



BAY AREA MULTIHULL ASSOCIATION



*Presents the
Thirty Fourth Annual*

DOUBLEHANDED FARALLONES RACE March 30, 2013

These race instructions, entry form, and waiver can be obtained from the web at www.sfbama.org

Online Registration is encouraged.

Photo Documentation and Waiver are required

Mailed entries must be postmarked by March 20, 2013.

**No Entries will be accepted after the
Skipper's Meeting, March 27, 2013 Encinal Yacht Club.**

Notice of Race

ELIGIBILITY

Open by formal application to all single and multihulled sailing yachts over 18 feet in waterline and 20 feet overall length that have weather-tight, enclosed accommodation for the crew.

Yachts entering the race must be of sound, seaworthy construction, capable of safe ocean passages.

Monohull yachts shall be strongly built, self-righting, water-tight, and capable of withstanding solid water knock-downs, and have fixed or canting ballast.

Multihull yachts shall have the ability to float in an inverted position indefinitely.

All yachts must also meet all standards set forth herein.

SPIRIT OF THE RACE

It is the intent of the rules to make it possible for sailors to compete in seaworthy vessels of various types and designs on a fair and equitable basis. All questions concerning the interpretation of the rules, including those relating to a yacht's eligibility to compete, shall be decided by the Race Committee in accordance with the spirit as well as the letter of the rules.

GENERAL CONDITIONS

It is the intent of the San Francisco Bay Area Multihull Association to provide a start, finish, and awards to those vessels and crews competing in the Doublehanded Farallones Race. Entrants are advised that the San Francisco Bay Area Multihull Association accepts no responsibilities for the safety or well-being of the yachts, skippers, or crews before, during, or after the Doublehanded Farallones Race.

It shall be the sole responsibility of each skipper and crew to decide whether or not to start or continue to race. Every yacht shall render all possible assistance to any vessel or person in peril when in a position to do so.

MANAGEMENT

The race will be under the management of the Race Committee of the San Francisco Bay Area Multihull Association, which shall have full power to establish and interpret the rules governing the race, to decide protests on eligibility, and to reject the entry of any yacht at any time prior to the preparatory signal for the start. There shall be no appeal from its decision. This race is not sanctioned by the ISAF or US Sailing.

ENTRIES

An entry shall consist of a sailing yacht plus a named crew of two people. Persons under the age of 18 must submit with this application a signed release by their legal guardian. Entry fee is \$65 until 3/20 and \$75 thereafter. Race entry forms may be obtained online or from the BAMA web site www.sfbama.org or from the [online race registration page](#). Application forms, signed waivers, PHRF certificates and entry fees may be mailed to:

BAMA c/o Richard Keller
642 Georgia Ave.
Palo Alto, Ca. 94306

Applications, payments, and rating certificates may be provided electronically online at [online race registration page](#).

All applicants are required to provide a recent photograph of the yacht. **Note** that online applicants must provide the signed Waiver to the Race Committee by mail, hand-delivery at the Skippers Meeting, Scan or Photo Copy by email, (DHF2013@sfbama.org) or by fax (650-856-8968).

Entries shall not be considered as being accepted until the signed waivers are received, payment is received, and the yacht properly checks-in via radio on the morning of the race.

EQUIPMENT¹

The following equipment is required:

