



2026 JSA of LIS Optimist Championship

Indian Harbor Yacht Club
Greenwich, CT

August 8th & 9th, 2026

SAILING INSTRUCTIONS

Notes:

OA: Indian Harbor Yacht Club is the OA in partnership with the Junior Sailing Association of Long Island Sound

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

[NP] The notation '[NP]' in a rule of the sailing instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

[SP] denotes a rule to which a standard penalty from the "[USODA Graded Penalty System](#)" may be applied by the race committee or technical committee without a hearing, or a discretionary penalty applied by the protest committee with a hearing. This changes RRS 60.5(b) and A5.1.

Abbreviations:

PC - Protest Committee
RC - Race Committee
OA - Organizing Authority
SI - Sailing Instructions

RRS - Racing Rules of Sailing 2025-2028
NOR - Notice of Race
JSA - Junior Sailing Association of LIS

1. RULES

- 1.1. See NOR 1
- 1.2. RRS 60.2(a)(1) is changed as follows: 'If the protestor is a boat, she shall 'Protest' at the first reasonable opportunity and she shall inform the Race Committee [Finish] Vessel immediately after finishing, or as soon as practicable after she retires (and before discussing her intent with any support person and/or coach), of the boat(s) she intends to protest'.

2. CHANGES TO THE SAILING INSTRUCTIONS

- 2.1. Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will 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 online at [The Clubspot](https://theclubspot.com/regatta/aAMMNWDd8v) (<https://theclubspot.com/regatta/aAMMNWDd8v>).
- 3.2. Unofficial 'RC actions' may be broadcast on VHF Channel 65 as courtesy to coaches and spectators.

4. FORMAT OF THE CHAMPIONSHIP

- 4.1. The fleet will be divided into divisions. The format will be a Round Robin defined in SI Addendum 3.
- 4.2. The fleet will race in "Sets" of races where a "Set" is a group of scored races in which all divisions have competed. The RC will endeavor to run complete "Sets" of races each day, and at its discretion may abandon incomplete "Sets".
- 4.3. Division assignments are for the entire regatta. Competitors will be assigned based on the results from recent optimist events, as determined by the JSA of LIS & OA in its sole discretion, seeded 1-2-3-4-4-3-2-1, etc. plus random assignment determined by the scorer.
- 4.4. Division assignments will be made at the discretion of the OA and RC whose decision will be final and shall not be grounds for a boat to request redress. This changes RRS 61.4(b)(1).
- 4.5. [SP] [DP] The OA will provide each boat with a colored streamer identifying division assignments. While on the water, each boat shall at all times display the colored streamer corresponding to her division assignment. The streamer shall be attached securely to the sprit loop at the top of the sail, and its size shall not be changed.
- 4.6. [DP] The Race Committee may change the order in which races within a set are sailed to facilitate race management. Only completed sets shall be included in the series scores. If racing is suspended or postponed before a set is completed, racing shall resume with the remaining race(s) necessary to complete that set.

5. [DP] CODE OF CONDUCT

- 5.1. In addition to competitors adhering to the JSA and Sailor Code of Conduct (online), competitors and coaches and spectators shall comply with reasonable requests from race officials.

6. SIGNALS MADE ASHORE

- 6.1. Signals made ashore will be displayed on the flagpole located on the South Patio of the Main Clubhouse.
- 6.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in Race Signals AP.
- 6.3. [SP][DP] Flag D with one sound indicates Shore 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

Day	Date	Time	Activity	Location
Friday	August 7th	1700 - 1930	Pre-Registration and boat drop	Registration on Sunfish Bar/South Patio
Saturday	August 8th	0745 - 0845	Registration Reopened (Breakfast)	Registration on Sunfish Bar/South Patio
		0915	Competitors Meeting	South Patio

