



34TH
INTERNATIONAL **2024**
VILA DE
PALAMÓS
OPTIMIST TROPHY
18TH NATIONS CUP
14 - 18 FEBRUARY

NOTICE OF RACE

34th INTERNATIONAL VILA DE PALAMÓS OPTIMIST TROPHY 18th NATIONS CUP

PALAMÓS - COSTA BRAVA SPAIN 14 to 18 February 2024

Club Nàutic Costa Brava / Vela Palamós is proud to host the 34th INTERNATIONAL VILA DE PALAMÓS OPTIMIST TROPHY, 18th NATIONS CUP.

The event is part of the 2023-2024 AECIO Optimist Excellence Cup.

1. Date and Venue

The 34th INTERNATIONAL VILA DE PALAMÓS OPTIMIST TROPHY - 18th NATIONS CUP will be held from 14th to 18th February 2024.

The venue will be located at Palamós Beach near the Club Nàutic Costa Brava / Vela Palamós, Palamós, Catalonia, Spain.

In all the rules governing this event, [NP] denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a).

2. Organization and Rules

2.1 The regatta will be organized by Club Nàutic Costa Brava / Vela Palamós, authorised by the Real Federación Española de Vela and Federació Catalana de Vela and will be sailed under the “rules” as defined in the current Racing Rules of Sailing(RRS).

2.2 No National Prescriptions will apply.

2.3 Appendix P will apply.



- 2.4 [DP] Class Rules
- 2.5 [DP] Equipment Rules of Sailing.
- 2.6 RRS 90.3(e) applies.
- 2.7 The first three sentences of RRS 61.1(a) are changed to 'A boat intending to protest shall inform the other boat at the first reasonable opportunity. When her protest will concern an incident in the racing area that she was involved in or saw she shall hail 'Protest'. She shall inform the Race Committee at the finishing line immediately after finishing of the boat/s being protested, or as soon as practicable after she retires.'
- 2.8 [NP] [DP] Rule 40 and the preamble to Part 4 are changed as follows:
- 2.8.1 The first sentence of rule 40 is deleted and replaced by: "Each competitor shall wear a personal flotation device (PFD) according to class rule 4.2 (a), properly secured at all times while on the water except when temporarily adding or removing clothing."
- 2.8.2 Add to the preamble of Part 4, after 'racing': "except rule 40 as amended by Sailing Instruction 2.8.1"
- 2.9 English is the Official Language of the Championship. If there is a conflict between languages the language of the original version of the relevant document will take precedence.
- 2.10 [NP] [DP] All the sailors and personal support shall follow any reasonable instruction given by a race officer.

3. Sailing Instructions

Sailing instructions will be available beginning Wednesday 14th February 2024 on the event website. Other documents governing the event will be published with the sailing instructions.

4. Communications

- 4.1 The official notice board will be online only and located at www.palamosoptimisttrophycup.org
- 4.2 [NP][DP] All support boats shall carry a VHF radio capable of communicating on international channels.
- 4.3 On the water, the race committee will make courtesy broadcasts to competitors and support persons on VHF radio. The channel will be stated in the SIs.

5 Advertising [NP] [DP]

- 5.1 Sailor advertising is permitted on the hull as per World Sailing Regulation 20.3.2 but as restricted by class rule 2.8.



5.2 Boats may be required to display advertising chosen and supplied by the Organising Authority.

6. Eligibility, entry and registration

6.1 All entries shall meet the requirements of World Sailing Regulation 19 – Eligibility Code.

6.2 On 1 March 2022, World Sailing published the following recommendations in reaction to the situation in Ukraine:

<https://www.sailing.org/2022/03/01/worldsailing-statement-6/>.

After this, the Consejo Superior de Deportes of Spanish Government and Real Federación Española de Vela published recommendations in the same line. To help preserve the integrity and safety of this event the organising committee does not accept competitors, holding only Russian or Belarussian nationality.

The Organizing Authority will be monitoring the situation and will adapt recommendations and measures according to future developments for this event."

6.3 Competitors are required to be current members of the Optimist National Association of the IODA for the country of their residence and must be born on or after January 1, 2009.

6.4 [NP] All Spanish sailors must have a Spanish Sailing Federation membership card valid for year 2024.

6.5 Sailors from Spain must be ranked in Group A or top 20 of Group B on his Regional Federation (1st January 2024 Ranking).

6.6 The regatta will be open, except for 10 entries for sailors from Club Vela Palamós. The remaining spare entries are for other sailors until a maximum number of 450 participants has been reached altogether.

The Organising Committee reserves the right to accept more entries. The entry fee for these entries will be 190€.

6.7 It is mandatory for all competitors to have a coach with RIB in the regatta. The quota is max 10 sailor per coach and RIB.

7. Entries

7.1 Competitors and coaches shall enter by completing the on-line entry form on the event website <http://www.palamosoptimistrophy.org>

7.2 Entries will be accepted by the first come – first served principle and payment is mandatory at the moment of entry. No entry can be completed without payment.

It is mandatory to assign the coach when making the entry.



8. Fees

8.1 Fees are stated in Euros and include any local taxes.

	Early Entry fee	Entry fee
Sailors	165€	190€
Coaches	50€	70€

8.2 Entries must be received and paid no later than 1 December 2023 to qualify for the early entry fee. If the sailor entry quota has been reached before 1 December 2023, NOR 6.6 shall apply.

8.3 Payments will be made by credit card as established on the regatta website

8.4 No entry fee refund will be made after 14th January 2024.

9. Online registration of Competitors and Coaches

9.1 Sailors and coaches must upload all documents required by this Notice of Race using the online check-in option in the Sailor and Coach accounts.

Online check-in opens on 14 January 2024.

