



Fairfield County Bank

2023 SUSAN WIDMANN SINCLAIR WOMEN'S CHAMPIONSHIP REGATTA

Noroton Yacht Club, Darien, CT

June 16-18, 2023

SAILING INSTRUCTIONS

POSTED June 8, 2023

1 RULES

- 1.1** The Regatta will be governed by the rules as defined in *The Racing Rules of Sailing* (RRS) as changed by Appendix UF – Susan Widmann Sinclair Women's Championship Umpired Fleet Racing Edition posted on the Regatta website.
- 1.2** On-the-water umpiring will be used as detailed in Appendix UF. Event calls may be issued.
- 1.3** Sonar-type boats will be provided by the OA. Sonar class rules shall not apply.
- 1.4** The US Sailing Prescription to RRS 63.2 is deleted.
- 1.5** If there is a conflict between rules or regulations, other than RRS, the Sailing Instructions (SI) will prevail. This changes RRS 63.7.
- 1.6** All competing boats shall carry a handheld VHF radio for safety purposes and Race Committee communication.

2 COMMUNICATION: NOTICES, ANNOUNCEMENTS, VHF CHANNELS

- 2.1** Notices, including race documents, amendments and results will be posted on the Official Notice Board located in the Regatta Room on the ground floor at Noroton Yacht Club and may also be posted on the event website at <https://yachtscoring.com/emenu.cfm?eid=15609>.

- 2.2** Any change to the SI will be posted before 0900 hours on the day it will take effect, except that any change to the schedule of races will be posted by 2000 hours on the day before it will take effect.
- 2.3** The Race Committee will communicate with the fleet on VHF 73.

3 SIGNALS MADE ASHORE

- 3.1** Flag signals will be flown from the flagpole on the Club Terrace.
- 3.2** When flag AP is displayed ashore, “1 minute” is replaced with “not less than 60 minutes” in race signal AP. This changes RRS Race Signals.
- 3.3** When flag T is displayed ashore with two long sounds all boats shall join a tow to the starting area at the time the RC Signal Vessel leaves the dock. They shall remain on a tow until the Signal Vessel lowers flag T with one long sound.

4 SCHEDULE OF EVENTS

4.1	<u>Date</u>	<u>Time</u>	<u>Event</u>
	Thursday, June 15	0900-1700	Registration
		1200-1600	Optional Practice
		1300	Practice starts and practice race
		1700–1800	Competitor’s UF Seminar
		1830	Opening Reception
	Friday, June 16	0730-0830	Late Registration
		0830	Morning Briefing
		1100	First Warning Signal
		After Racing	Post-Race Social
	Saturday, June 17	0830	Morning Briefing
		1030	First Warning Signal
		1800	Cocktail Reception & Regatta Dinner
	Sunday, June 18	0830	Morning Briefing
		1030	First Warning Signal
		After Racing	Prize-Giving

- 4.2** There will be a mandatory Competitors’ Briefing each race day morning at 0830 in the Regatta Room. A representative from each team shall be present each day.
- 4.3** No warning signal for any race will be made after 1500 hrs. on Sunday, June 19.

5 BOATS PROVIDED BY THE ORGANIZING AUTHORITY (OA)

- 5.1** Sonar-type boats will be provided by Noroton Yacht Club for use by competing teams. The boats have been equalized in performance potential to the extent possible. An alternate boat(s) may be substituted in case of a breakdown. Claims regarding the performance of the boats shall not be grounds for a boat to request redress. This changes RRS 62.1(a).

- 5.2 All equipment shall be used as supplied and no changes, additions or subtractions shall be made other than those permitted by the SIs or the Organizing Authority (OA). Replacement of broken or damaged gear may only be made with gear sanctioned by the OA.
- 5.3 **Addendum A – Handling the Boats** lists items and actions that are prohibited, permitted and mandatory.
- 5.4 **Addendum B – Equipment List** details all equipment that shall be onboard at all times.
- 5.5 Competitors are responsible for inspecting their boat before each race for possible breakdowns, damage and discrepancies, which shall be brought to the attention of the Race Committee aboard the Signal Boat. After the final race of the day, each skipper shall report the condition of their boat to the event Bosun, or his representative, so that repairs, if needed, may be made before racing resumes the following day.
- 5.6 In accordance with **Addendum D – Boat Rotation**, boat assignments will initially be determined by a boat draw on the practice day. Competitors will remain in the boat they drew for the Practice Day for Race Day 1.

