

SAILING INSTRUCTIONS
For
The Annual Frostbite Series of the Frostbite Yacht Club

October 25th, 2026 – April 18th 2027

Hosted by Manhasset Bay Yacht Club
455 Main Street, Port Washington, New York 11050

1. RULES

1.1. The series will be governed by rules as defined by the current Racing Rules of Sailing (RRS).

1.2. In the event of a conflict between the NOR and the Sailing Instructions, the Sailing Instructions will apply. This changes RRS 63.7.

1.3. Ideal 18 Class rules.

1.3.1. The Ideal 18 Class Rules, Available at: https://www.shumwaymarine.com/ideal18/idealrules.shtml apply.

1.3.2. Ideal 18 class rule 9.4 is changed such that ideal 18s shall sail without spinnakers.

1.4. InterClub Class Rules.

1.4.1. The InterClub Dinghy Class Rules, Available at: https://interclub.org/help/ic-technical-info/ Apply with the following Manhasset Bay-specific revisions:

1.4.1.1. The Hull, Rudder, and Boom (with all equipment rigged) is not to weigh less than 200lbs.

1.4.1.2. InterClub Dinghy class rule 7.2 is changed such that Bow numbers are required for each InterClub. If two boats have the same “bow/sail” numbers, the boat whose hull's number matches that “bow/sail” number shall display that number. The bow number shall be color contrasting the hull color. Bow numbers will not be supplied by the OA.

2. CHANGES TO SAILING INSTRUCTIONS

2.1. Any change to the sailing instructions will be posted more than 2 hours before the first scheduled start on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

2.2. Changes to a sailing instruction may be made on the water via verbal hail for interclub fleet or VHF radio hail for Ideal 18 fleet.

3. COMMUNICATIONS WITH COMPETITORS

3.1. The official notice board for the series shall be on the "RC" board in the main hall of the club. Courtesy notices will be posted to the club website.

3.2. The race office is located at the front desk of the Manhasset Bay Yacht Club.

3.3. On the water the Race Committee intends to make courtesy broadcasts via loudhailer. The Race Committee intends to make further courtesy broadcasts for the Ideal 18 fleet on VHF channel 69. The race committee reserves the right to alter this VHF channel at discretion in the event of existing traffic on VHF 69.

3.4. The following communications may be made by the race committee via loudhailer as well as VHF: Starting Order of classes, Order and color of marks to be rounded in addition to which side they shall be rounded to, recalls, postponement, abandonment, and any safety notices.

4. SIGNALS MADE ASHORE

4.1. Signals made ashore will be displayed on the Junior Yacht Club Flagpole.

4.2. When AP flag is displayed ashore, '1 Minute' is replaced with 'not less than 30 minutes' in Race Signals AP.

5. SCHEDULE OF RACES

5.1. The Race Committee intend to complete a minimum of 3 standard races and one crew race for each day of racing.

5.2. The Scheduled time of warnings on a given day is tide dependent and shall be denoted in Addendum A of this document.

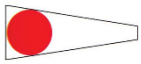
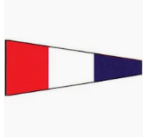
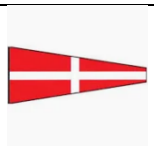
5.3. To alert boats that a race of sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

5.4. The Race Committee shall not signal a start for the Ideal 18 fleet less than 30 minutes before the "haul out time" listed in Addendum A each day. This clause does not apply if the haul window is before the launch window.

5.5. The Race Committee shall not signal a start for the InterClub fleet more than 30 minutes after the "haul out time" listed in Addendum A each day. This clause does not apply if the haul window is before the launch window.

6. CLASS FLAGS

Class Flags are assigned as follows:

Pennant Flag	Class Name	Pendant Flag
Pennant 1	InterClub	
Pennant 2	Ideal 18	
Pennant 3	Laser	
Pennant 4	Melges 15	

7. RACING AREA

7.1. The area shall be the area of Manhasset Bay as bounded by the map in Addendum B.

8. COURSES

8.1. The diagram shown in Addendum D of this document including the angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left will serve as a general course diagram library.

8.1.1. The Race Committee may, at their discretion announce, a course type outside of this list pending that the full order of marks is announced and verbally confirmed by all competitors. The Race Committee need not confirm courses with competitors if they are listed in Addendum D.

