



2020 Atlantic Coast Championship

October 2-4, 2020

Hosted by Larchmont Yacht Club

Organizing Authority is Larchmont Yacht Club in conjunction with USODA

SAILING INSTRUCTIONS (SI)

1. RULES

- 1.1. The regatta will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2. The “USODA Conditions for Sanctioned Regattas and Championships” will apply and can be found at www.usoda.org.
- 1.3. **[NP]** Competitors and *support persons* will be required to comply with all current local, state and federal guidelines related to COVID-19 while on the host club grounds or participating in racing. This includes, but is not limited to, any venue-specific requirements promulgated by the NoR, SIs or any amendments thereto. Each volunteer, coach, parent/guardian and sailor must comply with the *LYC COVID-19 Protocol for Regattas and Yachting Events* available on the LYC website at larchmontyc.org/regatta and as noted in Addendum 3 of the SIs. The Organizing Authority may terminate the event at any time if they observe significant disregard for any local, state or federal guidelines, or venue-specific requirements.
- 1.4. The third sentence of RRS 61.1(a) is changed to ‘She shall inform the Race Committee Finish Vessel immediately after finishing of the boat/s being protested, or as soon as practicable after she retires.
- 1.5. In all rules governing this championship.
 - a. **[SP]** denotes a rule for which a standard penalty as stated in the SI including Addendum 2 may be applied by the race committee or technical committee, without a hearing. This change is added to RRS A5.
 - b. **[DP]** denotes a rule for which the penalty is at the discretion of the protest committee and may be less than disqualification.
 - c. **[NP]** denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a).
- 1.6. SI breaches designated by “**[SP] [DP]**” mean that the Standard Penalty **[SP]** applies to the initial breach only. Subsequent breaches will be at the discretion of the protest committee **[DP]**.
- 1.7. The “Graded Penalty System” will apply and is attached as Addendum 2. Percentage penalties will be rounded up to the nearest whole number.
- 1.8. US Sailing prescriptions to RRS 63.2 and 63.4 will not apply.

2. NOTICES TO COMPETITORS

- 2.1. Notices to competitors will be posted on the [official notice board](http://www.usoda.org) located online at www.usoda.org.

3. FORMAT OF THE CHAMPIONSHIP



- 3.1. There will be a RBW Fleet which will be divided into divisions.
- 3.2. Division assignments for each day of the regatta will be posted on the official notice board as Group 1 and Group 2. Streamers will not be provided or required. The organizing authority's decision on division assignments will be final and cannot be grounds for a boat to request redress. This changes RRS 62.1(a).
- 3.3. The RBW Fleet will race in "Sets" of races where a "Set" is a pair of scored races which all divisions have competed. The race committee at its discretion may abandon incomplete "Sets".

4. CHANGES TO THE SAILING INSTRUCTIONS

Any change to the SI will be posted on the [official notice board](#) by 0800 on the day that it will take effect, except that any change to the schedule of races will be posted by the end of protest time limit on the day before it will take effect.

5. SIGNALS MADE ASHORE AND LAUNCHING

- 5.1. Signals made ashore will be displayed from the flag pole located on the lawn of Larchmont Yacht Club and the posted on the [official notice board](#).
- 5.2. When flag "AP" is displayed, "1 minute" is replaced with "not less than 60 minutes" in Race Signal "AP". This changes Race Signal "AP".
- 5.3. **[DP] [NP]** All boats launching from Larchmont Yacht Club shall be kept in their assigned space until the harbor launch (see SI 5.4).
- 5.4. **[SP] [NP]** Harbor Launch: Boats shall not launch until flag "D" is displayed on the flagpole with one sound signal and shall obey verbal launching instructions.

6. SCHEDULE OF RACES

6.1. Saturday, October 3

1000	Harbor Launch
1100	First Warning Signal

Sunday, October 4

0900	Harbor Launch
1000	First Warning Signal
1400	No first warning signal for a race after this time
After Racing	Online Awards ceremony

- 6.2. A maximum of eight (8) "Sets" of races are scheduled. Four (4) "Sets" of races are scheduled for each day of racing, however, up to five (5) "Sets" of races may be sailed in one day.

