF fleet: race abandonment or postponement prior to the Race Officer platform leaving the dock, will be announced on VHF channel 68 by the Race Officer. See 5.G.

**5. SAFETY.**

All yachts participating in DYC sponsored events shall comply with the following safety requirements. Yachts that do not comply will be disqualified.

**A) Skipper's responsibility.** The safety of a yacht and her crew and its entire management, including insurance, shall be the sole responsibility of the skipper/owner. Neither these sailing instructions, or any action or omission of the race committee shall in any way reduce this responsibility of the skipper/owner. It shall be the sole responsibility of each yacht/skipper to decide whether or not to start or to continue a race.

**B) Check-In.** All competitors are required to sail close by the Race Officer platform before the start and shall hail the Race Officer to inform them of their intent to race. Additionally, PHRF competitors shall check in by radio on VHF CH 68.

**C) Withdraw/Retire.** Any yacht that withdraws or retires from the race shall inform the Race Officer at the earliest opportunity, preferably prior to leaving the race course. This procedure is an important safety measure, so that all yachts can be accounted for.

**D) Minimum Safety Equipment.** All competitors will satisfy the minimum safety equipment standards of the USCG appropriate to a yacht with their size. In addition,

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competitors in the PHRF fleets will comply with **Near Shore (6P)** safety requirements as established by PHRF of the Chesapeake.

**E) Lifejacket Rule.** When Code Flag 'Y' (YELLOW and RED diagonally striped flag) or a lifejacket is displayed from the Race Officer's location, USCG approved personal flotation devices (PFD) shall be worn above deck.

**F) Render Assistance.** All competitors are reminded of their responsibility under RRS Rule 1.1 to give all possible help to any person or vessel in danger.

**G) Race Abandonment Due to Safety Concerns.** The Race Officer may delay or abandon a race due to bad weather conditions or unforeseen circumstances (such as an active firing range). If the PHRF and Centerboard fleets are both scheduled to race at the same time, either race may be abandoned without abandoning the race for the other fleet. The Race Committee may not override a decision of the Race Officer to abandon a race.

1) The Race Committee reserves the authority to abandon a race *prior to the start*. If in the opinion of a majority of the Race Committee members present, conditions warrant abandonment, the Race Committee will inform the Race Officer of the abandonment and the Race Officer will perform the duties required.

**H) Bow Lookout.** While in the starting area, prior to a yacht's five-minute warning signal, all yachts with three or more crew should post a bow lookout stationed forward of the mast for collision avoidance.

**I) Crew Limitations.** All PHRF yachts are required to have at least two persons on board at all times while racing. The PHRF of the Chesapeake maximum crew limitations will not be enforced.

**J) Radio Communications.** All PHRF event participants will have a working VHF radio, and shall monitor VHF channel 68 to aid in safety and communications.

## **6. Schedule of Races.**

The schedule of NYC races are posted on the NYC website and in the clubhouse.

## **7. Race Administration.**

### **7.1. Handicap Requirements.**

#### **A) PHRF Race Event**

Race handicapping will be conducted according to PHRF of the Chesapeake ratings. NYC member yachts and guest yachts without current PHRF certificates, will be assigned a temporary handicap by the Race Committee and will be valid for the complete Spring, Summer or Fall Series. Any official PHRF of the Chesapeake rating

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provided after the start of a series will be applied retroactive to the beginning of the series.

**B) Centerboard Race Event**

Yachts will use the Portsmouth handicap D – PN.

**7.2. Series Composition.**

**A) PHRF Series**

- The PHRF fleet will race as separate non-spinnaker (PHRF – C) and spinnaker (PHRF – B) fleets.
- PHRF –B yachts rated less than 169 will have a delayed start. The length of the delay is listed as a note in Appendix A – The Starting Sequence.
- A yacht must declare prior to her first start of a series as to whether she is competing as spinnaker or non-spinnaker for that series. If no designation is declared, the designation will be spinnaker. The declaration may be made to either the Race Committee or the Race Officer of her first race of a series.
- A non-spinnaker yacht will be scored using 110% of the PHRF of the Chesapeake rating, if provided, rounded up to the next multiple of three seconds per mile. (See 7.1.A)
- When participating as a non-spinnaker yacht, only one headsail may be used at a time while racing, except for cutter rigs flying headsails in the normal configuration. Two headsails may be flown during a sail change, which must be completed in a seaman like manner.
- Awards will be issued for each series, for the top three boats in the series.

