



Sailing Instructions (SIs) American Yacht Club

33rd Annual Fall Regatta

J/88 Long Island Sound Championship
and J/109 East Coast Championship

September 23, 24, 30 & October 1, 2023

Organizing Authority (OA): American Yacht Club, Rye, NY

1 RULES

The event is governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.

2 CHANGES TO SAILING INSTRUCTIONS

Any changes to the sailing instructions will be posted before 1900 on the day before the changes will take effect.

3 COMMUNICATIONS WITH COMPETITORS

3.1 Notices to competitors will be posted on the official notice board located on the Regatta Website: <https://yachtscoring.com/emenue.cfm?eid=15670>.

3.2 The race committee intends to make courtesy broadcasts on the appropriate VHF channels 90 minutes before the first scheduled warning signal on each day of the event.

3.3 The race committee may announce their intentions to start a race or the course via the VHF course channel.

3.4 VHF channels used by the race committee to communicate with the competitors shall be as follows:

South Course VHF Channel: 69 East Course VHF Channel: 71

3.5 Failure of the race committee to make any VHF broadcasts, the timing thereof or a competitor to hear any broadcast shall not be grounds for redress. This changes RRS 62.1(a).

3.6 [DP] From the first warning signal until the end of the last race of the day, except in an emergency or to report a protest or withdrawal, a boat shall make neither voice nor data transmissions and shall receive neither voice nor data communication that is not available to all boats.

4 SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on the American Yacht Club main flagpole and shall be announced on the South and East Course VHF Channels.

4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 90 minutes' in the race signal AP.

5 SCHEDULE OF RACES

- 5.1** The scheduled first warning signal on each day for each course will be based on the weather forecast and will be at 1055 or 1255. The race committee will announce by text message using the cellular phone number and wireless carrier provided with each entry, and post on the Regatta Website the time of the scheduled first warning signal for each of the courses by 1900 on the day before each day of racing. The race committee may have different scheduled first warning signal times for each course. Failure of the race committee to make any text message, the timing thereof or a competitor to receive any text message shall not be grounds for redress. This changes RRS 62.1(a).
- 5.2** For the Windward/Leeward classes, multiple races per day are scheduled.
- 5.3** For the Coastal Racing classes, a maximum of two races per day are scheduled.
- 5.4** Flag A displayed, with no sound, while boats are finishing means 'No more racing today.'
- 5.5** On the last scheduled day of racing no warning signal will be made after 1600.

6 CLASS FLAGS

- 6.1** Class flags will be numeral pennants.
- 6.2** [DP] Each boat shall display its class flag on its permanent backstay or, in the absence of a permanent backstay, from its stern rail.
- 6.3** A listing of entrants by class and the associated class flag shall be posted on the Regatta Website by 1200 on the day before the first race of the series.

7 RACING AREA

- 7.1** There will be two separate race areas for the Fall Regatta, the East Course and the South Course.
- 7.2** The Windward/Leeward classes are assigned to the East Course to be located approximately mid-Sound, east of Milton Point.
- 7.3** The Coastal Racing classes are assigned to the South Course to be located approximately mid-Sound, south of Milton Point.
- 7.4** The approximate positions of the starting areas will be announced approximately 30 minutes prior to the first warning signal each day for all classes on their respective VHF course channels.

8 COURSES

8.1 THE COURSES FOR WINDWARD/LEEWARD RACING

The diagrams in SI Appendix A show the Windward/Leeward courses, the order in which marks are to be passed, and the side on which each mark is to be left.

- 8.2** For Windward/Leeward courses the leeward mark will be a gate. In the event one of the gate marks is missing the remaining gate mark shall be rounded to port.

8.3 The race committee signal vessel will display the magnetic bearing and range, in tenths of nautical miles (15 is 1.5 nautical miles) from the signal boat to the windward mark, and the course number.

