

TEACH THE RACING RULES... THE FUN WAY!





You know you have effectively taught sailors the rules when_____

WIND



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Protest !

Protest !

2

PART 2 – WHEN BOATS MEET

SECTION A – Right of Way

- 10 - On Opposite Tacks
- 11 - On the Same Tack, Overlapped
- 12 - On the Same Tack, Not Overlapped
- 13 - While Tacking

SECTION B – General Limitations

- 14 - Avoiding Contact
- 15 - Acquiring Right of Way
- 16 - Changing Course
- 17 – On the Same Tack; Proper Course

SECTION C – At Marks and Obstructions

- 18 – Mark-Room
 - 18.1 – When Rule 18 Applies
 - 18.2 – Giving Mark-Room
 - 18.3 – Tacking in the Zone
 - 18.4 – Gybing

SECTION C – At Marks and Obstructions (cont.)

- 19 - Room to Pass an Obstruction
 - 19.1 - When Rule 19 Applies
 - 19.2 – Giving Room at an Obstruction
- 20 - Room to Tack at an Obstruction
 - 20.1 – Hailing
 - 20.2 – Responding
 - 20.3 – Passing on a Hail

SECTION D – Other Rules

- 21 - Exoneration
- 22 - Starting Errors; Taking Penalties;
Moving Astern
- 23 - Capsized, Anchored or Aground;
Rescuing
- 24 - Interfering with Another Boat

PART 2, SECTION A - RIGHT OF WAY

*A boat has right of way over another boat when the other boat is required to **keep clear** of her.*

Rule 10 ON OPPOSITE TACKS

When boats are on opposite *tacks*, a *port-tack* boat shall *keep clear* of a *starboard-tack* boat.



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DEFINITIONS

Keep Clear A boat *keeps clear* of a right-of-way boat

(a) if the right-of-way boat can sail her course with no need to take avoiding action...

PART 2, SECTION A - RIGHT OF WAY

Rule 11 ON THE SAME TACK, OVERLAPPED

When boats are on the same *tack* and *overlapped*, a *windward* boat shall *keep clear* of a *leeward* boat.



PART 2, SECTION A - RIGHT OF WAY

Rule 11 ON THE SAME TACK, OVERLAPPED

When boats are on the same *tack* and *overlapped*, a *windward* boat shall *keep clear* of a *leeward* boat.

Rule 12 ON THE SAME TACK, NOT OVERLAPPED

When boats are on the same *tack* and not *overlapped*, a boat *clear astern* shall *keep clear* of a boat *clear ahead*.



WIND



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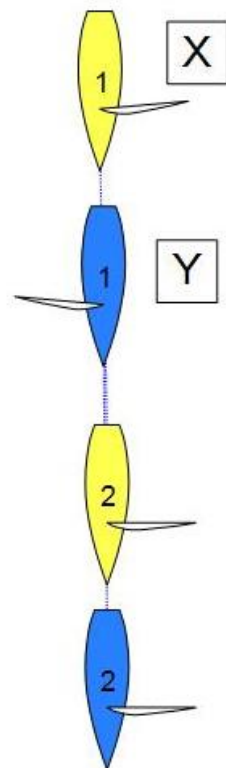
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Rule 14 – Avoiding Contact

A boat shall avoid contact with another boat if reasonably possible.

However, a right-of-way boat or one entitled to *room* or *mark-room*

b) shall be exonerated if she breaks this rule and the contact does not cause **damage** or **injury**.

Did you just learn something about the rules?

Was it engaging?

Was it fun?

What were some of the things I did and/or some of the techniques I used to teach the rules I just taught?

- 1) Attention grabber
- 2) Lead them to the answers – don't tell them the answers
- 3) Use visual and kinesthetic techniques
- 4) Tone of voice / tone of experience



I hear.....and I forget
I see.....and I remember
I do.....and I understand
- *ancient Chinese proverb*



Learning the rules is like learning a language...

Learning the rules is like learning a language...

