

St. Thomas International Optimist Regatta

June 13 - 15, 2025

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 World Sailing's *The Racing Rules of Sailing*.
- 1.2** The Green Fleet will use World Sailing's Introductory Rules of Sailing. See SI Appendix 3.
- 1.3** The class rules of the International Optimist Dinghy Association (IODA) will apply.
- 1.4** Classes will be divided by the age guidelines in the USODA class rules for scoring. (Red, White, and Blue).
- 1.5** 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 08:30 on the day it will take effect, except that any change to the schedule of races will be posted by 20:00 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 the RRS Race Signals Postponement Signals AP description.

6 REGISTRATION AND SCHEDULE OF RACES

6.1

June 13, 2025

09:00	Coaches Meeting (mandatory)
09:30	Skippers' Meeting (mandatory)
10:15	Harbor Start
11:00	First Warning

June 14, 2025

10:15	Harbor Start
11:00	First Warning

June 15, 2025

09:15	Harbor Start
10:00	First Warning
13:00	No warning after

- 6.2** After racing each day, the jury may hold a debrief on the day's sailing on the lower deck (not mandatory).
- 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 shore for lunch.
- 6.6** 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.

7 CLASS FLAGS

7.1 Class Flags:

Red, Blue and White Fleets: White Optimist Class Flag
Green Fleet: Green Optimist Class Flag

8 RACING AREAS

- 8.1** The Championship Fleet will sail together on the same 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 SI 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. In the event that only one mark is in place for a gate, it shall be left to port.
- 9.3** Green Fleet will receive their course at the Skippers' Meeting and each following morning.

10 MARKS

All marks for the Championship Fleet will be orange or yellow inflatable buoys as indicated in SI Appendix 1. All marks for Green Fleet will be orange buoys.

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 RRS Appendix 4 and Appendix 5.
- 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 without notifying competitors. This changes RRS 33.

13 THE FINISH

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

14 PENALTY SYSTEM

14.1 RRS Appendix P will apply as changed by SI 14.2.

14.2 RRS Appendix P2.3 will not apply and RRS Appendix 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 15 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 RRS 35, Appendix A4, and Appendix 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 to a regatta official 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 RRS 60.2(2). The Official Notice Board will be located at the St. Thomas Yacht Club.

16.4 A list of boats that, under SI 14, have been penalized for breaking RRS 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 RRS 63.7.

16.6 Decisions of the International Jury will be final as provided in RRS 70.3.

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 adds to RRS 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 six races are completed and its second worst score after twelve races are completed.

18 SAFETY REGULATIONS

18.1 Check-out and check-in is required per SI Appendix 2.

18.2 A boat that retires from a race shall notify the Race Committee as soon as 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 Race Committee 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 for the first class to start 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 first, second, and third overall and first through fifth in class. Participation medals will also be awarded in the Green Fleet.

24 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 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.

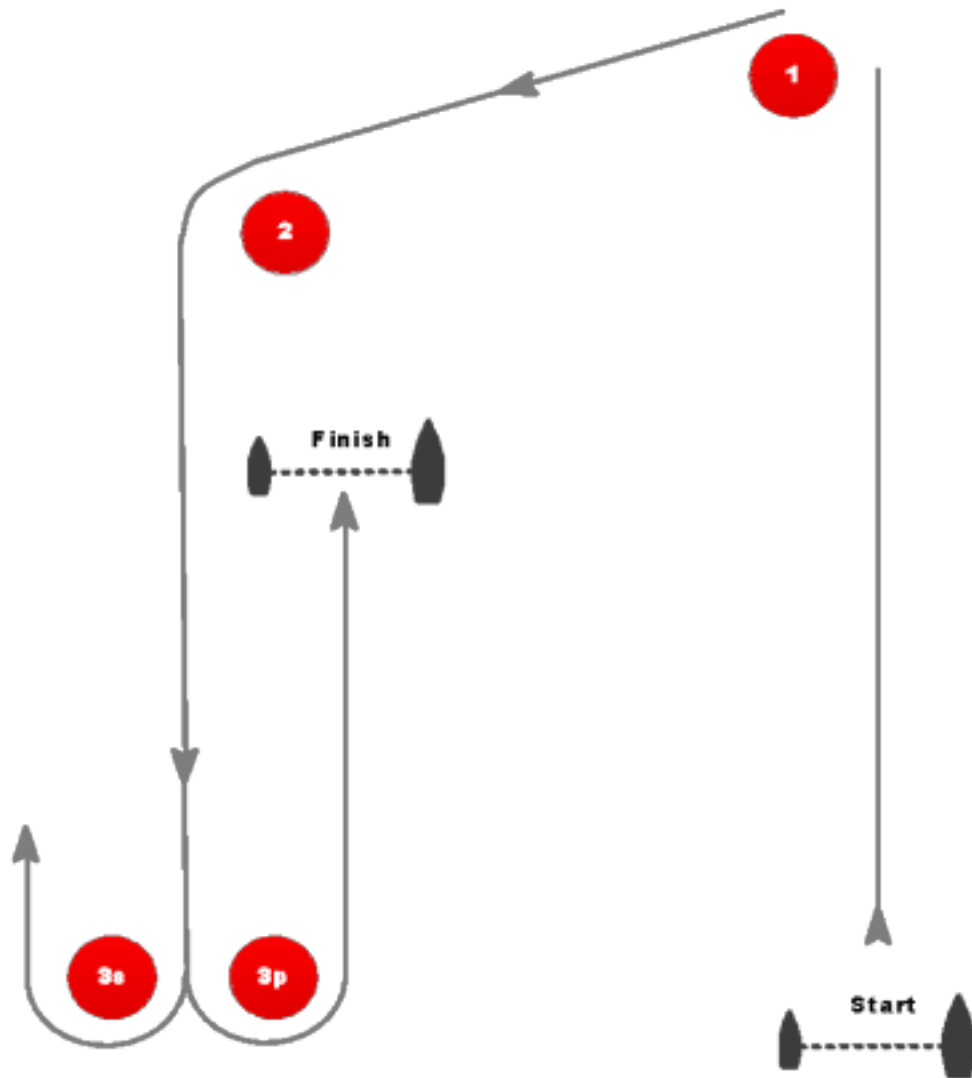
25 COMPETITOR AND SUPPORT PERSON EXPECTATIONS

All competitors and support persons are expected to behave according to RRS 69.1.

Appendix 1

OPTIMIST WORLDS COURSE

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



Appendix 2

SAFETY REQUIREMENTS

Competitors' Coaches or Adult Representatives are required to check their sailors in and out. The responsible party will need to check sailors out to 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 RRS Part 4 and RRS 40.

All boats shall be equipped with a bailer attached to the boat by a lanyard other than a tow line. All competitors shall carry a whistle at all times attached to their life jacket. All boats shall be equipped with a buoyant painter that conforms to class rules.

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 SI Appendix 2 may result in a protest and a penalty, at the jury's discretion, which could include DSQ for all of that day's 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 you 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.