

**Sailing Instructions**  
**Old Dominion University**  
**Norfolk, Virginia**

1. **Rules:** The regatta will be governed by the Racing Rules of Sailing 2025-2029, the ICSA Procedural Rules, the MAISA information bulletin and these sailing instructions. Races will be umpired in accordance with appendix D2. The event calls posted on the notice board shall be in effect.
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 0945
Sunday	First warning signal 0930 No warning after 1500
5. **Boats and Equipment:** FJ's and Z420'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 format for the regatta will be determined by the regatta chair depending on time and conditions. The following possible formats are listed in order of preference.
  - a. 10 team round robin, followed by subsequent seeded rounds of 6 or 4 teams and a final 4.
  - b. 10 team round robin, followed by subsequent seeded rounds of 6 or 4 teams.
  - c. 10 team round robin
  - d. An alternate format determined by the regatta chair
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 an orange 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 chair 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. **Scoring:** RRS D3 and D4 shall be used, as modified by PR25.
14. **Protest:** Protests shall be initiated in accordance with RRS D2 as modified by PR 25.
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 or umpire 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 docks, or provided coach boats. All teams must comply with [ODU's drone policy](#).