8.2. No later than the warning signal, the race committee will announce the color of the first mark.

9. MARKS

9.1. Marks will consist of 2.5ft-diameter buoys of various colors as well as tall masts with flags on them.

9.2. Colors of marks will be announced when buoys go into use for racing.

10. THE START

10.1. Races will be started using Appendix U of the RRS with the following modifications, this changes RRS 26. An amended Appendix U can be found in Addendum F of this document.

10.1.1. U1 is modified to read “Any Race Signal other than recalls, postponement, and abandonment may be made by hailing, in which case the corresponding visual signal may also be used, but not its designated sound signal. In the case of recalls, postponement and abandonment: the respective RRS 26 visual and sound signals shall still be used.”

10.1.2. U4 is modified to read “Individual recalls shall be signaled by hailing the hull number for InterClub fleet or sail number (or other distinguishing feature) of each recalled boat. Flag X shall be displayed along with its respective sound signal. “

10.2. The starting line is between a staff displaying an orange flag on the signal vessel and a staff displaying a yellow flag on a starting mark at the port end of the starting line.

10.2.1. In the event of the absence of a mark bearing a staff: The starting line is between a staff displaying an orange flag on the signal vessel and the windward face of a yellow mark at the port end of the starting line.

10.3. If any part of a boat’s hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. A boat may not request redress based on failure of the race committee to hail her number, failure of her to hear such a hail, or the order in which boats are hailed. This changes RRS 61.1(a).

10.4. A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing.

11. THE FINISH

11.1. The finishing line is between a staff displaying a blue flag on signal vessel at the port end and a staff displaying a blue flag on a finishing mark at the starboard end of the finish line.

12. PENALTY SYSTEM

12.1. In the interest of reducing the barrier to entry of protesting and hearings, the OA is invoking RRS Appendix T with the following revisions.

12.1.1. Appendix T1 (b) shall be amended to read: "A Post-Race Penalty is a 30% penalty calculated by taking the finishing place and adding 30% of the value of total number of finishers to her score." This amendment ensures ease of operation in Cox-Sprague scoring.

12.2. For all classes which the race committee has not signaled a "No-Gybe" course, RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

12.3. For All-Classes which the race committee has signaled a "No-Gybe" course:

12.3.1. Any vessel that commits an infraction of part 2 or rule 31 of the racing rules of sailing within the 3 boat-length is to take a minimum 10% voluntary penalty for that race.

12.3.2. Any vessel that commits an infraction of part 2 of the racing rules of sailing outside of the 3 boat-length is to take a minimum 20% voluntary penalty for that race.

12.3.3. The vessel that intends to take a voluntary penalty shall notify the race committee at earliest possible opportunity which shall not be more than 5 minutes after the finish of the last boat in her respective fleet.

13. TIME LIMITS

13.1. The Mark 1 Time Limit, Race Time Limit (see RRS 35), and the Finishing Window are shown in the table below.

Mark 1 Time Limit	Target Time	Race Time Limit	Finishing Window
20 minutes	20 minutes	40 minutes	10 minutes

13.2. If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.

13.3. The Finishing Window is the time for boats to finish after the first boat sails the course. Boats starting but failing to sail the course within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the finishing place of the last boat that sailed the course within the Finishing Window and was not penalized under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.2 and A10.

13.4. Failure to meet the Target Time will not be grounds for redress. This changes RRS 61.

14. HEARING REQUESTS

14.1. The protest time limit is 60 minutes after the race committee or last boat arrives on shore. The Race Committee intends to post this time on the official notice board.

14.2. Hearing request forms are available from the race office at the front desk. Digital hearing request forms, to be emailed to Sailingdirector@manhassetbayyc.org are available at the following web address (at the bottom of the page with racing documents: https://www.manhassetbayyc.org/Sailing/Racing/One_Design_Fleets

14.3. Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Trophy room, beginning at the time posted.

15. SCORING

15.1. 4 races are required to constitute a series.

15.2. The event is to be scored using the Cox-Sprague system as detailed in Addendum E of this document.

15.3. Fleets will be scored by the name of the skipper as opposed to the sail number of the vessel in the event that boats are traded amongst skippers.