**B) Centerboard Series**

The fleet will consist of the Portsmouth and the Laser One Design fleets.

**7.3. Minimum Number of Participants.**

A minimum of two boats are required at the start of a race for a valid race.

**7.4. PHRF Race Courses and Starts.**

**A) Race Courses.**

Race courses shall make use of government and other marks in the vicinity of the mouth of Upper Machodoc Creek. The Race Officer shall display a letter(s) to indicate the course selected from a list. If the letter “Z” is displayed all competitors should sail close by the Race Officer platform to receive details of a special course.

The courses are defined in Appendix D. Furthermore, each course will assume counterclockwise (port rounding) as the default direction; the letter “R” appended to the course designator will indicate a clockwise (starboard rounding) course direction. If the basic course is to be repeated, the number of repeats will be appended to the course designation. One number displayed will be valid for all starts. If two numbers

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are displayed, the first number will be the number of laps for the first start and the second number will be the number of laps for the subsequent starts.

1. If the Starting Line is located at Light 11, JB shall be a mark of the course and left to starboard, as the first leg.
2. If the finishing line is located at Light 11, JB shall be a mark of the course and left to port.
3. All boats shall cross the finish line for each lap when the finish line is located on the last leg of the lap. (Thread the needle). See Appendix E.
4. Light 11 will only be used for starts and finishes.
5. In the event of multiple laps, lap times will be recorded by the Race Officer. In the event the race is later shortened, the last lap time will be the finish time. This will be accomplished in accordance with Appendix B, hoisting Green flag. This modifies Rule 32.1.

**B) Start and Finish Lines.**

The start and finish lines will be between the orange flag flown from the Race Officer platform and the designated starting or finishing mark. The starting area will be the rectangle formed by the starting line, extending 100 yards in all directions from the starting line. A yacht, not racing shall keep clear of yachts that are racing. If the Race Officer boat is not on station at the finish, each yacht shall take her own finishing time when passing the line from the finishing mark, perpendicular to the line from the prior mark. Each yacht should also note the time interval between their finish and those of adjacent finishers, as accurately as possible.

**C) Start Times and Location.**

All yachts should rendezvous with the Race Officer boat in the vicinity of the junction mark (JB) by 1645. The Race Officer boat may then lead the fleets to the starting area which may be located in the river. No start sequence shall begin prior to 1654, unless otherwise scheduled.

**D) Time Limit.**

Unless otherwise stated, the time limit for races during April, May, September, and October will be 1900. During June, July, and August the time limit will be 1930. If two or more yachts finish within the time limit, the race shall be valid for all competitors. At the discretion of the Race Officer the time limit may be extended 15 minutes. Yachts finishing more than one hour after the time limit will receive a DNF (did not finish). The Race Officer boat is required to remain on station unless released by boats remaining on the race course.

**E) Starting Signals.**

The starting signals and flags described in Rule 26 as modified in Appendix A, shall be used.

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**7.5. Centerboard Race Courses and Starts.**

**A) Race Courses.**

Race courses shall consist of orange or yellow balls, and Aids to Navigation (ATON). The course will be specified verbally by the Race Officer before the start.

**B) Start/Finish Line.**

The start/finish line will be between the orange flag flown from the end of the DYC dock or Race Officer boat and a small orange buoy or other designated mark.

**C) Start Times.**

No race shall start prior to 1700 unless otherwise specified. The number of races run on a given day is at the discretion of the Race Officer however, there shall be no more than four races per day.

**D) Time Limit.**

There is no specific time limit short of darkness. The Race Officer may abandon a race that, in the Race Officer's opinion, cannot be completed in the principles of fair racing, safety or darkness.

**E) Starting Signals.**

The starting signals described in *RRS 26* and modified in Appendix A, shall be used.

