Sailing Instructions
27th MLK Regatta
January 13-14, 2024
St. Thomas Yacht Club St.

Thomas, V.I.

1 Rules

1.1 The regatta will be governed by the rules defined in The Racing Rules of Sailing 2021-2024.

1.2 The class rules of the International Optimist Dinghy Association ("IODA") will apply.

1.2.1 The Optimist classes will be divided by the age guidelines set in USODA class rules.

1.3 Class rules for the 420 will also apply.

2 Notice to Competitors

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

3 Changes to Sailing Instruction

3.1 Any changes to the sailing instructions will be posted before 0830 on the day it will take effect, except for any change of schedule 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 from the masthead at 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 Skippers' Meeting will be at 1015 Saturday, January 13. First warning at 1100.

5.2 No Skipper's Meeting on Sunday, January 14. First warning at 1000.

5.3 12 races are scheduled for all classes except for Green fleet.

5.4 On Sunday, January 14, no warning signal after 1400.

6 Class Flags

6.1 The Optimist class flag will be the Optimist insignia.

6.2 The 420 class will be a pink flag.

7 Racing Area

7.1 To include Great Bay and Cowpet Bay, 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 skippers meeting.

9 Marks

All marks will be yellow or orange inflatable buoys.

10 The Start

10.1 Opti races will be started using Rule 26 with the warning signal given 5 minutes before the starting signal.

10.1.1 The Opti 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.

10.2 420 races will be started using Rule 26 with the warning signal given 5 minutes before the starting signal.

10.2.1 The 420 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 more than 5 minutes after the starting signal will be scored as 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

To change the next leg of the course, the race committee will move the original mark (or finish line) to a new position.

12 The Finish

The finish line will be between a staff displaying a orange flag on the signal boat and a finish pin. Optis will finish on the port side of the signal boat. 420s will finish on the starboard side of the signal boat.

13 Time Limits

13.1 The limit for each race will be 60 minutes.

13.2 Boats failing to finish within 10 minutes of the first finisher will be scored Did Not Finish (DNF).

14 Protest and Requests for Redress

14.1 A boat intending to protest shall immediately inform Race Committee after finishing.

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

14.2 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 Rule 61.1 and 61.2.

15 Scoring

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

Opti Scoring for Qualifiers:
MLK Regatta is the qualifier for Opti North Americans 2024. North Americans qualifiers scoring is separate from event NOR/SI.

15.2 420: The Low Point Scoring System (A2) will apply.

15.3 One race is required to be completed to constitute a series.

16 Safety Regulations

16.1 Government approved Personal Flotation Device must be worn at all times on the water.

16.2 A boat that retires from a race must notify the Race Committee as soon as possible.

16.3 Sailors are required to have a whistle attached to personal flotation device at all times while on the water.

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

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

16.4 A designated coach/support person is required for every sailor on the water.

17 Support Boats

17.1 Team Leaders, Coaches or 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 ⅓ 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 to the top 3 finishers in each fleet.

19 Disclaimer of Liability

Competitors participate in this regatta entirely at their own risk. See Rule 4, 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.