Casco Bay Optimist Regatta
(2026 Optimist Maine Regional Championship)

Hosted by Portland Yacht Club

Falmouth, ME USA

October 10-11, 2026

SAILING INSTRUCTIONS (SI)

1. RULES

1.1 RRS 60.2(a)(1) is changed as follows: 'If the protestor is a boat, she shall hail 'Protest' at the first reasonable opportunity and she shall inform the Race Committee immediately after finishing, or as soon as practicable after she retires (and before discussing her intent with any support person), of the boat(s) she intends to protest'.

1.2 RRS 60.4(a)(2) is changed as follows: (2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or

2. CHANGES TO THE SAILING INSTRUCTIONS

2.1 Any changes to the sailing instructions will be posted before 0900 on the day that it will take effect, except that any change to the schedule of races will be posted by the 2000 on the day before it will take effect.

3. COMMUNICATIONS WITH COMPETITORS

3.1 Notices to competitors will be posted on the official notice board located https://usoda.org/regatta/dJUIG3V4mC.

3.2 Unofficial 'RC actions' may be broadcast on VHF channel **69** as a courtesy to coaches and spectators.

4. FORMAT OF THE CHAMPIONSHIP

4.1 The Championship Fleet will race as a single division.

5. [DP] CODE OF CONDUCT

5.1 In addition to completing an online Sailor Code of Conduct, competitors and support persons shall comply with reasonable requests from race officials.

6. SIGNALS MADE ASHORE

6.1 Signals made ashore will be displayed on the flag pole located **on the main dockhouse**.

6.2 When flag "AP" is displayed, "1 minute" is replaced with "not less than 60 minutes" in Race Signal "AP".

6.3 [SP][DP] Flag D with one sound indicates Harbor Launch. Boats shall not leave their assigned space until this signal is made. The warning signal will not be made before the scheduled time or less than 60 minutes after flag D is displayed.

7. SCHEDULE OF RACES

7.1 **Saturday, October 10**

0800-0900	Competitor Check-in and Support Person Registration/Check-in
0900	Coaches' Meeting
0915	Competitors', Coaches' and Parents' Meeting
0930	Harbor Launch
1030	First Warning Signal
After Racing	Hot Snacks

Sunday, October 11

0830	Coaches' Meeting
0900	Harbor Launch
1000	First Warning Signal
1500	No Warning Signal for a race or "Set" of races after this time
After Racing	Awards Ceremony

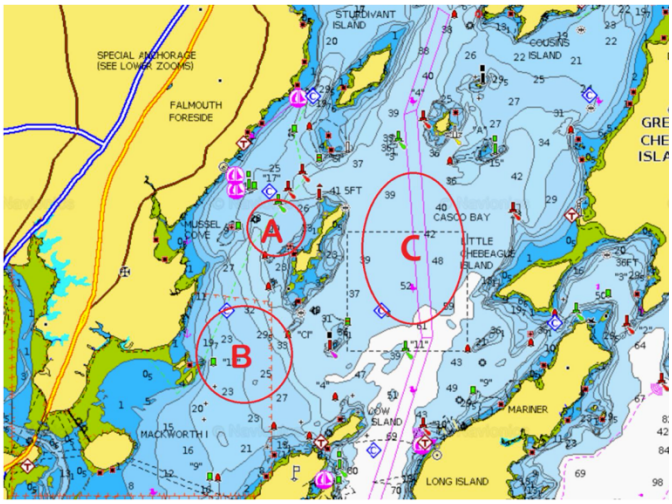
7.2 Four (4) races are scheduled for each day of racing. One extra race per day may be sailed, provided the championship never becomes more than one race ahead of schedule.

8. CLASS FLAGS

8.1 The class flag will be the optimist class flag.

9. RACING AREA

9.1 The racing area will be **in Casco Bay**



10. COURSES

10.1 The diagram in SI Addendum 1 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. The length of each leg and exact configuration will be based on the sailing conditions.

10.2 The angle from Mark 2 to Mark 3 may be changed up to 15 degrees in either direction to compensate for wind / current differences on that side of the course, without signals or change marks, provided the change is made before any boats begin that leg. This is added to RRS 33.

11. MARKS

11.1 Rounding marks 1, 2, 3 and 4 will be orange inflatable tetrahedrons or orange balls.

11.2 The starting marks will be a RC vessel displaying an orange flag at one end of the starting line and a mark at the other end.

11.3 The finishing marks will be a RC vessel displaying a blue flag at one end of the finishing line and a mark at the other end of the finish line.

12. [NP][DP] OBSTRUCTIONS/RESTRICTED AREAS

12.1 The **racing area** is the space encompassing the course, the starting area, and the finishing area. It extends 100 yards beyond any racing boat and all marks. Except as permitted by **SI 22**, only competing boats and official vessels (designated as such by the RC) may enter the racing area while boats are racing.

