



SAILING INSTRUCTIONS
Rock, Paper, Scissors Regatta
August 29-30, 2026



SPONSORED BY:



1. RULES

- 1.1 The regatta will be governed by *rules* as defined by the Racing Rules of Sailing (RRS).
- 1.2 For the purposes of the definition of rule, the class rules shall be the rules of the Optimist, ILCA 7 (Laser), ILCA 6 (Laser Radial), ILCA 4 (Laser 4.7), O'pen Skiff, Sunfish, and Club and Collegiate 420 class
- 1.3 Appendix V1 shall apply.

2. ENTRIES

Boats that have completed registration are eligible to race.

3. SAFETY

- 3.1 Rule 40.1 is changed to add: A US Coast Guard approved personal flotation device shall be worn, properly fastened, at all times while launching and when sailing, except for brief periods while adding or removing clothing. Failure to comply with this rule may result in disqualification. Each competitor must have a whistle attached to their PFD at all times while on the water.

An adult (parent, guardian, or designated adult) is responsible for the safety of each sailor. It is the responsibility solely of this adult to decide if the sailor should sail in the weather and sea conditions that might arise during the event. The adults supervising the competitors are ultimately responsible for the risks.

Parents not personally attending any part of the event must ensure that another adult is authorized and designated to make these decisions for their sailor, and each competitor shall indicate in writing the parent or adult representative that shall be responsible for the competitor throughout the event.

The designated adult will accept full responsibility for all actions of the competitor during any activity related to the event. This includes onshore activities before, during, and after the Regatta.

- 3.2 A boat retiring from a race shall notify a race committee boat before leaving the course, or, when that is impossible, the Regatta Office immediately after arrival ashore.
- 3.3 All boats shall have a painter with a loop in the end for towing.
- 3.4 Participants shall not leave the launch area unless the race committee has left the mooring area or a support boat is present.

4 CHECK-IN

Competitors shall check in with the Race Committee Signal Boat before the initial warning signal of the first race each day.

5 NOTICES TO COMPETITORS

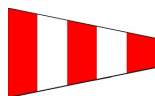
Notices to competitors will be posted on the Official Notice Board, which is located to the left of the clubhouse door as you enter from the parking lot. Changes to the sailing instructions will be posted at least one hour before the first race of each day.

6 CHANGES IN SAILING INSTRUCTIONS

Any change to the SIs will be posted at least one hour before the first race of each day.

7 SIGNALS MADE ASHORE

- 7.1 Signals made ashore will be displayed from the flagpole near the shore in front of the clubhouse.
- 7.2 Code flag AP with two sound signals means racing is postponed. Lowering with one sound signal means the next warning signal will be made in not less than 30 minutes.

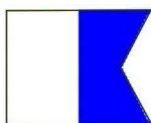


Code flag AP

(Alternating Red and White Stripes)

8 SPECIAL SIGNALS

Code Flag A displayed with no sound while boats are finishing means "no more racing today."



Code flag A

(White and Blue vertical stripes)

9 SCHEDULE

- 9.1 The race committee will run as many races as is reasonably possible. At least one race must be completed to have a series.
- 9.2 The racing schedule is as follows (schedule may change at the discretion of the organizing and race committees):

Saturday, August 29th

Registration	0900-1030	<i>Near clubhouse doors to parking lot</i>
ILCA (Laser) sailors must commit to their choice of rig and 420 sailors must commit to their choice of spinnaker or non-spinnaker by the end of registration.		
Competitors' Meeting and lunch on shore	1100	<i>Patio- lake side of clubhouse</i>
First Warning Signal not less than 45 minutes after meeting		
Sliding Fun	1600-1730	<i>Clubhouse lawn</i>
Dinner	1800	<i>Clubhouse</i>
Rock, Paper, Scissors Tournament	1900	<i>Clubhouse</i>

Green Fleet - The Green Fleet sailors' schedule will mirror the Championship Fleet. However, adjustments will be made at the Green Fleet PRO's discretion.

Sunday, August 30th

First Warning Signal	0930	
No warning signal will be made after 1300		
Lunch and awards	1300	<i>Patio- lake side of clubhouse</i>
	or after last race	

10 CLASS FLAGS

- 10.1 The Optimist class will be divided into Green and White/Blue/Red. The Green fleet is intended for beginning racers.
- 10.2 Class flags will be announced at the Competitors' meeting.

11 RACING AREA

The racing area will be adjacent to the Birmingham Sailing Club.

12 SUPPORT BOATS

- 12.1 Coaches, parents and other support personnel shall stay at least 50 feet away from and shall not communicate with any racing competitor on the Championship race course from the time of the preparatory signal for the race until after the competitor has finished or the Race Committee signals a postponement or abandonment.
- 12.2 Support boats shall neither create wakes nor interfere with competitors.
- 12.3 Support boats shall remain off the course (well outside the laylines) unless a competitor requires assistance. In this event, the support boat shall hail the race committee before entering the course.
- 12.4 In the event of bad weather or other emergency, support boats will assist in towing any boat, not just their team or sailor.
- 12.5 Optimist Green Fleet: Coaching is encouraged during the starting sequence, around marks, and for staying generally "on course." Green Fleet support boats must identify themselves to the Race Committee and be careful not to interfere with any racing boats. Safety is paramount.
- 12.6 Coaches must wear fully secured PFDs while on the water. Other support people – Race Committee, mark and safety boat operators, parents, etc. – are strongly encouraged to wear fully secured PFDs while on the water.
- 12.7. Support persons are advised to read and adhere to the requirements of RRS 3, Acceptance of the Rules.

