



July 8-10, 2026

The Organizing Authority (OA) is The Hingham Yacht Club.

SAILING INSTRUCTIONS

1. RULES

- 1.1.** The regatta will be governed by the *rules* as defined in the *Racing Rules of Sailing (RRS) 2025-2028*, and the prescriptions of US Sailing. Class rules are altered so that membership in a class organization is not required for participation in this regatta. Additional rules may also be changed by these Sailing Instructions.

2. SAFETY EQUIPMENT

- 2.1.** RRS Rule 40 is changed as follows: Competitors shall wear a US Coast Guard (USCG) approved life jacket, that is 100% dependent on foam for floatation and the appropriate size for the sailor, at all times while launching boats, on the floats, and on the water, except for brief periods of time while adding or removing clothing. RRS 40 is further amended to require that life jackets shall have a whistle attached.
- 2.2.** Opti class rules require a bowline of buoyant rope, which is at least 8 meters in length, with a diameter of at least 5 mm. In addition to a bowline, Optis must have a paddle and bailers (one required, two preferred), which shall be attached to the hull.
- 2.3.** Club 420 class rules require a bowline that floats, which is at least 40 feet in length, with a diameter of at least $\frac{3}{8}$ inch. In addition to a bowline, 420s must have a bailer, which shall be attached to the hull.

3. ADDITIONAL SAFETY CONSIDERATIONS

- 3.1.** Prior to leaving the dock or launching area each day, each competitor shall check out with the designated race officials. For sailors leaving from the dock, these officials will be located at the head of the pier. For sailors leaving from North Beach, these officials will be located on the beach.
- 3.2.** Upon arriving at the racing area each day, each competitor shall check in with the race committee by sailing past the stern of the committee boat on a starboard tack and calling out their sail number.
- 3.3.** Immediately upon returning to shore, each competitor shall check in with the designated race officials. For sailors returning to the dock, these officials will be located at the head of the pier. For sailors returning to North Beach, these officials will be located on the beach.
- 3.4.** Any competitor retiring early from a race shall notify a race committee vessel before leaving the course. If it is impossible to do so, the sailor must check in at the HYC Pilot House immediately upon arriving ashore.

4. NOTICES TO COMPETITORS

- 4.1.** Notices to competitors will be posted on the official notice board located on the outside wall of the main clubhouse.

5. CHANGES TO THE SAILING INSTRUCTIONS

- 5.1.** Any change to the sailing instructions will be posted not later than 30 minutes prior to the actual harbor start on the day the change will take effect, except that any change to the schedule of races will be posted by 7:00 p.m. on the day before it will take effect.

- 6. SIGNALS MADE ASHORE**
- 6.1.** Signals made ashore will be displayed from the yardarm of the flagpole on the HYC deck.
 - 6.2.** Flag AP, displayed with two sound signals when raised, and one additional sound signal when lowered, shall mean *the race is postponed*. When the postponement signal is made ashore, the warning signal will be made not less than 30 minutes after AP is lowered. This changes Race Signal AP.
 - 6.3.** International code flag R, displayed and accompanied by one sound signal, shall mean that *boats may leave the floats or launching area and proceed to the race area*.
 - 6.4.** International code flag L, displayed and accompanied by one sound signal, shall mean that *an official notice has been posted on the notice board*.
 - 6.5.** International code flag B, when fully hoisted and accompanied by one sound signal, shall mean that *protest time has begun*. When lowered halfway, it shall mean that *there are less than 30 minutes remaining before protest time ends*. When fully lowered, it shall mean that *protest time has ended*.
- 7. CLASS FLAGS**
- 7.1.** Boats sailing in the Opti green fleet and Club 420 green fleet shall display a green flag at the top of the mainsail.
- 8. RACING AREA**
- 8.1.** The racing areas will be designated on a chart posted on the official notice board.
- 9. COURSES**
- 9.1.** Courses will be designated by a number displayed on the race committee signal boat. See the course diagram.
- 10. MARKS**
- 10.1.** The color and shape of the marks being used on each line will be announced at the skippers meeting.
 - 10.2.** An offset mark may be used in combination with a windward mark. In such cases, the offset mark will be located approximately 50-100 yards from the windward mark. Boats shall pass the windward mark to port, and then pass the offset mark to port. If an offset mark is in place, it must be honored.
- 11. THE START**
- 11.1.** Optimist races will be started using three-minute dinghy starts with sound signals as described below. If the P, I, Z, U, and/or Black Flags are in use, they will be raised at the three-minute signal and lowered at the one-minute signal.
 - 11.2.** Club 420 races will be started using three-minute dinghy starts with sound signals as described below. If the P, I, Z, U, and/or Black Flags are in use, they will be raised at the three-minute signal and lowered at the one-minute signal. The 420 class flag will be displayed at the warning of the 420 fleet starts, and a green flag will be displayed at the warning of the 420 green fleet starts.
 - 11.3.** The starting line will be between a staff displaying an orange flag or shape on the race committee boat at the starboard end of the line, when looking upwind, and a port-end starting mark.
 - 11.4.** Boats that are not in a starting sequence shall keep clear of the starting area and all boats that are in a starting sequence.
 - 11.5.** The race committee will attempt to hail OCS boats after the starting signal. The failure to make or receive such communication shall not be grounds for redress. This changes RRS 41 and 62.1(a).
- 12. CHANGE OF COURSE AFTER THE START**
- 12.1.** A change of course after the start will be signaled before the leading boat has begun the changed leg. The race committee may shorten the course for any reason. This changes RRS 32.2.

