

2016 Up Bay Interclubs
Organizing Authority Yacht Clubs (OA):
Mantoloking, Normandy Beach, Lavallette, Shore Acres, Metedeconk
River, Manasquan River and Bay Head Yacht Clubs
July 12, 21 and August 1, 2016

NOTICE OF RACE

1. RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 Class Rules will apply. Boats may deviate from class rules for sail numbering, but sail numbers must be unique for each class.

2. ELIGIBILITY AND ENTRY

- 2.1 The regatta is open to all boats of the Club 420, Laser Radial, Laser 4.7, Sunfish, Opti A & B classes whose crew is a member of a junior sailing program from an OA Yacht Club and who has been preregistered through the Head Instructor from the respective club (see 4.1).
- 2.2 All coaches must sign the Up Bay Coaches Code of Conduct prior participation in any of these events (see below).
- 2.3 All entrants must complete the WAIVER OF LIABILITY, MEASUREMENT, SAFETY CERTIFICATION and USE OF LIKENESS and Medical Consent form prior to participation in any of these events (in the Sailing Instructions).

3. FEES

There are no regatta fees.

4. VENUE, REGISTRATION and SCHEDULE

- 4.1 To register, the head instructor for each Up Bay yacht club must create an Excel spreadsheet with the following columns: sailor's last name, first name (same column), class, and sail number, OA club, crew's last name, first name (same column). Email this

spreadsheet to 2016 interclub PRO: Matthew Goetting (732-580-8642) (mgoetting@hotmail.com) no later than July 6, 2016.

4.2 EACH SAILOR IS RESPONSIBLE FOR THEIR OWN LUNCH. Lunch will not be provided or for sale at the host yacht club.

4.3 All changes to sail numbers or fleets, etc., must be provided to Matthew Goetting (732-580-8642) (mgoetting@hotmail.com) in writing one (1) hour prior to first warning signal on the day it will take effect.

4.4 Number of races:

The intent is to hold 5 races for each Interclub, with 2-3 races before lunch and the remaining races after lunch. The number of races and lunch schedule will be determined by the race committee.

4.5 Schedule:

<u>Date</u>	<u>Location</u>	<u>Skippers Meeting</u>	<u>Warning Signal</u>
<u>7/12/16</u>	<u>LYC</u>	<u>0930</u>	<u>1030</u>
<u>7/21/16</u>	<u>MYC</u>	<u>None</u>	<u>1030</u>
<u>8/1/16</u>	<u>LYC</u>	<u>None</u>	<u>1030</u>

5. SAILING INSTRUCTIONS

The sailing instructions will be available just prior to the skipper's meeting at 0930 AM on July 12 at Lavallette Yacht Club. They will also be posted on the Mantoloking Yacht Club website (<http://mantolokingyachtclub.org>) under Sailing ->Junior Sailing.

6. VENUE

6.1 The racing area for Interclubs hosted by Lavallette Yacht Club will be on Barnegat Bay off Lavallette Yacht Club.

6.2 The racing area for Interclubs hosted by Mantoloking Yacht Club will be on Barnegat Bay just south of Swan Point.

7. THE COURSES

The courses to be sailed will be either windward/leeward, triangle or a combination of triangle and windward/leeward. Details are provided in the Sailing Instructions. The RC will post the course on the Official Notice Board (ONB) each day.

8. SCORING

8.1 The Low Point System of Appendix A will apply.

8.2 Up to five (5) races are scheduled for each Interclub.

8.2.1 When fewer than five (5) races have been completed, a boat's series score will be the total of her race scores.

8.2.2 When five (5) or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

8.3 One (1) race is required to be completed to constitute a series for each Interclub.

8.4 Summer Series Score

8.4.1 If 20 races or more races have been completed, a boat's series score will be the total of her race scores excluding her worst 4 scores. If 15 to 19 races have been completed, a boat's series score will be the total of her race scores excluding her worst 3 scores. If 10 to 14 races have been completed, a boat's series score will be the total of her race scores excluding her worst 2 scores. And if 9 races or fewer races have been completed, a boat's series score will be the total of her race scores excluding her single worst score.

