



# HANDS ON THE HELM REGATTA

Women's Sailing Series #3 of 4  
Saturday, October 1, 2016

North Florida Cruising Club  
PO Box 24268, Jacksonville, FL 32241

\*\*\*\*\* MONITOR CHANNEL 72 throughout the race \*\*\*\*\*  
**NOTICE OF RACE**

## **1.0 RULES**

1.1 The Regatta will be governed by The Racing Rules of Sailing (RRS), the rules of First Coast Sailing Association and this NOR. These may be altered by the Sailing Instructions.

## **2.0 ELIGIBILITY**

- 2.1 All female crews are encouraged to register.
- 2.2 Competitor's requirements for mixed crew eligibility sailings are: at least 50% of those aboard shall be female and the boat must be helmed by a female from the preparatory signal until finish.
- 2.3 All boats must have a valid PHRF rating from First Coast Sailing Association. Boats not having a valid rating may obtain an uncontestable temporary WSS rating.
- 2.4 Participating boats shall have their sail number on the mainsail and headsails with an LP exceeding 130%.
- 2.5 Eligible boats may enter by completing a [registration](#) form with North Florida Cruising Club, which is the organizing authority.

## **3.0 CLASSES**

- 3.1 All Female Class (100% female crew) Spinnaker
- 3.2 All Female Class (100% female crew) Non-Spinnaker
- 3.3 Mixed Crew Class (at least 50% female crew) Cruiser

## **4.0 SCHEDULE OF EVENTS**

- 4.1 Registration/Skippers meeting 12:30 at The Florida Yacht Club
- 4.2 1:25 p.m. 1<sup>st</sup> Warning Signal
- 4.3 Race Start 1:30 pm

## **5.0 ENTRY FEE/REGISTRATION**

- 5.1 REGISTRATION at The Florida Yacht Club. Please RSVP to [Barbara Sperbeck](#) if you are participating.
- 5.2 Register for race by
  - 5.2.1 Completing registration form and mailing with payment to  
North Florida Cruising Club PO Box 24268 Jacksonville, FL 32241
  - 5.2.2 *E-mailing completed registration form. Mail in payment or pay at registration table*
  - 5.2.3 Register at The Florida Yacht Club on the day of the race
- 5.3 The entry fee is \$50.00 for NFCC Members, and \$55.00 for non-members (\$50.00 if US Sailing Member).

## **6.0 SAILING INSTRUCTIONS**

- 6.1 Sailing Instructions will be available to be downloaded from the First Coast Sailing Association website [www.sailjax.com](http://www.sailjax.com).

## **7.0 COURSE**

- 7.1 Course will be a single PHRF Time on Distance race using government navigation marks and inflatable markers.

## **8.0 SCORING THE RACE**

- 8.1 Classes will be scored using PHRF Time on Distance.
- 8.2 The Low Point scoring system of Appendix A will apply.
- 8.3 Each boat starting and finishing the race, and not thereafter retiring or being disqualified, will be scored points equal to her corrected finishing place in class.
- 8.4 Results of this race will be forwarded to the First Coast Sailing Association for inclusion in the Annual Series scoring.

## **9.0 RACE PRIZES**

- 9.1 First, second and third place prizes will be awarded in each class at the post-race party at The Florida Yacht Club.

**10.0 INFORMATION:** Contact: Barbara Sperbeck, Rear Commodore (904) 229-6130

# HANDS ON THE HELM REGATTA

Women's Sailing Series #3 of 4  
Saturday, October 1, 2016

North Florida Cruising Club

PO Box 24268, Jacksonville, FL 32241

\*\*\*\*\* MONITOR CHANNEL 72 throughout the race \*\*\*\*\*

## SAILING INSTRUCTIONS

### RULES

- 1.1 The regatta will be governed by *The Racing Rules of Sailing* (RRS) except as modified by the rules of the First Coast Sailing Association and these Sailing Instructions.
- 1.2 Racing Rules A4 and A5 are changed by SI 12.3 as follows: "A boat starting later than ten minutes after her starting signal will be scored 'Did Not Start' without hearing."
- 1.3 Racing Rules 35, A4, and A5 of the RRS are changed by SI 14.1 as follows: "A boat failing to finish within 60 minutes in corrected time after the first boat in her class will be scored 'Did Not Finish' without a hearing."

### 2. ENTRIES

- 2.1 Eligible boats are those who have officially entered by completing a registration form with North Florida Cruising Club as set forth in the Notice of Race.
- 2.2 Additional eligibility requirements and class definitions are defined in the Notice of Race Articles 2 and 3.

