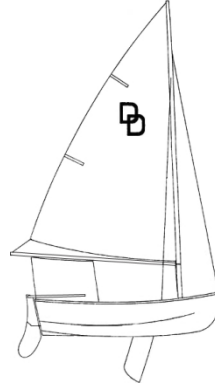


Notice of Race

Norwalk Yacht Club
Roger's Run Regatta
November 18, 2023



1 Organizing Authority

- 1.1 The Organizing Authority (OA) is the Norwalk Yacht Club Frostbite Program.

2 Eligibility and Entry

- 2.1 The program is available to Members of Norwalk Yacht Club and their invited guests participating in Norwalk Yacht Club's Frostbite program.
- 2.2 First-year Frostbite sailors are excluded unless permitted by the Organizing Authority.
- 2.3 Entry is limited to 12 boats.
- 2.4 Eligible skippers may enter by delivering both a completed waiver and payment of any applicable fees to the Organizing Authority.

3 Fees

- 3.1 The entry fee shall be determined on the regatta day. Please make checks payable to Norwalk Yacht Club, with "Frostbite Regatta" in the memo section.
- 3.2 Unless otherwise stated beforehand, lunch is not provided. Be prepared to buy lunch or Venmo someone.

5 Schedule of Races

- 5.1 The first signal of the day shall be made at 1000.
- 5.2 If a postponement is made by the Race Committee or the Organizing Authority, and such postponement is not lifted before a target time of 1130, then racing is canceled.

6 Equipment and Measurements

- 6.1 The races will be held in 9' Dyer Dhow dinghies in seaworthy condition.
- 6.2 Sails must approximate the "standard" 9' Dyer Dhow sail: no headboard, full-length battens or exceptionally large sails. Sail measurements are approximately 12' 6" luff, 13' 3" leech, 7' 3" foot, 5" max foot skirt, 4' 6.5" mid-girth (by folding to mid-points). The Organizing Authority may specify the use of storm sails for the regatta if conditions warrant.
- 6.3 All boats shall have a bailer of sufficient size permanently attached to the boat.
- 6.4 All boats shall have a **bow line of at least 15 feet (preferably 20 feet)**. It is recommended that a bowline loop be pre-tied in the end to facilitate quick attachment to a tow line if needed.
- 6.5 Competitors shall have a paddle with them.
- 6.6 Competitors shall race at a minimum of 180 pounds. A maximum of 40-pounds of ballast shall be supplied by the skipper. A gallon of water shall be considered 8 lbs.

7 Sailing Instructions

- 7.1 The Sailing Instructions are available via PDF file on Norwalk Yacht Club's Frostbite website at www.norwalkyachtclub.com => On the Water => Racing, then Frostbiting.
- 7.2 Any changes to the Sailing Instructions will be posted on the notice board Norwalk Yacht Club's Junior Clubhouse.

8 Format and Scoring

- 8.1 Several races are scheduled with no recorded scoring.

9 Prizes

- 9.1 None aside from bragging rights

10 Additional Considerations

- 10.1 Safety is paramount. All competitors are expected to act with safety as their highest priority.
- 10.2 Competitors should avoid shallow water, as safety boats may not be able to provide timely assistance if damage to the safety boat is likely.
- 10.3 At the conclusion of the first race, all competitors will remain in the finish area until all competitors have reached the finish area. An informal race will then be started with a finish at the Rowayton Seafood Restaurant docks on Five Mile River. Paddling is permitted for this informal race.
- 10.4 Racing will be suspended during lunch. Competitors may bring or purchase their own lunches. Competitors are expected to abide by all CT State boating rules and regulations and participate in prudent health safety precautions.
- 10.5 At the conclusion of lunch, competitors will have another informal race down Five Mile River to buoy N4 at the entrance, where they will await either the start of the second race or a tow back to Norwalk Yacht Club if a tow hasn't started earlier.