7. RACING AREA

The racing area will be Western Long Island Sound outside the Larchmont Yacht Club breakwater.

8. THE COURSE AND CHANGE OF THE NEXT LEG OF THE COURSE

- 8.1. SI Addendum 1 illustrates the course, including the general configuration of the marks, the order in which marks are to be passed, and the side on which each mark is to be left. The course length and exact configuration will be based on sailing conditions.



- 8.2. If one of the gate marks (mark 3P or 3S) is missing, boats shall round remaining mark 3 to port.
- 8.3. For a change of the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable.
- 8.4. The angle from Mark 2 to Mark 3P/3S may be changed up to 15 degrees in either direction to compensate for wind / current differences on that side of the course, without signals or change marks, provided the change is made before any boats begin that leg. This is added to RRS 33.

9. MARKS

- 9.1. Rounding marks 1, 2, 3P and 3S will be orange inflatable tetrahedrons.
- 9.2. Change marks will be yellow inflatable tetrahedrons.
- 9.3. The starting marks will be a race committee vessel displaying an orange flag at each end of the starting line.
- 9.4. The finishing marks will be a race committee vessel displaying an orange flag at one end of the finishing line and a pink inflatable ball or a race committee vessel displaying an orange flag at the other end of the finishing line.

10. [DP] RESTRICTED AREAS (see also SI 18 and SI Addendum 1)

- 10.1. The racing area is the space encompassing the course, the starting area, and the finishing area. It extends 100 yards beyond any racing boat and all marks. Except as permitted by SI 18 only competing boats and official vessels (designated as such by the race committee) may enter the racing area while boats are racing.
- 10.2. The waiting area is the area to leeward of the racing area below the starting line, marked by a series of small balls or marks. Coach and support (parent or spectator) vessels are to anchor with their anchors at or behind the line formed by the row of small balls or marks, or, in the absence of small buoys, at a distance specified by the Principal Race Officer.
- 10.3. The corridor is the lane to starboard of the race committee finish vessel between the finish line and the waiting area, inside the race course. Boats are reminded when returning to the waiting area to not sail upwind of the starting line or across the starting line. Except as permitted by SI 18 only competing boats and official vessels (designated as such by the race committee) may enter the corridor while boats are racing.

11. THE START

- 11.1. The starting order for a "Set" of races will always be: Group 1, Group 2
- 11.2. The starting line will be between a staff displaying an orange flag on a race committee signal vessel at the starboard end and a staff displaying an orange flag on a race committee vessel at the port end.
- 11.3. **[SP] [NP]** At least four (4) minutes prior to the first warning signal of a "Set" of races, the race committee will display its orange starting line flags. All boats not in the next start shall proceed immediately to the waiting area and remain there until the race committee displays flag "F" or removes the starting line flags.
- 11.4. Shortly after any start, the race committee will display flag "F", indicating that boats in the next start may leave the waiting area.
- 11.5. A boat starting later than five (5) minutes after her starting signal will be scored Did Not Start (DNS), without a hearing. This change is added to RRS A5.



- 11.6. The race committee will not hail the sail numbers of boats that are OCS or subject to starting penalties under RRS 30. Unofficial 'race committee actions' will be broadcast on VHF channel 73 as a courtesy to coaches and spectators after all boats have started. The official list of race committee actions will be posted on the notice board.
- 11.7. Any starting penalties from races that are abandoned or recalled after the starting signal and not re-sailed on the same day will not carry over to those races if they are re-sailed on another day in the regatta. This changes RRS 30.4 and 36.

12. THE FINISH

- 12.1. The finishing line will be between a staff displaying an orange flag on a race committee finish vessel at the starboard end and the course side of a mark or a staff displaying an orange flag on a race committee finish vessel at the port end.
- 12.2. **[SP] [DP] [NP]** Immediately after finishing all boats shall sail clear of the finishing area and promptly return to the waiting area via the corridor shown in SI Addendum 1.
- 12.3. Flag "A" displayed (with no sound) while boats are finishing means "No more racing today."

