



**New York Maritime College
Women's Atlantic Coast Tournament
October 15-16, 2022**



SAILING INSTRUCTIONS

1. Rules

The regatta will be governed by the rules as defined in The Racing Rules of Sailing 2021-2024 (RRS) except as modified by the ICSA Procedural Rules, The MAISA Information Bulletin and these Sailing Instructions.

2. Notices to Competitors

Notices to competitors will be posted on the Official Notice Board in the East Bay of McMurray Hall.

3. Changes to Sailing Instructions

Any change to the Sailing Instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 1700 on the day before it will take effect.

4. Schedule of Races

Saturday, October 15	0915	Coaches Meeting
	1000	First Warning Signal
Sunday, October 16	0945	First Warning Signal
	1500	No Start After

5. Racing Area

The racing area is the East River, west of the Throgs Neck Bridge. At the discretion of the race committee the race area may be moved into Little Bay east of the Throgs Neck Bridge.

6. Courses/Marks

- 6.1. Courses will be W3s, W4s, and W5's with an offset and a leeward gate.
- 6.2. The course to be sailed will announced orally by the Race Committee.
- 6.3. The Race Committee may change the position of any mark, provided that no boat has started that leg of the course. There will be no visual or sound signal for such a change.
- 6.4. An "M" flag may be used to replace a mark.
- 6.5. Marks will be orange or pink inflatable balls.

7. Boats/Breakdowns/Rotations

- 7.1. FJs and 420s will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way, except that competitors may adjust lines and controls normally adjustable. A division will begin the event in FJs and B division will begin the event in 420s.
- 7.2. Rotations will all take place from the 420 dock no sailboats should come alongside the large cement dock as it is not fendered.

- 7.3. Requests for breakdown points shall be filed in the same manner as protests.
- 7.4. A schedule of boat rotations, as per ICSA Procedural Rule 22(b), Rotation of Boats, will be posted on the Official Notice Board.

8. Start/Finish Lines

- 8.1. The start line will be between a staff displaying a flag on the Race Committee Start Boat and an orange or pink ball.
- 8.2. The finish line will be between a staff displaying a flag on the Race Committee Finish Boat and an orange or pink ball.
- 8.3. If a boat is delaying the finish of a race, or the rotation, the Race Committee may end the race and score the boat in its current position.

9. Starting System

- 9.1 ICSA PR 18 (b), 3-minutes starting signal will be used.

10. Individual Recalls

- 10.1. The Race Committee will attempt to notify individual boats by hailing their sail or bow numbers as per ICSA Procedural Rule 18(b)(ii).

11. Protests

- 11.1. Protest forms are available at the Notice Board in the Sailing Center.
- 11.2. Protests shall be filed within 30 minutes of reaching ashore after the race in which the incident occurred. This changes ICSA PR 30.
- 11.3. Protests may be heard during interruptions in racing or at the end of the race day as determined by the judges.

12. Safety

- 12.1. A boat that retires from a race shall notify the Race Committee as soon as possible.
- 12.2. Competitors shall wear a USCG approved PFD per ICSA PR 13(c)
- 12.3. The Race Committee may ask a boat to retire from a race at any time should their safety be in question.

13. Coaching

- 13.1 All coaching is to be done from the ashore.