1. Sea cocks or valves shall be permanently installed on all through-hull openings below the waterline except integral deck scuppers, speed indicators, depth finders and the like; however a means of closing such openings shall be provided.
2. **Soft wooden plugs to close all through-hull openings, attached to their respective through-hull fittings by a short cord.**
3. Lifelines or jacklines leading from both sides of the cockpit forward and well secured at each end. If lifelines are not installed, each crew must carry a handheld VHF radio and wear a PFD crotch strap. After 1/1/14, each crew must carry a VHF and PLB or a VHF with GPS/DSC.
5. Manual bilge pump of at least 10 gallons per minute capacity.
6. A mechanical propulsion system and supply of fuel capable of driving the boat at 4 knots for 4 hours.
7. Two Buckets of at least 2 gallons capacity with lanyards.
8. A magnetic compass independent of the vessel's electrical system suitable for steering a yacht at sea.
9. Navigation lights meeting U.S. Coast Guard requirements.
10. Either
 - a. A fixed VHF radio with fixed antenna operable from the cockpit, with channels 16, 69, and 71, capable of communicating with the Coast Guard from ¼ mile beyond the turning mark.
 - OR
 - b. For each crew, a Waterproof handheld VHF radio attached to the crewmember at all times.Either a or b must have a power source sufficient to operate more than 16 hours and must monitor VHF channel 16 at all times. For 2014, all yachts must include a fixed VHF radio with Class D DSC/GPS, a fixed antenna with at least 3 dB of gain and a fixed power source.
11. In the cockpit during the race, at least one waterproof handheld VHF radio. After 1/1/2014, this radio shall have Class D DSC/GPS capability.
12. Marinized GPS receiver with display
13. Jacklines in place that have a breaking strength of at least 4500 lb. and which allow the crew to reach all points on deck, connected to similarly strong attachment points. Multihulls must have jacklines or attachment points that are accessible when the vessel is inverted.
14. Fire extinguisher(s) that meet or exceed Coast Guard requirements
15. Anchor of suitable size with suitable chain and line
16. Watertight, high-powered searchlight, suitable for searching for a person overboard at night and for collision avoidance

¹ Numbers correspond to the [OYRA Equipment Requirements](#) paragraph numbers. Differences are underlined.

17. For each crew, an audible, and daytime, and nighttime visual signaling devices attached to the crewmember at all times
18. First aid kit
19. Fog horn or sound producing device which meets USCG requirements
20. Octahedral radar reflector 11 inches across or greater, or other radar reflector with a minimum RCS of greater than 5 square meters
21. Physical (paper or plastic) NOAA charts approved for navigation appropriate for the race area. For Gulf of the Farallones races at a minimum this includes 18649 and 18645
22. Fixed mount electronic depth sounder or a second marinized GPS electronic device showing depth useable in the cockpit
23. 406MHz EPIRB or PLB properly registered to the yacht (EPIRB) or owner (PLB). After 1/1/2016, this device must be self locating
24. Lifesling or Man Overboard Module or Man Overboard Pole
25. Throwable floatation device with whistle and light that meets Coast Guard requirements
26. Two SOLAS red parachute flares within their expiration date
27. Two SOLAS red hand flares within their expiration date
28. One SOLAS orange smoke flare within its expiration date
29. "Throwing sock" type heaving line of 50 ft or greater readily accessible to the cockpit
30. Lifejackets which provide at least 33.7lbs (150N) of buoyancy, intended to be worn over the shoulders (no belt packs), meeting either Coast Guard or ISO specifications shall be worn by all crew at all times while on deck. Leg or crotch straps will be required starting 1/1/2014. Alternatively, a Coast Guard approved Type 1 may be substituted.
31. Safety harness and tether with quick release device at user's end, for each crewmember

This list does not attempt to encompass all the equipment that is necessary for offshore sailing, and compliance with this list does not relieve the skipper and crew in any way of their sole responsibility for the safety of themselves and their vessel. The OYRA has an [equipment list on their web site](#). All participants are highly recommended to visit their equipment list and benefit from their experience and focus on safety offshore.

INSPECTION

The Race Committee has the right to inspect any vessel and to reject its entry if they find it does not meet the standards of the race rules. Yachts inspected after the race found to be non-compliant will be disqualified without appeal.

HANDICAP

Corrected times will be computed using PHRF ratings and the time-on-time method.

Each entry must have a current 2013 BAMA rating certificate, or a 2013 San Francisco Bay PHRF rating certificate, issued by the YRA of San Francisco: 1070 Marina Village Parkway Suite 202-G Alameda, California 94501. Phone: (415) 771-9500. A 2012 PHRF certificate *may* be accepted if a 2013 certificate has been applied for, and the boat has not been altered since the 2012 certificate was issued. Please contact the Race Committee for clarification.

Any yacht without a 2013 rating certificate will be assigned a rating by the Race Committee, which rating will include at least a six second per mile penalty.

The Race Committee reserves the right to adjust any PHRF rating based on prior performance in the Doublehanded Farallones Race.