13. TIME LIMITS

- 13.1. The time limit for the first boat in a race to sail the course and finish is sixty (60) minutes.
- 13.2. Boats failing to finish within twenty (20) minutes after the first boat in a race sails the course and finishes will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, A4 and A5.

14. PROTESTS, SCORING REVIEWS, REDRESS REQUESTS, AND PENALTIES

General

- 14.1. Hearing requests for protests and requests for redress must be filed electronically from the ["File a Protest or Request for Redress"](#) link on the [official notice board](#). This changes RRS 61.3 and 62.2. All such requests shall be delivered within the time limit.
- 14.2. The protest time limit is 60 minutes after the race committee finish signal vessel members come ashore. Protest time limits will be posted on the [official notice board](#) as soon as practicable.
- 14.3. The protest notices required by RRS 63.2, and the notification of protests by the race committee, technical committee, or protest committee required by RRS 61.1(b), will be posted on the [official notice board](#) as soon as possible after receipt. The sequence or schedule of hearings and Zoom access information will be posted on the official notice board. Parties and witnesses are expected to be in the Zoom Waiting Room when their hearing begins.
- 14.4. As hearings will be conducted via Zoom video conference, parties and witnesses shall each have a device with a camera capable of connecting to a Zoom video conference. Witnesses will be placed in the (virtual) Waiting Room on Zoom until called upon for testimony. All parties and witnesses must isolate themselves from others during the hearing. Skippers launching at Larchmont Yacht Club can come to the Club room, masked, and the protest administrator may assign you to equipment there.

Redress Requests

- 14.5. Requests for scoring reviews for possible scoring errors are considered requests for redress per RRS 62.1. They shall be filed with the protest committee, using the ["File A Scoring Inquiry"](#) link on the [official notice](#)



[board](#) within the time limit and will initially be reviewed by the race committee. If resolved by the race committee, no hearing will be scheduled. If not resolved by the race committee, the race committee will request a hearing and the protest committee will proceed under RRS 63.1.

- 14.6. If the race committee posts a list of boats scored OCS, UFD or BFD on the [official notice board](#) or the scoring results page, a request for redress based on such a posted score shall be made no later than 30 minutes after the protest time limit. This change is added to RRS 62.2.
- 14.7. Requests for redress relating to an OCS or starting penalty shall state the procedural error the competitor believes the race committee may have made. Further, the competitor will be expected to establish that he or she started properly. This change is added to RRS 62.2.
- 14.8. On the last scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This change is added as the last sentence to RRS 62.2.

Penalties

- 14.9. **[SP]** A boat that has taken a penalty under RRS 44.1 shall complete and sign the online [Alternative Penalty Acknowledgment Log](#) located on the [official notice board](#), as soon as practicable after racing.
- 14.10. After application of any standard penalties [SP] or discretionary penalties [DP], a boat's score shall not be made worse than the score for "DSQ".

15. SCORING

- 15.1. The Low Point Scoring System of RRS Appendix A will apply as revised below.
- 15.2. The number of boats entered in the series will be defined as the number of registered boats which subsequently completed the Online Waiver of Liability, Boat Self-Certification Safety Checklist, Sailor Code of Conduct and have been accounted for on a coach registration form. This changes RRS 44.3(c), A2 and A4.2, and applies to fleet divisions.
- 15.3. One (1) completed "Set" of races will constitute the Regatta.
- 15.4. Scoring based on races completed:
 - a. When fewer than five (5) races have been completed, a boat's series score will be the total of all of her race scores.
 - b. When five (5) or more races have been completed, a boat's final series score will be the total of her race scores excluding her worst score.
- 15.5. Race scores are based on the number of registered boats in the largest division (see SI 15.2). This changes RRS 44.3(c), A2 and A4.2.

