



## **Admiral's Cup**

United States Merchant Marine Academy  
26-27 April 2025

### **SAILING INSTRUCTIONS**

#### **1. Rules**

The regatta will be governed by the Racing Rules of Sailing (RRS), the prescriptions of US Sailing, the Inter-Collegiate Sailing Association Procedural Rules (PR) (except as any of these are modified by these Sailing Instructions), and these Sailing Instructions.

#### **2. Notices to Competitors**

Notices to Competitors will be posted electronically on the Techscore Notice Board.

#### **3. Changes to the Sailing Instructions**

Any change to the Sailing Instructions will be announced orally and posted on the Regatta Notice Board before the first race they are to take effect.

#### **4. Boats and Equipment**

- 4.1. Boats will be provided for all competitors, who shall not modify any boat nor cause them to be modified in any way.
- 4.2. The standing rigging shall not be adjusted.
- 4.3. Sail bags must be tied to the dock cradles. In addition, please see Appendix A for the mandatory four-step derigging instructions.
- 4.4. Z420 and FJ mainsheets may be rigged with a 3:1 or 4:1 purchase.
- 4.5. The penalty for infringing the above instructions (4.2-4.4) shall be disqualification from all races sailed in contravention of these sailing instructions (or in the case of SI 4.3., the race or races of the final set of the day) without a hearing. Life is hard, reading the SIs and the above instructions is NOT – please make sure these instructions are followed.
- 4.6. Competitors shall report any damage or loss of equipment, however slight, to the Race Committee Finish Boat on the water. The penalty for infringing this instruction, unless the Jury is satisfied that the competitor made a determined effort to comply, will be disqualification from the race most recently sailed.
- 4.7. Breakdowns will be decided using PR 23. Breakdown points will not be awarded for the failure of knots, the loss of pins or rings, except that the Jury may grant redress for the failure of the main halyard masthead knot.

#### **5. Format**

- 5.1. The regatta format will be a two division fleet race round robin.

#### **6. Rotation of Boats**

- 6.1. Boats will be assigned at the start of the regatta. Competitors will rotate every two races.
- 6.2. A Division will start in 420Es, and B Divisions in FJs. Divisions will switch fleets on the second day of racing.

## **7. Schedule of Events**

Saturday, 26 April	0900	Report Time
	0915	Coaches Meeting
	1000	First Warning
Sunday, 27 April	0900	Report Time
	1000	First Warning
	1500	No Starting Signal After

## **8. Racing Area**

- 8.1. The racing area will be Western Long Island Sound, East of the Throggs Neck Bridge, including Little Neck and Eastchester Bays.

## **9. Courses and Marks**

- 9.1. The intended courses will be posted on the official notice board. The course to be sailed will be announced from the signal boat.
- 9.2. Rounding Marks will be orange/red balls.
- 9.3. Start/Finish marks will be yellow balls.

## **10. Changes of course after the start**

- 10.1. Any Mark of the course may be moved in accordance with PR 18 (c)(i).

## **11. Starting and Finishing**

- 11.1. Races will be started in accordance with US Sailing Appendix U. This changes RRS 26 and PR 18(b)
- 11.2. The starting will be between an orange flag on the race committee boat and a yellow mark.
- 11.3. The finish will be between a blue flag on the race committee boat and a yellow mark.
- 11.4. If a boat is delaying the finish of a race, or the rotation, the Race Committee may end the race and score the boat in its current position.
- 11.5. Starts will not be delayed due to capsized boats.

## **12. Recalls**

- 12.1. Individual Recalls will be signaled in accordance with PR 18(b)(ii) except the maximum time Code Flag "X" will be displayed is 60 seconds. The Race Committee will attempt to hail the boat(s) sail number(s). Failure to hear a hail is insufficient cause for granting redress.
- 12.2. Multiple horns/whistles and the hail of the words "General Recall" will signal a General Recall. The "first substitute" flag may be displayed to help with general recalls.

## **13. Protests**

- 13.1. Protests shall be filed in accordance with the ICSA Procedural Rules.
- 13.2. Protests, including requests for redress and breakdowns, shall be filed with the Regatta Chair within 30 minutes of the last competitor's arrival ashore after the race or set of races in which the incident occurred.

## **14. Coaching**

- 14.1. In accordance with PR 19.
- 14.2. It is the intention to have coaches (and a single alternate per team) on the water if conditions allow.

## **15. ICSA Rep**

The ICSA Rep for the regatta will be announced at the Coaches Meeting and posted on the Notice Board prior to racing

## **16. Safety**

- 16.1. All coaches, competitors, and alternates must wear USCG approved PFD's when afloat.
- 16.2. A boat requesting assistance from support boats should signal by waving hands overhead.
- 16.3. 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".
- 16.4. A boat that retires is asked to notify the Race Committee either before leaving the course area or immediately upon arriving ashore.

## **17. Minimum wind strength**

- 17.1. Races should not be started unless the Race Committee is satisfied that the wind strength in the starting area, and to the best of its belief on the rest of the course, is in excess of an average of 3.0 knots (3.45 mph) for a reasonable period before the start as measured using instrumentation and while not moving over the bottom or anchored.
- 17.2. If the wind speed is less than 3.0 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

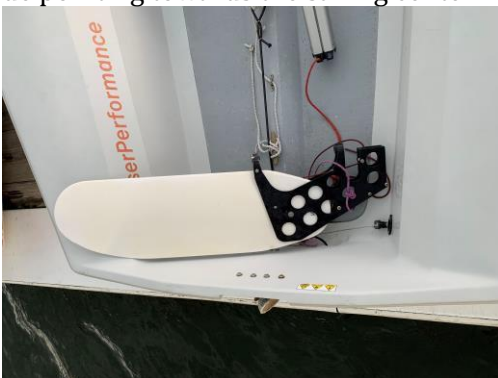
## APPENDIX A - De-rigging instructions:

Please secure the boats and equipment as outlined below:

1. Sails should be rolled together and bagged.
2. Attach the jib halyard to the loop in the bowline and rake the mast forward (just as you would when you raise your jib in heavy air). Shrouds should be completely tight.
3. Remove tennis ball and loop the elastic of the tennis ball(s) over the rudder pintle(s) so your balls do not dangle in the water.



- 3) Lay rudder parallel to the stern inside the back of the boat, with rudder head on the bottom of the boat and rudder blade pointing towards the sailing center.



- 4) Tie the boat down. For 420s, Using the tie-down line through the jib lead and secure through jib cleat. For FJs, wrap the tie-down line around the eye below the chainplate, tighten, and secure with a double hitch.