		Following Competitors Meeting	Coaches Meeting	
		1030	Harbor Start & Launch	
		1130	First Warning Signal	
		1630 - 1830	Dinner, Music & Raffle	South Patio
Sunday	August 9th	0800 - 0900	Competitors Arrive (Breakfast)	
		0845	Competitors Meeting	South Patio
		0900	Coaches Meeting	South Patio
		0930	Harbor Start & Launch	
		1030	First Warning	
		1530	No Warning Signal After This Time	
		Post Racing	Hot Meal, Ice Cream & Awards	

8. CLASS FLAGS

- 8.1. The class flags will be the four division colors: **Red, White, Sky Blue & Black**
- 8.2. Competitors shall display the colored streamer assigned to their division from the Sprit Pole loop of their mainsail

9. RACING AREA

- 9.1. The racing area will be inside of Great Captain Harbor or South of the Greenwich Islands in the Long Island Sound, all south of Indian Harbor Yacht Club.
- 9.2. See SI Addendum 1.
- 9.3. NOTE: All Sailors and Coaches will adhere to and avoid restricted areas in the harbor as outlined in the "[GREAT CAPTAIN HARBOR HAZARDS](#)" map attached on the event's [Clubspot](#) and in SI Addendum 1.

10. COURSES

- 10.1. The diagram in SI Addendum 2 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 of the course will be based on the sailing conditions.
- 10.2. If one of the gate marks (mark 3P or 3S) is missing, boats shall round the remaining mark 3 to port.
- 10.3. The angle from Mark 2 to Mark 3P/3S 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, 3P and 3S are Yellow Tetrahedrons.
- 11.2. The starting marks will be a RC vessel displaying an orange flag at each end of the starting line.

- 11.3. The finishing marks will be a RC vessel displaying a blue flag at one end of the finishing line and either a RC vessel displaying a blue flag or a colored 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. Only competing boats and official vessels (designated as such by the RC) may enter the racing area while boats are racing.
- 12.2. The waiting area is the area to leeward of the racing area below the starting line, and may be marked by a series of small colored balls or marks, or, in the absence of small buoys, at a distance specified by the Principal Race Officer.

13. THE START

- 13.1. Races will be started using Appendix U, Audible-Signal Racing System.
- 13.2. The starting line is between a staff displaying an orange flag on the signal vessel at the starboard end and an orange flag on the pin vessel at the port-end starting mark.
- 13.3. The starting rotation for a "Set" of races is defined in SI Addendum 3.
- 13.4. One minute before the start of the starting sequence, the Race Committee will display the colored flags corresponding to the fleets scheduled to race. The display of the Red and White flags, for example, indicates that the Red and White fleets are scheduled to start in that race.
- 13.5. [DP] Boats whose fleet identification flags have not been displayed shall avoid the starting area and remain in the waiting area during the start sequence for other races.
- 13.6. A boat may not request redress based on failure of the race committee to hail her number, failure of her to hear such a hail, or the order in which boats are hailed. This changes RRS 61.1(a).
- 13.7. RRS 30.3 U Flag Rule is in effect throughout this regatta. No part of a boat's hull, crew or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last one (1) minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing but not if the race is restarted or resailed.
- 13.8. A boat that does not start within three (3) minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A5.1 and A5.2.
- 13.9. Any starting penalties from races that are abandoned or recalled after the starting signal and not resailed 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 staffs displaying blue flags on the finishing marks or 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 boats shall sail clear of the finishing area, leaving the RC finishing vessel to port, and promptly return to the waiting area shown in SI Addendum 2.

15. PENALTY SYSTEM

- 15.1. The "[Graded Penalty System](#)" will apply and is attached as Addendum 2. "Fleet" is defined as the number of registered boats in the largest division. 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 form at the Protest Desk.
- 15.3. The application of any standard penalties [SP] or discretionary penalties [DP], shall not cause the boat's score to be worse than the score for "DSQ".

