



JSA of Long Island Sound Optimist Championship Cedar Point Yacht Club



Bluff Point, Westport, CT 06880

Registration August 13, 2017

Racing August 14-August 15, 2017

Abbreviations:

PC – Protest Committee

OA – Organizing Authority

RRS – Racing Rules of Sailing

JSA - Junior Sailing Association of LIS

RC – Race Committee

SI – Sailing Instructions

NOR – Notice of Race

SAILING INSTRUCTIONS

1 RULES

- 1.1 The regatta will be governed by the rules as defined in the current version of *The Racing Rules of Sailing* (RRS).
- 1.2 The 2017 Rules for JSA of LIS (JSA) Events, JSA Code of Conduct and US Sailing [SafeSport Handbook](#) will apply.
- 1.3 The following RRS optional rules will apply:
 - a) Appendix V2, Penalty Taken After a Race, will apply.
- 1.4 *Racing Rules of Sailing* (RRS) listed below are changed as follows.
 - a) RRS 64.4 (b) is changed to require a hearing before any action is taken.
 - b) RRS 61.1(a) is changed by adding 61.1(d) Informing the Race Committee: A boat intending to protest about an incident that occurs in the racing area shall notify the Race Committee (RC) finish boat of her intention as soon as possible after finishing, without consultation with instructors, coaches or support persons, including (if possible) the boat identification number of the boat(s) being protested."
 - c) Rule 63.7 is changed to read "If there is any conflict between a rule in the notice of race and one in the sailing instructions, the sailing instructions shall take precedence."


2 NOTICES TO COMPETITORS

- 2.1 Notices will be posted on the official regatta notice board located on the south wall (facing the parking lot) of the Cedar Point Yacht Club clubhouse.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted no fewer than 30 minutes before the harbor start on the day the changes take effect.
- 3.2 Any change in the harbor start or first warning signal will be posted no later than the end of the protest time on the day before the change is to take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the main flag pole.
- 4.2 The harbor start will be signaled by a single blast of the horn on the committee vessel. No boat shall leave the harbor until the harbor start has been signaled.
- 4.3 When code flag "AP" (white with red stripes)  is displayed ashore, removing it means either an abandonment signal will follow immediately, or a race signal will be made on the water no sooner than 45 minutes after removal. This changes race signal AP.

5 SCHEDULE OF RACES

- 5.1 The racing schedule is as follows:

Day	Time	Activity	Location
Sunday, August 13	1700-2000	Registration and Boat/Sail Check	Main Clubhouse
	1730-1930	Snacks	Main Clubhouse
	2000	Host Pick-Up for Housing	Front of Clubhouse
	2100	Curfew	Housing
Monday, August 14	0700-0845	Registration and Boat/Sail Check	Main Clubhouse
	0700-0830	Breakfast	Pavilion
	0830-0900	Housed Sailor/Coach Lunch Pick Up	Pavilion
	0900-0930	Instructors and Support Vessel Meeting	Flag Pole
	0930-1000	Competitors Meeting	Flag Pole
	1000	Harbor Start	
	1100	First Warning	On the Water
	Between Races	Lunch	On the Water
	1730-1900	Dinner for Sailors and Instructors	Pavilion
	1730-2000	Lawn Games	Pavilion
	2000	Host Pick-Up for Housing	Front of Clubhouse
	2100	Curfew	Housing
	0730-0830	Breakfast	Pavilion
	0800-0900	Housed Sailor/Coach Lunch Pickup	Pavilion
Tues., August 15	0930	Harbor Start	
	1030	First Warning	On the Water
	Between Races	Lunch	On the Water
	1500	No Warning for a Race After this Time	On the Water

