



Stamford Yacht Club

2026 Cows Trophy Race

Saturday, September 26

Sailing Instructions

1. Rules

- 1.1 The race will be governed by the current edition of *The Racing Rules of Sailing* (RRS) except as altered by the Notice of Race or by these Sailing Instructions.
- 1.2 The current PHRF regulations as administered by the Yacht Racing Association of Long Island Sound (YRALIS).
- 1.3 Distance PHRF ratings will used. PHRF weight limits will not be in effect.
- 1.4 All boats shall comply with the US Sailing Safety Equipment Requirements (USSER) for nearshore races. The VHF radio shall be capable of transmitting and receiving on Channel 16 and 05A.
- 1.5 Prior to the first race signal of the day, each boat shall check in by sailing by the Signal Boat. There will be no check in by radio.
- 1.6 A boat withdrawing must inform the Race Committee as soon as possible but no later than leaving the racing area.
- 1.7 RRS Appendix T shall apply

2. Eligibility

- 2.1 This race is open to single hulled sailing boats 22' LOA and over, holding a valid YRALIS PHRF certificate. This event is a qualifying regatta for the Stamford Trophy Series, Stamford Cup, Windigo, Sagola, King's Point, Lighthouse and Mertz Trophies.

3. Notices to Competitors

- 3.1 Notices to competitors will be posted on the Official Notice Board located on the event page on YachtScoring.com
- 3.2 The race committee may make broadcasts on VHF channel 05A for communications to competitors before or during the race. The timing, order of the broadcast, or the failure of the competitors to hear the broadcast, will not be grounds for redress. This changes rule 29 and 61.1

4. Changes to the Sailing Instructions

- 4.1 Changes to the Sailing Instructions will be posted before 1200 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.
- 4.2 Oral changes may be made on the water via announcements over VHF Channel 05A. This changes Race Signals.

5. Signals Made Ashore

- 5.1 Signals made ashore will be displayed from the Signal Boat while at the dock.
- 5.2 When flag AP is displayed ashore, "1 minute" is replaced with "not less than 60 minutes." This changes RRS Race Signals.

6. Schedule of Races

6.1 Harbor Start is scheduled at 1300. The first signal is scheduled at **1400**.

7. Class Flags

7.1 Each boat shall display from her backstay, at least five feet above the deck, a numeral pennant corresponding to her class.

Class 1 – Spinnaker Class

Class 2 – Non-Spinnaker Class

8. Racing Areas

8.1 The racing area is described in Attachment 2, "SYC Racing Chart".

9. The Courses

9.1 The marks of the course are those described in Attachment 1 "Mark Designations".

9.2 Prior to the start, the Signal Boat shall display the first mark of the course on the course board and by code flag. Competitors shall sail from the starting area to this mark and back to the starting area.

9.3 The next mark of the course will then be displayed on the course board and by code flag. Boats shall then sail to the next signaled mark and back.

9.4 This pattern shall be repeated until the RC signals flag "H" indicating that the race will be finished.

9.5 All legs being reciprocal, the signaled marks shall be left to port.

9.6 After sailing to a mark of the course and upon returning to the starting area, all boats must pass through a gate formed between the Signal Boat and the Cows Buoy "R32" before proceeding to the next signaled mark.

9.7 The Signal Boat may be stationed on either side of the Cows Buoy. After going through the gate, boats may round either end of the gate.

10. Marks

10.1 The marks of the course are designated in Attachment 1, "Mark Designations" of these Sailing Instructions, unless otherwise noted in Special Sailing Instructions.

10.2 When a temporary mark is being used, the race committee shall display from a course board the compass course and distance to that temporary mark.

11. The Start

11.1 The starting line will be between a staff displaying an orange flag on the Signal Boat and "R32", the Cows Buoy.

11.2 The Race Committee may elect to start more than one class simultaneously.

11.3 Every boat whose warning signal has not been made shall keep clear of the starting area and of all boats whose warning signal has been made.

12. Individual Recalls

12.1 In the event of an Individual Recall, infringing boats may be recalled by name or sail number, by loud hailer or over VHF radio. Failure to make a radio call or the failure of a boat to hear a recall or the order of such calls shall not be grounds for redress. This change RRS 29.1

13. The Finish

13.1 The finish will be between a staff displaying a blue flag on the Signal Boat and the Cows Buoy "R32".

14. Time Limit

14.1 The time limit for any class's race will be four hours.

15. Protests and Requests for Redress

- 15.1 A boat intending to protest shall inform the race committee upon finishing or withdrawing. Protests shall be submitted in writing on standard protest forms to the Race Committee no later than one hour after the Race Committee has returned to the dock. The Race Committee will post its arrival time on the Official Notice Board on the event page on www.YachtScoring.com
- 15.2 The protest committee will notify all parties and hear protests as soon as practical on the day the incident occurred. However, the Protest Committee reserves the right to hold hearings at an alternate time.

16. ARBITRATION

- 16.1 Arbitration will be held in accordance with Appendix T prior to a protest hearing.
- 16.2 One representative from each boat will meet with an arbitrator unless the protestor requests that the protest be withdrawn
- 16.3 The Arbitrator will not be a member of the protest committee but will be permitted to offer testimony during the hearing. This changes RRS 63.
- 16.4 It is intended that Arbitration be heard at Stamford Yacht Club on day the incident occurred. However, the arbitrator reserves the right to hold hearings at an alternate time.

17. Ratings/Scoring

- 17.1 Scoring computations will use YRALIS Distance PHRF ratings converted to Time-on-Time.
- 17.2 Time-on-Time correction factor: $650 / (550 + \text{PHRF}) \times \text{Elapsed Time} = \text{Corrected Time}$

18. Radio Communication

- 18.1 Except in the case of an emergency, while racing, a boat shall neither make nor receive wireless communication not simultaneously available to all boats. This restriction also applies to mobile telephones.
- 18.2 It is the intention of the Race committee to monitor VHF channel 05A throughout the race.

19. Disclaimer of Liability

- 19.1 RRS rule 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.'**

20. Contact Information

Principle Race Officer (PRO)	John Troy, jtroyhome@yahoo.com
SYC Race Committee	RC@StamfordYC.com
Stamford Yacht Club	(203) 323-3161
Event page on YachtScoring	www.yachtscoring.com/emenu/50830

Attachment 1

Mark Designations

A - Gong "1", Little Captains Island East Reef

F - Green Gong "11B"

C - Red Nun "34" Greenwich Point

j - Red Bell "32-A" Mid Channel Buoy

E - Red /Green Can "E" Eaton's Neck

G - Green Gong "1" Stamford Harbor

H - Red Bell "32" The Cows

S - Start / Finish Mark (inflatable mark)

U - Leeward Inflatable Mark

I - Red Bell "28-C" Cable & Anchor Reef

L - Green Gong "15" Lloyd Point

O - Green Bell "17" Oyster Bay

P - Green Can "19" Oak Neck

W - Windward Inflatable Mark

ATTACHMENT 2

SYC Racing Chart