13. THE FINISH

- 13.1.** The finishing line will be between a staff displaying an orange flag or shape on the race committee boat at the starboard end of the line, when looking upwind, and a nearby finishing mark at the port end.
- 13.2.** If course 3 is in use, the finishing line will be between a staff displaying an orange flag or shape on the race committee boat on the port end of the line when looking upwind, and a nearby finishing mark at the starboard end.
- 13.3.** Once finished, a boat shall remain clear of the course and finish line until all competitors have finished.

14. TIME LIMIT

- 14.1.** The time limit for the first boat in each class to finish is one hour from the start. Any boats failing to finish within 30 minutes after the first boat finishes will be scored DNF, without a hearing. This changes RRS 35, 63.1, A4.1, and A5.

15. PENALTY SYSTEM

- 15.1.** The following sections of Appendix V shall apply.
Penalty at the Time of an Incident: The first two sentences of Rule 44.1 are changed to read: *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. 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 also be a One-Turn Penalty.*

16. PROTESTS

- 16.1.** A competitor intending to protest shall inform the skipper or crew of the protested boat at the first reasonable opportunity. If the protest concerns an incident in the racing area in which a competitor is involved, or which a competitor sees, that competitor shall hail *protest* at the first reasonable opportunity. Protests shall be made in writing on forms available at the protest desk, and delivered there within the protest time limit. The protest desk will be located at the official notice board at the Hingham Yacht Club.
- 16.2.** Protests will be heard promptly after the expiration of the protest time, in approximately the order they are received.
- 16.3.** Protest notices will be posted within 30 minutes of the end of protest time to inform competitors where and when there is a hearing in which they are parties, or in which they are named as witnesses. Protest notices will be posted at the official notice board at HYC, and on a notice board located at North Beach. This posting shall constitute the notification required by RRS 61.1(b) and 63.2.
- 16.4.** Sailors who have been involved in an incident on the race course, and who have been informed that they are being protested, will be required to check the notice board as soon as they get ashore to see if a protest has been filed. Failure to do so may result in a protest hearing being held with only one party being present.
- 16.5.** RRS 66 is changed by adding this sentence: *On the last day of racing, a party to the hearing may ask for a reopening no later than 30 minutes after being informed of the decision.*
- 16.6.** RRS 63.3 is modified as follows: *A boat that is party to a protest may be represented only by her helmsman or crew.*
- 16.7.** The protest committee may penalize, without a hearing, a boat that has broken RRS 42, provided that a member of the protest committee or its designated observer has seen the incident. A disqualification under Rule 42 shall not be excluded from the boat's series score. A boat so penalized shall be informed by notification in the race results.

17. SCORING

- 17.1.** The Low Point Scoring System, RRS Appendix A, shall apply, modified so that each boat's series score will be the total of her race scores, with her worst score (other than a disqualification for violation of RRS 2 or RRS 42) discarded if more than five races are completed.
- 17.2.** One race shall be completed to constitute a series.

