

**SAILING****SAILING**

The Official Special Olympics Sports Rules for Sailing shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon the Racing Rules of Sailing of the International Sailing Federation (ISAF) found at <http://www.sailing.org/>. ISAF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Sailing or Article I. In such cases, the Official Special Olympics Sports Rules for Sailing shall apply.

**SECTION A – OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. The Competition Committee shall provide potential competitors with a Notice of Race and Racing Instructions.
2. At all regional, national and international regattas, there shall be a catamaran class boat and a monohull class boat used.
3. Racing for all levels of competition shall be available at regattas.
  - a. Level I — Unified Sports<sup>®</sup> team: the Special Olympics athlete member(s) of the crew will have responsibility for head sail trim.
  - b. Level II — Unified Sports team: a Special Olympics athlete shall control the helm for 100 percent of the race commencing at the warning signal throughout the complete race until clearing the finish line.
  - c. Level III — All Special Olympics athlete team with an on-board coach. The athletes have complete control of the boat. The coach can offer verbal assistance. If, for any reason, the coach becomes physically involved with the sailing of the boat, the team must retire from the race and will be scored a "did not finish" (DNF).
  - d. Level IV — The entire team consists of Special Olympics athletes (no coach will be on board).
  - e. Level V — Special Olympics athletes shall compete single-handed.

**SECTION B – RULES OF COMPETITION**

1. The Competition Committee will publish a Notice of Race.
2. Scoring shall be in accordance with Racing Rule of Sailing Appendix A, Low Point System, except Rule A2 the exclusion of the boat's worst score. Scores from the race or races used to determine divisioning will be included in the series score, based on the boat's finishing position within their division.
3. If, for any reason, the coach becomes physically involved with the sailing of the Boat or the crew does not follow the rule for the Level of the competition, the team shall retire from the race and will be scored points for "did not finish" (DNF).



## SAILING

### SECTION C – SAILING AREA AND FACILITIES

1. Facilities used to host regattas will provide safe access to the boats for all athletes, coaches, caregivers, medical staff and officials.
2. Race courses will be selected from the Standard Course configurations for Special Olympics Sailing. These configurations are, as follows:

Course 1 – S A C F

Course 2 – S A B C F

Course 3 – S A B C A C F

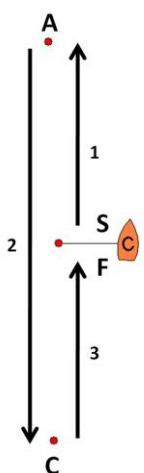
Course 4 – S A C A C F

Course 5 – S A (Maximum distance of 1,000 meters and a Finish Line at A.)

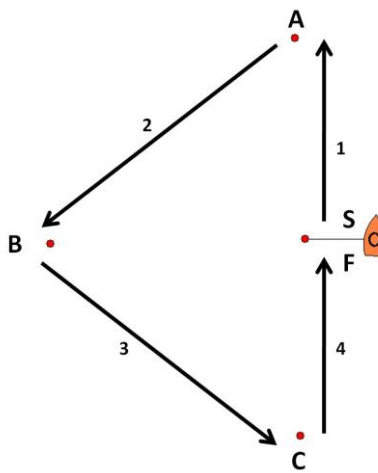
S = Start; F = Finish; A = Windward Mark; B = Jibe Mark; C = Leeward Mark

All marks shall be left to port.

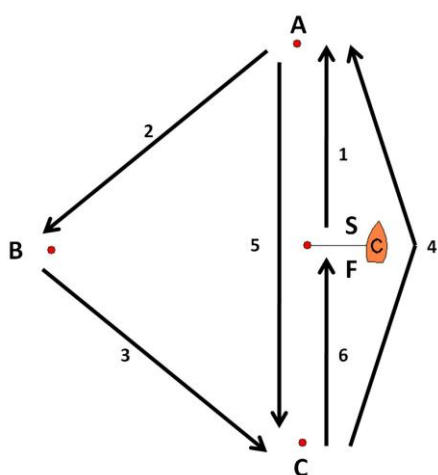
3. Standard Course Configuration Diagrams:



