

## **Part 4 – SECTION B - EQUIPMENT-RELATED REQUIREMENTS**

### **49 CREW POSITION; LIFELINES**

**49.1** Competitors shall use no device designed to position their bodies outboard, other than hiking straps and stiffeners worn under the thighs.

**49.2** When lifelines are required by the class rules or any other *rule*, competitors shall not position any part of their torsos outside them, except briefly to perform a necessary task. On boats equipped with **upper and lower lifelines**, a competitor sitting facing outboard with his **waist inside the lower lifeline** may have the **upper part of his body outside** the **upper lifeline**. Unless a class rule or any other *rule* specifies a maximum deflection, lifelines shall be taut. If the class rules do not specify the material or minimum diameter of lifelines, they shall comply with the corresponding specifications in the *World Sailing Offshore Special Regulations*.

*Note: Those regulations are available at the World Sailing website.*

**Part 4 – SECTION B - EQUIPMENT-RELATED REQUIREMENTS** continued:

## **50 COMPETITOR CLOTHING AND EQUIPMENT**

### **50.1**

- (a) Competitors shall not wear or carry clothing or equipment for the purpose of increasing their weight.
- (b) Furthermore, a competitor's clothing and equipment shall not weigh more than 8 kilograms, excluding a hiking or trapeze harness and clothing (including footwear) worn only below the knee. Class rules or the notice of race may specify a lower weight or a higher weight up to 10 kilograms. Class rules may include footwear and other clothing worn below the knee within that weight. A hiking or trapeze harness shall have positive buoyancy and shall not weigh more than 2 kilograms, except that class rules may specify a higher weight up to 4 kilograms. Weights shall be determined as required by Appendix H.
- (c) A trapeze harness worn by a competitor which may be used to support the competitor on a trapeze shall be of the quick release variety complying with ISO 10862 which allows the competitor to detach from the hook or other method of attachment at any time. A class rule may change this rule to permit trapeze harnesses that are not of the quick release variety, but a class rule may not change the requirement that a quick release harness comply with ISO 10862.

*Note: Rule 50.1(c) does not take effect until 1 January 2023.*

**50.2** Rules 50.1(b) and 50.1(c) **do not apply** to **boats required** to be **equipped with lifelines**.

## **51 MOVABLE BALLAST**

All movable ballast, including sails that are not set, shall be properly stowed. Water, dead weight, or ballast shall not be moved for the **purpose of changing trim or stability**. Floorboards, bulkheads, doors, stairs, and water tanks shall be left in place and all cabin fixtures kept on board. However, bilge water may be bailed out.

Researching this, I found only one thread & the theme was do not change the trim of your boat by moving equipment

**Part 4 – SECTION B - EQUIPMENT-RELATED REQUIREMENTS** continued:

**52 MANUAL POWER**

A boat's standing rigging, running rigging, spars and movable hull appendages shall be adjusted and **operated only by the power provided by the crew.**

**53 SKIN FRICTION**

A boat shall not eject or release a substance, such as a polymer, or have specially textured surfaces that could improve the character of the flow of water inside the boundary layer.

**54 FORESTAYS AND HEADSAIL TACKS**

**Forestays and headsail tacks**, except those of spinnaker staysails when the boat is not close-hauled, shall be **attached** approximately on a boat's **centerline**.

**55 SETTING AND SHEETING SAILS**

**55.1 Changing Sails**

When headsails or spinnakers are being changed, a **replacing sail may be fully set and trimmed before the replaced sail is lowered.** However, **only one mainsail and, except when changing, only one spinnaker shall be carried set at a time.**

**55.2 Spinnaker Poles; Whisker Poles**

**Only one spinnaker pole or whisker pole shall be used at a time except when gybing.** When in use, it shall be **attached** to the **foremost mast.**

**Part 4 – SECTION B - EQUIPMENT-RELATED REQUIREMENTS** continued:**55.3 Sheeting Sails**

**No sail shall be sheeted** over or through any **device that exerts outward pressure** on a sheet or clew of a sail at a point from which, with the boat upright, a **vertical line would fall outside the hull or deck**, except:

- (a) a **headsail clew** may be connected (as defined in *The Equipment Rules of Sailing*) **to a whisker pole**, provided that a spinnaker is not set; Often done for wing-on-wing
- (b) any sail **may be sheeted to or led above a boom** that is **regularly used** for a sail and is permanently attached to the mast from which the head of the sail is set;
- (c) a **headsail** may be **sheeted to its own boom** that requires no adjustment when tacking; and
- (d) the **boom of a sail** may be **sheeted to a bumkin**. Bumkin: a short spar that may project either fore or aft on a sailing vessel, depending on its function

**55.4 Headsails and Spinnakers**

For the purposes of rules 54 and 55 and Appendix G, the definitions of ‘headsail’ and ‘spinnaker’ in *The Equipment Rules of Sailing* shall be used.

*Note: The Equipment Rules of Sailing are available at the World Sailing website.*

**56 FOG SIGNALS AND LIGHTS; TRAFFIC SEPARATION SCHEMES**

**56.1** **When so equipped**, a boat **shall sound fog signals and show lights** as required by the *International Regulations for Preventing Collisions at Sea (IRPCAS)* or applicable government rules.

**56.2** A boat shall **comply with rule 10, Traffic Separation Schemes**, of the *IRPCAS*.

*Note: Appendix TS, Traffic Separation Schemes, is available at the World Sailing website. The notice of race may change rule 56.2 by stating that Section A, Section B, or Section C of Appendix TS applies.*

Navigation Rules don't use the word fog signals. The correct terminology is "Rule 35: Sound Signals in Restricted Visibility"

Next week we will take a detour and cover IRPCAS (U.S. Inland) rules 35, 19, 23, 25, 10, and 18 to expand upon Restricted Visibility, TSS, and Responsibilities Between Vessels.