



International Naples Sabot Association

2025 Junior Sabot National Championship

Long Beach Yacht Club – OA

Long Beach, CA

July 29 – August 1, 2025

NOTICE OF RACE

The following abbreviations apply to this Notice of Race and the Sailing Instructions:

INSA: International Naples
Sabot Association
LBYC: Long Beach Yacht Club
NA: National Authority

NoR: Notice of Race
OA: Organizing Authority
ONB: Official Notice Board
PC: Protest Committee

RC: Race Committee
RRS: Racing Rules of Sailing
SI: Sailing Instruction
TC: Technical Committee

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. **This changes RRS 60.1.**

The notation '[DP]' denotes a rule for which a discretionary penalty may be applied by the PC. This penalty may be less than disqualification. **This changes RRS 64.**

1 RULES

- 1.1 The regatta will be governed by the 'rules' as defined in the RRS and the INSA Class Rules, including the Championship Conditions.
- 1.2 NoR Appendix A Code of Conduct shall apply to competitors and support persons as defined in the RRS. In the event of a report of a breach of this rule, the PC may call a hearing under the guidelines of RRS 62.1 or RRS 69.2(b).
- 1.3 The following rules are amended: RRS 60.3(b), 63.1(a)(4), 63.5(c), 63.7, A2.1. Details will be provided in the SI.
- 1.4 US Sailing Prescriptions 63 and 63.1 shall not apply.
- 1.5 Competitors shall wear USCG-approved PFDs at all times while on the water, other than during brief periods while adding or removing clothing. **This changes RRS 40.1, 40.2 and the preamble to Part 4.**
- 1.6 RRS Appendix T Arbitration shall apply.

2 SAILING INSTRUCTIONS

SIs will be available online after 1600 on Tuesday, July 22 at www.lbyc.org and posted on the ONB. The OA and RC will not provide printed copies.

3 COMMUNICATION

- 3.1 The ONB is located online at: <https://www.lbyc.org/default.aspx?p=v35EvtView&type=0&ID=208027>
- 3.2 While on the water, the RC will make courtesy broadcasts to competitors via loudhailer.
- 3.3 [DP] While racing, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

4 ELIGIBILITY AND ENTRY

- 4.1 The regatta is open to Junior Members of the INSA Class (Sabot A, Sabot B, Sabot C1 and Sabot C2). Skippers must have reached Sabot C2 by June 30.
- 4.2 Skippers and boats must be declared eligible by the INSA Class and provide proof of current membership and hull measurement to the Class Administrator or Head Measurer.
- 4.3 Eligible boats may enter by submitting a completed entry form and the required fee on the event website. **No entries will be accepted after July 25.**
- 4.4 A boat is entered upon receipt of the following:
 - (a) Completed online entry form.
 - (b) Payment of required fees.
 - (c) Proof of current INSA membership and hull measurement.
 - (d) Completed medical and liability forms.
 - (e) Completed INSA Championship Measurement Form signed by INSA Head Measurer.
- 4.5 A maximum of 120 competitors will be qualified to compete in the Championship Series, plus ties for 120th place. If more than 120 entries are received, the Flight Selection Series shall determine the top 120 competitors (plus ties).
- 4.6 The Cove Cup Regatta is open to all Sabot C3s and competitors who have not qualified for the Championship Series through the Flight Selection Series.
- 4.7 The defending Junior National Champion may opt to be seeded as an addition to the Championship (Gold) Flight and not be required to race in the Flight Selection Series. Election to sail in the Flight Selection Series voids this option.

5 FEES

- 5.1 Standard entry fee is \$300 for entries received by July 12.
- 5.2 Late entry fee is \$350 and will apply for entries received after July 12, but prior to July 26.
- 5.3 Coach entry fee is \$25.
- 5.4 The entry fee includes a participation gift, daily breakfast, competitor dinner ticket and post-race snacks.
- 5.5 Optional meals and clothing will be listed on the event website.
- 5.6 Entry fees are non-refundable.

6 QUALIFYING SERIES AND FINAL SERIES

- 6.1 The event will consist of a Flight Selection series and a Championship series.
- 6.2 The Flight Selection Series competitors will be divided into flights by the OA, in consultation with INSA. The number of flights and races will be determined based on the number of entries. Flight Selection Series flight assignments will be distributed at check-in.
- 6.3 The Championship Series will be divided into four (4) flights based on the results of the Flight Selection Series: Gold, Silver, Bronze and Iron. Six (6) races are scheduled.
- 6.4 In the event of adverse weather or other conditions, the RC may run fewer races or change the format in consultation with the OA and PC.

