CYC Frostbiting Sailing Instructions

November 2026 – March 2027

1 RULES

1.1 The frostbite series and regattas will be governed by the rules as defined in the 2025-2028 Racing Rules of Sailing.

1.2 One-design classes shall conform to their class rules concerning minimum equipment and accommodation standard, except that the use of sails from manufacturers other than the copyright holder is permitted.

1.3 Centerport Yacht Club (CYC) is the organizing authority for the frostbiting series and regattas.

2 ELIGIBILITY, ENTRY & FEES

2.1 Eligibility is extended to the following classes: JY 15's, Lasers and Melges 15's if at least four boats from that class are registered.

2.2 Entry shall be made by registering on-line at CYC's website, at the Frostbiting section on the Racing home page. A signed Participation Agreement also located on line, one for adults, another for minors shall be forwarded to the Frostbiting Chair. Non-members shall provide the participation form and a check made out to Centerport YC. Entry fees for the entire season are $225 per boat, plus non-CYC members must pay an additional $225 boat parking fee; race fees are subject to sales tax.

2.3 CYC junior sailors must receive a certification from either CYC's Jr. Sailing Chairs or Waterfront Director stating that they meet the requisite attributes, e.g., skill, weight, strength, maturity, to safely participate in frostbiting. They must also submit the Participation Agreement specifically designated for junior sailors.

2.4 Daily sailor participation is available for sailors seeking to sail who have not already registered for the frostbite series; the race entry fee shall be $35 for regular race dates, $50 for each regatta, payable (or billable) on race day to CYC and submission of the frostbite waiver. Daily charter sailors will assume responsibility for any damage incurred to the borrowed boat and to others in the fleet.

3 NOTICE TO COMPETITORS & CHANGES IN SAILING INSTRUCTIONS

3.1 The official notice board is the club bulletin board located on the clubhouse porch.

3.2 Any notices to competitors or changes in sailing instructions will be hailed by the Race Committee on race day either at a skippers' meeting prior to launching or on the water.

4 SCHEDULE OF RACES

4.1 The 2026 Fall Series, New Year's Regatta, 2027 Spring Series and St. Patrick's Day Regatta are scheduled for the following Sundays (N.B. days outlined in red are low tide afternoons):

Fall '26 Series: Nov. 8, Nov. 15, Nov. 22, Nov. 29, Dec. 6, Dec. 13, Dec. 27, **New Year's Regatta** Jan. 10, 2027.

Spring '27 Series: Jan. 24, Feb. 7, Feb. 14, Feb. 28, Mar. 8**, Mar. 14 - St Patrick's Regatta,** Mar. 21, Mar 28. In the event of a cancelation of a Spring Series race, a make-up race will be held on April 4.

4.2 **Beach launches are at approximately 11:30 hrs., with the first warning at 1200 hrs.**

4.3 A race warning may not be signaled after 15:00 hrs. No more than seven races shall be sailed.

4.4 Pre-race cancellations due to poor and unsafe weather conditions will be announced via our Whats App Frostbite Community Chat and/or email. Sailors may also call the Frostbite Chairperson at 631 813-9806 to get a status update. See Safety Protocol 18.3 as a guide line for cancellations.

5 CLASS IDENTIFICATION

5.1 All boats shall identify themselves to the race committee at the outset of each race day.

5.2 If three or more boats from one class are present, that class will start separately and the race committee will announce the order in which the classes will start. Classes consisting of less than three boats may be combined at the discretion of the race committee.

6 RACING AREA

6.1 The race committee boat will be stationed in Northport Harbor in proximity to the club house. If necessary, the venue may be located north to Northport Bay, or south in the vicinity of Bird Island. Ample notification of any such relocation by the race committee will be made prior to launching or on the water.

7 COURSES & MARKS

7.1 Courses shall be picked from the below selection and announced by the race committee. The letter below indicates which course to sail, which is further described by the below cited marks to pass and the number of legs to be sailed.

W	Windward - Leeward - Finish, 3 legs
W2	Windward-Leeward - Twice Around – Finish, 5 legs
L	Windward - Finish, 2 legs
T	Triangle: Windward – Wing Mark – Leeward - Finish, 4 legs
M	Modified Gold Cup Course: Windward - Wing Mark – Leeward – Windward – Leeward - Finish, 6 legs
Z	Z Pattern (No gybes), Windward to port– Leeward to stbd– Windward to port – Finish, 4 legs

7.2 Marks shall be inflatable, moveable, drop marks, unless other instructions are provided by the race committee.

7.3 Government aids to navigation may be disregarded at the discretion of the skipper.

8 THE START

8.1 Races will be started by using the audible signal racing system as outlined in Appendix U3, with the exception of it being a two-minute sequence as stated herewith*:* 2 long blasts of a horn (or whistle) for two minutes; 1 long & 3 short blasts for 1 1/2 minutes; 1 long blast for 1 minute; 3 short blasts for 30 seconds; 2 short blasts for 20 seconds; 1 short blast for 10 seconds; one blast every second from 5 seconds for the Start. This sequence may be prefaced with a series of attention-grabbing signals notifying the fleet of the pending warning.

8.2 The race committee shall provide advance warning should they employ rolling starts, i.e., when the first class's starting signal is also the next class's warning signal and combined classes in a start.

