



**Chatham Yacht Club 2023 Regatta**  
*The Oldest and Largest Free Regatta on Cape Cod*  
**SAILING INSTRUCTIONS**

**1. RULES**

The Regatta will be governed by the rules as defined in the current Racing Rules of Sailing.

**2. ENTRIES**

Competitors may enter the Regatta by registering online (<https://theclubspot.com/register/regatta/FOQH3JRAiC/class>) prior to their respective Competitors Meeting. Classes racing shall be: 14-Foot Catboats, 420, Sunfish, Beetle Cat, Baybirds, Lasers, Optimists (Green and Championship), and other fleets at the discretion of the Race Committee.

**3. NOTICES TO COMPETITORS**

Notices to competitors will be posted on the official notice board located near the CYC dock.

**4. CHANGES TO THE SAILING INSTRUCTIONS**

Any change to the Sailing Instructions will be posted before 0900 on the day it will take effect. Any change to the schedule of races will be posted by 1800 on the day before it will take effect.

**5. SIGNALS MADE ASHORE**

Signals made ashore will be displayed from the flagpole located at the end of the CYC dock. If a postponement is signaled ashore, the warning signal for the first race will be made not less than 15 minutes after the AP is lowered.

**6. SCHEDULE OF RACES**

Saturday, August 5

8:30am	<b>Optimist</b> and <b>420</b> Competitors Meeting
9:00 am	<b>Optimist</b> and <b>420</b> Harbor Start
12:00 pm	<b>Optimists</b> and <b>420s</b> return to shore and derig
1:00pm	<b>Classic Boats</b> and <b>Lasers and Sunfish</b> Competitors Meeting
1:15 pm	<b>Classic Boats</b> and <b>Lasers and Sunfish</b> Harbor Start
4:30 pm	<b>Classic Boats</b> and <b>Lasers and Sunfish</b> return to shore and derig

Sunday, August 6

9:00 am	<b>Classic Boats</b> and <b>Lasers and Sunfish</b> Harbor Start
12:00 pm	<b>Classic Boats</b> and <b>Lasers and Sunfish</b> return to shore and derig
1:00 pm	<b>Optimist</b> and <b>420</b> Harbor Start
4:00 pm	<b>Optimist</b> and <b>420</b> return to shore and derig
4:30 pm	Awards Ceremony for all classes

**7. CLASS FLAGS**

Class flags for each class shall be the class insignia except for the 14-foot Catboats which shall be "C-14," the Beetle Cats which shall be "BC," and the Baybirds which shall be "Bay."

**8. CHECK IN BEFORE START**

Boats shall check in before their first start of each day with the Race Committee at their classes' designated area. Boats that withdraw from a race or decide not to start after coming to the racing area shall advise the Race Committee or ask a patrol boat to do so as soon as reasonably possible.

## 9. RACING AREA

The racing area will be Pleasant Bay in TWO different areas.

**Inner Line: Optimists and Classic Boats (Beetle Cats, Catboats and Baybirds)** will sail on the course established by the Committee Boat flying a white flag under its Race Committee flag. **Marks for this area shall be inflatable yellow marks. The Race Committee may use a smaller pink ball as the starting and finishing mark.**

**Outer Line: 420s and Lasers and Sunfish** will sail on the course established by the Committee Boat flying a green flag under its Race Committee flag. **Marks for this area shall be inflatable orange marks. The Race Committee may use a smaller pink ball as the starting and finishing mark.**

## 10. COURSES and MARKS

The diagrams in Attachment A with identifying letters show the basic courses, including the order in which marks are to be passed and the side on which each mark is to be left. The identifying letter of the basic course selected will be displayed from the Race Committee boat at each area before or with the warning signal. Courses M, W, D and Z may be modified by additional laps around the course. When modified, the course posting will show numerically the number of laps to be sailed, (e.g. M2, W2, D2, Z2). **For Course D and F and if a second lap is posted for M2, D2, or Z2 then the start/finish line is closed except when starting or finishing. I.E. The Line is closed except when starting or finishing.** Note that the course T 1 1/3 will indicate a "triangle windward" course with a start at the leeward mark and a finish at the windward mark. The approximate magnetic bearing from the Race Committee Boat to Mark 1 may be displayed on the Race Committee Boat. The starting and finishing marks for courses D, M, and F are not marks of the course except when starting and finishing. The Race Committee may choose to run these courses with starboard roundings by displaying a green square after the course letter, indicating that all marks are to be left to starboard.

