What are some examples of misconduct?

Here's a synopsis from World Sailing case 138:

Any action, including a serious breach of rule 2 or any other rule, that the committee considers may be an act of misconduct should be considered under rule 69.

Engaging in unlawful activity

Bullying, discrimination, intimidation

Physical violence or threats

Reckless actions

Intentionally breaking a rule

Interfering with another competitor's equipment

Repeated breaches of a rule

Not telling the truth in a hearing

Foul or abusive language