Onsite team registration to collect stickers and other regatta information will be made only by the corresponding team coaches at the registration office next to the Club Office before 19.00h on 14th February 2024.

Each coach will be allocated a time for registration.

9.2 The registration of a sailor will be accepted when the entry fee has been paid and all documents required by the NOR have been uploaded and validated by the Race Office. Forms will be posted and available for download on the website ONB. The required documents are the following:

- Parent consent and declaration form
- Insurance certificate with third party liability coverage when racing (damage to third parties and property), or an extension of the third-party liability coverage, up to the amount of 1.500.000€.
- 2024 AECIO Membership card (Spanish sailors only)
- 2024 Federation Licence (Spanish sailors only). Foreign sailors without a sailing federation license or an athlete's medical insurance with accident coverage will have to prove they are covered by an accident insurance valid in Spain.

9.3 The registration of coaches and team personnel will be accepted when all documents required by the NOR have been uploaded and validated by the Race Office. Forms will be posted and available for download on the website ONB. The required documents for coaches/support are the following:



All coaches/team personnel

- Boating license (if applicable)
- Boat insurance including third party liability cover.
- Coach declaration form
- List of sailors

Mandatory for Spanish coaches only

- Licencia de Técnico RFEV 2024 (Spanish Federation technical license)
- Certificado de navegabilidad de la neumática (Navigability certificate)

Entry in the event is not final until onsite registration is completed.

The Organising Committee is not responsible for the verification of the validity of the certificates and documents uploaded.

10. Format of the Regatta

In the case that there are more than 100 sailors registered, the fleet will be divided into fleets to sail a qualifying series followed by a final series.

The Sailing Instructions will define the Racing format details.

11. Schedule

Wednesday, February 14

10.00 – 19.00 Onsite team registration (*Coaches only with allocated registration time*)
(*Handing out of stickers and other regatta information.*)

Thursday, February 15

09.00 Mandatory coaches meeting & meteo briefing
12:00 Warning signal for 1st race. Races

Friday, February 16

09:00 Coaches meeting & meteo briefing
11.00 Races

Saturday, February 17

09:00 Coaches meeting & meteo briefing
11.00 Races.

Sunday, February 18

09:00 Coaches meeting & meteo briefing
11.00 Races.
16.00 No warning signal after this time
After racing, Prize giving ceremony.

12. Racing Area and Course

12.1 There will be one racing area. The Sailing Instructions will show the location of the racing area and its description.



12.2 The course will be an outer-loop trapezoid with the finish line at the end of the second windward leg.

13. Scoring

13.1 When 4 or more races are completed, 1 race score will be discarded.

13.2 Two races are required to have a valid regatta.

14. International Jury

An International Jury will be appointed in accordance with rule RRS 91(b). Decisions of the jury will be final as provided in RRS 70.5.

15. Safety [NP] [DP]

15.1 All coaches and supporting personnel will be requested to be equipped with and use the life jacket and to carry with them a VHF radio out on the water.

16. Designated Adult

16.1 Parents not personally attending any part of the event must ensure that another adult is authorized and designated.

16.2 Each competitor shall indicate in writing a parent or adult representative who shall be responsible for the competitor throughout the event in the Parent Consent and Declaration Form available on the regatta website.

16.3 The designated adult will accept full responsibility for all actions of the competitor during any activity related to the event. This includes on-shore activities before, during and after the regatta.

17. Support boats [NP] [DP]

17.1 All support boats shall register and shall prominently fly a National flag or a white flag with the three letters national code of the country/ies it supports, from a staff, at all times while on the water. No other flags shall be displayed by support boats.

17.2 Drivers are requested to attach the “kill cord” of the support vessel to their person as a safety requirement when the engine is switched on.

18. Measurement [DP]

18.1 Competitors are allowed to use only one hull, dagger board, rudder (with tiller and extension), mast, boom, sprit and sail during the regatta. Substitution of such equipment shall occur only with the Race Committee’s approval.

18.2 There may be measurement on the water following each race. A number of boats may be spot checked after finishing the race.

18.3 All equipment may be subject to a safety check.



19. Risk statement

Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. Competitors and support persons participate in the event entirely at their own risk. RRS 3 states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone." By taking part in the event, each competitor agrees and acknowledges that:

- 19.1 They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- 19.2 They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- 19.3 They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
- 19.4 By participating in any race, they are satisfied that their boat is in good order, complies with the class rules, is equipped to sail in the event and they are fit to participate;
- 19.5 The provision of a race management team, patrol boats, umpires and other officials and volunteers by the organizer does not relieve them of their own responsibilities;
- 19.6 The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.
- 19.7 It is their responsibility to familiarize themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event.

20. Trophies

Overall	1 st through 10 th
12 and under (12u) <i>Sailors turning 12 or younger in 2024</i>	1 st through 3 rd
13 and over (13o) <i>Sailors turning 13 in 2024 whether they are still 12 during the regatta dates</i>	1 st through 3 rd
Top girl	1 st through 3 rd

21. Nations Cup

21.1 Scoring system

For the Nations Cup, the total points without discard of the 4 sailors with the best individual cumulative results from each country in all races which count will be added to give a team total score.



21.2 Trophy

The Trophy awarded to the country with the best team total score will be the *Catalan Government Trophy*.

22. Charter Boats and Coach Boats

WINNER BOATS

winner@winner.es

Tel: +34 972 31 51 00

23. Training for teams entered in the regatta

For organisation purposes, teams entered and paid in the regatta wishing to come and train in Club Vela Palamós before or after the regatta must complete the **Training Registration Form** available on the website ONB and send it to info@palamosoptimisttrophy.org.

24. Additional information

For additional information contact Club de Vela Palamós - e-mail info@palamosoptimisttrophy.org

