

Cedar Point Optimist Area C

Cedar Point Yacht Club
1 Bluff Point, Westport CT

July 22, 2026

Sailing Instructions

Notes:

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

1 RULES

1.1 The regatta is governed by:

- a. the rules as defined in *The Racing Rules of Sailing*
- b. the Optimist Class Rules
- c. the Rules for JSA Events
- d. the JSA Code of Conduct
- e. the US Sailing Athlete Safety Handbook
- f. RRS Appendix V1 Penalty at the Time of an Incident, and Appendix V2, Penalty Taken After a Race, will apply.
- g. RRS Appendix T, Arbitration will apply

1.2 The following RRS are changed:

- a. RRS 61.1(a) is added to as follows: "A boat intending to protest about an incident that occurs in the racing area shall notify the Race Committee (RC) finish boat of her intention as soon as possible after finishing, including (if possible) the boat identification number of the boat(s) being protested. The boat shall not consult with instructors, coaches, or support persons, prior to such notification."

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1** 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 COMMUNICATIONS

- 3.1** Notices to competitors will be posted on the official notice board located on the south wall (facing the parking lot) of the clubhouse.
- 3.2** [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.
- 3.3** [DP] Each coach and support vessel shall carry a VHF radio capable of communicating on all US channels.
- 3.4** [DP] All coaches and support vessels shall monitor VHF Channel 79. Support persons shall maintain silence on this channel unless safety-related communication with the race committee or safety patrol is necessary. Cedar Point Yacht Club base can be reached on VHF channel 78 for operational and emergency support.
- 3.5** These Sailing Instructions, the NoR, results and other information will be available at [Clubspot Event Link](#).

4 CODE OF CONDUCT

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

5 SIGNALS MADE ASHORE

- 5.1** Signals made ashore will be displayed from the main flagpole.
- 5.2** When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in Race Signals AP.
- 5.3** [DP] Boats shall not leave the basin or beach area until the harbor start signal or, if postponed ashore, until the AP flag has been removed.

6 SCHEDULE OF RACES

6.1 Six or more races are scheduled.

6.2 The racing schedule is as follows:

Day	Date	Time	Activity	Location
Tuesday	7/21/2026	1700 - 2000	Early drop off	See NoR 14
Wednesday	7/22/2026	0730 - 0900	Registration	Clubhouse
		0730 - 0900	Safety Check	Drystall Area
		0730 - 0930	Breakfast Bar	Pavilion
		0900	Instructors Meeting	Clubhouse Upper Deck
		0930	Competitors Meeting	Flag Pole
		1000	Harbor Start	
		1100	First Warning Signal	
			Lunch	On the Water (BYO)
		1530	No Warning Signal after	
		Post Racing	Hot Dogs, Snacks and Awards	Pavilion

7 CLASS FLAGS

7.1 The class flags will be:

White Division White Flag

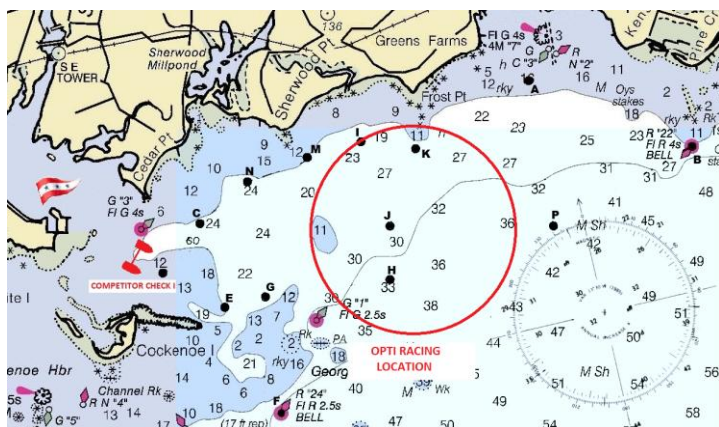
Blue Division Blue Flag

Red Division Red Flag

7.2 [DP] Boats shall display a streamer signifying their age group (red, blue, or white) from the top of their sail at all times while racing.

