



**Sailing Instructions-Team Racing
Old Dominion University
Norfolk, Virginia**

1. **Rules:** The regatta will be governed by the Racing Rules of Sailing 2017-2020, the ICSA Procedural Rules and these sailing instructions.
2. **Notice to Competitors:** Official Notices will be posted on the Regatta Notice Board located on Techscore.
3. **Changes to the Sailing Instructions:** Any changes to the sailing instructions will be posted on the Techscore.
4. **Schedule of Races:**

Saturday	Report Time 0900 Competitors Meeting 0915 First Warning Signal 0950
Sunday	Report Time 0900 First Warning Signal 0930 Last start no later than 1500
5. **Boats and Equipment:** LaserPerformance Z420's and FJ's will be supplied by Old Dominion University. The standing rigging shall not be adjusted. Breakdowns will be decided using PR 20.
6. **Rotation:** Schedule for boat rotation will be available on Techscore. Rotations will take place on the floating dock or on the water. It is mandatory that competitors comply with rotation directions that will be announced at the competitors meeting.
7. **Format:** The preferred format for the regatta shall be a series of 2 Round Robins followed a final four. In the event the intended format may not be completed, the regatta chair having consulted with the ICSA representative and Chief Umpire will announce an appropriate reduced format to encourage maximum racing.
8. **Racing Area:** The racing area will be in the Elizabeth River, west of the Old Dominion University Sailing Center.
9. **Courses:** The course will be a digital N.
10. **Marks:** All rounding marks will be orange balls. The starting line and finish lines will be between a staff on a committee boat at the starboard end of the line and the closest yellow ball at the port end of the line.
11. **Abandonment:** After the starting signal, the RC in consultation with the regatta chairman or jury may abandon the race as appropriate for any reason directly affecting the safety or fairness of the competition. A sound signal and the hail of "abandoned" may be used in the place of other visual signals. (This changes RRS 32.1)
12. **The Finish:** If a boat is delaying the competition of a race, the RC may terminate the race and score the last boat equal to last place.
13. **Protest:** Protests shall be initiated in accordance with RRS D2. PR 25 is changed as indicated: "~~D1.2(c), D2.2(a), and D5.2 are changed by replacing the phrase "a red flag" with "a raised open hand."~~ All other parts of PR 25 remain unchanged. Protest shall be initiated with the display of a red flag. Each team will be given 3 flags that shall be returned at the end of racing.
14. **Safety:** Competitors who require assistance from rescue boats should so signify by waving arms overhead. A competitor who retires from a race shall notify the RC or umpire as soon as possible.
15. **Capsizes:** A capsized boat may be righted and sail on by its crew at any time. If the safety of the crew or boat is in jeopardy, or if the progress of the regatta is affected the RC may require that assistance be accepted, and the competitors retire from the race.
16. **Coaching:** Will be from shore or from a coach boat provided.