### 3. SAFETY

- 3.1 All competitors are required to conform to the U.S. Coast Guard regulations and the RRS concerning personal floatation devices and other required equipment.
- 3.2 Boats shall not impede the passage of a vessel that can safely navigate only within a narrow channel or commercial fishing vessels while fishing or vessels with restricted ability to maneuver. Racing boats interfering with other vessels may be subject to protest by the Race Committee or contestants and possible disqualification.
- 3.3 Race Committee will monitor VHF Channel 72.
- 3.4 Boats shall attempt to check in with the Race Committee by sailing past on the non-course side prior to their class Warning Signal.
- 3.5 Boats withdrawing from a race prior to finishing shall make every effort to ensure that Race Committee is notified that they have withdrawn.
- 3.6 For the safety of all race participants, the NFCC Race Committee strongly recommends the wearing of a life jacket during the race.

### 4. NOTICES TO COMPETITORS

- 4.1 Notices to competitors will be communicated at the Skippers meeting at The Florida Yacht Club OR on VHF Channel 72 if during the race.

### 5. CHANGES IN THE SAILING INSTRUCTIONS

- 5.1 Any change in the Sailing Instructions will be communicated in accordance with SI 4.1
- 5.2 Oral changes to the Sailing Instructions may be communicated to each boat while on the water and prior to her warning signal.

### 6. RACE SCHEDULE

- 6.1 Saturday, October 1, 2016, one race, two start times
- 6.2 Schedule of Events:
  - Warning Signal
  - All Female: 1:25 pm
  - Cruiser-Mixed: 1:40pm

# HANDS ON THE HELM REGATTA

Women's Sailing Series #3 of 4  
Saturday, October 1, 2016

North Florida Cruising Club  
PO Box 24268, Jacksonville, FL 32241  
\*\*\*\*\* MONITOR CHANNEL 72 throughout the race \*\*\*\*\*

## RULES OF RACING

### 7. CLASS FLAGS

7.1 Class flags will be the solid colored flags used by NFCC.

Class	Flag
All Female Spin	Pink
Mixed Crew Spin	Gold
All Female/Mixed Crew Cruiser	Navy Blue

### 8. RACING AREA

8.1 Race Committee boat is TBD; monitoring channel 72

8.2 The racing area will be in the St. Johns River, North of the Buckman Bridge in the area of the Florida Yacht Club as depicted on Attachment A (NOAA Chart 11492).

### 9. THE COURSE

9.1 Race course will be presented/discussed at The Florida Yacht Club.

9.2 A single race using river navigation marks will be displayed using the designation of the River Marks as depicted in Attachment A, and the letter designation for Mark "W" as described in SI 10.1 and 10.2.

### 10. MARKS

10.1 Marks may be government navigation marks as depicted on NOAA Chart 11492 (as corrected by Notices to Mariners) or yellow inflatable Mark "W" described in SI 10.2. Government marks will be designated by their number as appearing on the chart. Mark "W" will be designated by its alphabetic designator. Approximate positions for the government navigation marks are shown in Attachment A.

10.2 A yellow inflatable mark set to windward of the starting line as a windward mark will be designated "W", WHISKEY.

10.3 A limiting mark may be set to protect the committee boat, close to her and on the same end of the starting line. No boat shall pass between the limiting mark and the committee boat. (This limiting mark is not a mark of the course.)

### 11. START

11.1 The Starting Line will be a line between an orange flag flown on the Race Committee Boat and a yellow inflatable mark set toward the left side of the course from the Committee Boat.

11.2 Boats whose warning signal has not been made shall keep clear of the starting area.

11.3 A boat starting later than ten minutes after her starting signal will be scored "DidNot Start" without hearing. This changes Rules A4 and A5.

# HANDS ON THE HELM REGATTA

Women's Sailing Series #3 of 4  
Saturday, October 1, 2016

North Florida Cruising Club

PO Box 24268, Jacksonville, FL 32241

\*\*\*\*\* MONITOR CHANNEL 72 throughout the race \*\*\*\*\*

## RULES OF RACING

### 12. THE FINISH

12.1 **If Race Committee boat is on station at the Finish:** The Finish Line will be between an orange flag flown on the Race Committee boat and a yellow inflatable mark set to the left side relative to the final leg of the course.

12.2 **If Race Committee boat is NOT on station at the Finish:** The Finish Line shall be an imaginary line dictated by the Race Committee.

