



Nahant Dory Club Race Committee Hand Book Performance Handicap Racing Fleet (PHRF)

Notice of Race and General Sailing Instructions (NDC GSI)

1. **Introduction:**

- 1.1 The *Nahant Dory Club* (NDC) plans to sponsor races and regattas and invites you to participate.
- 1.2 The NDC is the *Organizing Authority* (OA) of the *Events* (races, regattas and/or series.) The NDC has the authority to set the conditions of the *Event(s)*, and to modify these *General Sailing Instructions* (GSI).

2. **Responsibility:**

- 2.1 Each boat owner is responsible for the safety of his or her boat, crew and guests. By entering an *Event* or participating therein, each boat owner warrants and represents for the benefit of his or her crew and guests, the NDC, participants, volunteers and spectators of the *Event* that:
 - (a) His or her boat is seaworthy including, but not limited to, the soundness of the hull, spars, rigging, sails and all gear and equipment.
 - (b) His or her crew is experienced and in sufficient physical condition to safely and properly participate in the *Event*.
- 2.2 Neither the establishment of regulations or acceptance of a boat to race in this event shall in any way limit or reduce the complete and unlimited responsibility of the Skipper.
- 2.3 It is the sole and inescapable responsibility of the Skipper of each boat to decide whether to start or continue in the race.
- 2.4 Each Skipper/Owner is responsible for the conduct of his or her crew during the *Event*. Conduct deemed by the NDC as unbecoming a yachtsman might result in action under *The Racing Rules of Sailing* (RRS) 69.

3. **Eligibility and Entry:**

- 3.1 Eligible boats may be entered for each *Event* by following the procedures outlined in The Event Sailing Instructions (ESI). Deadlines are contained in the ESI.
- 3.2 Handicaps used shall be Performance Handicap Racing Fleet New England (PHRF-NE). Any entry without a current PHRF-NE certificate will be assigned a non-appealable handicap rating by the Nahant Fleet Governor, or the OA. For additional information on handicaps, see the ESI.

4. **Rules:**

- 4.1 The *Event(s)* will be governed by the current *rules* as defined in The Racing Rules of Sailing (RRS).
- 4.2 Additionally, the *Event(s)* will be governed by the following:
 - (a) For PHRF boats that level race, their *class rules* shall apply.
 - (b) The ISAF Offshore Special Regulations (including the US Sailing Prescriptions).
 - (c) The current MBSA Year Book.
 - (d) PHRF-NE Policy, Procedures and Bylaws.
 - (e) These GSI and the individual ESI except as of these are changed by the ESI for each *Event*.
 - (f) Boats racing in classes designated as cruising (non-spinnaker) shall be subject to Rule 4.4 of the MSBA GSI which is incorporated by reference.

5. **Notice to Competitors:**

All notices to competitors will be sent by email to all registered participants no later than 1800 the Friday before the event, and will be posted on the NDC bulletin board.

6. **Changes to Sailing Instructions:**

All changes to Sailing Instructions will be sent by email to all registered participants no later than 1800 the Friday before the event, and will be posted on the NDC bulletin board.

7. **Signals Made Ashore:**

No signals will be made ashore unless there is no RC boat. The location for Signals Made Ashore, if any, shall be posted on the NDC bulletin board prior to the race.

8. **Schedule of Races:**

The schedule of races shall be specified in the ESI.

9. **Class Flags:**

The use of class flags shall be specified in the ESI.

10. **Racing Area:**

The racing area will be Nahant Bay, Broad Sound and Boston Harbor and its Islands.

11. **The Course:**

The course will either be specified in the ESI, or posted by the RC prior to the start.

12. **Marks:** Marks will either be:

(a) As described in the ESI when a fixed course is used.

(b) From the following lists: NDC PHRF Fleet Racing Marks and NDC PHRF Fleet Racing Marks-Distances & Bearings, which are incorporated by reference.

13. **Restricted Areas:**

13.1 The Passing or Boundary Marks (Restricted Areas) contained in the MBSA Standard Rounding Mark Lists A, B, C are hereby incorporated by reference and apply during all races.

13.2 In addition, yachts shall not pass to the Northwest of Outer Breakers (Great Pig Rocks Mark T) Bell R "4" except to round the mark. Yachts shall not pass to the North of Shag Rock Buoy R "2," off Nahant (Shag Rocks Mark B) except to round the mark. Yachts shall not pass to the Northeast of Joe Beach Isolated Danger Buoy DJB off Nahant (Joe Beach Mark A) except to round the mark. Yachts shall not pass between Bass Rock Isolated Danger Buoy DBR off Nahant (Bass Rock Mark C) and Nahant. Bass Rock Danger Buoy will not be used as a rounding mark.

