

ILCA/Laser District 7 Regatta

Malletts Bay Boat Club (MBBC)

Colchester, VT

Sunday August 23, 2026

SAILING INSTRUCTIONS

1 RULES

- 1.1 The event will be governed by the rules as defined in The Racing Rules of Sailing (RRS).
- 1.2 Lifejackets are required to be worn.
- 1.3 Before the first warning signal each day, each boat shall sail on starboard tack past the stern of the Signal Boat and hail her sail number until acknowledged by the RC repeating her number.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official notice board located at the lower level of MBBC.
- 2.2 The Race Committee (RC) will monitor VHF marine radio frequency channel 72.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except any change to the schedule of races will be posted by 1900 on the day before it will take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed by the RC Boat on the main dock.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in race signal AP. This changes "Race Signals".

5 SCHEDULE OF RACES

- Sunday 0930 Competitors Meeting
- 1030 First Warning Signal
- 1033 Start Race One, additional races to follow. No race will start after 1400.

6 RACING AREA & COURSES

- 6.1 Inner Malletts Bay.
- 6.2 The illustration in Diagram A shows the course, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

7 MARKS

- 7.1 All marks will be orange, yellow or green shapes.

8 THE START

- 8.1 Races will be started using a three (3) minute sound sequence.
- 8.2 The starting line will be between an orange flag displayed on the Signal Boat and the windward side of a nearby mark to port of the Signal Boat.

9 THE FINISH

- 9.1 The finish line will be between a blue flag displayed on the Signal Boat and the leeward side of a nearby mark to the Signal Boat.

10 TIME LIMITS & FINISHING WINDOW

- 10.1 The time limit shall be 1 hour for the first boat to finish.
- 10.2 Boats failing to finish within 30 minutes of the first boat to finish, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for their finishing place one more than the points scored by the last boat that finished within the time limit. This changes RRS 35, A5.1 and A5.2.

11 PENALTY SYSTEM

- 11.1 The first two sentences of rule 44.1 are changed to: "A boat may take a One-Turn Penalty when she may have broken one or more rules of Part 2 or rule 31 in an incident while racing. However, when she may have broken one or more rules of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a Two-Turns Penalty."

12 PROTESTS AND REQUESTS FOR REDRESS

- 12.1 The protest and redress time limit is 60 minutes after the Signal Boat arrives at the dock, signaled by a sound. The same protest time limit applies to all protests by the RC. This changes RRS 61.2(b)(1).

13 SCORING

- 13.1 Appendix A. Low point.
- 13.2 One race constitutes a regatta.
- 13.3 A boats series score will be the total of her race scores excluding her worst score for every 5 races completed.

14 SAFETY REGULATIONS

- 14.1 Each boat shall carry safety equipment conforming to government regulations, class rules, and US Sailing.
- 14.2 A boat that retires from a race shall notify the RC as soon as possible.

15 RADIO COMMUNICATION

- 15.1 Except in an emergency, 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 TRASH DISPOSAL

- 16.1 Boats shall not put trash in the water. Trash may be placed aboard support boats and race committee boats.

17 PRIZES

- 17.1 Awards will be presented at MBBC after the final race on Sunday.

18 DISCLAIMER OF LIABILITY

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

DIAGRAM A