6 CLASS FLAG

The Class flag will be the Sonar Class symbol against a white field.

7 RACING AREAS

Racing will take place approximately 1 to 2 miles SE to SW of G “1” at the mouth of Darien Harbor.

8 THE COURSES

- 8.1 **Addendum C – Courses** shows the order in which marks are to be passed and the side on which each mark is to be left.
- 8.2 No later than the warning signal, the course to be sailed will be displayed.
- 8.3 No later than the warning signal, the Race Committee will display on a board the approximate compass bearing and distance of the first weather mark.
- 8.4 Mark 2s/2p is a gate. In the event one of the gate marks is missing, the single remaining mark shall be rounded to port.
- 8.5 Mark 1a is an offset mark to port of Mark 1.
- 8.6 Marks, including the windward offset mark, shall be rounded in order and always left to port, except that a gate, when used, shall be rounded as described in Definitions, *Sail the Course*.

9 MARKS

- 9.1 Marks 1, 1A, 2S and 2P will be orange tetrahedrons.
- 9.2 The starting mark will be a yellow inflatable.
- 9.3 The finishing mark will be a yellow inflatable.
- 9.4 New marks, as provided in SI 11, will be green inflatables.
- 9.5 The start/finish marks are not marks of the course unless a boat is starting or finishing.

10 THE START

- 10.1** The starting line will be between a staff displaying an orange flag on the starboard end signal vessel and the course side of the port-end starting mark as described in SI 9
- 10.2** A boat starting later than five (5) minutes after the starting signal will be scored DNS. This changes RRS A.5.
- 10.3** The Race Committee will endeavor to hail boats observed to be OCS at the start on VHF 73. Failure of equipment, failure to hear a hail, delay in hailing or the order in which hails are given will not be grounds for a boat to request redress. This changes RRS 62.1(a).

11 CHANGE OF THE NEXT LEG OF THE COURSE

- 11.1** To change the next leg of the course, the Race Committee will lay a new mark (or move the finishing line to a new position) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.
- 11.2** The Race Committee may change the course by up to ten degrees in bearing and/or 0.1 nm in length without a signal or change of mark color. This changes RRS 33.

12 THE FINISH

The finishing line will be between a staff displaying a blue flag on a Race Committee vessel and the course side of the finish mark as described in SI 9.

13 TIME LIMITS

- 13.1** The time limit for the first boat to sail the course and finish will be 75 minutes from the starting signal.
- 13.2** If no boat has passed the windward mark for the first time 30 minutes after the starting signal, the race shall be abandoned.
- 13.3** Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1** Red flags will be provided by the OA to each team for the duration of the event to be displayed when protesting another boat in accordance with rule UF3.1.
- 14.2** Other Protests and Requests for Reopening or Redress shall be made in accordance with rule UF 4.
- 14.3** Protests and requests for reopening or redress need not be in writing, but Hearing Request forms will be available in the Regatta Room or on the event website at https://yachtscoring.com/pdf/protest_form.pdf should a competitor wish to complete one for hearings held ashore.
- 14.4** The Protest Committee will attempt to post a list of hearings on the Official Notice Board no later than 30 minutes after the Race Committee Signal vessel has docked.

- 14.5** If hearings are held ashore, they will take place at Noroton Yacht Club in the Regatta Room, located on the first floor. The Protest Committee will attempt to hear protests in the order of receipt. Representatives of boats who are parties to a hearing shall remain on call on the patio of Noroton Yacht Club.
- 14.6** Video and/or photographs taken from any support, spectator and/or coach vessel shall not be presented as evidence at hearings by a competitor or a witness. The Protest Committee may present, as evidence, publicly available photos or video. This changes RRS 63.6.
- 14.7** Breaches of SI 17 will not be grounds for a protest by a boat.
- 14.8** When the Protest Committee finds that a boat that is a party to a protest hearing has broken a rule, and as a result has caused catastrophic damage to the other boat involved in the incident (defined as a boat being unable to race the following day), in addition to other penalties, the OA may require that the team at fault give their boat to the team with the damaged boat as a replacement until the damaged boat has been fully repaired.

15 SCORING

- 15.1** Twelve (12) races are scheduled.
- 15.2** A boat's series score shall be the total of all of her race scores. No score will be excluded. This changes RRS A2.
- 15.3** One (1) race is required to constitute a regatta.