**7.6. Race Officer Duties.**

Skippers/owners participating in any Race Series will be required to provide a Race Officer and platform for the purpose of conducting the race in accordance with these sailing instructions. A minimum of two persons are required to serve on the Race Officer boat, if the race starts/finishes beyond Mark 11 in Machodoc Creek. The PHRF and Centerboard Race Coordinators shall make duty assignments for their respective series. It is the responsibility of the skipper to notify their respective coordinator if unable to perform these duties. Skippers neglecting these duties may be disqualified and disallowed from participating in the Race Series.

**8. PROTESTS AND PENALTIES.**

**8.1. Protests.**

A Protest shall be made in accordance with the *RRS 61*, Protest Requirements. A Protest must be declared to the Race Officer at the finish line or on departure from race course. The actual protest form must be submitted within one hour from the time the Race Officer boat docks or after the last Centerboard race of the day. The Race Governor or event coordinator is responsible for appointing protest committees and ensuring protests are received, heard and decided in accordance with the *RRS*, Part Five, Section B.

**9. SCORING.**

Scoring will be accordance with Appendix F, Scoring.

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












**10. CHANGES TO THE RACE INSTRUCTION.**

Any amendment to these instructions will be distributed to all competitors and posted at the DYC clubhouse. In addition, changes may be announced on VHF channel 68, if appropriate. Any amendment will be posted one hour before the Race Officer platform leaves the dock. It is the responsibility of the skipper to check for and comply with posted notices.

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**Appendix A Starting Sequence**

PHRF (Thursday): Three starts		Centerboard (Monday): One start	
Non-Spinnaker-- White Fleet flag		All Centerboard – White Fleet Flag	
PHRF 170 and greater—Red Fleet flag			
PHRF < 170 and any Portsmouth boats – Blue Fleet Flag			

Time Minutes	Action	Displayed Flags	Flag Change		
	Postponement Flag Flying				
<b>0</b> <b>Start</b> <b>clock</b>	Lower <b>Postponement Flag</b> , start the countup clock, record the current time of day, and sound horn 1 time.			↓	
<b>1</b>	Hoist pure <b>White</b> flag, sound horn. <b>“White“ Warning Signal</b>				↑
<b>2</b>	Hoist <b>“P”</b> Flag, sound horn <b>“White” Prep Signal</b>	 			↑
<b>5</b>	Lower <b>“P”</b> flag, long sound horn <b>“White” One-Minute Signal</b>			↓	
<b>6</b>	Lower <b>“White”</b> flag, sound horn <b>“White” Start Signal</b> <i>For PHRF second start:</i> Raise <b>“Red”</b> Flag <b>“&gt;= 170” Warning Signal</b>			↓	↑
<b>7</b>	Hoist <b>“P”</b> Flag, sound horn <b>“Red” Prep Signal</b>	 			↑
<b>10</b>	Lower <b>“P”</b> flag, long sound horn <b>“Red” One-Minute Signal</b>			↓	
<b>11</b>	Lower <b>Red</b> flag, sound horn <b>“Red“ Start Signal</b> <i>For PHRF third start:</i> Raise <b>Blue</b> Flag <b>“Blue” Warning Signal</b>			↓	↑
<b>12</b>	Hoist <b>“P”</b> Flag, sound horn <b>“Blue” Prep Signal</b>	 			↑
<b>15</b>	Lower <b>“P”</b> flag, long sound horn <b>“Blue” One-Minute Signal</b>			↓	
<b>16</b>	Lower <b>Blue</b> Flag, sound horn <b>“Blue” Start Signal</b>			↓	

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**Appendix B Race Signals**

The meanings of visual and sound signals are stated below. When a visual signal is displayed over a Fleet flag, the signal applies only to that Fleet.

↑··	Hoist and sound horn 2 times
↑·	Hoist and sound horn 1 time
· ___ ·	Make repetitive sound on horn
↓·	Lower and sound horn 1 time



Races not started are postponed. Warning or other signal will be made 1 minute after removal.



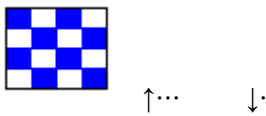
Protest Flag.



The position of the next mark has changed.