- * Give Tools / Information

- * Provide regular opportunities to use it

“Use it or lose it”

- * Provide regular feedback and correction

“A mistake undetected is a mistake uncorrected”



- * Make it age and level appropriate
- * Be aware of different learning styles

Ages 8-11 or beginner: show the patterns and “what” to do (not necessarily the “why”) – make it situational. Don’t discuss numbers or memorizing text.

Ages 12-14 or intermediate: discuss the structure of the rules and what they actually say – focus on the “biggies:” rules of Part 2, Section A and B; basic rules in Section C; rules on touching marks (31), taking penalties (44) and propulsion (42); rules on how to protest (Part 5).

Ages 15 and up or more advanced: expand into more tactical uses of the rules, and the nuances in the appeals for a deeper understanding and application.

IT IS TIME FOR THE **SOCIAL MEDIA MINUTE**

Please take 60-seconds and post one takeaway, picture or thought from this session on a social media platform of your choice and tag

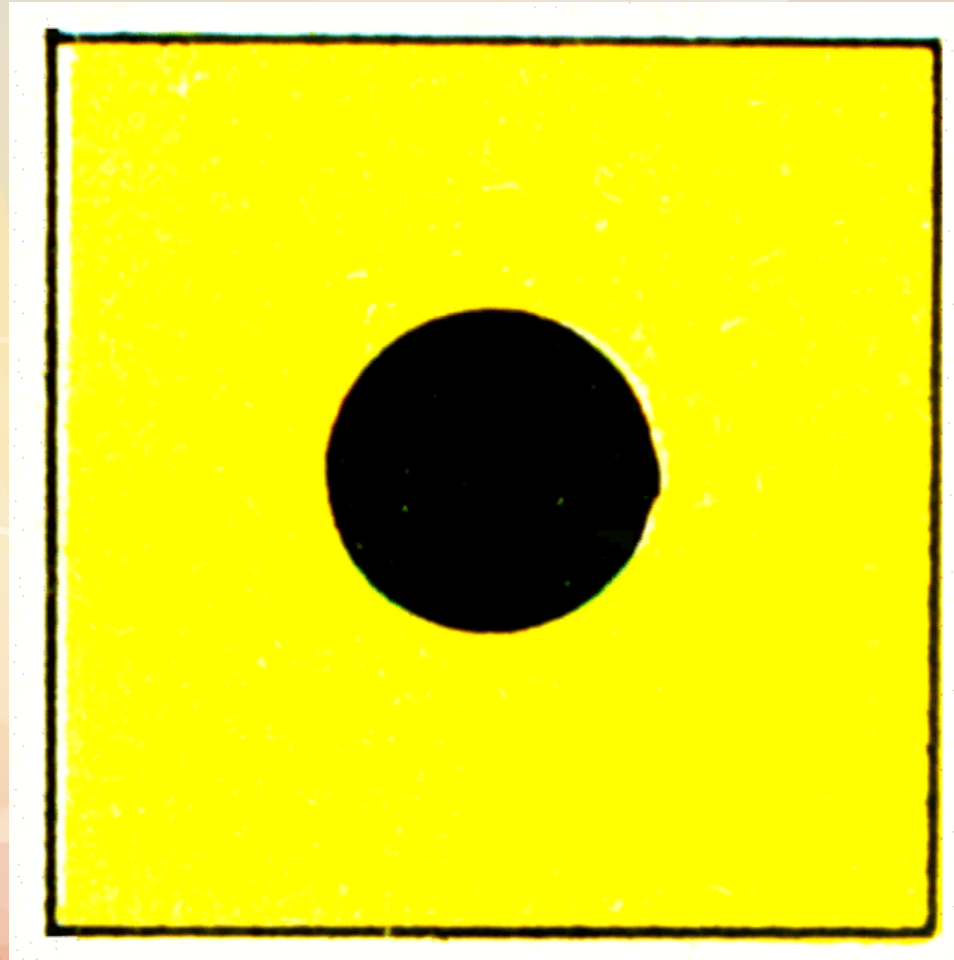
@USSailing

@(presenter)

#SailingLeadership



I Flag



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Protest !



Protest !

