

LSYC Rig It Up Regatta 2026
Sailing Instructions
July 28, 2026
Lake Sunapee Yacht Club, Sunapee, New Hampshire

1. Rules

The regatta will be governed by the rules as defined by the Racing Rules of Sailing for 2025-2028 including US Sailing Prescriptions except as amended by these sailing instructions.

2. Communications with Competitors

Notices to competitors and coaches will be posted on the official notice board at the top of the stairs as you enter the main clubhouse.

3. Changes to Sailing Instructions

Any changes to sailing instructions will be posted by 9am on the day the change is to take effect and available at the check-in and posted on the official notice board at the top of the stairs as you enter the main clubhouse.

4. Code of Conduct

Competitors and support persons shall comply with reasonable requests from race officials.

5. Trash Disposal

5a. **No trash** is to be thrown overboard and into the lake.

5b. Any competitors observed purposefully discarding trash of any type into the lake is grounds for disqualification.

6. Boat Washing Regulations

Lake Sunapee regulations require all off-lake boats, blades and life jackets/sailing gear that will come in contact with the lake **MUST** be washed and inspected before going into the water. A power washer will be available for the boats in the tennis court parking lot upon arrival.

7. Safety Regulations

Life jackets **MUST** be worn at **ALL** times while on the water. The only exception to this is when quickly changing clothing.

8. Ashore Signals

If there is a postponement (delay) made ashore, the AP flag (red and white stripped) will be flown on the race committee boat's main flagpole located at the northernmost boat slip to the left of the main club terrace. When racing starts again, the next race will start no sooner than 30 minutes after the lowering of the AP flag.

9. Courses

- 9a. All boats must check in with the race committee boat before the start of the first race.
- 9b. The diagrams in Appendix 1 (see last page) show the course options. The courses are Course 1: Triangle, Course 2: Windward-Leeward, and Course 3: Windward-Leeward Gate.
- 9c. The course will be designated by dry erase board on the race committee boat and verbal hail.

10. Marks

Marks will be inflatable orange, red, or yellow triangle and/or cylinders.

11. Starts

- 10a. The starting line is between an orange flag on the race committee boat at the starboard end, and the course side of a mark to port of the race committee boat.
- 10b. The 420 class will start first. Followed by the Opti class.
- 10c. Starts will be 3-minute dinghy starts. Sound signals at 3 minutes 3 (3 long horns): AP flag (red and white stripped) down, Class flag (determined and shown at skipper's meeting) up, at 2 minutes (2 long horns): Preparatory flag (blue flag with white square) up, at 1 minute and 30 seconds (1 long horn follow by 3 short horns), at 1 minute (1 long horn): Preparatory flag (blue flag with white square) down, at 30 seconds (3 short horns), at 20 seconds (2 short horns), at 10 seconds (1 short horn), at 5 seconds (1 short horn), at 4 seconds (1 short horn), at 3 seconds (1 short horn), at 2 seconds (1 short horn), at 1 seconds (1 short horn), and at 0 seconds (1 long horn): Class flag (determined and shown at skipper's meeting) down.

12. Infractions

- 12a. Competitors shall complete a 360 if he or she touches a mark and a 360 if fouling a right-of-way boat.
- 12b. If a competitor feels if he or she were fouled and the offending boat do not complete a 360, they must report the infraction to the race committee boat upon finishing the race. It will be up to the race committee's discretion to determine best course of action. There will be no protest hearings after racing is completed.

13. Time Limits

If boats are still racing 15 minutes after the first boat finishes, boat(s) in or near last place in a race is/are unduly delaying the start of another race, the race committee may terminate the race and score those boats in the place they would have finished based on their position at the time the race is terminated.

14. Scoring

The Low-Point scoring system will be applied, 1 point for first place, 2 point for second place and so on. When 5 races are completed the series scoring will exclude a boat's worst score. When 10 races are completed the series scoring will exclude a boat's worst 2 scores. One race shall be completed to constitute a series.

Appendix 1

