



INTERCOLLEGIATE OFFSHORE REGATTA

SAILING INSTRUCTIONS

**Organized by The Storm Trysail Club; hosted by Larchmont Yacht Club
Supported by the Storm Trysail Foundation**

**OCTOBER 9, 10, and 11, 2026
LARCHMONT YACHT CLUB, LARCHMONT, NY.**

The notation [NP] in a rule means that a boat may not protest another boat for breaking that rule. This modifies rule 60.1

1. RULES

- 1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing (2025-2028), except as may be modified by the Notice of Race or the Sailing Instructions.
- 1.2 ICSA Procedural Rules for Intercollegiate Sailing Competition, effective Fall 2025 (PR) except as any are changed by the Notice of Race (NOR) or these Sailing Instructions (SI)
- 1.3 Appendix V, Alternative Penalties, Rule V2 will apply.
- 1.4 Appendix T, Arbitration will apply as changed. At the end of T4, Arbitration Meeting Outcomes, add (c) If a protest is not withdrawn after arbitration, the arbitrator will not be a member of the jury that hears the protest but will be permitted to observe the testimony presented and offer evidence. This modifies RRS 63.4(b).
- 1.5 Class rules do not apply in this regatta. However, for boats with asymmetric spinnakers, bowsprits shall only be extended in anticipation of setting the spinnaker and shall be retracted as soon as possible after the spinnaker takedown. Rule 87 is changed in this instance.
- 1.6 [NP] RRS 40.1 "Personal Flotation Devices" shall be worn at all times except for gear changes
- 1.7 RRS 90.3(e) shall apply, except that "24 hours" is replaced with "72 hours."
- 1.8 RRS 60.4 (a) adds, "(4) if the protest is by a boat and is based on a rule with the notation [NP]."
- 1.9 RRS 60.4(a)(2) is changed as follows: " 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"
- 1.10 The current IMS Rule (measurement) and ORC Rating Systems (ratings) rules and regulations. These requirements are available at www.orc.org/rules.
- 1.11 For PHRF Classes, handicaps will be based on windward/leeward fully crewed ratings for each boat.
- 1.12 In the event of a discrepancy between the NoR and these Sailing Instructions, the Sailing Instructions shall take precedence.

2. COMMUNICATIONS WITH COMPETITORS

- 2.1 Notices to competitors will be posted on the official bulletin board on [Yacht Scoring](#). Courtesy copies may also be posted on the Veranda at the Larchmont Yacht Club.

- 2.2 The regatta VHF channel will be racing circle dependent and will be confirmed at the skippers' meeting at 0800 on Saturday, October 10. Boats shall monitor their channel at all times while on the water. A hand-held VHF radio as a back-up is recommended.
- 2.3 Signals made ashore will be displayed on the main flagpole at Larchmont Yacht Club.
- 2.3.1 In the event of a postponement (flag AP), "1 Minute" is replaced with "not less than 60 minutes" in race signal AP.[LF1]

3. CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted:
- a) By 2000 on the day before a schedule change will take effect or,
 - b) Before 0800 on the day it will take effect or,
 - c) In the event of AP posted ashore, no later than 15 minutes before AP is lowered ashore.

4. SCHEDULE OF EVENTS/RACES

- 4.1 It is the intention of the Race Committee to conduct as many races as practical in the prevailing conditions.
- 4.2 Flag A displayed with no sound while boats are finishing means "No more racing today." The Race Committee will also announce this on the assigned circle VHF channel.
- 4.3 The completion of one race will constitute the regatta.
- 4.4 [NP] Unless provided in advance with an exemption by the Race Committee, crews shall participate in a practice session and on-board safety briefing. Opportunity to practice begins on Friday 1130.
- 4.5 The schedule of events/racing is as follows:

Friday, October 9

1130: Practice

1700: Registration opens

1830: Registration closes

Saturday, October 10

0700: Late Check-in

0800: Skippers' Meeting

0830: Group Photo

1000: Scheduled First
Warning

Sunday, October 11

0930: Scheduled First
Warning

1400: No Warning after this
time

5. CLASS FLAG

- 5.1 Class flags will be the numeral pennant for the class number indicated on the scratch sheet.
- 5.2 [NP] Each boat shall fly its class flag from the backstay.

