

USA JUNIOR OLYMPIC SAILING FESTIVAL
MID-ATLANTIC CHAMPIONSHIP

Rev: 5/12/25

JULY 21 & 22 2025
Island Heights Yacht Club
Island Heights, NJ 08732
www.ihyc.com

SAILING INSTRUCTIONS

1 RULES

- 1.1 The regatta will be governed by the current *The Racing Rules of Sailing* (RRS), the rules of the Laser, 420, Sunfish, FEVA and Optimist classes, except as any of these are changed by these sailing instructions.
- 1.2 A boat and her crew shall comply with Appendix 1 of the RRS. This is a Category A regatta.
- 1.3 No alcoholic beverages or illegal drugs may be used or sold during the Regatta, from time of arrival till departure. Failure to adhere to this Rule may result in a reprimand to expulsion from the Regatta with a report to US Sailing and the sailor's club. A Hearing consisting of the Regatta Chairs and the Jury will review the facts and decide.

2 ENTRIES

Eligible boats may be entered by completing registration online at www.ihyc.com and following the links to Junior Olympics. Eligibility requirements for competitors are: all sailors (helmsman & crew) must be members of US SAILING and must be at least 8 years old and not 19 by the first day of the regatta

3 NOTICES TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board at IHYC for the Laser, Feva, Opti, Sunfish and 420 classes

4 CHANGES IN SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 9:00 on the day it will take effect, except that any change to the schedule of races will be posted by 7:00 PM on the day before it will take effect.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on the Club's flagpole.
- 5.2 Flag AP with two guns means the next race is postponed. One horn when lowered means the warning signal will be made not less than 60 minutes after AP is lowered.
- 5.3 The ending time for the submittal of protests will be posted on the Official Notice board for each fleet.

6 SCHEDULE OF RACES

A total of 7 races are scheduled with one drop race if 5 or more races are completed. The first warning signal will be at 11:30 am on Monday with up to six races sailed the first day. The first warning signal on Tuesday will be at 10:00 am. No warning signal will be made after 12:30 PM on the last day of racing. The Race Committee will sound a loud continuous horn when leaving the dock.

7 CLASS FLAGS

Class designators will be as follows:	Class	Designator
	Optimist	Optimist class flag
	420	420 class flag
	Laser Radial/4.7	Laser Radial (ILYA 6) flag
	Laser 4.7	Laser 4.7 flag (ILYA 5)
	Sunfish	Sunfish flag
	Feva	Feva flag

8 RACING AREA

The racing areas will be as shown in Notice of Race. The Race Committee may move the courses to the West if the wind exceeds 15 knots.

Alpha Course-Opti Gold **Bravo Course**- 420, Laser Radial, Laser 4.7, Sunfish, Feva **Charlie Course**-Opti Silver

9 COURSES

- 9.1 Illustration A shows the course(s), 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 The course to be sailed will be displayed from the Race Committee boat. The course designation will be displayed with the warning signal or sooner.
- 9.3 Courses may be shortened per Racing Rule 32.
- 9.4 If the Start and Finish are in the middle of the windward leg, all yachts must avoid crossing the finish line unless finishing. Crossing the finish line if not finishing is automatic DSQ. (Gate is closed)

10 MARKS

- 10.1 Marks will be shown at the competitor's meeting.
- 10.2 There will be no offset marks on any course, including the trapezoid course.

11 THE START

- 11.1 Races will be started using Rule 26. On Course Bravo, the order of starting sequence is Sunfish, 420 & Feva together, Laser Radial & Laser 4.7 together. There will be a short period of time between starts for each class.

11.2 Races will be started as follows:

Notice of start		No flag	Series of Horns
Warning Signal	5 minute	Class Flag up	Sound horn
Preparatory	4 minutes	P,I, Z or Black flag up	Sound horn
One-minute	1 minute	P,I, Z or Black flag down	Sound horn
Start	0	Class Flag down	Sound horn

- 11.3 The starting line will be between a staff displaying an orange flag or shape on the race committee boat at the starboard end and a port-end starting line boat or orange mark.
- 11.4 Boats not in the 5-minute starting sequence shall keep clear of the starting area.
- 11.5 A boat shall not start later than 5 minutes after her starting signal.
- 11.6 The RC may hail sail numbers of boats over the line starting at one minute.