DIVISIONS

To create the most entertaining race, the Race Committee routinely adjusts the division assignments after all entries are received. Preliminary division assignments will be announced at the skippers meeting. Final division assignments will be posted on the BAMA web site by 6:00 PM, March 28, 2013. The race committee anticipates 9 divisions that include 1 or 2 one-design divisions, 2 ULDB divisions, and the rest PHRF divisions.

ULDB Rule:

$$2.24 \times \frac{\text{Disp}}{\left(\frac{\text{LWL(ft)}}{10}\right)^3} \leq 112 \text{ \& \ } \text{LWL} \leq 32$$

Skippers not in attendance at the skipper's meeting shall be responsible to check their final division assignments, which will be posted on the BAMA website (www.sfbama.org) as indicated above.

TROPHIES

- Dennis Madigan Perpetual Trophy, for crewmember of the first yacht with the lowest elapsed time.
- Harvey Shlasky Perpetual Trophy for the yacht with the lowest corrected time.
- Stewart Kett Memorial Trophy, first monohull on elapsed time.
- Pineapple Sails Yacht Club Trophy
- First multihull on elapsed time.
- First monohull on corrected time.
- First multihull on corrected time.
- First mixed gender yacht on corrected time.
- First all female crewed yacht on corrected time.
- For Skipper and Crew in each Division on corrected time:

First	If 3 or more starters.
Second	If 6 or more starters.
Third	If 9 or more starters.

EVENTS

The Skippers' meeting will be on Wednesday, March 27, 2013, at 7:00 p.m. at the Encinal Yacht Club. All skippers are requested to attend. Crews are recommended to attend. Any changes in starting procedures, course limits, division placement, etc., will be announced at this meeting. Guest speakers will provide entertainment and/or education. Each skipper is responsible for acquiring information of such changes. Participation mementos for skipper and crew will be available at the Trophy presentation, or by other arrangement.

The location and date for the Trophy and participation token presentation will be posted on the BAMA web site prior to the race. Trophy winners not present at the meeting may receive their trophies after the trophy presentation by contacting the race committee.

STARTING TIMES AND SIGNALS

The Doublehanded Farallones race will use the starting sequence specified in the 2013-2016 Racing Rules of Sailing. The start of Division 1 is anticipated to be 8:00 AM but

weather, shipping traffic, or other cause may delay the start. Here is an abbreviated summary of signals and anticipated start times:

Warning	7:55 a.m.	Course and Div. 1 Flag up
Preparatory	7:56 a.m.	I Flag up
1 Minute	7:59 a.m.	I Flag down
Division 1	8:00 a.m.	Div. 1 Flag down, Div. 2 Flag up
Division 2	8:05 a.m.	Div. 2 Flag down, Div. 3 Flag up
Division 3	8:10 a.m.	Div. 3 Flag down, Div. 4 Flag up
Division 4	8:15 a.m.	Div. 4 Flag down, Div. 5 Flag up
Division 5	8:20 a.m.	Div. 5 Flag down, Div. 6 Flag up
Division 6	8:25 a.m.	Div. 6 Flag down, Div. 7 Flag up
Division 7	8:30 a.m.	Div. 7 Flag down, Div. 8 Flag up
Division 8	8:35 a.m.	Div. 8 Flag down, Div. 9 Flag up
Division 9	8:40 a.m.	Div. 9 Flag down

STARTING LINE

The starting line is a line between the orange marker on the race deck of the Golden Gate Yacht Club and "X" buoy leaving the "X" buoy to starboard.

Any yacht on the course side of the starting line during the minute before its starting signal shall sail to the pre-start side of the line around the seaward side of the "X" buoy and then make a proper start. The around-the-end rule (30.1) will be in effect.

Yachts without sail numbers are required to display a "hull" number, which will be assigned by the Race Committee, for the start, duration, and finish of the race. This hull number must be displayed in a plainly visible section of the bow, either on the hull or lifelines. It must be waterproof and the numbers must be at least 12" tall, and legible from 100' feet away. While crossing the finish line after dark, yachts with such "hull" numbers must illuminate them as is required for sail numbers.

COURSE

To and around the Southeast Farallone Island, leaving it to port, and then to the finish. The distance of the course over ground is approximately 58 nautical miles.