	Post Racing	Snacks and Raffle	Pavilion
	Approx. 1700	Awards	Main Clubhouse

6 REGATTA AND RACE FORMAT

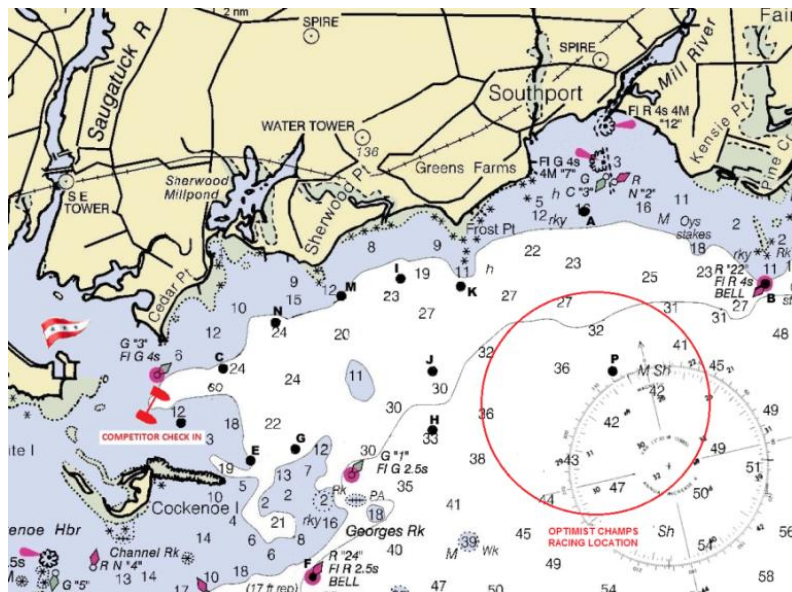
- 6.1 The Race Committee will divide the competitors into 4 Fleets: Black, Grey, Yellow and Green. A colored streamer corresponding to the fleet to which each boat is assigned will be provided at registration and shall be attached to the sprit pole loop at the peak of the sail prior to safety inspection.
- 6.2 Fleets will compete in pairs, in each race. Each race will consist of two starts. Three races in a round-robin amongst the fleets will constitute one set. One set must be completed to constitute a series. Two sets are scheduled; however, the Race Committee will run as many races as reasonably possible.
- 6.3 Starting rotations for each race are shown in Addendum 1. The Race Committee Signal Vessel will display the colored flags for the fleets competing in the next race. These flags will be lowered prior to the warning signal and then re-hoisted at the warning signal for those fleets start.
- 6.4 While on the water, each boat shall at all times display the color streamer for her fleet at the top of the sail.
- 6.5 The size and shape of the streamer shall not be changed.
- 6.6 The Race Committee reserves the right to change the order and combination of races.

7 STARTING CLASS FLAGS

The Starting Class flags will be a black flag for the Black Fleet; a grey flag for the Grey Fleet; a yellow Flag for the Yellow fleet; and a green flag for the Green Fleet.