16. SAFETY AND CHECK-OUT / CHECK-IN PROCEDURES [NP]

- 16.1. **[SP] [DP]** Prior to launching from Larchmont YC each day, competitors shall check-out by providing their sail number to the volunteer at the launch ramp, indicating their departure to the race course. A competitor who will not be racing that day shall notify a volunteer at the launch ramp before the Harbor Launch. Prior to launching from other venues each day, coaches will confirm the sailors they are taking out via the online link provided to them following receipt of their [online registration form](#).



- 16.2. **[SP][DP]** Immediately upon returning to shore, but not later than 30 minutes after the race committee signal vessel docks, competitors at Larchmont YC shall check-in with the volunteer at the launch ramp by providing their sail number. Coaches for competitors at other venues shall confirm their sailors are safely ashore using the link provided to them following receipt of their [online registration form](#).
- 16.3. **[SP] [DP]** Prior to the start of the first race each day, sailors shall sail past the stern of the committee boat on starboard tack and check-in by hailing their sail number.
- 16.4. A competitor retiring from a race or intending not to start a race shall notify a race committee vessel or safety vessel before leaving the course, or if that is not possible, notify a Larchmont Yacht Club official immediately upon returning to shore.
- 16.5. A boat with multiple infractions of SI 16.1, 16.2 or 16.3, Safety Check-Out / Check-In Procedures, may be protested by the race committee and the penalty will be at the discretion of the protest committee.
- 16.6. **[SP]** A condition of entry and participation in this regatta is the wearing of a U.S. Coast Guard approved personal flotation device (PFD), or for international competitors only, an appropriately sized PFD/buoyancy aid as approved for use in the competitor's country of origin. International competitors may be required to self-certify their PFD/buoyancy aid meets the requirements of this section. All PFDs/buoyancy aids shall be properly secured at all times while on the water, except for brief periods while removing or adding clothing. All PFDs must be suitable for the competitor's weight. Wet suits, dry suits, and inflatable PFDs are not approved nor permitted as PFDs. Failure to wear a proper PFD will result in a penalty up to and including disqualification at the discretion of the protest committee. These changes are added to RRS 40, and the Preamble to Part 4 will not apply to RRS 40.
- 16.7. **[SP]** Competitors shall have a whistle attached to their PFD at all times while on the water.
- 16.8. **[SP]** Each boat shall have a secure loop in the end of its painter.

17. [SP] [DP] [NP] EQUIPMENT AND MEASUREMENT

- 17.1. Boats are allowed only one hull, daggerboard, rudder (including tiller and extension), mast, boom, sprit, and sail during the regatta. Any request to consider approving equipment substitutions shall be submitted in writing to the Technical Officer before the end of protest time limit the day prior to the day for which the substitution is to be made. If changes are required during a day's racing, approval may be made verbally and the written request submitted before that day's protest time limit.
- 17.2. Measurement may be made of boats at any time during the regatta at the direction of the race committee.

18. [SP] [DP] [NP] SUPPORT (COACH and SPECTATOR) PERSON REGULATIONS (see SI 10 & SI Addendum 1)

- 18.1. Coaches are expected to be good role models for young sailors and conduct themselves accordingly ashore and on the water.
- 18.2. Parents (spectators) who are on the water either in support, coach, or spectator vessels are considered coaches for the purpose of SI 18. Those parents who serve on race committee vessels (including patrol and safety vessels) may not communicate in any way with their sailors or their coaches from the time the orange starting line flags are displayed until their sailor has finished his or her race (the "No Communication Period"). The only exception to this rule is when directed by the Principal Race Officer or they are involved with safety and rescue. During periods of time when communication with coaches and/or sailors is permissible, these parents shall not transfer any strategic or tactical information (including audio or video recordings) gained due to their advantageous location on the race course or their access to race committee communications, unless such information is made available to all sailors, coaches and other



parents/supporters. Communications of a personal nature (e.g., ‘great race’, ‘get something to drink’, ‘go see your coach’, etc.) are always permissible outside the “No Communication Period”.

