

Sailing Facts

Sailing is one of Special Olympics' newer sports, having been included in the World Games for the first time in 1995.

The 1999 Special Olympics World Summer Games hosted 50 sailors from four Special Olympics Programs.

At the 2003 Special Olympics World Summer Games in Dublin, Ireland, 60 sailors from 7 Programs competed in sailing.

As of the 2005 Special Olympics Athlete Participation Report, 4,408 Special Olympics athletes compete in sailing.

Sailing Events

Level 1 — Unified Sports: the Special Olympics athlete member(s) of the crew will have responsibility for head sail trim

Level 2 — Unified Sports: a Special Olympics athlete member of the crew shall control the helm for at least 50% of the race

Level 3 — All Special Olympics athlete team, with an onboard coach. The athletes have complete control of the boat. The coach can offer verbal assistance without becoming physically involved with the sailing of the boat

Level 4 — The entire team consists of Special Olympics athletes, no onboard coach (Note, for Level 2, 3 and 4, teams may elect to use spinnaker sails)

Level 5 — Special Olympics athlete competes single handed.



SAILING

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The Official Special Olympics Sports Rules for Sailing shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Sailing Federation (ISAF) Rules for sailing found at <http://www.sailing.org/documentation.php>. ISAF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Sailing or Article I. In such cases, the Official Special Olympics Sports Rules for Sailing shall apply.

SECTION A— OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. A regatta shall consist of at least three races.
2. The Competition Committee shall provide potential competitors with a Notice of Race and Racing Instructions.
3. At all regional, national and international regattas, there shall be a catamaran class boat and a monohull class boat used.
4. Racing for all levels of competition shall be available at regattas.
 - a. Level I— Unified Sports® team: the Special Olympics athlete member(s) of the crew will have responsibility for head sail trim.
 - b. Level II— Unified Sports team: a Special Olympics athlete member of the crew shall control the helm for at least 50 percent of the race.
 - c. Level III— All Special Olympics athlete team with an on-board coach. The athletes have complete control of the boat. The coach can offer verbal assistance. If, for any reason, the coach becomes physically involved with the sailing of the boat, the team must retire from the race and will be scored a "did not finish" (DNF).

*Level II, III and IV— Teams may elect to use spinnaker sails.
 - d. Level IV— The entire team consists of Special Olympics athletes (no coach will be on board).
 - e. Level V— Special Olympics athletes shall compete single-handed.

SECTION B— COMPOSITION OF TEAMS (LEVEL I AND II)

1. Crews shall be composed of athletes with and without intellectual disabilities.
 - a. If the boat is typically raced by a crew of two, one member will be an individual with an intellectual disability.
 - b. If the boat is typically raced by a crew of three or more, the majority of the crew shall be individuals with intellectual disabilities.
2. All crew members shall be able to swim a minimum of 10 meters while wearing a Personal Floatation Device (PFD).
3. All crew members shall be seizure free, with the aid of medication, for a minimum of one year.



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SECTION C — DIVISIONING

1. Each division should have no fewer than three boats and no more than eight.
2. If it is a one-day regatta, the scores of the first race are used for divisioning.
3. If it is a multi-day regatta, the combined scores of the first day are used for divisioning.
4. The Race Committee (Competition Committee) may elect to carry over to the other medal round the scores(s) from the divisioning races.

SECTION D - RULES OF COMPETITION

1. Every racer shall wear a Personal Floatation Device (PFD) at all times.
2. All regattas shall be conducted in accordance with International Yacht Racing Rules.
3. Scoring shall be based upon numerical order of finish: one point for first, two points for second, and so on.
4. All race courses shall be laid out as Modified Olympic Triangles.
5. The distance from the windward turning mark to the leeward turning mark shall be no greater than 2,000 meters.
6. Standard courses are:
 - Number 1 - S A C F
 - Number 2 - S A B C F
 - Number 3 - S A B C A C F
 - Number 4 - S A C A C F

S = Start; F = Finish; A = Windward Mark; B = Jibe Mark; C = Leeward Mark

All marks shall be left to port.
7. For Level V racers, one additional course may be used consisting of only a windward leg where "A" mark becomes the finish line. This course shall be no greater than 1,000 meters long. This course shall be designated as Number 5.

SECTION E - SAFETY

1. Safety is paramount.
2. The Race Committee shall set the safest race course possible with regard to:
 - a. Sea conditions
 - b. Weather conditions
 - c. Body of water
3. The Race Committee will postpone racing if the weather or sea conditions are such that sailing would be unsafe.
4. The Race Committee will take the comfort level of the competitors into consideration when making a decision concerning postponement.
5. The Race Committee will shorten the race course to a single leg if necessary.
6. At every competition, there are to be motorized support boats prepared to provide assistance when needed.