11 Responsibility for Safety

- 11.1 Competitors participate in the regatta entirely at their own risk. The Organizing authority and venue hosts will not accept any liability for damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta. As a condition of the participation of any boat in any race or related activity sponsored or undertaken by the Norwalk Yacht Club, the competitor agrees that the safety of the boat and the crew and the decision whether or not to start or continue to race is solely their responsibility. See RRS Fundamental Rule 3, Decision to Race. Each of them waives all claims which he or she, or any heir, representative, successor or assignee, may have against the Norwalk Yacht Club or the venue host or the YRA of LIS and each of their officers, trustees, members, committees, employees or agents, arising out of or in any way connected with participation in such race or activity. Responsibility for evaluating wind, sea and weather conditions rests with each competitor, as does the responsibility for the safe condition and operation of their boat, including safety equipment and rigging, and for wearing a life jacket. Assistance from the race committee, patrol boats, or other support boats and from personnel manning them is at the risk of the competitor.

12 Further Information

- 12.1 For further information please visit www.NorwalkYachtClub.com => On the Water => Racing, then Frostbiting – or email Will Beery.

Sailing Instructions

Norwalk Yacht Club
Roger's Run Regatta
November 18, 2023

1 Rules

- 1.1 The regatta will be governed by *The Racing Rules of Sailing* for 2021-2024 (RRS), and the Prescriptions of US Sailing including Appendix U, except as they are changed by the Sailing Instructions and the Notice of Race.

2 Notices to Competitors

- 2.1 Notices to Competitors will be made verbally.

3 Changes to Sailing Instructions

- 3.1 Any changes to the Sailing Instructions will be posted on the notice board Norwalk Yacht Club's Junior Clubhouse.

4 Schedule of Races

- 4.1 The first signal of the day shall be made at 1000.
- 4.2 If a postponement is made by the Race Committee ("RC") or the Organizing Authority ("OA"), and such postponement is not lifted before a target time of 1130, then racing is canceled.

5 Racing Area

- 5.1 Races will be held in the vicinity of Norwalk Yacht Club in Wilson Cove, the waters south of Bell Island in Rowayton, and Five Mile River.

6 Courses

- 6.1 To be verbally dictated prior to the first signal based on conditions and the participants. Regardless of the courses chosen, race participants will honor the Ballast Reef Buoy N2 and the N4 buoy at the entrance of Five Mile River.
- 6.2 The first race will start at the Norwalk Yacht Club Frostbite float in Wilson Cove with a likely finish at N4 at the entrance of Five Mile River.
- 6.3 An informal race will start at N4 at the entrance of Five Mile River, and will finish off the docks of Rowayton Seafood Restaurant unless otherwise specified.
- 6.4 After lunch, an informal race will start at a suitable location in Five Mile River to finish at N4 at the entrance of Five Mile River unless otherwise specified or shortened.
- 6.5 The second race will likely start at N4 at the entrance of Five Mile River and will finish at the Norwalk Yacht Club Frostbite float in Wilson Cove.
- 6.6 If additional marks are added to the course, the RC will announce their location prior to the Warning and attempt to position an RC boat near those marks.



7 Marks

- 7.1 Fixed marks of each course are the Ballast Rock Buoy N2 and N4 at the entrance of Five Mile River.
- 7.2 The RC may add or substitute other marks consisting of orange or red balls at their discretion.

8 The Start

- ~~8.1 A minimum of 4 boats is required for a start.~~
- 8.1 Races will be started using RRS Appendix U sound signals as follows:

3 minutes	3 long blasts	Warning
2 minutes	2 long blasts	Preparatory
1 minute 30 seconds	1 long and 3 short blasts	
1 minute	1 long blast	
30 seconds	3 short blasts	
20 seconds	2 short blasts	
10 seconds	1 short blast	
5-1 seconds	1 short blast every second	
START	1 very long blast	
- 8.2 The start line of the first race will either be between a staff on the Frostbite float and a mark at the other end of the line.
- 8.3 Other race starts will be between the primary RC member on an RC boat or the Frostbite float and a mark at the other end of the line. The RC and the OA may change the starting area and configuration to suit conditions. The start line configuration will be announced verbally prior to the Warning signal of each start.
- 8.4 A boat starting later than 3 minutes after her starting signal will be scored Did Not Start. This changes Rule A4 (Low Point System).