18.3. General support (coach and spectator) vessel requirements:

- a. Support vessels shall display a numbered flag provided by the organizing authority at all times while on the water. All support vessels shall carry a VHF radio and monitor the race committee channel, VHF 73.
- b. No ‘team’ flags, private signal flags, or any object that might be construed as a signal shall be flown from coach or support vessels while racing is underway.
- c. Support vessels shall follow the instructions of race committee, patrol, safety, protest committee, and other race management vessels at all times.
- d. No support vessels shall tie up to or congregate around any aid to navigation, such as buoys or channel markers, or tie up to any fixed fishing gear or fishing floats.

18.4. Restrictions:

- a. All support vessels shall stay out of the racing area while boats are racing and at least 100 yards away from any racing boat, and move slowly and with minimal wake, except where permitted in this instruction.
- b. Certain support vessels may be designated as rescue craft by the Principal Race Officer or Safety Officer and given permission to enter the racing area for the purposes of rescue operations only.
- c. When the race committee hoists (or is displaying) its orange starting line flags, all support vessels in the starting area shall proceed immediately to the waiting area and shall remain there until the race committee lowers the starting line flags, except that, after first and subsequent start(s) of a “Set” of races, coach and support vessels may exit the waiting area and proceed slowly with minimal wake to the weather mark, only on the starboard side of the course. The race committee may close the starboard side of the course to support vessels.
- d. There shall be no anchoring inside the course or in the vicinity of the finish line.

18.5. There shall be no unmanned aerial vehicle (UAV) drone flight permitted above the racing area, waiting area, corridor, coach/spectator boat zones, starting line or finishing line. (See SI 8, 10, 11 & Addendum 1)

18.6. Penalties:

- a. Competitors affiliated with any coach, parent, or spectator vessel that breaks SI 18 may be protested and penalized under RRS 41, Outside Help, in which case the Preamble to Part 4 will not apply. This changes RRS 41.
- b. Coaches, parents, or spectators that repeatedly and/or intentionally break SI 18 may be subject to disciplinary actions up to and including exclusion from the venue.

19. [DP] [NP] ENVIRONMENT

Competitors and coaches are expected to comply with RRS 55. Trash may be placed aboard race committee and support vessels.

20. [DP] [NP] SPECIAL INSTRUCTIONS - EVENT ADVERTISING



Boats are required to display advertising, if any, chosen, supplied, and as instructed by the organizing authority.

21. DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority including the sponsors, the race committee, Larchmont Yacht Club staff and volunteers, board of directors of the Larchmont Yacht Club, officers and board of directors of the USODA, and all those involved in these organizations 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. An online waiver shall be signed by all competitors and their parent/guardian, in accordance with NoR 3.8

22. PRIZES

Prizes to be awarded are described in the Notice of Race. Subsequent prizes may be awarded at the discretion of the organizing authority.