16. TIME LIMITS

- 16.1. The Race Time Limit is 70 minutes. If no boat has finished within the Race Time Limit, the race shall be abandoned.
- 16.2. The Finishing Window will be 15 minutes and begins when the first boat finishes.
- 16.3. The Finishing Window is the time for boats to finish after the first boat sails the course and finishes.
- 16.4. Boats failing to finish within the Finishing Window will be scored DNF without a hearing. This changes RRS 35, A5.1, A5.2, and A5.3.

17. HEARING REQUESTS

- 17.1. The protest time limit is 45 minutes after the RC signal vessel docks.
- 17.2. Hearing request and scoring review forms are available from the Protest Desk located in the outdoor covered Sunfish area by the Launch Desk.
- 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
- 17.5. hearings in which they are parties or named as witnesses.
- 17.6. [NP] Hearings will be held in the assigned protest area, beginning at the time posted. Representatives of boats who are parties to a hearing and their witnesses shall report to the Bermuda Room at the scheduled hearing time and remain there until called for their hearing. This will be on the 3rd floor of the Main Clubhouse where shirt and shoes are required.
- 17.7. RRS 63.1(a)(4) is changed as follows: delete 'unless there is good reason for the protest committee to decide otherwise.'
- 17.8. The right of appeal from a protest committee decision is denied as provided in rule 70.3(b).
- 17.9. Scoring reviews, if not resolved by the RC, may be considered requests for redress per RRS 61.4(b)(1).
- 17.10. RRS 61.2(b)(3) is changed as follows: '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 series will be defined as the number of boats which complete registration at the regatta venue. Race scores will be based on the number of registered boats in the largest division. This changes RRS A5.2.
- 18.3. 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.
- 18.4. JSA of LIS Championship, Age Group (Red, Blue & White) and Girls Series Scores: The combined scores from the Series will determine the JSA of LIS Optimist Championship Series, Age Group Series Scores and Girls final scores.

19. [SP][DP] SAFETY REGULATIONS

- 19.1. Prior to launching each day, coaches shall check-out their sailors with the designated race officials, indicating their departure to the race course. A competitor who will not be racing that day shall notify a host venue volunteer prior to the Harbor Launch, or by email at jrsailing@indianharboryc.com.
- 19.2. Immediately upon returning to shore, but not later than 30 minutes after the RC signal vessel docks, coaches shall check-in their sailors with the designated race officials, indicating their return to shore.

- 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, by reporting to a host venue volunteer immediately upon returning to shore.

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. [SP][DP] SUPPORT TEAMS, COACHES & SPECTATORS

- 21.1. Coaches are expected to be good role models for young sailors and conduct themselves accordingly ashore and on the water.
- 21.2. 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, support persons and coaches 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".
- 21.3. General support person vessel requirements:
- 21.3.1. No 'team' flags, private signal flags, or any object that might be construed as a signal shall be flown from support person vessels while racing is underway.
- 21.3.2. Coaching and Spectator vessels shall follow the instructions of race officials at all times.
- 21.3.3. No coaching vessels shall tie up to or congregate around any aid to navigation, such as buoys or channel markers, etc.
- 21.4. Restrictions:
- 21.4.1. All coaches and personal 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 these instructions.
- 21.4.2. Certain coaching or 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.
- 21.4.3. When the RC displays (or is displaying) its orange starting line flags, all coaching and support vessels in the starting area shall proceed immediately to the waiting area and shall remain there until the RC lowers the starting line flags, except that, after the first and subsequent starts of a race, 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 coaching and support vessels.
- 21.4.4. There shall be no anchoring inside the course or in the vicinity of the finishing line.
- 21.4.5. There shall be no unauthorized unmanned aerial vehicle (UAV) drone flight permitted above the racing area, waiting area, corridor, coach/spectator boat zones, starting line or finishing line.
- 21.5. Penalties
- 21.5.1. Competitors affiliated with any coaching or 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.

- 21.5.2. Coaches that repeatedly and/or intentionally break a rule may be subject to disciplinary actions up to and including exclusion from the venue.

