

**St. Thomas International Optimist  
Regatta**

**June 16-18, 2023  
St. Thomas Yacht Club  
Cowpet Bay St. Thomas,  
USVI**

**SAILING INSTRUCTIONS**

**1 RULES**

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 The Green Fleet will use World Sailing's Introductory Rules of Sailing, See Appendix 3.
- 1.3 Classes will be divided by the age guidelines in the USODA class rules for scoring. (Red, White and Blue)
- 1.4 The organizers may require competitors to display advertising decals of event sponsors on their boats.

**2 FORMAT OF THE CHAMPIONSHIP**

There will be a Championship Fleet and there will be a Green Fleet. The Green Fleet is intended for less experienced sailors and will include opportunities for learning.

**3 NOTICES TO COMPETITORS**

Notices to competitors will be posted on the official notice board located at St. Thomas Yacht Club.

**4 CHANGES TO SAILING INSTRUCTIONS**

Any change to the sailing instructions will be posted before 0830 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

**5 SIGNALS MADE ASHORE**

- 5.1 Signals made ashore will be displayed from the flagpole at the St Thomas Yacht Club.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in RACE SIGNALS AP.

## **6 REGISTRATION AND SCHEDULE OF RACES**

<b>6.1</b>	June 16, 2023	Coaches Meeting	09:00 (mandatory)
		Skippers' Meeting	09:30 (mandatory)
		Harbor Start	10:15
		Racing	11:00 - 1 <sup>st</sup> Warning Signal
	June 17, 2023	Harbor Start	10:15
		Racing	11:00 - 1 <sup>st</sup> Warning Signal
	June 18, 2023	Harbor Start	09:15
		Racing	10:00 - 1 <sup>st</sup> Warning Signal

**6.2** After racing each day, the jury may hold a debrief on the day's sailing on the lower deck.

**6.3** The number of races sailed will not exceed 14 for the Red, Blue and White Fleets.

**6.4** The Green Fleet has no limit to the number of races to be sailed.

**6.5** Red, Blue and White Fleets will eat lunch on the water Friday and Saturday. Lunch will be available for pick up during breakfast for Red, Blue and White Fleets. The Green Fleet will return each day to the Club for lunch.

**6.5** The Race Committee will run consecutive races with the warning signal for the next race as soon as possible after the last boat finishes the preceding race.

**6.6** On Sunday June 19, no warning signal will be made after 13:00.

## **7 CLASS FLAGS**

<i>Class</i>	<i>Flag</i>
Red, Blue and White Fleets	Opti Class
Flag Green Fleet	Green

## **8 RACING AREAS**

**8.1** The Championship Fleet will sail together on the Racing Circle located either south of Cow and Calf Rocks, or Great Bay.

**8.2** The Green Fleet will sail on a Racing Circle just outside Cowpet Bay.

## **9 THE COURSES**

- 9.1** The diagrams in Appendix 1 will show the courses, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.
- 9.2** When there is a gate, boats shall sail between the gate marks from the direction of the previous mark and round either gate mark.
- 9.3** Green Fleet will receive their course at the Skipper's Meeting each morning.

## **10 MARKS**

All marks will be orange or yellow inflatable buoys as indicated in Appendix 1.

## **11 THE START**

- 11.1** The starting line will be between a staff displaying an orange flag on the Signal Boat and a staff displaying an orange flag on the Pin Boat.
- 11.2** For the Green fleet, the starting line will be between a staff displaying an orange flag on the Signal Boat and a port end buoy.
- 11.3** A boat starting later than 5 minutes after her starting signal will be scored Did Not Start (DNS). This changes rule A4 & A5.
- 11.4** The Race Committee may make a short series of sounds before the Warning Signal to gain the attention of competitors.

## **12 CHANGE OF THE NEXT LEG OF THE COURSE**

To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position keeping the course integrity with the new wind.

## **13 THE FINISH**

The finishing line will be between a staff displaying an orange flag on the Signal Boat and a staff displaying an orange flag on a Pin Boat set at the port end of the finish line. For the Green Fleet, an orange buoy will mark the port end of the finishing line.

## **14 PENALTY SYSTEM**

- 14.1** Appendix P will apply as changed by instruction 14.2.
- 14.2** Rule P2.3 will not apply and rule P2.2 is changed so that it will apply to any penalty after the first one.

