



2026 LASER SOUTH / NAVY WOMEN's US Naval Academy – September 12-13

Sailing Instructions

1. RULES

- 1.1 The regatta will be governed by the Racing Rules of Sailing (RRS) 2025-2028, the prescriptions of US SAILING, the Procedural and Class Rules for Intercollegiate Sailing Competition 2025-2028(PCR) (except as any of these are modified by these sailing instructions), and by these Sailing Instructions (SI).
- 1.2 PCR 32 will be in effect

2. NOTICES TO COMPETITORS

- 2.1 Notices to competitors, including boat rotations, will be posted on the official regatta notice board on techscore.

3. CHANGES IN SAILING INSTRUCTIONS

- 3.1 Any changes in the sailing instructions will be announced orally by the Race Committee and, when possible, posted before the first race in which they are to take effect.

4. BOATS AND EQUIPMENT

- 4.1 Lasers, FJs or 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.
- 4.2 No modifications to rigging are allowed except that FJ or 420 mainsheets may be rigged either 3:1 or 4:1
- 4.3 The penalty for infringing the above instructions will be disqualification from all races sailed in contravention of these sailing instructions.
- 4.4 Competitors shall report any damage or loss of equipment, however slight, to the boat repair committee immediately after arriving ashore or to the Race Committee 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.
- 4.5 Breakdown points will not be awarded for the failure of knots, the loss of pins or rings.
- 4.6 Redress requests for breakdowns shall follow the procedure in SI 14.

5. FORMAT

- 5.1 14 races are scheduled for both regattas

6. ROTATION

Boat rotations will be posted on techscore.

7. SCHEDULE OF EVENTS

Saturday	1030	Report Time
	1045	Competitors' Meeting
Sunday	0930	Report Time
	0950	Harbor Start
	1500	No Starting Signal After

8. RACING AREA

- 8.1 The Racing Area will be announced at the competitors' meeting

9. THE COURSE

- 9.1 The courses will be announced orally and taken from the course diagrams on the official regatta notice board.
- 9.2 Rounding marks will be orange marks

10. START/FINISH

- 10.1 Races will be started in accordance with PCR 18(b) (i).
- 10.2 The start line will be between an orange pole on the Race Committee Start Boat, and a yellow mark or an orange pole on the Pin-end Start Boat.
- 10.3 The finish line will be between an orange pole on the Race Committee Finish Boat and a yellow mark.
- 10.4 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 recalls will be signaled in accordance with PCR 18(b) (ii).
- 11.2 Multiple whistles and the hail of the words "general recall" will signal a general recall. Code flag "First Substitute" may also be displayed.
- 11.3 Following any general recall, PCR 18(b) (iii) shall also be in effect.

12. CHANGES OF COURSE AFTER THE START

- 12.1 Any mark of the course may be moved in accordance with PCR 18(c) (i).

13. ALTERNATIVE PENALTIES

- 13.1 Penalties for breaking a rule of RRS Part 2 will be in accordance with RRS 44.1 and 44.2.

14. PROTESTS

- 14.1 Protests shall be filed in accordance with the ICSA Procedural Rules.
- 14.2 Protest forms will be located upstairs in the intercollegiate sailing office.

15. COACHING

Coach boats will be provided.

16. SAFETY

- 16.1 A boat requesting assistance from support boats should signal by waving hands overhead.
- 16.2 Starts may not be delayed to accommodate capsized boats.
- 16.3 A boat that retires shall notify the Race Committee either before leaving the course area, or immediately upon arriving ashore.