



2026 Women's Atlantic Coast Tournament US Naval Academy - October 17-18

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 and the Procedural Rules for Intercollegiate Sailing Competition (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

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

3. CHANGES TO SAILING INSTRUCTIONS

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 420s and FJs 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 420 and FJ 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 12.

5. FORMAT

14 races are scheduled

6. ROTATION

- 6.1 The rotation of boats will be posted on techscore.
- 6.2 Neither boats or people shall rotate off of the seawall.

7. SCHEDULE OF EVENTS

Saturday	1030 Report Time 1045 Competitor's Meeting	Sunday	0930 Report Time 0945 Harbor Start 1500 No start after
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8. RACING AREA

The racing area will be announced orally at the competitor's meeting.

9. THE COURSE

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

10. START / FINISH

- 10.1 The starting line will be between an orange pole on the Race Committee Start Boat and an orange pole on the pin end start boat.
- 10.2 The finish line will be between an orange pole on the Race Committee Finish Boat and a yellow mark.
- 10.3 If a boat is delaying the finish of a race or 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). Failure to hear a hail is insufficient cause for granting redress.
- 11.2 Multiple whistles and the hail of the words "general recall" will signal a general recall. Code flag "First Substitute" may also be used.

12. PROTESTS

- 12.1 Protests shall be filed in accordance with the ICSA Procedural Rules.
- 12.2 Protests shall be filed within 30 minutes of reaching the shore after the race or set of races in which the incident occurred. This changes PCR 30.
- 12.3 Protest forms are located upstairs in the intercollegiate sailing office.

13. COACHING

Coach boats may be provided for coaches and alternates

14. SAFETY

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