



2025 Lauderdale Olympic Classes Regatta SAILING INSTRUCTIONS

This is an online document.

1 RULES

- 1.1 This regatta is organized under the authority of the Lauderdale Yacht Club (OA) and will be governed by the Racing Rules of Sailing (RRS) and the prescriptions of US Sailing.
- 1.2 If there is a conflict between the Notice of Race and these Sailing Instructions, the Sailing Instructions will take precedence.
- 1.3 Any competitor causing serious damage to an anchored race committee vessel may not be exonerated by RRS 44.1 (Taking a Penalty). The protest committee may impose a penalty of up to DNE for a violation of RRS 31 (Touching a Mark) that causes such damage. This changes RRS 44.1 and 60.5.
- 1.4 Appendix P, Special Procedures for Rule 42, will apply for the ILCA classes. RRS P2.1 is changed to delete "First". RRS P2.2 and 2.3 are deleted. When a penalty is signaled after a boat has finished, the penalty is changed to a 10% penalty. This changes RRS P2.1.
- 1.5 The ILCA 6 fleet will not be divided into different fleets. All ILCA 6 competitors will start together.

2 REGISTRATION & ENTRIES

- 2.1 The regatta is open to boats from the ILCA7, ILCA6, ILCA4, and Nacra 15 classes
- 2.2 All support, spectator, and coach boats must check in during registration to receive an event identification flag. This flag must be conspicuously displayed at all times while the boat is afloat during the regatta, on or off the course, day or night.

3 VENUE

- 3.1 Competitors may be assigned specific rigging areas at check in. In this event, boats shall remain in their staging areas until released to launch, and must use the launching areas assigned.
- 3.2 The racing area shall be in the Atlantic Ocean approximately one mile north or south of the Port Everglades Channel Entrance. Designation of each day's racing area will be posted prior to the race committee signal boat's departure from LYC and will be discussed at the morning briefing.
- 3.3 There will be two race courses, one for the ILCA fleets, and one for the Nacra 15 fleet.

4 EQUIPMENT AND INSPECTION

- 4.1 In addition to all class requirements, all entrants shall carry a tow line of at least 25 feet in length and at least ¼ inch in diameter. The tow line shall be securely tied to the mast with a bowline at all times while afloat, including when racing.
- 4.2 Each competitor in the ILCA 6 class may be required to display two digit sail scoring numbers provided at registration. Instructions for application and location on the sail will be provided at registration if required and must be followed.

5 COMMUNICATION WITH COMPETITORS

- 5.1 When official notices ashore are made to competitors they will be signified by display of Code Flag L.
- 5.2 The [Official Notice Board](#) is online only and will display notices to competitors, including SI or schedule changes, Race Committee Actions (OCS, BFD, etc.), Protest time limits, Protest schedule, etc.
- 5.3 The Race Headquarters will be located at the Lauderdale Yacht Club in the Atlantic Room, accessible through the Atlantic Terrace.
- 5.4 The designated VHF channel for the ILCA race committee is 69 and the designated CHF channel for the Nacra 15 course is 71. An alternative VHF channel may be announced in the event of conflicting radio traffic

6 CHANGES IN SAILING INSTRUCTIONS

- 6.1 Any change in the Sailing Instructions will be posted before 0900 on the day it will take effect. Any change to the schedule of races will be posted by 1900 on the day before it will take effect.