## **15 TIME LIMITS AND TARGET TIMES**

- 15.1** The time limit for each race will be 80 minutes.
- 15.2** Boats failing to finish within 10 minutes after the first boat sails the course and finishes will be scored one point more than the number of boats that finished. This changes rules 35, A4 and A5.
- 15.3** If no boat in a fleet reaches the weather mark within 30 minutes of starting, the Race Committee may abandon the race.

## **16 PROTESTS AND REQUESTS FOR REDRESS**

- 16.1** Protest forms are available at the St Thomas Yacht Club. Protests and requests for redress shall be delivered there within the protest time limit.
- 16.2** For each class, the protest time limit is 45 minutes after the Signal Boat reaches the STYC dock. The same time limit applies for protests and requests for redress by the Race Committee and Jury about incidents they observe in the racing area.
- 16.3** Notices of protests by the Race Committee or Jury will be posted on the Official Notice Board to inform boats under rule 61.1(b).
- 16.4** A list of boats that, under sailing instruction 14, have been penalized for breaking rule 42, will be posted before the protest time limit.
- 16.5** On the last day of the regatta a request for reopening a hearing shall be delivered
  - (a) within the protest time limit if the requesting party was informed of the decision on the previous day;
  - (b) no later than 30 minutes after the requesting party was informed of the decision on that day. This changes rule 66.
- 16.6** Decisions of the International Jury will be final as provided in rule 70.5.
- 16.7** A competitor shall inform the race committee finish boat or designated vessel at the finish of its intention to protest, including the sail number of the protested boat, immediately after finishing. This changes Rule 61.

## **17 SCORING**

- 17.1** For the Championship Fleet:
  - a) When fewer than six races have been completed, a boat's series score will be the total of her race scores.
  - b) When six or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

- 17.2** For the Green Fleet:  
A boat will exclude its worst score after 6 races are completed and its 2<sup>nd</sup> worse score after 12 races are completed.

## **18 SAFETY REGULATIONS**

- 18.1** Check-out and check-in is required per Appendix 2.  
**18.2** A boat that retires from a race shall notify the race committee as soon as reasonably possible.

## **19 REPLACEMENT OF EQUIPMENT**

Substitution of damaged or lost equipment or sails will not be allowed unless approved by the Principal Race Officer. Requests for substitution shall be made to the PRO at the first reasonable opportunity.

## **20 EQUIPMENT AND MEASUREMENT CHECKS**

A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a boat may be instructed by a race committee appointed measurer to proceed immediately to a designated area for inspection.

## **21 OFFICIAL BOATS**

Official boats will be marked with blue RC flags. Judge boats will carry white umpire flags.

## **22 SUPPORT BOATS**

- 22.1** Team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal until all boats have finished or the Race Committee signals a postponement, general recall or abandonment.  
**22.2** Support boats may not communicate in any way with competitors while racing, except in case of emergency. The penalty for failing to comply with this requirement will be at the discretion of the jury after a hearing.

## **23 PRIZES**

Prizes will be awarded in the Red, White and Blue Fleets and for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall and 1<sup>st</sup> – 5<sup>th</sup> in class. Participation medals will also be awarded in the Green Fleet. The OA may award additional prizes at it's discretion.