12 MARK BOATS

Mark boats may be stationed beyond each mark. Failure of a mark boat to be on station or to display her signal will not be grounds for redress. This changes rule 62.1(a).

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.

14 THE FINISH

- 14.1 The finishing line will be between a RC Boat displaying an orange flag on the starboard end and an orange ball at the port end.
- 14.2 After finishing, all yachts shall keep clear of the finishing line so as not to interfere with boats finishing.

15 PENALTY SYSTEM

Rule 44.2, the Two -Turns Penalty will apply.

16 TIME LIMIT

The time limit will be 1 ½ hours for all classes. Boats failing to finish within 15 minutes after the first boat finishes will be scored Time Limit Expired. This changes Rule 35.

17 PROTESTS

- 17.1 Competitors shall notify the Race Committee immediately after the race of the yacht's sail # being protested. The protesting competitor must inform the yacht protested that she is being protested at the time of the incident and should notify the protested yacht again after the race, to assure all parties show up at the protest hearing.
- 17.2 Protests shall be written on forms available at the **Official Bulletin Board** and delivered there within 30 minutes after Protest time has been signaled. Protest time will start upon arrival at the dock of the RC boat for that course.
- 17.3 All protests to be heard will be posted on the Official Notice Board within 10 minutes of Protest Time being closed.

- 17.4 Protests will be heard in approximately the order of receipt, as soon as possible. Protests will be open hearings. Coaches of the protesting parties should be present.

18 SCORING

The Low Point scoring system, Appendix A, will apply. Seven races are scheduled. If five or more races are completed, a boat's series score shall be the total of her race scores excluding her worst score. For purposes of awarding trophies, one race will constitute a series.

19 SUPPORT BOATS

- 19.1 Team leaders, parents, coaches and other support personnel shall not be in the racing area from the time of the warning signal for the first class to start until all boats have finished or the race committee signals a postponement, general recall or abandonment. The penalty for failing to comply with this requirement may be banishment from the course area to disqualification of all team yachts participating on that course, to be decided by the Jury.
- 19.2 Coach boats are expected to help disabled yachts needing assistance. Failure to observe this fundamental rule of sailing may result in the Coach being banned from further races, a letter to his/her employer as well as to US Sailing.

20 SAFETY

- 20.1 US Coast Guard approved life jackets must be worn while on the water. All life jackets must have a whistle.
- 20.2 All competitors must sail by the Race Committee Boat on starboard tack and yell out their sail number until acknowledged by the Race Committee before the first warning signal of each day.
- 20.3 Any competitor leaving the racing area shall attempt to notify the Race Committee that he/she is leaving the area.
- 20.4 Any yacht requiring assistance shall wave and **blow their whistle**.
- 20.5 It is the sole responsibility of each skipper to determine whether to start and finish a race.

21 MEASUREMENT

All sailors are responsible for their boats being in compliance with class rules.
All Laser Radial & 4.7 will be given sail numbers to be put on the top of the sail to aid in finishing.

22 INSPECTION

There may be on the water inspection after a race.

23 PRIZES

USA Junior Olympic medals will be awarded as follows:
1-10 competitors – Top 3; 11-25 competitors-Top 5; 26 or more competitors-Top 10. This applies to overall fleet and divisions within a fleet. There are also keeper prizes for the top three finishers in all classes/divisions. The Optimist class will have separate scoring divisions for white, blue, & red divisions within the Gold & Silver fleet, as well as overall prizes.

The Martin Trophy will be awarded to the yacht club with the most number of first, second or third places in all classes (overall scoring) with a minimum of 5 people.

The Egee-Duff Sportsmanship Trophy will be awarded to that sailor(s) that best represents the ideal of competing hard but fairly, with respect for his or her competitors while having fun.

