



# Sailing

## Sport Rules

**Special Olympics**





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## 1. GOVERNING RULES

The Special Olympics Summer Sports Rules 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 Special Olympics Summer Sports Rules Sailing or Article I. In such cases, the Special Olympics Summer Sports Rules Sailing shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

## 2. OFFICIAL EVENTS

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 competitor's skill and interest.

Racing for all levels of competition shall be available at regattas. The following is a list of official events available in Special Olympics.

- 2.1 Level I — Unified Sports® team
  - 2.1.1 The Special Olympics athlete member(s) of the crew will have responsibility for head sail trim.
- 2.2 Level II — Unified Sports® team
  - 2.2.1 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.
- 2.3 Level III – Unified Sports® Team
  - 2.3.1 All Special Olympics athlete team with an on-board coach. The athletes have complete control of the boat. The Unified Partner may only shift their weight, do tactics and offer verbal assistance.
- 2.4 Level IV
  - 2.4.1 The entire team consists of Special Olympics athletes (no Unified Partner will be on board).
- 2.5 Level V
  - 2.5.1 Special Olympics athletes shall compete single-handed.

## 3. RULES OF COMPETITION

- 3.1 Notice of Race
  - 3.1.1 The Competition Committee shall provide potential competitors with a Notice of Race and Racing Instructions.
- 3.2 Boats
  - 3.2.1 At all regional, national and international regattas, there may be a catamaran class boat and a monohull class boat used.
- 3.3 Scoring
  - 3.3.1 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.

3.4 Level Involvement

3.4.1 Teams must follow the rule for the Level of the competition while racing. That is from the boat's preparatory signal until she *finishes* and clears the *finish* line. A team breaking the rule for the Level of competition shall retire from the race and will be scored points for "did not finish" (DNF).

**4. SAILING AREA AND FACILITIES**

4.1 Facilities

4.1.1 Facilities used to host regattas will provide safe access to the boats for all athletes, coaches, caregivers, medical staff and officials.

4.2 Race Course Configurations

4.2.1 Race Courses will be selected from the Standard Course configurations for Special Olympics Sailing.

4.2.2 These configurations are, as follows:

4.2.2.1 Course 1 – S A C F

4.2.2.2 Course 2 – S A B C F

4.2.2.3 Course 3 – S A B C A C F

4.2.2.4 Course 4 – S A C A C F

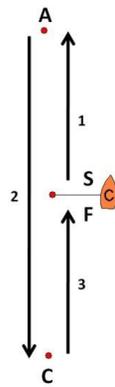
4.2.2.5 Course 5 – S A (Maximum distance of 1,000 meters and a Finish Line at A.)

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

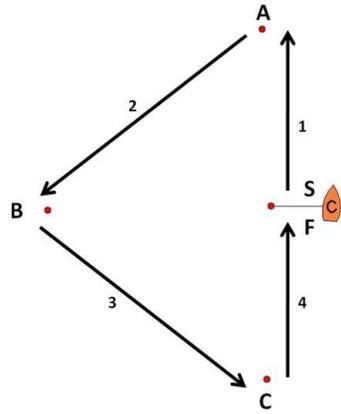
4.2.4 All marks shall be left to port.

4.3 Standard Course Diagrams

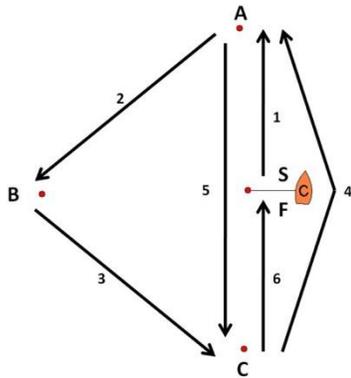
4.3.1 Course 1



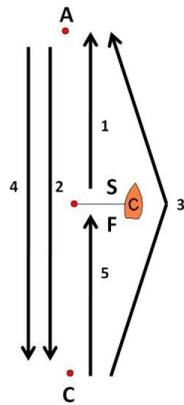
4.3.2 Course 2



4.3.3 Course 3



4.3.4 Course 4



4.3.5 Course 5



- 4.4 Start and Finish Line
  - 4.4.1 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.
- 4.5 Turning Distance
  - 4.5.1 The distance from the windward turning mark to the leeward turning mark will be no greater than 2,000 meters.
- 4.6 Weather Conditions
  - 4.6.1 The Technical Delegate may suspend racing in wind speeds or impending weather conditions that are deemed to be unsafe.

## **5. COMPOSITION OF UNIFIED SPORTS TEAMS (LEVEL I, II AND III)**

- 5.1 Crews
  - 5.1.1 Crews shall be composed of a proportionate number of athletes with intellectual disabilities and partners without intellectual disabilities.
  - 5.1.2 If the boat is typically raced by a crew of two, one member will be an athlete and one member will be a partner.  
If the boat is typically raced by a crew of three or more, there must be a proportionate number of athletes and partners. There must never be more partners than athletes at any time.

## **6. DIVISIONING**

- 6.1 Number of Divisions
  - 6.1.1 Each division should have no fewer than three boats and no more than eight.
- 6.2 Divisioning Races
  - 6.2.1 If it is a one-day regatta, the scores of the first race are used for divisioning.
  - 6.2.2 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.
  - 6.2.3 The Race Committee (Competition Committee) may elect to carry over to the other medal round the scores(s) from the divisioning races.

## **7. SAFETY**

- 7.1 Medical Conditions
  - 7.1.1 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 caregiver.
- 7.2 Swim Requirements
  - 7.2.1 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.
- 7.3 Race Committee Duties

- 7.3.1 The Race Committee will consider safety first in making all decisions in conducting the regatta and running races.
- 7.3.2 A safety and rescue officer shall co-ordinate all safety, rescue and emergency response operations.
- 7.3.3 Race officials and safety boat personnel should be trained in operating powerboats and in man overboard drills.
- 7.4 Support Boats
  - 7.4.1 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.
    - 7.4.1.1 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.
- 7.5 Personal Flotation Devices
  - 7.5.1 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.
- 7.6 Assistance
  - 7.6.1 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.

## **8. PERSONNEL**

- 8.1 Technical Delegate
- 8.2 Principal Race Officer
- 8.3 Measurer
- 8.4 Safety Officer