



Rule 42 Illegal Propulsion at British Clubs??

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Trust Coach, Olympian &
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Outcomes of the Session

- Rule 42 – an opportunity or issue?
- Rule 42 definitions
- Awareness – Club & Olympian
- Common practice in the UK
- Raising standards at clubs
- Action planning and feedback



Rule 42 – an Opportunity or Issue?

- Racing should be:
 - Enjoyable
 - Fun
 - Encourage achievement
- RYA focus - raising standards throughout the sport from Club through Youth to Elite level
- Success = pushing to the limits!
- But can lead to breaches of Rule 42



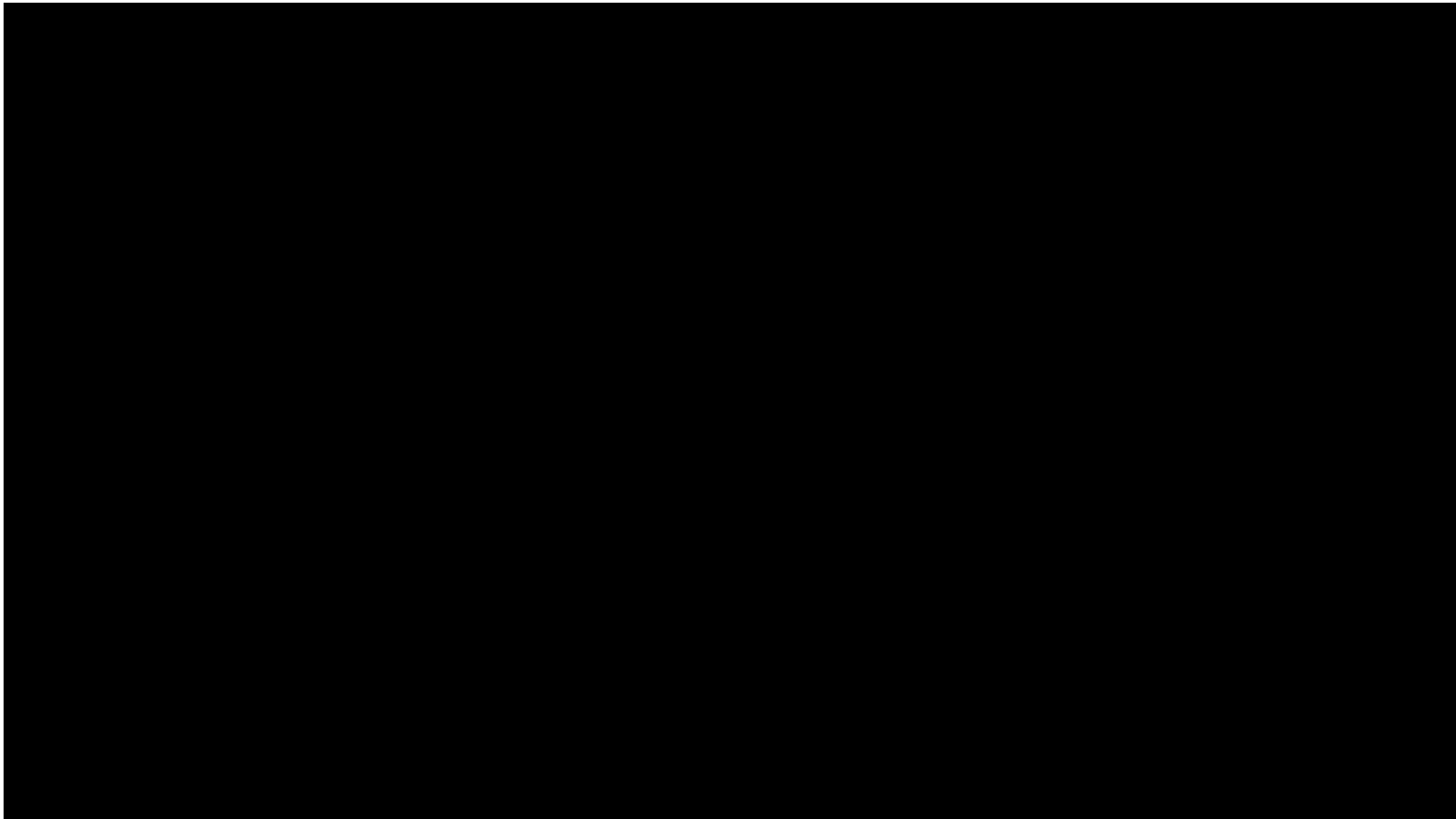
Rule 42 an Opportunity!

