



Milford Yacht Club Optimist Regatta
Wednesday, July 27, 2022
Milford Yacht Club, 131 Trumbull Avenue, Milford, CT 06460

SAILING INSTRUCTIONS – Red, Blue and White Fleets

| | | | |
|-----|---------------------------|----------------|-----------------------------------|
| | | Abbreviations: | |
| PC | - Protest Committee | RC | - Race Committee |
| OA | - Organizing Authority | SI | - Sailing Instructions |
| RRS | - Racing Rules of Sailing | JSA- | Junior Sailing Association of LIS |
| NoR | - Notice of Race | | |

1 ORGANIZING AUTHORITY

The Organizing Authority (OA) is the Milford Yacht Club in partnership with the Junior Sailing Association of Long Island Sound (JSA).

2 RULES

2.1 The regatta is governed by the following:

- a. the rules as defined in the Racing Rules of Sailing (RRS)
- b. Optimist Class Rules
- c. the Rules for JSA Events
- d. the JSA Code of Conduct (attached)
- e. US Sailing [SafeSport Handbook](#)

2.2 The following RRS are changed:

- a. RRS 61.1(a) is changed by adding , “A boat intending to protest about an incident that occurs in the racing area shall notify the RC finish boat of her intention as soon as possible after finishing, including (if possible) the boat identification number of the boat(s) being protested. The boat shall not consult with instructors, coaches, or support persons, prior to such notification.”
- b. RRS 35, A4, A5 and A10 are changed to provide that boats failing to finish within 15 minutes after the first boat in their Fleet to sail the course and finish will be scored TLE (time limit expired) without a hearing. They shall receive points equal to the sum of the number of finishers plus 2 points, but not worse than DNF.

3 NOTICES TO COMPETITORS

Notices will be posted on the official regatta notice board located on the outside North wall of the Junior Club House (wall farthest from the pool).

4 CHANGES TO SAILING INSTRUCTIONS

- 4.1** Any change to the SIs will be posted no fewer than 30 minutes before the Harbor Start on the day the changes take effect.
- 4.2** Any change in the Harbor Start or First Warning Signal will be posted no later than 1800 on the day before the changes take effect.
- 4.3** If changes to the Mark descriptions require last minute changes, this will be announced at the competitors’ meeting.

5 SIGNALS MADE ASHORE

- 5.1** Signals made ashore will be displayed from the flag pole in back of the Junior Club House (wall farthest from the pool). The Harbor Start will be signaled with a horn from the front deck of the main Club House (or Race Committee boat).
- 5.2** No boat shall leave the dock until the Harbor Start has been signaled.

5.3 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.

6 SCHEDULE OF RACES

6.1 The race committee may run up to seven (7) races; at least one race must be completed to have a series.

6.2 The schedule is as follows:

| | | |
|---------------------------------|----------------------|----------------|
| Registration | 0800-0930 | Main Clubhouse |
| Measurement and Equipment Check | 0800-0930 | Dry-sail area |
| Instructors Meeting | 0945 | Front Lawn |
| Competitors Meeting | 1000 | Front Deck |
| Harbor start | 1030 | Docks |
| First Warning Signal | 1115 | On the water |
| Lunch | At Discretion of PRO | On Water |
| Presentation of Awards | 1630 | Front Deck |

6.3 Flag A displayed, with no sound, while boats are finishing means 'No more racing today'.

6.4 No warning signal will be made after 1500 on Wednesday July 27.

7 CLASS FLAGS

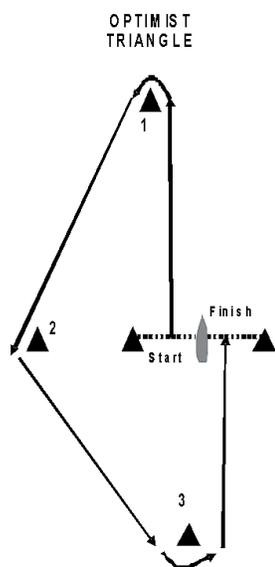
The Opti Flag will be the class flag for the Red, Blue and White fleets. The fleet flags will be a red flag for the Red Fleet; a blue flag for the Blue Fleet; and a white flag for the White Fleet. Boats shall display a streamer of the appropriate fleet color from the top of their sprit pole at all times while racing.

8 RACING AREA

The racing area will be in "The Gulf," just offshore from the Milford Yacht Club.

9 THE COURSES

9.1 The diagram below shows the course, the order in which marks are to be passed, and the side on which each mark is to be left.