8.4 Sample course board and configurations for Windward/Leeward courses (labels may not be displayed):

Course	Class	Range	Bearing
4	1	1	2
4	2	5	3
4	3		0
3	4		

8.5 THE COURSES FOR COASTAL RACING

The Courses and associated signals for the Coastal Racing classes are defined in SI Appendix B.

9 MARKS

9.1 The Marks for Windward/Leeward will be inflatable buoys as follows:

Original Mark(s)	Starting Mark	Finishing Mark	Alternate Change Mark(s)	Offset Mark (1a)
Orange	Yellow	Yellow	Yellow	Orange or Red

9.2 The Marks for the Coastal Racing classes are defined in SI Appendix B.

10 THE START

10.1 The starting line will be between a staff displaying an orange flag on the race committee vessel at the starboard-end and the course side of the port-end Starting Mark.

10.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

10.3 A boat that does not start within 10 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

10.4 If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to broadcast her sail number on her respective VHF course channel. Failure to broadcast her number, failure of her to hear such a broadcast, or the order in which sail numbers are broadcast will not be grounds for a request for 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 move the Original Mark(s) or the finishing line to a new position. Race Signals are changed so that if signal flag Q is displayed under signal flag C, the race committee will lay an Alternate Change Mark(s) as

defined in SI 9. When the mark being changed is mark 1 (the windward mark), if the race committee does not set mark 1a, it will no longer be a mark of the course.

- 11.2** The race committee may change the course by up to five (5) degrees in bearing and/or 0.2 nm in length without a signal. This changes RRS 33.

12 THE FINISH

The finish line will be between a staff displaying a blue flag on a race committee vessel and the course side of the Finishing Mark.

13 PENALTY SYSTEM

- 13.1** Appendix T, Arbitration, will apply as changed. At the end of T4, Arbitration Meeting Outcomes, add:
(c) The first sentence of 63.3(a) is changed to “A representative of each party to the hearing and the Arbitrator, if arbitration has been conducted, have the right to be present throughout the hearing of all the evidence.”

- 13.2** For all classes: US Sailing Prescription Appendix V, Rule V1 shall apply.

14 TIME LIMITS

- 14.1** For the Windward/Leeward classes: the time limit for the first boat to sail the course and finish in each class will be 2 1/2 hours from the starting time of that class. Boats failing to finish within 30 minutes after the first boat in her class sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.
- 14.2** For the Coastal Racing classes: the time limit for the first boat in her class to sail the course and finish in each class following a 1055 scheduled first warning signal will be 4 hours from the starting time of that class, and following a 1255 scheduled first warning signal the time limit will be 3 hours. Boats failing to finish within 1 1/2 hours after the first boat in her class sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.
- 14.3** Failure to meet the Time Limits will not be grounds for redress. This changes RRS 62.1(a).

15 HEARING REQUESTS

- 15.1** Rule 61.1(a) is changed to include the following notice and procedures: At any time after an incident, up to and including immediately after finishing, a protesting boat shall notify the race committee over their respective VHF course channel of its intent to lodge a protest and provide the sail number of the protesting boat and the sail number of the boat it intends to protest. The race committee will identify all protests for that race received by the committee by broadcast over the respective VHF course channel. Broadcasts will commence approximately 5 minutes after the first boat has finished and will be repeated at approximately 15-minute intervals until the last boat has finished. These broadcasts are made only as a courtesy to competitors. Failure of the race committee to make such courtesy broadcasts or failure of a boat to hear such broadcasts will not be grounds for a request for redress. This changes RRS 62.1(a).
- 15.2** Hearing request forms are available on the US Sailing Racing Rules app and at the “Jury Desk”, located in the foyer of the American Yacht Club clubhouse. Protests and requests

for redress or reopening shall be sent by e-mail to protests@americanyc.org or delivered to the Jury Desk within the appropriate time limit.

