



2026 Pineapple Cup Regatta

Noroton Yacht Club, Darien, CT

Friday, July 24th, 2026

SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the Rules as defined in The Racing Rules of Sailing (RRS).
- 1.2. The 2026 Rules for JSA of LIS (JSA) Events will apply.

2. ORGANIZING AUTHORITY

- 2.1. The Organizing Authority (OA) is the Noroton Yacht Club

3. CHANGES TO THE SAILING INSTRUCTIONS

- 3.1. Any changes to the sailing instructions will be posted on the event webpage no fewer than 75 minutes before the first warning the day the changes take effect.

4. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed from the club flagpole.
- 4.2. The harbor start is intended to be signaled at 0945. No Boat shall leave dock until the harbor start has been signaled.

5. SCHEDULE OF RACES TIME ACTIVITY LOCATION

0830 – 0930 | Rigging, Registration, Safety Checks | Docks & Breezeway

0930 | Skipper/Coaches' Meeting | Patio

0945 | Harbor Start RC Leaves Harbor

1030 | First Warning Starting Area

1330 | No Warning made after 1330

Awards presented after racing on the Patio

*Lunch will be on land following racing. Please use the snack bar or bring your own lunch. Ice cream will be provided. If your child would like to bring a snack out on the water, they may put a bag on a support boat. The race committee will run as many races as reasonably possible.

6. RACING AREA

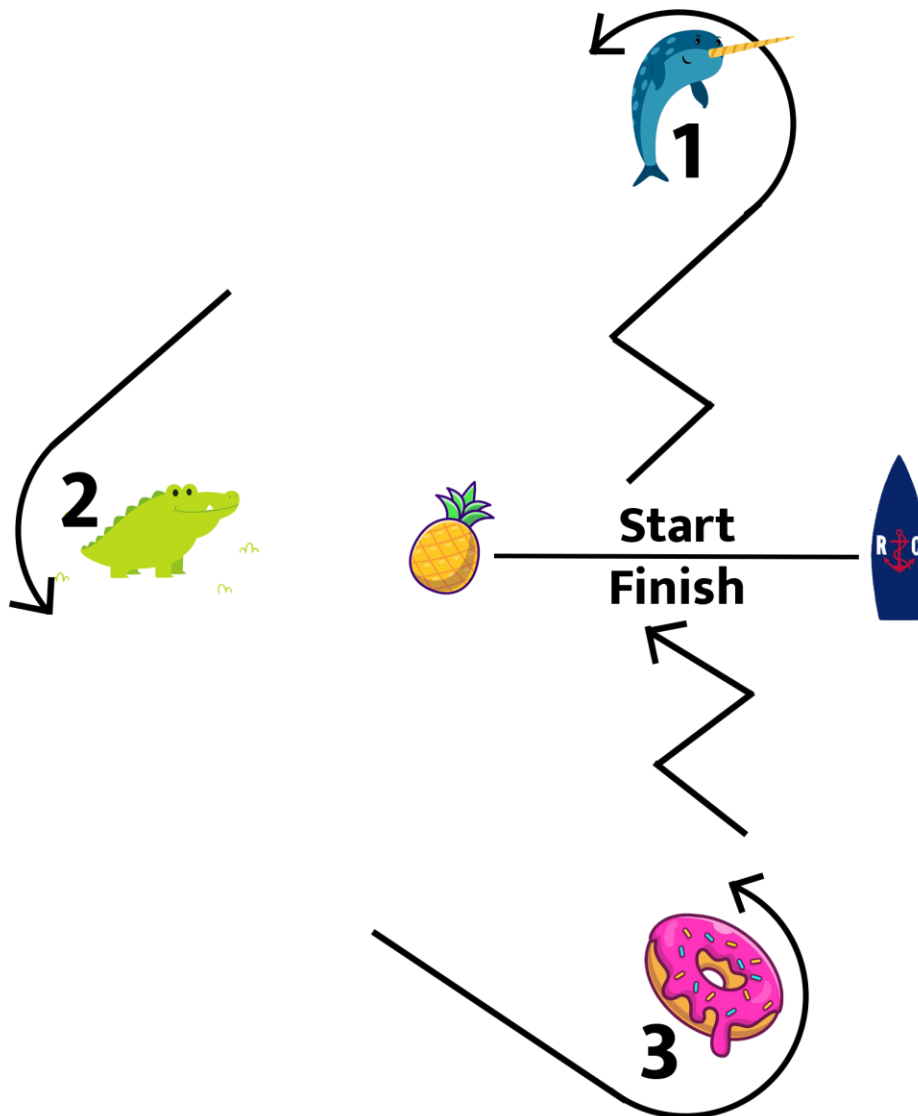
6.1. The racing area will be approximately one-half mile south of G “1” at the entrance to Noroton Harbor.

7. THE COURSE

7.1. The course will be a triangle. The start/finish line will be to the port side of the Race Committee Signal boat and course marks shall be rounded to port.

7.2. After finishing, all boats shall immediately clear the finish area by sailing to the designated ‘waiting area’ and remain there until all boats have finished.

7.3. The diagram below shows the course and the approximate angle between the legs, the order in which the marks are to be passed.



8. MARKS

8.1. Turning and start/finish marks will be described at Skippers Meeting

9. THE START

Races will be started using Appendix U, "Sound-Signal-Starting-System" (3 minute start)

3 Minutes | 3 Long

2 Minutes | 2 Long

1 ½ Minutes | 1 Long, 3 Short

1 Minute | 1 Long

30 Seconds | 3 Short

20 Seconds | 2 Short

10 Seconds | 1 Short

Last 5 Seconds | 5 Short Countdown

Start | 1 Long

*A series of attention signals will be made before the beginning of each starting sequence.

10. RECALLS OF OCS BOATS

10.1. The race committee will attempt to hail the sail numbers of all boats that are OCS. This changes rule 29.1.

11. THE FINISH

11.1. The finish line will be the same as the starting line.

12. TIME LIMITS

12.1. Time limits for the first boat in each fleet shall be 60 minutes.

13. SCORING

13.1. At least one race is required to be completed to constitute a series. A boat's series score shall be the total of her race scores.

13.2. The Race Committee will run as many races as practical.

14. SAFETY REGULATIONS

14.1. Competitors are required to wear a properly fastened PFD with whistle attached at all times when on the water or on the dock. All sailors must pass a Safety Inspection prior to harbor start.

14.2. A boat that retires from a race shall notify a race committee boat before leaving the race area or have their instructor notify the race committee. If this is not possible, the sailor or their coach should notify a Noroton Yacht Club staff member upon arriving ashore.

15.SUPPORT VESSELS

15.1. 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 from a completed race, or the Race Committee signals a postponement or abandonment.

15.2. As per USODA guidelines for green fleet regattas Instructors shall be allowed to coach sailors at the back of the fleet. Coaching should be of all sailors not limited to ones under their charge.

15.3. Coaching by parents is strictly forbidden.

15.4. Coaches and support personnel shall monitor the Race Committee VHF channel 73.

16.TRASH DISPOSAL

16.1. Competitors and support persons shall not intentionally put trash in the water. This rule applies at all times while afloat. Trash may be placed aboard support or official boats.

17.RADIO COMMUNICATION

17.1. Coaches and support personnel are required to monitor the race committee VHF channel and follow any safety instructions issued by the race committee.

18.PRIZES

18.1. A prize ceremony will take place on land following racing. Prizes will be awarded to the top four competitors and 1 mid fleet finisher

More Information:

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VHF Ch.72