



Junior Sailing Association of Long Island Sound

59th Annual Regatta for the Dorade Trophy

Hosted by

Stamford Yacht Club

97 Ocean Drive West, Stamford, CT 06902

Monday, August 10, 2026

Sailing Instructions

Notes:

- Stamford Yacht Club is the Organizing Authority (OA) in partnership with the Junior Sailing Association of Long Island Sound.
- The notation '[DP]' in a rule means that the penalty for a breach of the rule may, at the discretion of the protest committee, be less than disqualification.
- The notation '[NP]' in a rule of the sailing instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

Abbreviations:

PC	- Protest Committee	RC	- Race Committee
OA	- Organizing Authority	SI	- Sailing Instructions
RRS	- Racing Rules of Sailing	JSA	- Junior Sailing Association of LIS
NOR	- Notice of Race		

1 RULES

1.1 The regatta is governed by:

- a. The Racing Rules of Sailing (RRS), except as modified by the Notice of Race or these Sailing Instructions.
- b. The current PHRF Regulations of the YRA of Long Island Sound
- c. The [Rules for JSA Events](#)
- d. The [JSA Code of Conduct](#)
- e. The US Sailing Safety Equipment Requirements (USSER) for nearshore races. [US Sailing Safety - Nearshore](#)
- f. The [US Sailing SafeSport-Handbook](#)
- g. The [US-Sailing-Athlete-Safety-Handbook](#)
- h. RRS Appendix V1 Penalty at the Time of an Incident will apply
- i. RRS Appendix V2 Penalty Taken After a Race will apply
- j. RRS Appendix T: Arbitration will apply
- k. RRS rule 60.4(a)(2) is changed as follows: (2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or

- I. RRS rule 60.3 is changed to include: (c) A boat intending to protest about an incident that occurs in the racing area shall, without consultation with instructors, coaches or support persons, notify the Race Committee (RC) finish boat of her intention as soon as possible after finishing, including (if possible) the sail number of the boat(s) being protested.

2. [NP] ELIGIBILITY AND SAFETY REQUIREMENTS

2.1 Eligibility and Safety Requirements are listed in section 4 of the Notice of Race.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1** Any change to the SIs will be posted no fewer than 30 minutes before the Harbor Start on the day the change takes effect.
- 3.2** Any change in the scheduled First Warning Signal will be posted no later than 1800 the day before the take effect.

4 COMMUNICATIONS

- 4.1** Notices to competitors will be posted on the official notice board located on YachtScoring: <https://www.yachtscoring.com/emenu/50834>
- 4.2** [DP] While racing, from the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication not available to all boats.
- 4.3** [DP] Each coach and support vessel shall carry a VHF radio capable of communicating on all US channels.
- 4.4** [DP] All coaches and support vessels shall monitor VHF Channel 05A. Support persons shall maintain silence on this channel unless safety-related communication with the race committee or safety patrol is necessary. Stamford Yacht Club base can be reached on VHF channel 72 for operational and emergency support.
- 4.5** These Sailing Instructions, the NOR, results and other information will be available at <https://www.yachtscoring.com/emenu/50834>

5 CODE OF CONDUCT

- 5.1** [DP] Competitors and support persons shall comply with reasonable requests from race officials and with the JSA Code of Conduct (attached below).

6 SIGNALS MADE ASHORE

- 6.1** Signals made ashore will be displayed from the signal boat while at the SYC dock and announced over VHF channel 05A.
- 6.2** When flag AP is displayed "ashore", '1 minute' is replaced with 'not less than 60 minutes' in Race Signals AP.

7 SCHEDULE OF RACES

- 7.1** The first signal is scheduled for 1100 Monday August 10.
- 7.2** It is the intent that three races will be held.
- 7.3** One race shall constitute a regatta.

8 CLASSES

- 8.1 Based on the number and ratings of the entries, boats may be divided into classes.

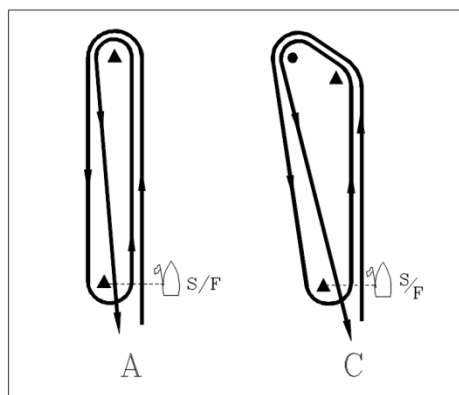
9 RACING AREA

- 9.1 The racing area will be in the waters of Long Island Sound south of Stamford Harbor Ledge Lighthouse.
- 9.2 The Race Committee boat will likely be a white motorboat known as "On The Line" located approximately 1.2 NM northeast of Red Bell "32A" (Mid-Sound Buoy).