16 SAFETY

- 16.1** A boat that retires from a race shall notify the Race Committee and/or the umpires as soon as possible.
- 16.2** RRS 40.1 shall apply at all times while racing. In addition, Competitors must supply their own USCG-approved PFDs. PFDs shall be worn outside of all clothing except team identification bibs. A breach of this SI may only be protested by the Race Committee or Protest Committee. This changes RRS 60.1(a).
- 16.3 Addendum E -Harbor Channel and Hazards**, shows hazards in the harbor including location of the end of Smith's Reef. All competitors shall stay within the harbor channel until they have passed the green bell buoy on its eastern side when leaving or returning to the harbor.

17 REPLACEMENT OF CREW OR EQUIPMENT

- 17.1** Teams shall consist of four (4) or five (5) crew members, including the skipper, all of whom shall sail the entire regatta. All crew must be female.
- 17.2** Substitution to the submitted Crew List may only be made with the permission of the OA.
- 17.3** Yellow Breakdown Flag (provided by the OA to each team for the duration of the event): Before the warning signal of a race, a boat may display a yellow breakdown flag and hail an umpire boat to signal a breakdown or damage to the boat, her sails or injury to her crew and request a delay to the next start. She shall proceed as soon as possible to a position close to leeward of the Race Committee Signal vessel and remain there, unless otherwise

directed. The time allowed for repairs, if any, shall be at the discretion of the Race Committee.

17.4 After the warning signal, a race may be postponed or abandoned at the discretion of the Race Committee if the breakdown flag was displayed as required by SI 17.3.

17.5 Except when RRS 62.1(b) applies, failure to effect repairs in the time allowed or breakdowns after the warning signal shall not be grounds for a boat to request redress. This changes RRS 62.

18 SUPPORT VESSELS AND SUPPORT PERSONS

18.1 The following limitations and restrictions apply to support persons and any coach/support vessels, including spectator vessels associated with a team:

a) Except as directed by the OA, competitors shall have no communication with, be tied to or transfer provisions or equipment to and from any support person or vessel from the time the boat leaves the dock or mooring each day until racing has been concluded for the day for that team.

b) Support and spectator vessels shall not approach closer than 100 meters to any vessel that is racing. In addition, a support vessel shall stay at least 100 meters outside any layline and shall not be located directly above any windward marks or the finishing line. Restrictions are shown in the Race Course Management Area Diagram:

https://yachtscoring.com/event_documents/15609/Race_Course_Management_Area.pdf

c) If in the starting area, support vessels shall leave the racing and starting areas prior to the warning signal and may only station themselves outside either end of the starting line, but no closer than 150 meters to the Race Committee signal vessel or starting mark.

18.2 Support boats shall monitor the RC VHF channel, VHF 73 and, in the case of an emergency, shall be required to assist any vessel as directed by the RC. All support persons and coach/support vessels must register with the OA prior to the first day of racing. Coach/support vessels shall display a flag or burgee (a minimum of 12" on the hoist) that the support boat has supplied identifying the Yacht Club, Sailing Organization or Entity with which they are associated.

18.3 Support/Coach boats will not be permitted to dock at the Noroton Yacht Club's docks except temporarily with permission of Noroton Yacht club staff. Dockage or mooring may be available by making arrangements with the Noroton Yacht Club Dock staff. Telephone #203.655.7686 or VHF channel 72.

19 SPINNAKERS

When the Race Committee signal boat displays signal flag "K" at or before the warning signal, spinnakers shall not be used for that race.

20 PRIZES

- 20.1** The winning team shall be awarded the Susan Widmann Sinclair Trophy and shall have their team and/or skipper's name engraved on the base of the perpetual trophy. The trophy shall remain in the possession of the Noroton Yacht Club.
- 20.2** Prizes will be awarded to the top three teams.
- 20.3** Other trophies may be awarded at the discretion of the OA.

SI ADDENDUM A - HANDLING THE BOATS

1 GENERAL

While all reasonable steps are taken to equalize, variations in the boats will not be grounds for redress. This changes RRS 62.