7 SIGNALS MADE ASHORE AND AFLOAT

- 7.1 Signals made ashore will be displayed at the easternmost flagpole of the Lauderdale Yacht Club.
- 7.2 Code flag AP, Answering Pennant, when displayed ashore, with two accompanying sound signals means the racing is postponed. When AP is lowered with one accompanying sound signal, the time of the warning signal for the next race is posted on the Official Notice Board. This changes Race Signals.
- 7.3 While afloat, signals applying to each class shall be accompanied by a flag with an ILCA7, ILCA6, ILCA4, or Nacra 15 logo unless the signal applies to all classes, in which case no class flag will be used.
- 7.4 The race committee will display course selection, range and bearings for each class on a white board displayed on the main signal vessel prior to the warning for each respective class,

8 SCHEDULE

The following is the anticipated schedule of the event:

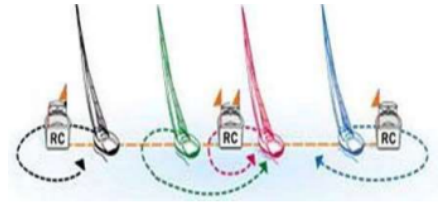
<u>Event</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Venue Opens	Thursday Jan 16 th	0900 hrs	Lauderdale YC
Registration / Check In	Friday Jan 17 th	1500 – 1900	Atlantic Room of Lauderdale YC
Skipper's Meeting	Saturday Jan 18 th	0915	Pavilion adjacent to pool Lauderdale YC
Coaches Meeting	Saturday Jan 18 th	0930	LYC Pavilion
Warning Signal first race each day	Sat, Sun, Mon Jan 18-20	1100	Racing area as announced or posted
Coaches Meeting	Sun, Mon, Jan 18,19	0900	LYC Pavilion
Post-Race Cookout	Sunday, Jan 19	After Racing	LYC Pavilion
No warning signal after:	Mon, Jan 20	1500	Racing area as announced or posted
Awards	Mon, Jan 20	to be determined	LYC Pavilion
Boats, trailers must be removed	Tues, Jan 21	1500	

9 SAFETY

- 9.1 Except while briefly changing or adjusting clothing or personal equipment, each competitor shall wear a personal flotation device at all times while afloat (RRS 40). Code Flag "Y" will not be displayed.
- 9.2 Boats choosing to remain ashore and not leave the harbor for the day's racing shall inform the Race Headquarters prior to the harbor start.
- 9.3 A skipper requesting assistance will attempt to signal by waving one arm over the skipper's head.
- 9.4 A boat that decides not to compete in the race or retires after starting a race shall notify the Race Committee or report to a safety boat as soon as practical. No boat shall leave the vicinity of the racing area without obtaining specific permission from a safety boat.
- 9.6 A Safety Protocols Addendum contains additional safety-related requirements.

10 START

- 10.1 The Start will be in accordance with RRS 26. The Warning Signal for each class will be a flag with its class logo.
- 10.3 When there is not a Mid-line Race Committee Boat, the starting line will be between a staff displaying an orange flag on the Race Committee Signal Boat at the starboard end and either a starting mark at the port end, or an orange flag on a Race Committee Pin Boat at the port end.
- 10.4 When there is a Mid-line Race Committee Boat, the starting line will be between a staff displaying an orange flag on the Race Committee Signal Boat at the starboard end and a staff displaying an orange flag on the Mid-line Boat, and also between the staff displaying an orange flag on the Mid-line Boat and a staff displaying an orange flag on a Race Committee Boat at the port end of the line or a starting mark at the port end of the line.
- 10.5 RRS 30.1 is changed. Boats subject to this rule shall sail to the pre-start side of the starting line around either end, or around the mid-line boat, leaving it to port as if it were the port end of the starting line, before starting. (see diagram right)
- 10.6 After a preparatory signal has been made, boats of a class not racing at that time shall remain more than 50 yards away from the starting line or any start mark, including the signal boat, and of all boats racing. The starts will not be “rolling” which is intended to allow classes not racing to remain outside the starting area until their warning or attention sounds are signalled.
- 10.7 A boat starting later than four minutes after her starting signal will be scored DNC. This changes RRS A4 and A5.1.
- 10.8 There may be multiple attention sounds before the warning signal.



