

**NSA Sunday Racing Series  
June–September, 2025  
Namequoit Sailing Association  
Orleans, MA**

**SAILING INSTRUCTIONS**

**| 1 | RULES**

| 1.1 | The event will be governed by the rules as defined in *The Racing Rules of Sailing 2025-2028*.

**| 2 | NOTICES TO COMPETITORS**

| 2.1 | Notices to competitors will be posted on the official notice board(s) located at [namequoitsailing.org/racing](http://namequoitsailing.org/racing)

| 2.2 | During races, ALL notices will be broadcast on VHF channel 73. All competitors are required to have a working VHF radio aboard during all races, and it is the competing boat's responsibility to monitor this channel.

| 2.3 | The Race Committee (RC) may cancel, postpone, or abandon a race due to foul and/or heavy weather. If NOAA Small Craft Warning alerts are posted on NOAA's website or broadcast on NOAA weather radio, any/all races that day will be considered cancelled even absent notice from the RC.

| 2.4 | Notification of race delay or cancellation will be made via email to all registered competitors 2 hours before the scheduled start of the first race. A cancellation notice will also be posted on [namequoitsailing.org/racing](http://namequoitsailing.org/racing).

| 2.5 | If races are postponed or cancelled after the 2 hour email blast has been sent, such postponement or cancellation will be broadcast on VHF Channel 73 starting 30 minutes prior to

the scheduled start and the Race Committee Boat will display flag N.



| 2.6 | The RC will notify all competitors that a single race has been abandoned after it has been

started via VHF Channel 73 and by displaying flag N.





| 2.7 | The RC may, at its discretion, fly a “Reefing” flag. When code flag is displayed on the RC boat, all boats must carry a reef. This may be also be announced via the email blast sent 2 hours before racing, and on VHF channel 73 before the start of the first race. If the flag is flying pre-start, boats must keep their reef in until they finish. Any boat crossing the finish line without its sail reefed will be disqualified. **In addition, when the code flag F is displayed, all competitors are required to wear personal flotation devices.**

### | 3 | CHANGES TO SAILING INSTRUCTIONS

| 3.1 | Any change to the sailing instructions will be posted on [namequoitsailing.org/racing](http://namequoitsailing.org/racing) before 0900 on the day it will take effect, except that any change to the schedule of races will also be sent via email blast 2 hours before the scheduled start of the first race for that day.

### | 4 | SIGNALS MADE ASHORE

| 4.1 | No signals will be made ashore – all communication will be via email and via notice on [namequoitsailing.org/racing](http://namequoitsailing.org/racing) and via VHF Channel 73.

### | 5 | SCHEDULE OF RACES

| 5.1 | The schedule of races is available at [namequoitsailing.org/racing](http://namequoitsailing.org/racing)

### | 6 | RACING AREA

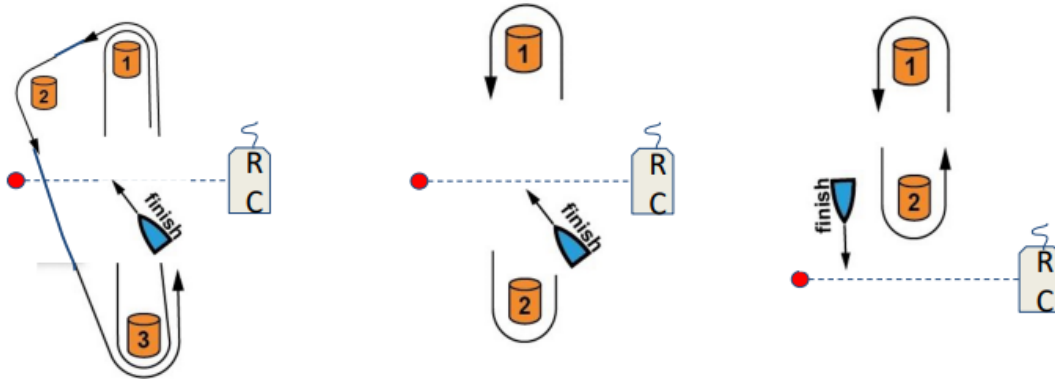
| 6.1 | All races will be sailed on Little Pleasant Bay between the mouth of the River and The Narrows. The Race Area is attached as Appendix 1 to these Sailing Instructions.

