



Updated: 2011/03

Summary of changes: Objective, vessel recommendation

Changes indicated in RED.

## BASIC KEELBOAT RACING STANDARD

### Objective

To be able to participate in local club white sail (non spinnaker) races as both skipper and crew, of a sloop rigged keelboat of 6 to 10 meters with an outboard or inboard motor in moderate wind and sea conditions by day, with sufficient understanding of the racing rules, race management procedures, and tactics to successfully complete the race in an enjoyable manner.

### Prerequisites

Basic Cruising Standard or Equivalent Experience.

Note: As a minimum this standard will be adjusted as required every four years to maintain synchronization with the current Racing Rules of Sailing (RRS).

### Ashore Knowledge

#### Section I: Sails and Boat Setup

The candidate must be able to:

- Name and identify the listed elements of the standing rigging and describe the procedure to set up the mast including the effects of tension adjustments to the standing rigging on both mast head and fractional rigs;

Backstay	Mast Rake
Forestay	Mast Step
Lower Shrouds	Spreaders
Mast Bend	Upper Shrouds
- Name and describe the following as used to change foresail and mainsail shape and describe their effects on the sail;

Backstay	Main Sheet
Boomvang	Mast Bend
Cunningham	Mast Rake
Foresail Sheets	Outhaul
Foresail Sheet Fairleads	Telltails
Halyards	Traveller
Leech Lines	
- Explain when and why the sail adjustments (of paragraph 2 above) would be applied.

#### Section II: Racing Rules & Race Management

The candidate must be able to:

- Demonstrate a basic understanding of the International Sailing Federation (ISAF) Racing Rules of Sailing (RRS) as they apply to a competitor. Specifically the Introduction, Definitions, Basic Principle, Parts 1, 2 & 4 including all ISAF rule updates of the listed sections of the CYA version;
- Describe the purpose of Sailing Instructions (SI's);
- Identify and explain the meanings and use of Race Committee Signals (Part 3 and Racing Signals);
- Describe the RRS Rule 26 starting sequence as it would be implemented for single and multiple fleet starts;
- Identify the conditions and signals associated with Individual and General recalls. Describe the competitors responsibilities in each case;
- Describe the signals, penalties, and competitors responsibilities associated with Starting Penalties RRS Rule 30.
- Describe how to perform an exoneration following:
  - hitting a mark,
  - fouling another competitor;
- Describe all steps necessary to file a valid Protest.

### ***Section III: Strategy and Tactics***

The candidate must be able to:

12. Describe the factors to be considered when formulating a game plan for a race;
13. Describe how to determine the favoured end of the start and finish lines;
14. Describe how to determine the favoured side of the course;
15. Describe how current would affect outcomes of paragraphs 7, 8, 9 above;
16. Describe the use of wind shifts, oscillating or persistent and the terms "header" and "lift";
17. Describe tactics:
  - a) To protect a lead,
  - b) To overtake a competitor, and
  - c) To slow another competitor down;
18. Explain the reasons for "ducking" or "lee bowing" a competitor.

### ***Afloat Skills***

**(16 hours minimum) Recommended vessel should be a 6 – 10 metre, sloop rigged keelboat with an outboard or inboard engine.** The candidates shall have participated, in at least 2 races.

The candidate must be able to:

1. Demonstrate proper sail selection and shape adjustment appropriate to the prevailing conditions;
2. Correctly identify the favoured end of the start line;
3. Formulate and apply a starting strategy;
4. Demonstrate appropriate sail trim from the prevailing conditions on each leg of the course;
5. Demonstrate tactical mark roundings;
6. Apply an understanding of the Rules as they relate to boat on boat situations which occur during the race;
7. Demonstrate appropriate reaction to wind shifts;
8. Correctly identification the favoured end of the finish line.

### ***Resource Material***

*Listed alphabetically by title.*

2009 - 2012 The Rules in Practice, Bryan Willis

Getting Started in Sailboat Racing, Adam Cort and Richard Stearns

Illustrated Sail & Rig Tuning, Ivar Dedkan

Performance Racing Tactics , Bill Gladstone, North U.

Racing Trim, Bill Gladstone, North U.

Tactics, Rodney Patisson

The Racing Rules of Sailing (including CYA prescriptions) 2009 – 2012

Understanding the Racing Rules of Sailing Through 2012, Dave Perry