2 PROHIBITED ITEMS AND ACTIONS

Except in an emergency or in order to prevent damage or injury, or when directed otherwise by an umpire, the following are prohibited:

2.1 Actions subject to umpire-initiated penalties during a race:

- a) Moving the mast blocks.
- b) Adjusting or altering the tension of standing rigging, excluding the backstay.
- c) The use of electronic instruments or smartphone/tablet apps, other than watches.
- d) Using the spinnaker pole to wing out the jib
- e) The use of any shrouds to facilitate tacking or gybing, or to aid the projection of a crew member outboard is prohibited.
- f) Sitting outboard (including legs) of the toe rail is prohibited, but the upper body may lean outboard. Using lazy sheets and control lines for the purpose of hiking normally while seated is permitted.
- g) Radio transmission, except to report damage or in response to a request from the Race Committee.

2.2 Actions subject to protest by the Protest Committee or Race Committee:

- a) Any additions, omissions or alterations to the equipment supplied.
- b) The replacement of any equipment without the sanction of the Race Committee.
- c) Sailing the boat in a manner that it is reasonable to predict that significant further damage would result.
- d) Moving equipment from its normal stowage position except when being used.
- e) Boarding a boat without prior permission.
- f) Taking a boat from its berth or mooring without having paid the required damage deposit or having permission from the Race Committee, or, on race days, while "AP" is displayed ashore.
- g) Hauling out a boat or cleaning surfaces below the waterline.
- h) Attaching lines to the fabric of spinnakers.
- i) Marking directly on the hull or deck with permanent ink.
- j) Perforating sails, even to attach telltales.
- (k) The use of any equipment for a purpose other than that intended or specifically permitted.
- (l) Removal of tiller tiedown.

3 PERMITTED ITEMS AND ACTIONS

The following are permitted:

3.1 Taking on board the following equipment:

- (a) basic hand tools
- (b) adhesive tape or Velcro tape but not duct tape
- (c) line (elastic or otherwise of 4 mm diameter or less)
- (d) telltale material
- (e) watch, timers and hand-held non-digital compass
- (f) shackles, plastic clips, cotter pins/ring dings and clevis pins
- (g) spare flags
- (h) VHF radio

3.2 Using the items in 3.1 to:

- (a) prevent fouling of lines, sails and sheets, or to secure the spinnaker halyard
- (b) attach telltales
- (c) prevent sails being damaged or falling overboard
- (d) mark control settings (adhesive tape only)
- (e) make minor repairs and permitted adjustments
- (f) make signals as per Appendix UF

3.3 Fixing a spinnaker sheet catcher at the bow, providing that it does not extend the length of the boat more than 100 mm and does not require any repair or maintenance after removal.

3.4 Changing the number of mainsheet or jib sheet purchases.

4 MANDATORY ITEMS AND ACTIONS

The following are mandatory:

4.1 At the end of each sailing day:

- (a) rolling, bagging and placement of the sails as directed
- (b) leaving the boat in the same state of cleanliness as when first boarded that day
- (c) releasing backstay tension

4.2 At the end of the final day for a particular boat, cleaning the boat (cabin and decks), removing all trash and recycling and removing all tape and marks.

4.3 Any request to alter, in any way, the equipment on a boat shall be in writing and worded to permit a yes/no answer.

4.4 Complying with any regulations, including speed restrictions and navigation marks, while leaving or returning to the berth or mooring.

4.5 A breach of items 4.1 and 4.2 will be considered as damage and the cost of rectification will be deducted from the damage deposit.

4.6 Each team shall submit a boat condition report to the bosun, or his representative, at the end of each race day.

SI ADDENDUM B - EQUIPMENT LIST

The following non-fixed items, provided by the OA, are to be carried on board at all times in their designated place while sailing. Any loss shall be reported on the daily damage report.

SONARS

SAILS AND SAILING EQUIPMENT

- Mainsail and set of battens
- Jib
- Spinnaker
- Three sail bags
- One spinnaker pole
- Two spinnaker sheets
- Jib sheets
- Two twings
- Tiller extension
- Two headsail track cars

SAFETY GEAR

- Life jackets for each crew member (provided by competitors).
- Paddle
- Bucket and sponge
- Bilge pump
- Throwable cushion

