

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

1. **Rules:** The regatta will be governed by the Racing Rules of Sailing 2021-2024, the ICSA Procedural Rules and these sailing instructions. Races will be umpired in accordance with appendix D2.
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 and format:**

Saturday	1200 Report time Racing to follow
Sunday	930 First Warning

Format will be a triple round robin
5. **Boats and Equipment:** 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. There will be no rotations.
7. **Racing Area:** The racing area will be in the Elizabeth River, west of the Old Dominion University Sailing Center.
8. **Courses:** The course will be a digital N.
9. **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.
10. **Starts:** Races will be started in accordance with Races will be started in accordance with PR 18(b) (i).
11. **Changing the Course:** After the starting signal, the RC may change the position of any mark, provided that no yacht is on the leg of the course that the mark terminates and the configuration of the course is not changed. There will be no signal for such a change. (This changes RRS 33)
12. **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)
13. **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.
14. **Protest:** Protests shall be initiated in accordance with RRS D3 and D4 as modified by PR 25. PR 25 is changed as indicated: RRS Appendix D shall be used for team-racing regattas. **D1.2(c), D2.2(a), and D5.2 are changed by replacing the phrase "a red flag" with "a raised open hand."** D4.4 and D4.5 are changed by PR 25(d) & (e), below:
  - a) Alternative Umpiring – when the sailing instructions state that RRS D2.6 (Limited Umpiring) is to be used, **RRS D2.2(a) and RRS D2.5(a) are changed by replacing the phrase "display a red flag" with "display a raised open hand." RRS D2.5(c) is changed by replacing the phrase "displaying a yellow flag" with "displaying a raised open hand."**
15. **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 as soon as possible.
16. **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.
17. **Coaching:** Will be from provided coachboats.