



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



SAILING INSTRUCTIONS

Abbreviations:

PC – Protest Committee	RC – Race Committee
OA – Organizing Authority	SI – Sailing Instructions
RRS – Racing Rules of Sailing	JSA – Junior Sailing Association of LIS
NOR – Notice of Race	

1 RULES

- 1.1 The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS).
- 1.2 The Rules for JSA of LIS (JSA) Events, JSA Code of Conduct and US Sailing [SafeSport Handbook](#) will apply.

2 SCHEDULE OF RACES

- 2.1 Three (3) races are scheduled for Opti Fleet and five (5) races for Feva Fleet. More will be added if time allows.
- 2.2 The racing schedule is as follows:

3 OPTI GREEN FLEET SCHEDULE

Day	Date	Time	Activity	Location
Monday	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.

4 FEVA SCHEDULE

Day	Date	Time	Activity	Location
Monday	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

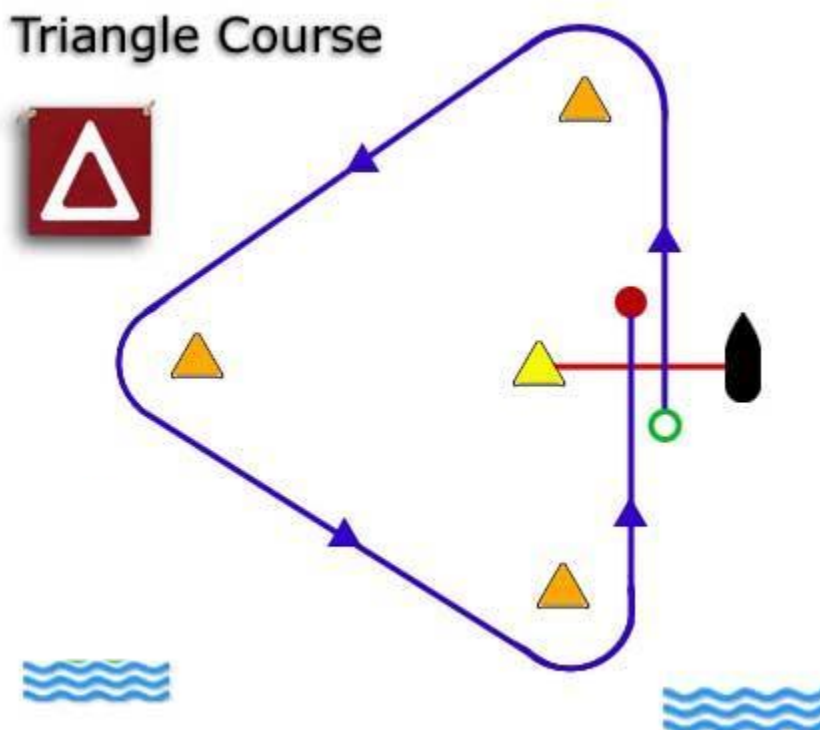
*Note: No access to Rocky Point is available before 9:00 am.

5 RACING AREA

The racing area will be off the shore from Rocky Point Club.

6 THE COURSE

- 6.1 The course will be once around a Modified Triangle. The start and finish are in the middle of the windward leg as shown in the diagram below. Depending on the wind conditions and number of Fevas, we may alter the Feva course with a longer leeward mark and add a separate finish line for both fleets (to keep the start line free)



7 MARKS

- 7.1 Rounding marks 1, 2 and 3 will be orange/red buoys.
- 7.2 The starting and finishing marks will be a race committee signal boat at the starboard end and a red pin (with a Rocky Point Club burgee) at the port end.

8 THE START

- 8.1** The class will be announced by the race committee followed by the warning signal which will be multiple short horn blows.
- There will be a 3 minute start with 3 long horns blown at the start of 3 minutes
 - 2 long horns at 2 minutes
 - 1 long horn, 3 short horns at 1:30
 - 1 long horn at 1 minute
 - 3 short horns at 30 seconds
 - 2 short horns at 20 seconds
 - 1 short at 10 seconds
 - Then 5, 4, 3, 2, 1 short horns counting down from 5 seconds
 - 1 final long horn at the start.

9 RECALLS OF OCS BOATS

- 9.1 The starting line will be between a staff displaying an orange flag on the starboard end and the course side of the port-end starting mark.
- 9.2 When an individual recall is signaled, the RC will attempt to hail the sail numbers of all boats that are

OCS.

9.3 If there is a general recall, the I flag will be in effect for that race.

10 THE FINISH

The finishing line will be between a staff displaying a blue flag on the starboard end finish mark and the course side of the port end finishing mark; The same as the start line.

11 TIME LIMITS

11.1 Boats failing to finish within 20 minutes after the first boat in their class sails the course and finishes will be scored Time Limit Expired (TLE) without a hearing. They shall receive points equal to the number of boats finishing before the time limit expired plus 2 points, but not worse than DNF.

12 SCORING

12.1 Minimum of three (3) races are scheduled. One race is required to be completed to constitute a series.

12.2 A boat's series score will be the total of his/her race scores, however we will not be posting scores for the Opti Fleet

13 SAFETY REGULATIONS

13.1 Each competitor and instructor/coach shall wear a US Coast Guard approved personal flotation device (PFD) while on the water in accordance with JSA Rule 2.1

13.2 Each skipper is assumed to be sailing a boat that is safe. The visiting club and instructors are responsible for ensuring their sailors and boats are safe and ready for racing.

13.3 A boat that retires from a race shall notify a RC boat before leaving the race area. If this is not possible, the competitor shall notify a regatta representative immediately after arriving ashore.

14 SUPPORT VESSELS

14.1 Instructors, coaches and other support persons and spectators shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or retired, or the race committee signals a postponement or abandonment. Coaching is not permitted after a general recall. Instructors will be allowed to coach sailors in the back 50% of each fleet. Coaching by parents or spectators is strictly forbidden, and any parent or spectator noted coaching will be asked to leave the race area.

14.2 Coaches and support personnel shall monitor the race committee VHF channel and follow any safety instructions issued by the race committee. The VHF channel to be used will be identified at the instructors' meeting.

15 TRASH DISPOSAL

Trash may be placed aboard support or official boats.

16 RADIO COMMUNICATION

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications of any kind. This restriction also applies to mobile telephones and any other wireless devices.

Regatta Chair:

Ed Carroll

jrsailing@rockypointclub.com