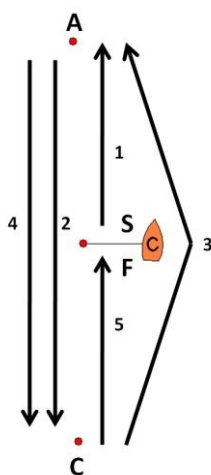
Course 1



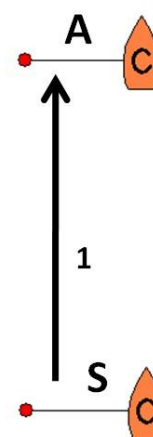
Course 2



Course 3



Course 4



Course 5

**SAILING**

NOTE: In all courses the starting and finish line may not be crossed other than to start or finish. Leg 4 in Course 3 and Leg 3 in Course 4 may pass on either side of the start and finish line although the diagram shows passing on the right side.

4. The distance from the windward turning mark to the leeward turning mark will be no greater than 2,000 meters.
5. The Technical Delegate may suspend racing in wind speeds or impending weather conditions that are deemed to be unsafe.

**SECTION D — COMPOSITION OF UNIFIED SPORTS TEAMS (LEVEL I AND II)**

1. Crews shall be composed of athletes with and without intellectual disabilities.
  - a. If the boat is typically raced by a crew of two, one member will be an individual with an intellectual disability.
  - b. If the boat is typically raced by a crew of three or more, the majority of the crew shall be individuals with intellectual disabilities.

**SECTION E — DIVISIONING**

1. Each division should have no fewer than three boats and no more than eight.
2. If it is a one-day regatta, the scores of the first race are used for divisioning.
3. If more than three races are completed in a multi-day regatta, divisioning will be calculated on the first three races. If fewer than three races are completed in a multi-day regatta, the first race will be used to determine divisioning.
4. The Race Committee (Competition Committee) may elect to carry over to the other medal round the scores(s) from the divisioning races.

**SECTION F - SAFETY**

1. Competitors with seizure disorders, serious asthma, heart, or other ailments that could impact on their typical sailing performance shall provide information about these conditions to their coach and the Organizing Authority for the event. As a guide all single handed competitors should be seizure free, with or without the aid of medication, for a minimum of one year. Competitors who suffer minor asthma and other minor ailments may compete provided they have notified the Organizing Authority in writing. Competitors who suffer minor seizures should be cleared by a physician prior to participation. Where an Athlete's coach is concerned about the Athlete's ability, the coach should recommend the Athlete be accompanied by (a) another Athlete, (b) Unified Partner or (c) Coach as care giver.
2. All crew members shall be able to swim a minimum of 10 meters while wearing a Personal Floatation Device (PFD). The coach shall attach a statement to the registration form attesting to the athletes' competence in this skill.
3. The Race Committee will consider safety first in making all decisions in conducting the regatta and running races.
4. A safety and rescue officer shall co-ordinate all safety, rescue and emergency response operations. Race officials and safety boat personnel should be trained in operating powerboats and in man overboard drills.
5. Every competition venue will supply motorized support boats, with safety officers aboard, to provide assistance when needed. The ratio shall be at least 1 dedicated safety and rescue boat for every 8 racing boats. Rescue boat shall accompany all racing boats from the time they depart harbor until their return after racing.



## **SAILING**

6. Every support boat will be equipped with a first aid kit and appropriate rescue equipment. Sailboats should consider similar recommendations in accordance with the class rules.
7. Every competitor shall wear a Personal Flotation Device (PFD) certified by a national authority at all times while afloat and on the dock and staging areas except briefly while changing or adjusting clothing or personal equipment for safety or for comfort.
8. Athletes shall be identified with one color of bib or life jacket and unified partners by a different color of bib or life jacket.
9. Coaches may go to the assistance of their competitors if they consider that the safety of the sailor is at risk. Once assistance is provided, the competitor should retire immediately from the race and notify the race committee.

### **SECTION G – PERSONNEL**

1. Technical Delegate
2. Principal Race Officer
3. Measurer
4. Safety Officer