18. SUPPORT PERSON REGULATIONS - COACHES AND SPECTATORS

- 18.1. Except when rendering assistance to a boat in danger at that boat's request, or at the request of the race committee, coach boats, support boats, spectator boats, and other support personnel shall stay at least 100 yards outside of areas where boats are racing, from the time of the preparatory signal for the first fleet to start until all boats have finished, or until the race committee signals an abandonment.
- 18.2. All support boats shall obey the request of official safety boats pertaining to the location of support boats with respect to the competitors. Competitors are responsible for the behavior of their support personnel and coaches. Violation of this provision may result in disqualification of the competitor(s) associated with the craft for the race in which the violation occurs.
- 18.3. Support personnel, including the race committee, mark and safety boat operators, coaches, parents, etc., are strongly encouraged to wear fully secured PFDs while on the water.
- 18.4. All coaches and other support personnel must agree to aid any competitor who is in distress or requesting assistance of any sort.
- 18.5. Coaches are expected to be good role models for young sailors, and to conduct themselves accordingly both ashore and on the water.
- 18.6. Spectators who are on the water, either in support or coach vessels, are considered coaches for the purpose of SI 18. Those who serve on race committee vessels, including patrol and safety vessels, may not communicate in any way with their sailors or their coaches from the time the orange starting line flag is displayed until the sailor has finished his or her race (the *no communication period*). The only exception to this rule is when directed by the race committee, or when they are involved with safety and rescue operations. During periods of time when communication with coaches and/or sailors is permissible, they shall not transfer any strategic or tactical information, including audio or video recordings, gained due to their advantageous location on the race course or their access to race committee communications, unless such information is made available to all sailors, coaches, and other parents/supporters. Communications of a personal nature (e.g. *great race, get something to drink, go see your coach*) are always permissible outside of the *no communication period*.

19. DISCIPLINE

- 19.1. Per US Sailing Regulation 10.03, no participant or competitor shall use or possess, either on or off the water: 1) marijuana or any other substance if possession is illegal under state or federal law; 2) any alcoholic beverages. This regulation is in effect from the date and time of arrival through the date and time of departure from the venue. The penalty shall be that the contestant, after a proper hearing, shall be immediately removed from the regatta venue and, where practical, sent home.
- 19.2. Hearings will be held generally in accordance with the recommendations of Appendix M5 of the RRS. The officers for hearing a violation will consist of the chief judge, acting as chairman of the hearing, and the protest committee.

20. PRIZES

- 20.1. Trophies will be awarded to competitors placing first through fifth in the Opti white, blue, and red fleets, and in the Club 420 fleets. For the Club 420 fleets, trophies will be awarded to both the skipper and the crew.
- 20.2. In lieu of trophies, green fleet participation medals will be awarded to all Opti green fleet sailors.
- 20.3. Three special awards will also be presented. The **Thomas E. Curtis Jr. Trophy** will be awarded for the best overall performance, with preference to fleet size. The **Ginny Gray Award** will be awarded to the sailor(s), coach(es), or volunteer(s) who displayed, over the course of the regatta, a significant act of seamanship and/or sportsmanship. The **Rebecca Binder Award** will be awarded to the top finisher in the Opti green fleet.
- 20.4. The organizing authority may elect to add additional trophies, at their sole discretion, if they so choose.

21. OTHER

- 21.1. The green fleets for both Optimists and 420s are intended for novice racers within the respective classes. Sailors and coaches are expected to ensure that all competitors are registered in the appropriate fleets.
- 21.2. The use of spinnakers will not be permitted in the 420 green fleet.

- 21.3.** All sail numbers must reconcile with the sail numbers supplied during registration. Sailors needing to change their sail number may do so upon arrival when they check in.

22. SCHEDULE OF EVENTS

Wednesday, 7/8 boat drop off and check-in at HYC: 4:00-7:00 p.m.

Thursday, 7/9 race day #1

late <u>check-in</u>	8:00-9:00 a.m.
meeting for coaches:	9:00 a.m.
meeting for competitors, coaches, and parents:	9:15 a.m.
harbor start:	10:00 a.m.
first warning signal:	as determined by the PRO for each line
lunch on the water	
competitor and parent entertainment:	after racing

Friday, 7/10 race day #2

meeting for coaches:	9:00 a.m.
meeting for competitors:	9:15 a.m.
harbor start:	10:00 a.m.
first warning signal:	as determined by the PRO for each line
no warning signal after this time:	3:00 p.m.
cookout on the HYC deck	after racing
awards presentation:	after racing

The Opti green fleet schedule will be the same through the meeting for competitors, after which a second, separate meeting for Opti green fleet sailors may be conducted, and the remainder of the schedule for that fleet will be announced.

****Please note that competitors must register online in advance.****