



**Nahant Dory Club**  
**PHRF Fleet Starting Sequence**  
**One Division of Boats**

1. **Alert:** One minute prior to initiating the starting sequence, the Race Management Team (RMT) will alert the racers by several short fast sounds, and announce the alert on VHF Channel 69.
2. **Warning:** One minute later, the RMT will raise the PHRF Flag, (5 minutes until the start) and one sound (The starting sequence has begun)
3. **Preparatory:** At 30 seconds after the warning the RMT starts a 30 second Countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will raise “P” Preparatory Flag a Blue Flag White Square and one sound. (4 minutes until the start).
4. **1 & 1/2 minutes** until the start: the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Preparatory Flag and one “long” sound. (1 minute until the start)
5. **30 seconds:** before the start the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Class Flag, and one sound. RMT announces any boats over the line after the Start Signal.
6. **The official signal is the raising or lowering of the signal flags.**
7. **The starting line flag is a yellow flag and is placed on the port side of the boat.**
8. **The RC boat is always to starboard of the Pin Mark.**



**Nahant Dory Club**  
**PHRF Fleet Starting Sequence**  
**One Division of Boats**

1. **Alert:** One minute prior to initiating the starting sequence, the Race Management Team (RMT) will alert the racers by several short fast sounds, and announce the alert on VHF Channel 69.
2. **Warning:** One minute later, the RMT will raise the PHRF Flag, (5 minutes until the start) and one sound (The starting sequence has begun)
3. **Preparatory:** At 30 seconds after the warning the RMT starts a 30 second Countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will raise “P” Preparatory Flag a Blue Flag White Square and one sound. (4 minutes until the start).
4. **1 & 1/2 minutes** until the start: the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Preparatory Flag and one “long” sound. (1 minute until the start)
5. **30 seconds:** before the start the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Class Flag, and one sound. RMT announces any boats over the line after the Start Signal.
6. **The official signal is the raising or lowering of the signal flags.**
7. **The starting line flag is a yellow flag and is placed on the port side of the boat.**
8. **The RC boat is always to starboard of the Pin Mark.**



**Nahant Dory Club**  
**PHRF Fleet Starting Sequence**  
**Multiple Classes of Boats**

1. **Alert:** One minute prior to initiating the starting sequence, the Race Management Team (RMT) will alert the racers by several short fast sounds, and announce the alert on VHF Channel 69.
2. **Warning:** One minute later, the RMT will raise the “A” Flag, (5 minutes until the start) and one sound (The starting sequence has begun)
3. **Preparatory:** At 30 seconds after the warning the RMT starts a 30 second Countdown (30 seconds,20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will raise “P” Preparatory Flag a Blue Flag White Square and one sound. (4 minutes until the start).
4. **1 & 1/2 minutes** until the start: the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Preparatory Flag and one “long” sound. (1 minute until the start)
5. **30 seconds:** before the start the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Class Flag “A”, at the same time raise the Class Flag “**for the next class**” and one sound. This is the **Warning** (5 minutes **for the next class** start) RMT announces any boats over the line after the Start Signal. Appropriate recall flag displayed for boat(S) over.
6. Repeat the sequence for Class C using Class Flag “C”.
7. **The official signal is the raising or lowering of the signal flags.**
8. **The starting line flag is a yellow flag and is placed on the port side of the boat.**
9. **The RC boat is always to starboard of the Pin Mark.**



**Nahant Dory Club**  
**PHRF Fleet Starting Sequence**  
**Multiple Classes of Boats**

1. **Alert:** One minute prior to initiating the starting sequence, the Race Management Team (RMT) will alert the racers by several short fast sounds, and announce the alert on VHF Channel 69.
2. **Warning:** One minute later, the RMT will raise the “A” Flag, (5 minutes until the start) and one sound (The starting sequence has begun)
3. **Preparatory:** At 30 seconds after the warning the RMT starts a 30 second Countdown (30 seconds,20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will raise “P” Preparatory Flag a Blue Flag White Square and one sound. (4 minutes until the start).
4. **1 & 1/2 minutes** until the start: the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Preparatory Flag and one “long” sound. (1 minute until the start)
5. **30 seconds:** before the start the RMT starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 “**Mark.**”) At **Mark** the RMT will remove the Class Flag “A”, at the same time raise the Class Flag “**for the next class**” and one sound. This is the **Warning** (5 minutes **for the next class** start) RMT announces any boats over the line after the Start Signal. Appropriate recall flag displayed for boat(S) over.
6. Repeat the sequence for Class C using Class Flag “C”.
7. **The official signal is the raising or lowering of the signal flags.**
8. **The starting line flag is a yellow flag and is placed on the port side of the boat.**
9. **The RC boat is always to starboard of the Pin Mark.**



