



YACHT RACING ASSOCIATION OF LONG ISLAND SOUND

2016 Mid-Sound One-Design Series

Sailing Instructions

1 RULES

- 1.1 Mid-Sound One-Design series racing will be governed by the rules as defined in The Racing Rules of Sailing (RRS).
- 1.2 A boat may take a One-Turn Penalty when she may have broken one or more rules of Part 2 in an incident or rule 31 while *racing*. However, when she may have broken one or more rules of Part 2 in an incident while in the *zone* around a *mark* other than a starting *mark*, her penalty shall be a Two-Turns Penalty. This changes the first two sentences of rule 44.1.

2 NOTICES TO COMPETITORS AND CHANGES IN SAILING INSTRUCTIONS

Notices to Competitors and changes in the Sailing Instructions for Special Events will be posted on the host club website by 1400 on the day before they take effect.

3 SIGNALS MADE ASHORE

- 3.1 Signals made ashore will be displayed at the main flagpole of the club responsible for conducting that day's races and announced on VHF channels 71 and 72. Competitors not in sight of the flagpole may call the race committee on the same channels. AYC and LYC may repeat the signal if not responsible that day.
- 3.2 When flag AP is displayed ashore, "1 minute" is replaced with "not less than 1 hour" in the race signal AP.
- 3.3 Races may be postponed ashore no later than one (1) hour before the scheduled first warning signal.

4 SCHEDULE OF RACES

4.1

Date	Event or Race Committee
28-May	* Memorial Day Regatta (LYC)
29-May	* Memorial Day Regatta (LYC)
4-June	S Boats
11-June	Viper 640
18-June	American YC
25-June	**YRA PHRF Distance Race - LYC
2 & 3 July	* Ind Day Regatta (AYC)
9-July	~ no racing ~
16 & 17 July	* Larchmont Race Week
23 & 24 July	* Larchmont Race Week
30-July	~ no racing ~

Date	Event or Race Committee
6-Aug	* YRALIS Championship Regatta (AYC)
7-Aug	* YRALIS Championship Regatta (AYC)
13-Aug	Larchmont YC
20-Aug	~ no racing ~
27-Aug	~ no racing ~
3-Sept	**YRA PHRF Distance Race - LYC
10-Sept	International One Design
17-Sept	Etchells
24-Sept	Shields
1-Oct	Larchmont YC
10-Oct	Larchmont YC

- 4.2 The race committee intends to run 2 or more races each day. The number of races conducted each day is at the sole discretion of the race committee.
- 4.3 The first warning signal will be at 1425 each day. Classes may not be started in numerical order.
- 4.4 The first warning signal for the *Memorial Day, *AYC Independence Day, *LYC Race Week and *YRA Champs will be as stated in their Notice of Race and/or Amendment to these Sailing Instructions.
- 4.5 Course Descriptions for the **YRA PHRF Distance Race will be announced from the signal boat prior to the 1st warning.

5 DIVISION FLAGS

Division flags will be numeral pennants. Class insignias may be substituted.



1) Viper 640



2) J/70



3) Etchells



4) IOD



5) Shields



6) S-Class



7) Other

6 RACING AREA

The racing area will be in the waters midway between Larchmont and American Yacht Clubs, unless this interferes with other events.

7 THE COURSE

7.1 No later than the warning signal, the race committee signal boat will display the course, the approximate compass and distance to the first mark and the number of legs to be sailed on the course board.

SAMPLE COURSE BOARD (showing a course of 210 degrees, 1.0 nm to the windward mark and course 4 for Div 1-4 and course 2 for Div 5-6 the race: (aft)

Bearing	Range	Division	Course
210	1.	1-4	4
	0	5-6	2

If the course is the same for the succeeding class or classes, their course will be left blank.

7.2 Course will be designated as follows with all marks rounded to port:

2 - windward, finish to leeward

3 - windward, leeward, finish to windward

4 - windward, leeward, windward, finish to leeward

5 - windward, leeward, windward, leeward, finish to windward

6 -triangle, windward, finish to leeward

8 MARKS

8.1 Original marks will be either all orange or yellow inflatables.

8.2 New marks, as provided in Instruction 10, Changing the Next Leg of the Course, will be the alternative color (or, if necessary, a buoy with a black band).

9 THE START

9.1 The starting line will be between a staff displaying an orange or yellow flag on the signal boat at the starboard end and an orange or yellow flag or the course side of an inflatable buoy at the port end.

9.2 Boats whose preparatory signal has not been made shall stand clear of the starting area and all boats whose preparatory signal has been made.

9.3 A boat that starts later than 10 minutes after her starting signal will be scored DNS without a hearing. This changes rules A4 and A5.

9.4 Any re-commencement of the starting system will be preceded by repetitive sounds and an announcement on Ch 78A approx. 1 minute prior to the warning signal.

9.5 If there is only one boat in a class, that boat will be recorded for its participation, but not given an individual start. However, the race committee may allow that boat to start with another class, if approved by that class and the race committee. If so, both class flags will be displayed at their warning signal. If two or more classes have fewer than three boats participating on a day, the race committee may, with the approval of the classes, combine their starts – but not for the first race of the day. If so, both class flags will be displayed at their warning signal. Classes will be scored separately.

9.6 The race committee will attempt to hail OCS boats by their sail number on VHF channel 78a. The timing and order of such hails or the failure of a competitor to hear the hail will not be grounds for redress. This changes RRS 62.1(a).

