



DUBAI OFFSHORE
SAILING CLUB

Cognita RS Sailing League

Sailors Briefing



What is Sailing League?

Sailing League (SL) is a race format where one design boats are provided. Teams enter the event without needing their own boat. The teams then sail in a tournament style competing in heats, semi finals and finals to establish a winner. The races are kept very short (15minutes on average) so that a high number of races can be sailed. Tactically this puts a lot of emphasis on getting a good start and not being on the wrong end of any penalties!

Why Sailing League?

SL is booming in popularity around the world. A potential barrier to racing is owning a boat. This type of racing removes that barrier completely. For Novice racers this type of racing is attractive as the races are short and around a small course, so it is easier to watch and learn from what the faster boats are doing and to never be too far behind. For the more experienced racers there's nothing quite like having a level playing field – as the boats are all the same, it all comes down to the sailors' input. No handicaps nor corrected times just plain and simple first past the post. The short snappy races are exciting with lots of action and lots of excitement.

Principles of Sailing League Racing

Sailing League is all about action

Therefore:

- The races are meant to be short
- The start line and racecourse are meant to be small

Results need to be instant

Therefore:

- Boats are one design
- All infringements need to be acknowledged and addressed during the race

Start

Start Line: Committee Boat to Buoy

Star Sequence:

Time	Signal
3	Red Flag Up
2	Red Down, Orange Up
1	Orange Down, Green Up
GO!	Green Down

Rule 30.1

‘Round the ends’ – Boats over the line any time in the last minute must restart around either end. Race Officer will call boats over!

Race Rules

Penalties:

Rule 31 is deleted – you may touch marks if no increase to boat speed is gained.

Rule 44.2

Part 2 infringements will incur a one-turn penalty.

Penalties must be completed as soon as safely possible and must be fully complete before crossing the finish line.

‘Unofficial Umpiring’

Rib crews / RO – encouraged to give opinion (when confident) on boat on boat incidents to settle all incidents on the water.

VHF

Each RS Venture will have a radio on board so that the RO can communicate with the fleet.

