DMYC Frostbite Challenge
For Mono-Hull Dinghies
Sailing Instructions 2026-2027

General Information

All paid-up competitors are honorary members of the DMYC on race days and on the evening of a prize-giving. The DMYC reserves the right to withdraw this membership.

We ask your assistance in our efforts to keep the racing simple, trouble-free, safe, enjoyable and clean, bearing in mind the constraints involved in setting courses, racing in confined waters and the compromises of the handicapping system. We remind competitors to keep the marina fairway clear before, during and after racing, and to "leave no trace" in or on the water.

1 RULES

1.1 All races will be governed by the Racing Rules of Sailing, the Prescriptions of Irish Sailing, the Notice of Race, these Sailing Instructions (and amendments) and the appropriate Class Rules.

1.2 Racing rules 26, 27, 28, 29, 32, 35, 90.3, A3, A4, A5 and race signals are changed by these Sailing Instructions. Changes are highlighted in the relevant instructions below.

1.3 All helms must be personal members of Irish Sailing or of an affiliated Category 1 club.

1.4 Boats must display a sail number. A boat wishing to sail with a change in sail number must inform the race committee before the start of the race: frostbite@dmyc.ie

1.5 As detailed in the Notice of Race, ILCA and RS Aero boats may use a **smaller** sail than normal. That sail must carry the same sail number as the normal sail for the boat. An ILCA boat must race in its normal class. An RS Aero boat will be scored using its normal handicap.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the DMYC web site, www.dmyc.ie. Competitors may also be notified by email or other communication channel.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 12:00 on the day it will take effect, but a change to the schedule of races will be posted at least four days before it will take effect.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed on the yardarm at the DMYC clubhouse and may be repeated on the DMYC web site, as in SI 2 above.

5 SCHEDULE OF RACES

5.1 Races are scheduled on Sundays as below:

Series 1	Eight Sundays from 1 November to 20 December 2026
Series 2	Twelve Sundays from 3 January to 21 March 2027
Overall Series	All dates above.

5.2 The scheduled time of the first warning signal for the first race each day is 13:57. Starts for subsequent races will be signalled as soon as practicable after the previous race.

5.3 The aim is to run at least two races each Sunday, when conditions permit. Three races may be run on some days with good weather and enough daylight, to compensate for other days when racing is not possible. The intention to run three races will be signalled on a board on the committee boat.

6 CLASSES AND FLAGS

Boats will race in four classes, using the class flags shown below. (The start sequence is in SI 10.1.)

Class	PY – all except ILCA	ILCA 7 (Laser full rig)	ILCA 4 (Laser 4.7)	ILCA 6 (Laser Radial)
Flag	Numeral 6 	ILCA 7, white 	ILCA 4, yellow 	ILCA 6, green 

7 RACING AREAS

Racing will normally take place in Dun Laoghaire Harbour. If necessary, racing may be in Dublin Bay, close to the harbour. This decision will be made by the Race Committee on the day.

8 COURSES

8.1 The course may be windward-leeward, triangular or a mix of the two (similar to the old Olympic Triangle course). Course diagrams are shown on the Course Card (page 4).

8.2 The type of course and the number of laps to be sailed will be signalled by a letter and a number displayed on the committee boat, no later than the preparatory signal of the relevant class. This changes RRS 27.1. The meaning of the signals is on the Course Card.

8.3 When ILCA 7 and ILCA 4 are starting together, two numbers may be displayed. The first number is the number of laps to be sailed by ILCA 7, and the second number applies to ILCA 4. If only one number is displayed, both classes shall sail that number of laps.

9 MARKS

9.1 The main rounding marks will be orange inflatable marks. In a windward-leeward course, the offset mark, if used, will be a smaller ball-type mark.

9.2 The start mark may be an orange pillar mark. The finish mark may be the start mark or a separate pin mark. If both marks are in the water, the pin mark is the finish mark.

10 THE START

10.1 Races will be started using RRS 26, with the warning signal 3 minutes before the starting signal of each class, and the preparatory signal 2 minutes before the starting signal. This changes RRS 26. The normal start sequence for the first race is:

Class or Classes	Warning and flag(s)		Preparatory	One Minute	Start
PY	13:57	Numeral 6	13:58	13:59	14:00
ILCA 7 and ILCA 4	14:00	ILCA 7 ILCA 4	14:01	14:02	14:03
ILCA 6	14:03	ILCA 6	14:04	14:05	14:06

10.2 The start line will be between a striped pole on the committee boat, with an orange flag, and the course side of the start mark.

10.3 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence of other classes and avoid interfering with boats that are racing.

