



2026 Connecticut State Optimist Championship
Niantic Bay Yacht Club (NBYC) – September 26-27, 2026

SAILING INSTRUCTIONS

1. RULES

1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing (RRS), The Equipment and Measurement Rules of USODA, and these Sailing Instructions (SI) as issued and any amendments

1.2 Rule 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....

1.3 [DP] Competitors and support persons shall comply with reasonable requests from race officials.

1.4 If a sailor intends to protest another boat, s/he must inform the race committee immediately after finishing and before communication with any third party, including but not limited to coaches, instructors, support personnel, or other sailors, except that the protestor must notify the protestee as per the RRS. The notification to the race committee shall include the sail number of boat to be protested. This changes RRS 60.2(a).

2. COMMUNICATIONS WITH COMPETITORS

2.1 Notices to competitors, including changes to the SIs will be posted on the official notice board located at: <https://2026.connoptichamps.com>.

2.2 Any change made to the Sailing Instructions will be posted before 0900 hours on the day it will take effect, except that any change to the Schedule of Races will be posted by 1900 hours on the day before it will take effect.

3. SIGNALS MADE ASHORE

3.1 Signals made ashore will be displayed from the main NBYC flagpole.

3.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in Race Signals AP. This changes RRS Race Signals.

3.3 [DP] Boats shall not leave the beach or basin each day before the display of flag D from the NBYC Flagpole and one sound.

4. SCHEDULE OF RACES

Date	Time	Event
Saturday Sept. 26	0830	Check-In/Safety Check
	1000	Competitor and Coach Meeting
	1130	First Warning Signal
Sunday Sept 27	0830	Check-In/Safety-Check
	0930	Coach/Parent Safety and Wx Brief
	1100	First Warning Signal
	1630	Last Warning Signal
	1730	Awards and refreshments (as soon as possible after racing)

4.1 Five races per day are planned, however, the RC reserves the right to increase/decrease the number of races per day due to weather or other considerations. No races will be started either day after 1630.

5. RACING AREA Racing will be held in Niantic Bay, a short sail from the NBYC. All races will start and finish (unless Course is shortened) from the Signal Boat, Lady Evelyn, a Parker 25 Outboard Motorboat.

6. COURSES

6.1 Courses are identified in Appendix A

6.2 Courses (W or T) will be identified on the course board on the starboard side of the signal boat. The compass bearing and distance to the windward mark will also be identified on the course board.

7. MARKS

7.1 For the W courses, Mark A will be a cylinder, Mark B (stand off mark) will be a smaller cylinder, Mark C will be cylinder, and the Finish Mark will be a red cylinder.

7.2 For all T courses, Mark A will be a cylinder, Mark B & C will be a tetrahedron, Mark D will be a cylinder and the Finish Mark will be a red cylinder

8. THE START

8.1 Races will be started using RRS 26. The starting line will be between a staff displaying an orange flag on the Signal Boat and a Pin Boat with an orange flag on the port end of the starting line. The Class Flag will be the International Optimist Class Flag.

8.2 The race committee will make a series of short sound signals to alert competitors to the upcoming warning signal for each race.

8.3. If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. 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).

8.4 If Race Flag U or Black Flag has been displayed as a Preparatory signal, the sail numbers of boats that are disqualified under RRS 30.3 or 30.4 will be displayed at the first weather mark. Boats identified shall retire from that race. A boat may not request redress based on failure of the race committee to post their number on the board at the weather mark, or, for the competitor to fail to see their number on the Board. This changes RRS 61.1(a).

9. CHANGE OF THE NEXT LEG OF THE COURSE

9.1 The position of the marks may be adjusted slightly for small shifts in the mean wind (+/-10 degrees) without signaling a change of course. Any adjustments will be made before the first boat is on the leg to the adjusted mark. This changes RRS 33.

10. THE FINISH

10.1 The finishing line will be between the Signal Boat displaying a blue flag and a red cylinder on the opposite side of the Signal Boat from the Starting Line.

11. PENALTY SYSTEM

11.1 RRS Appendix V1 and V2 (Alternative Penalties) shall apply.

12. TIME LIMITS

12.1 A boat starting more than four minutes after her starting signal will be scored DNS without a hearing. This changes RRS A5.1

12.2 The time limit for the first boat to sail the course and finish is 60 minutes.

12.3 The Finishing Window is 20 minutes, which is the time for boats to finish after the first boat sails the course and finishes. Boats starting but failing to sail the course within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the finishing place of the last boat that sailed the course within the Finishing Window and not subsequently retiring, penalized or given redress. This changes RRS 35, A5.1, A5.2 and A10.