GROUND TACKLE

- Anchor and chain
- Anchor line

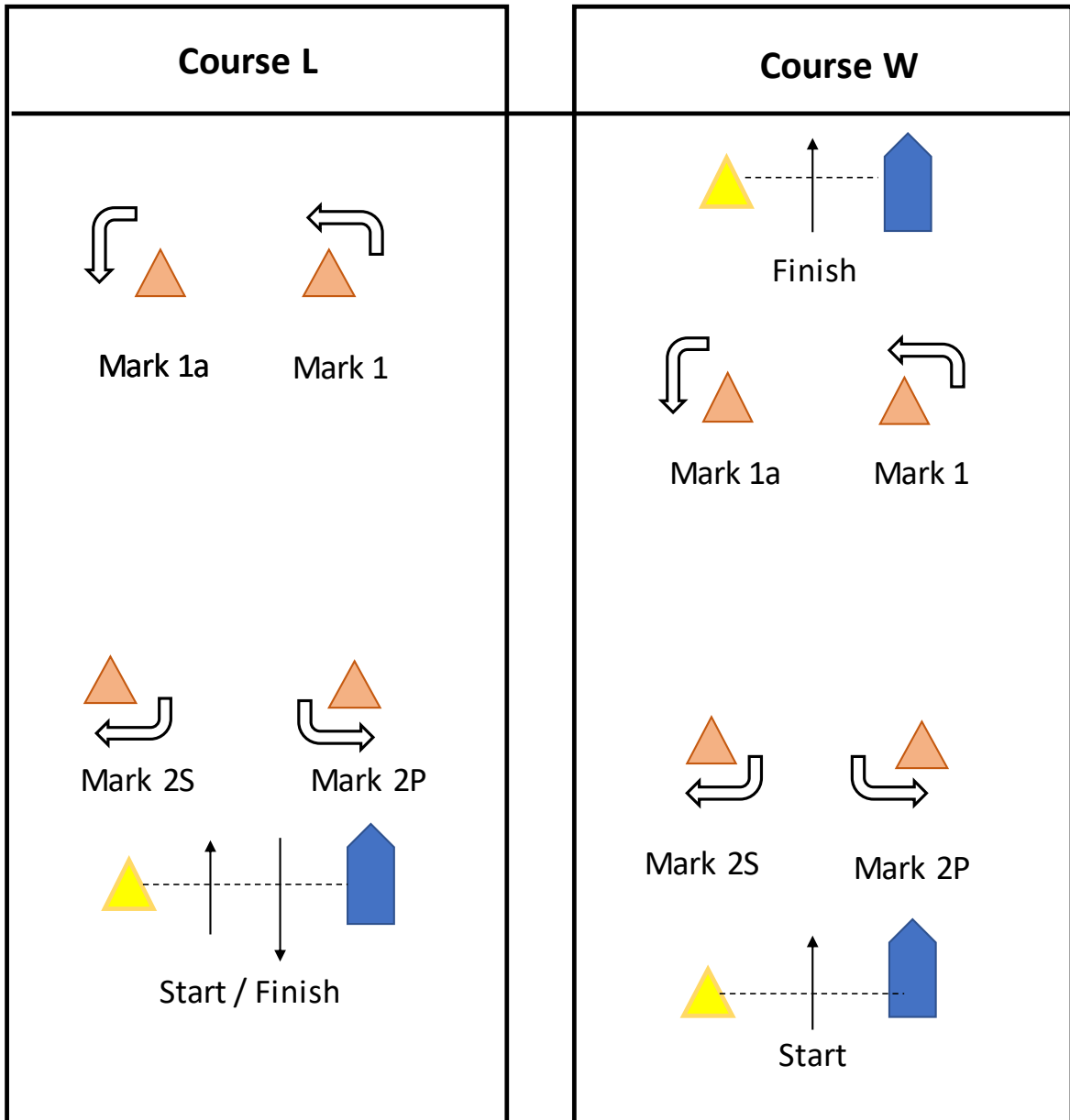
MOORING LINES AND FENDERS

- Two dock lines
- One tow line

ADDENDUM C - COURSES

Course L: Start – 1 – 1a – 2S/2P – 1 -1a – Finish (downwind)

Course W: Start – 1 – 1a – 2S/2P – 1 – 1a – 2S/2P – Finish (upwind)