10 COURSES

- 10.1 The Course and the bearing and distance (in nautical miles) to the windward mark will be displayed numerically on a course board by the Signal Boat before the warning signal for the first class to start.

The course configurations are as follows:



- 10.2 As an example, the following display would indicate racing Course A with the windward mark bearing 240 degrees at a distance of 1.3 nautical miles:

240-1.3
A

11 MARKS

- 11.1 Rounding marks will be orange tetrahedrons and shall be left to port.
- 11.2 Change marks will be yellow tetrahedrons. If a subsequent course change is signaled, that "new mark" will be replaced by an original mark.
- 11.3 The starting and finishing mark will be an orange tetrahedron.
- 11.4 The Offset Mark (Mark 1a), if used, will be a hippity-hop round ball.

12. THE START

- 12.1 The starting line will be between the staff displaying an orange flag on the Signal Boat at the starboard end of the line and the course side of an orange mark at the port end of the line.

12.2 Races will be started using RRS rule 26.

	<u>Minutes to start</u>	<u>Signals</u>
At 11:00	05 Warning (or AP)	Class Flag, 1 Sound (or AP, 2 sounds)
	04 Preparatory	"P" Flag (or another Preparatory Flag), 1 Sound
	01 One-minute	Preparatory Flag removed, 1 long sound
	00 Start	Class Flag removed, 1 sound

12.3 A boat that does not start within four minutes after her starting signal will be scored Did Not Start (DNS) without a hearing.

12.4 The Race Committee may start and race more than one class together.

12.5 The Race Committee intends to roll starts. The Warning Signal for the second Class is the Start of the proceeding Class.

12.6 In the event of an Individual Recall, infringing boats may be recalled by name or sail number, by loud hailer and/or over VHF Ch. 05A. Race Committee may not display the X-Flag. This changes RRS Rule 29.1. Failure to hear such hail or announcement or the timing or the order of such hail shall not be grounds for redress. This changes RRS rule 61.1.

12.7 A boat that starts prematurely (OSC) and fails to return shall be penalized by the addition of 10 minutes to her elapsed time.

13 CHANGE OF THE NEXT LEG OF THE COURSE

13.1 The Race Committee may change the course by up to fifteen (15) degrees in bearing and/or 0.1 nm in length without a signal or change of mark color. This changes RRS 33.

13.2 If the course change is greater than outlined in 13.1, the race committee will signal the course change and lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. If a subsequent course change is signaled, that "new mark" will be replaced by an original mark.

13.3 If the weather mark is changed, the offset mark shall not be used.

14 THE FINISH

14.1 The finishing line will be between a blue flag on the Signal Boat and the mark used as the starting mark, or in accordance with SI 14.2.

14.2 The race may be shortened at any mark of the course.

14.3 The display of code flag "A" at the Finish indicates no other race is intended to be run.

15 TIME LIMITS

15.1 The time limit for any race will be two (2) hours for that class or 20 minutes after the first boat to finish in that class (known at the Finishing Window). Boats starting but failing to sail the course within the time limit or the finishing window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE), without a hearing. A boat scored TLE shall be scored points for their finishing place two (2) more than the finishing place of the last boat that sailed the course and finished before the Finishing Window expires. This changes RRS rule 35.

15.2 No Warning Signals after 1530.

16 PROTEST AND ARBITRATION

- 16.1** Protesting boats shall comply with Part 5, Section A of the RRS.
- 16.2** A boat intending to protest about an incident that occurs in the racing area shall, without consultation with instructors, coaches or support persons, notify the Race Committee (RC) finish boat of her intention to protest as soon as possible after finishing, including (if possible) the sail number of the boat(s) being protested. This changes RRS rule 60.3.
- 16.3** Protests shall be written on standard forms and lodged with the RC via online submission no later than 1800 on the day of the event.
- 16.4** Provided rule 44.1.b does not apply, arbitration will be held in accordance with Appendix T.
- a. The arbitrator will notify all parties and hear the arbitration as soon as practical.
 - b. The parties to a protest will state their cases to the arbitrator; the arbitrator will discuss the issues with each and, upon evaluating the statements made, offer an opinion as to the likely outcome of a hearing. Should all parties to the protest accept the opinion, the appropriate action(s) are to be taken and no hearing will take place. If a hearing is held, the arbitrator shall not be a member of the protest committee, but may offer testimony.
- 16.5** If a hearing is required, the protest committee will notify all parties and hear protests as soon as practical.

