

5 Minute start sequence







Time to start	Signal	Sound	Flags	Paddles
5	Warning signal	one	Class flag displayed	one
4	Preparatory signal	one	Preparatory flag(s) displayed	two
1	One minute signal	one long	Preparatory flag(s) removed	one
0	Start	one	Class flag removed	one removed

Flags are optional, if they are available and there are two bodies on the Rescue Boat, Paddles are a last resort.

Normal preparatory flag :



Class flag : any non Preparatory flag

Preparatory Flag(s)	Meaning
 P	Normal preparatory flag ; no starting penalties are in effect. Boats that are over the line at the start can return through the line or round the ends.
 I	The Round-an-End Rule 30.1 will be in effect. If a boat is over the line during the minute before the start then they must sail to the pre-start side of the line around either end before starting.
 Z	The 20% Penalty Rule 30.2 will be in effect. If a boat is in the triangle formed by the ends of the line and the first mark during the minute before the start it will receive a 20% scoring penalty. (20% of the number entered or as dictated by the sailing instructions)
 Black Flag	The Black Flag Rule 30.3 will be in effect. If boat is in the triangle formed by the ends of the line and the first mark during the minute before its start it will be disqualified.
  I & Z	Both the Round-an-End Rule and the 20% Penalty Rule will be in effect during the minute before the start.