



**Milford Yacht Club Frostbite Association  
ICE CUBE REGATTA  
Saturday March 6, 2010**

**Sailing Instructions**

**1. Rules**

- 1.1 The regatta will be sailed in 9' Dyer Dhows and governed by *The Racing Rules of Sailing 2009- 2012(RRS)*, and the prescriptions of US Sailing, except as they are changed by these sailing instructions.

**2. Entries**

- 2.1 Eligible skippers may enter by completing the Entry Form attached to the sailing instructions and delivering it to the Organizing Authority.
- 2.2 The regatta is open to members of the Milford Yacht Club Frostbite Association and their invited guests.
- 2.3 Any club with a pre-designated team of three skippers may compete for the Ice Cube trophy.

**3. General Conditions**

- 3.1 Each competitor must wear a PFD.
- 3.2 The Race Committee shall be the sole and final judge of the conditions.
- 3.3 Sails must approximate the "standard" 9' Dyer Dhow sail; no headboard, full-length battens or exceptionally large sails.
- 3.4 At the discretion of the Race Committee, storm sails provided by MYC Frostbite Association may be called for and required, dependent on conditions.
- 3.5 Skipper must weigh 200 lbs. fully dressed including sailing gear, boots, PFD, and ballast. Ballast, if needed, shall be attached to the hull in such a way that it cannot be moved while racing. A skipper can only carry a

maximum of 40 lbs. of ballast; doing so will satisfy the 200 lbs. requirement.

#### **4. Racing Scheduling**

9:30 Registration

10:30 Skippers Meeting

11:30 First Warning

Twelve races are scheduled. Three completed races will constitute a series.

No warning signal will be made after 1530

#### **5. Racing Area, Course & Marks**

- 5.1 The racing area will be in LIS (The Gulf) just outside of Milford Harbor or inside Milford Harbor if conditions warrant.
- 5.2 The course will attempt to be windward-leeward-finish, with the start-finish between the windward and leeward marks. All marks will be left to port unless otherwise designated.
- 5.3 Courses will not be shortened. This changes rule 32.
- 5.4 All marks of the course will be small inflatable buoys.
- 5.5 If racing inside of Milford Harbor, obstruction room cannot be called for until 15 seconds after the Start signal. A horn will sound 15 seconds after the Start of each race notifying competitors that they may call for obstruction room at docks, moored boats or other obstructions.

#### **6. The Start**

- 6.1 Rule 26 is modified as follows. Races will be started using a two minute sequence with sound signals by a horn. There will be 5 short blasts just prior to the 2 minute warning.
- 6.2 Start Sequence
  - 2 minutes - Warning 3 long blasts
  - 1 minute - Prep 2 long blasts
  - 30 seconds 1 long blast
  - Start 1 long blast
  - 15 seconds after START 1 long blast – If racing inside Milford Harbor, you cannot call for room at obstruction until after this horn. See 5.5
- 6.3 The starting line will be between a staff on the race committee boat and an inflatable buoy at the other end of the line.

#### **7. Recalls**

- 7.1 The RC will attempt to notify boats OCS.
- 7.2 The “one minute rule” may be used at the Race Committee's discretion.

#### **8. Change of Course After the Start**

- 8.1 If the leeward mark needs to be moved after the start, it will be moved before the first boat reaches the windward mark. No sound or visual signals will be made.

## **9 The Finish**

9.1 The finish will be the same as the starting line.

## **10 Time Limit**

10.1 The time for all yachts to finish a race will be 25 minutes.

10.2 Yachts failing to finish within the time limit will be scored a DNF.

## **11. Protests**

11.1 Competitors intending to protest another boat shall notify the other skipper at the first reasonable opportunity, and will so inform the race committee immediately after the completion of the race.

11.2 Protests shall be submitted in writing on forms available at MYC and will be delivered to the protest committee within 30 minutes of the docking of the RC boat.

## **12. Alternative Penalties**

12.1 Rule 44.2 is modified so that the 720° turn is replaced by a 360° turn.

## **13. Scoring**

13.1 The low-point scoring system of Appendix A will apply. If eight or more races are sailed, each competitor's worst race will be discarded.

13.2 The club with the best team score will win the Ice Cube trophy and receive the honor of hosting the event next season.

13.3 First, second and third prizes will also be awarded on the basis of individual skippers' scores, independent of any team score.

## **14. Capsizes**

14.1 If one competitor capsizes during a race, that race will continue. If two or more competitors capsize during a race, that race is automatically abandoned and all competitors must return to the RC Boat or to the MYC Docks (if racing inside the Harbor).

After a competitor experiences a second crash boat "assisted save" (resulting in the skipper and/or the skipper's boat being brought to the dock) that skipper is required to retire for the day.