11 COURSES, MARKS, FINISH

- 11.1 Courses are shown on the attached Course Diagrams addendums. Courses for the ILCA circle are LG, LR, L, and W. Course LA will be used for the Nacra 15 fleet.
- 11.2 The course to be raced for each class will be displayed on a course board on the signal boat and announced on the designated VHF channel prior to the warning signal of each race. (VHF broadcasts are intended for support and coach boats).
- 11.3 All rounding marks (except a leeward gate) shall be rounded to port. If only one of the gate marks is present, then that mark shall be rounded to port (except for course LG in which case the single remaining mark will be rounded to starboard. Note that the ILCA 4 course descriptions indicate the use of a shorter weather mark, noted as “P” on the diagrams.
- 11.4 The finishing line for each course will be between a staff displaying an orange flag on a Race Committee Finish Boat and the course side of a mark in accordance with the course diagram.
- 11.5 The starting mark will be either an inflatable yellow mark or an orange flag on an anchored R/C boat. All rounding marks will be orange except for “P” which will be yellow. The finish mark for courses LG and LR may be an orange ball or an inflated mark. The finish mark for course L will be the starting pin or boat.
- 11.6 Routine movement of the autonomous marks on the course will not be grounds for redress. This includes marks returning to station after having been pushed away by a competitor, and collisions with marks that do not cause damage. Rule 31 still applies.
- 11.7 A mark, including a gate or finish mark, may be moved up to 10 degrees or up to .10 nm in distance in response to a change in wind direction or strength without signal, provided no boat has begun the leg. This changes RRS 33.

12 TIME LIMIT

- 12.1 Any race in which no boat rounds the first windward mark within 25 minutes, or finishes within 75 minutes of the start, will be abandoned. Boats failing to finish within 20 minutes after the first boat in her class finishes will be scored DNF. This modifies Rule 35.

13 PROTESTS, PENALTIES AND REDRESS

- 13.1 For the Nacra 15 class, RRS 44.1 and Appendix V1 are changed so that the Two Turns Penalty is replaced by a One Turn Penalty.
- 13.2 The protest time limit will be posted on the [Official Notice Board](#) on the event website. Protests shall be submitted within 45 minutes of the respective circle's finish boat docking time. Requests for redress and scoring inquiries shall be submitted within 30 minutes of the docking time of the respective circle's signal boat.
- 13.3 Protests, Requests for Redress and Scoring Inquiries shall be submitted to the regatta office in the Atlantic Room. Forms will be available online on the regatta website and by hard copy in the regatta office. Protests and requests for redress will be heard in the approximate order of posting. The schedule of the hearings will be posted on the Protest Hearing Schedule on the [Official Notice Board](#) within 10 minutes after the end of the protest time limit. Parties to a hearing, with their witnesses, should report to the Protest Desk by the hearing time listed and remain in that vicinity. The Protest Desk is located at the Atlantic Room in the northeast corner, ground floor, of the Lauderdale Yacht Club.
- 13.5 Appendix T1 (Post-Race Penalties) applies. A form requesting to take the penalty may be completed on-line by submitting an "Other Inquiry" from the sailor account requesting to take the post-race penalty with a brief description of where and when the incident occurred and the boat number of the other boat involved, or the protest number.
- 13.6 Alleged breaches of Notice of Race 2, 6, 10; Sailing Instructions 1.3, 3, 4, 9, 10.6 and 16; or the Safety and Protests Addenda will not be grounds for protest by a boat. This changes rule 60.1.
- 13.7 After a hearing, a protest committee may impose penalties less than disqualification for any violation of a rule other than those of Part 2 and 3 of the RRS. This does not change RRS 60.5.
- 13.8 The race committee will post a list of boats with starting penalties on the [Official Notice Board](#) under RC Race Documents. The race committee will also attempt to post a list of starting penalties on the respective signal boat before the finish of each race.
- 13.9 Scoring inquiries may be submitted as a request for redress by a competitor with a time limit of 30 minutes after posting of the results of the scoring inquiry. This changes rule 61.2.

