



Stone Horse Yacht Club

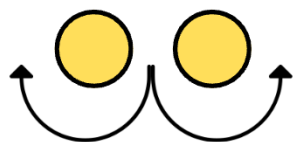
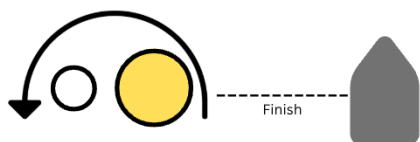
ILCA (Laser) Regatta Sailing Instructions - 2026

1. **GOVERNING RULES:** See Notice of Race (NOR) for this event.
2. **ELIGIBILITY:** See NOR for this event
3. **NOTICE TO COMPETITORS:** Notices to competitors will be posted on the day of the event on the official SHYC bulletin board located at the clubhouse, reviewed by the PRO at the skippers meeting, and as necessary on the water by the PRO on the race committee boat.
4. **SCHEDULE OF RACES:** Starting sequence and preparatory signals will begin at 10:00, or earlier, once all registered boats are on the course. Upon arriving at the course, all sailboats must pass by the stern of the RC boat to check-in prior to the first warning signal. A minimum of two sailboats is required to start a race. RC will attempt to conduct 5 races, as time allows. If more than 4 races are conducted, the worst finish will be eliminated from each boat's results (1 throw-out).
5. **COURSES AND MARKS:** The course of each class will be indicated by a letter or letters and numbers on the RC boat beneath the class designation before the warning signal and if possible, the bearing of the windward mark.
6. **RACING AREA:** The normal starting and finishing area is approximately 0.25 miles in the Southwesterly direction from the light on the end of the Wychmere Harbor breakwater, a 5 minute sail from the launch area.
7. **THE START:** Races will be started in accordance with RRS Rule 26. The starting line will be between an orange flag on the RC boat and a red mark, or a mark boat with an orange flag, unless otherwise specified by the RC.
8. **THE FINISH:** The finish line will be between a blue flag on the RC boat and a red mark for a W2, W4, or W6. The finish line will be between the windward mark and the RC boat or a mark boat displaying a blue flag for a W3, W5, or W7.
9. **SAFETY:** All competitors must wear zipped or tied U.S. Coast Guard approved Personal Floatation Devices (PFD's) at all times while on the water. Any sailboat withdrawing from a race or retiring for the day shall notify the RC boat or a SHYC safety boat (not a spectator boat). SHYC safety boats will patrol the course should any competitor need assistance.
10. **ALTERNATIVE PENALTIES:** For all races, Rule 44.1 - Penalty at the Time of Incident – applies. The first two sentences of Rule 44.1 are changed to the following: 'A boat may take a One-Turn Penalty when she may have broken one or more rules of Part 2 or rule 31 in an incident while racing. However, when she may have broken one or more rules of Part 2 while in the zone around a mark other than the starting mark, her penalty shall be a Two-Turns Penalty.'
11. **PROTESTS:** Protests shall be reported to the RC boat upon finishing of each race. One ashore, protests shall be written on forms available from the Yacht Club office or the Race Committee and lodged with the PRO within thirty (30) minutes from time of docking of race committee signal boat.
12. **SCORING:** Scoring will be by skipper, not by boat.
13. **RISK STATEMENT** 30.1 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

COURSE DIAGRAMS

W3, W5 or W7



W2, W4 or W6