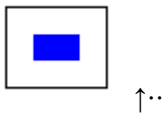
Start/Finish Line on RC Boat.



All races are abandoned.



Preparatory Signal



Race course shortened.



General recall.



No. of laps in a multi-lap racecourse are reduced.



Individual recall.



Wear personal buoyancy.



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**Appendix C Race Management After the Start**



**Individual recalls.**

Individual recalls will be indicated in accordance with *Racing Rules of Sailing (RRS)* Rule 29. 1 - Flag X (white flag with a blue cross). If any part of any yacht(s) is over the start line when the start signal is made, a second horn will be sounded and flag "X" will be displayed. The Race Officer may hail the premature starter(s). When all premature starter(s) have returned to behind the start line, or after 4 minutes, flag "X" will be lowered. Yachts returning to restart have no rights over yachts that have started.



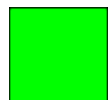
**Shortened course.**

When appropriate, the Race Officer may shorten the course by flying flag "S" (a white flag with a blue square in the center). In this event, the Race Officer shall make every effort to inform all competitors by using VHF CH68, two sound signals and hailing. The finish line shall be a line from the finishing mark perpendicular to the course from the prior mark. The Race Officer boat shall be placed so that finishing yachts will pass the mark on the original course side of the mark. The Race Officer can shorten the course to one of the designated marks for the course, while the competitors are on that leg.



**Change of course.**

The Race Officer may change a leg of the course that begins at a rounding mark by changing the position of the next mark (or the finishing line) and notifying all competitors on VHF CH68 before any yacht begins the leg. The next mark need not be in position at that time.



**Reducing Laps in Multi-Lap Course.**

When appropriate and prior to any yacht completing the original course, the Race Officer may reduce the number of laps in a multi-lap course to the last lap completed by the lead yacht by flying the pure green flag. In this event, the Race Officer shall make every effort to inform all competitors by using VHF CH68, two sound signals and hailing. The finish line shall be a line from the finishing mark perpendicular to the course from the prior mark. The latest lap times will be used as the official finish times. Yachts that have not completed the last lap of the race within one hour after the 1<sup>st</sup> yacht in their fleet will be scored "DNF". This modifies Rule 32.2



**Abandon Race.**

When appropriate, the Race Officer may abandon the race by flying flag "N" (a blue and white checkerboard flag). In this event, the Race Officer shall make every effort to inform all competitors by using VHF CH68, three sound signals and hailing. When the race is abandoned, there will be no score for any yacht regardless of finish.

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**Appendix D List of Courses for PHRF Race Series**

Courses will be indicated on a course board with 2 columns for the course indication followed by one column for PHRF C fleet lap count and 1 column for PHRF B fleet lap count.

- WA12 is course WA with "PHRF C" 1 lap and "PHRF B" 2 laps.
- Normal Course -- Round **Marks to Port**
- "R" Reverse Course -- Round Marks to Starboard
- Light 11 Start -- Normal course round JB to Starboard after start  
 -- Reverse course round JB to Port before finish
- Marks in Parenthesis are repeated for multiple laps, cross finish line on each lap if finish line on last leg of lap. See Appendix E

<b>Course Name</b>	<b>Preferred Start/Finish Pins</b>	<b>Alternate Start/Finish Pins</b>	<b>Course Marks (*** ) is lap repeat</b>
<b>A</b>	JB	Light 11, BC4, 6	( BC2, 29, JB )
<b>B</b>	JB	Light 11, BC4, 6	( BC2, 4, JB )
<b>C</b>	JB	Light 11, BC4	( BC2, 6, JB )
<b>D</b>	JB	Light 11, 6	( BC4, 4, JB )
<b>E</b>	JB	Light 11	( BC4, 6, JB )
<b>F</b>	JB	Light 11	BC4, ( 6, BC4 ), 6, JB
<b>G</b>	JB	Light 11	BC2, ( 4, BC2 ), 4, JB
<b>WA</b>	JB	Light 11	( BC4, JB )
<b>WB</b>	JB	Light 11, BC4	( BC2, JB )
<b>WC</b>	JB	Light 11, BC4	( S, JB )
<b>WD</b>	JB	Light 11, 6	( 4, JB )
<b>WE</b>	JB	Light 11, 6	( 29, JB )
<b>WF</b>	JB	Light 11	( 32, JB )
<b>WG</b>	JB	Light 11, BC4	( P, JB )
<b>WH</b>	JB	Light 11, BC4	( D, JB )
<b>Z</b>			See Race Officer