13 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. Birmingham Sailing Club will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

The remaining sections below do not pertain to the Optimist green fleet

14 MARKS

Marks are yellow, orange, or red tetrahedra or cylinders. The race committee shall place the marks of the course as needed. The course to be sailed shall be designated as follows, by letters placed on the sides of the committee boat and/or written on a whiteboard.

A The windward mark

B The reaching mark

C The leeward mark

X The finishing mark

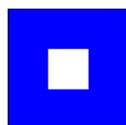
Not all of these marks need be used in a race.

15 THE COURSE

- 15.1 The race committee boat will display letters and numbers designating the marks of the course in the order to be sailed, including the finishing mark, but not the starting mark. The last letter displayed designates the finishing mark.
- 15.2 The leeward (C) mark will be positioned a short distance upwind of the start/finish line.
- 15.3 Finishes will be downwind.
- 15.4 The ILCA (Laser), 420 (spin and no spin), Optimist White/Blue/Red, O'pen Skiff, and Sunfish fleets will race on the same course. ***However, the Optimist and O'Pen Skiff fleets may have a different windward mark than the other fleets. If different marks are used, they will be distinguished by color as explained in the competitor's meeting.***
- 15.5 Marks shall be left to port.
- 15.6 See Attachment A for examples of courses.

16 THE START

- 16.1 The starting line will be between an orange flag on the committee boat and an adjacent mark (with an orange flag) off the committee boat's port side.
- 16.2 A series of short sounds may be made before each warning signal.
- 16.3 Races will be started in accordance with racing rule 26:
 - At 5 minutes before the start, the class flag for the fleet to start will be raised and a horn will sound. This is the warning signal.
 - At 4 minutes before the start, the class' preparatory signal flag will be raised and a horn will sound. This is the preparatory signal, and may be a P flag, an I flag, or a U flag. See Rule 26 and Rule 30.



The P flag (blue with white center)

- At one minute before the start, the preparatory signal flag will be lowered and a horn will sound.
 - At the start, the class flag will be lowered and a horn will sound.
- 16.4 Additional races may start very soon after each fleet completes the preceding race.
- 16.5 A boat not starting within 5 minutes of her starting signal will be scored DNS without a hearing. This changes RRS 63.1, A4.1 and A5.
- 16.6 Boats whose Warning Signal has not been made shall keep clear of the starting area

17 RECALLS

- 17.1 Individual recalls will be signaled by Flag “X” and one sound signal. The race committee will attempt to hail the sail numbers of boats that are over early. Provided, however, that failure to receive such a hail shall not be grounds for redress. This changes RRS 41 and 62.1(a).
- 17.2 A general recall will be signaled by flag “First Substitute” and two sound signals. After a general recall, the five-minute sequence will begin one minute after the lowering of flag “First Substitute.”



Code Flag X (blue cross on white background)



First Substitute (yellow with blue border)

18 THE FINISH

The finishing line will be between a blue flag on the race committee boat and the adjacent finishing mark (with a blue flag) **on the opposite side of the committee boat from the start** unless the finish is for a shortened course. See RRS 32.2.

19 PENALTY SYSTEM

The following sections of Appendix V shall apply:

V1 PENALTY AT THE TIME OF AN INCIDENT

The first two sentences of rule 44.1 are changed to: '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. However, 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 be a Two-Turns Penalty.

20 TIME LIMIT

The time limit for the first boat in each fleet in each race to finish will be 60 minutes. Those boats that do not finish within 20 minutes of the first boat in their fleet will be scored "DNF" without a hearing. This changes rules 35, 63.1, A4.1, and A5.

21 PROTESTS

- 21.1 Protests shall be in writing and delivered to the regatta office within 45 minutes after the time of the docking of the race committee signal boat for that competitor's course.
- 21.2 Protests will be heard in approximately the order of receipt as soon as practicable.
- 21.3 Protest notices will be posted within 30 minutes of the protest time limit to inform competitors where and when there is a hearing in which they are parties to a hearing or named as witnesses. This posting shall constitute the notification required by RRS 61.1(b) and RRS 63.2.
- 21.4 The following sentence is added to rule 66. "On the last day of racing, a party to the hearing may ask for a reopening no later than one hour after being informed of the decision." This changes rule 66.
- 21.5 Infringements of SIs 3, 4, and 22 are not protestable by another boat. This changes rule 60.1(a).
- 21.6 The penalty, if any, for an infringement of a rule other than a rule of Part 2 will be at the discretion of the Protest Committee and may be less than disqualification.

22 SCORING

The Low Point Scoring System, Appendix A of The Racing Rules of Sailing, will apply. A boat's worst race will be excluded if at least 6 races are completed.

Attachment A
Example Courses