The Course

Start

Mark 1 – Port

Mark 2 – Port

Mark 1 – Port

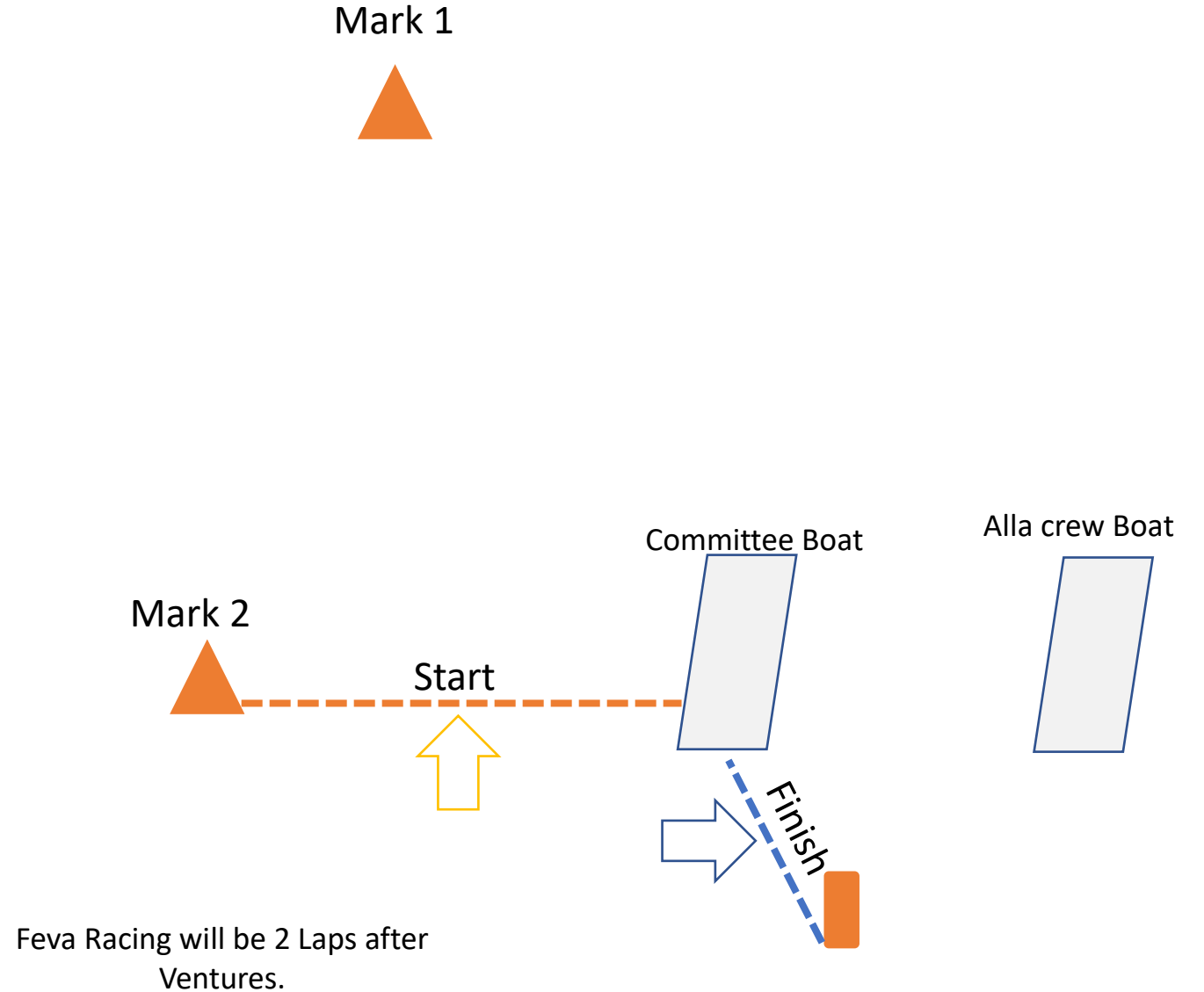
Mark 2 – Port

Finish

Target Race Length 10
to 15mins

1 Lap for each race.

Final Race will be 2
Laps.



Crew:
Minimum 2
Maximum 3

**The Venture is both
comfortable and
competitive with
3 adults**



The Boat





Spinnaker Sheet Block

Centre Mainsheet Block

Tiller Extension

Cockpit Drains

Jib Sheet Cleat





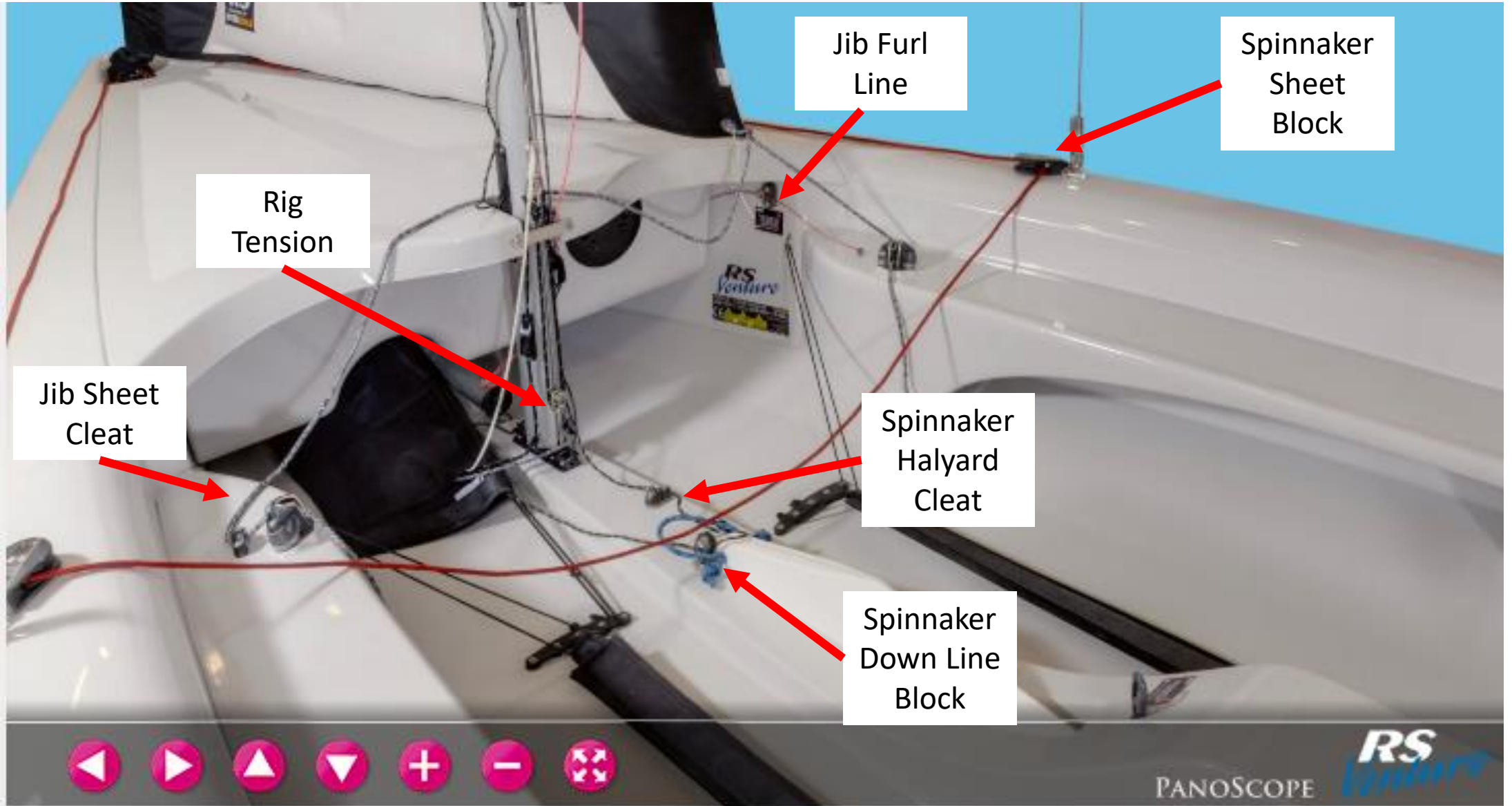
Gnav
(upside down Kicker)

Outhaul
Control
Line

Kicker Control Line

Downhaul
Control
Line





Jib Furl Line

Spinnaker Sheet Block

Rig Tension

Jib Sheet Cleat

Spinnaker Halyard Cleat

Spinnaker Down Line Block