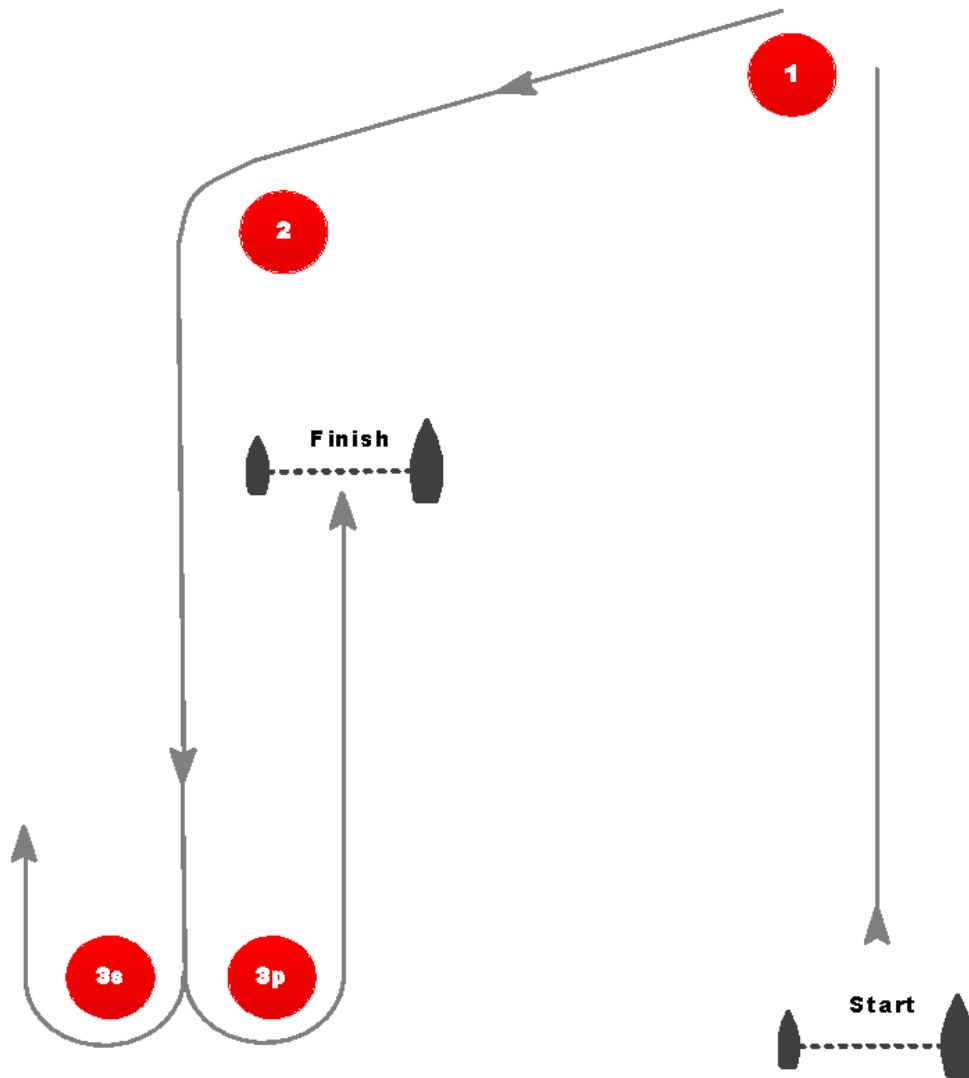
**24       DISCLAIMER OF LIABILITY**

Competitors participate in the regatta entirely at their own risk. See rule 3, DECISION TO RACE. The organizing authority 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.

Appendix 1

**OPTIMIST WORLDS COURSE**

**Mark rounding order: Start - 1 - 2 - 3s/3p - Finish**



## **Appendix 2**

### **SAFETY REQUIREMENTS**

Competitor's Coaches or Parent Representatives are required to check in and out their sailors. The responsible party will need to check sailors out on the water and in from the water each day through the online portal via a QR code. The QR codes are posted at the registration table and various locations at the St. Thomas Yacht Club.

Competitors shall not leave the beach at the St. Thomas Yacht Club until released by their coach and check out is completed by the responsible party.

Approved flotation devices (life jackets) shall be worn and properly secured at all times while the competitor is in the boat. Flag Y will not be flown. This changes the preamble to Part 4 and rule 40.

The Race Committee and/or safety boats may at any time display flag N over H, which shall mean that all boats shall immediately stop racing and return to St. Thomas Yacht Club.

Failure to abide by the Safety Requirements in Appendix 2 may result in a protest and a penalty, at the jury's discretion, which could include DSQ for all of that days racing.

## **Appendix 3 ISAF Introductory Rules for Racing for Green Fleet Only**

### **Basic Rules**

1. You must comply with the principles of good sportsmanship.
2. You must try not to collide with another boat.

### **Rules When Boats Meet**

3. When you and the other boat are on opposite *tacks*, if you are on *port tack* you must avoid the boat on *starboard tack*.
4. When you and the other boat are on the same *tack*, you must avoid the other boat



- (a) if she is in front of you, or
  - (b) if she is on your *leeward* side.
5. After starting, when you and the other boat approach a mark or an object that both boats need to avoid, and the other boat is between you and the mark or other object, you must give her sufficient space to pass it safely on the same side. However, when the boats are on opposite tacks at a windward mark, this rule does not apply.=
  6. When the other boat is required to avoid you, if you change course, you must give the other boat an adequate opportunity to avoid you.

### **Other Rules**

7. At the starting signal your boat must be behind the starting line.
8. After the starting signal, you must sail the course described by the race organizers.
9. You must not touch a mark of the course.
10. If you think you or another boat has broken a rule or if you are unclear about the rules at any time during the race, you must describe the incident to the *advisor* after the race. The *advisor* may then add two points to the score of any boat that has broken a rule. If the offence is serious, the *advisor* may add extra points to the boat's score.