- 8.5 Rules 30.1 (I Flag Rule, i.e. round-the-ends rule) and 30.3 (U Flag Rule, i.e. one-minute rule) are modified to replace flag I and flag U with a verbal announcement (hail) from the committee.
- 8.6 Rules 30.2 (Z Flag Rule, i.e. 20% penalty rule) and 30.4 (Black Flag Rule) are deleted.
- 8.7 The RC or the OA may use a downwind start.

9 Recalls of OCS Boats

- 9.1 The fleet will be notified of individual recalls via hailing. This modifies Rules 29.1 (Individual Recall).
- 9.2 General recalls will be signaled via hailing as well. This modifies Rules 29.2 (General Recall).
- 9.3 It is expected that racers and RC members will help repeat the OCS sail numbers called by the RC.

10 Change of the Next Leg of the Course

- 10.1 The courses may be shortened or abandoned with a verbal hail. This changes Rule 32 (Shortening or Abandoning After the Start) and Rule 33 (Changing the Next Leg of the Course).
- 10.2 If the course is shortened, the RC will move the finish line to the shortened mark regardless of whether boats are already on that leg of the course, so long as the RC, in its sole discretion, does not provide a substantial advantage or disadvantage to any boat by adding that finish.

11 The Finish

- 11.1 Finish lines will be between the primary RC member on an anchored RC boat or the Frostbite float and a mark at the other end of the line. The RC and the OA may change the finish line configuration to suit conditions. The finish line configuration will be announced verbally prior to the Warning signal of each start.
- 11.2 Per 10.2, the RC may shorten the course and finish the race at a mark of the course regardless of whether boats are already on that leg of the course, so long as the RC, in its sole discretion, does not provide a substantial advantage or disadvantage to any boat by adding that finish. This changes Rule 32 (Shortening or Abandoning After the Start) and Rule 33 (Changing the Next Leg of the Course).

12 Time Limits

- 12.1 The time limit for all boats to finish a race will be 1 hour.
- 12.2 Boats failing to finish within the time limit will be scored Time Limit Expired.
- 12.3 Boats failing to finish within 15 minutes after the first boat finishes will be scored Time Limit Expired. This changes Rules 35 (Time Limit and Scores) and A4 (Low Point System). Additionally, they may be subject to a tow by the RC.

13 Penalty System

- 13.1 Rules 44.1 (Taking a Penalty) and 44.2 (One-Turn and Two-Turns Penalties) are changed so that the two-turns penalty is replaced by a one-turn penalty including one tack and one gybe.
- 13.2 A boat that has taken a penalty or retired under Rules 44.1 (Taking a Penalty) or 44.2 (One-Turn and Two-Turns Penalties) shall notify the Race Committee as soon as is practical.

14 Protests and Requests for Redress

- 14.1 Competitors intending to protest another boat or file for redress shall inform the RC immediately after the completion of the race.
- 14.2 Protests will be informally heard and decided either during the lunch stop or upon return to Norwalk YC.
- 14.3 If additional expertise is required to decide a protest, the situation will be discussed and the protest will be informally heard after racing concludes on a Sunday.
- ~~14.2 Unless otherwise agreed to, protest/redress must be filed on the official US Sailing form, which is available from the OA at Norwalk Yacht Club. Protests and requests for redress shall be delivered to the RC within the appropriate time limit.~~
- ~~14.3 The protest time limit is 30 minutes after the RC arrives ashore.~~
- ~~14.4 Notices of protest will be posted on the Notice Board no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses and where the hearing will be held.~~
- ~~14.5 The Protest Committee will be selected by the OA and will be comprised of three fleet members or Club Members not involved in the protest.~~
- ~~14.6 If practicable, protests will be heard in the presence of the fleet Members on the day of the alleged incident. The fleet Members are observers and will not participate in the Protest Committee's decision. Otherwise, protests will be held at a later date and time mutually acceptable to the involved parties.~~

15 Scoring

- 15.1 Scoring shall follow Appendix A using the Low Point System.

