

Women's Atlantic Coast Tournament

Hosted by Harvard University

October 11-12, 2025

**SAILING INSTRUCTIONS**

**1. RULES**

1.1. This regatta shall be governed by the current Racing Rules of Sailing (RRS), ICSA Procedural Rules (PR), ICSA Collegiate Dinghy Class Rules, and the Notice of Race, except as modified by these Sailing Instructions.

**2. NOTICES TO COMPETITORS**

2.1. Notices will be posted on the Notice Board on Techscore.

**3. CHANGES IN SAILING INSTRUCTIONS**

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

**4. SCHEDULE OF EVENTS**

**Saturday, October 11**

9:30-Facility doors unlocked.

10:30-Report time.

10:45-Competitors' Meeting.

11:00-First warning.

**Sunday, October 12**

9:00-Facility doors unlocked.

9:30 Report time.

9:50-First warning.

No race shall start after 3 pm.

## **5. FORMAT**

- 5.1. 14 races are scheduled per division with a maximum of 10 races per day.
- 5.2. A division will start in the Zim FJ's's, B division will start in Zim 420's. The divisions will switch fleets as close to the midpoint of the regatta as possible.

## **6. BOATS & EQUIPMENT**

- 6.1. FJ's and Z420's will be provided for competitors, who shall not modify any boat or cause them to be modified in any way. Competitors have the option of rigging the mainsheet purchase either 3:1 or 4:1 and competitors may not add knots to add purchase to cunningham, vang or outhaul systems. Zim Platinum cut sails will be used for both fleets.
- 6.2. The standing rigging shall not be adjusted.
- 6.3. Competitors shall report any damage or loss of equipment, however slight, to the boatswain immediately after arriving ashore or to the Race Committee on the water.

## **7. ROTATION**

- 7.1. The rotation of boats will be in accordance with the online rotation.

## **8. THE COURSE**

- 8.1. The courses will be announced orally and taken from the course diagrams on the Notice Board.
- 8.2. Rounding Marks will be Orange, or yellow balls with black bands around them.
- 8.3. Courses will be W-3, W-4, W-5 or W-6.

## **9. START/FINISH**

- 9.1. Races will be started in accordance with PR 18(b)(i).
- 9.2. The start line will be between a staff with an orange flag on the Race Committee Boat and the course side of a colored ball at the port end of the line.
- 9.3. The finish line will be between an orange flag on the finish boat and a nearby mark as specified by course diagrams. On courses W-3 and W-5 the finish line will be between the windward mark and the offset mark.

## **10. PROTESTS**

- 10.1. Protests shall be filed in accordance with ICSA Procedural Rules.
- 10.2. Protests and requests for redress shall be filed within 20 minutes of boats returning to the shore for a break in racing after the race or set of races in which the incident occurred. This changes PR 30.
- 10.3. Protest forms will be available at the scoring desk upstairs and shall be filed with the RC Jury representative or ICSA rep that is present.

## **11. SAFETY**

- 11.1. Competitors who require assistance from rescue boats should signify so by waving their arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible.

## **12. COACHING AND COMPETITORS**

- 12.1. PR 19 will apply.
- 12.2. Coaching shall be from shore.

## **13. RULE 42 ENFORCEMENT**

- 13.1. PR 32 shall be in effect.

## **14. FACILITY ACCESS AND FIELD OF PLAY**

14.1. Spectators are welcome to view racing from the sidewalk. The Harvard Sailing Center and docks are considered, “Field of Play”, so only competitors and coaches are allowed.