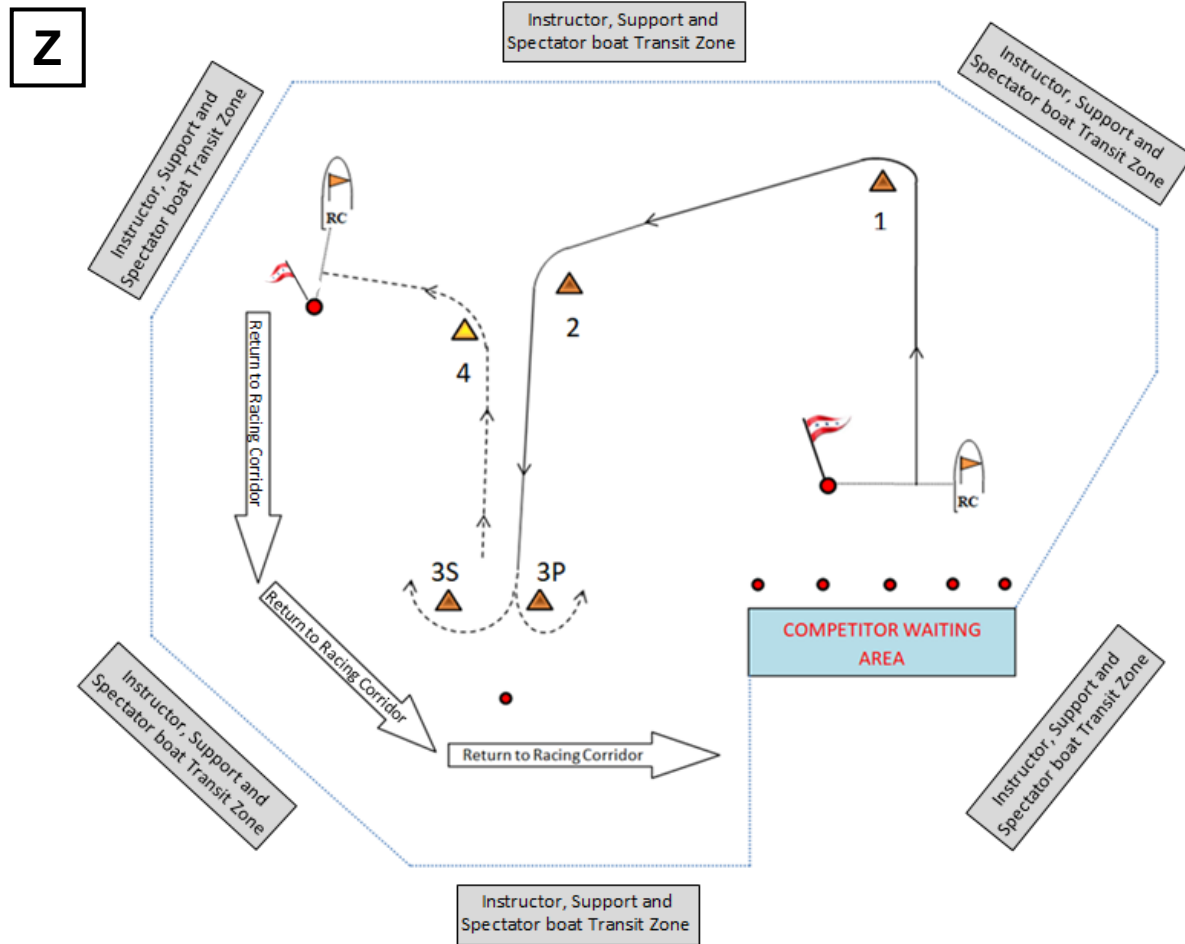
8 RACING AREA

The racing area will be the waters of Long Island Sound off Cedar Point Yacht Club.



9 THE COURSE

The diagram below shows course **Z**, an Optimist Trapezoid, including the approximate angle between legs, the order in which and side on which each mark is to be passed.



10 MARKS






- 10.1 Rounding marks 1, 2, 3P, 3S will be orange inflatable tetrahedron marks and mark 4 will be a yellow tetrahedron.

11 THE START


- 11.1 Races will be started using Appendix S, "Sound-Signal-Starting-System" (3 minute start). This changes rule 26.
- 11.2 Fleets will start according to Sailing Instructions Addendum 1 – Starting Rotation
- 11.3 A series of short sounds will be used to call attention just before the warning signal for each start.
- 11.4 The starting line will be between a staff displaying an orange flag on the race committee signal boat and either of the following:

- a. The course side of the port-end starting mark (An orange ball with a staff bearing the club burgee), or
 - b. The staff displaying an orange flag on a race committee boat at the port end of the line.
 - c. A midline “guide mark” may be used on the starting line to assist competitors for the location of the starting line. The midline guide mark is NOT a mark of the course and is NOT part of the starting line.
- 11.5 Boats whose warning signal has not been made shall stay clear the starting area during the starting sequence for other fleets.
- 11.6 Additional races may start very soon after each Fleet completes the preceding race.

12 RECALLS OF OCS BOATS

- 12.1 When an individual recall is signaled code flag “X” (white with blue cross)  and one sound signal, the race committee will attempt to hail the sail numbers of all boats that are OCS.
- 12.2 If code flag “I” (yellow with black circle)  and/or “Z,”  and/or the “U” (Red and White)  has been displayed, the race committee 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 A general recall will be signaled by “First Substitute” flag (yellow and blue triangle)  and two sound signals. After a general recall, a new warning signal will be made one minute after the lowering of the “First Substitute” flag.
- 12.4 Failure of the race committee’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 rule 62.1.

13 THE FINISH

- 13.1 The finishing line will be between a staff displaying an orange flag on the race committee vessel and the course side of the port end finishing mark.
- 13.2 If the race committee intends not to start any more races on either day, it will display code flag “A” (blue and white)  as boats are finishing.