Course T

10 MARKS

- 10.1 Rounding Marks 1, 2 and 3 will be orange shapes.
- 10.2 There may be a standoff buoy attached to the Race Committee Signal boat and it will be considered part of the starting mark.

11 THE START

- 11.1 Races will be started using Appendix U, "Audible-Signal Racing System." This replaces RRS 26.
- 11.2 Appendix U, "Audible-Signal Racing System" is changed as follows: U3 (signals): Audible signals shall govern and the following supplemental visual signals will be used: The class flag of the class to start will be hoisted with the warning signal and will be dropped at the start. If either RRS 30.1 (the "I flag rule") or RRS 30.3 (the "U flag rule") is in effect, the appropriate flag will be displayed with the attention sounds before the warning signal and will be dropped one minute before the start.
- 11.3 The starting line will be between a staff displaying an orange flag on the starboard end and a mark on the port end.
- 11.4 All three fleets (Red, Blue, and White) will start and race together.
- 11.5 A boat starting later than three minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS 35, 63.1 and A5.
- 11.6 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

12 RECALLS OF OCS BOATS

- 12.1 When an individual recall is signaled, the RC will attempt to hail the sail numbers of all boats that are OCS and display flag "X" with one sound signal. This changes RRS 29.1.
- 12.2 If code flag "I" and/or "U" has been displayed, the RC will attempt to hail the sail number(s) of boats on the course side of the starting line **during the minute** before her starting signal.
- 12.3 Failure of the RC's amplification system, the order of the hails, or failure of a boat to hear her number hailed shall not be grounds for a boat to request redress. This changes RRS 62.1.

13 THE FINISH

The finish line will be between a staff displaying a blue flag on the port end and a mark on the starboard end. Those boats who have finished shall avoid the finishing area until all boats are finished.

14 TIME LIMITS

14.1 Time limits for the first boat in each Fleet to finish shall be 35 minutes.

14.2 Boats failing to finish within 15 minutes after the first boat in their fleet sails the course and finishes will be scored Time Limit Expired (TLE) without a hearing. They shall receive points equal to the number of boats finishing before the time limit expired plus 2 points, but not worse than DNF. This changes RRS 35, 63.1, A4, A5 and A10.

15 PROTESTS AND REQUESTS FOR REDRESS

15.1 Hearing Request forms are available at the race office located at the Rudder Room (upstairs in the main clubhouse). Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

15.2 For each fleet, the protest time limit is 30 minutes after the RC signal boat docks, which will be posted promptly on the notice board.

15.3 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Time of hearings and location will be identified at this time. (As soon as practicable.)

15.4 Notices of protests by the RC, technical committee or PC will be posted before the protest time limit to inform boats under RRS 61.1(b).

15.5 Redress Hearings: Any competitor who may wish to become a party to a scheduled redress hearing, should: 1) check the daily "schedule of protest hearings" that the protest committee will post on the official notice board describing the nature of the redress request and the time of the hearing, and 2) submit a written request to participate in the hearing to the protest committee before it begins.

15.6 If the RC posts a list of boats scored OCS, UFD, or NSC (RRS 29.1 and 30.1-30.4) on the official notice board before the protest time limit, a request for redress based on such a posted score shall be made no later than 30 minutes after the protest time limit. This instruction changes the US Sailing prescription to 63.2.

15.7 Protests under SI 4.2, 17 and 18 may be made only by the RC or PC. This changes RRS 60.1.

15.8 Protests regarding infractions of JSA rules or SI 10, 18, 19 may be subject to a lesser penalty than DSQ at the discretion of the PC. Please see JSA Rule 4.

16 SCORING

16.1 Seven (7) races are scheduled. One race is required to be completed to constitute a series.

16.2 When fewer than five (5) races have been completed, a boat's series score will be the total of her race scores. When five (5) or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

16.3 Red, Blue and White fleets will be scored separately by position in their own fleet.

16.4 Any race scores that include scoring penalties determined by the PC pursuant to NOR 8 shall not be discarded and will be scored DNE, a non-excludable scoring penalty under RRS 90.3(b).

17 SAFETY REGULATIONS

17.1 Each competitor and instructor/coach shall wear a US Coast Guard approved personal flotation device (PDF) while on the water in accordance with JSA Rule 2.1.

17.2 Before the first warning signal for each day, all boats shall check in with RC by sailing on starboard tack or towing past the stern of the anchored RC signal boat and hailing their sail number until acknowledged by a committee member.

