



HYANNIS YACHT CLUB
OPTIMIST LABOR DAY TROPHY
September 7th, 2026
The Hyannis Yacht Club is the OA

SAILING INSTRUCTIONS

The notation [DP] in a rule means a penalty for a breach of that rule may, at the discretion of the Protest Committee, be less than disqualification.

*The notation [NP] in a rule means it shall not be grounds for protest by a boat. *

1 RULES

- 1.1** This regatta shall be governed by the rules as defined in the Racing Rules of Sailing (RRS)
- 1.2** **RRS 1.1 Helping those in Danger** applies to support boats as well as competitors. All Support boats shall provide assistance to any competitor in distress or in the event of an emergency. Support boats are required to monitor the VHF channel of the race circle they are on.
- 1.3** **[NP] Hyannis Shipping Channel Rule-The Hyannis Harbor Channel contains high speed commercial traffic. These ships have absolute rights over all other boats. Competitor and support boats failing to comply with the Hyannis Harbor Shipping Rule are subject to protest by the race committee. The penalty for violating this rule is disqualification from the entire regatta. This changes RRS 60.1 (b)**
1.3a All Optimist Class boats sailing in Lewis Bay shall cross the Hyannis Harbor Shipping Channel in the vicinity of the Hyannis Yacht Club fairway channel. Boats shall only cross the Hyannis Harbor Shipping Channel escorted by a support or a regatta patrol boat.

2 CHANGES TO THE SAILING INSTRUCTIONS OR RACE SCHEDULE

- 2.1** Any changes to the Sailing Instructions shall be posted on the Official Notice Board.
- 2.2** Any change to the Sailing Instructions shall be posted by 0900 on the day they are to take effect or in the case of a postponement ashore, no later than twenty (20) minutes prior to the lowering of Code Flag 'AP' ashore.
- 2.3** Any change to the schedule shall be posted by 2000 on the day before it will take effect.

3 COMMUNICATION WITH COMPETITORS

- 3.1** Notices to competitors will be posted on the Official Notice Board located on the southern end of the lower patio of the Hyannis Yacht Club.
- 3.2** The Race Secretary desk will be located in the Scudder Room in the lower level of the Hyannis Yacht Club.
- 3.3** Race Committee VHF Channels
Opti Green & Championship: Channel 68

4 CODE OF CONDUCT

- 4.1** Competitors and Support persons shall comply with reasonable requests from race officials.

5 SIGNALS MADE ASHORE

- 5.1** Signals made ashore will be displayed on the flag pole located on the dock.
- 5.2** The Harbor Start will be signaled when the class flag(s) is displayed with one (1) sound signal.
- 5.3** When Code Flag 'AP' is displayed ashore, '1 minute' is replaced with 'not less than thirty (30) minutes' in RRS Race Signals 'AP'.

6 SCHEDULE OF RACES

Monday, September 7, 2026

0800-0900 Arrival & Rigging (no formal check-in)

0915 Competitors' Meeting on the HYC Patio (South Side, by the Youth Room)

1000 Harbor Launch

1300 No Start After

As many races as possible will be conducted. One Race constitutes a series. Lunch for competitors to be available directly following racing. Results will be announced and trophy recipients will be notified when trophies arrive at HYC.

7 CLASS FLAGS

- 7.1** Optimist Green & Championship **Optimist Class Flag**

8 RACE AREAS

- 8.1** Optimist Green & Championship Class Lewis Bay; east of Fiddle Head Rock

9 COURSES - See Appendix #1 (3 sheets)

- 9.1** Courses will be windward, leeward, triangle or combination of both.

10 MARKS

- 10.1** Optimist Green & Championship Class: Marks will be orange tuna balls.

11 START

- 11.1** Before the Warning Signal of the first race of the day that a boat sails in, she shall sail past the stern of the signal boat on starboard tack and verbally check-in. When the race committee acknowledges a boat's sail number the check-in has officially been completed. Boats failing to properly check-in will be assessed a twenty (20) percent scoring penalty to their best score of the day. The penalty will not be subject to redress. **This changes RRS 44.3 (c) and RRS 60.1.**

- 11.2** Optimist Green & Championship Class Races will be started as described in **RRS APPENDIX U AUDIBLE-SIGNAL RACING SYSTEM.**

12 FINISH

- 12.1** The finish line will be between a staff displaying a blue flag and the nearby orange inflatable

13 PENALTY SYSTEM

- 13.1** **RRS APPENDIX V *Alternative Penalties* shall apply.**

14 TIME LIMITS

- 14.1** **Time Limit for all Classes**

Race Time Limit (60) minutes

Finish Window (30) minutes

- 14.2** If no boat finishes within sixty (60) minutes from the start time, the race shall be abandoned.
- 14.3** Boats failing to finish within thirty (30) minutes from the first boat to properly sail the course and not subsequently retiring, penalized, or given redress, shall be scored **Time Limit Expired (TLE)**. The TLE score is not subject to redress. **This changes RRS 35, RRS 30.1 (b), A5.1, A5.2 and A10.**

15 HEARING REQUEST

- 15.1** The protest time is forty-five (45) minutes after the signal boat docks.
- 15.2** Hearing request, Scoring Inquiry and post-race penalty forms will be available at the Race Secretary Desk.
- 15.3** Notices to inform competitors of hearings in which they are parties or named as witnesses will be posted no later than thirty (30) minutes after the protest time limit.