15.3 For each class, the protest time limit is 60 minutes after the race committee signal vessel for that course docks.

15.4 Notices will be posted on the Regatta Website and the race committee notice board at the American Yacht Club clubhouse no later than 15 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 off the foyer of the American Yacht Club clubhouse beginning at the time posted.

16 SCORING

16.1 One (1) 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. This changes RRS A2.

16.3 A boat scored DNF will be scored points equal to the number of boats in her class that sailed the course and finished within the time limit plus two points. This changes Rule A5.2.

16.4 The Coastal Racing classes will be scored time using PHRF Time on Distance (ToD) and the W/L rating shown on each boat's YRALIS PHRF certificate.

16.5 Scoring for ORC classes will use Triple Number Windward/Leeward Time On Time ratings.

16.6 Course distances as determined by the race committee will not be grounds for redress. This changes Rule 62.1.

17 SAFETY REGULATIONS

[DP] A boat that retires from a race shall notify the race committee at the first reasonable opportunity.

18 GREEN REGATTA

In an effort to promote sustainability and reduce the amount of waste in Long Island Sound, competitors are encouraged to utilize reusable water bottles and avoid the use of any single-use plastics.

19 PRIZES

19.1 Prizes for the Fall Regatta and the J/109 East Coast Championship will be awarded on October 1, 2023 at American Yacht Club.

19.2 Prizes for the J/88 Long Island Sound Championship will be awarded on September 24, 2023 at American Yacht Club.

RISK, RESPONSIBILITY FOR SAFETY, WAIVER & RELEASE

RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event and any related activity sponsored, undertaken, administered, managed, or allowed to be conducted by American Yacht Club, the owner, helmsman and each crew member agree, understand and accept, for themselves and their respective successors, assigns, representatives, administrators, executors, agents, heirs or any person acting or purporting to act on their behalf ("Releasers") that sailing is an inherently dangerous and unpredictable activity due to multiple factors that cannot be anticipated or predicted with certainty, including but not limited to weather, equipment failure or malfunction, and the actions of others on or off the water, injury, sickness and disease (including communicable diseases such as Covid-19). Releasers also agree, understand and accept that sailing presents inherent risks of serious bodily injury (including permanent disability, paralysis, and death, whether by drowning or otherwise, sickness and disease (including communicable diseases), property damage and other economic loss. Accordingly, and in consideration for being permitted to enter into and participate in this or any other sailing event sponsored, undertaken, administered, managed or allowed to be conducted by American Yacht Club, Releasers forever release and waive, to the fullest extent allowed by law, any and all claims, actions, accounts, causes of action and choses in action, whether in law, equity or admiralty, that Releasers now have, may have had or may come to have, against American Yacht Club, including its officers, directors, trustees, members, employees, agents, volunteers, staff, committees, and anyone acting on its behalf ("Releasees"), for anything arising out of or relating to Releasers' participation in such sailing events (including contracting communicable diseases such as Covid-19). Notwithstanding anything to the contrary, and without in any way limiting or lessening the effect or breadth of the foregoing release and waiver, and solely for the avoidance of doubt and clarification, Releasers agree, acknowledge and understand that this release and waiver applies to any and all claims of any kind at all against Releasees arising out of or relating to injuries, deaths, sickness and disease (including communicable diseases such as Covid-19), damage to vessels or damage to personal property sustained during or as a result of any and all sailing events sponsored, undertaken, administered, managed or allowed to be conducted by American Yacht Club.

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INSURANCE

Each participating boat shall be adequately insured with current, valid third-party liability insurance that is appropriate taking into account the value of the boats racing and the type of racing.

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CONTACT INFORMATION

American Yacht Club, 499 Stuyvesant Avenue, Rye, NY 10580

AYC Website: www.americanyc.org Phone: (914) 967-4800

Regatta Website: <https://yachtscoring.com/emenu.cfm?eid=15670>

Email: aycrc@americanyc.org Fax: (914) 967-5340

American Yacht Club cordially extends the privileges of the clubhouse and harbor to participants before and after the racing.