6. RACING AREA

- 6.1 The racing areas will be in Western Long Island Sound southeasterly of Larchmont Harbor. A chart of the area will be provided but shall not be used for navigational purposes.
- 6.2 It is the intention of the Race Committee to run two separate 'circles', i.e., two separate racing areas that will be defined in the scratch sheet on [Yacht Scoring](#)

7. THE COURSES

- 7.1 The Race Committee will display the course for each class and the bearing and range to the windward mark. It may also announce this information on the assigned circle VHF channel.
- 7.2 The Race Committee may set a gate for the leeward mark for course 4. If no gate is set, the leeward mark is to be left to port.
- 7.3 In the event of a course change, the Race Committee will endeavor to reset the Offset Mark. Should no offset be set, yachts shall continue directly from the windward mark to the leeward mark.

8. MARKS

- 8.1 The start mark at the port end, the windward mark[LF2] , and the finish mark will be tetrahedrons.
- 8.2 The leeward mark/gate will be a different color tetrahedron from the Start/Finish marks.
- 8.3 In the event of a course change, the new mark will be a different color inflatable mark. In the event of a subsequent course change, an original mark will be used.
- 8.4 The offset mark will be an orange ball set approximately 50 yards from the weather mark.
- 8.5 The Race Committee may drop a "keep-away" mark off the stern of the Committee Boat. This mark is considered part of the Committee Boat for the purpose of Rule 31.

9. CHECK-IN

- 9.1 [NP] Prior to the first scheduled Warning Signal each day, boats shall sail on starboard tack, or motor by, the stern of the signal boat and check in by hailing their sail number and the number of souls aboard, until they receive acknowledgment from the race committee. To allow official announcements to proceed on schedule, there will be no check-in by VHF.
- 9.2 Boats shall record the sail numbers on the mainsail, jib(s), and spinnaker(s) to be used as well as the color of the spinnaker and email to the official scorer at scoring@stormtrysail.org on Friday, October 9, but in no case later than 0900 on Saturday, October 10.

10. THE START

- 10.1 The starting line will be between the course side of the starting mark and a staff displaying an orange flag on the signal boat.
- 10.2 The course will be displayed on the Signal boat prior to the preparatory warning and will include: the course, the magnetic bearing and distance to, the windward mark.
- 10.3 Races will be started in accordance with RRS 26. The Race Committee may elect to run rolling starts and will notify the competitors prior to the warning signal.
- 10.4 Classes will start in the order in which their class flags are displayed which MAY NOT be in numerical order. The Race Committee will announce the order of starts on the assigned circle VHF channel.
- 10.5 Boats whose warning signal has not been made shall keep clear of the starting line and boats starting.
- 10.6 In the event of a wind shift during the starting sequence, the Race Committee may, after a postponement and/or before starting the next class sequence, hoist Flag "C" with a series of short horn blasts. This will indicate a change in the direction of the first windward leg which will be posted on the signal boat. Classes starting after Flag "C" is flown will sail to a change mark (see SI 8.3) as their windward mark. The Race Committee will announce this change on the assigned circle VHF channel.

11. RECALLS

- 11.1 The Race Committee will endeavor to hail boats observed to be OCS at the start over the VHF channel.
- 11.2 Failure to hail, the timing, or order of any such hails will not be grounds for a boat to request redress. This modifies RRS 61.1(a) and RRS 61.4(b)(1).

12. THE FINISH

- 12.1 The finish line will be between the course side of the finish mark and a staff displaying a blue flag on the signal boat.

13. TIME LIMIT

- 13.1 The time limit for the first boat in a class to sail the course and finish will be 90 minutes. Boats that do not finish within 30 minutes after the first boat in their class will be scored TLE. This modifies RRS 35 and Appendix A.

