

**Sailing Instructions**  
**VI/PR Friendship Day Regatta**  
**November 11-12, 2023**  
**St. Thomas Yacht Club**

**1 RULES**

- 1.1** The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2** The class rules of the International Optimist Dinghy Association (IODA) will apply.
- 1.3** Classes will be divided by the age guidelines set in the USODA class rules.
- 1.4** Class Rules from Laser and 420 will apply.

**2 NOTICES TO COMPETITORS**

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

**3 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.

**4 SIGNALS MADE ASHORE**

- 4.1** Signals made ashore will be displayed at the masthead of St. Thomas Yacht Club.
- 4.2** When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes'

**5 REGISTRATION AND SCHEDULE OF RACES**

- 5.1**
- |                       |                   |      |
|-----------------------|-------------------|------|
| Saturday, November 11 | Skipper's Meeting | 0915 |
|                       | Harbor Start      | 0930 |
|                       | First Warning     | 1030 |
|                       |                   |      |
| Sunday, November 12   | Skipper's Meeting | 0915 |
|                       | Harbor Start      | 0930 |
|                       | First Warning     | 1030 |
- 5.2** First signal all classes following skippers meeting

5.3 Laser (all types) 420 Optimist Red , White and Blue

5.4 On last day of racing no warning signal after 1430

**6.0 Class Flags**

Opti – Opti insignia

Laser –Lt Green

420 - Turquoise

7.0 **Racing Area** –Cowpet Bay and waters north and south of Cow and Calf Rocks.  
You may not sail between the rocks.

**8. THE COURSES**

8.1 The diagrams in Attachment A 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.

8.2 When there is a gate, boats shall sail between the gate marks from the direction of the previous mark and round either gate mark.

8.3 Green Fleet will receive their course at the Skipper's Meeting each morning.

**9. MARKS**

All marks will be orange or yellow inflatable buoys.

**10 THE START**

10.1 Races will be started using rule 26 with the warning signal given 5 minutes before the starting signal.

10.2 **Optimist All Classes:** The starting line will be between a staff displaying an orange flag on the Signal Boat and an orange or yellow buoy set at the port end of the starting line.

**420 Class:** The starting line will be between a staff displaying an orange flag on the Signal Boat and an orange or yellow buoy set at the starboard end of the starting line.

10.3 A boat starting later than 5 minutes after her starting signal will be scored Did Not Start (DNS). This changes rule A4.

10.4 The Race Committee may blow a short series of sounds before the Warning Signal to gain the attention of competitors.

**11 CHANGE OF THE NEXT LEG OF THE COURSE**

To change the next leg of the course, the race committee will move the original mark to a new position.

## **12 THE FINISH**

**Optimist All Classes:** The finishing line will be between a staff displaying an orange flag on the Signal Boat and an orange or yellow buoy set at the port end of the finish line.

**420 Class:** The finish line will be between a staff displaying an orange flag on the Signal Boat and an orange or yellow buoy set at the starboard end of the finish line.

## **13 TIME LIMITS**

**13.1** The time limit for each race will be 60 minutes

**13.2** Boats failing to finish within 10 minutes after the first boat sails the course and finishes will be scored Did Not Finish. This changes rules 35 and A5.

## **14 PROTESTS AND REQUESTS FOR REDRESS**

**14.1** Boats intending to protest shall inform the finish boat immediately after finishing the race.

**14.2** Protest forms are available at the Yacht Club. Protests shall be delivered there within the protest time limit.

**14.3** For each class, the protest time limit is 30 minutes after the Signal Boat reaches the STYC dock. The same time limit applies to protests by the Race Committee about incidents they observe in the racing area and to requests for redress. This changes rules 61.3 and 62.2.

## **15 SCORING**

**15.1** The Low Point Scoring System (A2) will apply, modified so that when 6 or more races have been completed, each boat's series scores will be a total of her race scores, excluding her worst score.

**15.2** One race is required to be completed to constitute a series.

## **16 SAFETY REGULATIONS**

**16.1** Government approved Life Jackets must be worn at all times while on water.

**16.2** A boat that retires from a race shall notify the race committee as soon as possible.

**16.3** All boats shall be equipped with a bailer attached to the boat by a lanyard other than a tow line.

**16.4** All competitors shall carry a whistle at all times attached to their life jacket.

**16.5** All boats shall be equipped with a buoyant painter that conforms to class rules.

**17 SUPPORT BOATS**

**17.1** Team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or the Race Committee signals a postponement, general recall or abandonment.

**17.2** Support boats may not communicate in any way with competitors while racing, except in case of emergency. However, green fleet support boats may communicate with green fleet sailors that are in the last  $\frac{1}{3}$  of the fleet if they require additional assistance. The penalty for failing to comply with this requirement will be at the discretion of the Jury after a hearing.

**18 PRIZES**

Prizes will be awarded in all fleets to top 3 places.

**19 DISCLAIMER OF LIABILITY**

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organising 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.