

# POWDER PUFF REGATTA

Riverside Yacht Club  
102 Club Road, Riverside CT 06807  
July 10, 2026



## Sailing Instructions

### Notes:

- Riverside Yacht Club is the Organizing Authority (OA) in partnership with the Junior Sailing Association of Long Island Sound.
- 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 event will be governed by:

- the rules as defined in *The Racing Rules of Sailing*
- the Optimist Class Rules; C420, ILCA and RS Feva Class Rules. While the JSA accepts the use of both "ILCA" and "Laser Performance" boats, as well as practice sails and equipment for such boats, such acceptance is limited to JSA-sponsored events only. (see <https://jsalis.org/laser-class> for further details.)
- the [Rules for JSA Events](#)
- the [JSA Code of Conduct](#)
- the US Sailing [Athlete Safety Handbook](#)
- RRS Appendix V1 Penalty at the Time of an Incident, and Appendix V2, Penalty Taken After a Race, will apply.
- RRS Appendix T, Arbitration will apply

### 1.2 The following RRS are changed for the C420, ILCA and RS Feva Classes:

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 on the official notice board (add new Clubspot Link) located at 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 at <https://theclubspot.com/regatta/hqVDP4Plp2>
- 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 ILCA/Laser, C420/Feva coaches and support vessels shall monitor VHF Channel to be announced at the Instructors meeting. All Optimist RBW coaches and support vessels shall monitor VHF Channel to be announced at the Instructors meeting. Optimist Green coaches and support vessels shall monitor VHF channel to be announced. Support persons shall maintain silence on these channels unless safety-related communication with the race committee or safety patrol is necessary. Riverside Yacht Club base can be reached on VHF channel 74 for operational and emergency support.
- 3.5** Race Committee may announce changes to the Sailing Instructions prior to that class' warning signal via Loud Hailer and that class's designated VHF channel

## **4 CODE OF CONDUCT**

- 4.1** 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 Flag Pole.
- 5.2** When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in Race Signals AP.
- 5.3** Flag D with one sound means 'Boats shall not leave the dock until this signal is made. The warning signal will not be made before the scheduled time or less than 60 minutes after flag D is displayed.'

## 6 SCHEDULE OF RACES

6.1 The RC will run as many races as weather permits

6.2 Flag A displayed, with no sound, while boats are finishing means 'No more racing today'.

6.3 The racing schedule is as follows:

| Time                                        | Activity                                              | Location                                  |
|---------------------------------------------|-------------------------------------------------------|-------------------------------------------|
| <b>Feva, C420, ILCA 4,6,7; Opti R, B, W</b> |                                                       |                                           |
| 10:00                                       | Harbor Start: <b>Feva, C420, ILCA 4,6,7</b>           |                                           |
| 10:15                                       | Harbor Start: <b>Opti Red, Blue, White</b>            |                                           |
| 10:45                                       | First Warning Signal                                  | Separate Starting areas in Captain Harbor |
| 14:00                                       | <b>Opti Red, Blue, White</b> No Warning Signal after  |                                           |
| 14:30                                       | <b>Feva, C420, ILCA 4,6,7</b> No Warning Signal after |                                           |
| Post Racing                                 | Snacks and Awards                                     | West Deck & Lawn                          |
| <b>Opti Green</b>                           |                                                       |                                           |
| 10:00                                       | Competitor Meeting and Lawn Games                     | Club House                                |
| 11:30                                       | Lunch                                                 | West Deck & Lawn                          |
| 12:30                                       | Harbor Start                                          |                                           |
| 12:45                                       | First Warning Signal                                  |                                           |
| 14:00                                       | No Warning Signal after                               |                                           |
| Post Racing                                 | Snacks and Awards                                     |                                           |

## 7 CLASS FLAGS

7.1 The class flags will be:

Club 420

Numeral One (white pennant with red circle)



Feva

Numeral Two (blue pennant with white circle)



ILCA

Numeral Three (red, white, and blue pennant)



Optimist **RED**

Red Flag

Optimist **Blue**

Blue Flag

Optimist **White**

White Flag

Optimist **Green**

Green Flag

7.2 Opti RWB Boats shall display a streamer signifying their age group (red, blue, or white) from the top of their sail at all times while racing. Streamers will be supplied at registration.

## **8 RACING AREA**

- 8.1** The racing area will be in the waters off Captain's Harbor Greenwich (C420, Feva, ILCA Classes, Optimist RBW), as well as the Mianus River (Green Fleet).

