



Frog's Cup of Westchester Invitational

Huguenot Yacht Club

New Rochelle, NY

Saturday, September 12, 2026

Classes: RS Feva, Optimist, & ILCA-Laser



SAILING INSTRUCTIONS

Notes:

- *The Organizing Authority (OA) is the Huguenot Yacht Club (Host) in partnership with the Comité de la Régate Française de Westchester (CRFW).*
- **[DP]** *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.*

Abbreviations:

PC	- Protest Committee	RC	- Race Committee
OA	- Organizing Authority	SI	- Sailing Instructions
RRS	- Racing Rules of Sailing	CRFW	- Comité de la Régate Française de Westchester
NOR	- Notice of Race		

1 RULES

1.1 The regatta will be governed by:

- a) the rules as defined in the Racing Rules of Sailing (RRS)
- b) RS Feva, Optimist, and Laser Class Rules. The CRFW accepts the use of both “ILCA” and “Laser Performance” Lasers, as well as sails and equipment for Lasers.

1.2 The following US Sailing prescriptions shall apply:

- a) Appendix V1 Penalty at the Time of an Incident
- b) Appendix V2 Penalty Taken After a Race, will apply.

1.3 The following RRS are changed:

- a) RRS 61.1(a) is changed so that “A boat intending to protest about an incident that occurs in the racing area shall notify the RC finish boat of her intention as soon as possible after finishing, without consultation with instructors, coaches or support persons, including (if possible) the boat identification number of the boat(s) being protested.”
- b) RRS 35 and A4 will be changed as follows: “At the discretion of the Race Committee, boat(s) may be finished on the course to expedite the next start. The RC determines the method and order of finishing. An official boat will hail a competitor to that effect, thereby enabling the boat to return to the starting area”

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 changes take effect.
- 2.2 Any change in the Harbor Start or First Warning Signal will be posted no later than the end of the Competitors Meeting the day before the changes take effect.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices will be posted on the official regatta notice board located at the Junior Sailing Center Bulletin Board and on the on the Regatta Club Spot website at:
<https://huguenotyc.com/regatta/DOMhshSY3R/#notice-board>
- 3.2 The race office is located at the Junior Sailing Center Registration Tent.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from Club Flagpole. The harbor start will be signaled by long horn from the RC Boat.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in the race signal AP.
- 4.3 [DP] Flag D with one sound means 'Boats are shall not leave the harbor until this signal is made. The warning signal will not be made before the scheduled time or less than 45 minutes after flag D is displayed.'

5 SCHEDULE OF RACES

- 5.1 Six (6) races are scheduled.
- 5.2 The racing schedule is as follows:

Date	Time	Activity	Location
	0800	Registration and Check In	Junior Sailing Tent
Saturday September 12	0930	Skippers Meeting	Junior Sailing Tent
	1000	Harbor Start	RC leaves the Harbor
	1100	First Warning Signal	Starting Area
	Between races	Lunch	On the Water
	1400	No warning signal will be made after 2pm	On the water
	1600	Presentation of awards - Picnic and Barbecue	Front Lawn by Club House

- 5.3 Flag A displayed, with no sound, while boats are finishing means 'No more racing today.'
- 5.4 No warning signal will be made after 2pm.

6 CLASS FLAGS

The class flags will be as follows:

ILCA 6 and ILCA4 Classes	White flag with Laser Insignia (classes scored separately)
Feva Class	White flag with RS Feva Insignia
Opti Class	White flag with Optimist Insignia

7 RACING AREA

- 7.1 The racing area will be south of Davids and Goose Islands around Can 7A see [Attachment A - Racing Area](#)

8 THE COURSES

- 8.1 The diagram with the identifying letters below shows the courses, including the approximate angle between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

See **Attachment B - Courses**.

The Course will be Windward Leeward: Start - 1 - 2p/2p - Finish. The ILCA and Fevas will have a longer weather leg than the Optis.

8.2 Boats may cross the Start or Finish Line when sailing downwind while racing.

9 MARKS

9.1 Rounding Marks

- a) Optimists: Green Weather Race Mark, and Yellow Leeward Race Marks.
- b) Feva and ILCA: Orange Weather Race Mark and Yellow Leeward Race Marks.
- c) Leeward marks for all classes will be Yellow Race Marks.
- d) 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 used.

9.2 New rounding marks as provided in SI 13 will be an Orange Tetrahedron.

9.3 The starting and marks will be a RC signal boat at the starboard end and an orange flag at the port end.

9.4 The finishing marks will be a RC signal boat at the port end and a blue flag at the starboard end.

10 THE START

10.1 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.

10.2 A boat starting later than two minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A5.

10.3 The starting line will be between a staff displaying an orange flag on the starboard end and the course side of the port-end starting mark.

10.4 Classes will start in the order shown in SI 7. If there is more than one class, after the start of the preceding class, the RC will begin a new starting sequence.

10.5 A series of short sounds will be used to call attention just before each warning signal.

10.6 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

10.7 **Red, Blue, and White** Opti age groups will start and race together. Depending of the number of participants, the Opti classes may be scored separately.