## The Nahant Dory Club Race Committee Hand Book

### The Rabbit Start

**If the Race Committee decides to use the Rabbit Start racers must be notified prior to the beginning of the race.**

**Equipment required:** Whistle, 1 (optional mark), powerboat serving as RC boat.

**Goal/Focus:** To create an even start for all competitors

**Rabbit Start Sequence:** In a Rabbit Start, one competing boat serves as the Rabbit to start the fleet. Although either tack may be used, it is recommended that the “Rabbit” be on starboard tack and the remainder of the racing boats on port tack for the start. If using for Lasers, the three (3) minute starting sequence should be used, while the Townies & PHRF fleets use the five (5) minute sequence. The signals are made by the “Rabbit” and will be sound signals only, unless the RC boat chooses to otherwise.

The “Rabbit” will maneuver to pass by the “Pin” close hauled and to leeward. The “Rabbit” signals the start of the race with one (1) sound signal and the starting line becomes the line between the “Rabbit” and the “Pin.”

All competitors will start the race on the opposite tack as the “Rabbit” and sail between the “Pin” and the “Rabbit” passing behind (crossing the “Rabbit’s” wake) the “Rabbit.” When all starters have passed behind the “Rabbit” all including the “Rabbit” are free to tack.

Note: All competitors **MUST** stay on the lee side of the “Pin” and the “Rabbit” prior to the start.

The finish line if not RC boat is an imaginary line extending 50’ from the “Pin” as viewed on the final leg, and perpendicular to the course from the previous mark.



## The Nahant Dory Club Race Committee Hand Book

### The Rabbit Start

**If the Race Committee decides to use the Rabbit Start racers must be notified prior to the beginning of the race.**

**Equipment required:** Whistle, 1 (optional mark), powerboat serving as RC boat.

**Goal/Focus:** To create an even start for all competitors

**Rabbit Start Sequence:** In a Rabbit Start, one competing boat serves as the Rabbit to start the fleet. Although either tack may be used, it is recommended that the “Rabbit” be on starboard tack and the remainder of the racing boats on port tack for the start. If using for Lasers, the three (3) minute starting sequence should be used, while the Townies & PHRF fleets use the five (5) minute sequence. The signals are made by the “Rabbit” and will be sound signals only, unless the RC boat chooses to otherwise.

The “Rabbit” will maneuver to pass by the “Pin” close hauled and to leeward. The “Rabbit” signals the start of the race with one (1) sound signal and the starting line becomes the line between the “Rabbit” and the “Pin.”

All competitors will start the race on the opposite tack as the “Rabbit” and sail between the “Pin” and the “Rabbit” passing behind (crossing the “Rabbit’s” wake) the “Rabbit.” When all starters have passed behind the “Rabbit” all including the “Rabbit” are free to tack.

Note: All competitors **MUST** stay on the lee side of the “Pin” and the “Rabbit” prior to the start.

The finish line if not RC boat is an imaginary line extending 50’ from the “Pin” as viewed on the final leg, and perpendicular to the course from the previous mark.

## RACE SIGNALS

The meanings of visual and sound signals are stated below. An arrow pointing up or down (↑ ↓) means that a visual signal is displayed or removed. A dot (•) means a sound; five short dashes (-----) mean repetitive sounds; a long dash (—) means a long sound. When a visual signal is displayed over a class flag, the signal applies only to that class.

### Postponement Signals



↑ • • ↓ •

**AP** Races not started are postponed. The warning signal will be made 1 minute after removal unless at that time the race is postponed again or abandoned.



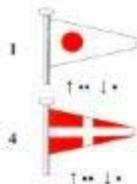
↑ • •

**AP over H**  
Races not started are postponed. Further signals ashore.



↑ • •

**AP over A**  
Races not started are postponed. No more racing today.

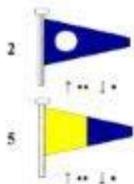


1

↑ • • ↓ •

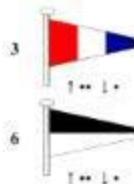
**AP over a numeral pennant 1–6**

Postponement of 1–6 hours from the scheduled starting time.



2

↑ • • ↓ •



3

↑ • • ↓ •

### Abandonment Signals



↑ • • • • ↓ •

**N** All races that have started are abandoned. Return to the starting area. The warning signal will be made 1 minute after removal unless at that time the race is abandoned again or postponed.