**Key for Marks:**

Light 11	Upper Machodoc Creek Dahlgren Channel Light 11
JB	Red & green day mark at junction of Machodoc Creek and the back channel
2	Main Dahlgren channel red nun 2
4	Main Dahlgren channel red nun 4
6	Main Dahlgren channel red nun 6
29	Potomac River green buoy 29
BC2	Back channel red nun 2
BC4	Back channel red nun 4
S	Government nun S (SE of back channel)
P	Government nun P (E of S)
D	Potomac River "D" Navigation Mo(A) (E of P)
32	Potomac River red buoy 32 (N of 29)
M	Race Officer Placed Mark or Race Committee Boat when flown on the boat

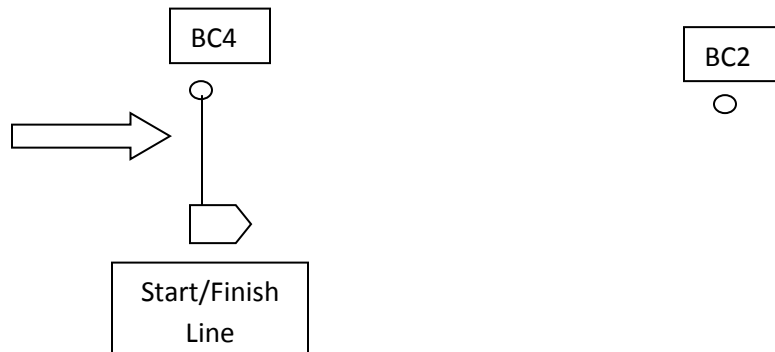
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**Appendix E. Example of crossing finish line on each lap if finish line is on last leg of lap.**

6 ○

Course: C 3. Start at BC4 round BC2, 6, and JB. Cross the Finish Line enroute to BC2 for the 2<sup>nd</sup> and 3<sup>rd</sup> laps.

JB ○



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**APPENDIX F SCORING**

**F1 NUMBER OF RACES**

**A) PHRF Series.**

There are three (3) scheduled series with each consisting of eight (8) scheduled races.

**B) Centerboard Series.**

There are three (3) scheduled series with each consisting of six (6) scheduled racing nights. There may be up to four (4) races each racing night.

**F2 SCORING**

**F2.1 Series Scoring**

- A)** The Low Point scoring system, *Racing Rules of Sailing (RRS)* Appendix A as modified below, will apply. Awards will be presented at the end of each series. A yacht will be scored DNS for all races in the series in which it did not compete. A DNS score will be the total number of yachts that competed in the series plus 1.
- B)** For each race that Race Officer duty is performed, a yacht not competing when providing a Race Officer shall be awarded points equal to the average of that yacht's started races in the series rounded to 1 decimal place.
- C)** A yacht that competes in a race in which that yacht is providing a Race Officer shall be scored based on that yacht's finishing position in the race and will not be awarded points based on performing Race Officer duty.
- D)** All scores in the series will be re-computed and published after each race since the Race Officer credit score may change after each race.
- E) PHRF Series.**
- (i)** PHRF Yacht finish positions will be ranked by corrected time using a time on time formula. The formula being:

$$\text{Corrected time} = \text{Elapsed Time} * \text{TCF}$$

TCF being the Time Correction Factor:

$$\text{TCF} = \frac{A}{(B + \text{PHRF})}$$

Where the Race Committee defines the constants as follows:

$$A = 700 \quad B = 550$$

Corrected time will be rounded to the nearest second.