8.3 Recalls, both individual and general, will be signaled by a short sound and may be announced on VHF channel 72. The race committee will attempt to hail premature starters, but an individual recall flag may not be flown. This changes rule 29.1. Failure of the race committee to hail, or a boat's inability to hear a hail shall not be grounds for redress.

8.4 If the automated starting system is used, i.e., the Ollie System, racers should be aware of the short, repetitive sounds emitted prior to the initial warning signal and not consider them part of the starting sequence.

8.5 The starting line will be between a flag on the race committee boat and the course side of the starting mark.

8.6 Boats whose warning signal has not been made shall keep clear of the starting area and of all boats whose warning signal has been made.

9 CHANGE OF COURSE

9.1 Marks may be moved after a start to ensure squareness to the wind, however the race committee will not signal any such mark relocations. Courses may also be shortened if conditions warrant.

10 THE FINISH

10.1 The finish line will be between the flag on a race committee boat and the designated finish pin. The finish line may be placed to starboard of the race committee boat, with a pin that shall be differentiated from the starting line pin.

11 TIME LIMIT

11.1 A 30 minute time limit shall apply for each race.

11.2 Any boat not finishing within ten minutes of the finish time of the first boat in that class will be scored "Did Not Finish" (DNF). This changes RRS rule 35, A4 and A5.

12 PROTESTS

12.1 In the event of a foul, the "Two Turn" penalty is modified so that the boat being protested may exonerate itself by making one tack and one gybe. This changes RRS rule 44.1.

12.2 A boat intending to protest shall notify the race committee immediately upon finishing. Protests shall be handled with Expedited Hearings heard by sailors chosen by each party involved in the protest; the hearing will be at the clubhouse after racing and will be open to all sailors. As an option to holding a protest hearing Appendix T, a boat may elect to take a post-race penalty as outlined in T1 of the RRS.

13 SCORING

13.1 Each class will be scored separately. The High-Point scoring system will be utilized for both the series and regattas, i.e., a point is awarded for each boat she beats plus one. Boats scored as DNC or DSQ will receive zero points; boats scoring DNF or OCS will receive one point. There will be no throw outs for both series. At the end of the series the boat with the highest sum of scores is the winner and the others are ranked accordingly. This changes RRS rule A4.

13.2 Series trophy qualification is attained by sailing on two or more of the scheduled days for the series.
a) Any day with scores credited as per section 13.5 shall be credited as a day.
b) Any day where racing is canceled at a skippers' meeting and the sailor is in attendance ready to sail, shall be credited as a day.

13.3 Regattas will be scored separately, as well as being scored as part of the series in which it is contained. For regattas, a boat shall discard one race if at least five races are sailed. The discarded race is for the regatta only and will be counted for the series. One race sailed will constitute a regatta.

13.4 Weight limitations will not apply for this series, however, where two person crews are expected, solo sailors will be penalized with a 20% penalty for that day.

13.5 A credit shall be issued a registered boat owner should they perform Race Committee and or mark boat functions, provided that the sailor and boat was ready and able to sail with the requisite crew member. Sailors will be solicited for this function in the event that an adequate number of personnel and safety boats are not available. The credit given shall be the midpoint (rounded up) of the number of boats raced, for each race sailed that day.

13.6 Scoring will be done based on sail number and not by skipper for boats entered in the series. This is to promote greater number of boats being brought to the race area in the absence of the owner/driver, and to facilitate loaner boats being made available to other potential sailors.

14 WITHDRAWAL

14.1 A boat that retires from a race shall notify the race committee before leaving the race area.

15 RADIO COMMUNICATIONS

15.1 Sailors are encouraged to have a VHF radio aboard and monitor channel 72.

15.2 A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.

16 PRIZES

16.1 First, second and third place prizes will be awarded for both the series and regattas provided that five or more boats have registered and qualified, two prizes shall be given for four boats. Prizes will be awarded at the CYC Fleet Activities Dinner held the following fall.

17 DISCLAIMER OF LIABILITY

17.1 Competitors participate in the series and regattas entirely at their own risk. See RRS rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during, or after the regatta.

18 SAFETY PROTOCOLS

18.1 All sailors must wear life preservers with an attached whistle while on the water.

18.2 All boats require a bow line of suitable length for recovery and towing; JY's and Melges 15's require a masthead flotation device providing at least five pounds of positive floatation.

18.3 At the discretion of the Frostbite Chairperson and/or Race Committee, racing may be canceled when potentially unsafe conditions exist, i.e., winds at 20+ mph and temperatures in the 20's.

18.4 Sailors must not launch and leave the beach until mark boats are operating and the green flag is displayed on shore; the red flag displayed on the race committee signal boat shall direct all boats back to shore.

18.5 Race Committee will monitor sailors' boat handling to ensure safe racing for all boats frostbiting; any boat seen not being operated in a safe manner will be sent in – no exceptions.

18.6 Parents or guardians of sailors under 15 years of age must remain on CYC property while their charge is participating in frostbiting. They may also assist by staffing the signal or mark/safety boats if needed.

18.7 All sailors must remain in the racing area.

18.8 Sailors may be asked and expected to "volunteer," on a rotating basis, to staff a mark or race committee boat, in the event that the requisite number of boats and race management are not present. See Scoring 13.5 for RC credit information.

18.9 Competitors are reminded that Fundamental Rule 1.1 states: "A boat or competitor shall give all possible help to any person or vessel in danger."

19 RESULTS

19.1 Results will be emailed and posted each week on the Centerport Yacht Club website.