BASIC PRINCIPLES - SPORTSMANSHIP AND THE RULES

Competitors in the sport of sailing are governed by a body of *rules* that they are expected to follow and enforce.

A **fundamental principle of sportsmanship** is that when competitors break a *rule* they will promptly take a penalty, which may be to retire.

PART 1 - FUNDAMENTAL RULES

Rule 2 Fair Sailing

A boat and her owner shall compete in compliance with **recognized principles of sportsmanship** and fair play.



You have three classrooms...

- On land – indoors
- On land – outside
- On the water

On Land – indoors

- * use magnetic dry-erase marker board and model boats (available from US Sailing)
- * have kids give an explanation of a rule (give them a day to prepare)
- * put scenarios on board (live or hypothetical) and work through them
- * look at video of situations and work through them (YouTube videos)
- * create a “Rule of the Day” poster. Put pictures, rules quotes, appeals quotes, etc.
- * create “mock hearing”
- * do a quiz format (use quizzes from my book “100 Best Racing Rules Quizzes” published by US Sailing)

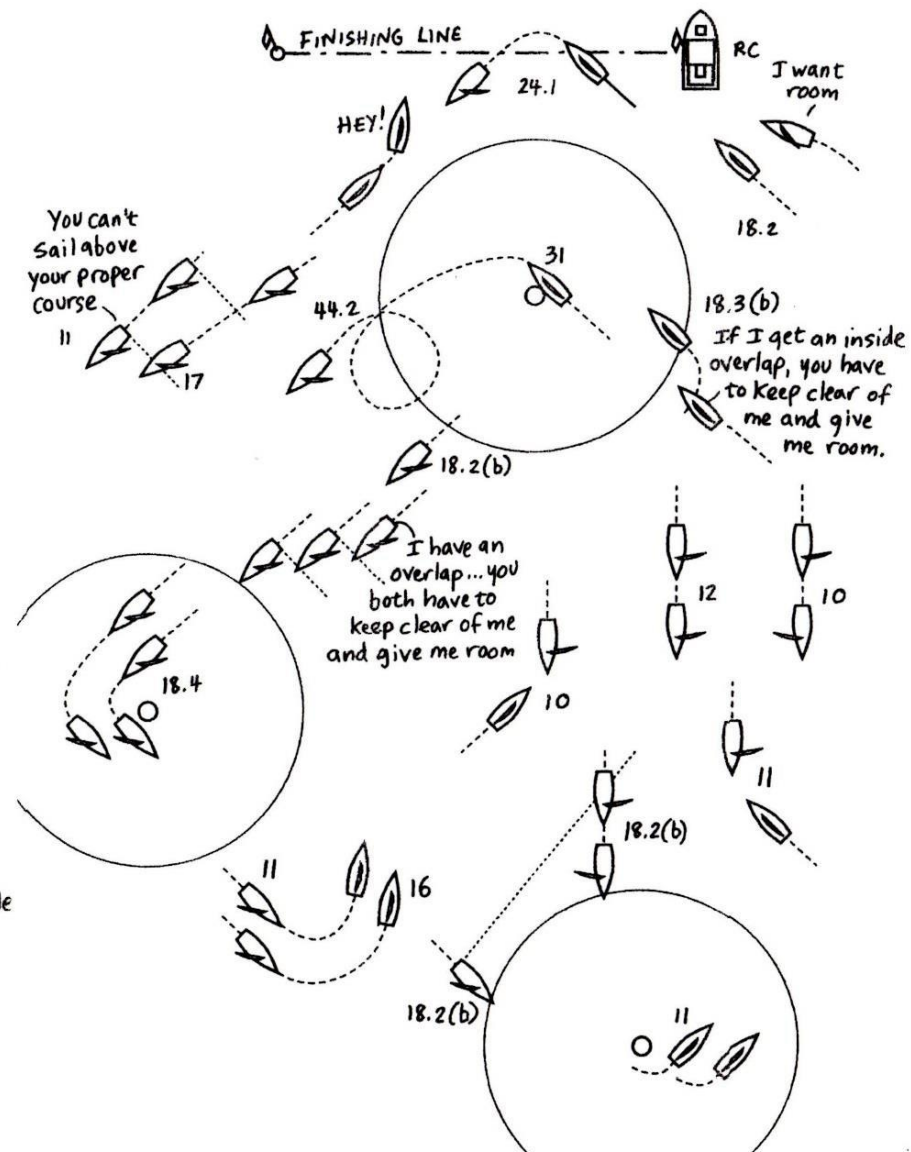
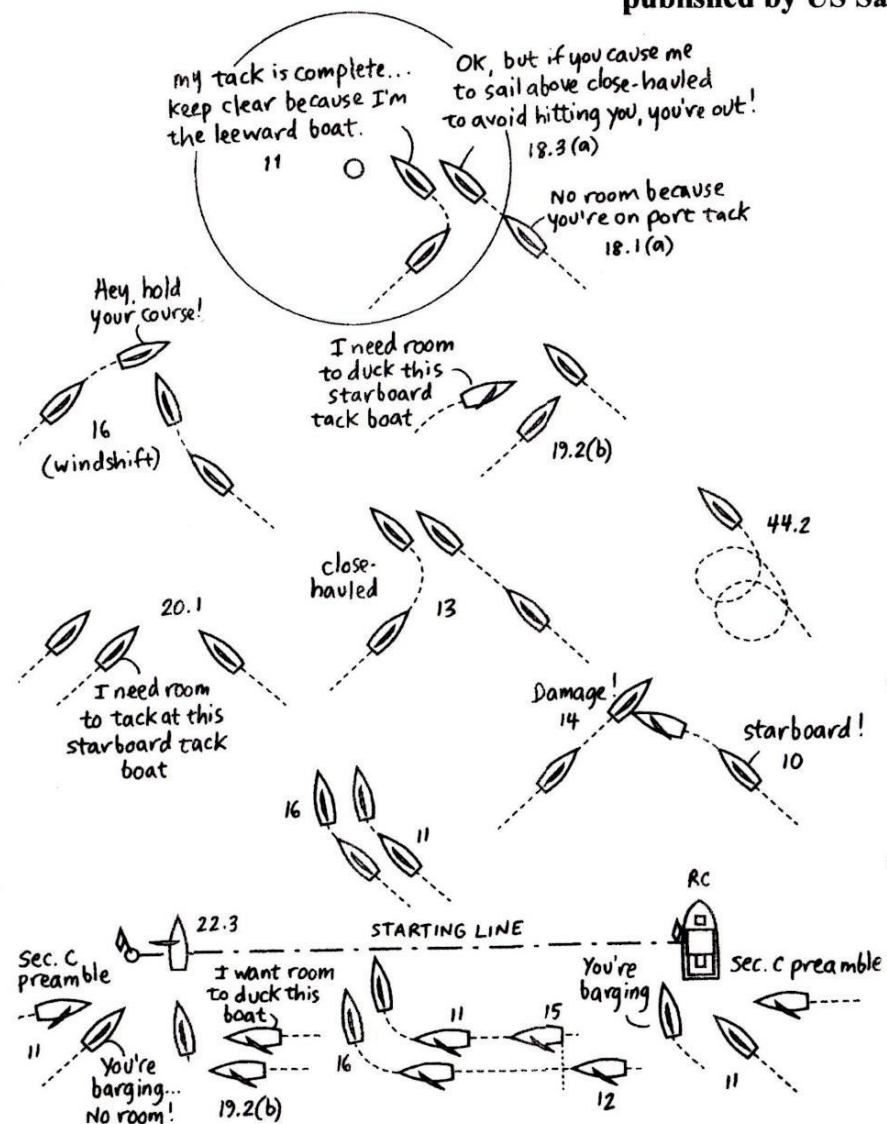
From *Understanding the Racing Rules of Sailing*

by Dave Perry

illustration by Brad Dellenbaugh

published by US Sailing: www.ussailing.org

...FROM START TO FINISH



On Land – outside

- * “walk” boats through scenarios - use long poles or actual boats when possible
- * set up marks, zones (with line), starting lines, etc.
- * have sailors move boats, give explanations, etc.
- * put smaller kids in the boats for more fun and interaction



