

MYC Unkie Cup

Friday, July 24, 2026

SAILING INSTRUCTIONS

1. Rules

The regatta will be governed by the rules as defined in **The Racing Rules of Sailing (RRS)**.

2. Entries

2.1 Boats eligible to compete are from Megansett Yacht Club, Buzzards Sailing School, Menauhant Yacht Club, Quissett Yacht Club, and Wild Harbor Yacht Club.

2.2 Entry into the regatta is accomplished by completing the Entry Form and corresponding Release of Liability form.

3. Notices to Competitors

3.1 Instructions specific to this regatta are included in the Notice of Race (NOR).

3.2 Additional notices to competitors will be posted on the official Regatta Notice Board or other designated area.

3.3 Changes to these Sailing Instructions or to the Racing Rules of Sailing (RRS) will be posted no later than **9:00 AM** on the day of racing.

3.4 RRS 86.1(b) is removed.

4. Schedule of Races

4.1 Racing will begin at **10:00 AM**.

4.2 Each race may begin as soon as five (5) minutes after the last competitors have returned to the starting area.

4.3 No races shall start after **1:30 PM**, unless the majority of coaches from the participating clubs agree that additional racing would benefit the sailors. If additional races are started after 1:30 PM, competitors may not request redress under RRS 62.1(a).

5. Racing Area

The racing area will be designated in the Notice of Race.

6. The Course

6.1 Fleets will sail one of the following courses:

Course T – Trapezoid course (Windward – Reach – Run – Reach – Windward), with the start and finish in the middle.

Course D – Modified Windward-Leeward course, with the start and finish in the middle.

Course M – Modified Triangle course, with the start and finish in the middle.

6.2 No later than the warning signal, the Race Committee will display the course designation by letter or otherwise notify competitors of the course being used.

6.3 All marks shall be left to port.

7. Marks

All courses will use portable marks.

8. Start/Finish Line

The start/finish line will be between an orange flag on the Race Committee boat and a designated buoy to port. The finish line may be shorter than the starting line.

9. Starting Sequence

Races will be started using the **3-Minute Dinghy Start System** in accordance with RRS Appendix U3, modifying RRS Rule 26.

Signal	Time Remaining
Multiple warning horns/whistles	Attention
3 long blasts	3:00
2 long blasts	2:00
1 long + 3 short blasts	1:30
1 long blast	1:00
3 short blasts	:30
2 short blasts	:20
1 short blast	:10
Individual blasts	5, 4, 3, 2, 1, Start

10. Penalty System

10.1 Competitors are expected to follow the Racing Rules of Sailing and the fundamental principle of sportsmanship:

"Competitors in the sport of sailing are governed by a body of rules that they are expected to follow and enforce. A fundamental principle of sportsmanship is that when competitors break a rule, they will promptly take a penalty, which may be to retire."

10.2 RRS Rule 44.1 shall apply. Sailors must take:

- A **Two-Turn Penalty** after breaking one or more rules in Part 2 of the RRS.

- A **One-Turn Penalty** after breaking Rule 31.

Penalty turns shall be taken as soon as possible after the incident and well clear of other competitors, in accordance with RRS 44.2.

11. Protests

11.1 A boat wishing to protest shall inform the other boat at the first reasonable opportunity and notify the Race Committee immediately after finishing.

11.2 A completed protest form must be submitted within **30 minutes** after the Race Committee returns to shore. This time limit may be extended at the discretion of the Race Committee if conditions warrant.

11.3 Protest hearings will be conducted by a committee consisting of representatives from each participating club. If an unbiased representative is unavailable, the Principal Race Officer may appoint another representative or proceed without that club's representative.

11.4 Protest hearings are open to competitors. Observing competitors must remain quiet and may not interfere with the proceedings.

12. Scoring

12.1 One completed race constitutes a regatta.

12.2 The Low Point Scoring System will be used.

12.3 If five (5) or more races are completed, each sailor's worst numerical score will be discarded.

12.4 Championship Fleet and Green Fleet competitors will be scored separately.

Event Contacts

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