17 COMMUNICATIONS

- 17.1** It is the intention of the RC to monitor channel 05A during all races.
- 17.2** Except in an emergency or if contacted by the RC, while racing, a boat shall neither make nor receive radio transmissions or special communications not simultaneously available to all boats.
- 17.3** RRS rule 41, OUTSIDE HELP, is changed by adding: (e) Help in the form of information freely available to all boats even if that information is only accessible at a cost. "At a cost" help shall not include private forecast or tactical advice, or information customized for a particular boat or group of boats and/or her/their situation.

18 SCORING

- 18.1** Each boat's series score will be the total of her race scores. There are no throw-outs. This changes RRS rule A2.1
- 18.2** Overall winner will be the boat with the lowest overall score determined by dividing the low point scores of each class winner by the number of boats in their respective class.

19 SAFETY REGULATIONS

- 19.1** [DP] [NP] Before the first warning signal for each day, all boats shall check in by sailing on starboard tack past the stern of the anchored RC signal boat and hailing their sail number until acknowledged by a committee member.
- 19.2** Each competitor and instructor/coach shall wear a US Coast Guard approved personal flotation device while on the water in accordance with JSA Rule 2.1.
- 19.3** [DP] A boat that retires from a race or for the day shall notify the Race Committee before leaving the race area.

20 [DP] [NP] SUPPORT TEAMS

- 20.1 Instructors, coaches, and spectators shall stay outside areas boats are racing from the time of the preparatory signal for the first class to start until all boats have finished (or retired) or the race committee has signaled a postponement or abandonment.
- 20.2 Support teams, including all support persons and support person vessels, shall monitor VHF Ch. 05A and assist the race committee by following any safety instructions issued.

21 [NP] [DP] TRASH DISPOSAL

- 21.1 Competitors and support people shall not intentionally put trash in the water.

22 PRIZES

- 22.1 Prizes will be awarded to the top three finishers in each class.
- 22.2 A sportsmanship trophy may be awarded at the discretion of the RC.

23 [NP] [DP] DRONE USAGE

- 23.1 Drones are not allowed at the event unless they are authorized by the Organizing Authority (OA). Content from OA authorized drones should not be used for coaching during the event. If the content is used for coaching (or other similar purposes) it shall be made available to all competitors at the same time and not during competition hours. Further, the content shall be made available to the JSA for promotional purposes by promptly emailing said content to news@jsalis.org."

24 RISK STATEMENT

- 24.1 RRS 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.**

By participating in this event, I agree to be bound by all rules that govern this event.

Event website on YachtScoring: <https://www.yachtscoring.com/emenu/50834>

Event Chair, Brian Levine blevine1021@yahoo.com C: 215-680-5803

PRO: John Troy jtroyhome@yahoo.com

SYC Sailing Director, Lawrence McGrath sailingdirector@stamfordyc.com

SYC Race Committee rc@stamfordyc.com

Stamford Yacht Club: 97 Ocean Drive West
Stamford, CT 06902
203-323-3161
VHF Channel 72

Junior Sailing Association of Long Island Sound Code of Conduct

2

Introduction

The JSA Code of Conduct applies to all JSA Sailors, Parents, Coaches and anyone present in support of a sailor or an event (“Support Person”) when attending JSA Sanctioned Events. It applies from the time one arrives at the event to the time of departure, and it applies to conduct both on and off the water. The Code is intended to prescribe appropriate behavior for every aspect of participation in a JSA event. It is not intended to establish a set of rules.

Commitment

I promise:

- I will use my best efforts to learn and follow the Racing Rules of Sailing.
- I will be honest, fair, courteous, respectful and a good sport, whether I am winning or losing.
- I will treat competitors, coaches, regatta officials, parents, hosts and all others with respect, even if I believe that person is wrong.
- I will comply with the reasonable requests of any regatta official, team coach and/or parent chaperone that may be associated with an event.
- I will respect the rules and conditions of the regatta, the Host Club or sailing venue.
- I will follow all regulations governing the operation of support craft.
- I will not use another's property without permission, steal or damage another's property.
- I will not hit, abuse, bully, make fun of or call anyone names.
- I will not swear or curse.
- I will not abuse my equipment in anger.
- I will follow all safety procedures and instructions given by race officials, regatta hosts and other responsible adults. I will promptly notify a race official, coach or responsible adult if another person is in danger.
- I will not engage in any conduct that endangers the health or safety of another competitor.
- I will not use alcohol, tobacco, or any drugs that were not prescribed specifically for me.
- I will respect the grounds of the sailing venue and the waters on which I sail, by being responsible for my items and disposing of my trash responsibly.
- I will demonstrate “Corinthian Spirit”, meaning I will place good sportsmanship, fair play and respect for the rules above winning.