16. SAFETY REGULATIONS

16.1. All Ideal 18s racing shall carry a VHF radio capable of communicating on VHF 69, 72, 73, and 74.

16.2. All vessels must carry, and when legally required: don, life preservers compliant with USCG Nearshore regulations.

16.2.1. In the event that the race committee displays flag Yankee (Y), All vessels MUST don life preservers. Violation of this shall carry a penalty no less than disqualification.

17. REPLACEMENT OF CREW OR EQUIPMENT

17.1. Substitution of competitors is allowed without prior written approval of the organizing authority.

17.2. Substitution of damaged or lost equipment is not allowed unless authorized in writing by the organizing authority. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

18. EQUIPMENT AND MEASUREMENT CHECKS

18.1. A boat or equipment may be inspected at any time for compliance with the class rules, notice of race and sailing instructions.

19. SUPPLIED BOATS

19.1. Boats may be supplied by Manhasset Bay YC, Port Washington YC or the MBYC InterClub fleet; boats supplied are subject to Addendum G

20. TRASH DISPOSAL

20.1. Trash may be placed aboard official vessels.

21. PRIZES

21.1. Prizes for 1st, 2nd, and 3rd shall be awarded for each class.

21.2. Prizes for 1st, 2nd and 3rd for crew races shall be awarded for each class.

21.3. The following perpetual trophies shall be awarded using the following criteria:

21.3.1. Harry L. Powell Trophy

Awarded since 1972 to the winner of the Annual Season Championship of the Interclub Dinghy Fleet. Presented by Mrs. Harry L Powell Jr.

21.3.2. Brakeman/Schwarz Ideal 18 Trophy

Presented in honor of Commodores William H. G. Brakeman Jr. and Carl A. Schwarz Jr. by members of the Manhasset Bay Yacht Club in recognition of their leadership in the establishment and promotion of Ideal 18 sailing at MBYC. Awarded annually the Ideal 18 skipper with the best overall performance in the Ideal 18 Frostbiting Championship Series.

21.3.3. Ideal 18 Winter Frostbite Crew Trophy

Presented by the Syracuse family to the Ideal 18 crew with the best overall crew race performance in the Ideal 18 Frostbite Championship Series.

21.3.4. Frostbite Crew Championship

Awarded to the winner of the Season Championship for the Crew Races of the Interclub Frostbite Dinghy Fleet. Presented by James B. Moore Jr.

21.3.5. Howard G. Seymour Award

Presented in 2004 in memory of Howard Seymour, awarded by the Winter Sports Committee to the Frostbite crew, skipper, or Race Committee participant who best demonstrates dedication, desire, and enthusiasm for the sport of winter sailing.