12.2.1 A yacht shall have finished when any part of her hull, crew, or equipment touches this imaginary line.

12.2.2 Using a timepiece that is synchronized with USNO time a yacht shall record its own finish time (to the second).

12.2.3 Using a camera, take a picture of the GPS/Chart Plotter.

12.2.4 Soon as practical after finishing, a yacht shall report:

- its finish time to the Race Committee via VHF channel 72.
- If unable to communicate by radio for this purpose, a yacht may telephone or text the RC at (904) 229- 6130.
- Leave a voice or text message with your boat name, finish time and a call back number – SPEAK CLEARLY
- Send e-mail or text with photo of GPS/Chart Plotter with GPS position and time.
- In no case shall a yacht fail to report its time directly to the RC any later than one hour following its finish

### 13. TIME LIMIT

13.1 The time limit shall be 4 hours for each class. A boat failing to finish within 60 **minutes in corrected time after the first boat in her class will be scored "Did Not Finish" without a hearing**. This changes RRS Rule 35 and Rule A4.1.

### 14. PROTESTS

14.1 Protests shall be filed with the Race Committee. Protest time will end one hour after the Race Committee boat docks after the race.

### 15. SCORING

15.1 Classes will be scored using PHRF Time on Distance.

15.2 The Low Point scoring system of RRS Appendix A will apply.

### 16. PRIZES

16.1 Results will be announced at the after race party at The Florida Yacht Club.

16.2 The results will be posted on the FCSA website <mailto:www.sailjax.com>

16.3 Results will also be announced at the NFCC General Meeting on Thursday, October 21, 2016 7:30 PM.

**FURTHER INFO:** Barbara Sperbeck, Rear Commodore (904) 229-6130

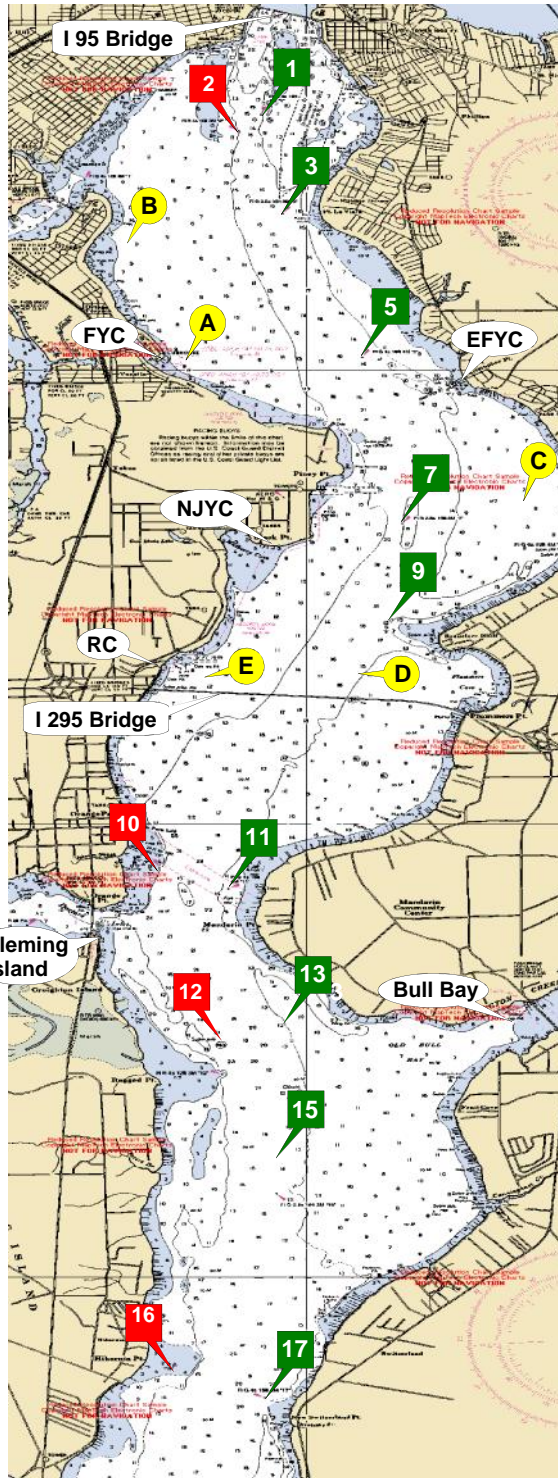
FCSA's purpose is to handicap sailboats (PHRF), make up the annual schedule, sponsor an Interclub Regatta, and hold an Awards and General Meeting in January. FCSA's Board of Directors is made up of one volunteer from each of the eight member clubs.



See a club handicapper to get a PHRF rating. New rating \$35, Renew by February 1st \$30, Change rating \$5.

The handicapping committee consists of one volunteer from each club and a volunteer Chief Handicapper. Requests for ratings are completed by a club handicapper and approved by the Chief Handicapper. Rating protests are submitted to the Chief Handicapper and voted on by the handicapping committee.