22. [DP][NP] TRASH DISPOSAL

- 22.1. Trash may be placed aboard official or support person vessels.

23. RISK STATEMENT

RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event and any related activity sponsored, undertaken, administered, managed, or allowed to be conducted by Indian Harbor Yacht Club, the owner, helmsman and each crew member agree, understand and accept, for themselves and their respective successors, assigns, representatives, administrators, executors, agents, heirs or any person acting or purporting to act on their behalf ("Releasors") that sailing is an inherently dangerous and unpredictable activity due to multiple factors that cannot be anticipated or predicted with certainty, including but not limited to weather, equipment failure or malfunction, and the actions of others on or off the water, injury, sickness and disease (including communicable diseases such as Covid-19). Releasors also agree, understand and accept that sailing presents inherent risks of serious bodily injury (including permanent disability, paralysis, and death, whether by drowning or otherwise, sickness and disease (including communicable diseases), property damage and other economic loss. Accordingly, and in consideration for being permitted to enter into and participate in this or any other sailing event sponsored, undertaken, administered, managed or allowed to be conducted by Indian Harbor Yacht Club, Releasors forever release and waive, to the fullest extent allowed by law, any and all claims, actions, accounts, causes of action and choses in action, whether in law, equity or admiralty, that Releasors now have, may have had or may come to have, against Indian Harbor Yacht Club, including its officers, directors, trustees, members, employees, agents, volunteers, staff, committees, and anyone acting on its behalf ("Releasees"), for anything arising out of or relating to Releasors' participation in such sailing events (including contracting communicable diseases such as Covid-19). Notwithstanding anything to the contrary, and without in any way limiting or lessening the effect or breadth of the foregoing release and waiver, and solely for the avoidance of doubt and clarification, Releasors agree, acknowledge and understand that this release and waiver applies to any and all claims of any kind at all against Releasees arising out of or relating to injuries, deaths, sickness and disease (including communicable diseases such as Covid-19), damage to vessels or damage to personal property sustained during or as a result of any and all sailing events sponsored, undertaken, administered, managed or allowed to be conducted by Indian Harbor Yacht Club.

I agree to be bound by all rules that govern this event.