## 11. STARTING AND FINISHING LINES; STARTING SYSTEM

**11.1** The starting and finishing lines will be between the flagstaff displaying the Race Committee flag aboard the Race Committee Boat and the course side of a nearby mark. The Race Committee may choose to have the start between the flagstaff displaying the Race Committee flag aboard the Race Committee Boat and the flagstaff displaying an orange flag aboard an anchored patrol boat.

**11.2** The finish line will be between the flagstaff displaying the blue flag aboard the Race Committee Boat and the course side of a nearby mark (a round ball) on the opposite side of the committee boat from the starting mark.

**11.3** Races will be started using Rule 26 of the RRS. The Race Committee may elect to start the classes in their circle in any order. The first start for the Optimists shall consist of the Championship Fleet. The second start for the Optimists shall be the Optimist Green Fleet.

## 12. RECALLS

Individual recalls will be indicated by a single sound signal after the starting-signal and the display of Code Flag "X." A general recall will be indicated by two sound signals after the starting signal and the display of the First Substitute flag.

## 13. CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the Race Committee will lay a new mark (or move the finish line) and remove the original mark as soon as practicable (for the Outer Line, the change mark will be yellow with a black stripe, for the Inner Line, the change mark will be orange with a black stripe). The change will be signaled before the leading boat has begun the leg, although the mark may not yet be in the new position. Any mark to be rounded after rounding the moved mark may be relocated without further signaling to maintain the course configuration. This modifies RRS Rule 33.

## 14. TIME LIMIT

All races shall have a 60-minute time limit for the first boat to finish. Boats finishing more than 30 minutes after the first boat that sails the course finishes will be scored Did Not Finish without a hearing. This changes RRS Rule 35.

## 15. PROTESTS

Protest forms will be available on the CYC clubhouse or on the CYC Website. Protests shall be delivered in writing to the Race Committee ([marshallbartlett@me.com](mailto:marshallbartlett@me.com)) within 60 minutes after each morning or afternoon's races. Hearings will be

held as soon as possible after racing each day in-person. Saturday protests that are not heard on Saturday will be heard at 0800 on Sunday. Include your contact information on the form. The Protest Committee may award a penalty other than a Disqualification for infractions outside of Part 2, including a warning.

## **16. SCORING**

The Low Point System of Appendix A of the RRS will apply. If five or more races are completed in a series, the highest score for each competitor will be dropped from its final score. One race is required to be completed to constitute a series.

## **17. LIFE JACKETS**

Coast Guard approved PFD's must be worn and fully secured at all times while afloat except for brief periods of time during which clothing is added or removed. This modifies Rule 40.

## **18. REEFING**

**18.1** When code flag "F" is displayed, Beetle Cats and 14-Foot Catboats must carry a reef and Marshall 18-Foot Catboats must carry two reefs.

**18.2** When code flag "G" is displayed, spinnakers shall not be used.

## **19. CREW AND SAIL SUBSTITUTIONS**

**19.1** Substitutions and changes in the crew of a boat during the Regatta are allowed as long as the change made is not made to obtain a competitive advantage over other boats. This includes allowing "co-skippering." One member of each boat's crew must sail every race of the Regatta. Laser sailors must use the same size sail for the entire Regatta.

### **19.2 Crew**

- a) Minimum crew is two except for single-handed classes (Sunfish, Laser, Optimist, and 14-Foot Catboats) and three for Flying Scots.
- b) Maximum crew is:  
Sunfish, Lasers, and 420s – 2 adults or 2 children (or one of each)  
Beetle Cats, 14-foot Catboats, and Handicap – 3 adults or 2 adults and 2 children
- c) For this instruction, anyone over 15 will be considered an adult.

## **20. COACHING, SPECTATING, SAFETY BOATS.**

**20.1** Coaching will be allowed between races.

**20.2** Coaches, parents, and spectators may not interfere with the racers. Doing so may be grounds for removal of sailors connected to you from the regatta.