16 Safety Regulations

- 16.1 The RC will decide whether conditions are safe for racing. The RC shall be the sole and final judge of the conditions. Decision criteria include:
 - a) winds speed and direction,
 - b) applicable wave state,
 - c) any other reasonable conditions that may affect safety decisions.
- 16.2 Competitors shall adhere to CT State boating laws.
- 16.3 Competitors shall wear a U.S. Coast Guard approved personal flotation device at all times when on the water.
- 16.4 Dry suits are strongly recommended. Clothing must be appropriate to provide for self-rescue.
- 16.5 It is recommended that all competitors have a waterproof VHF in their boats monitoring channels 78 and 16.
- 16.6 No boats shall leave the dock until at least one safety boat is under way.
- 16.7 Should one boat capsize/swamp during a race and require assistance, the race and subsequent races will continue without delay. If a second boat swamps or capsizes and requires assistance during the same race, racing shall immediately be stopped. Any boat that has finished a race that must be halted shall receive points equal to their finish; boats still racing and not capsized/swamped at the time racing is halted shall be scored DNF. Boats requiring assistance shall be scored DNF.

Roger's Run Entry Form & Waiver

Name: _____

Address: _____
Street City State Zip

Phone: _____ H _____ M / B

E-Mail: _____

Sail #: _____ Weight: _____ lbs

Fee: TBD

Note: Unless otherwise stated, lunch is not provided. Be prepared to buy lunch or Venmo someone.

Payment Policy: Checks preferred, but cash is acceptable. Please make checks payable to "Norwalk Yacht Club" with memo of "Frostbite Regatta."

WAIVER AND RELEASE OF LIABILITY

For and in consideration of NORWALK YACHT CLUB, INC. (the "Organization") allowing me, the undersigned, to participate in any capacity in a Organization sanctioned, licensed, or approved event or activity ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the "Agreement"):

A. RULES AND REGULATIONS: I hereby agree to abide by the rules, regulations, and policies of the Organization, including any and all COVID related safety measures required by the Organization. These include but may not be limited to the rules, regulations and policies attached.

B. ACKNOWLEDGMENT OF RISK: I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of sailing, and that participation in any Organization involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable disease such as COVID), trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants or natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").

C. ASSUMPTION OF RISK: I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility

for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any Events. I also agree to be responsible for any injury or damage caused by me or any agents under my direction and control at any Event.

D. RELEASE AND INDEMNITY: In consideration of my participation in any Event, I hereby release from liability and waive any claims against the owner or organizer of the Event, its licensees, competition managers, promoters, sponsors, advertisers, beneficiaries, venue providers, and supporting organizations, together with the officers, directors, employees, volunteers and contractors of them (the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. Further, I agree to indemnify, defend, and hold harmless the Released Parties and Event Organizers against and from any and all Liability imposed on, incurred by, or asserted against any Released Party or Event Organizer resulting from, arising out of, in connection with, or relating to my breach of this Agreement.

E. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK (INCLUDING THE RISK OF CONTRACTING COVID), RELEASE, WAIVER FROM LIABILITY, AND INDEMNIFICATION.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any Event.

I further agree to abide by the Racing Rules of Sailing (the "Rules") and by all house and fleet rules of the Norwalk Yacht Club and its Frostbite Sailing Program.

Signature: _____

Date: _____