14 TIME LIMITS

- 14.1 The time limit for the first boat in each Starting Class to finish shall be 60 minutes.
- 14.2 Boats failing to finish within 20 minutes after the first boat in their race to sail the course and finish will be scored TLE (time limit expired) 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 rules 35, 63.1, A4 and A5)

15 PROTESTS AND REQUESTS FOR REDRESS

- 15.1 Immediately after finishing a race, without consultation with instructors, coaches or spectators, a boat shall notify the race committee boat at the finish of its intention to protest another boat and (if possible) provide the sail number of the protested boat.
- 15.2 Protest forms are available at the race office located on the first floor of the Cedar Point clubhouse. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

- 15.3 For each fleet, the protest time limit is 30 minutes after the race committee signal vessel docks, which will be posted promptly on the notice board
- 15.4 The first sentence of Rule 62.2 is changed as follows: “The request shall be in writing and be delivered to the race office no later than the protest time limit or two hours after the incident, whichever is later, with the following exception : if the race committee posts a list of boats scored OCS, ZFP or UFD 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.”
- 15.5 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. Hearings will be held in the protest room, located on the first floor of the Cedar Point clubhouse as soon as practicable.
- 15.6 Notices of protests by the race committee or protest committee will be posted before the protest time limit to inform boats under rule 61.1(b).
- 15.7 Protests under sailing instructions 4.2, 18 and 19 may be made only by the race or protest committees.
- 15.8 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) attend the hearing.
- 15.9 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 PENALTY SYSTEM

A boat may take a Post-Race Penalty by informing the protest committee (not the race committee) in writing upon coming ashore at the end of a day’s racing in accordance with Appendix V2. If a protest has been filed regarding the incident for which a boat wants to take a Post-Race Penalty, the protest committee will determine if either an arbitration meeting or protest hearing is required before the Post-Race Penalty can be taken. When it is satisfied that the requirements of rule V2 are met, then the protest committee will assign the appropriate scoring penalty and give a report to the scorer.

17 SCORING

- 17.1 The Low Point Scoring System, Appendix A, will apply.
- 17.2 In the event that 2 sets have been completed, a boat’s series score will be the total of her race scores excluding her worst score.
- 17.3 Divisions (i.e. Red, Blue and White) that start together will be in scored in their individual divisions.

18 SAFETY REGULATIONS

- 18.1 Before the first warning signal for each day, all boats shall check in with the race committee by sailing between two committee vessels flying flag “H”.  The boats will be stationed at the head of the channel. Boats are not checked in until they hail their sail number and are

acknowledged by the committee member. Infractions of this instruction may be protested by the race committee only. There is no gate for returning.

- 18.2 A boat that retires from a race shall notify a race committee vessel before leaving the race area. If this is not possible, the competitor shall notify a regatta representative immediately after arriving ashore.
- 18.3 A capsized crew that does not wave off an approaching race committee, judge, or coach/ support vessel will be rescued.
- 18.4 Each competitor and instructor/coach shall wear a US Coast Guard approved Type I, II, or III personal flotation device (PFD) while on the water in accordance with JSA Rule 2.1

19 SUPPORT BOATS

- 19.1 Coaches, support personnel 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.
- 19.2 Coaches, support personnel, and spectators must stay clear of the race area and operate at minimum wake speed.
- 19.3 No parents are permitted to tow sailors.
- 19.4 Coaches and support personnel are required to monitor the race committee VHF channel and follow any safety instructions issued by the race committee. The VHF channel to be used will be identified at the instructors' meeting.

20 TRASH DISPOSAL

Boats shall comply with rule 55. Trash may be placed aboard support and race committee vessels.

21 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.

For Questions, contact CPYC Jr. Program Director, Mike Ances jrsailingdirector@cedarpointyc.com

Regatta Chairpersons –Ann Marie Breschard & Scott Henjes

Principal Race Officer – Steve Gruver

Senior Race Officer – Storm Snaith

Technical Committee – Brian Joyce

Head Scorer – Holly Spezzano

Chief Judge & Protest Committee Chairman – Dave Perry



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SAILING INSTRUCTIONS

ADDENDUM 1

Starting Rotation

The Race Committee reserves the right to change this order

	Race Number	Starting Class 1	Starting Class 2
Set 1	1	Black vs. Green	Grey vs. Yellow
	2	Black vs. Grey	Yellow vs. Green
	3	Black vs. Yellow	Grey vs. Green
Set 2	4	Grey vs. Yellow	Black vs. Green
	5	Yellow vs. Green	Black vs. Grey
	6	Green vs. Grey	Black vs. Yellow