14 SCORING

- 14.1 The Low Point scoring system, RRS Appendix A, will apply, modified so that each boat's regatta score will be the total of her race scores, with her worst score discarded if five or more races have been completed.
- 14.2 Three races shall be completed to constitute a regatta. 8 or more races are planned for the ILCA classes. For the Nacra 15 class, more than 8 races may be sailed, depending on weather conditions.

15 PRIZES

- 15.1 Race trophies will be awarded for 1st, 2nd, and 3rd place in each class (or greater at the discretion of the Organizing Authority).
- 15.2 In addition, the overall winner of the individual classes will be awarded the Tim ("Tiny") Miller Memorial Perpetual Award, given in recognition of Tim's dedication to excellence in Race Management at the Lauderdale Yacht Club.

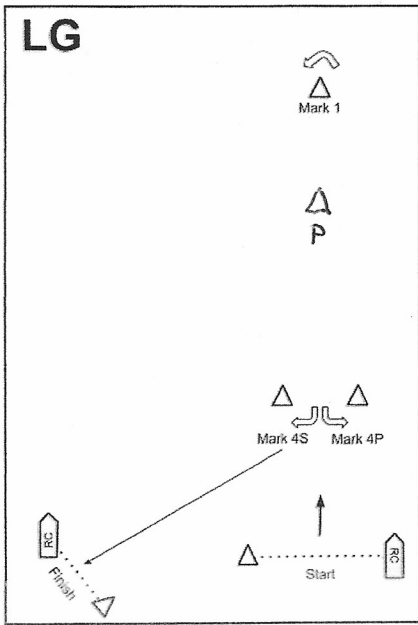
16 SUPPORT AND SPECTATOR BOATS

- 16.1 Except when providing safety assistance to a competitor, support boats shall not be in the racing area from the time of the preparatory signal for the first class to start until all boats have finished or the race committee signals a postponement, general recall or abandonment. The racing area is defined as 75 yards away from the outside of the exterior lay lines of the race course, including the windward mark and finish lines.
- 16.2 All support and spectator boats shall monitor the designated VHF channel for requests from the Race Committee to assist with fleet safety. Support boats may enter the race area at the request of the Race Committee, or when they deem it necessary to provide outside safety assistance to a boat in obvious distress.
- 16.3 Anchoring on Coral Reefs, Hardbottom or Seagrass is prohibited under Florida law.
- 16.4 Special provisions are in effect for the protection of, including but not limited to: Manatee, Sea Turtle & Sawfish, as well as critical habitat, including but not limited to Johnson Sea Grass, Staghorn and Elkhorn corals. See the [Safety Protocols Addendum](#) for further reference.

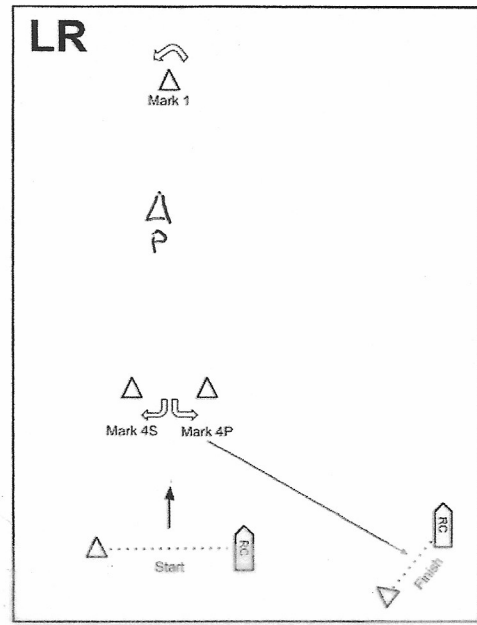
- 16.5 Competitors may not drop off or retrieve gear from Race Committee boats. Competitors may drop off trash on Race Committee boats.
- 16.6 Support and coach boats are subject to additional rules in the [Safety Protocols Addendum](#). Support and Coach boats' overnight dockage will be subject to an assignment from the Lauderdale Yacht Club Marina Director. Boats left in slips or areas without authorization from the Marina Director or Regatta Chair may be removed from the venue and stored offsite at the owner's expense.