1. Assist RYA / youth sailors win medals
2. Empower club sailors (raising the level of achievement)
3. Bring clubs up to date with Rule 42 issues?





Rule 42 in Practice





Rule 42 Definitions

- **42.1 Basic Rule**
- Except when permitted in rule 42.3 or 45, a boat shall compete by using only the wind and water to increase, maintain or decrease her speed. Her crew may adjust the trim of sails and hull, and perform other acts of seamanship, but shall not otherwise move their bodies to propel the boat.
- **42.2 Prohibited actions**
 - a) Pumping
 - b) Rocking
 - c) Ooching
 - d) Sculling
 - e) Repeated tacks or gybes



Rule 42 Issues

- 42.3 Exceptions
 - c) Pump 1 time a wave or gust of wind
 - d) Skull to turn to close hauled
- Windsurfing allows the unassisted actions of the competitor
- Class permit kinetics, except when sailing upwind:
 - Finn, 470 – Yellow flag
 - FD, 505, Soling
- Rule 67 Race Officers ability to disqualify without a hearing – club race officers ability to judge??





Awareness – Club Sailors

- Why focus on Rule 42 when there are so many more Part 2 infringements!
- If I protest it becomes a kangaroo court!
- Why should I bother If no one else does?
- No one knows differently so plenty break Rule 42
- What are the limits? And how do I compare?



Olympians Perspective

- Kinetics are positive, competitors need to be able to differentiate through skills
- GBR opportunity – improve success by “Playing the game within the rules!”
 - Rules knowledge
 - Technical skills
 - Coaching





Downwind Turns





Coaches Perspective - Topper and Cadet classes

- Easy to confuse good technique with cheating
- Consistency of Rule 42 application
- Education of Rule 42 is the key
 - Successful youth classes work with one judge all year
- ISAF video, current best practice?
- Handicap racing & Rule 42??





Common Practice in the UK

- On sheets indicate which infringement and then with a cross what level:
 - Red
 - Amber
 - Green
- Examples include:
 - a) Pumping
 - b) Rocking
 - c) Ooching
 - d) Sculling
 - e) Repeated tacks or gybes



