

YACHT RACING ASSOCIATION OF LONG ISLAND SOUND 2003 MID-SOUND ONE-DESIGN SAILING INSTRUCTIONS

Schedule of Races

Date	Race Committee/Special Event	Date	Race Committee/Special Event
May 24–25	Larchmont Memorial Day Regatta	August 9–10	American High-Summer Regatta
June 1	American	August 17	No Races
June 8	Larchmont	August 24	Etchells
June 14	Huguenot**	Aug 30–31	Larchmont Labor Day Regatta
June 22	Sonars/S Boats	September 7	Huguenot
June 29	American	September 14	American
July 5–6	American Independence Day Regatta	September 21	No Races
July 13	No Races	September 28	Shields
July 19–20	Larchmont Race Week*	October 4**	IODs
July 26–27	Larchmont Race Week*	October 11–12	Larchmont Columbus Day Regatta*
August 3	No Races		

Special Events: American's Independence Day and High-Summer Regattas, and Larchmont's Memorial Day Regatta, Race Week, Labor Day Regatta and Columbus Weekend events. Special supplements to the Sailing Instructions may be issued.

* Separate registration and entry fee required ** **Note: Saturday racing**

1 RULES

The series will be governed by the *rules* as defined in *The 2001–2004 Racing Rules of Sailing (RRS)* and the YRA One-Design Championship Rules.

2 ENTRIES

Boat owners may enter the series by filing a YRA membership dues form and paying the appropriate dues. Crews are encouraged to enroll as Associate Members of the YRA.

3 NOTICES TO COMPETITORS AND CHANGES IN SAILING INSTRUCTIONS

The location of notices to competitors and changes in the sailing instructions for Special Events will be issued by the sponsoring club. General changes to these sailing instructions will be mailed to registered YRA Mid-Sound racing members at least 1 week before they take effect.

4 SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed at the main flag pole of the club responsible for conducting the races that day and announced on VHF channels 71 and 72. Competitors not in sight of the flag pole may call the race committee on the same channels.

If not the race committee for the day, the American and Larchmont Yacht Clubs may repeat the signal.

4.2 Race Signal AP with two horns (one horn when lowered) means "The race is postponed. The warning signal will be made not less than 1 hour after AP is lowered." This modifies Race Signal AP.

4.3 Races may be postponed from ashore after 1200 but no later than 1400.

4.4 Racing for the day may be abandoned from ashore by displaying flags N over A with three sound signals.

5 SCHEDULE OF RACES

5.1 See above. Two races may be held each day. The first warning signal is scheduled at 1425.

5.2 For Larchmont Race Week and the Larchmont Columbus Day Regatta, the warning is scheduled at 1125.

6 CLASS FLAGS

Class flags will be numeral pennants. Class insignia flags may be substituted for the numeral pennants.

Classes are numbered as shown: I J-105 IV Etchells VII Sonar
 II J-27 V IOD VIII S Boat
 III 6 Meter VI Shields IX All Others

7 RACING AREA

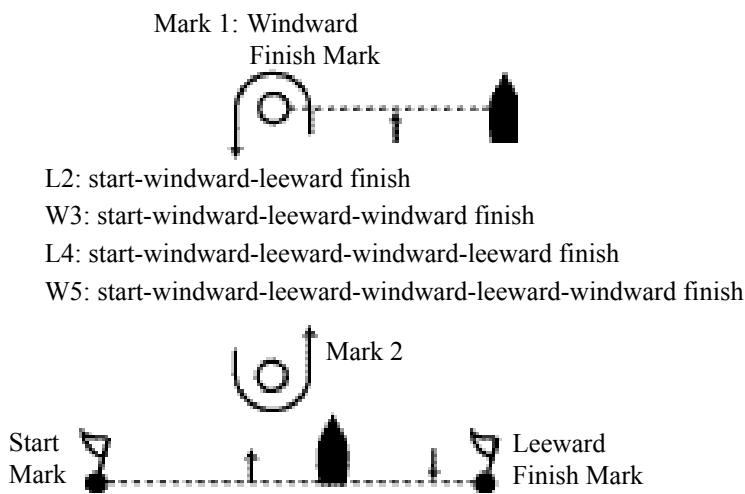
The racing area will be approximately midway between the Larchmont and American Yacht Clubs. On September 7, due to the NOOD at Larchmont, the racing area will be west of Larchmont.