17.3 A boat that retires from a race shall notify a RC boat before leaving the race area. If this is not possible, the competitor shall notify a regatta representative immediately after arriving ashore.

18 SUPPORT VESSELS

- 18.1** Instructors, coaches and other support persons and spectators shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or retired, or the Race Committee signals a postponement or abandonment. Coaching is not permitted after a general recall.
- 18.2** Coaches and support personnel shall monitor the RC VHF channel and follow any safety instructions issued by the Race Committee. The VHF channel to be used will be identified in paragraph 19.
- 18.3** When the Race Committee displays flag V with one sound, all official and support vessels shall, if possible, monitor the Race Committee communication channel for search and rescue instructions.

19 RADIO COMMUNICATION

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications of any kind. This restriction also applies to mobile telephones and any other wireless devices. The Red, Blue and White Fleet coach boats will monitor channel 72.

20 DRONE USAGE

Drones are not allowed at the event unless they are authorized by the Organizing Authority (OA). Content from OA authorized drones should not be used for coaching during the event. If the content is used for coaching (or other similar purposes) it shall be made available to all competitors at the same time and not during competition hours. Further, the content shall be made available to the JSA for promotional purposes by promptly emailing said content to news@jsalis.org."

21 TRASH DISPOSAL

Competitors and support persons shall not intentionally put trash in the water. This rule applies at all times while afloat. The penalty for a breach of this rule may be less than disqualification. Trash may be placed aboard support or official boats

Regatta Chair: Bruce Scull

Principal Race Officer: Bob Farnum

Junior Sailing Association of Long Island Sound Code of Conduct 2021

Introduction

The JSA Code of Conduct applies to all JSA Sailors, Parents, Coaches and anyone present in support of a sailor or an event (“Support Person”) when attending JSA Sanctioned Events. It applies from the time one arrives at the event to the time of departure, and it applies to conduct both on and off the water. The Code is intended to prescribe appropriate behavior for every aspect of participation in a JSA event. It is not intended to establish a set of rules.

Commitment

I promise:

- I will use my best efforts to learn and follow the Racing Rules of Sailing.
- I will be honest, fair, courteous, respectful and a good sport, whether I am winning or losing.
- I will treat competitors, coaches, regatta officials, parents, hosts and all others with respect, even if I believe that person is wrong.
- I will comply with the reasonable requests of any regatta official, USODA team coach and/or parent chaperone that may be associated with an event.
- I will respect the rules and conditions of the regatta, the Host Club or sailing venue.
- I will follow all regulations governing the operation of support craft.
- I will not use another's property without permission, steal or damage another's property.
- I will not hit, abuse, bully, make fun of or call anyone names.
- I will not swear or curse.
- I will not abuse my equipment in anger.
- I will follow all safety procedures and instructions given by race officials, regatta hosts and other responsible adults. I will promptly notify a race official, coach or responsible adult if another person is in danger.
- I will not engage in any conduct that endangers the health or safety of another competitor.
- I will not use alcohol, tobacco, or any drugs that were not prescribed specifically for me.
- I will respect the grounds of the sailing venue and the waters on which I sail, by being responsible for my items and disposing of my trash responsibly.
- I will demonstrate “Corinthian Spirit”, meaning I will place good sportsmanship, fair play and respect for the rules above winning.

Enforcement of the Code

It is expected that a Sailor and his/her support group enters an Event understanding the Code. First and foremost, compliance with this Code is mandatory and, if words or actions result in a breach of the Code, the expectation is that the Sailor will report him or herself to the Organizing Authority. Alternatively, a breach of the Code may be reported by peers or others in attendance who have witnessed such an incident.

Handling of Code Violations

When necessary, enforcement may take the form of disciplinary action as outlined by the RRS, the US Sailing SafeSport Handbook, and the US Sailing Regulations and Bylaws.

If an incident is brought to the attention of the Organizing Authority, Event Host and/or the Protest Committee alleging that a competitor has violated this Code, the Protest Committee shall notify the competitor and conduct a hearing that meets the requirements of Part 5, Section B of the RRS. Under such circumstances, the competitor has the right to voluntarily withdraw from the event rather than proceeding with a hearing.

If the Protest Committee decides that the competitor has violated the Code and is not exonerated, it may:

- a) remove some or all of the competitor's event privileges or benefits,
- b) disqualify the competitor's boat from the race or races sailed nearest in time to that of the incident, or
- c) disqualify the competitor's boat from all races in the event and exclude the competitor from the event or venue.

