



Frostbite Sailing Instructions 2020-2021

1. Spirit - The Club emphasizes camaraderie over competition. We have one of the best frostbite programs in the region, but our goal is to create a relaxed, friendly, safe and inclusive atmosphere where Members can enjoy sailing and improve their skills. We place an emphasis on social gathering and sailors are encouraged share food and drinks together after racing.

2. Rules - All races will be governed by *The Racing Rules of Sailing* and these Sailing Instructions.

3. Eligibility - The Frostbite Program is open Sunfish dinghies. Additional classes may be added in the future if there is interest from 4 or more boats. Racing at the Club is a Members-only program. If an owner wishes to permit a non-Member to race their boat on a one-off & special basis, this must be approved by the Club one day in advance.

4. Registration & Entry Fees – A boat shall be registered to race and scores will recorded under the boat's name or sail number. The owner decides which Members may sail their boat. Only registered boats may race. The Entry Fee is \$150 per series billed to the Owner's account.

5. Notices to Competitors - Notices to Competitors will be posted at the clubhouse. Any change in the sailing instructions will be posted before 1:00 PM on the day it will take effect, except that any change to the schedule of races will be posted at least one day before.

7. Schedule – Frostbite is split into 3 series:

- Fall: Nov 7, 14 (Opening Day Regatta), 21, 27 (Turkey Bowl), Dec 5, 12 & 19, 2020
- Winter: Jan 2 (Ice Bowl), 9, 16, 23, 30, Feb 6 & 13, 2021
- Spring: Feb 20, 27, Mar 6, 13, 20, 27 & April 3, 2021

There are also these 3 special regattas which also count towards the overall series. These are:

- Opening Day Regatta - November 14, 2020
- Turkey Bowl – November 27, 2020
- The Ice Bowl – January 2, 2021

The schedule for each Saturday afternoon is:

- 1:30 pm – launch departs for the Sunfish dock
- 2:00 pm – start Race 1. Other races will be sailed back to back.
- No race will be started after 3:30 pm

8. Racing Area – The Racing Area will be in the cove north of Ellis Island.

9. Courses and Marks - Courses will be around orange inflatable buoys set by the Race Committee. All marks to be left to port. The start and finish will always be in the center of the course from the Race Committee dock.

- Course A - Triangle
- Course B - Olympic
- Course C - Windward-Leeward, once around

- Course D – Windward-Leeward, twice around

10. Starting & Sequence - The Starting Line will be between the Race Manager and an orange inflatable buoy. 3 Minute dinghy starts will be used signaled by a whistle. There will be no flags.

- 3 long whistles – 3 minutes
- 2 long whistles – 2 minutes
- 1 long 1 short whistle – 1 ½ minutes
- 1 long whistle – 1 minute
- 3 short whistles – 30 seconds
- 2 short whistles – 20 second
- 1 short whistle – 10 seconds
- Whistles for 5, 4, 3, 2, 1
- 1 long whistle - Start

11. Individual & General Recalls - Individual & General Recalls will be signaled verbally by the RC.

12. Finishing - The Finish Line is the same as the starting line.

13. Canceling & Restarting - The Race Committee may cancel and restart a race for any reason at any time.

14. 360 Degree Turn - A boat that may have broken a rule while racing shall take a 360 degree turn instead of a 720 degree turn.

15. Protests & Honor System – There are no protests and situations shall be resolved on the water by an Honor System. If you are certain a boat has fouled you, you may verbally request the offending boat do a 360 degree turn by shouting “Protest Boat ___.” If another skipper hails you in this manner, you must do a penalty turn. Failure to honor this request, even if you believe you are in the right, will result in disqualification from the race. If you require another boat to do a turn, you must report this to the RC at the finish. The RC will keep a list in the clubhouse of which boats required turns and how many times.

16. Scoring & Standings - Scores will be kept for every race. Standings will be determined by the Low Point Scoring System. Any boat scoring DNS, DNF or other special finish will be given one point more than the number of finishers in that race.

17. Awards - Prizes will be awarded to the top finishers at the end of every day. For fleets with 4 or fewer boats, the top boat will receive a prize. For fleets between 5 and 6 boats, the top 2 boats will receive a prize. For fleets of 7 and more boats, the top 3 will receive a prize.

18. Flotation Devices - Every sailor must wear a personal flotation device at all times while on the water. Inflatable devices are not permitted in the dinghy program.

19. Skills & Safety - Sailors must be self-sufficient to race in this program. By joining a race, you are self-certifying that you have the ability to capsize and right your boat. Please sail within your skill level and do not sail on days when it is too windy for your skill. For protection against hyperthermia, sailors should wear dry suites or wets suits from January through March. If you get wet, you should consider returning to dock as a precaution against hyperthermia.

20. Misc Equipment:

20.1 - To maintain the colorful image of our fleet, all Sunfish must race with colored sails. Existing all-white sails are grandfathered in, but all new sails must have colors.

20.2 - All sails must have unique sail numbers.

20.3 - All centerboards must have shock cord attached to the bow ring so that if the boat capsizes, the centerboard stays in the well.

20.4 – All boats shall be outfitted with a bowline of at least 20 ft.

Registration Form

To register your boat in the Frostbite Series, please complete and return this form to office@myc.org

Boat or Team Name: _____

Sail Number (must be on sail): _____

Primary Owner or Skipper (for billing): _____

Email: _____

Other Skippers & emails (if known): _____

Series entered: Fall Series Winter Series Spring Series

Storage Request: Floating Dock in Harbor Rack at MYC Clubhouse