1st Year Icebreaker
Hosted by University of Notre Dame
St. Joseph Lake Boathouse, University of Notre Dame.
(Located near 220 Main Building, Notre Dame, Indiana, United States)
March 22nd-23rd, 2025

SAILING INSTRUCTIONS

1. **DEFINITIONS:**
   1.1   The notation [NP] in a rule means that a boat or the race committee may not protest for breaking that rule. This changes RRS 60.1 and 60.4(b).
   1.2   The notation [DP] in a rule means that a boat may be given a Discretionary Penalty for breaking that rule (see RRS 64).

2. **RULES**
   2.1   This regatta shall be governed by the Racing Rules of Sailing (RRS).
   2.2   ICSA Procedural Rules (PR), ICSA Collegiate Dinghy Class Rules and MCSA Policies shall apply.
   2.3   For MCSA Championships the General Conditions for ICSA Championships shall be used.
   2.4   The Notice of Race (NOR) for this event, except as modified by the Sailing Instructions shall apply.

3. **ENTRY**
   3.1.   All Teams must be members of the ICSA and are scheduled for the event at the Annual meeting or after that by the MCSA Regatta Coordinator.
   3.2   All regatta team members participating must meet ICSA eligibility requirements. [See PR 12]
   3.3   Student-athletes shall register annually with ICSA prior to competing.
   3.4   All Student-athletes shall register online using Techscore [scores.collegesailing.org].
   3.5   A representative from each competing team shall enter completely on the Record of Participation Form online with Techscore or in person, the **names** and **class years** of all **skippers** and **crews** who competed, as well as the **races** in which they competed.
   3.6   A team failing to properly complete the Record of Participation Form before the expiration of protest time at the end of the regatta, shall be rescored according to PR 33(a) for fleet racing and PR 33(b) for team or match racing (see also PR Appendix C - ICSA FORMS).

4. **NOTICE TO COMPETITORS**
   Notices will be posted on the Notice Board on Techscore and the Official Notice Board onshore at the St. Joseph Boathouse.

5. **CHANGES IN SAILING INSTRUCTIONS**
   Any changes in the sailing instructions will be announced orally before the first race in which they are to take effect and then be posted on the Official Notice Board.

6. **SCHEDULE**
   SSaturday, March 22nd, 2025
   - **0830**   Report Time
   - **0900**   Competitors' Meeting
   - **0930**   First Warning Signal

   Sunday, March 23rd, 2025
   - **0930**   First Warning Signal
   - **1300**   No A Division race shall be started after 1:00 pm local time.

7. **FORMAT**
   7.1   The regatta format will be a single round robin change of boat system.
   7.2   When the number of teams in the event is small, two or more round robins or additional races may be scheduled as per ICSA PR 21(b)(ii)).
   7.3   No more than two races in a division shall be sailed back-to-back.

8. **BOATS AND EQUIPMENT**
   8.1   Collegiate 420s will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way.
   8.2   The standing rigging shall not be adjusted.
   8.3   E420 mainsheets may be rigged with a 3:1 or 4:1 purchase.
   8.4   The penalty for infringing the above instructions shall be disqualification from all races sailed in contravention of these sailing instructions.
   8.5   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 [NP]. The Protest Committee will determine what or if a penalty shall be assessed [DP].
   8.6   Breakdowns will be handled in accordance with ICSA PR 23 and Appendix D. Competitors should not expect breakdown points for the failure of knots, the loss of pins or rings, except that the Protest Committee may grant redress for the failure of the main halyard masthead knot. [See PR Appendix D]

9. **ROTATION OF BOATS**
   9.1   The rotation of boats will be in accordance with the provided rotation sheet on the official notice board and on Techscore.
   9.2   The rotation of boats will occur at the St. Joseph Boathouse dock.

10. **THE COURSE**
   10.1   The courses will be W3s, W4s, or W5s and will be announced orally and described on the course diagram(s) (see Addendum 1).
   10.2   Rounding marks will be orange/red/blue balls.
   10.3   Any mark of the course may be moved in accordance with PR 18 (c)(i).
   10.4   If one of the downwind gate marks is clearly out of place or removed, competitors shall round the remaining mark to port.

11. **START**
   11.1   Races will be started in accordance with PR 18(b).
   11.2   The start line will be between an orange flag on the Race Committee Boat and a mark on the port end of the line.
   11.3   Starts may not be delayed due to capsized boats. This decision is at the discretion of the Race Committee.

12. **FINISH**
   12.1   The finish line for downwind finishes (W4) will be between an orange flag on the Race Committee boat and a nearby orange mark.
   12.2   For upwind finishes (W3 and W5), the finish line will be between a flag on the Race Committee Finish Boat and the windward mark blue to its port side.
   12.3   If one or more boats are delaying the finish of a race or a rotation, the Race Committee at its discretion may end the race and then score the boat(s) in their current position [NP].

13. **RECALLS**
   13.1   Individual Recalls will be signaled in accordance with PR 18(b)(i). The Race Committee will attempt to hail the boat(s) sail number(s). The following will not be cause for granting redress: Failure to hear a hail or to make a hail or to give an incorrect hail or the order of the hails.
   13.2   Multiple horns/whistles and the hail of the words "General Recall" will signal a General Recall. Following a General Recall, the warning for any subsequent start may be initiated at any time (Changes RRS 29.2). After a General Recall, RRS 30.1 (I Flag Rule), shall apply to subsequent starts of the corresponding race and no signal need be given (changes RRS 30.1).

13.3 The "first substitute" flag may be displayed to help with general recalls.

14. PROTESTS AND PENALTIES
14.1 A Protesting boat shall make the notifications required by PR 29(b) except that "Race Committee" is changed to "Race Committee Finish Boat" (Changes PR 29(b))
14.2 Protests by a boat, or by the Race Committee or Protest Committee, or a request for redress and breakdowns shall be delivered to the race office no later than 30 minutes after coming ashore after a race in which the incident occurred (Changes PR 30).
14.3 Protest forms will be available at the St. Joseph Boathouse (near notice board) and shall be filed with the Protest Committee or their representative.
14.4 Video, data and/or photographs taken from any source shall not be admitted as evidence at protest hearings. This changes RRS 63.4(b).
14.5 Penalties for breaking a rule of RRS Part 2 will be in accordance with RRS 44.1 and 44.2.

15. JUDGING
Coaches of disinterested parties to a protest may serve on the regatta protest committee, subject to PR 34.

16. COACHING
16.1 Coaching shall be In accordance with PR 19.
16.2 Coaching shall be from a coach boat provided by the Organizing Authority (OA) or from the shores or docks of the regatta site.

17. SAFETY
17.1 Competitors who require assistance from rescue boats should signify by waving arms overhead.
17.2 A competitor who retires from a race shall notify the Race Committee as soon as possible.
17.3 All coaches, competitors, and alternates must wear USCG approved non-inflatable PFDs when afloat.
17.4 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. MINIMUM WIND STRENGTH
18.1 Races should not be started unless the Race Committee is satisfied that the wind strength in the starting area, and on the rest of the course, is in excess of an average of three knots (3.45 mph) for a reasonable period of time before the start as measured using instrumentation and while not moving over the bottom or anchored.
18.2 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.

ADDENDUM 1

Windward / Leeward Courses

W3:
Start-1-2-(3s or 3p)
-upwind finish

W4:
Start-1-2-(3s or 3p)
-1-2-downwind finish

W5:
Start-1-2-(3s or 3p)
-1-2-(3s or 3p)-upwind finish

1

upwind finish

2

3s   3p

S   start (& downwind finish)