8.4.2 An additional drop to account for one Interclub absence may be adjusted if deemed eligible by the RC for competing in regional or national regattas. Request for such consideration must be in writing, sent to Matthew Goetting at MYC (mgoetting@hotmail.com) no later than 7/20/16, even if requesting in advance of regatta.

9. SUPPORT BOATS

Support boats will be provided by participating yacht clubs and must have safety cutting equipment on board at all times in addition to other Government required safety equipment.

10. CONDUCT OF COACHES

All coaches must adhere to the Up Bay Coach Code of Conduct (see below). Coaches are the instructors employed by the Organizing Authority Yacht Clubs.

11. PRIZES

Weekly prizes will be awarded during lunch of the following Interclub. Bay Championship and Summer Series Awards will be awarded at Seaside Park Yacht Club, Sept. 3.

12. DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See Rule 4, Decision to Race. The organizing authority will not accept liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after any race, regatta or series.

13. FURTHER INFORMATION

For further information please contact the 2016 interclub PRO:

Matthew Goetting (732-580-8642) (mgoetting@hotmail.com) or

Head Instructor Tina Mooney (LYC), the liaison for LYC Interclubs.

Up Bay Interclub Coaches Code of Conduct

I promise to uphold the Racing Rules of Sailing and honor the spirit of Corinthian Sailing, shall pledge honesty and integrity in general, encourage good sportsmanship, and shall not deviate from the truth, or break rules which govern our sport of sailing, nor tolerate such behavior in others.

I promise to maintain a positive mental attitude and be responsible for my conduct as a representative of _____, by at all times following the various rules and regulations given by my employer, and any personnel from a host club.

I understand that any violation of these rules will allow my employer to void my coaching contract.

Coaches must support all sailors, not just "their" sailors.

Coaches will treat sailors, other coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities. I understand that I may expect similar treatment from others.

Coaches will refrain from public criticism of Sailors, Race Officers, Judges, Umpires and all other volunteers.

Coaches will respect the property of others, and neither steal, damage, destroy nor borrow another's property without permission, nor tolerate such behavior by other coaches or sailors.

Coaches must not abuse sailors, other coaches, parents, or competitors, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every sailor has a right to enjoy their participation at any program, or club event and acknowledge that they are subject to and will comply with the US Sailing's anti-harassment policies.

Coaches will not use, or tolerate the use by others, any controlled substance or drug which is not legally obtainable, or any prescribed drug or over-the-counter medication which is not being used in accordance with its intended medical purpose, understanding that a drug-free environment is necessary in order to achieve individual and team success while working with underage athletes or students. Coaches who take any medication, whether prescription or over-the-counter, are responsible for being aware of any effect the medication may have on the coach's fitness for duty and must promptly report to their supervisor the use of medication likely to impair their ability to perform their duties as a coach. The supervisor receiving such a report may take reasonable measures to ensure that use of such medication does not adversely affect the safety of the coach, sailors and others. Such action may include reassigning the employee to another position temporarily, if deemed necessary.

Coaches will follow all safety procedures given by your employer, and/or host club understanding the paramount importance of safety including the wearing of a life jacket while on the water. I will immediately notify the Jr Sailing Coordinator, Head Instructor, or host club personal if any member of a team is in danger for any reason.

I will strive to be a good role model as well as a good instructor for the sailors. I will not use an iPod or other in-ear music at any time during the program day, especially at meetings and while out on the water. I will not engage in any social media activity, i.e.

Facebook, Twitter, texting etc... during my hours of employment or use said medium to discuss or disparage the club members, guests or employees.

Coaches will behave and dress at all times in a manner consistent with high standards of each Organizing Authority club. By signing this code of conduct I agree that my association with _____ YC is by invitation of the _____ and that this invitation and association may be suspended or revoked unilaterally by the _____ for violations of this code with or without a hearing.

Coach Signature

Date