TRAINING AND COMPETITION ON THE COURSE

**Start procedure**

Crews have to remain in the warm-up zone and before their

race they have to assemble at the end of the warm up zone

towards the start. They will be called into the narrow zone

beside the start either by the starter or by a dedicated Marshall

at this position. The must then proceed to the 100m zone

orderly and without overtaking. They will be called into lanes by

the starter and ONLY then they are allowed to enter the course

as another race might still be coming to pass them.

From the time the crews entered the lanes the standard FISA

starting procedure will be in operation.

- Traffic Light Starting System

- Blinking Light and tone for False Starts

- Adjustable fingers for the alignment of the boats.

Crews are advised to assume starting position during the alignment process (i.e. after the “2 Minutes” call) and not only when the Roll Call starts as this might make a re-alignment necessary.

**Control Commission**

The Control Commission “Head Quarter” is a large white tent between the two paths leading down to the pontoons from the boat storage. A large sign “Control Commission” is affixed to it for identification.

**Crew changes – describe “where and how”.**

Crew Changes are to be registered via WhatsApp Group “CdlJ2021 – Teammanager” (see C.2.1.)

Managers will have to give all relevant Crew Changes according to Rules of Racing for the Crew Change.

**Advertising**

All Team Managers are advised to retrieve the latest and current information and rules on Advertising from FISA’s website. Crews must comply to advertising rules to be allowed to compete.

**Boat numbers**

Bow Numbers will be issued by Control-Commission.

**Cox weighing**

Cox weighing will be located in the first floor of the regattabuilding. A sign “COX WEIGHING” will mark the weighing zone. Cox weighing will occur exactly according to FISA rules. Cox will be weighed in the racing suits.

The Cox weighing building is not for recreation or shelter. As soon as Coxes are weighed they should get ready and leave the building.