FINISH

The finish line is the same as the starting line but leaving the "X" buoy to port. Yachts approaching the finish shall hail the Race Committee on Channel 71 as they come abeam of St. Francis YC with the yacht name, and sail number.

After sunset, sail numbers must be illuminated as the yacht approaches the finish line. The race committee may illuminate the "X" buoy to establish location of the finish line, but this illumination does not relieve the finishing yacht from her responsibility to illuminate her sail number. The finish time for yachts which cannot be identified as they cross the line shall be scored DNF. This provision shall not apply to yachts which finished overlapped. Finish times for overlapped yachts shall be recorded as they finish and an attempt made to identify them as promptly thereafter as possible. Each skipper of any yacht finishing overlapped or after dark is requested to record his or her own finish time and to note the yacht finishing directly ahead and behind, and shall be prepared to respond to radio hails from the race committee until well clear of the finishing area.

All yachts must have working navigational lights. **Any yacht** finishing between the times of sunset and sunrise as published by NOAA (National Oceanic and Atmospheric Administration) **without displaying proper running lights** readily visible to the race committee **will be protested by the Race Committee without a protest hearing.**

TIME LIMIT

The time limit is 11:59 p.m. Saturday, March 30, 2013.

VENUE EDUCATION

This race has a history of inclement weather and this venue has seen more than its share of sailing fatalities. Recently, a tragedy occurred in the Fully Crewed Farallones race. All racers are required to read at least pages 1 through 17 of the US Sailing Independent Review Panel report on that fatal incident. That report can be found [here on the BAMA web site](#).

RESTRICTIONS

The Farallon Islands are a National Marine Sanctuary. Yachts must remain a distance of 1000 feet or greater from any Farallon island.

Anita Rock and the South Tower of the Golden Gate Bridge must be left to the south. All San Francisco County rocks **INCLUDING** Mile Rock are to be left shoreward.

Yachts must not interfere with large commercial vessels, naval vessels, or tugs and their tows. Yachts that interfere with such vessels, thereby endangering their own safety and/or that of the commercial vessel, will be subject to disqualification by the Race Committee. The area within 100 yards of the starting line is restricted to all contestants until after their preparatory signal.

INDIVIDUAL RECALL

An individual recall will be signaled according to RRS 29.1: by hoisting flag "X" and the firing of one shot. The Race Committee will attempt to notify prematurely starting yachts via VHF Channel 71 but is not required to do so.

However, nothing contained in these instructions shall relieve a yacht of its obligation to make a proper start.

GENERAL RECALL

Recall of the entire starting group will be signaled by the hoisting of the first substitute pennant (blue and yellow) and firing of two guns. When recalled, all yachts of the starting time shall immediately leave the starting area, and their starting time is postponed to five (5) minutes after the last scheduled group of starters. If there is more than one general recall, the recalled groups will start in the order of their initially scheduled starts, following the completion of the regularly scheduled starters. This modifies RRS section 29.2.

REQUIRED RADIO CHECK-INS

All yachts are required to monitor VHF Channel 16 before and during the race. (Bring extra batteries, if necessary.)

All yachts must check in with the Race Committee on VHF **Channel 69**. At all times, channel 71 will be used for all other race communications. The official channel for race communications, except for check-ins, will be 71. Yachts that attempt to check in on channel 71 will be directed to channel 69.

The request for check-in shall include division number, yacht name, sail number. The check-in shall not be complete until the race committee acknowledges the entry by repeating the identity of the racing yacht.

Example:

Yacht, Seahorse: "This is the yacht Seahorse, sail number 54321, checking in for division 4. Over."

RC: "Seahorse, this is Race Committee. Sail number 54321 is checked in for Division 4. Out."

If you do not hear a confirmation from the Race Committee, assume you have not been checked in.

Yachts sailing the course without a check-in will be scored as "Did Not Start" even if observed crossing the starting line. For safety purposes, yachts observed to have crossed the start line shall be included in roll calls, to ensure that they are accounted for at the finish. However, inclusion in a roll call shall not be construed as acceptance of any yacht as a properly started racer.