On the Water

- * Practice starts with “live coaching” (vary the favored end)
- * Starting line too short for all boats to fit at same time
- * Extremely short beat (upwind start) or run (downwind start) – or start upwind, then reverse fleet and have them race to a nearby leeward mark
- * Videotape races or sessions and do debrief on shore
- * Pull boats aside right after incident and debrief while still fresh (have small dry-erase board in coach boat)
- * Race around tiny track, keeping boats compressed
- * Have sailors raise hands as they enter the zone; give feedback
- * Create drills for ducking / slam dunking / lee-bowing
- * Simulate rules situations right off the dock (with good sailors in boats and class on dock watching with an instructor doing “play by play”)



You can't teach well
what you don't know well!

THE RACING RULES OF SAILING

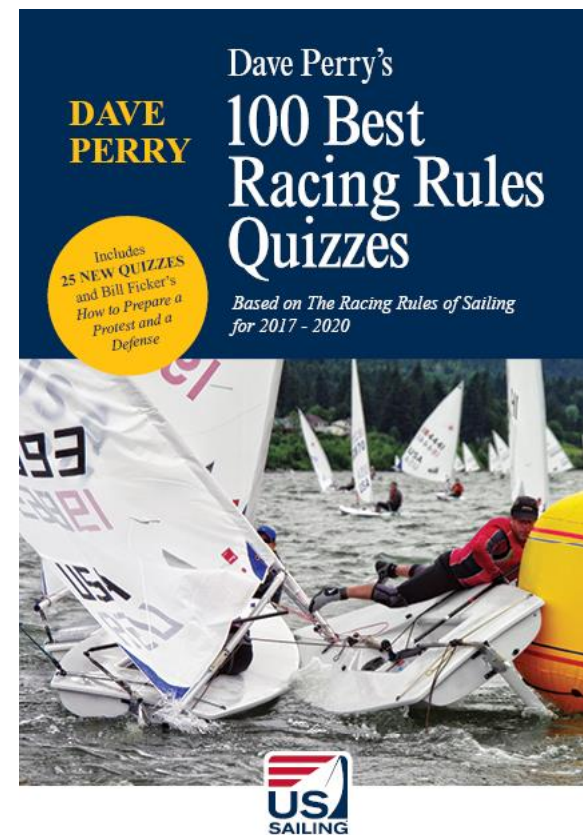
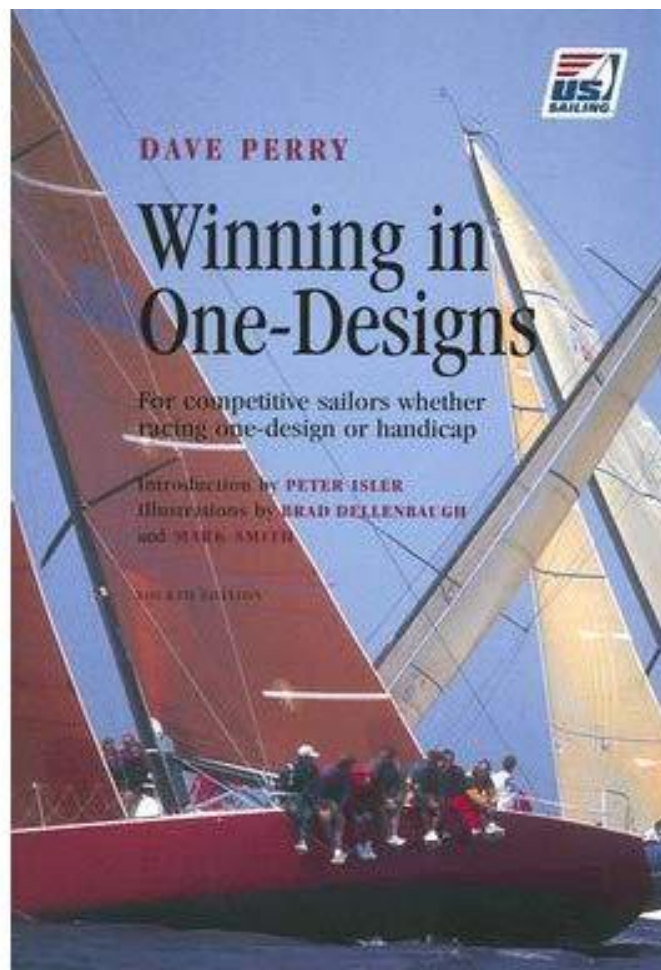
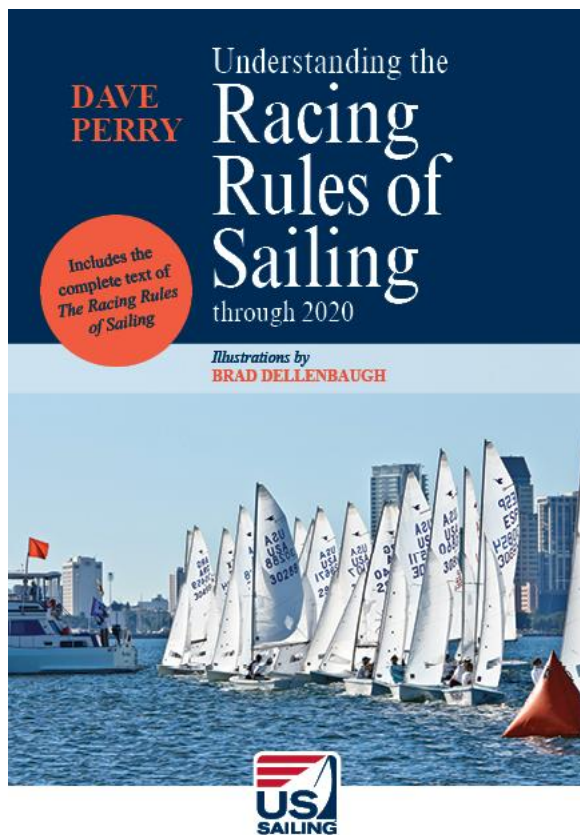
FOR 2017 – 2020