## | 7 | THE COURSES

Course 1 (triangle finish upwind)	marks
Option A	S-1-2-3-F
Option B	S-1-2-3-1-3-F

Course 2 (W/L finish upwind)	marks
Option A	S-1-2-F
Option B	S-1-2-1-2-F

Course 3 (W/L finish downwind)	marks
Option A	S-1-F
Option B	S-1-2-1-F



| 7.1 | The diagrams above (course handout available at [www.namequoitsailing.org/racing](http://www.namequoitsailing.org/racing)) show the courses, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

| 7.2 | No later than the warning signal, the RC will announce the course to be sailed via VHF channel 73

## | 8 | MARKS

| 8.1 | The pin end of the start/finish line will be an inflatable red ball.

| 8.2 | All other marks of the course are large inflatable yellow buoys. All rounding marks will be rounded to Port.

| 8.3 | A single line will serve as the start/finish line. The start/finish line will be the RC flag on the Race Committee Boat and the red pin off the Race Committee Boat's Port side.

| 8.4 | The RC may signal a change of a leg of the course, including shortening the previously announced course after the start, via VHF channel 73.

## | 9 | THE START

**|9.1|** The Audible-signal racing system per US Sailing Appendix U will be used for all starts. No visual signals will be used.

The starting sequence shall consist of the following sound signals.

<b><i>Signal</i></b>	<b><i>Sound</i></b>	<b><i>Time before start</i></b>
Attention	Series of Short Sounds	Before the warning
Warning	3 long	3 minutes
Preparatory	2 long	2 minutes
	1 long, 3 short	1 minute, 30 seconds
	1 long	1 minute
	3 short	30 seconds
	2 short	20 seconds
	1 short	10 seconds
	5 short 1 second apart	5-4-3-2-1 seconds
Starting	1 long	0

**| 9.2 |** Individual recalls shall be signaled by hailing the boat on VHF 73 via sail number (if available) or boat name. Flag X will not be displayed.

**| 9.3 |** The starting line will be between a staff displaying the RC flag on the Race Committee Boat and the red pin on the start/finish line.

**| 9.4 |** The number of starting sequences will depend on the number of boats racing in each fleet. If there are 5 or more boats in a fleet for the day, there will be separate starts for each fleet. If either fleet has 4 or fewer boats, there will be a combined start for both fleets. The number of starting sequences will be announced on VHF Channel 73 10 minutes before the starting sequences begin.

**|9.4.1|** Despite a single starting sequence, the fleets will be scored separately as described in section 16 of these Sailing Instructions.

**|9.4.2|** In the case of 2 starting sequences:

**|9.4.2.1|** The first starting sequence will be for catboats 15 feet and over and all sloops.

**|9.4.2.2|** The second starting sequence will be for catboats under 15 feet and performance boats.

**|9.5|** RC will announce starting sequences via VHF Channel 73 before the starting sequence begins.

**|9.6|** In the case of 2 starting sequences, boats in classes whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

| **9.7** | A boat that does not start within 5 minutes after her starting signal will be scored “Did Not Start” (DNS). This changes RRS A4 and A5.

| **9.8** | Rule 30.1 (“I Flag Rule”) will be in effect at all times. No flag will be flown. If any part of a boat’s hull is on the course side of the starting line or one of its extensions during the last minute before her starting signal, she shall sail across an extension to the pre-start side before she starts.

## | **10** | **CHANGE OF THE NEXT LEG OF THE COURSE**

| **10.1** | To change the next leg of the course, the RC will move the original mark to a new position. The race committee boat will announce the change on VHF channel 73.

## | **11** | **THE FINISH**

| **11.1** | The finishing line will be between the Race Committee flag on the RC boat and the red pin on the start/finish line.

| **11.2** | If the race committee is absent when a boat finishes, she should report her finishing time, and her position in relation to nearby boats, to the race committee at the first reasonable opportunity.

| **11.3** | All boats finished must keep clear of the finish line. Any boat withdrawing from the race or not finishing a race must report that fact to the RC as soon as possible.

## | **12** | **PENALTY SYSTEM**

| **12.1** | For all classes the two turns penalty in RRS 44.1 will apply. A boat will complete a 720-degree penalty turn for violating all rules, EXCEPT that she will perform a 360-degree penalty turn for hitting a mark of the course.

| **12.2** | Races are conducted under the RRS Basic Principle of Sportsmanship. A fundamental principle of sportsmanship is that when a boat breaks a rule and is not exonerated she will promptly take an appropriate penalty or action, which may be to retire. ***A boat is not exempted from taking a penalty because she has not been hailed by a witness or other boat.***

## | **13** | **TIME LIMITS**

| **13.1** | The time limit for all classes is 1.5 hours unless modified by the RC. The race may be cancelled for a single class if no boat in the class is able to complete the stated course within the time limit.

| **13.2** | Announcements regarding extending or modifying the time limit will be made by the RC via VHF Channel 73 before the first boat in the class has finished the race.

| **13.3** | If a single boat in a class finishes within the time limit, all competitors in the class will be scored for that race.

| **13.4** | Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.

