

Sailing Instructions

1 Rules

The regatta will be governed by the rules as defined in The Racing Rules of Sailing 2005-2008, the rules of the U. S. Optimist Dinghy Association (USODA), and the 2008 Rules for JSA Events.

2 Notices to Competitors

Notices will be posted on the official regatta notice board located at the Club Room. Any change to the sailing instructions will be posted no fewer than 30 minutes before the harbor start.

3 Signals Made Ashore

Signals made ashore will be displayed from the flag pole. The harbor start will be signaled by one long horn. No boat shall leave the beach until the harbor start has been signaled.

4 Schedule

4.1 The race committee will run as many races as is reasonably possible. At least one race must be completed to have a series.

4.2 The racing schedule is as follows:

(List each item by time(s) and, if appropriate, location)

Registration	0800	<i>Main clubhouse</i>
Safety Check (if applicable)	0830	<i>Dry-sail area</i>
Skippers' Meeting	1000	<i>Front lawn</i>
Harbor Start	1030	
First Warning Signal	1100	

Optional addition:

4.3 No warning signal will be made after 4:00 pm.

5 Class Flags

The class 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 color from the top of their sprit pole while racing.

6 Racing Area

The racing area will be North of the club.

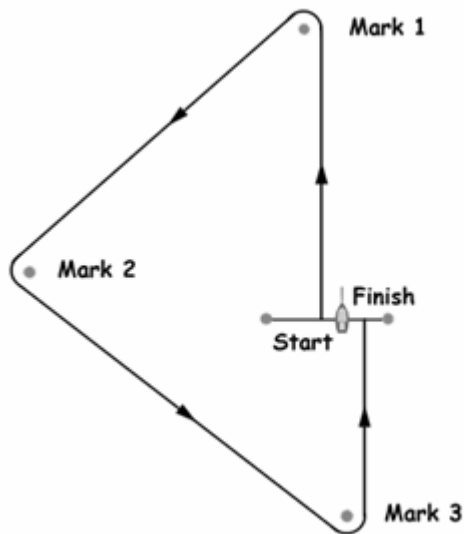
7 Safety

7.1 Each boat must comply with the USODA rules and with the 2008 JSA Optimist Inspection Checklist (Appendix A of the 2008 Rules for JSA Events). An inspection of some or all boats may be carried out at any time.

- 7.2 Competitors and instructors are required to wear a PFD with whistle attached at all times when on the water or on the dock in accordance with JSA rules. Failure to comply with any JSA rule can result in disciplinary action being taken (see Section 17).
- 7.3 Before the first warning signal of the day, all competitors shall check in by sailing or towing past the stern of the race committee boat and hailing their sail number.
- 7.4 A boat that does not finish a race shall notify a race committee boat before leaving the race area. If this is impossible, the competitor shall notify a regatta representative immediately after arriving ashore.

8 The Course

The course shall be a modified triangle as shown below. All rounding marks shall be left to port.



9 Marks

- 9.1 Marks 1, 2 and 3 will be orange inflatable.
- 9.2 The starting mark will be orange inflatable.
- 9.3 The finishing mark will be orange inflatable.

10 The Start

- 10.1 Races will be started in accordance with the Sound-Signal Starting System as follows:

Signal	Time	Sound	Visual
Warning	3 minutes	3 long blasts	Class flag(s) hoisted Red, Blue and/or White
Preparatory	2 minutes	2 long blasts	
	1.5 minutes	1 long 3 short	
	1 minute	1 long blast	

	30 seconds	3 short blasts	
	20 seconds	2 short blasts	
	10 seconds	1 short blast	
	5-1 seconds	1 short blast each second	
Start	0	1 long blast	Class flag(s) lowered

- 10.2 A series of short sounds will be made before each warning signal.
- 10.3 At the three-minute signal, a colored flag(s) will be flown from the race committee boat signifying the next division(s) to start (i.e. Red, Blue and/or White).

All three fleets (Red, Blue, White) will start and race together.

- 10.5 The starting line will be between a red flag on the race committee boat and the starting mark on the port side of the race committee boat.
- 10.6 Additional races may start very soon after each preceding race.

11 Recalls

- 11.1 Individual recalls will be signaled by Flag “X” and one sound signal. The race committee will attempt to hail the sail numbers of boats that are over early.
- 11.2 A general recall will be signaled by flag “First Substitute” and two sound signals. After a general recall, the three-minute sequence will begin one minute after the lowering of flag “First Substitute.”
- 11.3 The Round-an-End Rule is in effect when Flag “I” is displayed with the warning (three minute) signal. The I flag will be lowered at one minute and the race committee may begin hailing sail numbers then.

12 The Finish

The finishing line will be between a yellow flag on the race committee boat and the finishing mark on the starboard side of the race committee boat.

13 Penalty System

The Two-Turns Penalty is in effect for all races.

14 Time Limit

The time limit for the first boat in each division in each race to finish will be 60 minutes. Those boats that do not finish within 15 minutes of the first boat in their division will be scored "TLE" and shall receive the number of points that is the number of finishers plus 2 (but not worse than DNF). (This changes rules 35 and A4.2.)

15 Protests

- 15.1 Upon finishing each race, a boat intending to protest shall immediately, without consultation with instructors or spectators, notify the race committee of their intent to protest and, if possible, the sail number of the protested boat. (This adds to rule 61.1)
- 15.2 A protesting boat does not need to file a written protest. (This changes rule 61.2.)

15.3 The JSA Arbitration Procedure (as described in Appendix C of the 2008 Rules for JSA Events) shall be used for hearing protests. (This changes Rule 63.)

15.4 Protests under sailing instructions 3, 5, 7.2 and 13 may be made only by the race committee.

16 Scoring

16.1 The Low Point Scoring System, Appendix A of The Racing Rules of Sailing, will apply. A boat's worst race will be excluded if at least six races are completed.

16.2 Fleets (i.e. Red, Blue and White) that race together will be scored separately by fleet.

17 Discipline

All junior sailors and instructors are expected to behave in accordance with recognized principles of sportsmanship, good manners and fair play. The regatta organizer or protest committee may discipline and/or penalize a junior sailor or instructor for actions that include, but are not limited to, the following:

- a) swearing at, intimidating or harassing anyone, including teammates, on or off the water; or
- b) stealing or borrowing, without permission, anything that does not belong to them; or
- c) possessing, consuming or being under the influence of alcohol or illegal drugs.
- d) failure to wear a properly fastened PFD

Please note that if an instructor is asked to leave a race course, all juniors for whom that instructor is responsible must leave the race course as well unless other satisfactory supervisory arrangements are made.

18 Prizes

Prizes will be awarded to the top ___ (*number*) finishers in the White, Blue and Red Fleets. A sportsmanship trophy may be awarded at the discretion of the race committee.

19 Responsibility for Safety

As a condition of participation of any boat in any race or related activity sponsored or undertaken by the Head of the Bay Club, the owner and the helmsperson of each boat agree that the safety of the boat and the helmsperson and the decision whether or not to start or continue to race is solely their responsibility. Each of them waives all claims which he or she or any heir, representative, successor or assignee, may have against the Head of the Bay Club and the JSA of LIS, and their officers, trustees, members, committees, employees or agents, arising out of or in any way connected with participation in such race or activity. Responsibility for evaluating wind, sea and weather conditions rests with each participant as does the responsibility for the safe condition of the boat including safety equipment and rigging and wearing a life jacket. Assistance from the race committee, patrol boats, or other support boats and from personnel aboard them is at the risk of the participant.