14. SCORING

- 14.1 Each boat's regatta score will be the total of her race scores. This modifies RRS Appendix A2.1
- 14.2 Boats failing to finish within the time limit will be scored TLE (Time Limit Expired) and receive points equal to the number of boats that finished within the time limit plus two but in no case will a boat be scored worse than DNF. This modifies RRS A5.2 and adds to RRS A10.
- 14.3 The overall regatta winner will be determined by the lowest winning values of the class winners. Lowest winning values are calculated by dividing a boat's low point score by the number of boats in the class multiplied by the number of races sailed by the class. In the case where two boats have the same low point percentage value, the tie will be awarded based on a comparison of individual race results in accordance with RRS A8.
- 14.4 PHRF classes will be scored time-on-time using the YRALIS W/L with Spinnaker rating. In the event of flag K displayed per NOR 3.1, classes will be scored using the YRALIS Non-Spinnaker W/L rating. The OA may adjust the PHRF ratings as it deems appropriate and equitable. This will not be grounds for redress.
- 14.5 ORC classes will be scored using 5 Band Windward/Leeward scoring.
- 14.6 One race will constitute the regatta. In the event that only one race is completed, the overall trophies will not be awarded.

15. PENALTY SYSTEM

- 15.1 The Scoring Penalty, Rule 44.3 will apply.
- 15.2 Boats taking a scoring penalty shall notify the Race Committee on the assigned circle VHF channel at the completion of the race.

16. PROTESTS

- 16.1 Boats intending to file a protest shall notify the Race Committee on the assigned circle VHF channel at the completion of the race and provide the sail number of the protested boat(s).
- 16.2 Protest forms are available at the LYC front desk. Completed protest forms shall be delivered to the protest desk located on the second floor of the Clubhouse within the protest time limit, which is 90 minutes after the last boat in its circle finishes. This time limit and a list of protests will be posted on the official bulletin board. Protests will be heard as soon as possible in the approximate order in which they are received. Protest results will be posted on the official bulletin board on [Yacht Scoring](#).
- 16.3 ARBITRATION
 - 16.3.1 Appendix T applies.
 - 16.3.2 Amending RRS T1(b), a boat that accepts a Post-Race Penalty during an arbitration meeting will receive a 30% Scoring Penalty calculated in accordance with RRS 44.3(c).
- 16.4 On the last day of the regatta, the time limit for reopening a hearing or requesting redress is one hour after the decision is announced or the protest time limit, whichever is later. This modifies RRS 61.2(b) and RRS 63.7(b).

17. SAFETY REGULATIONS

- 17.1 A yacht that retires from a race shall immediately notify the Race Committee on the assigned circle VHF channel.

18. CREW

- 18.1 The number of crew for a boat will be the same throughout the regatta unless a change is authorized by the Race Committee.
- 18.2 No crew substitutions are allowed unless approved by the OA by emailing no later than 0800 of the day of racing to matt@stormtrysail.org or in the case of an emergency due to injury to a crew member. This modifies ICSA PR 14b.
- 18.3 All crew members and Coaches must sign a Waiver of Liability.

19. SAIL SELECTION

Sail selection will normally be left up to the sailors

However:

- 19.1. In the event of sustained winds over 15 knots or gusts over 20 knots, the Race Committee may, at its discretion, inform the fleet that no spinnakers will be used, over the assigned circle VHF channel and by flying code flag "K" from the main flagpole at Larchmont Yacht Club and/or the signal boat. If flown from the flagpole at Larchmont Yacht Club, it will also be displayed by the signal boat(s) before they leave the dock. No boat shall set a spinnaker while Flag K is displayed, even while she is not racing. This adds to Race Signals.
- 19.2. Flag J may be displayed from the signal boat. If so, a working Jib of 110% LP or less shall be used and the use of spinnakers shall be prohibited, even when a yacht is not racing. This adds to Race Signals.
- 19.3. Decisions of the Race Committee with regard to limitations on sail use shall not be grounds for redress. This modifies RRS 61.4(b)(1).

20. COMMERCIAL TRAFFIC

- 20.1 Boats are cautioned to be on the lookout for and yield the right of way to commercial vessels, particularly those with limited ability to maneuver such as tugs and barges.

Appendix A

Course	Order of Marks
2	Start, 1, 1a*, Finish
4	Start, 1, 1a*, 2p/2s, 1, 1a*, Finish