12.4 Failure to meet the finishing window will not be grounds for redress. This changes RRS 61.1(a).

13. HEARING REQUESTS

13.1 The protest time limit is forty-five (45) minutes after the RC signal vessel docks which will be posted on the official notice board as soon as practical. This changes RRS60.3(b)(1).

13.2 Protests may be filed electronically to protest.inbox.gjh@gmail.com, or physically to the registration desk within the time limit.

13.3 Hearing request forms are available in the NBYC Club Office.

13.4 Notices will be posted within 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witness.

14. SAFETY REGULATIONS

14.1. Personal flotation devices shall be worn at all times while racing in accordance with RRS 40.1, except briefly while changing or adjusting clothing or personal equipment.

14.2. [DP] All boats shall check in with the RC signal boat prior to the warning signal of their first race each day by sailing past the stern of the signal boat on Starboard tack and hailing her sail number until acknowledged.

14.3. [DP] A competitor that retires from a race or intends not to start a race shall inform the nearest safety or RC vessel as soon as possible, or if more expedient, the NBYC Club office or a race official ashore.

15. OFFICIAL VESSELS

15.1 Official boats will be marked by flying a blue or yellow "RC" flag or Judges flag. Water Bottle Refill/Snack boats will be marked by NBYC Flags

15.2 Water Bottle Refill/Snack boats will also accept trash if conditions permit.

16. SUPPORT TEAMS

16.1 [DP] All support boats shall monitor VHF 68 for instructions from the Race Committee pertaining to schedule, safety, etc.

Appendix A

Course W

A-B-C-Finish

B   A

   Finish
Pin Boat Signal Boat Mark

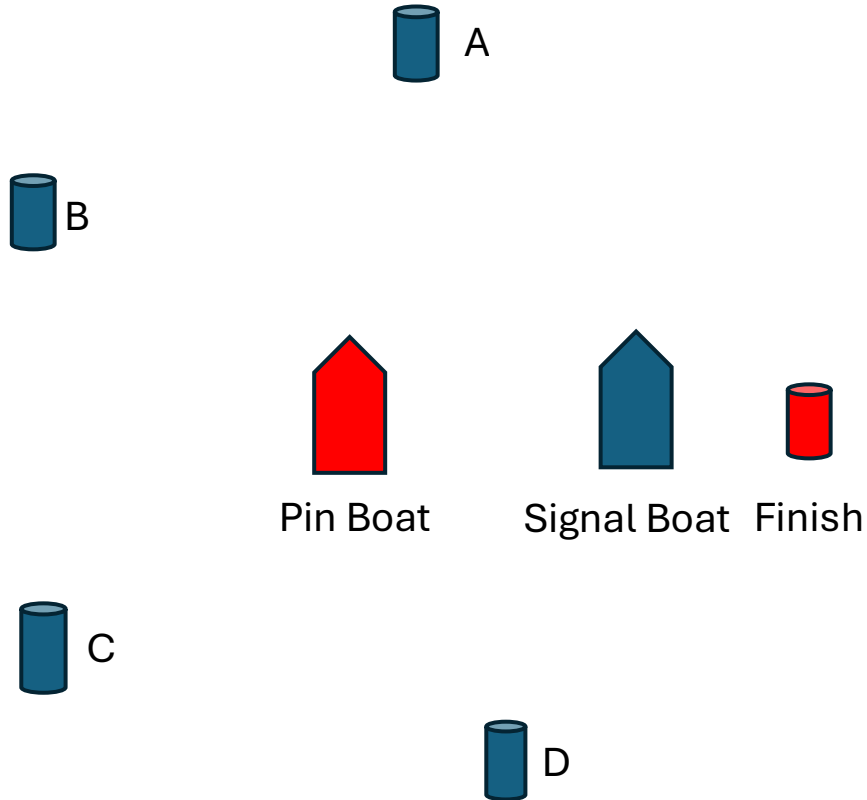
 C

Notes:

- 1) Round marks to Port except Finish Mark
- 2) Diagram not to scale

Course T

A-B-C-B-C-D-Finish



Notes:

- 1) Round marks to Port except Finish Mark
- 2) Diagram not to scale