



# 2023 HANDS ON THE HELM REGATTA

## North Florida Cruising Club

### Notice of Race and Sailing Instructions

#### Saturday, October 7, 2023 - 1:00 PM

### Race #3: FCSA 2023 Women's Sailing Series

#### **1.0 RULES**

1.1 The Regatta will be governed by the current Racing Rules of Sailing (RSS) and the rules of First Coast Sailing Association (FCSA). These may be altered by the Sailing Instructions.

#### **2.0 ELIGIBILITY AND ENTRY**

2.1 All female crews are encouraged to register. Competitor's requirements for mixed crew eligibility sailing are: **boat must be helmed by a female while racing.**

2.2 All boats must have a valid PHRF rating from FCSA (Obtain this at [www.sailjax.com](http://www.sailjax.com)). Boats not having a valid rating may obtain an uncontestable temporary PHRF rating on a one-time basis, assigned in accordance with FCSA Rules.

2.3 Participating boats shall have their sail number on the mainsail and on headsails with an LP exceeding 130%.

2.4 Eligible boats may enter by completing registration with the NFCC, which is the organizing authority.

#### **3.0 ENTRY FEE/REGISTRATION**

3.1 Entry fee is \$20 for members; \$25 for non-members. Please make checks payable to The North Florida Cruising Club and mail to: Zak O'Grady, 7701 Timberline Park Blvd. #1011, Jacksonville, FL 32256, accompanied by a Standard Race Entry Form available at <http://www.sailjax.com/FCSA-Race-Entry.pdf>

Boats may also register between 10:30 and 11:45 a.m. on the day of the race, or at the NFCC membership meeting September 21 at Noura Café, 1533 University Blvd. W, Jacksonville, FL.

#### **4.0 CLASSES**

4.1 **Performance Class** : Open to Spinnaker and Non-Spinnaker performance boats with all-female crews or a female crew with no more than one male defined as the Owner, or the Owner's representative (such as may be defined by insurance) but he shall not assist the crew in any way while racing.

4.2 **Cruiser Class** : (As defined by FCSA PHRF Rules) Sailing a Cruiser Class boat with mixed crew with 50% or more of those on board being female and the boat must be helmed by a female while racing.

#### **5.0 SCHEDULE OF EVENTS**

5.1 Saturday, October 7: Competitors Meeting: None.

The Warning Signal for first start is planned for 12:55pm.

## **6.0 NOTICES TO COMPETITORS**

6.1 This 2-page document is the only printed Notice pertaining to the running of the race.

6.2 A Race Notice pertaining to any changes to the start and running of the race will be made by VHF radio transmission on Channel 72 at 12:30pm on Saturday, October 7.

## **7.0 THE START**

7.1 There will be no RC boat at the start line. Yachts shall self-start as follows: No yacht shall start prior to 1pm ET as synchronized with USNO time. The start line shall be an imaginary line running magnetic east from Fl G 9 (north of Buckman Bridge) to the shoreline, as depicted in NOAA chart 11492. A yacht shall have started when any part of her hull, crew, or equipment touches this imaginary line while sailing in the proper starting direction – from south to north. Engine propulsion shall be disengaged during the last four minutes prior to the designated start time. Any vessel early over the line will perform an ‘end to round’ on any part of the starting line and restart the race (in accordance with RRS 30.1).

7.3 For the safety of all race participants, the NFCC Race Committee strongly recommends the wearing of a life jacket during the race.

## **8.0 COURSE**

8.1 After the start all yachts will proceed to Fl G 5 and keep it to **port** as you round it, then return to Fl G 9 keeping it to **starboard** as you round it, repeat course, and finish on original imaginary start line to **east** of Fl G 9.

8.2 Using a timepiece that is synchronized with USNO time, a yacht shall record its own finish time (to the second). As a courtesy, the finishing yacht should make an obvious turning maneuver and simultaneously sound a horn to indicate it has finished racing. When possible, note the finishing times of nearby yachts (hence the turning maneuver and courtesy horn).

8.3 As soon as practical after finishing, a yacht shall report its finish time to the Race Committee via text message at **(904)726-7698**. Leave a message with your vessel name, class, and finish time as a text or voicemail (speak slowly and clearly, leave call-back number). In no case shall a yacht fail to report its time directly to the RC any later than one hour following its finish.

## **9.0 SCORING THE RACE**

9.1 Classes will be scored using PHRF Time on Distance.

9.2 The Low Point scoring system of Appendix A will apply.

9.3 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.

9.4 Results of this race will be forwarded to the First Coast Sailing Association for inclusion in the computation for Series scoring, and announced at NFCC member meeting November 16.

## **10.0 RACE PRIZES**

10.1 First, second, and third place recognition will be awarded in each class.

## **11.0 INFORMATION**

Contact: Zak O’Grady at **(904)726-7698**.