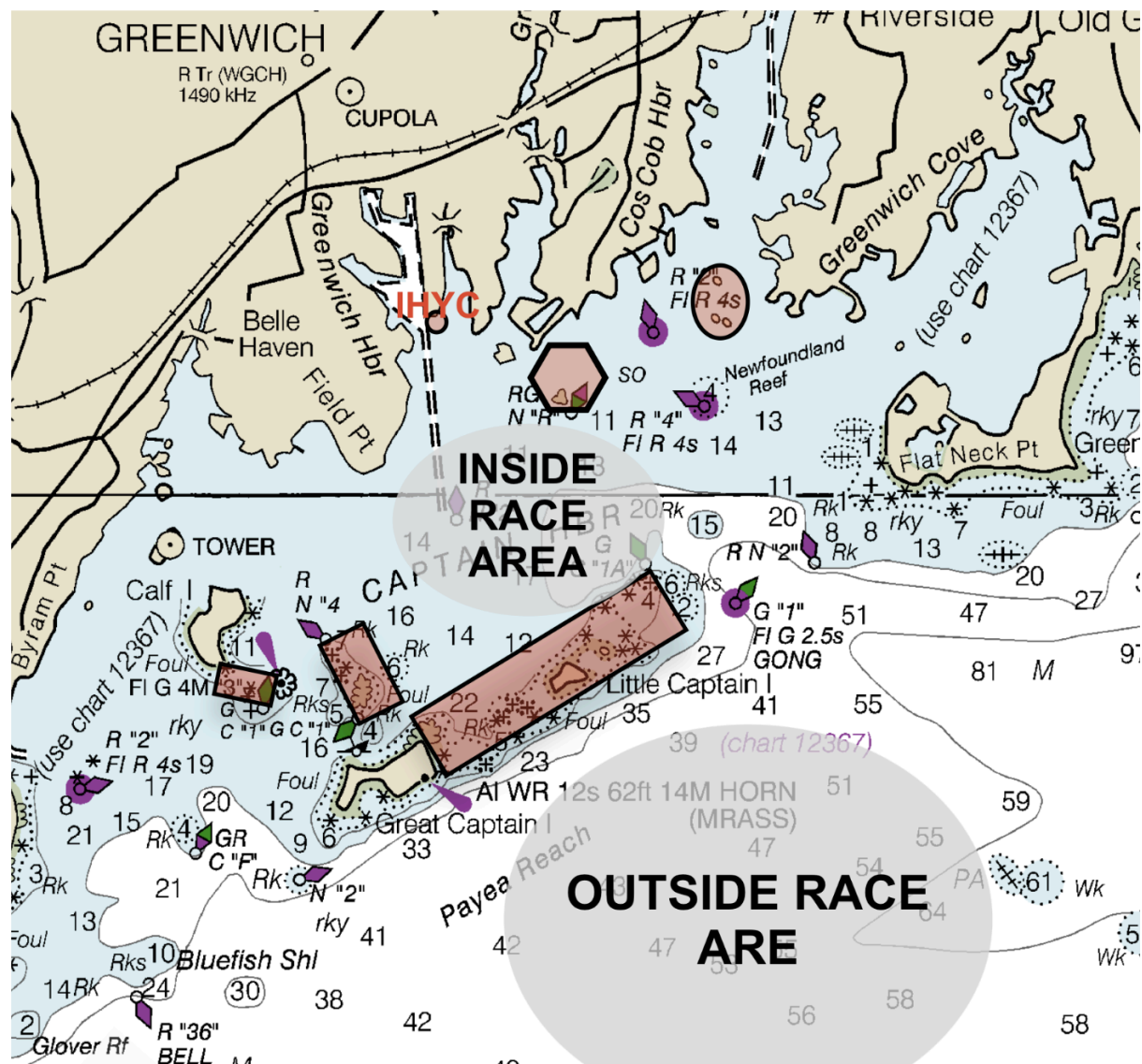
Regatta Chairman: Edward Arredondo
Principal Race Office: Eric Feigel
Chief Judge: Teresa Laughlin