including US Sailing Prescriptions



ussailing.org





The Racing Rules of Sailing



- * Available from the App Store*
- * Search “US Sailing Bookstore”*
- * free for US Sailing members*

Resources

(available from US Sailing):

- * *The Racing Rules of Sailing* (the rules book)
- * *Understanding the Racing Rules of Sailing*, by Dave Perry, illustrations by Brad Dellenbaugh (includes the rule book and appeals quotes)
- * *Dave Perry's 100 Best Racing Rules Quizzes*, illustrations by Joy Shipman
- * Rule book app with my book content (in app Store: "US Sailing Bookstore")
- * *The Appeals Book and World Sailing Cases*
- * US Sailing's *Sailor's Guide to the Racing Rules* (a simple, colorful explanation)
- * David Dellenbaugh's *Speed & Smarts* (google "speed and smarts")
 - Subscribe to *Speed & Smarts* (bi monthly)
 - Purchase *Learn the Racing Rules 2020* (e-learning online program)
 - Download David's rules quizzes and answers

- * Dick Rose's monthly Rules column – *Sailing World* magazine
- * www.game.finckh.net (German rules quiz site)
- * Sail X online racing (www.sailx.com)
- * Ulmer Kolius Sailmakers Rules Quiz (google “UK Sailmakers”)
- * Racing Rules of Sailing website (racingrulesofsailing.org)
- * North U Rules & Tactics Seminar, Winter & Spring of 2021
- * Boat drawing programs (google TSS or Boat Scenario)

Orderly Competitive Racing!





Make it FUN !!!
Enthusiasm is Contagious !!!

IT IS TIME FOR THE **SOCIAL MEDIA MINUTE**

Please take 60-seconds and post one takeaway, picture or thought from this session on a social media platform of your choice and tag

@USSailing

@(presenter)

#SailingLeadership



Your Opinion Matters

Please open the **Sailing Leadership Forum app**
and complete the **session survey** found in the
menu bar.

Thank you for attending this session