Distance	nm
1 to 3	1.039
1 to 5	2.787
1 to 7	4.643
1 to A	2.793
1 to B	1.570
3 to 5	1.773
3 to 7	3.615
3 to 9	4.638
3 to A	1.829
3 to B	1.126
3 to C	3.763
5 to 7	1.863
5 to 9	2.926
5 to A	1.468
5 to B	2.299
5 to C	2.029
5 to D	3.486
7 to 9	1.095
7 to C	0.977
7 to D	1.697
7 to E	2.240
9 to C	1.726
9 to D	0.618
9 to E	1.486
A to B	1.523
A to C	3.140
B to C	4.303
C to D	2.328
C to E	3.111
D to E	1.127
11 to 13	2.317
11 to 15	3.400
11 to 17	5.631
11 to 17A	6.836
13 to 15	1.109
13 to 17	3.360
13 to 17A	4.575
13 to 18	5.585
15 to 17	2.252
15 to 17A	3.467
15 to 18	4.476
17 to 17A	1.216
17 to 18	2.225
17A to 18	1.010
18 to 20	2.038



From 2011  
USCG Light List

**Green 1**  
N 30° 17.813  
W 81° 40.411

**Red 2**  
N 30° 17.628  
W 81° 40.635

**Green 3**  
N 30° 16.780  
W 81° 40.259

**Green 5**  
N 30° 15.142  
W 81° 39.466

**Green 7**  
N 30° 13.305  
W 81° 39.077

**Green 9**  
N 30° 12.216  
W 81° 39.237

**Red 10**  
N 30° 09.513  
W 81° 41.399

**Green 11**  
N 30° 09.305  
W 81° 40.794

**Red 12**  
N 30° 07.240  
W 81° 40.800

**Green 13**  
N 30° 07.036  
W 81° 40.224

**Green 15**  
N 30° 05.926  
W 81° 40.283

**Red 16**  
N 30° 04.038  
W 81° 41.254

**Green 17**  
N 30° 03.671  
W 81° 40.393

**Green 17A**  
N 30° 02.457  
W 81° 40.522

**Red 18**  
N 30° 01.445  
W 81° 40.551

**Green 19**  
N 30° 01.335  
W 81° 40.279

**Red 20**  
N 29° 59.822  
W 81° 39.126

FCSA offers three series of PHRF races: the Spring Series Trophy, the Fall Series Trophy, and the Offshore Trophy. When a rated sailboat is entered in a club race, noted as a FCSA points race, the boat is competing for a club trophy for that race and points toward the annual trophy for the series.

Rules for the annual trophies:

Spring and Fall Series Trophies:  
6 races each, 1 throw-out race.

Offshore Series Trophies:  
14 races, 7 throw-out races.

Note: There will be no throw out races in a series if less than four races are held due to cancellation or abandonment of races in that series.

Race scoring will be the low point system, 2012-2016 Racing Rules of Sailing, Appendix A, Rule A4.

Series scoring will be as follows:

DNF, RAF = # that started the race  
DNS, DSQ = # that came to the start  
DNC = # that attempted to race  
DNE = # entered in the series + 1  
Ties decided under Appendix A8.

Trophies divided by Spinnaker, Non-Spinnaker, and Cruising classes. All competitors must have a current FCSA PHRF rating and be a member of one of the seven FCSA member clubs.

Also From 2011  
USCG Light List

**Race Can "C"**  
N 30° 13.564  
W 81° 37.989

**Race Can "A"**  
N 30° 15.090  
W 81° 41.160

**Race Can "D"**  
N 30° 11.648  
W 81° 39.522

**Race Can "B"**  
N 30° 16.581  
W 81° 41.539

**Race Can "E"**  
N 30° 11.648  
W 81° 40.822

(Check FCSA Website [www.sailjax.com](http://www.sailjax.com) for contacts, addresses, phone numbers of club representatives)

EFYC - Epping Forest Yacht Club [www.efyc.com](http://www.efyc.com)  
 FYC - Florida Yacht Club [www.thefloridayachtclub.org](http://www.thefloridayachtclub.org)  
 NJYC - Navy Jax Yacht Club [www.navyjaxyachtclub.com](http://www.navyjaxyachtclub.com)  
 RCofJ - Rudder Club [www.rudderclub.com](http://www.rudderclub.com)

NFCC - North Florida Cruising Club [www.nfccsail.com](http://www.nfccsail.com)  
 SAYC - St Augustine Yacht Club [www.staugustineyachtclub.com](http://www.staugustineyachtclub.com)  
 HRYC - Halifax River Yacht Club [www.hryc.com](http://www.hryc.com)  
 SYC - Smyrna Yacht Club [www.smyrnayachtclub.com](http://www.smyrnayachtclub.com)