



2025 National Championship  
Lough Ree Yacht Club  
in conjunction with  
International Optimist Dinghy Association of Ireland  
August 14<sup>th</sup>-17<sup>th</sup>  
Lough Ree Athlone Co. Westmeath  
Notice of Race (NoR)

The Organising Authority (OA) shall Lough Ree Yacht Club in conjunction with the International Optimist Dinghy Association of Ireland (IODAI).

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

The notation '[SP]' denotes a rule for which a standard penalty may be applied by the Race Committee without a hearing, or a discretionary penalty applied by the Protest Committee at a hearing.

## **1. RULES**

- 1.1 The event is governed by the Rules as defined in The Racing Rules of Sailing. The prescriptions of Irish Sailing shall apply.
- 1.3 RRS 63.5(c) is changed so that in the event of a conflict between the Notice of Race and Sailing Instructions, the Sailing Instructions shall prevail. In the event of a conflict between the Notice of Race or the Sailing Instructions and the Supplementary Sailing Instructions, the Supplementary Sailing Instructions will prevail.
- 1.4 NOR 2, 7 (other than 7.3), 8, 10 do not apply to the Regatta Fleet.
- 1.5 RRS G3 Chartered or Loaned Boats shall apply.

## **2 SAILING INSTRUCTIONS**

- 2.1 The IODAI Major Event Sailing Instructions will apply and are available online at [iodai.com](http://iodai.com).
- 2.2 Supplementary sailing instructions (SSIs) will be published online at <https://www.lryc.ie/event/optimist-nationals/> prior to registration.

## **3 COMMUNICATION**

- 3.1 The official notice board will be specified in the SSIs.

- 3.2 On the water, the race committee may make courtesy broadcasts to support person vessels on VHF radio. The channel will be stated in the SSIs.
- 3.3 [DP] From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats except the coached regatta fleet.

## **4 ELIGIBILITY AND ENTRY**

- 4.1 The event is open to all boats of the International Optimist class.
- 4.2 Competitors in the National Championship must be a full member of IODAI.

Perpetual trophies and Regional/National titles will only be awarded to sailors who are a member of IODAI, Irish Sailing, an Irish Sailing Club and sail under a registered IRL sail number, along with satisfying at least one of the following:

- Hold an Irish Passport;
  - Were born on the Island of Ireland;
  - Have a parent or grandparent born on the Island of Ireland;
  - Have been resident on the Island of Ireland with their family for 2 consecutive years.
- 4.3 Competitors in the Open Championship must be a full member of their National Optimist Association. Competitors in the Open Championship must also apply for international membership of IODAI as part of their entry.
- 4.4 Entry is open to a maximum of 140 sailors in the Main Fleet (Junior and Senior) and a maximum of 60 sailors in the Regatta Fleet. Additional entries may be permitted at the discretion of the OA.
- 4.5 Entry is open to all sailors who are under 15 on the 1st January in the year of the championship.
- 4.6 Entry shall be made through the IODAI.com website.
- 4.7 The Regatta Fleet shall be divided into a Racing fleet and a Coaching Fleet. Regatta fleet eligibility:
- 4.7.1 All sailors MUST be able to sail a triangle course with approximately 250m legs competently in light to moderate airs
  - 4.7.2 The Head Coach may at their discretion request a Regatta Fleet sailor to remain ashore or sit in a RIB if they deem the sailor not to be capable of sailing in the weather conditions of the day.
  - 4.7.3 In the event of adverse weather conditions, the Regatta Fleet may be cancelled by the Head Coach.

4.7.4 It shall be at the sole discretion of the Head Coach to split the Regatta Fleet into groups to enable more competent sailors to sail in more difficult conditions while less able sailors stay ashore

## **5 FEES**

- 5.1 The entry fee for all sailors (Main & Regatta Fleet sailors) is €200 and must be paid when registering for the event at [www.iodai.com](http://www.iodai.com) prior to midnight on July 14th.
- 5.2 A late entry fee of €240 will apply thereafter.
- 5.3 Entries made after 31st July 2025 shall only be permitted at the discretion of the Organising Authority.
- 5.4 Any family entering a third sailor will receive a full refund for that sailor after the event.
- 5.5 Refunds shall only be given in accordance with the *Policies on entry fees for IODAI events* on IODAI.com

## **6 [NP][DP][SP]ADVERTISING & EQUIPMENT**

- 6.1 Boats may be required to display advertising chosen and supplied by the organising authority.
- 6.2 The organising authority may provide bibs that competitors are required to wear.
- 6.3 Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the Organising Authority. Information from this equipment shall not be used by a boat as evidence in a hearing. This changes RRS 63.4 (b).

## **7 SCHEDULE**

- 7.1 Registration will take place on August 13<sup>th</sup>, 1400 to 2000 and August 14<sup>th</sup> 0900 to 1000. The racing schedule will be as set out below, however the Race Committee may get one race ahead of schedule but shall not sail more than 4 races on any one day.

Date	Warning Signal	No. races
<b>Thursday 14<sup>th</sup> August</b>	1155	3
<b>Friday 15<sup>th</sup> August</b>	1055	3

<b>Saturday 16<sup>th</sup> August</b>	1055	3
<b>Sunday 17<sup>th</sup> August</b>	1055	2

- 7.2 On the last scheduled day of racing, the first warning signal of a race shall not be made after 1500.
- 7.3 Regatta fleet racing and coaching times will be scheduled at the direction of the Head Coach and Race Officer. All communications will be made on the Regatta Fleet's WhatsApp group.