7 PROVISIONAL SCHEDULE

Monday, July 28 – Early Arrival and Measurement (clubhouse closed)

Boatyard gate opens	0930	Boatyard
Re-measurement (by appt.)	1000-1500	Boatyard

Tuesday, July 29 – Check-in, Final Measurement and Practice

Competitor/Coach check-in	0900-1300	Regatta Room
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Re-measurement (by appt.)	1000-1500	Boatyard
Practice races with RC	1300-1500	Racing Area
Opening Ceremonies	1700-1800	Pool Deck

Wednesday, July 30 – Flight Selection Series

Competitor/Coach Check-in	0800-0930	Regatta Room
Competitors Meeting	0930	Pool Deck
Coaches Meeting	0945	Pool Deck
First Warning	1100	Racing Area
Dinner & Pool Party	After Racing	Pool Deck

Thursday, July 31 – Championship Series

Competitor/Coach Check-in	0800-0930	Regatta Room
Competitors Meeting	0930	Pool Deck
Coaches Meeting	0945	Pool Deck
First Warning	1100	Racing Area
Post Racing Snacks	After Racing	Pool Deck

Friday, August 1 – Championship Series

Competitor/Coach Check-in	0800-0930	Regatta Room
Competitors Meeting	0930	Pool Deck
Coaches Meeting	0945	Pool Deck
First Warning	1100	Racing Area
Final Awards & Social	After racing	Pool Deck

NOTE: Road trailers and coach boats may not be dropped off or stored at LBYC prior to Monday, July 28.

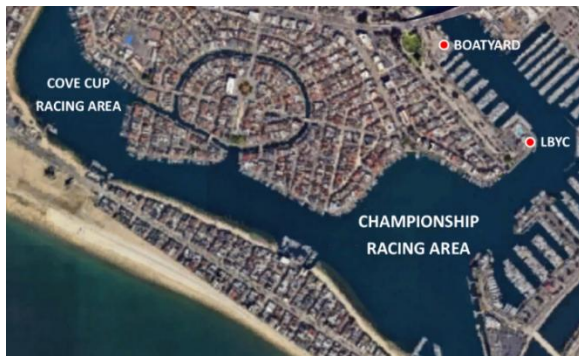
8 EQUIPMENT INSPECTION

- 8.1 Each boat shall have a current and valid measurement certificate on file with the INSA Class office. In addition, all competitors shall complete pre-measurement at one of the following locations.
- 8.2 Currently posted dates:

July 11	NHYC
July 13	BCYC
July 17	BYC
July 19	LBYC
July 22-23	MBYC
- 8.3 Boats failing to pass measurement at the above locations and dates may complete measurement at LBYC **by appointment** on Monday, July 28 or Tuesday, July 29 from 1000 to 1500. To schedule an appointment, please contact the Head Measurer no later than Tuesday, July 22.
- 8.4 Full boat measurement will not be available at the Championship.
- 8.5 Boats may be inspected at any time.
- 8.6 The TC is the INSA Head Measurer.

9 VENUE

- 9.1 All Championship racing will be held in the vicinity of Alamitos Bay, located in Long Beach, CA USA.
- 9.2 Cove Cup racing will be held in the vicinity of Bayshore Beach, located in Long Beach, CA USA.



10 COURSES

The courses to be sailed will be windward/leeward or modified windward/leeward. Details and diagrams will be provided in the SI.

11 PENALTY SYSTEM & HEARING REQUESTS

11.1 RRS Appendix T Arbitration shall apply.

11.2 Protests by competitors shall be written and filed on board the jury boat near the finish line, prior to the competitor leaving the racing area and prior to any contact with a support person.

11.3 If a competitor is a party to a hearing, the competitor shall be the representative in the hearing. **This changes RRS 63.1(a)(4).**

11.4 In accordance with rule 70.3, decisions of the PC are final. US Sailing's permission has been granted. If the requirements are not met, the decisions of the PC may be appealed. US Sailing's permission is limited to the Flight Selection Series. Competitors may appeal decisions of the PC in the Championship Series.

12 SCORING

12.1 Flight Selection Series: If less than four (4) races are completed, a boat's series score shall be the total of her race scores for all races. **This changes RRS A2.1.** If some flights complete less races than other flights, the competitors in the affected flights shall receive points equal to the average of their completed races for the race they missed.

12.2 Championship Series: Six (6) races are scheduled. Three (3) races are required to be completed to constitute a series. When fewer than six races have been completed, a boat's series score will be the total of her race scores. **This changes RRS A2.1.** When six races have been completed, RRS A2.1 shall apply.

12.3 The Flight Selection and Championship Series will each be scored separately, except for the scoring of the Hal Brown Memorial Award.

12.4 Should weather or other conditions make it unreasonable to complete the Flight Selection series on the scheduled day, the RC may change the format or racing schedule at its discretion, in consultation with the OA and PC.

