

2014 Sailing Instructions for Christopher Newport University Sailing Events

1. Rules: The regatta will be governed by the International Yacht Racing Rules, the prescriptions of US Sailing, the Intercollegiate Sailing Association's Official Procedural Rules for Intercollegiate Sailing Competition and these Sailing Instructions.

2. Notices to Competitors: Official notices will be posted on the "Big Screen".

3. Schedule: Report time, both days - 9:00 AM.

4. Boats: FJ's and T420's supplied by CNU. No adjustment may be made to standing rigging.

5. Rotation: After each set of Four Races sailed, teams will rotate odds up, evens down on the dock.

6. Courses: As shown on the "white board" or displayed on the "Big Screen" or as otherwise provided for all. Course and starting/finish marks will be orange, yellow & green balls.

7. Starting line: Between a yellow ball and an orange flag on the Committee boat as prescribed for the particular course.

8. Starts: Starts will be thus:

Warning	3 signals - 3 minutes to start
Preparatory	2 signals - 2 minutes to start
	1 signal - 1 minute to start
	1 signal - Start.

9. Recalls: Individual recalls will be made by displaying Code Flag "X" and, as a courtesy, hailing the sail numbers of the boats concerned. General recalls will be signaled either by the display of Code Flag "First Substitute" and a series of short whistles or a series of short whistles alone. After a general recall, Rule 51.1 shall apply without the display of Code Flag "I" until a race has been satisfactorily started. OCS's *may* be called from both ends of the line.

10. Changing the course: After the starting signal, the Race Committee may change the position of any mark, provided no boat is on the leg of the course for which that mark is the beginning. No signal shall be given for such change.

11. Abandonment: A race may be abandoned due to a major shift on the first beat providing no boat has rounded the windward mark.

13. The Finish line will be between a green ball and an orange flag on the Committee Boat or a yellow ball and an orange flag on the Committee Boat as called for with the particular course.

14. Scoring: Fleet race events will be scored on a low point system according to the ICSA provisions including

tie-breaking procedures. Team events will be scored on the High Point system allowing one point for each race won. Ties in points will be broken in accordance with ICSA procedures.

15. Safety: USCG approved Type III PFDs shall be worn and zipped at all time.

16. Protests: The requirements of Part IV, sections 29, 30, and 31 will be strictly adhered to.

17. Capsized: Yachts may be recovered and continued to race at any time before or during a race. If the safety of the crew or boat is in doubt or the progress of the regatta is affected, the Race Committee may insist that assistance be accepted and the yacht retired from the race. Starts will not be delayed to accommodate capsized yachts.

18. Breakdowns: ICSA Procedural Rules shall apply; and, breakdowns will be handled in the same manner as protests.

19. Coaching: Coaching will be permitted between races providing all coaches have equal access and the rotation is not delayed.

20. R.P. Forms: Record of Participation forms shall be filled out before the first race and kept up to date to the end of competition. R.P. Forms *must* be completed on Techscore.

Please remember to fill out RP Info on TECHSCORE!

u.d.10-20-14