

**Richard Ross College Bowl
Courageous Sailing Center
Charlestown, MA**



September 20, 2025 SAILING INSTRUCTIONS

1. RULES

1.1. This regatta shall be governed by the Racing Rules of Sailing 2025-2028(RRS), the Procedural Rules (PR) and Class Rules for Intercollegiate Sailing Competition 2025-2028, and the NEISA Rules and Regulations, except as any of these are modified by these Sailing Instructions.

1.2. Any questions regarding these Sailing Instructions should be submitted in writing to Education Director Jen Bodde at jen@courageoussailing.org, and Diana Weidenbacker at dianaw46@comcast.net.

1.3 Penalties Taken at the Time of the Incident- US Sailing Prescription V1 applies: The first two sentences of rule 44.1 are changed to “A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 or rule 31 while racing. However, when she may have broken a rule of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a Two-Turns Penalty.”

1.4 RRS 62.1(b) is changed to “swamping, capsizing, disablement, injury, or physical damage because of the action of a boat that was breaking a rule of Part 2 or of a vessel not racing that was required to keep clear.”

1.5 The following is added to the end of RRS 62.1: “(e) failure of equipment on the boat that could not be prevented by a reasonable inspection and/or adjustment prior to racing.”

Competitors are reminded to inspect knots, halyards, sheets, control lines, tiller extension and fittings, shackles, cotter pins, and cotter rings (‘ring dings’) used to secure stays to the hull or blocks to the boom, mast, traveler, or boat, before leaving the dock. If they do not do so, they should not expect relief when simple and preventable failures occur.

1.6 RRS 40 is deleted and replaced with: “All competitors shall wear, while on the water or dock, other than for brief periods while adding or removing clothing, an approved US Coast Guard PFD. The PFD must be worn outside all clothing, except that a thin shirt may be worn over the PFD to prevent snagging.

” Note that flag Y will not be displayed. This changes the preamble to Part 4 of the RRS.

2. ENTRIES

2.1 Prior to racing, all competitors must provide a signed Courageous Sailing Center waiver. It is the responsibility of the coach and/or team captain to ensure that everyone on their team has signed a waiver before using the Courageous dock and boats. No individuals may be on the CSC dock or boats without having signed a waiver.

3. NOTICES

3.1. Notices will be posted on the official regatta notice board located on the whiteboard outside

the Courageous boathouse.

4. CHANGES IN SAILING INSTRUCTIONS

4.1. Any changes in the sailing instructions will be announced orally and posted before the first race in which they take effect.

5. Schedule of Events

Saturday 9:30 Report Time

Competitor's Meeting 9:45

First Start 10:15

No Saturdays start after 12:45

Awards and Pizza 1:00

6. Format

6.1. This is a one-division, no-boat-rotation event sailed in Rhodes-19s.

6.2 Teams can sail with two or three sailors in their boat.

7. Boats and equipment

7.1 Rhodes 19's will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way.

7.2 Running rigging: Any adjustments made to running rigging must be returned to the original condition after sailing. No adjustments may be made to the hardware of the running rigging, including the mainsheet cam cleat.

7.3 Reefing Lines: All boats and sails are equipped with reefing lines and ties. Removal or altering of reefing lines is prohibited and is grounds for disqualification.

7.4 The penalty for infringing instruction 6.1 will be disqualification from all races sailed in contravention of those instructions.

7.5 Competitors shall report all damage or loss of equipment, however slight, to the Race Committee Boat on the water.

8. ROTATION

8.1 This is a "no-boat-rotation" event

9. COURSES and MARKS

9.1. All rounding marks will be colored buoys.

9.2. The starting mark will be the farther away colored buoy on the port side of the Race Committee boat.

9.3 Any Mark of the course may be moved in accordance with PR 18 (c)(i).

10. STARTING and FINISHING

10.1 Races will be started in accordance with PR 18(b) and PR Appendix C.

10.2 The starting and finishing line will be between a staff displaying the Race Committee flag on the Race Committee Start Boat and the course side of the starting buoy. 10.3. 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.

11. RECALLS

11.1 Individual Recall. In accordance with RRS 29.1, individual recalls will be signaled by displaying flag X (blue cross on white) with one short sound signal. The Race Committee will make an attempt to hail boats starting prematurely, but it is not the responsibility of the Race Committee to be heard by any boat. Failure to hail or hail audibly is not grounds for redress.

11.2 General Recall. In accordance with RRS 29.2, a general recall will be signaled by displaying the First Substitute flag (yellow triangle on blue triangle) with two short sound signals.

After a general recall, the RRS 30.1 I Flag Rule may be in effect.

11.3 Abandonment. In accordance with RRS 32.1, an abandoned race will be signaled by displaying flag N (blue and white checked) and three sound signals. If the cause of abandonment is large commercial traffic, all competitors should seek and follow instructions from the Race Committee so that they can sail to a safe location until the traffic has passed.

12. COURSES

12.1 Course 4 will be the standard course (W-L-W-L with windward offset and leeward gate)

12.2 Course 3 or 5 is a possibility

12.3 Courses will be set in the vicinity of Pier 4, near where Courageous is located.

13. STARTING SYSTEM

13.1 Starting Sequence: As described in Appendix U of the RRS, the three-minute dinghy starting signals shall be used for all races with an automated sound system. There will also be a similar notification should a whistle be used.

14. PROTESTS

14.1 Race Committee should be notified of all protests as soon as possible.

14.1 Protests shall be filed in accordance with the ICSA Procedural Rules.

14.2 Protests shall be filed within 15 minutes of returning to the dock after a rotation or at a postponement or at the end of the day's sailing. This changes PR 30.

14.3 Protests forms will be available from the small table with the whiteboard and model boats in the trailer. They should be submitted to the designated CSC representative on shore.

14.4 Hearings will be convened as soon as practical. Hearings shall be held either by the whiteboard on the table, or outside and shall be open to all for (silent) observation. Hearings will be held by coaches present.

15. SAFETY

15.1. Competitors who require assistance from rescue boats should signify by dropping their jib. A competitor who retires from a race shall notify any member of the Race Committee as soon as possible.

15.2 Safety with regard to commercial traffic on Boston Harbor is paramount.

(a) All participants shall abide fully by the USCG Navigation Rules with regard to any and all boats that are not racing. (b) Safety with regard to commercial traffic on Boston Harbor takes precedence over starting or continuing any race. Such commercial traffic includes smaller vessels such as ferries, tour boats, and tug boats and larger vessels such as LNG tankers, oil tankers, car transports, and barges.

(c) Any boat that does not keep a lookout for and give way to commercial traffic will be subject to immediate retirement for the day at the discretion of the OA. Furthermore, any boat that retires in such a situation shall be considered to be protested by the Race Committee and be subject to disqualification for the race, day, or series, after a proper hearing.

(d) The OA will coordinate with Boston Harbor Pilots in advance to determine anticipated shipping traffic for the day, but it is not possible to receive similar warning with respect to tug and barge traffic.

16. FACILITIES

16.1 Drinking water to refill water bottles is available on site.

16.2 There is no changing room available for competitors.

16.3 There are Porta Potties on site.

16.4 Please make every effort to carpool and consolidate the parking. There is public parking available in the parking lot along pier 3 as well as street parking (see NOR for details).

16.5 All competitors and coaches will be provided lunch before or after the prizegiving on Saturday.