



2026 Rochester Yacht Club Junior Olympic Sailing Regatta

Rochester Yacht Club

August 7th-9th, 2026



Sailing Instructions: Optimist Green Fleet

Opti Class Philosophy: USODA is a teaching class and GREEN FLEET is its introductory fleet for novice sailors. The Rules of Sailing are important and taught but learning to race while having fun is equally stressed. These sailing instructions are structured within The Racing Rules of Sailing to provide a flexible, less structured, and less formal racing environment. All participants receive participation awards. While race placement and progress may be tracked, who places first is less important than learning, improving, and having fun along the way. Parents and competitors who are looking for a more competitive environment should consider the red, white, and blue racing divisions.

1. RULES

The regatta will be governed by the rules as defined by the Racing Rules of Sailing (RRS) and the rules of the Optimist class.

2. NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located.

3. CHANGES IN SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 0800 on the day they take effect, except any change to the schedule of races will be posted by 2100 on the day before it takes effect.

4. SIGNALS MADE ASHORE

4.1. Signals made ashore will be in accordance with Race Signals and displayed at the RYC Club House main flag pole, located in the Northwest corner of the property.

4.2. Flag "AP", with two horn signals (one horn signal when lowered) means, "The race is postponed, do not launch or leave the harbor while the AP flag is flying". The first warning signal will be made not less than 60 minutes after flag AP is lowered. This changes Race Signals.

5. RACING AREA

5.1. The racing will take place in the Basin.

5.2. All boats are reminded that the Genesee River is a restricted channel and sailing vessels do NOT have right-of-way over vessels under power that may be restricted in their ability to maneuver. Participation in this regatta does NOT provide standing over vessels that have right-of-way.

6. SAFETY REGULATIONS

6.1. CHECK-IN: Competitors must check in with the race committee signal boat before the warning signal of the first race each day. Competitors should sail past the STARBOARD side of the race

committee signal boat during the check-in period

6.2. CHECK-OUT: A boat retiring from a race shall notify a race committee boat or a safety boat before leaving the course.

6.3. The display of Code Flag "F" (white with red diamond) before the warning signal with one horn means "Spinnakers shall not be used for the race".

7. THE COURSES

7.1. Attachment B — Course Diagrams (attached) shows the courses, the order of rounding, and the side on which each Mark is to be rounded or passed.

8. MARKS

8.1. Marks will be identified at the skippers' meeting

9. THE START

9.1. Races will be started in accordance with RRS Appendix U – Sound-Signal Starting System (3-minute sequence). This changes to RRS 26.

9.2. The starting line will be between an orange flag on the port side of the race committee signal boat at the starboard end of the start line and the course side of the port-end starting Mark.

9.3. The race committee intends to hail the sail numbers of OCS boats after the starting signal. Failure to hail a number, failure of a boat to hear such a hail or the order in which boats are hailed will not be grounds for redress. This changes RRS 62.1(a)

9.4. A boat shall not start later than three minutes after her starting signal. Boats starting later than three minutes after their start will be scored DNS.

10. THE FINISH

10.1. The finishing line will be between a displayed blue flag on the port side of the race committee signal boat and the course side of the port end finishing Mark.

11. TIME LIMIT

11.1. The target time for each race is 45 minutes. Failure to meet the target time will not be grounds for granting redress. This changes RRS 60.1(b) and 62.1(a).

11.2. Boats failing to finish within 15 minutes after the first boat sails the course and finishes will be scored "TLE" (Time Limit Expired) without a hearing. This changes RRS 35, A4 and A5.

11.3. The Race Committee reserves the right to finish boats "in place" if doing so will prevent substantial delays in subsequent races.

12. HEARING REQUESTS (PROTESTS)

12.1. The Protest Time Limit is 60 minutes after the time of the docking of the race committee signal boat.

12.2. A boat intending to protest or request redress based on an incident in the racing area that she is

involved in or sees shall, at the first reasonable opportunity after she *finishes*, but before consultation or discussing the incident with any coach, parent, or non-competitor, inform the race committee at the finishing line of her intent to protest or request redress and, when applicable, the identity of the protester.

12.3. Hearing Requests shall be in writing, on a form available at the RYC Burgee Bar. This form must be given to a regatta representative within the protest time limit. A representative will be waiting in the RYC Burgee Bar.