Regatta Chairs: Ned and Dorsey Roseberry

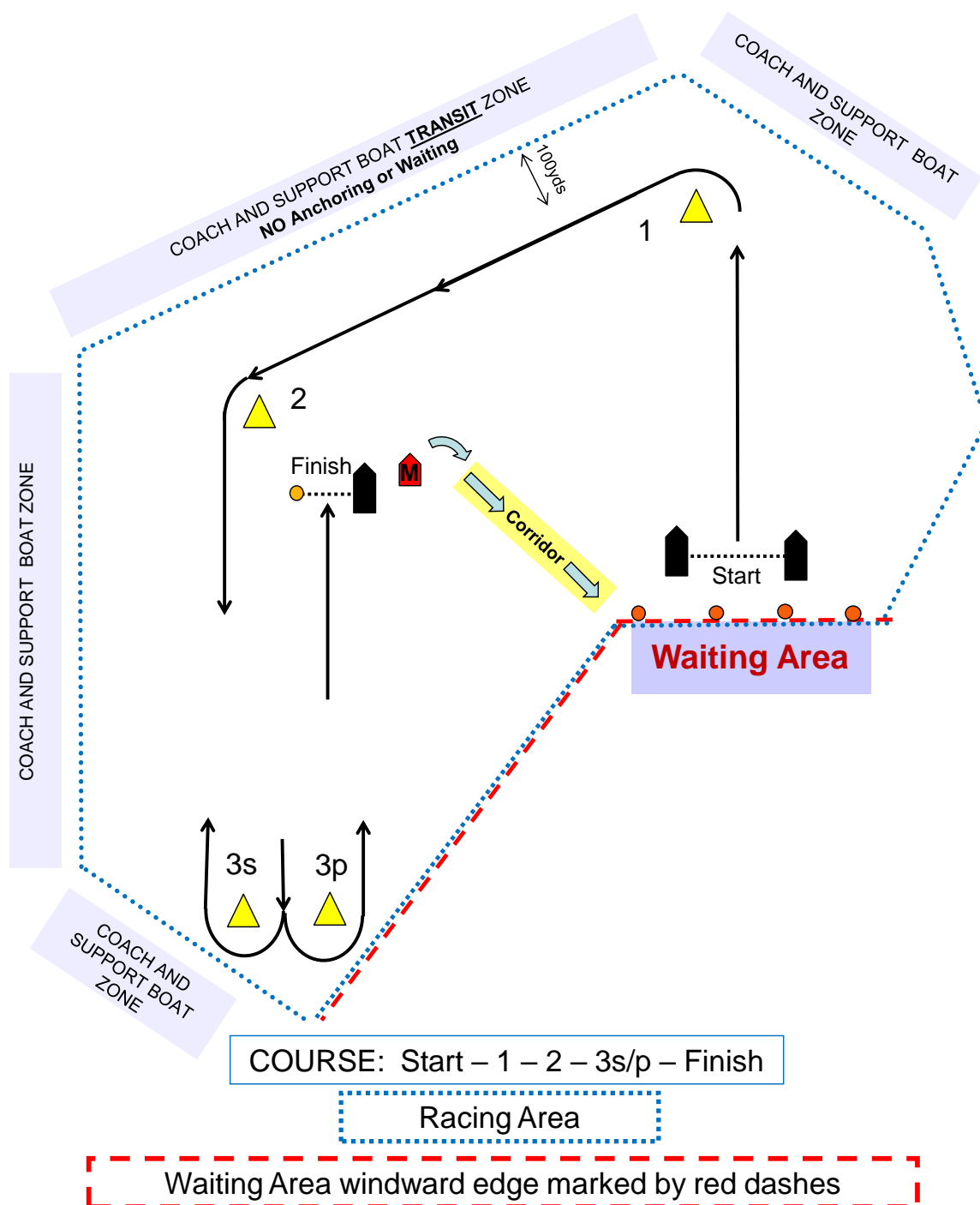
Principal Race Officer: Jay Kehoe

Chief Judge: Mary Savage

Scorer: Sheelagh Thomson



SI Addendum 1 – Race Course and Restricted Areas



Note: Diagram not to scale. Mark colors and shapes are illustrative only.



SI Addendum 2 – USODA Graded Penalty System

Graded Penalty System – Percentage Penalties rounded up to the next whole number

Penalties apply to the race of infringement; otherwise, to the first race of the day.

1. Minor SI penalties

Penalty approximately equal to 5% of fleet

- a) Not displaying the assigned colored division streamer (SI 3.5)
- b) Launching before 'Harbor Launch' signal (SI 5.4)
- c) Failure to return promptly to waiting area after finishing (SI 13.1/13.2)
- d) Failure to report penalty taken (SI 16.12)