10.8 The following instructions shall govern recalls of OCS boats:

- a) When an individual recall is signaled, the RC will attempt to hail the sail numbers of all boats that are OCS. This changes RRS 29.1.
- b) 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.
- c) Failure of the RC’s amplification system, the order of the hails, or failure of a boat to hear her number hailed shall not be grounds for a boat to request redress. This changes RRS 62.1.

11 CHANGE OF THE NEXT LEG OF THE COURSE

- 11.1 To change the next leg of the course, the RC 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.

12 THE FINISH

The finishing line will be between a staff displaying a blue flag on the port end finish mark and the course side of the starboard end finishing mark.

13 PENALTY SYSTEM

- 13.1 Appendix V1 Penalty at the Time of an Incident, and

- 13.2 Appendix V2 Penalty Taken After a Race, will apply.

14 TIME LIMITS

- 14.1 Time limits for the first boat in each class to finish and to pass Mark 1 shall be as follows:

<u>Class</u>	<u>Time limit</u>	<u>Mark 1 time limit</u>
ILCA 6	30 Minutes	10 Minutes
ILCA 4	32 Minutes	11 Minutes
RS Feva	35 Minutes	12 Minutes
Optimist	40 Minutes	15 Minutes

If no boat in a class has passed Mark 1 within the Mark 1 time limit the race will be abandoned.

- 14.2 Boats failing to finish within 35 minutes after the first boat in their class sails the course and finishes will be scored Time Limit Expired (TLE) without a hearing. They shall receive points equal to the number of boats finishing before the time limit expired plus 2 points, but not worse than DNF. This changes RRS 35, 63.1, A4 and A5.

15 HEARING REQUESTS

- 15.1 Protest forms are available at the race office located Junior Sailing Room Office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

- 15.2 For each class, the protest time limit is 60 minutes after the RC signal boat docks, which will be posted promptly on the notice board.

- 15.3 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 in the Clubhouse Library as soon as practicable.

- 15.4 Notices of protests by the RC, technical committee or PC will be posted before the protest time limit to inform boats under RRS 61.1(b).

- 15.5 Redress Hearings: Any competitor who may wish to become a party to a scheduled redress hearing, should:

1) check the daily “schedule of protest hearings” that the protest committee will post on the official notice board describing the nature of the redress request and the time of the hearing, and 2) submit a written request to participate in the hearing to the protest committee before it begins.

- 15.6 If the RC posts a list of boats scored OCS, ZFP, UFD, BFD or NSC (RRS 29.1 and 30.1-30.4) on the official notice board before the protest time limit, a request for redress based on such a posted score shall be made no later than one hour after the protest time limit. This instruction changes the US Sailing prescription to 63.2.
- 15.7 Protests under SI 4.2, 18 and 19 may be made only by the RC or PC. This changes RRS 30.1.

16 SCORING

- 16.1 Six (6) are scheduled. One race is required to be completed to constitute a series.
- 16.2 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) races have been completed, a boat’s series score will be the total of her race scores excluding her worst score. In the event there are more than 40 competitors in a fleet, the fleet may be divided randomly by the race committee into sets.
- 16.3 Divisions that start together will be scored overall (e.g., Optimist Red, Blue and White age groups may race as one fleet, even if separate sets).

17 SAFETY REGULATIONS

- 17.1 Before the first warning signal for each day, all boats shall check in with RC 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.
- 17.2 [DP] If a boat retires from a race, the sailor(s) (or their support vessel) shall notify a RC boat before leaving the race area. If this is not possible, the sailor(s) (or their support vessel) shall notify a regatta representative immediately after arriving ashore. SUPPORT VESSELS
- 17.3 Instructors, coaches and other support persons and spectators shall stay outside areas where 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 signals a postponement or abandonment. Coaching is not permitted after a general recall.

18 REPLACEMENT OF CREW OR EQUIPMENT

- 18.1 [DP] Substitution of competitors is not allowed without prior written approval of the Regatta Chairperson.
- 18.2 Substitution of damaged or lost equipment is not allowed unless authorized in writing by the Regatta Chairperson. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

19 EQUIPMENT AND MEASUREMENT CHECKS

- 19.1 A boat or equipment may be inspected at any time for compliance with the class rules, notice of race and sailing instructions.
- 19.2 [DP] When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

20 TRASH DISPOSAL

- 20.1 [DP] Competitors and support persons shall not intentionally put trash in the water. This rule always applies while afloat. The penalty for a breach of this rule may be less than disqualification. Trash may be placed

aboard support or official boats. Disposable water bottles will not be distributed. Water is available from official boats and support boats, and each contestant is responsible for bringing a refillable container for water.

21 PRIZES

- 21.1 Prizes will be awarded to the top three finishers in each class. Equal prizes will be awarded to helm and crew positions.
- 21.2 For Optimists, prizes will be awarded to the top 3 finishers in the Red, Blue, and White Fleet age groups.

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.

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