22. RISK STATEMENT

22.1. RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds 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.

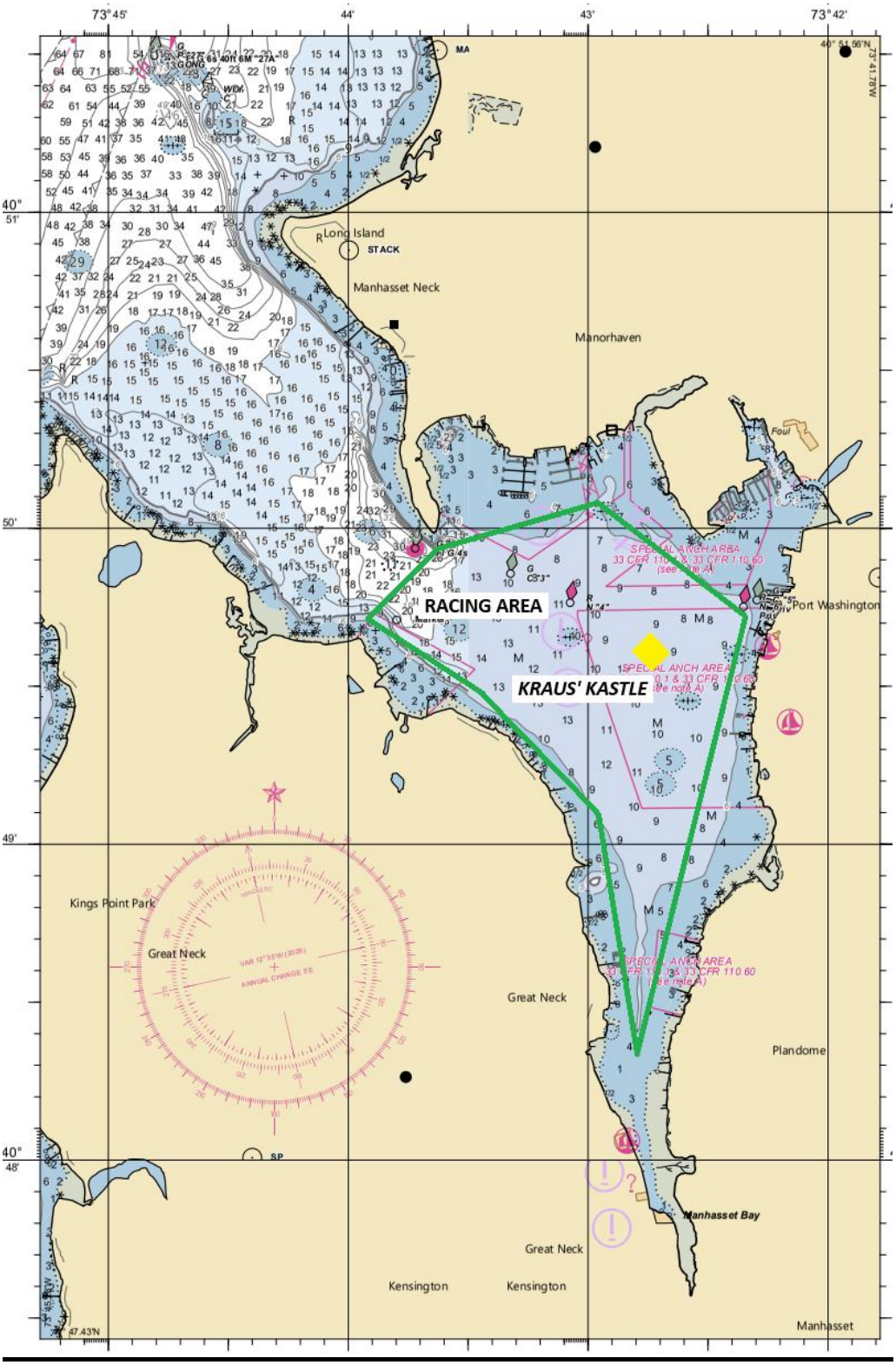
For series information, please contact Geoff Barbour, Sailing Director MBYC
Sailingdirector@manhassetbayyc.org

Attachment A: Frostbiting Schedule

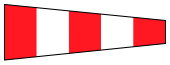
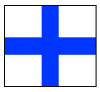
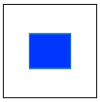
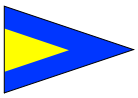
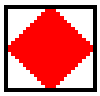
Month	Day	Special Activity/Note	**IDEAL 18 FIRST LAUNCH**	**IDEAL 18 LAST HAUL**
FALL SERIES				
October	25	Scored races begin (NO PRACTICE SCHEDULED). Hoist instruction beginning 1000. First Start 1130.	0800	1430
November	1	Fleet Racing 1430.	1315	1930
	8	Fleet Racing 1000.	0715	1330
	15	Fleet Racing 1400. Spinnaker Races to follow.	1200	1830
	22	Fleet Racing 1000.	0630	1215
	29	Fleet Racing 1400. Team Racing to Follow.	1200	1810
December	6	Fleet Racing 1000.	0610	1230
	13	Fleet Racing 1400. Spinnaker Races to follow.	1100	1700
	20	Fleet Racing 1000.	0430	1100
NEW YEARS REGATTA				
January	1	Past Commodores Race: 1130 start time		
		Regatta Start: To be determined	Last Launch 0930	First Haul 1600
		Frostbite Annual Meeting and Wassail Bowl:1600 All Invited. Spouses and children especially.		
	3	Start at 1000. Awards dinner to follow.	0440	1115