13 COACHES AND SUPPORT PERSON VESSELS

13.1 A yacht club with competitors in the event may register a maximum of 6 coaches. To be eligible as a coach, the individual shall meet the following requirements:

(a) Shall be a member of US Sailing or MNA recognized by World Sailing.

(b) Shall have a current US Sailing Level 1 Certification or MNA equivalent or current CPR & First Aid with proof of successful completion of a US Sailing Level 1 course or MNA equivalent.

(c) Shall have current Safe Sport certification or MNA equivalent.

13.2 Coaches shall register online with the OA by July 25. Each coach shall pay the required coach entry fee.

13.3 Coach boats are permitted. All coach boats shall register with the OA at check-in.

13.4 Coaches shall check in and attend the daily coaches briefing.

13.5 While on the water, each coach boat shall have only registered coaches aboard, with a minimum of two and a maximum of 3 coaches from at least 2 different yacht clubs. All coaches and coach boats shall display identification and credentials as required by the OA or RC. Details will be provided in the SI.

13.6 Coaching Zones will be designated near the racing area. Details will be provided in the SI.

14 BERTHING

14.1 Berthing assignments will be provided by the OA at check-in.

14.2 [DP] Boats shall be kept in their assigned places while in the boatyard or on the Long Dock.

15 ASSUMPTION OF RISK; WAIVER AND RELEASE

All participants in this event, including but not limited to skippers, crew and support personnel, must review and sign and return to the LBYC Race Office, a copy of the Long Beach Yacht Club [Regatta Waiver and Release of Liability](#), available at the LBYC Race Office, or online at the time of entry, or on the Official Notice Board.

16 DEPICTION RELEASE

2025 Junior Sabot National Championship – Notice of Race

By participating in this event, competitors automatically grant to INSA, the OA and the event sponsors the right, in perpetuity, to make, use, and show, at their discretion, any photography, audio and video recording, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation.

17 PRIZES

17.1 Flight Selection Series

- (a) First through tenth overall.

17.2 Championship Series

(a) Gold Flight

- (i) First through tenth overall.
- (ii) Daily first awarded to winner of each race.
- (iii) First place finisher of final Gold Fleet race shall be awarded Coronado Chamber of Commerce Perpetual Trophy.
- (iv) First place finisher in the Gold Flight shall be awarded the INSA Jr. National Championship Trophy.

(b) Silver Flight

- (i) First through fifth overall.
- (ii) First place finisher in the Silver Flight shall be awarded the Commodore's Cup Perpetual Trophy.

(c) Bronze Flight

- (i) First through fifth overall.

(d) Iron Flight

- (i) First through fifth overall.

17.3 Other Perpetual Trophies

- (a) The Hal Brown Memorial Trophy shall be awarded to the competitor with the best combined score with no throw-outs in the Flight Selection Series and Championship Series.
- (b) The Joe Wells Perpetual shall be awarded to the top female competitor in the Championship Series.
- (c) The Peggy Lenhart Perpetual shall be awarded to the competitor with the most improved finish results from the prior year's INSA Junior National Championship.
- (d) The Jessica Uniack Sportsmanship Trophy shall be awarded to the competitor nominated by his/her peers and selected by the INSA Commodore, INSA Secretary and the Regatta Chair.

18 FURTHER INFORMATION

Regatta Chairman	David Bassett-Parkins		
Head Measurer	Eric Heim	ericdheim@gmail.com	
Sailing Director	Matt Peter	mpeter@lbyc.org	(562) 598-9401
Race Office	Cameron MacLaren	cmaclaren@lbyc.org	(562) 294-5161

APPENDIX A

CODE OF CONDUCT

Appendix A, Code of Conduct shall apply to all competitors, coaches and support persons at all times during the Championship at all locations associated with the event, including but not limited to the LBYC clubhouse, boatyard, spectating area and racing area. Breaches or reported breaches of this Code of Conduct shall be reported to the OA or PC and are subject to the provisions listed in NoR 1.2

PROHIBITED ACTIONS

1. The use of profanity or abusive language generally or as directed toward any competitor or the organizing club's committee, members or guests.
2. Tampering with, vandalizing or stealing another competitor's equipment.
3. Vandalizing the host club, its property or equipment.
4. Entering any restricted areas as designated by the OA or RC.
5. Placing a coach boat, spectator boat or support boat in the racing area when not allowed.
6. Using tobacco or other smoking or vaping products by persons under the age of 21.
7. Using illegal drugs or narcotics at the Championship venue.
8. Consumption of alcoholic beverages by persons under the age of 21.
9. Any other inappropriate behavior at the Championship venue that is a breach of good manners, a breach of good sportsmanship or unethical behavior, or conduct that may bring the sport into disrepute.