



Seahawk Women's Team Race  
March 23-24, 2019  
St. Mary's College of Maryland

**SAILING INSTRUCTIONS**

**1. RULES**

- 1.1. This regatta will be governed by the current Racing Rules of Sailing (2017-2020), including Appendix D; the Procedural Rules (PR) and Class Rules for Intercollegiate Sailing Competition 2017-2020, except as any of these are modified by these sailing instructions.
- 1.2. All races will be umpired. RRS D2 will apply as modified by the Procedural Rules.
- 1.3. RRS D4.2b is deleted.

**2. NOTICES TO COMPETITORS**

- 2.1. Notices will be posted on the official regatta notice board located on the lower deck of the River Center.

**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 March 23**

Report Time 1000  
Competitors' Meeting 1015  
Racing to follow immediately thereafter

**Sunday March 24**

First Warning 0930  
No start after 1500

**5. FORMAT**

- 5.1. The preferred format for the regatta shall be a series of six team race round robins (3 in each type of boat) with some "warm up" fleet races--not to exceed 3 per day.
- 5.2. In the event the intended format may not be completed, the regatta chair having consulted with the competing teams representatives will announce an appropriate reduced format.

**6. BOATS & EQUIPMENT**

- 6.1. Both FJ's and Z420's will be used.
- 6.2. Boats will be provided for all 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.
- 6.3. The standing rigging shall not be adjusted.
- 6.4. The penalty for infringing instruction 6.3 or 6.4 will be disqualification from all races sailed in contravention of those instructions.
- 6.5. Competitors shall report all damage or loss of equipment, however slight, to the dock/boat committee immediately after arriving on shore or to the Race Committee Finish Boat on the water.

**7. ROTATION**

- 7.1. The rotation of boats will be in accordance with the provided rotation sheet available at the competitors' meeting.

**8. MARKS**

- 8.1. All rounding marks will be red balls.
- 8.2. The starting and finishing lines will be between a staff from which an orange flag is displayed and a nearby ball.



**9. COURSE**

9.1. The digital N course will be used.

**10. STARTING SYSTEM**

10.1. Races will be started in accordance with PR 18(b)(i).

10.2. The Race Committee may opt to use a rolling starting system; that is a system where the warning signal for a subsequent race is the starting signal for the previous race.

**11. RECALLS**

11.1. Individual recalls will be signaled in accordance with Procedural Rule 18(b)(ii).

11.2. A general recall will be used in accordance to PR 18(b)(iii), except that the "1 minute rule" (RRS 30.1) will not be used. (Changes PR 18(b)(iii))

**12. REDRESS**

12.1. Requests for redress shall be filed with the scorer within 15 minutes of the last competitor's arrival ashore after the race or set of races in which the incident occurred.

12.2. Forms will be available from the scorer's office.

**13. BREAKDOWNS**

13.1. When a boat suffers a breakdown in the racing area, she may request a score change by hailing an umpire or the race committee to that effect at the first reasonable opportunity after the breakdown, until the hail is acknowledged. If possible, she shall continue racing. This changes RRS D5.2 and PR 25.

**14. SCORING**

14.1. RRS D3 and D4 shall be used, as modified by PR 25.

14.2. Breakdowns will be scored in accordance with RRS D.5 as changed by PR 20.

**15. SAFETY**

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

15.2. Starts will not be delayed to accommodate capsized boats.

**16. COACHING**

16.1. PR 19 will apply. Coaches will serve as umpires for the races in which their team is competing.