## **9. THE COURSES**

### **9.1 Feva, C420, ILCA 4,6,7**

**9.1.1** The courses shall be W1, W2, T or TW as shown in Appendix A

**9.1.2** The course to be sailed will be displayed from the RC signal boat before or with the warning signal for each class.

**9.1.3** If one of the gate marks is missing, the remaining mark shall be rounded to port.

### **9.2 Optimist RBW**

**9.2.1** The course shall be an Optimist Trapezoid as shown in Appendix B

- 9.3** For all courses the starting and finishing marks are only marks of the course when starting or finishing. Boats may pass through the starting and finishing line on a first or second leeward leg or on a second windward leg.

- 9.4** The identifying letter of the course to be sailed will be displayed from the RC signal boat before or with the warning signal for each class and may be announced via Loud Hailer.

## **10. MARKS**

- 10.1.** Original marks will be inflatable marks. It should be noted that the color of the marks depicted in any course diagram should not be construed as the color marks to be actually used.
- 10.2.** New marks as provided in CHANGE OF THE NEXT LEG OF THE COURSE will be a different color.
- 10.3.** The start mark is a staff displaying an orange flag
- 10.4** The finish mark is a staff displaying a blue flag

## **11 STARTING**

- 11.1** Races will be started using Appendix U, "Audible-Signal Racing System" and changed as follows: U3 (signals): Audible signals shall govern, and the following supplemental visual signals will be used: The class flag of the class to start will be hoisted with the warning signal and will be dropped at the start. If either RRS 30.1 (the "I flag rule"), RRS 30.2 (the "Z flag rule"), or RRS 30.3 (the "U flag rule") is in effect, the appropriate flag will be displayed with or before the warning signal and will be dropped one minute before the start.
- 11.2** A boat that does not start within three 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 to leeward of the starting area when not racing or preparing to start.
- 11.5** 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).

### **13. CHANGE OF COURSE**

- 13.1** To change 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. When in a subsequent change a new mark is replaced, it will be replaced by an original mark

### **14 THE FINISH**

- 14.1** The finishing line will be between a blue flag on the signal vessel on the port end and the course side of the starboard-end finishing mark.
- 14.2** Flag A displayed while boats are finishing means 'No more racing today'.

### **16 TIME LIMITS**

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

| <b>CLASS</b>   | <b>MARK 1 TIME LIMIT</b> | <b>RACE TIME LIMIT</b> | <b>FINISHING WINDOW</b> |
|----------------|--------------------------|------------------------|-------------------------|
| Feva/C420/ILCA | 30 minutes               | 60 minutes             | 20 minutes              |
| Opti RWB       | 30 minutes               | 60 minutes             | 20 minutes              |

- 16.2.** If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.
- 16.3** 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 one more than the finishing place of the last boat that sailed the course within the Finishing Window and was not penalized under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.2 and A10.

### **17 HEARING REQUESTS**

- 17.1** Protest and scoring inquiry forms are available RYC Front Desk
- 17.2** 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.
- 17.3** The protest time limit is 30 minutes after the RC signal boat docks, which shall be posted promptly on the official notice board.
- 17.4** 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 protest room, located at location.

### **17. PROTESTS**

- 17.1.** Protests will be resolved by 3-minute justice with instructors or sailors not involved or impacted by the incident or result. All protests must be registered with the RC on the finish boat.

17.2. Hearings will be heard on land directly after sailing has been completed for the day. Location TBD.

## **18 SCORING**

**18.1** When fewer than six (6) races have been completed, a boat's series score will be the total of her race scores. When six (6) to ten (10) races have been completed, a boat's series score will be the total of her race scores excluding her worst score. When eleven (11) or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.

**18.2** One race is required to be scored to constitute a series.

**18.3** Divisions that start together will be scored overall.

## **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 or towing 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** 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 the VHF channel specified for their course. If this is not possible, the sailor (or their coach) shall notify a staff member immediately after arriving ashore.

## **20 EQUIPMENT AND MEASUREMENT CHECKS**

**20.1** [NP] A boat or equipment may be inspected at any time for compliance with Class and JSA rules.

**20.2** When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

## **21 REPLACEMENT OF CREW OR EQUIPMENT**

**21.1** Substitution of competitors is not allowed without prior written approval of the RC.

**21.2** Substitution of damaged or lost equipment is not allowed unless authorized in writing by the RC. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

## **22 [NP] SUPPORT TEAMS**

**22.1** Instructors, coaches, and spectators shall stay to leeward of the starting area or at least 50 yards outside the racing area. Coaching is not permitted after a general recall.

