



Breakwater Cup
Monday, July 27, 2026
Rocky Point Yacht Club
60 Rocky Point Rd, Old Greenwich, CT



NOTICE OF RACE

Classes: Optimist Green and Feva
Open to all JSA member clubs

The Organizing Authority (OA) is the Rocky Point Club (Host) in partnership with the Junior Sailing Association of Long Island Sound (JSA).

1 RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing* (RRS).
- 1.2 The 2023 Rules for JSA of LIS Events and the JSA of LIS Code of Conduct.
- 1.3 The Optimist & Feva Class Rules
- 1.4 US Sailing [SafeSport Handbook](#)
- 1.5 Appendix V1, Penalty at the Time of an Incident, will apply.
- 1.6 Appendix V2, Penalty Taken After a Race 2.3, will apply.

2 SAILING INSTRUCTIONS

- 2.1 The Sailing Instructions will be posted by 5:00 pm on July 24 at the following link:
<https://theclubspot.com/regatta/JOpCs3jE6v/#notice-board>
- 2.2 *Please note there may be changes to other rules in the SIs.*

3 ELIGIBILITY

This regatta is open to all Optimist Green Fleet and Feva competitors who meet JSA and regatta eligibility requirements.

Age & Weight Requirements				
Class	Minimum Age	Maximum Age	Weight	# of sailors
Opti Green	8	15	n/a	1
Feva	11	16	180	2

****all sailors must be of age as of their birthday**

4 MEASUREMENT, SAFETY AND EQUIPMENT

- 4.1 Each skipper shall present their self-check boat safety form at registration.
- 4.2 Weight restrictions: Some or all competitors in classes with minimum weight restrictions may be required to weigh in during the registration period.

5 REGISTRATION and ENTRY FEES

- 5.1 Register online at <https://theclubspot.com/register/regatta/JOpCs3jE6v/class>
- 5.2 The entry fee is \$85 per sailor **due by 5:00 PM on July 24, 2026**. The fee for entries submitted after the due date is \$95 per sailor. No refunds of the entry fee will be made after July 26, 2026. There is no fee to send an instructor. The entry fee includes lunch, regatta swag, and raffle prize.
- 5.3 All skippers, crews, and Instructors are required to check in (in person) on the day of the event.
- 5.4 Local clubs are strongly encouraged to tow boats. A limited number of boats will be allowed to launch from Rocky Point **with permission**. Please email both sailingdirector@rockypointclub.com and jrsailing@rockypointclub.com to confirm availability.
- 5.5 No one will be allowed to enter the club **before 9:00 AM** on July 27th.
- 5.6 Instructors shall attend the instructors' meeting (held after the Competitors Meeting) to receive safety assignments.

6 OPTI GREEN FLEET SCHEDULE

Day	Date	Time	Activity	Location
Mon	7/27	9:05-9:30 am*	Registration	Clubhouse
		9:45 am	Competitors Meeting	Clubhouse
		10:00 am	Harbor Start	R/C leaves the harbor
		10:30 am	First Warning Signal	Starting Area
		12:15 pm	No signal after	Starting Area
		12:30 pm	Lunch	Clubhouse
		1:00 pm	Raffle	Clubhouse

*Note: No access to Rocky Point is available before 9:00 am.

7 FEVA SCHEDULE

Day	Date	Time	Activity	Location
Mon	7/27	9:05-9:30 am*	Registration	Clubhouse
		9:45 am	Competitors Meeting	Clubhouse
		10:00 am	Harbor Start	R/C leaves the harbor
		10:25 am	First Warning Signal	Starting Area
		12:30 pm	No signal after	Starting Area
		1:00 pm	Lunch & Raffle	Clubhouse

*Note: No access to Rocky Point is available before 9:00 am.

8 VENUE

The racing area will be in the waters directly out from Rocky Point Club.

9 COURSES

The courses to be sailed may be Optimist Triangle or Windward/Leeward as described in the sailing instructions.

10 FORMAT AND SCORING

10.1 3 races are scheduled for the Opti fleet and 5 for the Feva fleet. As time permits, more races will be held (following the parameters of the schedule).

10.2 One race is required to be completed to constitute a series.
A boat's series score will be the total of his/her race scores.

11 SUPPORT VESSELS

11.1 Any program entering three or more boats shall supply an instructor with a support vessel equipped with a working VHF radio, an anchor and a first aid kit.

11.2 All support vessels shall be equipped with a functioning engine safety cut-out switch (kill switch) which shall remain attached to the operator at all times while the engine is running.

11.3 The instructor shall register with the OA at registration to receive safety patrol assignments.

11.4 Any program entering fewer than three boats that will not supply a support vessel shall arrange with another program to allow the supervising Instructor out onto the water. In no circumstance shall competitors be allowed to sail without a designated instructor on the racecourse.

12 PRIZES

Prizes will be awarded to all sailors who compete. We will have a table of items and sailors will get to choose based on a name randomizer.

13 DRONE USAGE

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.

14 RISK STATEMENT

By registering for this event, the person-in-charge of each boat agrees with the following:

- My crew and I recognize that sailing is an activity that has an inherent risk of damage and injury, sickness and disease (including communicable diseases such as Covid-19) associated with it. We have read RRS 3, Decision to Race, and hereby acknowledge and agree that we are participating in this event entirely at our own risk.
- I acknowledge and agree that neither the organizing authority, host club nor the race committee, nor their members will be responsible for: a) any damage to the entered boat or my other property, or b) any injury, sickness or disease (including communicable diseases such as Covid-19) to my crew or me, including death, sustained as a result of our participation in this event.
- I hereby waive any rights I may have to sue the race organizers (organizing authority, host club, race committee, protest committee, sponsors or any other organization or official) with respect to personal injury, sickness or disease (including communicable diseases such as Covid-19) or property damage suffered by my crew or me as a result of our participation in this event, whether on the water or on shore, and hereby release the race organizers from any liability for such injury, sickness or disease (including communicable diseases such as Covid-19) or damage to the fullest extent permitted by law.
- I have taken all necessary steps to ensure that my crew and I and my entered boat are adequately prepared for all possible contingencies, including carrying and using appropriate safety equipment as may be required by law, racing rules and that a prudent seaman would consider advisable.

*I agree to be bound by all rules that govern this event.
I will inform all crewmembers of the conditions*

15 FURTHER INFORMATION

This Notice of Race, the Sailing Instructions, results and other information will be available at <https://theclubspot.com/regatta/JOpcS3jE6v>

Regatta Chairs

Ed Carroll
jrsailing@rockypointclub.com

Principal Race Officer

Oliver Bierman-Lytle
sailingdirector@rockypointclub.com

Junior Sailing Association of Long Island Sound 2025 Code of Conduct

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.

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.