Further action may be determined by the Protest Committee if warranted including considering calling a hearing under RRS 69.2(b) or remanding it to the US Sailing Review Board or SafeSport.

Under such circumstances, the Host Club Event Chair shall take disciplinary action within 48 hours and shall notify the Chair of the JSA regarding the action.

Scoring

When a competitor withdraws from part of an event pursuant to the Code, the scores of all completed races shall stand for the purposes of determining the seeding of subsequent rounds or stages in the event. However, that competitor's boat/team will no longer be eligible to compete in the event, shall be removed from the final event scores, and each boat/team with a worse finishing place in the event shall be moved up one place. The same scoring applies if a boat is disqualified from the remaining races in an event.

Parents, Coaches & Support Persons

Parents, Coaches and Support Persons are expected to adhere to the Code and the Commitments listed above. It is expected that any violation of the Code and/or Commitments will be reported to the Organizing Authority, Event Host and/or Protest Committee and will be addressed as outlined under "Handling of Code Violations" above.

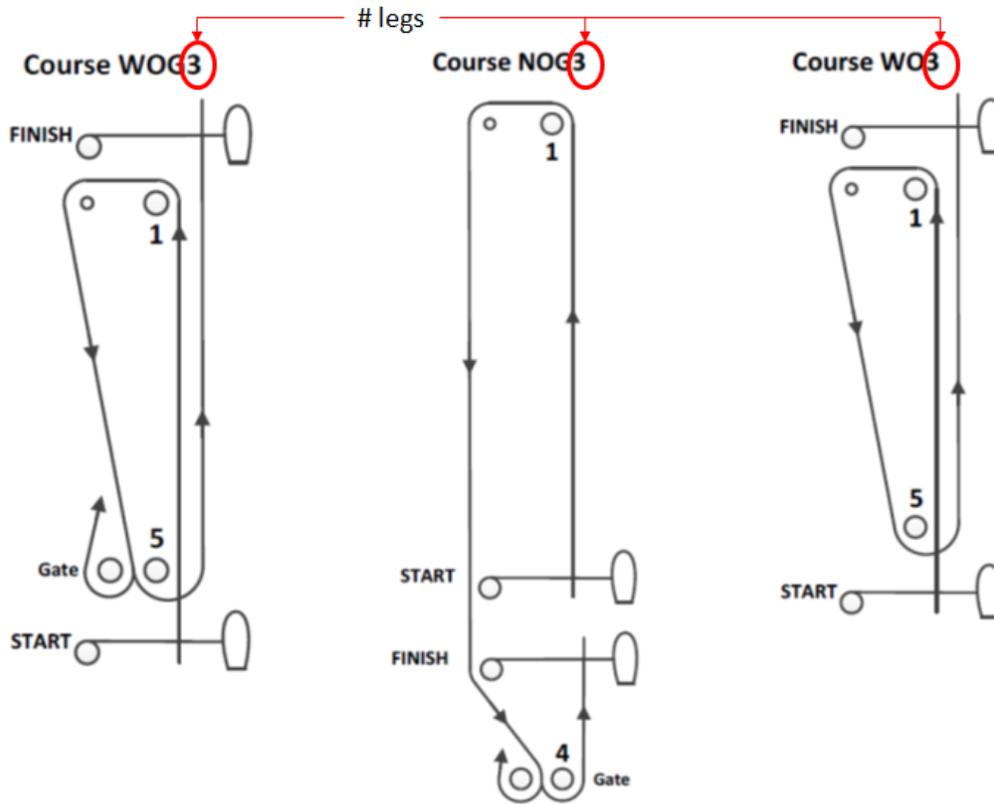
The actions that a Protest Committee may carry out for Support Person misconduct are defined in RRS 64.4. They include:

- a) issue a warning;
- b) exclude the person from the event or venue or remove any privileges or benefits, or
- c) take any other action within its jurisdiction as provided by the rules.