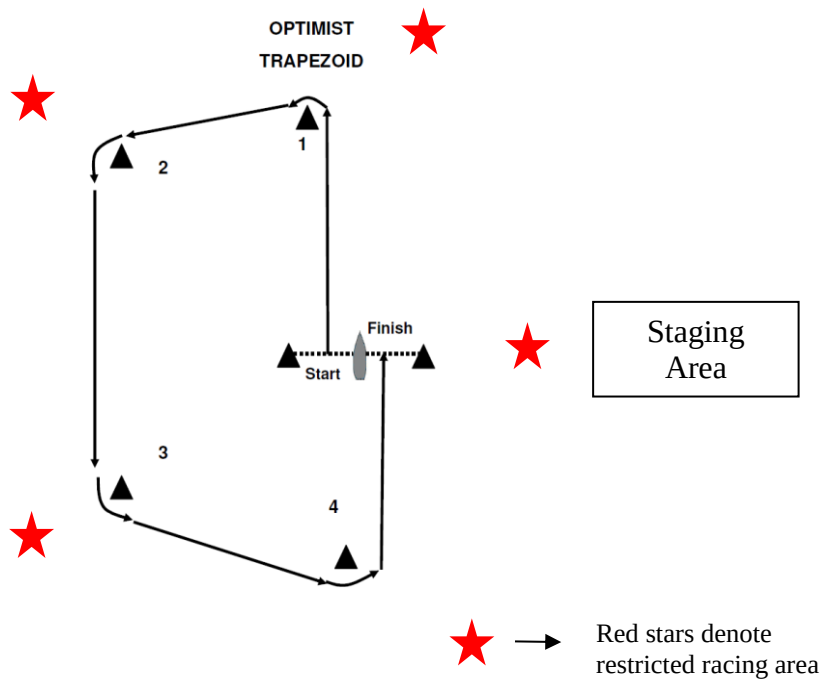
8 RACING AREA

8.1 The racing area will be in the waters off Bluff Point in Westport, CT.



9 THE COURSE

9.1 The course shall be an Optimist Trapezoid as shown in the diagram below.



10 MARKS

10.1 Rounding marks 1, 2, 3, and 4 will be orange tetrahedrons.

10.2 The starting line is between an orange flag displayed on the signal vessel at the starboard end, and an orange flag displayed on a race committee pin boat anchored at the port end.

10.3 The finishing line is between a blue flag displayed on the signal vessel at the port end, and the course side an orange ball at the starboard end.

11 THE START

11.1 Races will be started using Appendix U, "Audible-Signal Racing System", with the following additions and changes:

- The class flag(s) of the class(es) to start will be hoisted before the warning signal and will be dropped at the start.
- A series of short horn blasts and hoisting of class flag(s) indicates a warning signal is forthcoming and competitors for the indicated division(s) should proceed immediately to the starting area.
- If RRS 30.1 (the "I flag rule"), RRS 30.2 (the "Z flag rule"), RRS 30.3 (the "U flag rule"), or RRS 30.4 (the "black flag rule") is in effect, the appropriate flag(s) will be displayed with the warning signal and will be dropped one minute before the start.
- If either RRS 29.1 (Individual Recall) or RRS 29.2 (General Recall) is in effect, the appropriate flag will be displayed with its corresponding sound signal.
- This changes Appendix U1 and RRS 26.

11.2 A boat that does not start within four minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.

- 11.3** The starting line is between an orange flag displayed on the signal vessel on the starboard end, and an orange flag displayed on a race committee pin boat anchored at the port end.
- 11.4** [DP] Boats shall remain in the staging area when not racing or preparing to start.
- 11.5** The Red and Blue age groups will start first and race together. The White age group will start second and race separately.
- 11.6** If code flag “I”  and/or “Z”  and/or “U”  or the black flag has been displayed, the RC will attempt to hail the sail number(s) of boats on the course side of the starting line **during the minute before her starting signal**.
- 11.7** If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. A boat may not request redress based on failure of the race committee to hail her number, failure of her to hear such a hail, or the order in which boats are hailed. This changes RRS 61.1(a).