**22.2** Support teams, including all support persons and support person vessels, shall comply with the JSA Support Team Regulations attached to this document.

## **23 [NP] TRASH DISPOSAL**

- 23.1** 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.

## **24 PRIZES**

- 24.1** Prizes will be awarded to the top three finishers in each class.
- 24.1.2** Equal Prizes will be awarded to helm & crew positions in double handed classes.
- 24.2** A sportsmanship trophy or trophies may be awarded at the discretion of the Race Committee.

## **25 [NP] DRONE USAGE**

- 25.1** 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](mailto: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.**

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

|                            |                                        |
|----------------------------|----------------------------------------|
| Regatta Chairperson:       | Katherine Longsworth                   |
| Principal Race Officer(s): | Beth Danilek (Opti RBW)                |
|                            | Andrée Pruett (Feva, C420, ILCA 4,6,7) |
|                            | RYC Coach TBA (Opti Green)             |

Questions: [juniorsailing@riversideyc.org](mailto:juniorsailing@riversideyc.org)

**Riverside Yacht Club**  
102 Club Road  
Riverside CT  
Phone: 203-637-1706  
VHF Channel 74

**Junior Sailing Association of Long Island Sound**  
**Code of Conduct**  
**2025**

*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.

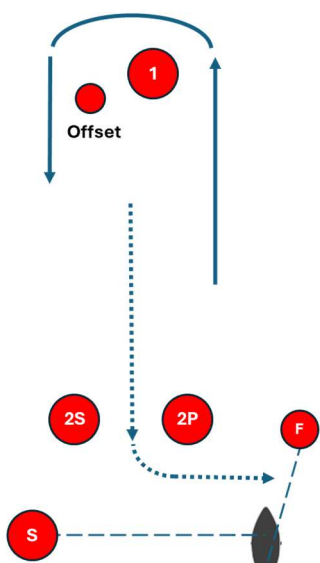
Communications that do not include a support person's identity, or are argumentative and abusive, may be subject to penalties as described in the JSA Code of Conduct.

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.

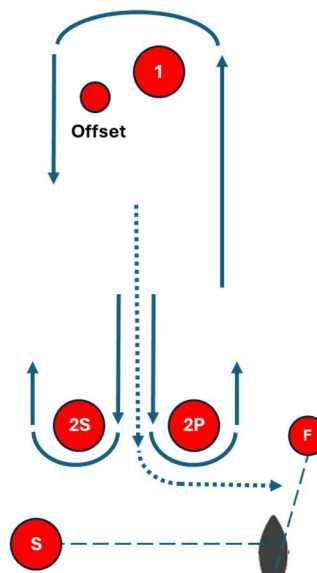
# Appendix A – Courses for Feva, C420, ILCA 4,6,7

## Course W1



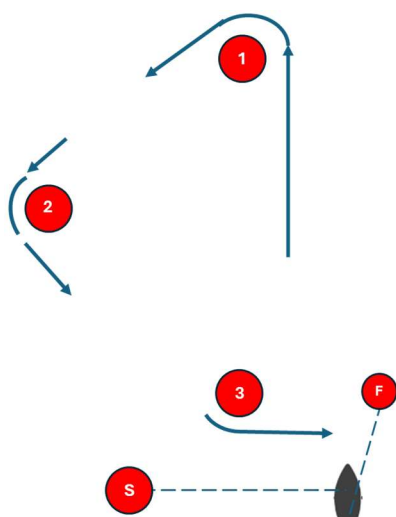
Marks: 1, Offset, 2P, Finish

## Course W2



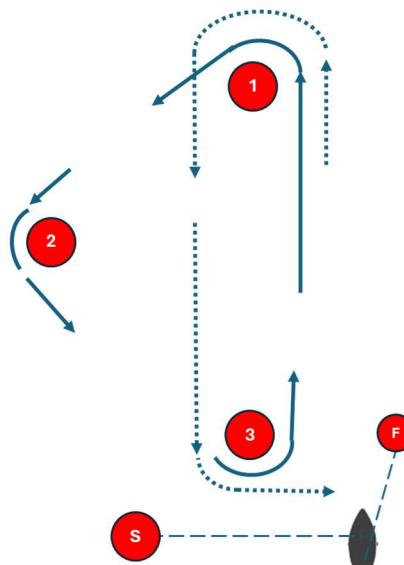
Marks: 1, Offset, 2P or 2S, 1, Offset, 2P, Finish

## Course T



Marks: 1, 2, 3, Finish

## Course TW



Marks: 1, 2, 3, 1, 3, Finish

## Appendix B – Course for Optimist RBW

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