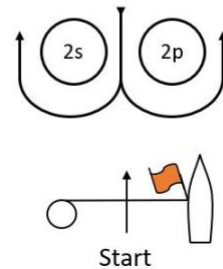
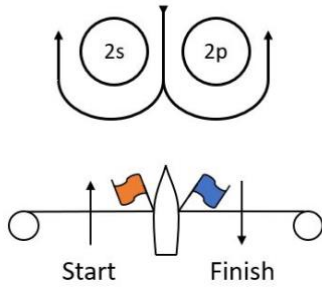
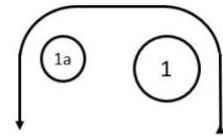
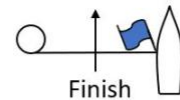
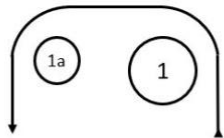
A limited number of moorings will be available. Reservations are required. Contact Bud Puterbaugh, AYC Harbor Captain by email (bputerbaugh@americanyc.org) for rates and availability.

Appendix A Windward/Leeward Course Diagrams

***For races when mark 1 has been changed in accordance with RRS 33, mark 1a may no longer be a mark of the course in accordance with SI 11.1.**

Course	Order of Marks
2	Start, 1, 1a*, Finish
4	Start, 1, 1a*, 2p/2s, 1, 1a*, Finish
6	Start, 1, 1a*, 2p/2s, 1, 1a*, 2p/2s, 1, 1a* Finish

Course	Order of Marks
3	Start, 1, 1a*, 2p/2s, Finish
5	Start, 1, 1a*, 2p/2s, 1, 1a, 2p/2s, Finish
7	Start, 1, 1a*, 2p/2s, 1, 1a*, 2p/2s, 1, 1a*, 2p/2s, Finish



Appendix B Coastal Racing Course and Marks

B.1. The race committee signal vessel at or before the warning signal will signal the course by letters according to SI B.3 and B.5. The race committee will list the marks in the order to be rounded (reading the course board column by column, top-down, then left-to-right) and the required side to leave each mark. The Finish shall be in the approximate location of the Start. The Starting Mark is an Orange inflatable mark. The Finishing Mark is a Yellow inflatable mark. The race committee vessel at the Finish may or may not be the same vessel that started the race.

B.2. An illustrative course board is shown below (labels may not be displayed). In this example, the course would be: Start, R rounded to port, L rounded to port, X (which bears 120° M at a range of 2.0 nm from the race committee signal vessel) rounded to port, V rounded to starboard, M rounded to starboard, Finish.

Mark	Mark	Bearing	Range
F (P) or port	M (S)	1	2
L (P)		2	0
X (P)		0	
V (S)			

B.3. Marks for the Coastal Racing classes will be designated as follows:

- | | | | |
|-------------------------|------------------------|------------------------|-------------------|
| A N "40A" Scotch Caps | G G "23" Sands Pt | N G "17" Oyster Bay | T G "1" Greenwich |
| B R "42" Mamaroneck | I N "4" Prospect Pt | O G "15" Lloyd Pt | V R "38" Playland |
| C C "1" Delancey Pt | J R "6" Mott Pt | P GR C "E" Eatons Neck | |
| D G "1" Larchmont | K C "1" Weeks Pt | Q R "28C" Norwalk | |
| E R "2" Larchmont | L G "21" Matinecock Pt | R R "32" Stamford | |
| F C "1" Execution Rocks | M C "19" Oak Neck Pt | S R "32A" Mid-sound | X Drop Mark |

B.4. Mark X, if signaled, will be a Yellow inflatable mark and located at a magnetic bearing and range from the race committee signal vessel as displayed on the course board. Mark X may be used anywhere in the course.

B.5. The following chart shows the approximate location of the marks. It is not to be used for navigation.