10.4 In the event of a general recall, if there are other classes waiting to start, the normal starting sequence will continue. The recall signal (First Substitute) will be removed with the preparatory signal of the next class, with no additional sound signal. The warning signal for the restart of the recalled class will be made at the end of the normal starting sequence. If there is more than one recalled class, the restarts will be in the order of the normal sequence. This changes RRS 29.2. **Note** that a race may be abandoned after multiple attempts to start. **Note** that a restarted race may have a **shorter course** than that originally signalled.

10.5 A boat that does not start within 6 minutes of her starting signal will be scored Did Not Start without a hearing. This changes RRS A4 and A5.1.

11 THE FINISH

11.1 The finish line will be between a striped pole on the committee boat, with a blue flag, and the course side of the finish mark.

11.2 The course may be shortened at any rounding mark or gate in accordance with RRS 32.



11.3 When flag F is displayed near the leeward mark or gate, with sound signals, all boats should round the leeward mark or pass through the gate as normal, then sail to the finish line and finish. When flag F is displayed with a class flag or flags, it applies only to the class or classes indicated. The finishing time or place for boats that have sailed different numbers of laps will be adjusted in an equitable manner. This changes RRS 32, A3 and A4 and extends RRS race signals.

11.4 In the ILCA classes, a race committee vessel displaying flag W may offer the last boat still racing a score corresponding to its place in the race at that time. If the boat accepts this offer, it shall stop racing. This changes RRS 28.1, A3, A4 and A5.



11.5 Boats no longer racing shall avoid the finishing area while the blue flag is flying on the committee boat, so that other boats can finish without obstruction.

12 FINISHING WINDOW

The Finishing Window is the time allowed for a boat to finish after the first boat in its class has sailed the course and finished. A boat that does not finish within the Finishing Window (and not retiring, penalised or given redress) may be scored DNF without a hearing. The Finishing Window will be 6 minutes per lap of the course signalled at the start for that class. This changes RRS 35 and A5.1.

13 PROTESTS

13.1 A boat wishing to protest another competitor should inform the Race Committee before leaving the race area. This may be done directly or via a patrol boat.

13.2 Hearing Request forms are available at the Race Office in the DMYC and on the DMYC web site. Such forms should be delivered to the Race Office within two hours of the last boat finishing the last race of the day.

13.3 Protests will normally be heard at 17:00 on the Sunday following the protest, but a protest on the last day of a series will be heard as soon as practicable, to facilitate prize-giving.

14 SCORING

14.1 RRS Appendix A, Scoring, will be used. Rule A5.3 will apply, except that a boat that did not come to the starting area will be scored points for the finishing place four more than the number of boats that came to the starting area. This changes RRS A5.3.

14.2 Finish times of boats in the PY class will be adjusted using the Portsmouth Yardstick handicap system, with local adjustments where appropriate.

14.3 In each class, at least 2 boats must start to constitute a race. This changes RRS 90.3.

14.4 At least 5 races must be completed to constitute a series.

14.5 When 5 or more races have been completed in a series, discards will be allowed as follows:

5 to 8 races: 1 discard;	9 to 12 races: 2 discards;	13 to 16 races: 3 discards;
17 to 20 races: 4 discards;	21 to 24 races: 5 discards;	25 or more races: 6 discards.

15 SAFETY

15.1 Adequate personal buoyancy must be worn by all competitors. Wet suits are not sufficient.

15.2 Each boat should have on board a whistle, a knife, which is readily accessible in the case of capsize, and a towing line, properly secured.

15.3 The priority of patrol boat personnel is the safety of people. The instructions of patrol boat personnel must be obeyed.

15.4 In strong winds or other adverse conditions, boats should return to shore as soon as possible after finishing racing for the day.

15.5 Failure to comply with any of these safety instructions may lead to non-discardable disqualification. This changes RRS A5.1.

16 DISCLAIMER OF LIABILITY

Competitors participate in these races entirely at their own risk and take responsibility for their decision to race or to continue racing – see RRS Rule 3, Decision to Race. The Dun Laoghaire Motor Yacht Club cannot be held responsible for any injury, accident or damage to any person, boat or equipment arising out of these races. The same applies to the organisers, the sponsors, the patrol boat personnel and any volunteer acting on behalf of the DMYC.