8 CHECK-IN AND RETIRING

Prior to the first warning signal for the first race, each boat is requested to sail by the stern of the race committee boat on starboard tack and check-in. Boats retiring must notify the race committee.

9 THE COURSE

9.1 The diagram below shows the course, the order in which marks are to be passed, and the side on which each mark is to be left. At the start and finish, the committee boat will be a mark of the course and shall be left to starboard.



Sample Signal Board
(labels may not be displayed)

forward		aft	
bearing	range	class	course
2	1	I	L4
3	.5	II	
0		III	
		IV	

9.2 The race committee signal board (sample illustrated above) will display:

- (a) The approximate compass bearing and range to Mark 1.
- (b) Class numbers (Roman numerals) in their starting sequence order.
NOTE: Numbers may not be in numerical order or complete.
- (c) If only one boat in a class is racing, that start will be skipped (in accordance with 11.5), and the start of the succeeding classes advanced accordingly.
- (d) The course for each class will be displayed next to its class number. If the course is the same for the succeeding class or classes, their course will be left blank.

Courses will be identified as follows:

- L2: start-windward-leeward finish
- W3: start-windward-leeward-windward finish
- L4: start-windward-leeward-windward-leeward finish
- W5: start-windward-leeward-windward-leeward-windward finish

9.3 Mark 2 will be approximately 100 yards to windward of the starting line.

10 MARKS

All marks will be yellow or orange. New marks, as provided in instruction 12, Change of Course after the Start, will be yellow or orange with a black band. Alternatively, if orange (yellow) marks are used for the course, the Race Committee may place a yellow (orange) mark for a change of course mark.

11 THE START

11.1 Races will be started in accordance with rule 26:

Time	Title	Signal
05	Warning	Class flag; 1 sound
04	Preparatory	P, I, Z, Z with I, or black flag; 1 sound
01	One-minute	Preparatory flag removed; one long sound
00	Start	Starting class flag removed; 1 sound

Succeeding classes will be started as follows:

(a) at 5-minute intervals by displaying a class flag at the start of the preceding class, or

(b) at any time afterwards by re-commencing the 5-minute sequence described above. A re-commencement will be preceded by a series of repetitive sounds and an announcement on VHF CH 68 3 minutes prior to the warning signal.

11.2 The starting line will be between a staff displaying an orange or yellow flag on the race committee boat at the starboard end and an orange or yellow flag at the port end.

11.3 Boats whose warning signal has not been made shall keep clear of the starting area and of all boats whose warning signal has been made.

11.4 A boat shall not start later than 10 minutes after her starting signal.

11.5 If there is only one boat in a class, that boat will be recorded for its participation but will not be given a start.

12 RECALLS/VHF BROADCASTS

12.1 The Race Committee will monitor VHF CH 68 during racing and will use that channel to announce its intentions. The RC will respond only to emergency calls.

12.2 The Race Committee will endeavor to hail sail numbers of premature starters including broadcast on VHF CH 68. Failure of a boat to hear her hail and the order and timing of such hail will not be ground for redress.

13 CHANGE OF COURSE AFTER THE START

A change of course after the start will be signaled before the leading boat has begun the leg, although the new mark may not then be in position. Any mark to be rounded after rounding the new mark may be relocated to maintain the original course configuration. When in a subsequent change of course a new mark is replaced, it will be replaced with an original mark.

14 THE FINISH

14.1 The finish line will be between a staff displaying an orange flag on the committee boat and Mark 1 (upwind finish) or, an orange flag (downwind finish). At the finish the committee boat shall be left to starboard.

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

14.3 A second race will be held when the committee boat displays the "Second Substitute" at the finish of the first race.