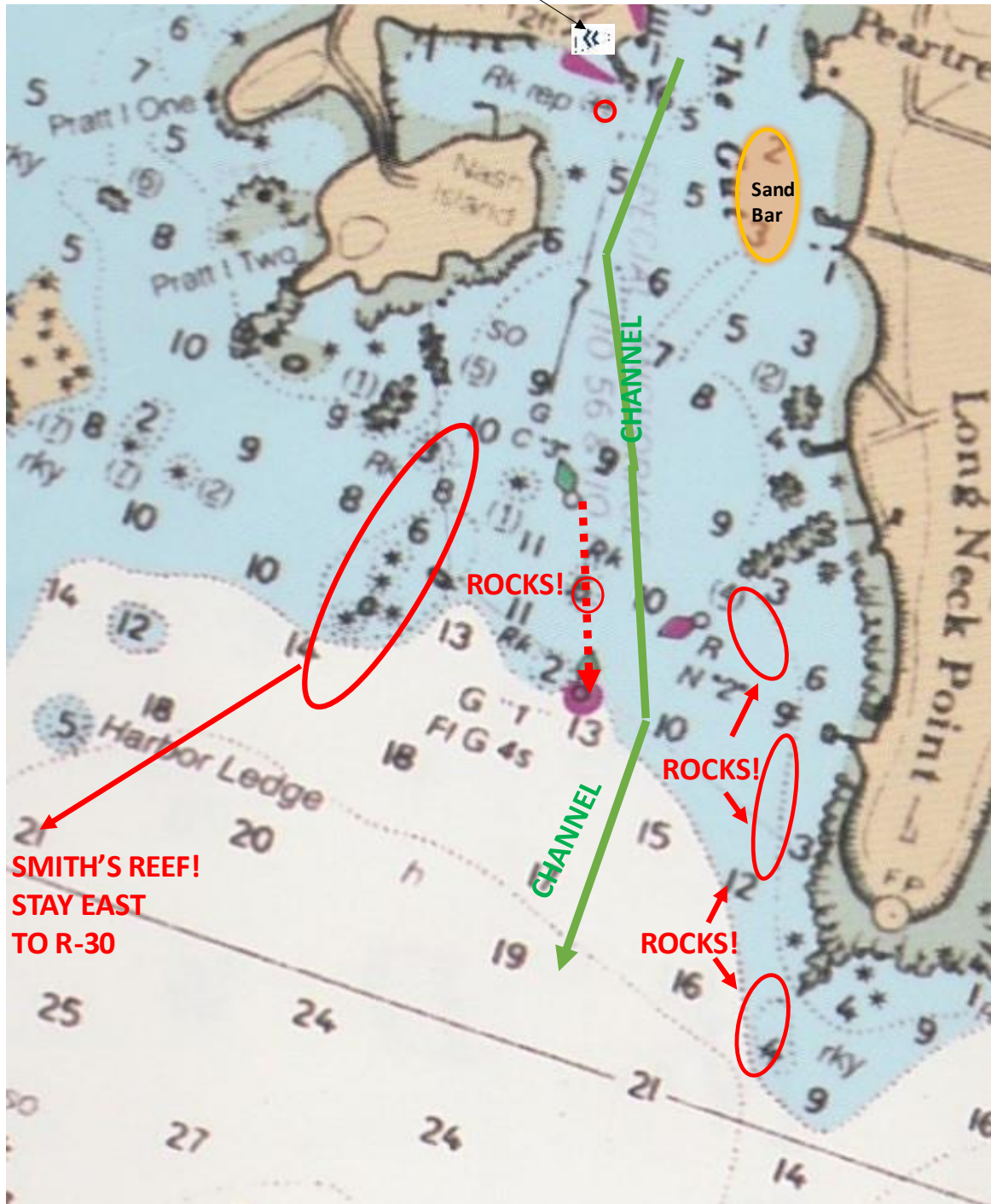
SI ADDENDUM D – BOAT ROTATION

Each Team will draw a boat number on Practice Day. That draw will determine the boat rotation according to the following table.

Boat No. Drawn on Practice Day	Day 1 Boat Assignment	Day 2 Boat Assignment	Day 3 Boat Assignment
1	1	5	8
2	2	6	9
3	3	7	10
4	4	8	11
5	5	9	12
6	6	10	1
7	7	11	2
8	8	12	3
9	9	1	4
10	10	2	5
11	11	3	6
12	12	4	7

ADDENDUM E, Page 1
HARBOR CHANNEL AND HAZARDS

YOU ARE HERE



Page 1

ADDENDUM E, Page 2
HARBOR AND SMITH'S REEF TO R32