Questions: cfoley@indianharboryc.com, jrsailing@indianharboryc.com

Indian Harbor Yacht Club
710 Steamboat Road
Greenwich CT 06830

1 (203) 869-2484
VHF CH 68

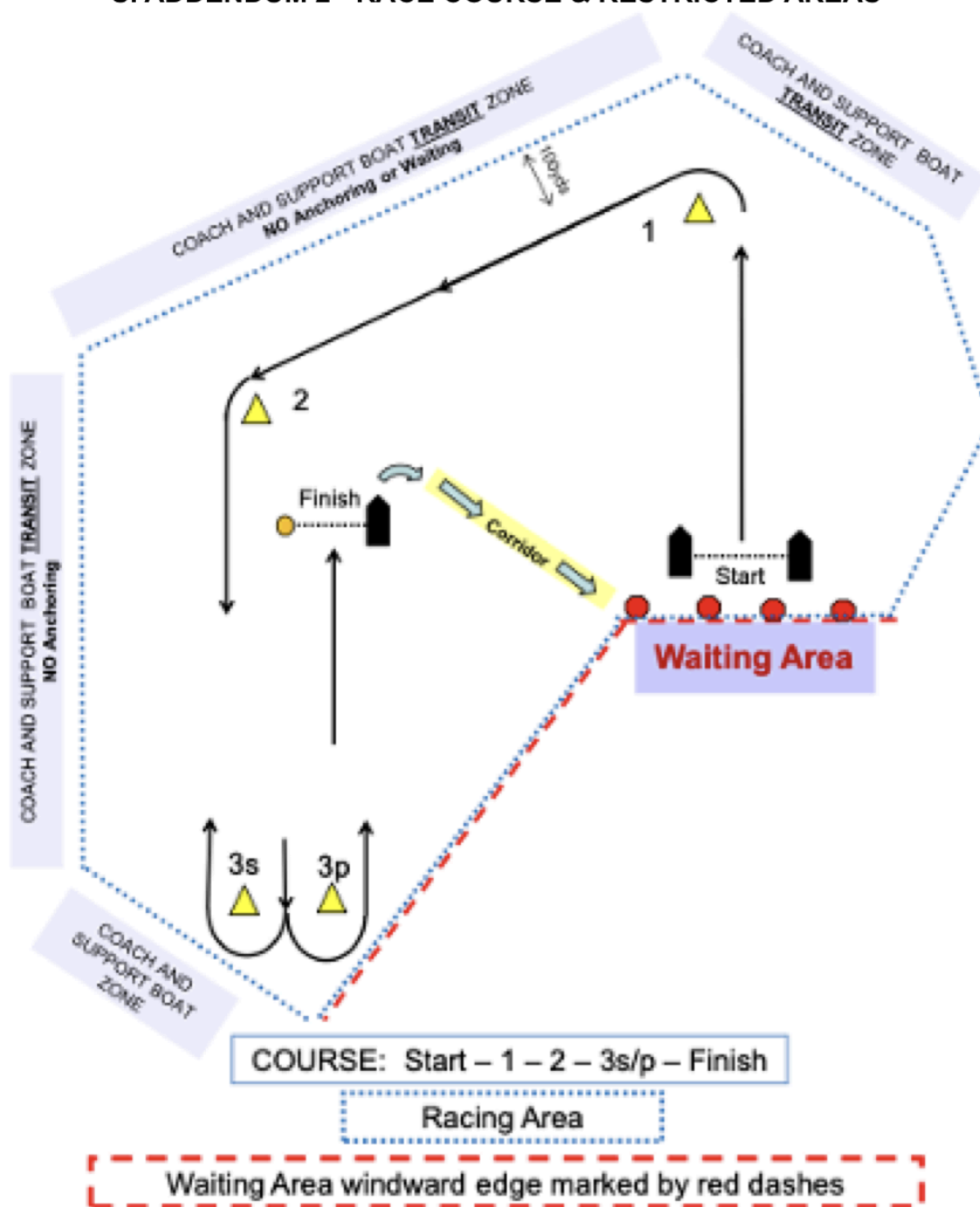
SAILING INSTRUCTION ADDENDUM 1:



Note: Red Areas on map are hazardous and denote No-Go Zones.

SAILING INSTRUCTIONS ADDENDUM 2:

SI ADDENDUM 2 - RACE COURSE & RESTRICTED AREAS



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

SI Addendum 3 – Start Rotation – 4 Divisions

RACE ONE

Start one	RED DIVISION	and	BLACK DIVISION
Start two	SKY BLUE DIVISION	and	WHITE DIVISION

RACE TWO

Start one	BLACK DIVISION	and	WHITE DIVISION
Start two	RED DIVISION	and	SKY BLUE DIVISION

RACE THREE

Start one	RED DIVISION	and	WHITE DIVISION BLACK DIVISION
Start two	SKY BLUE DIVISION	and	BLACK DIVISION

RACE FOUR

Start one	RED DIVISION	and	BLACK DIVISION
Start two	SKY BLUE DIVISION	and	WHITE DIVISION

RACE FIVE

Start one	BLACK DIVISION	and	WHITE DIVISION
Start two	RED DIVISION	and	SKY BLUE DIVISION

RACE SIX

Start one	RED DIVISION	and	WHITE DIVISION BLACK DIVISION
Start two	SKY BLUE DIVISION	and	BLACK DIVISION

ETC.