--

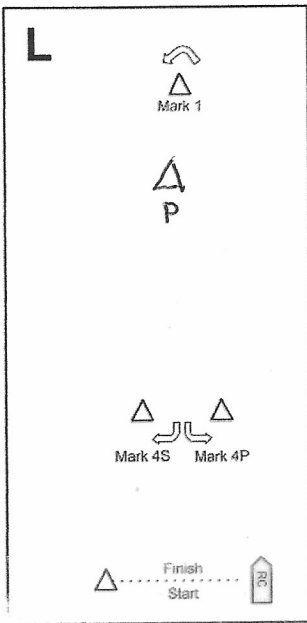
Addendum A



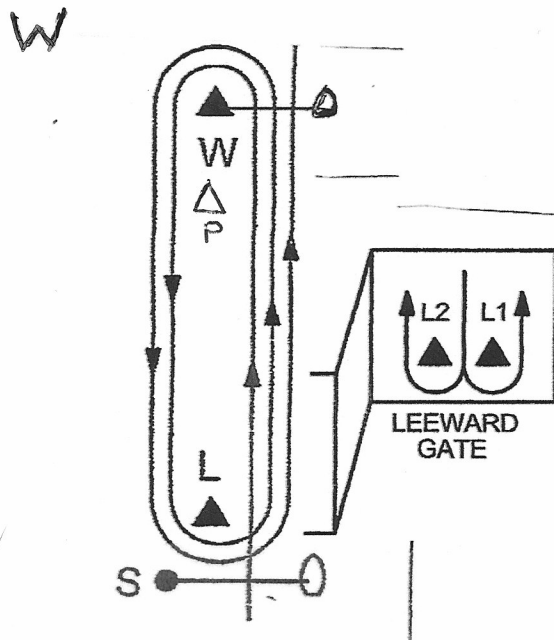
ICLA 6/7: start-1p-4s/4p-1p-4s/4p-finish
 ICLA 4: start-Pp-4s/4p-Pp-4s/4p-finish



ICLA 6/7: start-1p-4s/4p-1p-4s/4p-finish
 ICLA 4: start-Pp-4s/4p-Pp-4s/4p-finish



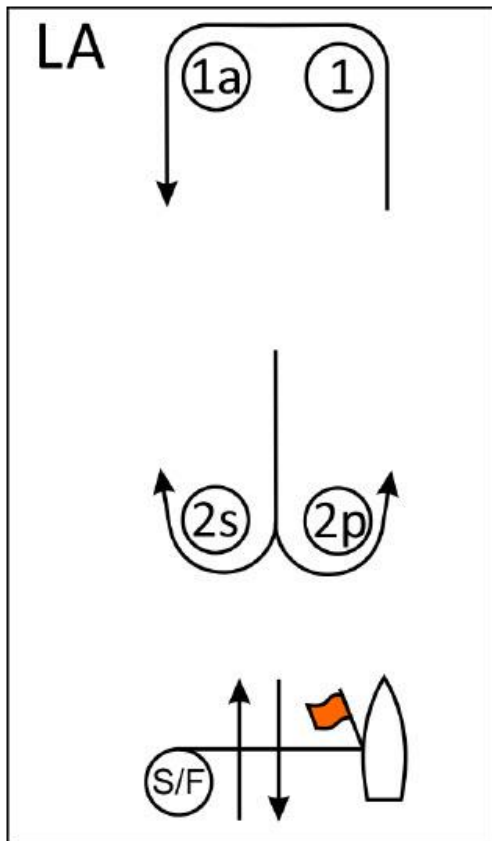
ICLA 6/7: start-1p-4s/4p-1p-finish
 ICLA 4: start-Pp-4s/4p-Pp-finish