16 SCORING

- 16.1** **Appendix A4** Low Point Scoring System shall apply.
- 16.2** When four (4) or fewer races have been completed the boat's score shall be the total of her race scores. When five or more races have been completed the boat's score shall be the total of her race scores excluding her worst score.
- 16.3** Boats scored **Time Limit Expired (TLE)** will be scored points equal to the number of boats that sailed the course and finished within the time limit plus one place.

17 SAFETY

- 17.1** All Competitors shall wear a US Coast Guard approved Personal Flotation Device at all times while afloat except for brief times while clothing may be changed, added, or removed.
- 17.2** All support boats are required to carry a VHF radio and monitor the race committee channel for the race area they are on.
- 17.3** **[DP] [NP]** A boat that retires from a race shall notify the race committee at the first reasonable opportunity.
- 17.4** **[DP]** Support boat use of ECO Link (aka kill switch).
Operators of power boats less than 26ft in length shall use ECO Link (aka kill switch) at all times except when docking or launching.

18 COACHING

- 18.1** **[DP]** Except for the Opti Green Class, any coach/observer who violates **RRS 41** by providing outside assistance (coaching) to a competitor while racing from their preparatory signal may be protested by the race committee.
- 18.2** On the water coaching is allowed for the Opti Green Fleet.
- 18.3** The Race Committee may, in their sole discretion, determine that competitors require assistance and may require all coaches and support personnel in the race area to render such assistance.

19 TRASH DISPOSAL

- 19.1** Trash may be placed aboard official race committee and support boats.

20 PRIZES

- 20.1** 1st place prizes will be awarded in the **Opti Red, Blue, White Classes**.
If more than 3 boats are competing in a fleet, 2nd place prizes will also be awarded.
If more than 5 boats are competing in a fleet, 3rd places prizes will also be awarded.
Recognition awards will be given to participants in the **Opti Green Class**.
Prize(s) for Sportsmanship may be awarded. Additional prizes may be awarded at the discretion of the race committee.

21 DISCLAIMER OF LIABILITY

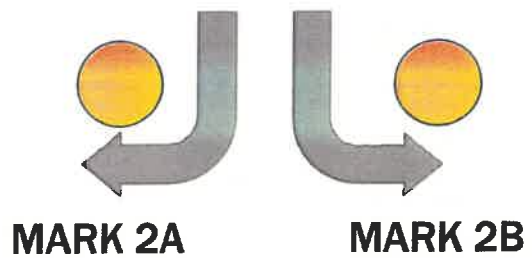
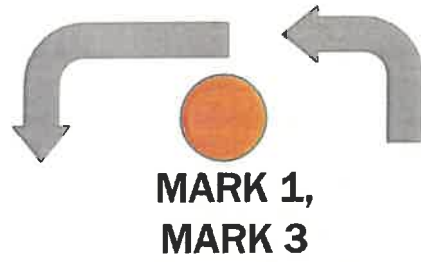
21.1 Competitors participate in this regatta at their own risk. The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.

Sailing is an activity that has inherent risk of damage and injury. Neither the Hyannis Yacht Club nor its Trustees, Officers, Race Committee, members or any other individual or entity affiliated with this regatta shall be held responsible to any participating boat owner, skipper, guest or their families, heirs or assigns. **See RRS 3 DECISION TO RACE**

22 MEDIA

22.1 By participating in this regatta, each competitor grants to the Organizing Authority the right in perpetuity to make, use and show from time to time at their discretion, any photograph, video and live or recorded or other reproductions of him or her made during the period of the regatta without compensation.

Appendix 1: Race Courses



COURSE W4

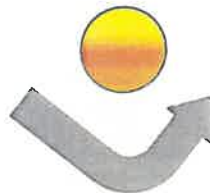
Start - Windward - Gate - Windward - Finish



COURSE T (Triangle)
Start - Windward - Gybe - Leeward - Finish



MARK 3, 5



COURSE TW (Triangle, Windward/Leeward)

Start - Windward - Gybe - Leeward - Windward - Leeward - Finish