12 THE FINISH

- 12.1** The finishing line will be between a blue flag on the signal vessel on the port end and the course side of an orange ball at starboard end.
- 12.2** Flag A  displayed while boats are finishing means ‘No more racing today’.

13 TIME LIMITS

- 13.1** The Race Time Limit (see RRS 35), and the Finishing Window are shown below.

<u>Class</u>	<u>Race Time Limit</u>	<u>Finishing Window</u>
Optimist	60 Minutes	20 Minutes

- 13.2** The Finishing Window is the time for boats to finish after the first boat sails the course. Boats starting but failing to sail the course within 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 the finishing place two more than the finishing place of the last boat that sailed the course within the Finishing Window and was not penalised under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.2 and A10.

14 HEARING REQUESTS

- 14.1** Protest and scoring inquiry forms are available in the breezeway on the lower level of the clubhouse.
- 14.2** if a competitor believes their posted score is incorrect, they may file a scoring inquiry and/or request redress. The RC will post responses to scoring inquiries on the official notice board.
- 14.3** The protest time limit is 30 minutes after the RC signal boat docks, which shall be posted promptly on the official notice board.
- 14.4** Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Governors' Room on the lower level of the clubhouse.

15 SCORING

- 15.1** When fewer than five (5) races have been completed, a boat's series score will be the total of her race scores. When five (5) to nine (9) races have been completed, a boat's series score will be the total of her race scores excluding her worst score. When ten (10) or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores. This changes RRS A2.1.
- 15.2** One race is required to be scored to constitute a series.
- 15.3** Divisions that start together will be scored overall.

16 SAFETY REGULATIONS

- 16.1** [DP] [NP] Before the first warning signal, all boats shall check in by sailing on starboard tack behind the signal boat and hailing their sail number. Boats are not checked in until their sail number has been acknowledged by a committee member.
- 16.2** 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.
- 16.3** [DP] If a boat retires from a race or for the day, the sailor shall notify an RC boat before leaving the race area or have their coach notify the RC on VHF channel 79. If this is not possible, the sailor (or their coach) shall notify a staff member immediately after arriving ashore.

17 EQUIPMENT AND MEASUREMENT CHECKS

- 17.1** [NP] A boat or equipment may be inspected at any time for compliance with Class and JSA rules.
- 17.2** When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

18 [DP] [NP] SUPPORT TEAMS

- 18.1** Instructors, coaches, and spectators shall stay in the staging area or at least 50 yards outside the racing area as denoted by the red stars on the course diagram. Coaching is not permitted after a general recall.
- 18.2** Support teams, including all support persons and support person vessels, shall comply with the JSA Support Team Regulations attached to this document.

19 [NP] [DP] TRASH DISPOSAL

- 19.1** Competitors and support persons shall not intentionally put trash in the water. This rule applies at all times while afloat. Trash may be placed aboard support or RC boats.

20 PRIZES

- 20.1** Prizes will be awarded to the top five finishers in the Blue and White age groups, top three in the Red age group.
- 20.2** A sportsmanship trophy may be awarded at the discretion of the RC.

21 [NP] [DP] DRONE USAGE

- 21.1** 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."

22 RISK STATEMENT

- 22.1** 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.**

I agree to be bound by all rules that govern this event.

Regatta Chairperson: Jen Chirles
Principal Race Officer: Brad Thompson

Questions: juniorsailing@cedarpointyc.org

Cedar Point Yacht Club

1 Bluff Point
Westport, CT 06880
Phone: 203-226-7411
VHF Channel 78

Junior Sailing Association of Long Island Sound
Code of Conduct
2026

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.