Enforcement of the Code

It is expected that a Sailor and his/her support group enters an Event understanding the Code. First and foremost, compliance with this Code is mandatory and, if words or actions result in a breach of the Code, the expectation is that the Sailor will report him or herself to the Organizing Authority. Alternatively, a breach of the Code may be reported by peers or others in attendance who have witnessed such an incident.

Handling of Code Violations

When necessary, enforcement may take the form of disciplinary action as outlined by the RRS, the US Sailing SafeSport Handbook, and the US Sailing Regulations and Bylaws.

If an incident is brought to the attention of the Organizing Authority, Event Host and/or the Protest Committee alleging that a competitor has violated this Code, the Protest Committee shall notify the competitor and conduct a hearing that meets the requirements of Part 5, Section B of the RRS. Under such

circumstances, the competitor has the right to voluntarily withdraw from the event rather than proceeding with a hearing.

If the Protest Committee decides that the competitor has violated the Code and is not exonerated, it may:

- a. remove some or all of the competitor's event privileges or benefits,
- b. disqualify the competitor's boat from the race or races sailed nearest in time to that of the incident,
or
- c. disqualify the competitor's boat from all races in the event and exclude the competitor from the event or venue.

Further action may be determined by the Protest Committee if warranted including considering calling a hearing under RRS 69.2(b) or remanding it to the US Sailing Review Board or SafeSport.

Under such circumstances, the Host Club Event Chair shall take disciplinary action within 48 hours and shall notify the Chair of the JSA regarding the action.

Scoring

When a competitor withdraws from part of an event pursuant to the Code, the scores of all completed races shall stand for the purposes of determining the seeding of subsequent rounds or stages in the event.

However, that competitor's boat/team will no longer be eligible to compete in the event, shall be removed from the final event scores, and each boat/team with a worse finishing place in the event shall be moved up one place. The same scoring applies if a boat is disqualified from the remaining races in an event.

Parents, Coaches & Support Persons

Parents, Coaches and Support Persons are expected to adhere to the Code and the Commitments listed above. It is expected that any violation of the Code and/or Commitments will be reported to the Organizing Authority, Event Host and/or Protest Committee and will be addressed as outlined under "Handling of Code Violations" above.

The actions that a Protest Committee may carry out for Support Person misconduct are defined in RRS 64.4. They include:

- a. issue a warning;
- b. exclude the person from the event or venue or remove any privileges or benefits, or
- c. take any other action within its jurisdiction as provided by the rules.

The protest committee may also penalize a competitor for the breach of a rule by a support person by changing the boat's score in a single race, up to and including DSQ, when the protest committee decides that:

- a. the competitor may have gained a competitive advantage as the result of the breach by the support person, or
- b. that the Parent, Coach or Support Person has committed a further breach after the competitor has been warned by the protest committee that a penalty may be imposed.

JSA Support Team Regulations

In addition to the procedures specified in the SUPPORT TEAMS section of the Sailing Instructions, the JSA requires support persons who communicate with race officials by VHF radio to use these protocols:

- Hail the RC and identify yourself by using your Name, your Club/Organization, and your Role (coach, parent, etc.)
- Say your message.
- Receive response
- Acknowledge the response
- Do not argue with the RC if you disagree with its response.
- End the communication by thanking the RC volunteers for their service.

Communications that do not include a support person's identity, or are argumentative and abusive, may be subject to penalties as described in the JSA Code of Conduct.

Support Persons are reminded:

- a.) RRS 4.1(b) states: "A support person by providing support, or a parent or guardian by permitting their child to enter an event agrees to accept the rules."
- b.) RRS 4.2 states, "Each competitor and boat owner agrees, on behalf of their support persons, that such support persons are bound by the rules."
- c.) RRS 60.3 states: The Protest Committee may call a hearing, if any support person has broken a rule.
- d.) RRS 64.5 Decisions Concerning Support Persons may include a warning, exclusion from the event venue or worse, and may include penalties against their sailors.