



**Rhode Island Yacht Club  
Cranston, RI**

**2023 Ladies' Cup Regatta - Saturday, June 24, 2023**

Rhode Island Yacht Club is pleased to host the 2023 Ladies Cup Regatta celebrating the competitive spirit of women sailors on Narragansett Bay.

**Sailing Instructions - PHRF Race**

**1. RULES**

- 1.1. This regatta is governed by the rules in "The Racing Rules of Sailing 2021-2024" (RRS). The RRS can be found at [www.USSailing.org](http://www.USSailing.org). Direct Link to [The Rules](#)
- 1.2. In particular, rule 30.1, the I-Flag or "Round-an-End Rule" will be observed. "If flag I has been displayed, and any part of a boat's hull is on the course side of the starting line or one of its extensions during the last minute before her starting signal, she shall sail across an extension so that her hull is completely on the pre-start side before she starts."  
This is our default start and is in effect whether or not the I-Flag is shown.
- 1.3. Rule 44.1 is changed to make the penalty of breaking one or more rules of Part 2 a one turn penalty, not two turns.
- 1.4. This is a non-spinnaker race
- 1.5. Only a single headsail, fully hanked to the headstay is allowed, except during the rapid change of headsails.

**2. COMMUNICATIONS WITH COMPETITORS**

- 2.1. Notices to competitors may be posted on the Race Committee website ([www.riyachtclub.org/riyc-race-series](http://www.riyachtclub.org/riyc-race-series)) or on a bulletin board located at the RIYC.
- 2.2. The Race Committee monitors VHF 72.

**3. CHANGES TO SAILING INSTRUCTIONS**

- 3.1. Any change to the sailing instructions will be made by 1100 on the day it will take effect, except that any change to the schedule of races will be posted by 1800 on the day before it will take effect.
- 3.2. Oral changes may be given only on the water and only before the Warning signal.

**4. SIGNALS MADE ASHORE:** Signals made ashore will be displayed from the flagpole located near the dock office or in the case of Courses, Section 7, as a letter code card displayed adjacent to the Race Committee section of the dock office.

**5. SCHEDULE**

- 5.1. The warning signal for the start of the Fleet will be at 1300. The start will be at 1305
- 5.2. All boats shall check in with the Race Committee either orally by approaching the committee boat or by radio on Ch. 72. Each boat shall report to the Race Committee the number of persons on board (POB). Each boat shall monitor VHF channel 72 during all phases of the race.

## 6. CLASS FLAGS

There will be one start

**Red Flag:** non-spinnaker class.

## 7. COURSE: The Course shall be as follows:

- 7.1. The course shall run from the start off the Rhode Island Yacht Club, to the GR OL Ohio ledge bell buoy to be left to port, G-1 Fl G 4sec, located south of Rumstick Point to be left to port; then to the main channel buoy, R-14, Fl R 4sec, south of Conimicut Light to be left to starboard and then to the finish. The distance of this course is 13.4 miles.
- 7.2. The race committee may shorten the course at any government mark. In the event of light winds the race committee may set the main channel buoy G-13 FL G 4s, rounded to Port, to R-14 FL 4s rounded to Port and return, to replace course (7.1) above. The shortened course is 8.3 miles.
- 7.3. At the discretion of the Race Committee the following method may be used: Variable Course. A variable course will be signaled by numbers and letters displayed on a course board from the Race Committee boat. Marks shall be rounded in the order displayed reading from top to bottom, either port (P) or starboard (S). The Race Committee may also set a "special mark".

## 8. OBSTACLES

- 8.1. The following obstacles shall be observed at all times: leave Sabin Point Dolphins to the east; leave "C"1 Pawtuxet Cove to the west, leave Bullock Point, BP 4sec to the east, leave Conimicut Light to the west, Rumstick Ledge Danger Buoy should be left to the East with great care exercised when passing near and a boat shall not pass through the RIYC mooring field, defined as an imaginary string drawn taut around all moorings owned and operated by RIYC and applied as in Rule 28.1, except for approaching the Finish when set in accordance with Section 10.

## 9. THE START

- 9.1. An Orange flag will be displayed on the starting line side of the Committee boat with one sound at least 5 minutes before a Warning signal is made. The starting line shall be between an orange flag on the Race Committee boat and a government mark nearest to the side of the boat on which the orange flag is displayed.
- 9.2. Races will be started using RRS #26
- 9.3. The flag, not the horns control the start.

## 10. THE FINISH: The finishing line shall be between either:

- A blue flag on the Race Committee boat and Mark # 2 ("GC"1) or
- A blue flag displayed on the deck of the RIYC clubhouse and Mark #2 ("GC"1)
- A blue flag displayed on the deck of the RIYC clubhouse, or by the jib crane post and an orange mark approximately East of the orange flag or

If the Race Committee is absent when a boat finishes, the skipper will report the finishing time, and position in relation to nearby boats, to the Race Committee at the first reasonable opportunity.

## 11. TIME LIMIT

There is a four (4) hour time limit for the first boat to sail and finish the course.

## **12. PROTESTS**

In addition to following Rule 61, upon displaying the red flag, protest forms must be filed with the Race Committee within one hour after the protesting boat finishes. Hearings will be held as soon as possible after the race.

## **13. SCORING**

Scoring shall be on a Time on Distance method adjusted for Narragansett Bay PHRF. Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place will be given.

## **14. SAFETY REMINDER:**

- 14.1. Narragansett Bay has a commercial shipping channel and sailing vessels do not have the right of way over a vessel under power and restricted in her ability to maneuver. Failure to observe the Rules of the Road shall be cause for disqualification. Repeated violations can result in a season ban.
- 14.2. A boat that retires from a race shall notify the race committee as soon as possible.

## **15. DISPOSAL OF WASTE OR TRASH**

Disposal of trash overboard is prohibited and can result in race disqualification. Please dispose of all rubbish in the dumpster at the end of the parking lot.

## **16. RISK STATEMENT AND DISCLAIMER OF LIABILITY**

Competitors participate in the regatta entirely at their own risk. See RRS 3 and 4, Decision to Race. The organizing authority and the yacht club will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the race series.

## **17. INSURANCE**

Each participating boat shall have a valid certificate of insurance on file with the office of Rhode Island Yacht Club.