## | **14** | **PROTESTS AND REQUESTS FOR REDRESS**

| **14.1** | Protest forms are available from the RC.

| **14.2** | For each class, the protest time limit is 90 minutes after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is later.

| **14.3** | All protests will be heard at the NSA clubhouse immediately following the day's racing. Protest hearings are open to all competitors and members of Namequoit Sailing Association.

| **14.4** | Breaches of SI's 9.6, 17 and 19 will not be grounds for a protest by a boat. This changes RRS 60.1(a).

| **14.5** | Exoneration for contact between boats under rule 14 will be solely at the discretion of the Protest Committee even if no damage or injury has resulted from the contact. This changes RRS 43.1(c)

| **14.6** | Decisions of the protest committee will be final as provided in RRS 70.5.

## | **15** | **HANDICAP SYSTEM**

| **15.1** | The Portsmouth handicap system for scoring races will be used. The Portsmouth formula calculates a boat's corrected time as its elapsed time for the race divided by its handicap number, then multiplied by 100. Handicaps are attached in Appendix 2 to these Sailing Instructions.

## | **16** | **SCORING**

| **16.1** | Each Sunday will be scored as an individual series and there will be an overall summer series score.

| **16.2** | The low point scoring system (as described in RRS A4) shall apply to each individual race. The boat with the smallest corrected finish time (after adjusted for handicap) will get 1 point, the second 2 points, the third gets 3 and so on. For boats who are entered in a race, but did not start (cross the start line legally) (DNS), did not finish (DNF), or were disqualified (DSQ), their score on that race will be equal to the number of boats entered in the plus 1.

**| 16.2.1 |** For the purposes determining the placement in the overall summer series, the number of boats entered will be calculated as the total number of boats that competed in at least one race during the summer series.

**| 16.2.2 |** For the purposes determining the placement on a Sunday, the number of boats entered will be calculated as the total number of boats that competed in at least one race during that Sunday.

**| 16.3 |** For the overall summer series, a boat's score for the entire series will be determined by the total of its lowest N scores where N is the number of completed races less the number of allowed throw-outs. The number of throw-outs is indicated below.

<b>Total Races</b>	
<b>Completed</b>	<b>Throw-outs</b>
12 or more	3
9 or more	2
6 or more	1

**| 16.4 |** Trial participants will not receive a total score for the series and are not eligible for overall summer series prizes. However, trial participants may win a prize in a single Sunday in which they compete.

## **| 17 | SAFETY REGULATIONS**

**| 17.1 |** A boat that retires from a race shall notify the race committee as soon as possible via VHF channel 73.

**| 17.2 |** All boats must carry the following equipment: anchor and rode, paddle or oar, bailer or pump, a PFD for each crew member, and a VHF radio capable of monitoring Channel 73.

**| 17.3 |** If conditions warrant, RC may fly the F flag and make an announcement over VHF Channel 73 requiring all competitors to carry a reef per section 2.7 of these Sailing Instructions.

**| 17.4 |** If any racing boat believes it is in need of help (medical, mechanical, weather-related, etc.) the recommended course of action is to head into the wind, drop sails and execute the universal emergency gesture of waving one's arms over one's head. If possible, hail the Committee boat and crash boat on VHF Channel 73. The "crash boat" will respond and attempt to render the required assistance. If any life-threatening situation arises, make a distress call on VHF Channel 16.

## **| 18 | PRIZES**

**| 18.1 |** Prizes will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each class for each Sunday at the NSA clubhouse immediately following the day's racing.

Prizes will be given for the overall season scores for each class during the NSA Annual Meeting at the clubhouse.