Example 1





Example 2





Example 3



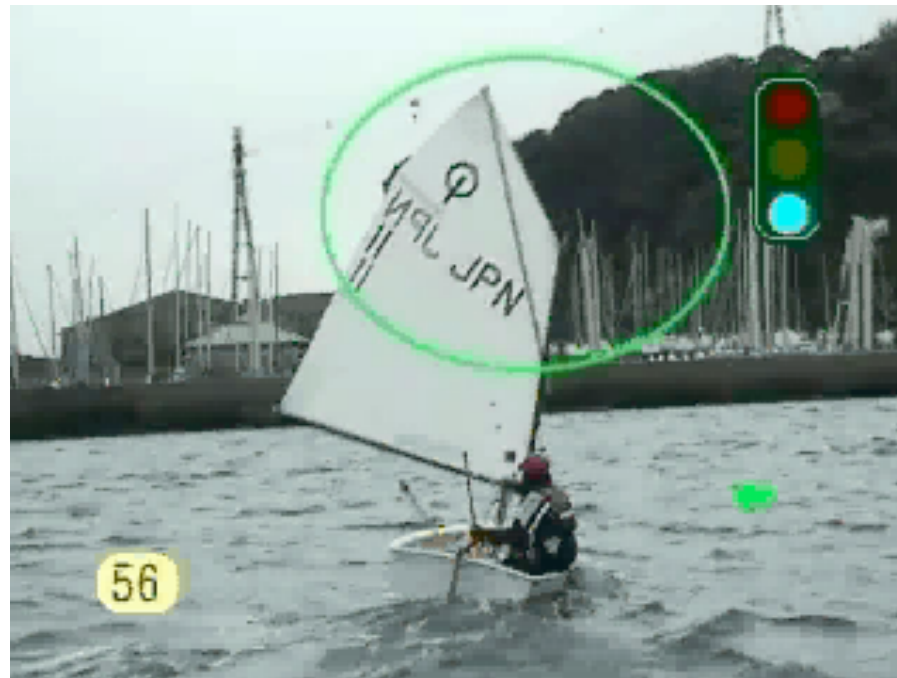


Example 4





Example 5





Example 6



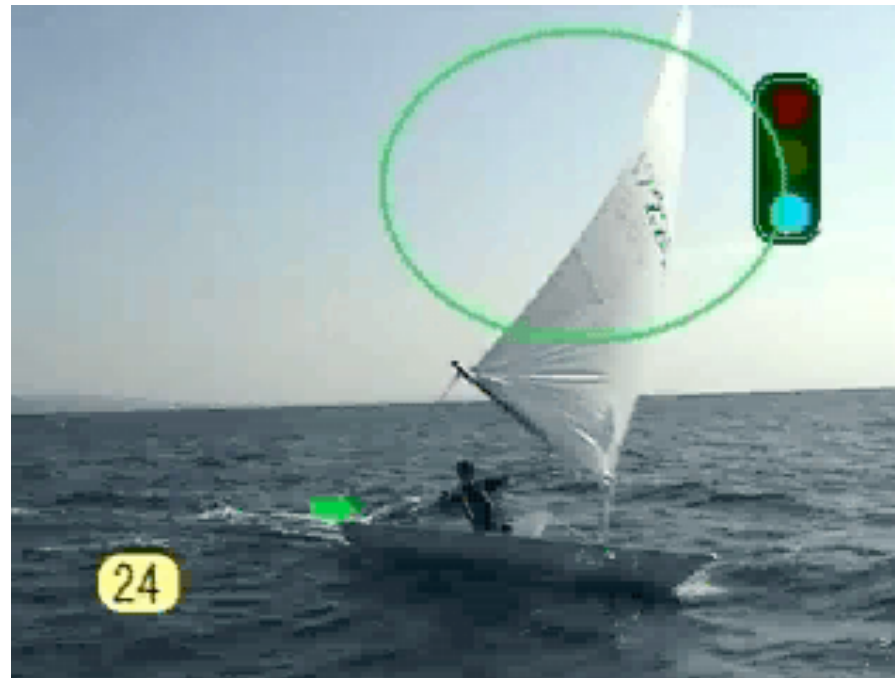


Example 7





Example 8





Example 9





Example 10





Example 11





Example 12





Example 13





Example 14





Example 15





Example 16





Example 17





Example 18





Example 19





Club Sailing & Rule 42 Observance

- Workshop task groups
 - Popular infringements?
 - How to police?
 - How to gain club buy in?
 - What support required?





Popular Infringements

1. Rocking
2. Ooching – hard to detect and police
3. Skulling – some times invisible to other competitors
4. Repeated tacking or gybing into breeze



How to Police?



- Is this what we want at clubs?
- What does the future look like? Short and Long term



Raising the Standards at Clubs

- Seminars
 - Rule 42 and Part 2 with attention to RRS 14
- On water coaching
 - At major regattas – to see best practice
 - Sail For Gold, Laser, Topper, Oppie regattas
 - Coaching day at club
 - Assessment and education
- Mentoring – buddy club & top sailor/coach



Action Planning and Feedback



For this presentation contact www.timeonthewater.co.uk





The Future - GBR Success!!



Raising
the Bar