WINTER SERIES				
January	10	Fleet Racing 1400. Team Racing 1130.	1000	1600
	17	Fleet Racing IC DINGHIES ONLY 1330. No possible Ideal 18 Launch Window.	1510	2040
	24	Fleet Racing 1330. Spinnaker Race to follow.	0940	1545
	31	Fleet Racing IC DINGHIES ONLY 1330. No possible Ideal 18 Launch Window.	1330	1900
February	7	Fleet Racing 1300. Team Racing 1100.	0900	1500
	14	Fleet Racing 1500.	1430	2000
	21	Presidents Day Weekend. Fleet Racing 1200. Team Racing 1000.	0830	1430
	28	Fleet Racing 1500.	1430	2000
SPRING SERIES				
March	7	Fleet Racing 1100. Spinnaker Racing to follow.	0800	1400
	14	Fleet Racing 1500.	1430	2000
	21	Fleet Racing 1100. Team Racing to follow.	0630	1245
	28	EASTER (NO RACING)		
April	4	Fleet Racing 1100. Spinnaker Racing to follow.	0745	1345
	11	Fleet Racing 1330.	1250	1840
	18	Fleet Racing 1100.	0720	1330
OCEAN RACE AND PICNIC				
April	24	Start: 1200	1100	1750
		Picnic for Ocean Race Hosted at MBJYC		
	25	Rain Date for previous day's events	1230	1830

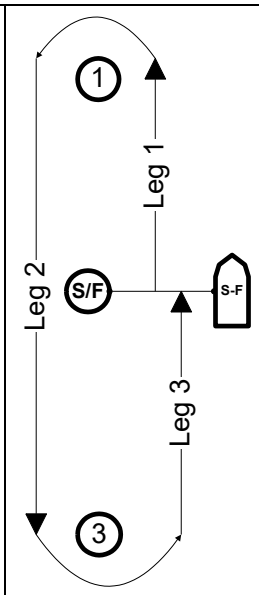
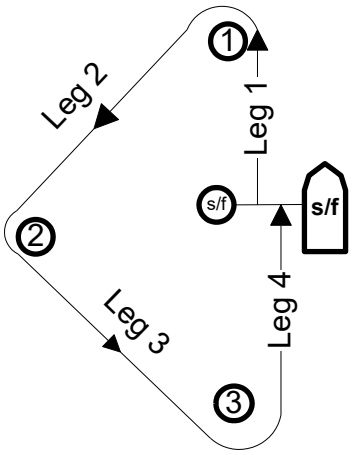
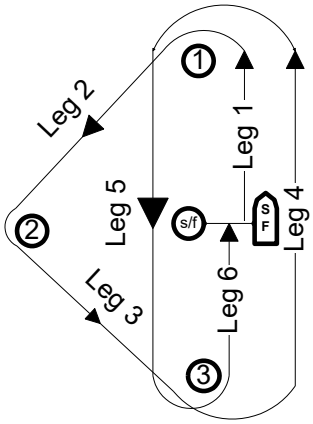
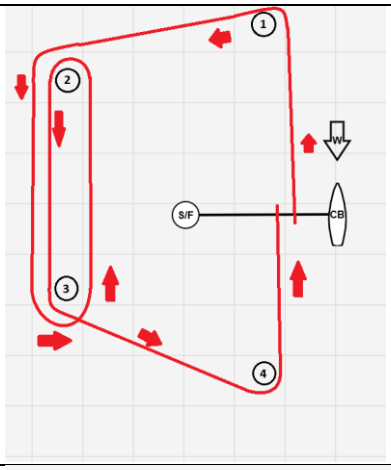
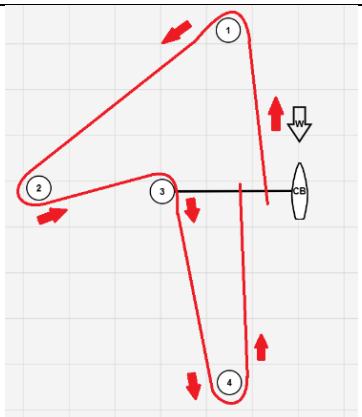
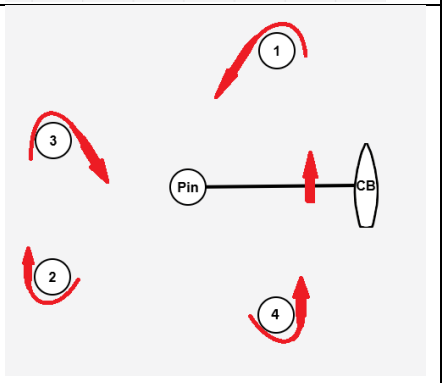
Attachment B: Racing Area Map