10 CHANGING THE NEXT LEG OF THE COURSE

To change the next leg of the course, the race committee will lay a new mark (or move the finish line) and remove the original mark as soon as practical. When in a subsequent change of course a new mark is replaced, it will be replaced with an original mark.

11 THE FINISH

11.1 The finish line will be between a staff displaying a yellow flag on a race committee boat and the finish mark. For a leeward finish, the finish line will be between staff with a yellow flag at the port end and a yellow flag

on a committee boat at the starboard end. For a windward finish the finish line will be between the windward mark and the committee boat at the starboard.

11.2 The race committee may assign a finish position to any unfinished boats, provided that the appropriate finish place for those boats can be determined in a reasonable manner.

11.3 Flag A displayed with no sound while boats are finishing means "No more racing today".

12 TIME LIMIT

Unless otherwise posted or modified by the race committee, the time limit for the first boat in a class to sail the course and finish will be 2 1/2 hours. Boats not finishing within 30 minutes after the first boat in that class will be scored Time Limit Expired (TLE). This modifies rule 35.

13 PROTESTS

13.1 It is recommended that protests and requests for redress be written on the RRS Protest Form.

13.2 For all race days other than Special Events, written protests and requests for redress shall be faxed to the YRA at (516) 767-9204 or e-mailed to office@yralis.org no later than the 1st business day following the race. These hearings will be heard on the following Thursday at 2000 at a location to be announced unless all parties agree otherwise.

14 SCORING

14.1 The low point scoring system of Appendix A will apply with multiple races scheduled. A boat's series score will be the total of her race scores without exclusion.

14.2 A boat scored Time Limit Expired (TLE) will be given two points more than the number of finishers except that she shall not be scored worse than DNF.

14.3 For Season scoring, Fleets may use the Cox-Sprague scoring system as shown in the One Design Championship Rules section of the YRA Year Book; however, each fleet may choose any scoring system.

14.4 All scores shall be submitted to the YRA Office following the completion of racing. Scores can be emailed to office@yralis.org.

15 NAVIGATION RULES

All boats are cautioned to observe the Navigation Rules of the Road and to yield right of way to vessels restricted in their ability to maneuver. Racing sailboats are requested to avoid tugs and barges. Competing boats shall not communicate by VHF radio with commercial craft, except in an emergency. Failure to comply with this instruction may result in a rule 2 hearing against the offending boat.

16 RADIO COMMUNICATIONS

17.1 The race committee will monitor and communicate its intentions via VHF 78a.

17.2 Except in an emergency, a boat shall neither make nor receive radio transmissions not available to all boats. This restriction also applies to mobile phones.

18 SAFETY REGULATIONS AND CHECK IN/CHECKOUT

18.1 Prior to the warning signal of her first race each day, a boat shall sail past the stern of the race committee boat, hail her sail number and be acknowledged by the race committee.

18.2 A boat that retires from a race or does not intend to compete in a race after checking in shall notify the race committee as soon as possible.

19 PRIZES

YRA of LIS prizes will be awarded to each owner qualifying and placing first (1 or more qualifiers), second (5 or more), third (8 or more), fourth (15 or more) and fifth (20 or more) in season scores. In order to rank as qualifying, the owner must start at least 50% of the races, but not less than 10, designated by each fleet from the Schedule. This series qualifies a boat to compete for the Cow Bay Perpetual Trophy provided that the boat is in an ISAF-recognized class. This series qualifies a boat to compete for the Russell J. Nall Memorial Trophy provided that the boat is scored according to the Cox-Sprague Scoring System as adopted by the YRA of LIS. Prizes will be awarded as above for a series comprising the Memorial Day, Independence Day, and the YRA One-Design Championship regattas. This series will be scored according to the Cox-Sprague Scoring System. To qualify, an owner must start at least 50% of the races and be an active member of the YRA of LIS.

DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority or it's member clubs or fleets will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

Further Information Please Contact:

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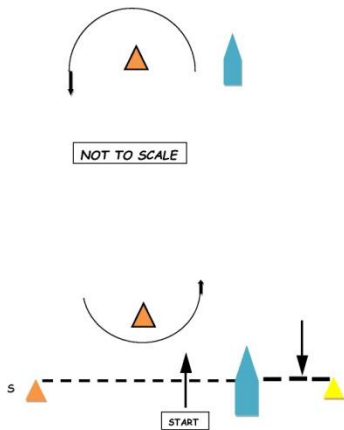
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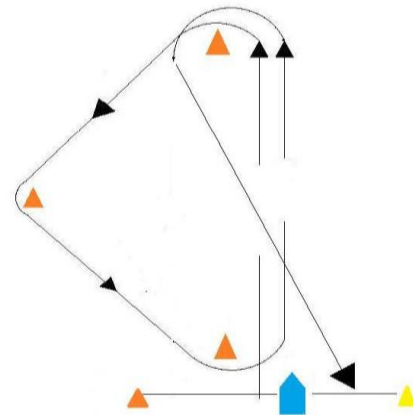
COURSE DIAGRAMS (Schematic – not to scale)

WINDWARD-LEEWARD COURSE DIAGRAM



COURSE 2: START-windward (port)-FINISH(downwind)
 COURSE 3: START-windward-leeward-FINISH(upwind)
 COURSE 4: START-windward-leeward-windward-FINISH (downwind)
 COURSE 5: START-windward-leeward-windward-leeward-FINISH (upwind)

Triangle - Windward - Leeward



START -triangle-windward-FINISH(downwind)