Sailing
Sport Rules

Special Olympics

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1. GOVERNING RULES

The 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 (RRS) by World Sailing found at http://www.sailing.org/ The Racing Rules of Sailing 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 Special Olympics Sports Rules Sailing shall apply.

Refer to Sport Article 1, 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 athlete member(s) of the crew shall have responsibility for head sail trim.

2.2 Level II — Unified Sports® team

2.2.1 The athlete shall steer the boat for 100 percent of the race.

2.3 Level III – Unified Sports® team

2.3.1 The athletes shall 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 The athlete shall compete single-handed.

3. RULES OF COMPETITION

3.1 Notice of Race

3.1.1 The Competition Committee shall make available to each boat the Notice of Race and Sailing Instructions.

3.2 Scoring

3.2.1 Each board's series score shall, subject to rule 90.3 (b), be:

3.2.1.1 When fewer than 5 race have been completed, a boat's series score will be the total of the race scores.

3.2.1.2 When from 5 to 10 races have been completed, a boat's series score will be the total of the race scores excluding her worst score.

3.2.1.3 When 10 or more races have been completed, a boat's series score will the total the race scores, excluding the two worst scores.

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3.2.2 If there is a tie in the final score, both boats will be awarded the same place. As a result, a tie for one place will result in no award being giving for the following place. This changes rule A8 (Series Ties).

3.3 Level Involvement

3.3.1 Teams must follow the rule for all Levels of competition while racing (see RRS definition of racing).

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

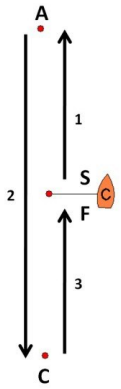
4.2.2.5 Course 5 – S A (Maximum distance of 1,000 meters and a Finish Line at A.)

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



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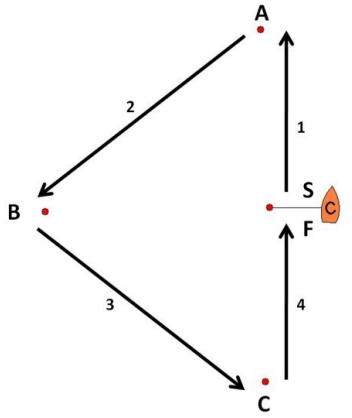
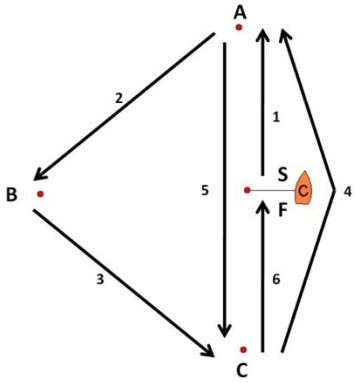
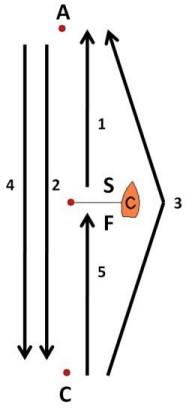
4.3.2 Course 2



4.3.3 Course 3



4.3.4 Course 4



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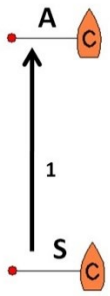
4.3.5 Course 5



4.4 Start and Finish Line

4.4.1 In all courses the starting and finish line will be defined in the sailing instructions.

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 It is preferred that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2

5.1.3 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.

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6.2.2 If more than three races are completed in a multi-day regatta, divisioning will be calculated on the first race(s). If fewer than three races are completed in a multi-day regatta, the first race will be used to determine divisioning.

7. SAFETY

7.1 Medical Conditions

7.1.1 Crew members 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 crew members 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. Crew members 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 25 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 crew member 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.

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7.6 Outside Help

7.6.1 A boat may receive help from an outside source under RRS 41(a), if the safety of the sailor is at risk or they are in danger. Provided, a boat does not gain a significant advantage in the race from help received under rule 41 (a) they need not retire.

8. PERSONNEL

8.1 Technical Delegate

8.2 Principal Race Officer

8.3 Judge

8.4 Scorer

8.5 Safety Officer

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