↑ • • • •

**N over H** All races are abandoned. Further signals ashore.



↑ • • • •

**N over A** All races are abandoned. No more racing today.

### Preparatory Signals



↑ • • ↓ —

**P** Preparatory signal.



↑ • • ↓ —

**I** Rule 30.1 is in effect.



↑ • • ↓ —

**Z** Rule 30.2 is in effect.



↑ • • ↓ —

**Black flag**, Rule 30.3 is in effect.

### Recall Signals



↑ •

**X** Individual recall.



↑ • • ↓ •

**First Substitute** General recall. The warning signal will be made 1 minute after removal.



↑ • •

### Shortened Course

**S** The course has been shortened. Rule 32.2 is in effect.

### Changing the Next Leg



-----

**C** The position of the next mark has been changed:



to starboard;



to port;



to decrease the length of the leg;



to increase the length of the leg.

### Other Signals



↑ •

**L** Ashore: A notice to competitors has been posted.

Afloat: Come within hail or follow this boat.



-----

**M** The object displaying this signal replaces a missing mark.



↑ •

**Y** Wear a personal flotation device.



(no sound)

**Blue flag** or shape: This race committee boat is in position at the finishing line.

## RACE SIGNALS

The meanings of visual and sound signals are stated below. An arrow pointing up or down (↑ ↓) means that a visual signal is displayed or removed. A dot (•) means a sound; five short dashes (-----) mean repetitive sounds; a long dash (—) means a long sound. When a visual signal is displayed over a class flag, the signal applies only to that class.

### Postponement Signals



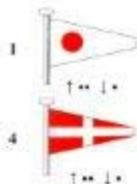
**AP** Races not started are postponed. The warning signal will be made 1 minute after removal unless at that time the race is postponed again or abandoned.



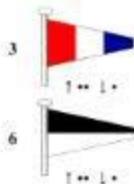
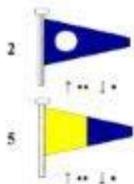
**AP over H**  
Races not started are postponed. Further signals ashore.



**AP over A**  
Races not started are postponed. No more racing today.



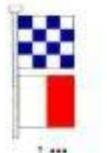
**AP over a numeral pennant 1–6**  
Postponement of 1–6 hours from the scheduled starting time.



### Abandonment Signals



**N** All races that have started are abandoned. Return to the starting area. The warning signal will be made 1 minute after removal unless at that time the race is abandoned again or postponed.



**N over H** All races are abandoned. Further signals ashore.



**N over A** All races are abandoned. No more racing today.

### Preparatory Signals



**P** Preparatory signal.



**I** Rule 30.1 is in effect.



**Z** Rule 30.2 is in effect.



**Black flag**, Rule 30.3 is in effect.

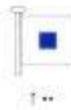
### Recall Signals



**X** Individual recall.



**First Substitute** General recall. The warning signal will be made 1 minute after removal.



### Shortened Course

**S** The course has been shortened. Rule 32.2 is in effect.

### Changing the Next Leg



**C** The position of the next mark has been changed:



to starboard;



to port;



to decrease the length of the leg;



to increase the length of the leg.

### Other Signals



**L** Ashore: A notice to competitors has been posted. Afloat: Come within hail or follow this boat.



**M** The object displaying this signal replaces a missing mark.



**Y** Wear a personal flotation device.



**Blue flag** or shape: This race committee boat is in position at the finishing line.



## **Nahant Dory Club** **PHRF Fleet Pursuit Starting Sequence**

If the Nahant PHRF Fleet uses The Pursuit Start regardless of the time of day we will announce via VHF Channel 69 that we are one minute before the Warning signal which starts the five minute count down to the starting signal. The scratch boat, the one with the highest handicap starts at the starting signal. From the sheet below based on the 2018 Charity Race the next boat is a Rhodes 19 which starts 4 minutes later regardless of when the actual 5 minute starting sequence commences.

The following is the sequence and it is followed by an example.