12.2 The **Pre-start Coaches area** is leeward of the Start/Finish. Support vessels are allowed in the Pre-Start Coaches area only prior to the start of a race.

12.3 The **After-race waiting area** is the area to starboard and slightly upwind of the Start/Finish. Support vessels are allowed in After-race waiting area only while boats are finishing.

13. THE START

13.1 The starting line is between a staff displaying an orange flag on one starting mark and the course side of the other starting mark.

13.2 To alert boats that a race or sequence of races will begin soon, the orange starting line flags will be displayed with one sound at least four (4) minutes before a warning signal is made for a [race]["Set" of races].

13.3 A boat that does not start within five (5) minutes after her starting signal will be scored Did Not Start (DNS), without a hearing. This changes RRS A5.1 and RRS A5.2.

13.4 Any starting penalties from races that are abandoned or recalled after the starting signal and not re-sailed on the same day will not carry over to those races if they are re-sailed on another day in the regatta. This changes RRS 30.4 and 36.

14. THE FINISH

14.1 The finishing line is between a staff displaying a blue flag on one finishing mark and the course side of the other finishing mark.

14.2 [SP][DP][NP]Immediately after finishing all boats shall sail clear of the finishing area, leaving the RC finishing vessel to starboard, and promptly return to the after-race waiting area shown in SI Addendum 1.

14.3 Flag "A" displayed (with no sound) while boats are finishing means "No more racing today."

15. PENALTY SYSTEM

15.1 The "Graded Penalty System" will apply and is attached as Addendum 2. Percentage penalties will be rounded up to the nearest whole number.

15.2 [SP]A boat that has taken a penalty under RRS 44.1 shall, as soon as practical after racing, complete a penalty acknowledgement log at the Protest Desk.

15.3 The application of any standard penalties [SP] or discretionary penalties [DP] shall not cause a boat's score to be worse than the score for a "DSQ".

16. TIME LIMITS

16.1 The Race Time Limit is 90 minutes, and the Finishing Window will be 20 minutes

16.2 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the finishing window, and not subsequently retiring, penalized or given redress, will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35 and A5.

17. HEARING REQUESTS

17.1 The protest time limit is 45 minutes after the RC signal vessel docks. The protest time limit (filing deadline) will be posted on the official notice board as soon as practical.

17.2 Hearing request and scoring review forms are available from the Protest Desk located **in The Captain's Room on the second deck of the yacht club, adjacent to the junior sailing office**.

17.3 Hearing request and scoring review forms shall be delivered to the Protest Desk.

17.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.

17.5 [NP]Hearings will be held in the assigned protest room, beginning at the time posted. Representatives of boats who are parties to a hearing and their witnesses shall report to the Protest Desk at the scheduled hearing time and remain there until called for their hearing.

17.6 RRS 63.1(a)(4) is changed as follows: delete 'unless there is good reason for the protest committee to decide otherwise.'

17.7 A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.

17.8 Scoring reviews, if not resolved by the RC, may be considered requests for redress per RRS 61.4(b)(1).

17.9 RRS 61.2(b)(3) is changed as follows: After the second sentence, add, 'If the RC posts a list of boats scored OCS, NSC, UFD, or BFD on the official notice board before the protest time limit, a request for redress based on such a posted score shall be made no later than 30 minutes after the protest time limit. Requests for redress relating to a score determined by the RC shall state the procedural error the boat believes the RC may have made. Further, the boat will be expected to establish that it started properly. All other requests shall be made as soon as reasonably possible after the relevant information is available.'

18. SCORING

18.1 The Low Point Scoring System of RRS Appendix A will apply as revised below.

18.2 The number of boats entered in the event will be defined as the number of boats which complete registration at the regatta venue.

18.3 One (1) completed race will constitute the **2026 Optimist Maine Regional Championship**.

18.4 When five (5) or more races have been completed, a boat's final score will be the total of her race scores excluding her worst score.

19. [SP][DP] SAFETY REGULATIONS

19.1 Prior to launching each day, competitors shall inform their coach or support person of their intention to race. If a competitor will not be racing, the sailor or support person shall notify the RC on VHF Channel 69, or by email to tom@sail1design.com before the harbor launch.

19.2 [SP] [DP] Immediately upon returning to shore, **but not later than 30 minutes** after the RC signal vessel docks, coaches and support persons shall do a safety check, confirming their sailors are safely ashore. If an y sailor has not returned to shore safely the coach or support person shall IMMEDIATELY inform the RC on VHF Channel 69 and notify the protest desk located in the Captain's Room on the 2nd deck of the club adjacent to the junior sailing office.

19.3 A competitor retiring from a race or intending not to start a race shall notify a RC vessel or safety vessel before leaving the course, or if that is not possible, notify the OA immediately upon returning to shore by email at tom@sail1design.com.