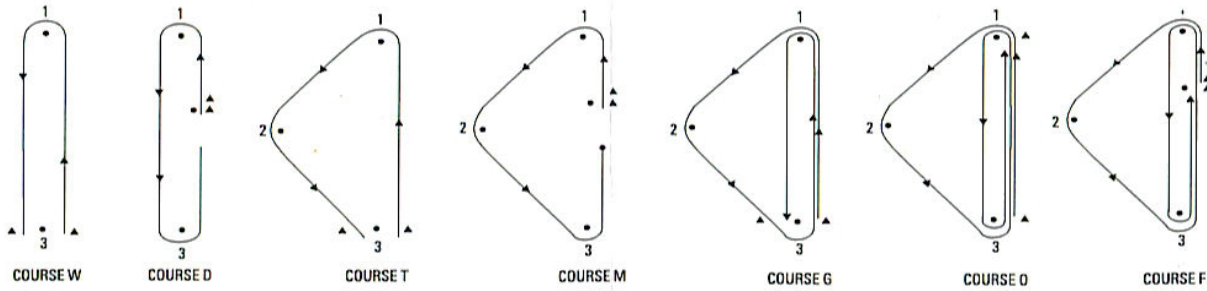
**20.3** All Spectator and/or coach boats shall check in before their first start of each day with the Race Committee or the Lead Patrol Boat at their designated area. Only boats that have registered and carry identification satisfactory to the Race Committee will be allowed to be in the race area. Coaches and other Support Persons shall neither create wake nor otherwise interfere with competitors.

**20.4** All spectator and/or coach boats are expected to act as safety boats at the direction of the Race Committee.

**20.5** Coaching will be allowed in the Optimist Green fleet during any given race only at the discretion of the Race Committee (indicated by verbal instruction to a Patrol Boat) as follows: Coaching of Optimist Green skippers while racing is permitted, but coaching shall be limited to skippers in the bottom half of the fleet in any given race. Coaches shall provide fair and consistent support to all competitors, not just their team or sailor. Violation of this instruction may result in any penalty that the jury deems appropriate, up to and including the disqualification of the coached skipper from the Regatta. This modifies RRS Rules 41.

**20.6** Except as stated above, coaching is NOT permitted while boats are racing. Team leaders, coaches, and other support personnel shall stay outside the race area from the time of the preparatory signal for the first class to start until all boats on that line have finished that race or the Race Committee signals a postponement, general recall, or abandonment.

## Attachment A: Course Diagrams



### LETTER

W

D

T

M

O

G

F

### COURSE DESCRIPTION

Windward, leeward

Windward, leeward, with start and finish in middle of leg

Triangle

Triangle, with start and finish in middle of leg

Triangle followed by windward, leeward, windward (Olympic)

Triangle followed by windward, leeward (Gold Cup)

"O" with start and finish in middle of leg (Modified Olympic)

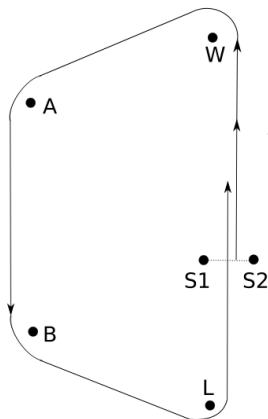
The starting and finishing marks for courses D, M, and F are not marks of the course except when starting or finishing.

Courses M, W and D may be modified by additional laps around the course. When one of these courses is modified, the course posting will show numerically the number of laps to be sailed, (e.g. M2, W2, D2,). **For Course D and F and if a second lap is posted for M2, D2, or Z2 then the start/finish line is closed except when starting or finishing.** Note that the course T 1 1/3 will indicate a "triangle windward" course, with a start at the leeward mark and a finish at the windward mark. **The finish line will be between the flagstaff displaying the blue flag aboard the Race Committee Boat and the course side of a nearby mark (a round ball) on the opposite side of the committee boat from the starting mark.**

The Race Committee may choose to run these courses with starboard roundings by displaying a green square after the course letter, indicating that all marks are to be left to starboard including the start and finish marks.

## Attachment B: Trapezoidal Course Diagrams

### Course Z



### Course ZD

Using the same diagram below, the marks will be rounded in this order: W – A – B – A – B – L - finish

Start line is between S1 and S2 (one of which will be the committee boat).

Marks W, A, B, and L are all to be rounded to port (unless starboard roundings are indicated – see 10.)

**If the course is Z2 or ZD the boats shall NOT pass between S1 and S2 except to start or finish the race.**