Attachment C: CBRA Flag Usage chart

	Postponement AP and 2 sound signals. The warning signal will be made 1 minute after the removal unless at that time the race is postponed again or abandoned.			Abandonment Code Flag N and three sound signals. All races that have already started are abandoned. When flown over an H code flag, return to the harbor for further instructions. When flown over an A code flag, return to shore, no more racing for the day.
	Come Within Hail or Follow Me Code Flag L and one sound signal. Afloat: Come within hail or follow this boat.			Course Change Code Flag C and repetitive sound signals. The position of the next mark has been changed.
	Personal Buoyancy Code Flag Y and one sound signal. All crew members shall wear USCG approved personal buoyancy.			Missing Mark Code Flag M and repetitive sound signals. The object displaying this signal replaces a missing mark.
	Individual Recall Code Flag X and one sound signal. The Race Committee will attempt to hail sail numbers of boats on the course side. Failure to hail shall not be grounds for redress. This changes RRS 41 and 62.1			Shortened Course Code S flag and 2 signals. The finish line is now between staff of the flag flying the S flag and the closest mark of the course to it.
	General Recall First Substitute and two sound signals. The warning signal will be made 1 minute after removal.			No Further Racing Code Flag A – When displayed at the finish boat: there will be no further racing today.
	Finish separate from Start Code Flag F – A separate finish line has been set.			Start in a different position. If displayed from Kraus' Kastle, the start for bay racing for the day will take place in a different location. Radio the RC on 69 for more information.

Attachment D: Course Diagrams

Windward - Leeward		Triangle	
Olympic		Modified Trapezoid	
Figure 4		No-Gybe	

Attachment E: Cox-Sprague Scoring

1. Series scores are computed as follows:
    a. Each starter in each scheduled race shall be credited with the number of points for finishing place and number of starters as indicated in the table on the following page.
    b. A boat's score shall be the quotient obtained from dividing her Total Points Scored by her Total Possible Points. This shall garner a quotient also called “Percentage Performance”.
    c. A boat’s score shall not be used for the purpose of placement in series championship if she does not sail a minimum of 50% of days sailed by the total group. This principle shall be known as “Qualification” henceforth.
2. All scoring procedures:
    a. A boat that does not complete the prescribed course after her starting signal, or withdraws, or is disqualified, shall be counted as a starter and shall receive the number of points applying to the finish place one worse than the number of starters in that race.
    b. If two or more boats finish in a dead heat, they shall each receive the number of points for that place and the next boat shall receive the number of points for the position equal to the number of boats that beat her plus one.
    c. Calculation of scores shall include a total number of days sailed for purposes of qualification for credit in the series.
        i. A day sailed shall categorize as a day in which a yacht crossed a starting line in due process of a race. Retiring from a race constitutes a day sailed.
            1. A day sailed shall also categorize as a day sailed for attendance in an away regatta, but only if the away regatta was reported to the race committee no less than 1 week before the start time of the first race in a day that would be sailed. Sailors may gather a maximum of 3 of these “Away days” in a season.
            2. A day sailed shall also categorize as a day in which a sailor and/or her agent or crew performed the duties of race committee. Sailors may gather a maximum of 1 of such days in a season.
        ii. A boat shall not be counted as a starter for the purpose of finishes but may include that race for the purpose of qualifying if:
            1. she goes to the assistance of any vessel or person in peril during a race and for that reason does not choose to finish, or
            2. she is disabled by an infringing yacht which withdraws from the race or is later disqualified through protest by the disabled yacht.

iii. A boat having no competition in her class shall, if she crosses the starting line, be credited with a start for the purpose of qualification, but shall receive no score even if she completes the course.

d. Series scores shall be computed to the third digit. In the event of a tie, the tie shall be broken in favor of the yacht that has beaten the other the greater number of times. If a tie still exists, the tie shall be broken in favor of the yacht with the greater number of 1st places. If a tie continues to exist, the tie will be broken in favor of the yacht which sailed against a larger fleet. If a tie further exists, it shall be at this point sailed off.