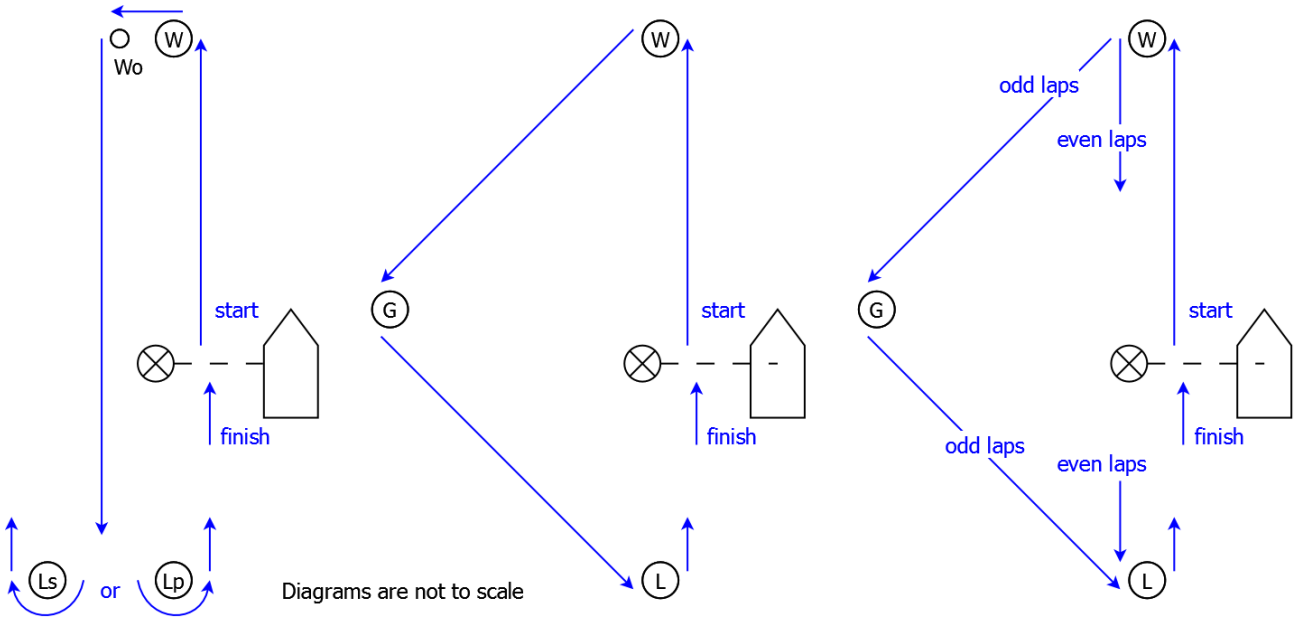
17 PRIZES

Prizes will be awarded to the top three boats in each class in each series. Further prizes may be awarded if justified by the number of entries. Prizes for Series 1 will be awarded, if possible, on Sunday 20 December 2026 at the Christmas party. Prizes for Series 2 and for the Overall Series will be presented in the DMYC on 21 March 2027.

Special prizes may also be presented in the DMYC after each day's racing (at approx. 17:00).
Competitors must be present to collect these prizes on the day or on the following race day.

Course Card

Course Diagrams



Windward-Leeward
Signal: **W**

Simple Triangular
Signal: **T**

"Olympic Triangle"
Signal: **O**

Windward-Leeward Course, signalled by letter W and a number indicating the number of laps: Marks W and Wo are to be rounded to port. At the gate, a boat may round mark Lp to port or round mark Ls to starboard. If only one leeward mark is laid, it shall be treated as Lp and rounded to port. If the offset mark, Wo, is not laid, it shall be omitted from the rounding sequences below.

Signal	Course to be sailed
W 1	Start - W - Wo - Lp or Ls - Finish
W 2	Start - W - Wo - Lp or Ls - W - Wo - Lp or Ls - Finish
W 3	Start - W - Wo - Lp or Ls - W - Wo - Lp or Ls - W - Wo - Lp or Ls - Finish
W 4	Start - W - Wo - Lp or Ls - W - Wo - Lp or Ls - W - Wo - Lp or Ls - W - Wo - Lp or Ls - Finish

Simple Triangular Course, signalled by letter T and a number indicating the number of laps:

Signal	**Course to be sailed** – marks W, G and L are to be rounded to port on each lap
T 1	Start - W - G - L - Finish
T 2	Start - W - G - L - W - G - L - Finish
T 3	Start - W - G - L - W - G - L - W - G - L - Finish
T 4	Start - W - G - L - W - G - L - W - G - L - W - G - L - Finish

"Olympic Triangle", signalled by letter O and a number indicating the number of laps:

Signal	**Course to be sailed** – marks W, G and L are to be rounded to port as listed below
O 2	Start - W - G - L - W - L - Finish
O 3	Start - W - G - L - W - L - W - G - L - Finish
O 4	Start - W - G - L - W - L - W - G - L - W - L - Finish
O 5	Start - W - G - L - W - L - W - G - L - W - L - W - G - L - Finish