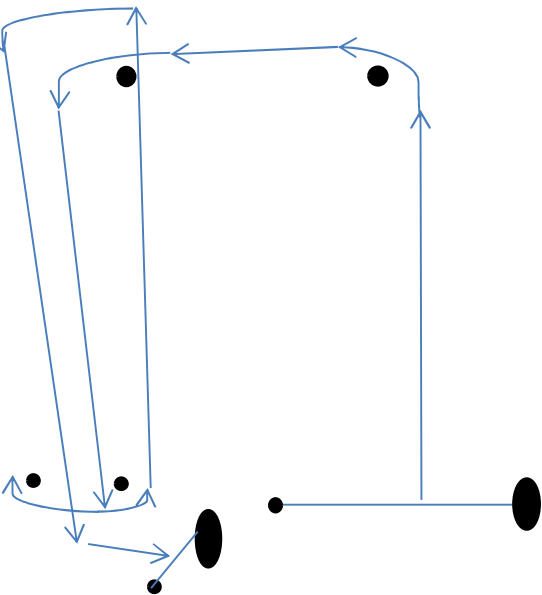
The **District 10 ILCA 4 Class** will award its perpetual trophy to the winner of the ILCA 4 class.

Attachment A- Courses

420/Laser/Sunfish Course Only

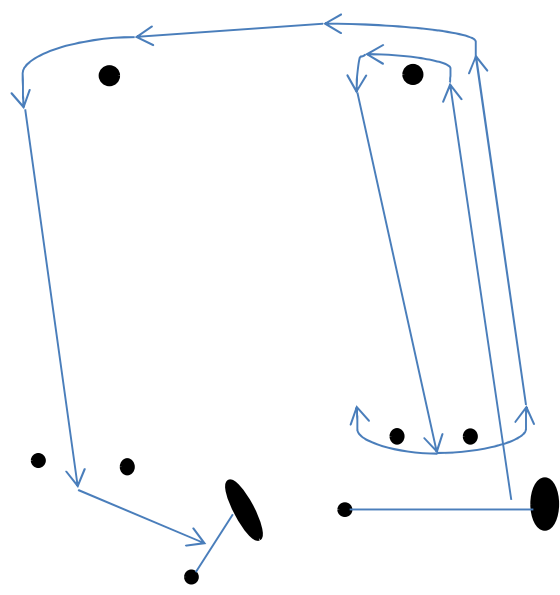
Trapezoid – Outside Course

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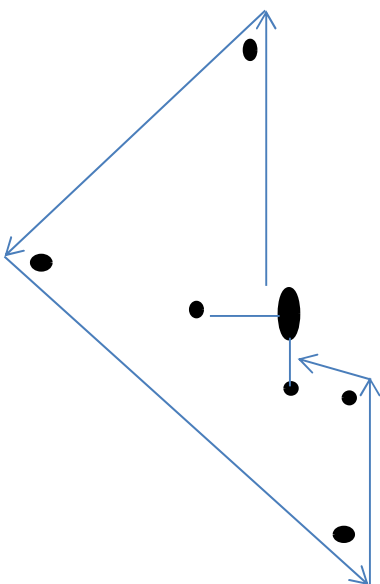
Trapezoid – Inside Course

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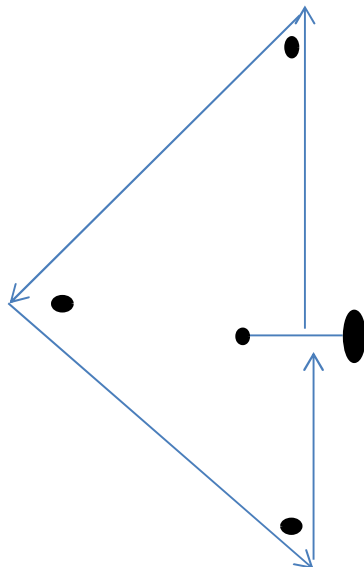


For Optimists Only

Modified Triangle “M”



Triangle “T”



Modified Trapezoid – “Z”

