



Sailing Instructions

Arizona Yacht Club

Ruth Beals' Cup

17 October 2026

Lake Pleasant, Arizona

1. **Rules.** The series will be governed by the rules as defined in the Racing Rules of Sailing (RRS) and applicable class and fleet rules, which are available from fleet captains.
2. **Changes to Sailing Instructions.** Sailing Instructions may be changed up to 5PM the day before racing and posted at the [AYC website](#). Changes to the sailing instructions may be made on the water by displaying flag L, come within hail, with one sound. Competitors should sail aft of the committee boat on starboard tack or listen to the designated RC VHF Channel for information about the change.
3. **Radio Communications.** On the water, the race committee will monitor and may communicate with competitors by **VHF radio on Channel 68**.
4. **Schedule.** The scheduled time of the warning signal for the first and only race is 12:55 PM.
5. **Class Boards.** In place of class flags, class boards will be displayed for starts. This modifies Rule 26. The class symbol for this single race regatta will be "PHRF Non-Spin."
6. **Racing Area and Courses.** The planned course is a triangle course, S, E, H, 2 or S, E, L, 2. (2 = twice around). See Lake Pleasant Course Chart P for details.
7. **Marks.** Rounding marks will be inflatable yellow, red, or green cylinders and tetrahedrons, and islands.
8. **Check-in and Checkout.** Each boat must check in before her first race each day by sailing aft of the Race Committee on starboard tack and hailing sail number and number of persons onboard. A boat that retires from racing before the end of the race day shall notify the Race Committee as soon as possible. If possible, use designated RC VHF Channel.
9. **Starting and finishing line.** The starting line will be between the orange mast on the committee boat and a small red buoy mark or orange flag. The finishing line will be between the orange mast on the committee boat and a small yellow buoy mark.
10. **Obstructions:** After sailing the first leg, the start and finish lines are obstructions the boats shall not cross unless finishing. Unless corrected, a boat violating this rule will be scored NSC without a hearing.
11. **On Course Side.** 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 may attempt to hail her sail number. Failure to hail her number, failure of her to hear such a hail, or the order in which boats are hailed will not be grounds for a redress request.
12. **Safety.** All persons on board are encouraged to wear a personal flotation device while underway. A boat, competitor, or support person shall give all possible help to any person or vessel in danger.
13. **Time Limit.** All boats must finish by 5:45 pm. Boats starting but failing to sail the course within the Time Limit will be scored 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 Time Limit and was not penalized under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.3 and A10.
14. **Protests.** Competitors are to submit protests within the protest time that ends at 6PM. [Protest forms are available here](#) or on the US Sailing app or may be a simple email meeting the requirements of RRS 60.3. Send protest information to emory.heisler@gmail.com. Protest and redress hearings will be virtual and parties and witnesses to hearings shall have access to a device that has internet accessibility with audio and video capability.