

# J/70 Crew Positioning

The following photos are examples of proper and improper crew position under RRS 49. The photos used were from KWRW where there was still some confusion on the rule.

## RRS 49 CREW POSITION; LIFELINES

**49.1** Competitors shall use no device designed to position their bodies outboard, other than hiking straps and stiffeners worn under the thighs.

**49.2** When lifelines are required by the class rules or the sailing instructions they shall be taut, and competitors shall not position any part of their torsos outside them, except briefly to perform a necessary task. On boats equipped with upper and lower lifelines, a competitor sitting on the deck facing outboard with his waist inside the lower lifeline may have the upper part of his body outside the upper lifeline. If the class rules do not specify the material or minimum diameter of lifelines, they shall comply with the corresponding specifications in the *ISAF Offshore Special Regulations*.

*Note: The ISAF Offshore Special Regulations are available at the ISAF website.*

The next 5 photos are examples of proper crew positioning









## Examples of improper crew position



Notice the crew in white jacket and red hat



Notice the white jacket on same boat a few moments later. The base of spine is not on the deck. This is the test of proper crew position.



All four boats in photo have crew in improper crew position



For more information, you can reference the J/70 Class Rules posted at [www.j70ica.org](http://www.j70ica.org)

Send any questions to [howell@j70office.com](mailto:howell@j70office.com)

Christopher E. Howell, CAE  
J/70 Class Association  
12900 Lake Ave., #2001  
Lakewood, OH 44107  
216-226-4411