2. Minor class rule penalties and intermediate SI penalties

Penalty approximately equal to 10% of fleet

- a) Bailer not attached to hull (CR 4.3)
- b) Paddle not attached to hull (CR 4.3)
- c) Daggerboard not attached to hull (CR 3.3.4)
- d) Painter not attached to mast step (CR 4.3)
- e) Whistle not attached to personal flotation device (CR 4.2)
- f) One sail tie 5 mm or more loose (CR 6.6.3)
- g) Two sail ties 3 mm or more loose (CR 6.6.3)
- h) Accidental loss of sail tie (CR 6.6.3)
- i) Position of strap on boom is between 101 mm and 115 mm (CR 3.5.3.8)
- j) Ring(s) on span of boom slipping (CR 3.5.3.8)
- k) Sailing across a race in progress before starting or after finishing (RRS 24.1)
- l) Out of the waiting area (11.5)
- m) Failure to comply with Safety Check-Out/Check-In procedures (SI 18.1/18.2)
- n) Breaches of SI 20, Support Person Regulations

3. Intermediate class rule penalties

Penalty approximately equal to 30% of fleet

- a) No bailer, paddle or painter in boat (CR 4.3)
- b) No whistle (CR 4.2)
- c) No lanyard, locking device or other arrangement to attach mast to the hull (CR 3.5.2.11)
- d) Sail outside limits of bands (CR 6.6.3)
- e) Two ties 5 mm or more loose (CR 6.6.3)
- f) Three or more ties 3 mm or more loose (CR 6.6.3)
- g) Position of strap on boom is more than 115 mm (CR 3.5.3.8)
- h) Throat, tack or clew eyelet 3 mm or more loose (CR 6.6.3)
- i) Failure to wear an approved PFD (SI 18.5)
- j) Failure to report for measurement after finishing (SI 13.1)
- k) Failing on-water measurement inspection (SI 13.1)
- l) Repeated infringement of Section 1 or Section 2 penalties, above

4. Major class rule penalties (as per RRS)

Penalty DSQ – requires Protest Hearing

- a) All RRS, except as amended
- b) All SI, including amendments, except as specified above
- c) Use of uninspected equipment
- d) Use of unapproved fittings
- e) Repeated infringement of Section 3 penalties, above



SI Addendum 3 COVID Requirements

COVID 19 Questionnaire

Prior to arrival each day: Each sailor, coach, volunteer and parent/guardian must complete the Online Covid Questionnaire to enter LYC Property (as monitored at security gate entry area). Cars entering LYC property will be stopped at the gate house to check in (and confirm they have completed the Online Covid Questionnaire), with all car occupants being subject to a temp check.

Competitors and coaches meeting us on the water must complete an Online Covid Questionnaire both mornings.

On Property Requirements

Each volunteer, coach, parent/guardian and sailor must comply with the LYC COVID-19 Protocol for Regattas and Yachting Events available on the LYC website at larchmontyc.org/regatta.

On LYC property every volunteer, coach, parent, and sailor must wear a face covering at all times.

No group meetings without social distancing, and no-post sailing group debriefs on property. After returning to shore, sailors shall pack up and leave promptly.

We have volunteers assigned to remind everyone of rules and to harass anyone seen doing anything close to problematic. Anyone who does not respond well to them will promptly be forced off property.....and if they are a parent/chaperone they will be required to take their competitor (and their boat) with them.

After drop off parents are not permitted in the boat area, and **must remain in or around their car and to observe social distancing and mask wearing when outside their car.** Parents are encouraged to leave the property promptly once their kids no longer need equipment from their car. Parents are not needed, desired or welcome for launching and retrieval. Sailors will call / text parents when they are ready for pickup, at which time parents can drive into LYC to conduct pickup

Vendors will be assigned spots in the Commodore's lot, and will use tables and "keep back" barriers to ensure proper distancing. Competitors and others must maintain social distancing when purchasing items from vendors.

"Emergency" Return: In the event of a storm, nearby lightning strike, etc., ALL sailors shall sail into LYC per the "Emergency Response Plan."

LYC will provide moorings for coach boats overnight; see the NOR for details. Coaches must continue to wear face covers on launch to/from their moored boats.

On the Water Requirements

Sailors on coach boats / congregation on the water: Except in the case of emergencies, no more than three sailors (wearing masks) should be on or in any coach boat at any time.

Coaches & Face Covers: Coaches shall wear a face cover at all times when they are close to sailors.

Spectating: Parents shall only spectate in a socially distancing-compliant manner.