WITHDRAWALS

Any yacht withdrawing from the race for any reason must contact the Race Committee via VHF Channel 16, 71, or via telephone **650-394-6343** as soon as possible, and then again once on the bay side of the Golden Gate Bridge. If retiring by radio, make sure the race committee acknowledges your withdrawal. Yachts identified as having started, but not finishing or withdrawing will result in phone calls to the skipper and crew emergency phone numbers, and then if not found, will result in a USCG response. Withdrawing yachts that fail to comply with this provision shall be denied entry in next year's race.

ROLL CALLS

A roll call will be held at 9:00 p.m. and half-hourly thereafter for all yachts still racing. The race committee will call each yacht, which shall respond with the yacht's name, position with respect to the Golden Gate Bridge, and speed over ground.

Example:

"Seahorse, this is BAMA Race Committee for a roll call."

"Race Committee, this is Seahorse. My position is 1.4 nm west of the Bridge. Speed over ground 4 knots."

Seahorse, this is Race Committee. 1.4 west, 4 knots. Out"

The check in shall not be considered as having been completed until the race committee acknowledges receipt of the call by repeating the information received from the racing yacht.

RACING RULES

The 2013-2016 Racing Rules of Sailing (RRS) as adopted by the United States Sailing Association and as amended by these instructions shall govern the race. RRS appendices B through appendix H shall not apply to this race. Between the hours of sunset and sunrise the Steering and Sailing Rules from COLREGS (International Rules for the Prevention of Collisions at Sea) shall replace Part 2 of the RRS.

In accordance with the purpose of the race, those sections of the RRS, which prohibit practices or equipment, which are or may prove useful to the short-handed ocean sailor, may be waived at the discretion of the Race Committee. Specifically, the following will be allowed:

1. Twin headsails set on two poles for downwind sailing.
2. A whisker pole of suitable size for the largest rated headsail may be carried without penalty, but may not be used with the spinnaker.
3. Asymmetrical spinnakers as included in the PHRF rating.
4. Self-steering and autopilots.

US Sailing Special Regulations for Offshore races will not be

enforced, but all racers are urged to review those Special Regulations and equip all yachts for the race as they see fit.

PROTESTS

Protests shall be submitted in writing according to the form prescribed by the RRS and delivered to the Race Committee within two hours of the finish time of the protesting yacht. Penalties for infringements of the rules shall be in accordance with Appendix A and Rule 44.3. All skippers involved will be notified by phone. If needed, the protest hearing will be 8:00 p.m., Wednesday, April 4, at the Oakland Yacht Club.

A yacht may not protest another yacht for an alleged breach of RRS 75.1 or RRS 75.2 with respect to ISAF Regulation 19.2(b). This changes rule 60.1(a).

Yachts observed by the Race Committee to be not in compliance with any provision of these instructions shall be protested by the Race Committee.

BAY AREA MULTIHULL ASSOCIATION

Randy Devol – Regatta Chairman

www.sfBAMA.org

dhf2013@sfbama.org 650-394-6343

RECOMMENDATIONS

The following are recommendations of the Race Committee but are not required to participate in this yacht race:

1. Read more stories from past Doublehanded Farallones races [on the BAMA web site](#).
2. Plan to use tethers. Think in advance how to secure them to the yacht to allow as much freedom as possible while not allowing the wearer's head to reach the waterline. Consider how to release the wearer while suspended from the tether.
3. Consider wearing PFDs with crotch straps. This is also a recommendation of the US Sailing review panel.
4. Practice with your crew sailing while wearing the equipment that will be worn during the Farallones race. Imagine all the ways to go overboard, and prepare responses.
5. Plan for self-rescue if possible. Think about common problems (see #1) and prepare your yacht to return safely without needing CG assistance. Carry line suitable for towing, know how to attach such a line to your yacht, know how to throw it to the towing yacht, and so on. Be prepared to bring an overboard crew back onto the deck, not just back to the boat.
6. Record your GPS tracking data and upload it to BAMA for use on t-shirts, web pages, and [archives](#) of this year's race.
7. When upgrading your equipment, purchase VHF radios with AIS capability. This will allow the race committee and family members to track your location in real time.
8. Consider [donating](#) to the [Coast Guard Foundation](#) to help the families of CG crew.

This is not a complete list. Ultimately, the responsibility for preparing yourselves and your yacht is the skipper's