ICLA 6/7: start-Wp-L1/L2-Wp-L1/L2-finish
 ICLA 4: start-Pp-L1/L2-Pp-L1/L2-finish

LA

LA: WINDWARD-LEEWARD Course with LEEWARD Finish – WITH Offset



Course LA – Windward/Leeward with Offset Mark, Leeward Finish	
<i>Signal</i>	<i>Mark Rounding Order</i>
LA2	Start – 1 – 1a – 2s/2p – 1 – 1a – Finish
LA3	Start – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – 1 – 1a – Finish
LA4	Start – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – 1 – 1a – Finish

Lauderdale Yacht Club – Ocean Course

SAFETY CONCERNS and PROTOCOLS

2025 LOCR

1. Sailing or Towing to the Racecourse:

- a. The entire area in front of LYC, the bridge, the fuel dock, and inlet is a “no wake zone”. There are a pair of signs halfway out the inlet indicating when it is allowable to “resume normal safe operation”. When returning from the ocean, you must slow to idle/no wake speed when approaching these signs. Law Enforcement in South Florida considers any boat operating on or near plane to be violating a no wake zone. You must operate a coach or support boat at idle at all times when transiting through the inlet to and from the race course. When sailing through the transit area, almost all motorboats (motor yachts) will have the right-of-way due to their “restricted in their ability to maneuver” status.
- b. There is a shoal to the East of the club’s docks, stay near the east docks as you sail or tow south towards the bridge. Once you get to the south end of the docks, you may go out the well-marked LYC access channel to the Intracoastal Waterway channel. The water to the south of the LYC channel is sufficient for safe sailing.
- c. Before you get to the bridge, you must cross the Intracoastal and go through the East span of the bridge as you head south. Under no circumstances are you to go through the West span: it is against Homeland Security rules and Law Enforcement has the ability to “terminate your voyage” and patrols the prohibited zone 24 hours/day. The center span is heavily trafficked and not advised. When you turn east again to head out to the inlet, we recommend that you cross early to the south side of the inlet. It is imperative that you stay out of the center of the Port Everglades Channel at all times, except when safely crossing the channel in the absence of ship and boat traffic.
- e. See accompanying chart Transit Chart and Summary. . The Sailing Instructions provide for penalties that can be assessed for violations of the safety protocols.

2. Other Safety and Courtesy Concerns:

- a. Honor all Rules of the Road. When you reach the Atlantic Ocean, be aware of dive flags. A diver down flag is a flag used on the water indicating that there is a diver below. It is red with a white stripe from the upper left corner to the lower right corner. Florida Law requires that boaters must make reasonable efforts to stay 300 feet/100 yards away from diver-down flags. Divers also swim from the beach, with small kayaks or without vessels, so please take care to be aware of divers.
- b. There are a series of white dive balls anchored north and south approximately 1/2 mile offshore and running from the inlet to the race areas. It is suggested that you avoid this area.
- c. Stay out of the way of the cruise ships, water taxis, commercial fishing boats, and pilot boats.

d. All competitors shall at all times carry a towline as outlined in the NOR and Sailing Instructions.

3. Environmental Concerns: Anchoring of event vessels on Coral Reefs, Hardbottom or Sea grass is prohibited under Florida Law. Spectator, support and/or coach vessels are prohibited from anchoring anywhere in the vicinity of the event. If you encounter any Manatees, Sea Turtles or Sawfish during your sailing, they deserve special attention, and you must avoid any collision or contact. Please read and observe the local and federal rules governing our Florida Treasures. Additionally, special provisions are in effect for the protection of, including but not limited to Manatee, Sea Turtle & Sawfish, as well as critical habitat, including but not limited to Johnson Sea Grass, Stag horn and Elkhorn Corals.

4. VHF. It is MANDATORY that all support and spectator boats monitor the designated VHF channel for requests from the Race Committee to assist with fleet safety and to receive information relative to the intentions of the Race Committee. Emergency VHF channel is 16, and the shipping channel is 14.

5. SIs. Read your Sailing Instructions. This includes sailors, coaches and any support boats for the sailor.