Notice of Race (NOR)
American Yacht Club
Women's Frostbiting Regatta

December 5, 2026

Organizing Authority (OA): American Yacht Club, Rye, NY

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

1. RULES

1.1. The event is governed by the rules as defined in The Racing Rules of Sailing (RRS).

1.2. US Sailing Prescription Appendix U "AUDIBLE-SIGNAL RACING SYSTEM" shall apply.

1.3. RRS 40.1 will apply.

2. SAILING INSTRUCTIONS

2.1. The Sailing Instructions will be available no later than 2000 on Dec 4, 2026, on the regatta website.

3. COMMUNICATION

3.1. The official notice board is located at the Clubspot regatta website.

4. ELIGIBILITY AND ENTRY

4.1. The event is open to boats of the following classes: Cook 11 and Laser-style boats with an ILCA 6 or ILCA 4 rig.

4.2. Competitors may enter by completing the online registration on the regatta website and paying the required fees.

5. FEES

5.1. Entry fee is as follows: $60.00 and includes clinic, regatta, lunch, and after sailing refreshments.

6. SCHEDULE

Day	Activity	Time	Location
Saturday Dec 5 Clinic	Arrival at AYC and rig boats	0900	JAYC House
	Briefing and on the water clinic	1000	
	Return to docks	1200	
Saturday Dec 5 Regatta	Lunch and rig boats	1200	JAYC House
	Skippers meeting	1230	JAYC House
	Harbor start	1300	
	Scheduled first warning	1330	
	Awards and refreshments	After racing	East End

5.2. No warning signal will be made after 1600.
5.3. One race is required to be completed to constitute a series.

6. EQUIPMENT
6.1. All boats are strongly encouraged to carry a floating towline, minimum 3/8" diameter x 30 feet long.

7. VENUE
7.1. The racing area will be located inside or just outside of the American Yacht Club harbor.

8. COURSES
8.1. Courses will be windward-leeward using drop marks, the details of which will be described in the Sailing Instructions.

9. PENALTY SYSTEM
9.1. For all classes, RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

10. SCORING
10.1. RRS A5.3 will apply.
10.2. When fewer than six (6) races are completed, a boat's series score will be the total of her race scores.
10.3. When six (6) or more races have been completed, a boat's series score will be the total of her race scores excluding her worse score.

11. PRIZES
11.1. Prizes will be given to the top three (3) finishers in each class.

12. CODE OF CONDUCT
12.1. [DP] Support persons shall keep clear of the racecourse and shall not approach the race committee boat during racing or between races.

13. RESPONSIBILITY FOR SAFETY, WAIVER & RELEASE
13.1. 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 and any related activity sponsored, undertaken, administered, managed, or allowed to be conducted by American Yacht Club, the owner, helmsman and each crew member agree, understand and accept, for themselves and their respective successors, assigns, representatives, administrators, executors, agents, heirs or any person acting or purporting to act on their behalf ("Releasors") that sailing is an inherently dangerous and unpredictable activity due to multiple factors that cannot be anticipated or predicted with certainty, including but not limited to weather, equipment failure or malfunction, and the actions of others on or off

the water, injury, sickness and disease (including communicable diseases such as Covid-19). Releasors also agree, understand and accept that sailing presents inherent risks of serious bodily injury (including permanent disability, paralysis, and death, whether by drowning or otherwise, sickness and disease (including communicable diseases), property damage and other economic loss. Accordingly, and in consideration for being permitted to enter into and participate in this or any other sailing event sponsored, undertaken, administered, managed or allowed to be conducted by American Yacht Club, Releasors forever release and waive, to the fullest extent allowed by law, any and all claims, actions, accounts, causes of action and choses in action, whether in law, equity or admiralty, that Releasors now have, may have had or may come to have, against American Yacht Club, including its officers, directors, trustees, members, employees, agents, volunteers, staff, committees, and anyone acting on its behalf ("Releasees"), for anything arising out of or relating to Releasors' participation in such sailing events (including contracting communicable diseases such as Covid-19). Notwithstanding anything to the contrary, and without in any way limiting or lessening the effect or breadth of the foregoing release and waiver, and solely for the avoidance of doubt and clarification, Releasors agree, acknowledge and understand that this release and waiver applies to any and all claims of any kind at all against Releasees arising out of or relating to injuries, deaths, sickness and disease (including communicable diseases such as Covid-19), damage to vessels or damage to personal property sustained during or as a result of any and all sailing events sponsored, undertaken, administered, managed or allowed to be conducted by American Yacht Club.

14. GREEN REGATTA

14.1. [DP][NP] In an effort to promote sustainability and reduce the amount of waste in Long Island Sound, single-use plastic water bottles shall not be used from the time competitors leave the dock until racing is concluded for the day. Reusable water bottles will not be provided by the OA, and competitors are encouraged to bring their own. Drinking water will be available from official boats for competitors to refill their reusable water bottles.

15. FURTHER INFORMATION

15.1. For further information please contact Event Chairs:
Susana Lagunas at Lagunas.Susana@gmail.com
Elizabeth Luciano at ecsampson3@gmail.com
Jill Peters MacVicar at peters.jill@gmail.com
Carolyn Russell at carolynhlr@gmail.com