



Admiral's Cup

United States Merchant Marine Academy
April 21-22, 2018

SAILING INSTRUCTIONS

1. Rules

The regatta will be governed by the Racing Rules of Sailing (RRS) 2017-2020, the prescriptions of US SAILING, the current Procedural Rules for Intercollegiate Sailing Competition (PR) and these Sailing Instructions.

2. Notices to Competitors

Notices to Competitors, including boat rotations, will be posted on the official regatta notice board located in the Dinghy Team Room in the Yocum Sailing Center on the first floor and on scores.collegesailing.org.

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 standing rigging shall not be adjusted.
- 4.3. Z420 and FJ mainsheets may be rigged with a 3:1 or 4:1 purchase.
- 4.4. The penalty for infringing the above instructions shall be disqualification from all races sailed in contravention of these sailing instructions.
- 4.5. 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.
- 4.6. Breakdown points will not be awarded for the failure of knots, the loss of pins or rings, except that the Jury may grant redress for the failure of the main halyard masthead knot.
- 4.7. A div. will start in Z420, B div. will start in FJ and will swap after 9 races.

5. Format

The format will be a single round robin two division regatta.

6. Rotation of Boats

- 6.1. The rotation of boats will be in accordance with the provided rotation sheet on the official notice board and on Tech Score.
- 6.2. No skipper or crew rotations will occur from a coach boat for the first race after a break ashore, unless announced by the regatta chairman that it is fair for all competitors to do so.

7. Schedule of Events

Saturday, April 22	0900	Report Time
	0915	Competitors Meeting
	0945	First Warning
Sunday, April 23	0900	Report Time
	0945	First Warning

8. Racing Area

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

9. Courses and Marks

- 9.1. The courses will be W-4s and are located on the course diagram.
- 9.2. Rounding Marks will be red balls.
- 9.3. Start/Finish pins will be yellow balls.

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) and PR Appendix C.
- 11.2. Code flag "A" and "B" may be used to signal each divisions start.
- 11.3. The "I" Flag may be displayed at any time. Meaning the 1 minute rule of round the ends is in effect.
- 11.4. The starting and finishing line will be between a red flag on the race committee start boat and a yellow mark on the port end of the line.
- 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. The "I" flag may be used at any time during the event. The "I" flag will be displayed during an "I" flag start.
- 12.3. 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. Alternative Penalties

- 13.1. Penalties for breaking a rule of RRS Part 2 will be in accordance with RRS 44.1 and 44.2.
- 13.2. All penalties shall be reported to the Race Committee Finish Boat promptly after finishing

14. Judging

- 14.1 Coaches will serve as the regatta protest committee.

15. Protests

- 15.1. Protest shall be filed in accordance with the ICSA Procedural Rules except that "Race Committee" in PR 29(b) is changed to "Race Committee Finish Boat."
- 15.2. PR 30 is in effect. Protests shall be filed within 30 minutes of reaching ashore after the race in which the incident occurred.

16. Coaching

- 16.1 In accordance with PR 19.
- 16.2 A coach/alternate boat may be provided as described at the competitor's meeting.

17. ICSA Rep

- 15.1 The ICSA Rep for the regatta will be the representative from CofC.

18. Safety

- 18.1. All coaches, competitors, and alternates must wear USCG approved PFD's when afloat.
- 18.2. A boat requesting assistance from support boats should signal by waving hands overhead.
- 18.3. 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".

18.4. A boat that retires is asked to notify the Race Committee either before leaving the course area or immediately upon arriving ashore.

19. Minimum wind strength

19.1 Races should not be started unless the Race Committee is satisfied that the wind strength in the starting area, and to the best of its belief on the rest of the course, is in excess of an average of three knots (3.45 mph) for a reasonable period before the start as measured using instrumentation and while not moving over the bottom or anchored.

19.2 If the wind speed is less than three knots (3.45 mph) in the starting area at any time during the last minute prior to the start signal, the start should be abandoned.