20. [SP][DP] REPLACEMENT OF EQUIPMENT

20.1 Any request to consider approving equipment substitutions shall be submitted in writing to the Race Committee before the end of the protest time limit the day prior to the day for which the substitution is to be made. If changes are required during a day's racing, approval may be made verbally and the written request submitted before that day's protest time limit.

21. OFFICIAL VESSELS

21.1 On-water Rule 42 Judge vessels will display a J Flag. A Rule 42 Judge may also be aboard the RC signal vessel and will not display a flag.

22. [SP][DP]SUPPORT TEAMS

22.1 Coaches are expected to be good role models for young sailors and conduct themselves accordingly ashore and on the water.

22.2 Support persons who serve on RC 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 flags are displayed until their sailor has finished his or her race (the "No Communication Period"). The only exception to this rule is when directed by the Principal Race Officer or they are involved with safety and rescue. During periods of time when communication with coaches and/or sailors is permissible, these persons 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 RC communications, unless such information is made available to all sailors, coaches and other support persons. Communications of a personal nature (e.g., 'great race', 'get something to drink', 'go see your coach', etc.) are always permissible outside the "No Communication Period".

22.3 General support (coach and spectator) vessel requirements:

22.3.1. No 'team' flags, private signal flags, or any object that might be construed as a signal shall be flown from coach or support vessels while racing is underway.

22.3.2. Support vessels shall follow the instructions of race officials at all times.

22.3.3. No support vessels shall tie up to or congregate around any aid to navigation, such as buoys or channel markers, or tie up to any fixed fishing gear or fishing floats.

22.4 Restrictions:

22.4.1. All support vessels shall stay out of the racing area while boats are racing and at least 100 yards away from any racing boat, and move slowly and with minimal wake, except where permitted in this instruction.

22.4.2. Certain support vessels may be designated as rescue craft by the Principal Race Officer or Safety Officer and given permission to enter the racing area for the purposes of rescue operations only.

22.4.3. When the RC displays (or is displaying) its orange starting line flags, all support vessels in the starting area shall proceed immediately to the waiting area and shall remain there until the RC lowers the orange starting line flags, except that, after first and subsequent start(s) of a "Set" of races, support vessels may exit the waiting area and proceed slowly with minimal wake to the weather mark, only on the starboard side of the course. The RC may close the starboard side of the course to support vessels.

22.4.4. There shall be no anchoring inside the course or in the vicinity of the finishing line.

22.5 There shall be no unmanned aerial vehicle (UAV) drone flight permitted above the racing area, waiting area, corridor, coach/spectator boat zones, starting line or finishing line.

22.6 Penalties:

22.6.1. Competitors affiliated with any support person vessel that breaks a rule may be protested and penalized under RRS 41, Outside Help, in which case the Preamble to Part 4 will not apply. This changes RRS 41.

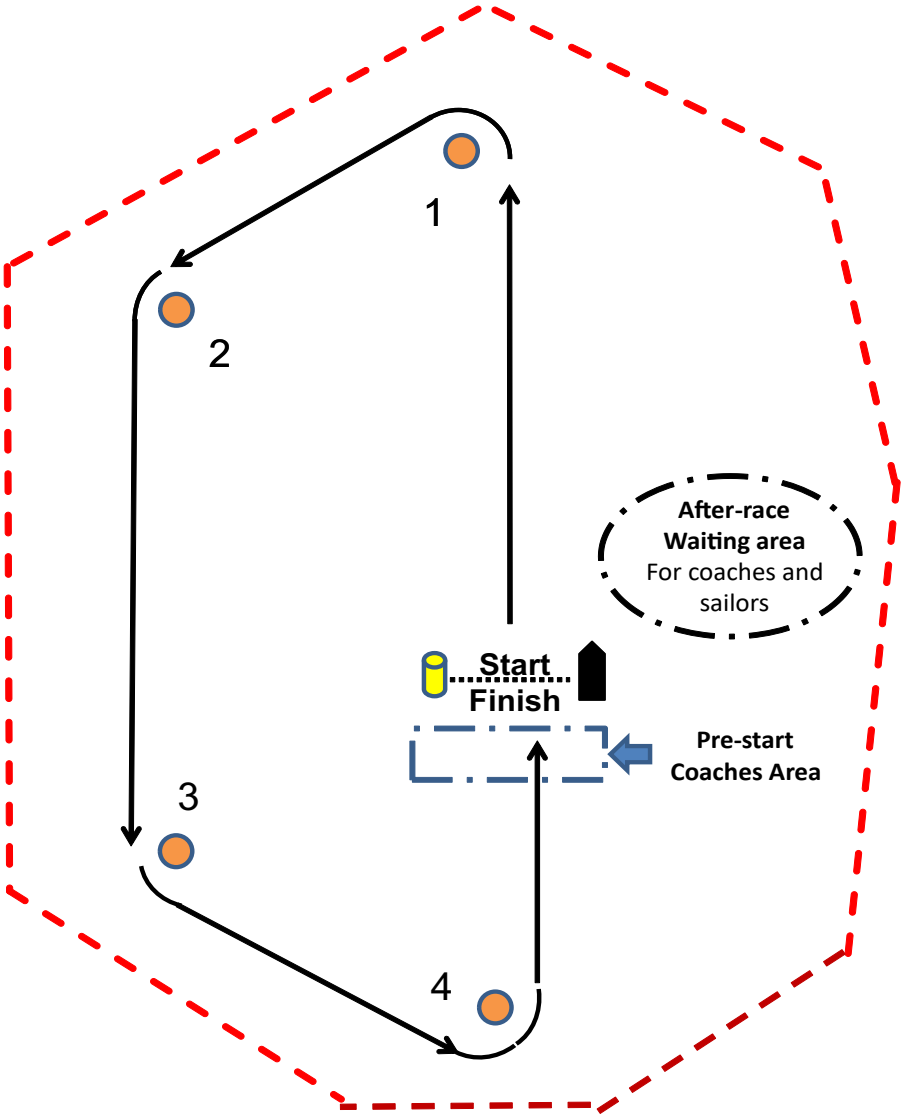
22.6.2. Support persons that repeatedly and/or intentionally break a rule may be subject to disciplinary actions up to and including exclusion from the venue.