3. The following chart is for all racing the specified chart that governs the scoring of modified Cox-Sprague.

		Number of Starters																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Place	1	-	10	31	43	52	60	66	72	76	80	84	87	90	92	94	96	97	98	99	100
	2	-	7	25	37	46	54	60	66	70	74	78	81	84	86	88	90	91	92	93	94
	3	-	5	21	33	42	50	56	62	66	70	74	77	80	82	84	86	87	88	89	90
	4	-	-	17	29	38	46	52	58	62	66	70	73	76	78	80	82	83	84	85	86
	5	-	-	-	26	35	43	49	55	59	63	67	70	73	75	77	79	80	81	82	83
	6	-	-	-	-	32	40	46	52	56	60	64	67	70	72	74	76	77	78	79	80
	7	-	-	-	-	-	38	44	50	54	58	62	65	68	70	72	74	75	76	77	78
	8	-	-	-	-	-	-	42	48	52	56	60	63	66	68	70	72	73	74	75	76
	9	-	-	-	-	-	-	-	46	50	54	58	61	64	66	68	70	71	72	73	74
	10	-	-	-	-	-	-	-	-	48	52	56	59	62	64	66	68	69	70	71	72
	11	-	-	-	-	-	-	-	-	-	50	54	57	60	62	64	66	67	68	69	70
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	15	-	-	-	-	-	-	-	-	-	-	-	-	-	56	58	60	61	62	63	64
	16	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57	59	60	61	62	63
	17	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58	59	60	61	62
	18	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58	59	60	61
	19	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58	59	60
	20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58	59
	21	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58.00

Addendum F: RRS APPENDIX U

APPENDIX U AUDIBLE-SIGNAL RACING SYSTEM (MBYC AMMENDMENTS IN RED)

This appendix is a US Sailing prescription. US Sailing prescribes that when the notice of race or sailing instructions so state the Audible-Signal Racing System described below shall be used. It is recommended primarily for small-boat racing or when race committee resources are limited. Rules in this appendix replace rule 26 and permit changes to Race Signals and the corresponding rules in Part 3.

U1 Any Race Signal other than recalls, postponement, and abandonment may be made by hailing, in which case the corresponding visual signal may also be used, but not its designated sound signal. In the case of recalls, postponement and abandonment: the respective RRS 26 visual and sound signals shall still be used.

U2 A series of short sounds may be made at any time to call attention to a hail or a visual signal.

U3 The starting sequence shall consist of the following sound signals made at the indicated times. These signals shall be timed from their commencement and shall govern, even if visual signals are also used. Signal Sound Time before start Attention Series of short sounds Before the warning

PHASE	SOUND SIGNALS	TIME
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

U4 Individual recalls shall be signaled by hailing the hull number for InterClub fleet or sail number (or other distinguishing feature) of each recalled boat. Flag X shall be displayed along with its respective sound signal.

U5 Failure to hear an adequate hail or sound signal shall not be grounds for redress. This changes rule 62.1.

Addendum G: Loaned/Chartered Boats

BOATS SUPPLIED BY THE ORGANIZING AUTHORITY

G1 BOATS

G1.1 Boats will be supplied for some competitors, who shall not modify them or cause them to be modified in any way except that

(a) a compass may be tied or taped to the hull or spars;

(b) wind indicators, including yarn or thread, may be tied or taped anywhere on the boat;

(c) hulls, centerboards and rudders may be cleaned, but only with water;

(d) adhesive tape may be used anywhere above the water line; and

(e) all fittings or equipment designed to be adjusted may be adjusted, provided that the class rules are complied with.

G1.2 All equipment supplied with the boat for sailing purposes shall be in the boat while afloat.

G1.3 The penalty for not complying with one of the above instructions is disqualification from all races sailed in which the instruction was broken.

G1.4 Competitors shall report IN WRITING any damage or loss of equipment, however slight, to the organizing authority's representative immediately after securing the boat ashore. The penalty for breaking this instruction, unless the protest committee is satisfied that the competitor made a determined effort to comply, is disqualification from the race most recently sailed.

G1.5 Class rules requiring competitors to be members of the class association do not apply.