1. **Alert:** One minute prior to initiating the starting sequence, the Race Management Team (**RMT**) will alert the racers by several short fast sounds, and announce the alert on VHF Channel 69.
2. **Warning:** One minute later, the RMT will raise the **“PHRF”** Flag, (5 minutes until the start) and one sound (The starting sequence has begun)
3. **Preparatory:** At 30 seconds after the warning the RMT starts a 30 second Countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 **“Mark.”**) At **Mark** the **RMT** will raise “P” Preparatory Flag a Blue Flag White Square and one sound. (4 minutes until the start).
4. **One minute to start:** 1 & 1/2 minutes until the start: the **RMT** starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 **“Mark.”**) At **Mark** the **RMT** Will remove the Preparatory Flag and one “long” sound. (1 minute until the start)
5. **Start:** 30 seconds before the start the **RMT** starts a 30 second countdown (30 seconds, 20 seconds, 10 seconds, 5,4,3,2,1 **“Mark.”**) At **Mark** the **RMT** will remove the Class Flag **“PHRF”**, and one “long” sound.
6. **The official signal is the raising or lowering of the signal flags.**
7. **The starting line flag is a yellow flag on the port side of the RC boat.**
8. **The RC boat is always to starboard of the Pin Mark.**

**PHRF Fleet Pursuit Starting Sequence**

This example is based on the August 4<sup>th</sup>, 2018 race. As Caper has the highest handicap it is the scratch boat and starts first at the Start signal:

Sail #	Name	Type	Skipper	Handicap	Delay	Note
651	Caper	Cape Dory 25	Vi Patek	279	0:00	<b><u>Scratch</u></b>
		Rhodes 19	Pat Morse	234	4:00	
	Stormy Petrel	Catalina 30	Ellen Dickenson	204	6:30	

And so on until the last-lowest Handicap boat starts 15:30 minutes after the starting signal and Scratch Boat.

51179	Pearl	First 36.7	Sandy Burton	96	15:30	
-------	-------	------------	--------------	----	-------	--

**Race Committee Handbook**  
**Starting Sequence PHRF Fleet Pursuit Race**  
**8/8/18 rjc doc.**



## Nahant Dory Club Race Committee Hand Book

### Performance Handicap Racing Fleet (PHRF)

#### **Instructions when the race is started from the clubhouse**

1. **Introduction:**

There may be times when the NDC race boat is not available and the race must be started from the clubhouse. In this situation, the following will govern the management of the race.

2. **Contact and Instructions:**

The various NDC sailing instructions state that all competitors must monitor **VHF Channel 69** for instructions. In the case of a start being managed from the clubhouse, this will be the only way instructions will be conveyed to the racers after an initial meeting prior to the race.

3. **The Start:**

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

3.2 The starting line will be between the flagpole on the Dory Club patio and the “Pilot” buoy. The orange starting line flag will be displayed on the club flagpole.

3.3 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.

3.4 All boats will start in the direction of the first mark unless that mark is in line with the starting line. In that situation, all boats will start leaving the “Pilot” buoy to Port.

3.5 Any changes in The Start will be broadcast on **VHF Channel 69** by the Race Committee.

3.6 The Starting sequence:

The initial notice of the start will be broadcast on **VHF Channel 69** stating that there is one (1) minute to the warning signal.

**Warning Signal** – will be broadcast on **VHF Channel 69**, with a five (5) second count down to the signal “**Mark.**” 5 minutes to start  
If possible, there will be a sound signal-

**Preparatory Signal** – will be broadcast on **VHF Channel 69**, with a five (5) second count down to the signal “**Mark.**” 4 minutes to start  
If possible, there will be a sound signal-

**One-minute** - will be broadcast on **VHF Channel 69**, 1 minute to start with a five (5) second count down to the signal “**Mark.**”  
If possible, there will be a sound signal-

**Start-** will be broadcast on **VHF Channel 69**, with a five (5) second count down to the signal “**Mark.**” Start  
If possible, there will be a sound signal-

3.7 Pursuit race starts will follow paragraph 3.6 and after the initial “Start” signal, every five (5) minutes with a five (5) second count down to the signal “**Mark.**”

4. **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))

5. **Change of the Next Leg of the Course:**  
A change of course after the start shall be signaled by the Race Committee using **VHF radio channel 69** before the leading boat has begun the leg of the course that is affected. The Race Committee will broadcast the letter of the new mark and its name. The mark at which the change of course is being signaled shall be rounded as if the course had NOT been changed.
6. **The Finish:**  
All boats will finish from the direction of the last mark unless that mark is in line with the starting line. In that situation, all boats will finish leaving the “Pilot” buoy to Port.
7. **Restricted Areas:**  
**Bass Rock Isolated Danger Buoy:** No boat may pass between the Bass Rock Isolated Danger Buoy (AKA The Spindle) and Baileys Hill. All boats must stay to the South of that buoy.  
**Joe Beach Isolated Danger Buoy:** No boat may pass between the Joe Beach Isolated Danger Buoy and the point formerly known as the Haley Castle at the end of Swallow Cave Road. The exception being if the buoy is a turning mark.