23. [DP][NP] TRASH DISPOSAL

23.1 Trash may be placed aboard official or support person vessels.

Note: Diagram not to scale. Mark colors and shapes are illustrative only.

SI ADDENDUM 1 - Race Course and Restricted Areas
Simple Trapezoid Course



COURSE: Start – 1 – 2 – 3 – 4 - Finish

Racing Area

SI Addendum 2 – USODA Graded Penalty System

Percentage Penalties rounded up to the next whole number. Penalties apply to the race of infringement; otherwise to the first race of the day.

1. Minor SI penalties

Penalty approximately equal to 5% of fleet

a) Not displaying the assigned colored division streamer
b) Launching before 'Harbor Launch' signal
c) Failure to return promptly to waiting area after finishing
d) Failure to report penalty taken
e) Failure to comply with Safety Check-Out/Check-In procedures

2. Minor class rule penalties and intermediate SI penalties

Penalty approximately equal to 10% of fleet

a) Bailer/paddle/daggerboard/painter not correctly attached to hull (CR 4.3)
b) Painter not attached to mast step (CR 4.3 (b))
c) Whistle not attached to personal flotation device (CR 4.2 (a))
d) Distance between edge of sail and mast and/or boom at one eyelet 15mm or more (CR 6.6.3.3 and/or CR 6.6.3.4)
e) Distance between edge of sail and mast and/or boom at two eyelets 13mm or more (CR 6.6.3.3 and/or CR 6.6.3.4)
f) Loss of sail tie (CR 6.6.3.3 and/or CR 6.6.3.4)
g) Clearance between span and boom between 101 mm and 115 mm (CR 3.5.3.8)
h) Ring(s) on span of boom slipping (CR 3.5.3.8)
i) Sailing across a race in progress before starting or after finishing (RRS 23.1)
j) Out of the waiting area
k) Breaches of SI 23, Support Teams

3. Intermediate class rule penalties

Penalty approximately equal to 30% of fleet

a) No bailer, paddle or painter in boat (CR 4.3)
b) No whistle (CR 4.2)
c) Lanyard, locking device or other arrangement used to attach mast to the hull not in position (CR 3.5.2.11)
d) Sail outside limits of bands (CR 3.5.2.7 and CR 6.6.3.1)
e) Distance between edge of sail and mast and/or boom at two eyelets 15mm or more (CR 6.6.3.3 and/or CR 6.6.3.4)
f) Distance between edge of sail and mast and/or boom at three or more eyelets 13mm or more (CR 6.6.3.3 and/or CR 6.6.3.4)
g) Clearance between span and boom more than 120 mm (CR 3.5.3.8)
h) Edge of sail at throat, tack or clew eyelet positioned 3 mm or more from mast and/or boom (CR 6.6.3.3 and/or CR 6.6.3.4)
i) Failure to report for measurement after finishing
j) Failing on-water measurement inspection
k) Failure to wear an approved PFD
l) Repeated infringement of Section 1 or Section 2 penalties, above

4. Major class rule penalties (as per RRS)

Penalty up to DSQ – requires Protest Hearing

a) All RRS, except as amended
b) All SI, including amendments, except as specified above
c) Use of uninspected equipment
d) Use of unapproved fittings
e) Repeated infringement of Section 3 penalties, above