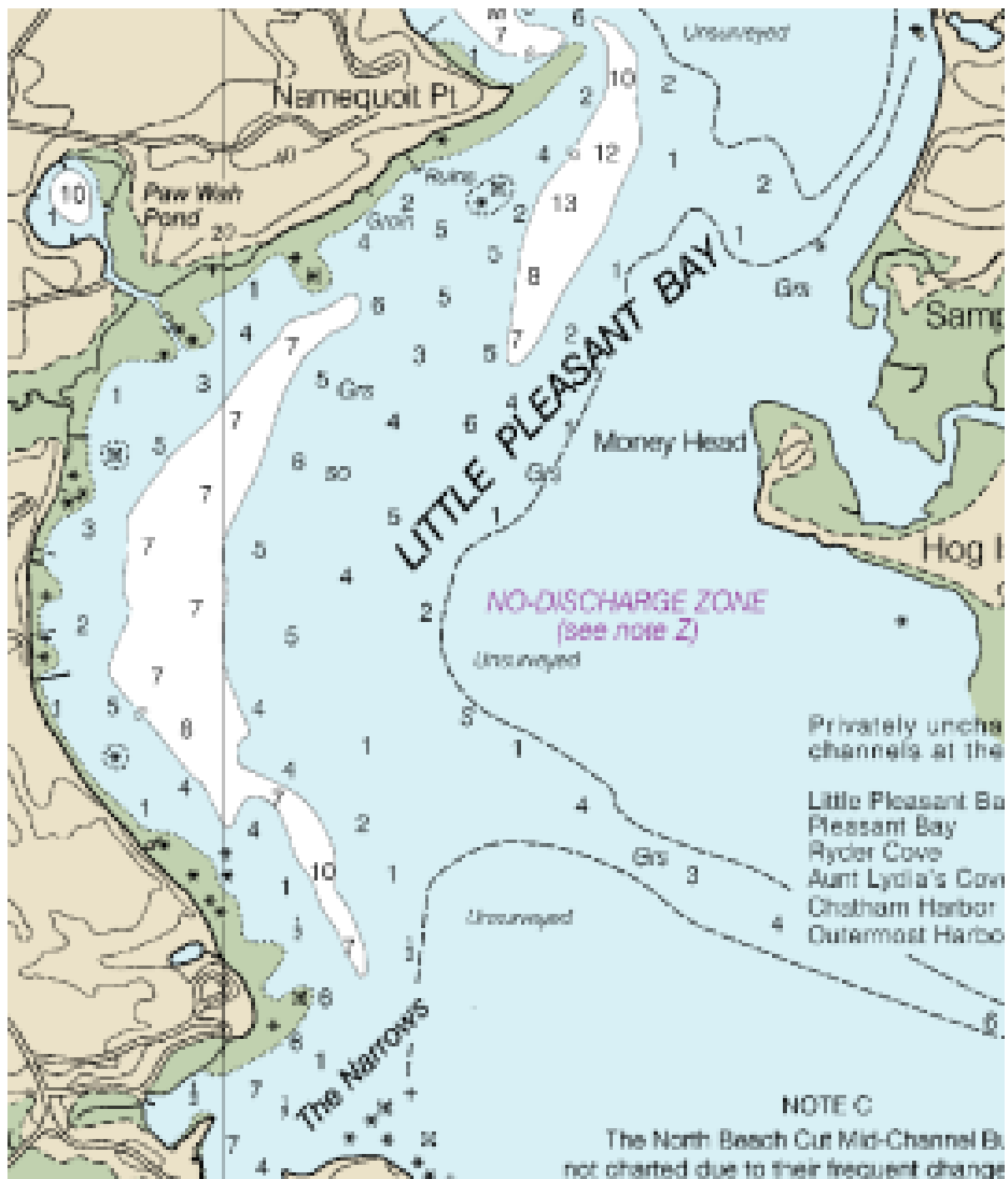
**| 19| DISCLAIMER OF LIABILITY**

Competitors participate in the event entirely at their own risk. See RRS 3, Decision to Race. By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong wind and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.



## Appendix 1

### Sailing Area



## Appendix 2

### Racing Handicaps

Arey's Pond 19	98
Arey's Pong 16' Cuddy	104
Arey's Pond 16' Open Cockpit	102
Arey's Pond XFC 14	105
Arey's Pond 14' , Classic Cat, Fisher Cat, Handy Cat and other 14' catboats	110
Baybird	100
Beetlecat/Rainbow Cat/APBY Kitten	118
Flying Scot	100
Laser	98
Mariner	105
Marshall 15'	102
Marshall 18'	100
Menger 17'	105
Minuteman 15'	102
O' Day Daysailer	104
Rhodes 19	104
Woody Pussy	100
Widgeon	120
Windmill	101
420	98