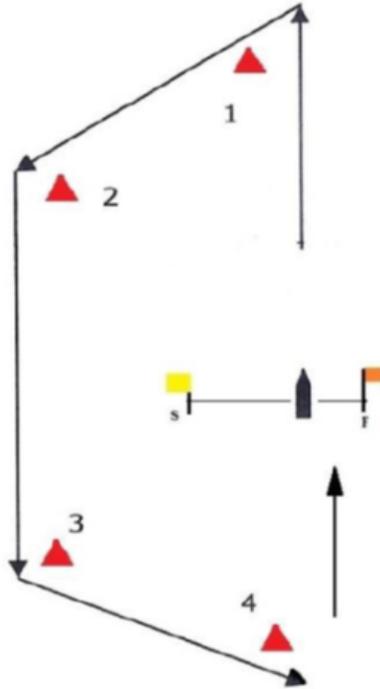
The protest committee may also penalize a competitor for the breach of a rule by a support person by changing the boat's score in a single race, up to and including DSQ, when the protest committee decides that

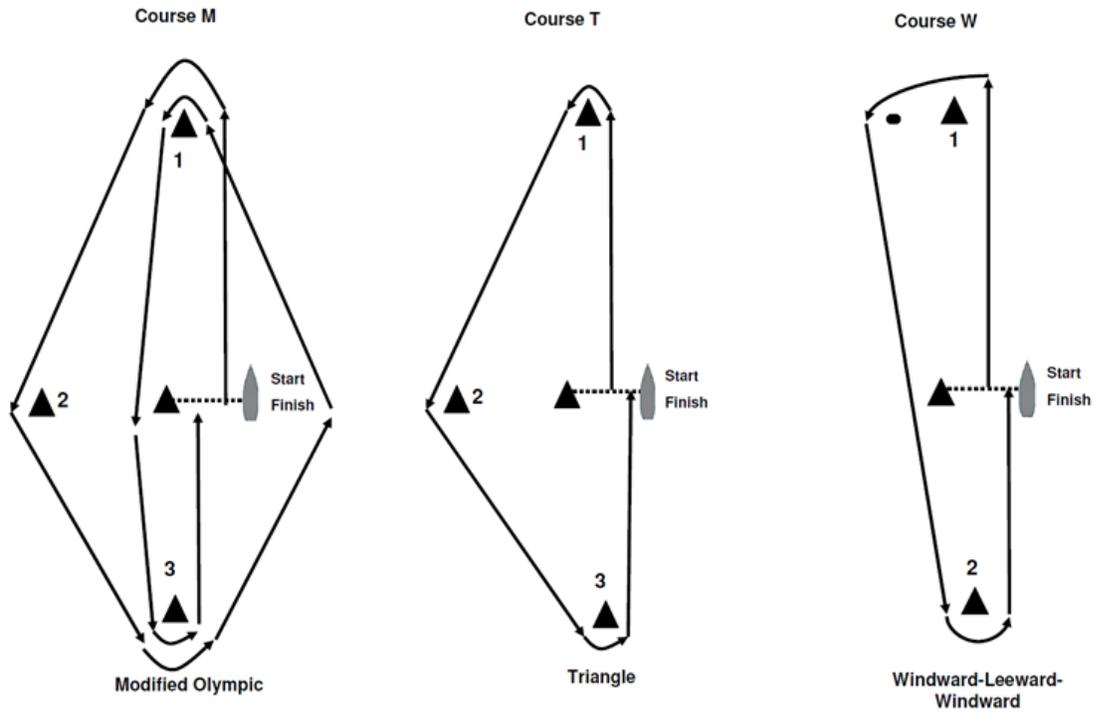
- a) the competitor may have gained a competitive advantage as the result of the breach by the support person, or
- b) that the Parent, Coach or Support Person has committed a further breach after the competitor has been warned by the protest committee that a penalty may be imposed.