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- (ii) Portsmouth boats will be scored by the Portsmouth Handicap system.
- (iii) Each yacht's total score will be the sum of her 5 best scores for all races in each series. The lowest score at the end of each series wins for that series.
- (iv) In addition to the individual fleet scoring, there will be an Overall scoring that includes all of the racers in each of the individual series. In the event there are different courses for the fleets in a race, finishing position will be ranked by the corrected time in seconds divided by the course length to yield seconds per mile as follows:

$$\text{seconds\_per\_mile} = \frac{\text{corrected\_time}}{\text{course\_length}}$$

**F) Centerboard Series**

- (i) Scoring will be by skipper not boat. Corrected time will be rounded to the nearest second.
- (ii) If a skipper participates in different fleets during the season, he or she will be scored in each fleet for only the races he or she actually started in the fleet.
- (iii) The number of throwouts will be the smaller of 1/2 of the completed races of the series or 4 races.
- (iv) In addition to the individual fleet scoring, there will be an Overall scoring that includes all of the racers in each of the individual series. If a racer participated in multiple fleets, the fleet scores will NOT be combined into a single score, but will rather show as multiple scores.

**F2.2 Annual High Point Championship.**

- A) The High Point Championship is awarded annually to all Fleets and is only computed and published at the end of the racing season. All races in each fleet series will count toward the High Points Championship. For each race that the yacht starts, the yacht is scored:

$$\text{score} = 1 + \left( \left( \frac{\text{number\_of\_starters\_placing\_after\_yacht} + 0.5}{\text{number\_of\_starters}} \right) \times 9 \right)$$

- B) Scores are rounded to one (1) decimal place. Any yacht that did not start a race is scored 0 points for that race. The highest score at the end of the year wins.
- C) A yacht must compete in minimum of 10 races to be eligible for High Point Championship.
- D) Awards will be presented for all fleets in the PHRF and Centerboard Series.
- E) For each race that Race Officer duty is performed, a yacht not competing when providing a Race Officer shall be awarded points equal to the average of that yacht's

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started races in the series rounded to one (1) decimal place. Race officer duties will count toward the minimum eligibility requirement.

- F)** Portsmouth racers participating in the PHRF Series will be scored as a separate fleet from the PHRF racers.

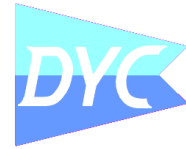
**F2.3 SCORING ABBREVIATIONS**

*RRS Appendix A11* is modified by adding the following abbreviation:

RO    Race Officer Credit



# Dahlgren Yacht Club



## 2014 DYC Race Entry Form

**Select Events:**

- |   |   |
|---|---|
| <input type="checkbox"/> Thursday Night PHRF      | <input type="checkbox"/> Dahlgren Cup             |
| <input type="checkbox"/> Monday Night Centerboard | <input type="checkbox"/> St. Clements Island Race |
|   | <input type="checkbox"/> Under the Guns Regatta   |

**Select Configuration:**

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> Spinnaker | <input type="checkbox"/> Non-Spinnaker |
|------------------------------------|--|

**Boat Information**

Name:

Sail Number:

Make/Model:

Length:

Rating (if known):

**Skipper/Owner Information**

Yacht Club:

Name:

Address:

Home Phone:

Office Phone:

Cell Phone:

Email:

I agree to abide by the regulations and sailing instructions provided by the Dahlgren Yacht Club for this event. For PHRF entries, I certify that this yacht conforms in every way to PHRF Rules and Measurements and is provided with the appropriate safety equipment required by the PHRF Rules. For Portsmouth entries, I certify that this yacht conforms in every way to Class Rules and Measurements and is provided with the appropriate safety equipment required by the Class Rules. In consideration of being permitted to enter this event, being knowledgeable of the risks of competitive sailing and knowing that it is my sole responsibility to decide whether to enter or to continue any race, I voluntarily assume the risk of participation in this event and release the Dahlgren Yacht Club, sponsors and anyone connected with or conducting this event from all liability in connection with any injury or damage that may occur.

**Signature:**

**Date:**

Mail the completed form to:  
 Dahlgren Yacht Club  
 PO Box 90  
 Dahlgren, VA 22448

Contact for any information or questions: DYC Race Committee - Email to: [racecom@dahlgrenyachtclub.org](mailto:racecom@dahlgrenyachtclub.org)