

**Rhode Island Yacht Club  
Cranston, RI**



**Ladies Cup Regatta  
Saturday, June 16, 2018**

Rhode Island Yacht Club is pleased to host the 2018 Ladies Cup Regatta celebrating the competitive spirit of women sailors in Narragansett bay. The Ladies Cup has been awarded intermittently since its inception in 1898.

**SAILING INSTRUCTIONS – PHRF RACE**

Regatta – This Regatta shall be as listed in the Notice of Race, posted on the Race Committee bulletin board and on the Rhode Island Yacht Club (RIYC) web site.

1. **RULES** This regatta will be governed by the rules as defined in “The Racing Rules of Sailing” (“RRS”).
2. **NOTICES TO COMPETITORS** Notices to competitors will be posted on the Race Committee bulletin board located at RIYC.
3. **CHANGES TO SAILING INSTRUCTIONS** Any change to the sailing instructions will be posted before 1100 on the day it will take effect, except that any change to the schedule of this regatta will be posted by 1800 on the day before it will take effect.
4. **SIGNALS MADE ASHORE** Signals made ashore will be displayed from the flagpole located near the dock office or in the case of Courses, Section 7, as a letter code card displayed adjacent to the Race Committee section of the dock office.
5. **SCHEDULE** The warning signal for the start of the Fleet will be at 1300. The start will be at 1305. There will be one class: PHRF non-spinnaker. All boats shall check in with the Race Committee either orally by approaching the committee boat or by radio on Ch. 72. Each boat shall report to the Race Committee the number of persons on board (POB). Each boat shall monitor VHF channel 72 during all phases of the race.
6. **CLASS FLAGS** There will be one start
  - Red Flag: non-spinnaker class 13:05 start
7. **COURSE** The Course shall be as follows: a) The course shall run from the start off the Rhode Island Yacht Club, to the GR OL Ohio ledge bell buoy to be left to port, G-1 Fl G 4sec, located south of Rumstick Point to be left to port ; then to the main channel buoy, R-14, Fl R 4sec, south of Conimicut Light to be left to starboard and then to the finish. The distance of this course is 13.4 miles. The race committee may shorten the course at any government mark. In the event of light winds the race committee may set the main channel bouy R-12 Fl R 2.5s, GR bell to replace the Ohio ledge buoy. b) At the discretion of the Race Committee the following method may be used: Variable Course. A variable course will be signaled by numbers and letters displayed on a course board

from the Race Committee boat. Marks shall be rounded in the order displayed reading from top to bottom, either port (P) or starboard (S). The Race Committee may also set a "special mark".

8. **OBSTACLES** The following obstacles shall be observed at all times: leave Sabin Point Dolphins to the east; leave "C"1 Pawtuxet Cove to the west, leave Bullock Point, BP 4sec to the east, leave Conimicut Light to the west, Rumstick Ledge Danger Buoy should be left to the East with great care exercised when passing near and a boat shall not pass through the RIYC mooring field, defined as an imaginary string drawn taut around all moorings owned and operated by RIYC and applied as in Rule 28.1, except for approaching the Finish when set in accordance with Section 10.

9. **THE START** The starting line shall be between an orange flag on the Race Committee boat and a government mark nearest to the side of the boat on which the orange flag is displayed. The flag, not the horns control the start.

10. **THE FINISH** The finishing line shall be between either: a) an orange flag on the Race Committee boat and Mark # 2 ("GC"1) or b) an orange marker in the mooring field and an orange flag displayed on the deck of the RIYC clubhouse. If the Race Committee is absent when a boat finishes, the skipper will report the finishing time, and position in relation to nearby boats, to the Race Committee at the first reasonable opportunity.

11. **TIME LIMIT** There is a four (4) hour time limit for the first boat to sail and finish the course.

12. **SAFETY REMINDER** Narragansett Bay has a commercial shipping channel and sailing vessels do not have the right of way over a vessel under power and restricted in her ability to maneuver. Failure to observe the Rules of the Road shall be cause for disqualification. Repeated violations can result in a season ban. A boat that retires from a race shall notify the race committee as soon as possible.

13. **DISPOSAL OF WASTE OR TRASH** Disposal of trash overboard is prohibited and can result in race disqualification. Please dispose of all rubbish in the dumpster at the end of the parking lot.

14. **DISCLAIMER OF LIABILITY** Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race, RRS. The organizing authority and the yacht club will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the race series.

15. **INSURANCE** Each participating boat shall have a valid certificate of insurance on file with the office of Rhode Island Yacht Club.