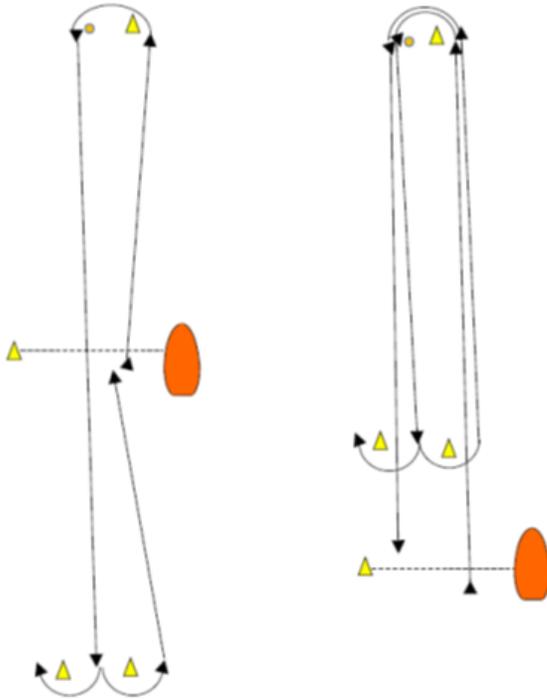
Race Course Options



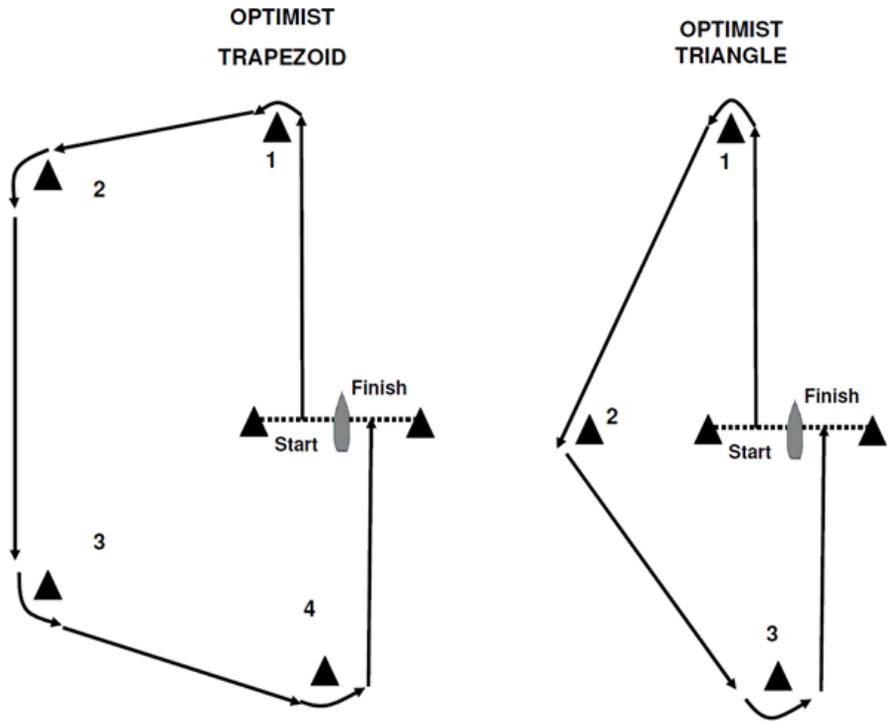
Trapezoid



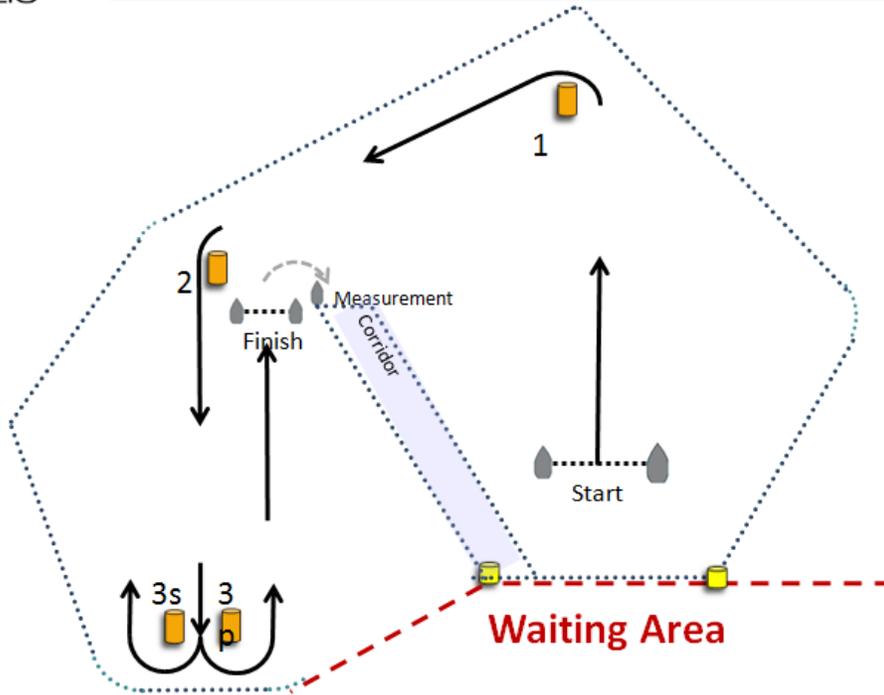




- Notes:
1. Either course may be modified by the RC to be sailed once or multiple times.
 2. Race course location needs to allow for Feva jibing angles.



Race Course Options – Opti Champs



- Course: Start, 1, 2, 3s/3p, Finish.
- Racing area is marked in dots
- Waiting Area windward edge marked by red dashes