12.4. Hearing notices will be posted within 30 minutes after the protest time limit to inform competitors where and when there is a hearing in which they are parties to a hearing or named as witnesses. This posting shall constitute the notification required by RRS 63.2 and RRS 61.1(b). Hearings will occur in approximately the order of receipt of requests.

13. SCORING

13.1. Two (2) races are required to be completed to constitute a regatta.

13.2. When fewer than five (5) races have been completed, a boat's series score will be the total of her race scores. This changes RRS A2

13.3. When five (5) or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

13.4. Gold, Silver and Bronze medals will be awarded for each division (Red, White and Blue).

14. PROHIBITED SUBSTANCES

14.1. For Junior and Youth events or for junior or youth competitors in any US Sailing championship, no participant or competitor shall use, either on or off the water: marijuana, or any other controlled substance (as defined in 21 U.S. Code 802) the possession of which is unlawful under 21 U.S. Code 841, or alcoholic beverages (distilled spirits, wine and beer, each as defined in chapter 51 of the U.S. Internal Revenue Code and intended for beverage use).

14.2. An alleged breach of one of these regulations shall not be grounds for a protest. However, when the protest committee believes that a competitor may have breached one of these regulations, it shall follow the process described in racing rule 69.1, and a competitor found to have breached one of these regulations shall be excluded from the remaining races of the series and, where practicable, removed from the regatta venue and sent home. The competitor's boat shall be disqualified from all races of the series.

15. SUPPORT BOATS

15.1. Team leaders, coaches, and other support boats and personnel shall stay outside areas where boats are racing from the time of the warning signal until ALL boats have finished or retired or the race committee signals a postponement, general recall or abandonment UNLESS directed by the race committee. The penalty for failing to comply with this requirement may result in disqualification of all boats associated with the support personnel who do so.

15.2. Coaches and other support personnel are required to wear fully secured PFDs while on the water.

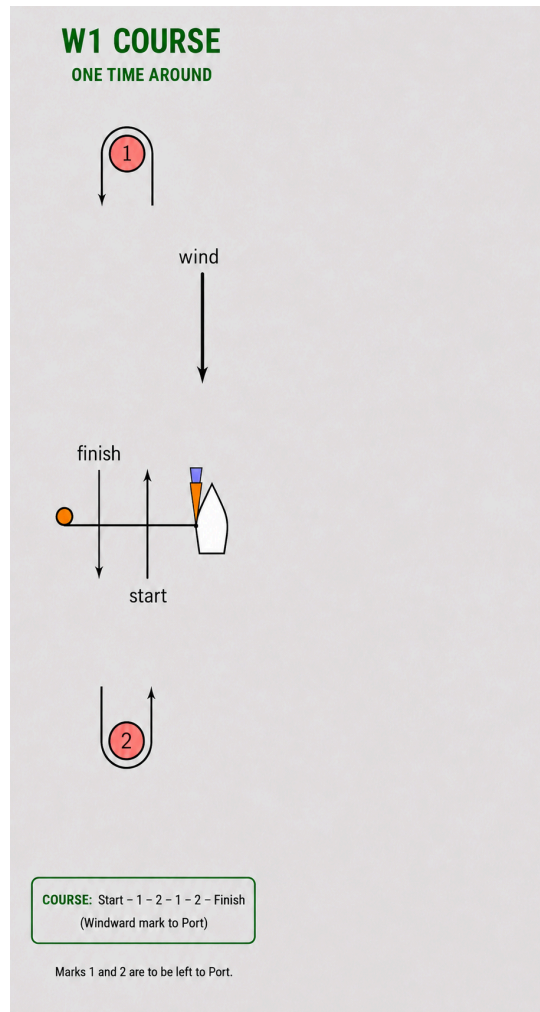
15.3. All coach boats and other support boats/support personnel must agree to aid any competitor in distress or requesting assistance of any sort.

16. DISPOSAL OF TRASH

Boats observed purposefully discharging trash into the water will either be disqualified from all races the day the infraction is observed, be subject to other suitable disciplinary action, or both.

ATTACHMENT B

COURSE DIAGRAMS



Rounding – All Marks left to port