14.4 The race committee boat **will not** display a blue flag or shape to indicate she is in position at the finishing line. This modifies RACE SIGNAL "Blue Flag".

15 TIME LIMIT

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

16 PROTESTS

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

16.2 For Special Events, written protests shall be filed within one hour after the Race Committee comes ashore. Protests will be heard by the sponsoring club as soon as practicable after the expiration of the time limit.

16.3 For all other race days, written protests shall be faxed to the YRA at (516) 767-9204 no later than the 1st business day following the race. These protests will be heard on the following Thursday at 2000 hours, unless all parties agree otherwise, at a location to be announced.

16.4 A protest involving a rule of Part 2 will first go to arbitration. This modifies Part 5, Section B, of the RRS.

Any protest unresolved by arbitration will be heard by the protest committee immediately following the arbitration hearing.

17 SCORING

The Cox-Sprague scoring system as shown in the One Design Championship Rules section of the YRA Year Book is recommended; however, each fleet may choose any scoring system. A TLE is scored by adding 50% of the difference between the number of finishers and starters (truncated if a fraction) to the number of finishers.

18 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, High-Summer Weekend, Labor Day and Columbus Day 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.

19 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.

As a condition of the participation of any yacht in any race or related activity sponsored or undertaken by the Yacht Racing Association of Long Island Sound, Inc. (YRA) or its member clubs or organizations, the owner, helmsman, and each crew member agree that the safety of the yacht and her crew and the decision whether or not to start or continue to race is solely their responsibility, and each of them waives all claims which he or she, or any heir, representative, successor or assignee, may have against the YRA, its member clubs and organizations, and their respective officers, directors, members, committees, employees or agents, arising out of or in any way connected with participation in such race or activity.

RACE SIGNALS

The meanings of visual and sound signals are stated below. An arrow pointing up or down (\uparrow / \downarrow) means that a visual signal is displayed or removed. A dot (•) means a sound; dots with dashes (•---•) mean repetitive sounds. When a visual signal is displayed over a class flag, the signal applies only to that class.

Postponement Signals

\uparrow •• \downarrow •	\uparrow ••	\uparrow ••
AP Races not started are postponed. The warning signal will be made 1 minute after removal unless at that time the race is postponed again or abandoned.	AP over H Races not started are postponed. Further signals ashore.	AP over A Races not started are postponed. No more racing today.

Pennant 1 \uparrow •• \downarrow •	Pennant 2 \uparrow ••• \downarrow •	Pennant 3 \uparrow •• \downarrow •
Pennant 4 \uparrow ••• \downarrow •	Pennant 5 \uparrow ••• \downarrow •	Pennant 6 \uparrow ••• \downarrow •

AP over a numeral pennant 1-6 Postponement of 1-6 hours from the scheduled starting time.

Abandonment Signals

\uparrow •••• \downarrow •	\uparrow ••••	\uparrow ••••
N All races that have started are abandoned. Return to the starting area. The warning signal will be made 1 minute after removal unless at that time the race is abandoned again or postponed.	N over H All races are abandoned. Further signals ashore.	N over A All races are abandoned. No more racing today.

Signals Before the Start

\uparrow • \downarrow •	\uparrow • \downarrow •	\uparrow • \downarrow •	\uparrow • \downarrow •
F Preparatory signal.	I Rule 30.1 is in effect.	Z Rule 30.2 is in effect.	Black flag Rule 30.3 is in effect.

Recall Signals

\uparrow •	\uparrow ••• \downarrow •
X Individual recall.	First Substitute General recall. The warning signal will be made 1 minute after removal.

Course Change Signals

\uparrow ••	•••••
S No later than the warning signal: Sail the short course.	C The position of the next mark has been changed.
At a rounding or finishing mark: Finish between the nearby mark and the staff displaying this flag.	

Other Signals

\uparrow •	•••••	\uparrow •	(no sound)
L Ashore: A notice to competitors has been posted.	M The object displaying this signal replaces a missing mark.	Y Wear personal buoyancy.	Blue flag or shape. This race committee boat is in position at the finishing line.
Afloat: Come within hail or follow this boat.			