## **8 EQUIPMENT INSPECTION**

- 8.1 Each boat is required to complete the IODAI Measurement Self Declaration Form (available on [www.iodai.com](http://www.iodai.com)) and submit this form prior to registration. Each boat shall produce or verify the existence of a valid measurement book and each sail shall be accompanied by the corresponding sail measurement certificate.
- 8.2 [DP] Boats may be inspected at any time ashore or on the water at the discretion of the race committee.
- 8.3 Immediately after each race, one or more boats may be required to proceed for an equipment check.

## **9 VENUE AND RACE AREA**

- 9.1 The championship will be held in Lough Ree Yacht Club.
- 9.2 The Race Area will be on Lough Ree as set out in the SSIs.

## **10 COURSES**

- 10.1 Course A or B as set out in the IODAI Major Event SIs will be specified in the SSIs.

## **11 PENALTY SYSTEM**

- 11.1 Appendix P will apply, except that RRS P2.3 is deleted and in RRS P2.2 "second" is changed to read "second or subsequent".
- 11.2 RRS Appendix T, Arbitration, will apply. If a party, having been informed that an Arbitration Meeting will be held, does not attend, other parties may take a Post-Race Penalty at any time until the protest committee has completed taking evidence. This changes RRS Appendix T1(a).

- 11.3 [NP]A boat that has taken a penalty or retired under RRS 44.1 shall complete an acknowledgement form at the Race office within the protest time limit.
- 11.4 Whistle System: To encourage boats to take penalties afloat, Jury members may blow a whistle when they see what they believe to be a breach of a rule.

## **12 SCORING**

- 12.1 5 races are required to be completed to constitute a series.
- 12.2 Discards
- (a) When 4 races or fewer have been completed, a boat's series score will be the total of her race scores.
  - (b) When 5 to 8 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
  - (c) When 9 or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.

## **13 SUPPORT PERSON VESSELS [DP][NP]**

- 13.1 Support person vessels shall be registered with the OA. Registration shall include a list of the boats which any Support Persons on board will be supporting. Support Person Vessels shall be marked as set out in the SSIs.
- 13.2. Support Person Vessels shall comply with the directions from the Race Committee (please refer to the SSIs for further details).
- 13.3. All Support Person Vessel crews, safety crews and coaches shall attend briefings by the race committee and Organising Authority as published in the event schedule.
- 13.4. All Support person vessels shall carry on board and operate while on the water a VHF radio capable of transmitting and receiving on VHF channels and agree to assist the Race Committee if directed to do so. See RRS37.
- 13.5 Support teams, including all support persons and support person vessels shall stay below the Holding Area (see MESI Attachment A, Holding Area) or otherwise 100m outside areas where boats are racing from the time of the preparatory signal for the first start until all boats have finished or retired, or the race committee signals a postponement or abandonment other than during a start sequence.
- 13.6 Competitors shall not approach any vessel other than an official vessel or a registered support person vessel from their first warning signal of the day until they finish their last race for the day or the Race Committee signals no more racing today, whichever is later.

- 13.7 Except when requested by, or agreed with, the Race committee, support person vessels shall not tow competitors to or from the race area or enter the race area. When the Race Committee permits towing, Support Person Vessels shall take a minimum of 4 boats on tow.
- 13.8 When afloat, all persons on a Support Person Vessel shall wear a personal flotation device at all times except briefly while changing or adjusting clothing or personal equipment. When the engine is running the driver shall use a kill cord at all times.
- 13.9 Support Person Vessels on the Main Fleet shall have 2 persons on board, both 16 years of age or older.
- 13.9 Only IODAI and nominated local club coaches shall provide coaching to the Regatta Racing and Coaching fleet, and they shall be designated as official vessels.

## **14 BERTHING**

- 14.1 [DP][NP] Boats shall be kept in their assigned places while in the boat park.
- 14.2 [DP][NP] Support person vessels shall be kept in their assigned places.

## **15 DATA PROTECTION**

- 15.1 Any personal information provided to the organising authority will be used to facilitate participation in the event. Competitors and support persons are bound by the Racing Rules of Sailing and the other rules that govern the event (the rules), the legal basis for processing that personal information is contract. For any person not bound by the rules, the legal basis for processing that personal information is legitimate interest.
- 15.2 Personal information will be stored and used in accordance with the organising authority's privacy policy. When required by the rules, personal information may be shared with Irish Sailing, a competitor or support person's national authority and/or World Sailing. The results of the event and the outcome of any hearing or appeal may be published.

## **16 IMAGE RIGHTS**

- 16.1 Competitors and support persons accept that the Organising Authority may arrange for images or videos to be taken at the event both on the water and on shore. Competitors and support persons give consent to the taking of such images and to the use, reuse, publication, and republication of such images in any media, in conjunction with the competitor's name or not, without compensation and without the competitor's approval of such images or any use thereof. The images

may only be used for the promotion of the event, its sponsors, the organising authority, and the class association.

## **17 RISK STATEMENT**

- 17.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough waters, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.

## **18 INSURANCE**

- 18.1 Each participating boat shall be insured with valid third-party liability insurance with adequate minimum cover per incident.

## **19 PRIZES**

- 19.1 In both Senior and Junior Main Fleets, trophies will be awarded to the Open Champion, Irish National Champion and 1st Girl with Irish Sailing Medals for the top three Irish Sailors.
- 19.2 Other prizes shall be awarded at the discretion of the OA and IODAI.

## **20 FURTHER INFORMATION**

- 20.1 For further information please contact [oppynationals25@gmail.com](mailto:oppynationals25@gmail.com).