



MAISA Top 9 ILCA 7 Regatta

United States Merchant Marine
Academy

20-21 September 2025

SAILING INSTRUCTIONS

1. Rules

The regatta will be governed by the Racing Rules of Sailing (RRS) 2025-2028, the prescriptions of US SAILING, the current Procedural Rules for Intercollegiate Sailing Competition (PR) (except as any of these are modified by these Sailing Instructions), and these Sailing Instructions.

2. Notices to Competitors

Notices to Competitors will be posted electronically on the Techscore Notice Board.

3. Changes to the Sailing Instructions

Any change to the sailing instructions will be announced orally and posted on the Regatta Notice Board before the first race they are to take effect.

4. Boats and Equipment

- 4.1. Boats will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way.
- 4.2. The penalty for infringing the above instructions shall be disqualification from all races sailed in contravention of these sailing instructions.
- 4.3. Competitors shall report any damage or loss of equipment, however slight, to the Race Committee Finish Boat on the water. The penalty for infringing this instruction, unless the Jury is satisfied that the competitor made a determined effort to comply, will be disqualification from the race most recently sailed.
- 4.4. Breakdowns will be decided using PR 23. Breakdown points will not be awarded for the failure of knots nor the loss of pins, rings or telltales.

5. Format

- 5.1. The regatta format will be a single round robin.
- 5.2. The Race Committee aims to complete a maximum of 14 races.

6. Rotation of Boats

- 6.1. The rotation of boats will be in accordance with the provided rotation sheet available on Techscore.

7. Schedule of Events

Saturday, 20 Sept.	0900	Report Time
	0930	Coaches' Meeting
	1000	First Warning
Sunday, 21 Sept.	0900	Report Time
	1000	First Warning
	1500	No Starting Signal After

8. Racing Area

- 8.1. The racing area will be Western Long Island Sound, East of the Throgs Neck Bridge, including Little Neck and Eastchester Bays.

9. Courses and Marks

- 9.1. The courses will be posted on the official notice board. The course will be announced orally prior to each race.
9.2. Rounding Marks will be orange inflatables.
9.3. Start/Finish marks will be yellow inflatables.

10. Changes of course after the start

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

11. Starting and Finishing

- 11.1. Races will be started in accordance with PR 18(b).
11.2. The "I" Flag may be displayed prior to the Warning Signal of any race, meaning the 1-minute rule is in effect.
11.3. The starting line will be between a Green flag on the race committee boat and a yellow inflatable
11.4 The finish line will be between a Blue flag on the race committee boat and a yellow inflatable
11.5. 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.
11.6. Starts will not be delayed due to capsized boats.

12. Recalls

- 12.1. Individual Recalls will be signaled in accordance with PR 18(b)(ii) except the maximum time Code Flag "X" will be displayed is 60 seconds. The Race Committee will attempt to hail the boat(s) sail number(s). Failure to hear a hail is insufficient cause for granting redress.
12.2. Multiple horns/whistles and the hail of the words "General Recall" will signal a General Recall. The "first substitute" flag may be displayed to help with general recalls.

13. Protests

- 13.1. Protests shall be filed in accordance with the ICSA Procedural Rules.
13.2. Protests, including requests for redress and breakdowns, shall be filed with the Regatta Chair within 30 minutes of the last competitor's arrival ashore after the final race or set of races for the day.

14. Coaching

- 14.1. In accordance with PR 19.

15. MAISA Rep

- 15.1. The MAISA Rep for the regatta will be Isaac Clark - Head Sailing Coach, University of Pennsylvania.

16. Safety

- 16.1. All coaches, competitors, and alternates must wear USCG approved PFD's when afloat.
16.2. A boat requesting assistance from support boats should signal by waving hands overhead.
16.3. A capsized boat may be righted and sailed by its crew unless, in the sole judgment of the Race Committee, safety or the progress of the regatta would be affected, in which case the crew shall accept assistance and the boat will be scored "DNF".
16.4. A boat that retires is asked to notify the Race Committee either before leaving the course area or immediately upon arriving ashore.