



## Frostbite Sailing Instructions 2023-2024 v2

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 a Members-Only Program for Sunfish dinghies. Boats may only be raced by Members. If a member cannot race their boat one day, they can ask a fellow member to guest skipper. If an owner wishes to allow a non-Member to race their boat on a one-off & special basis, this must be approved by the Club office in advance.

4. Registration, Entry & Storage Fees – Only boats which have registered for the series may take part in the racing. You must register in advance of racing at <https://myc.org/racing-home/frostbite/> Only registered boats may race. The Entry Fee is \$150 per series. The storage fee for Sunfish participating in racing is \$25 per month (\$50 per series). The total fee of \$200 per series is collected when you enter. Only sunfish being used in the races are permitted to be stored at the club.

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 three 7-week series:

- Fall: Nov 4, 11, 18, 25 (Turkey Bowl), Dec 2, 9 & 16, 2023
- Ice Bowl – Jan 1, 2024
- Winter: Jan 6, 13, 20, 27, Feb 3, 10, 17 & 24, 2024
- Spring: March 2, 9, 16, 23, 30 & April 6 & 13, 2024

The schedule for each Saturday afternoon is:

- 2:00 pm – start Race 1. Up to 5 races will be sailed back-to-back.
- No race will be started after 3:30 pm

8. Racing Area – For this winter, and until our fleet can field a second safety boat, the primary Racing Area will be in opening of Morris Canal. If the conditions in the fall series are suitable for racing in the cove by Ellis Islands (with one support boat), then the Sunfish can sail out to that location. There will be no towing of Sunfish back and forth. In winter, all races will be in the canal.

9. Courses and Marks - Courses will be around orange inflatable buoys set by the Race Committee. All marks will be left to port. The start and finish will be at the leeward mark. The RC will announce triangle and the number of times or Olympic with downwind finish.

10. Starting & Sequence - The Starting Line will be between the Race Manager (or white starting buoy) 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 RC 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.

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. If a boat owner allows another skipper to sail their boat in one or more races, those scores shall still count towards that boat, unless the owner informs the club otherwise ahead of time. If the owner indicates ahead of time, the scores may count towards the other skipper’s boat instead. There will be one throwout per 5 races.

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 suits or wetsuits from January through March. If you get wet, you should consider returning to dock as a precaution against hyperthermia.

20. Misc:

20.1 - To maintain the colorful image of our fleet, all Sunfish must race with colored sails.

20.2 - All sails must have a unique sail number.

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.

20.5 – Owners who keep boats on floating docks are responsible for their own chocks and connections to secure their boats. If a storm is forecast, owners should consider bringing their boats back to dock for safety.

20.6 - For safety reasons, main halyards must run direct from the upper boom, through the top of the mast and a deck pulley or eye, and then to a cleat on the deck. No extra knots or purchases are permitted in the main halyard. The main halyard cleat shall also not have any other lines on it. If there are safety situations, a sailor must be able to quickly uncleat the main halyard and the sail must come down all the way to the deck with no additional work.

20.7 – If 3 or more boats remain capsized simultaneously for 30 seconds, the race shall be automatically abandoned and all sailors will go to the aid of the capsized sailors.

**Enter Here**

<https://myc.org/racing-home/frostbite/>