14. **The Start:**

14.1 Races shall be started using RRS 26, incorporated by reference.

14.2 The starting line will be between a staff from which an orange or yellow flag or shape is displayed on the RC boat and temporary mark or Federal Aide to Navigation.

14.3 Each boat not in its starting sequence shall keep clear of the starting area and the first leg of the course until its own warning signal.

- 14.4 Any changes in The Start will be in the ESI.
15. **Recalls:**
The RC will attempt to hail OCS boats using VHF radio channel 69. The failure to hail, the order of hail, the hail of some but not all, or the untimely hail of OCS boats, all shall not be grounds for redress. (This changes RRS 62.1 (a))
16. **Change of the Next Leg of the Course:**
A change of course after the start shall be signaled before the leading boat has begun the leg of the course that is affected. The RC will display the approximate magnetic bearing to the new mark and the letter or number identifying the new mark. The mark at which the change of course is being signaled shall be rounded as if the course had NOT been changed.
17. **The Finish:**
The finish for each *Event* will be either specified in the ESI, or posted by the RC prior to the start.
18. **Time Limit:**
The time limit and any *Finishing Window(s)* for each *Event* shall be specified in the ESI.
19. **Penalty System:**
The Scoring Penalty, RRS 44.3 shall apply.
20. **Protests and Requests for Redress:**
The RC must be verbally notified as the protesting yacht finishes. Protest forms will be available in the NDC clubhouse. The protest must be in writing and will be heard as soon as practicable after the RC comes ashore from the RC signal boat.
21. **Scoring:**
Scoring of races shall be specified in the ESI if applicable.
22. **Equipment, Safety Regulations and Crew:**
- 22.1 All entries must comply with instructions and the safety equipment laws and regulations of the US Coast Guard, Commonwealth of Massachusetts, and the NDC. Any NDC requirements will be listed in the ESI.
- 22.2 All contestants under twelve years of age must wear USCG approved “PFDs” at all times while racing.
- 22.3 All boats must carry an operating VHF radio. (Channel 69 will be used to communicate with participating boats)
- 22.4 All boats shall be sailed by at least two persons, unless otherwise allowed in the ESI.
- 22.5 Each *Event* shall be ISAF Offshore Special Regulation Category 5.
- 22.6 Boats shall check in with the RC Signal Boat before their first start each day. Failure to check in may be scored DNS for that race
- 22.7 In the event of an emergency or a boat withdraws, the boat shall notify the RC as soon as

practicable.

23. **Radio Communications:**

Except for an emergency, a boat neither may make nor receive a radio transmission while racing not available to all boats. This also applies to mobile phone and other means of communication. All official communications will be on VHF Channel 69.

24. **Trash:**

No competitor shall put trash in the water.

25. **Fees:**

There are no entry fees for these races for boats that have paid the NDC racing fee. The exception being The Governor's Cup. Details are contained within the Sailing Instructions for that race. For those that have not, there is an entry fee of \$25.00 per boat, per race, payable to The Nahant Dory Club and forward it to **Bob Cusack, 351 Nahant Road, Nahant, MA 01908. First time racers are exempt from paying a racing fee.** Refunds will be made if an entry is withdrawn at the discretion of the OA.

26. **Trophies/Prizes:**

Trophies / Prizes will be specified in the ESI.

27. **Disclaimer of Liability:**

Each boat owner and crew member acknowledges that he or she participates in an *Event* at his or her risk (see RRS 4, Decision to Race), and warrants and represents that he or she will comply with all applicable *rules* and regulations of the NDC and any applicable state or federal laws. Each boat owner and crew member agree to grant the NDC a waiver of any loss or liability arising from participation by the boat owner and crew member in any *Event* prior to, during, or after said *Event*.

28. **Insurance:**

Each participating boat shall be insured with valid third-party liability insurance with a minimum coverage of \$300,000 (USD). By giving notice of participating in events conducted by the Organizing Authority, the boat's owner certifies that such coverage exists.

General Information: Any questions contact **Bob Cusack - rjcusack@verizon.net.**

LINKS to related items:

<http://www.sailing.org/documents/racing-rules.php>

<http://raceadmin.ussailing.org?Rules.htm>

<http://www.ussailing.orgsafety/ISAF/0809Appj.pdf>

http://www.phrfne.org/page/about_phrf/bylaws

[NDC General Sailing Instructions.doc Revised: \(June 2016\)](#)