

CNU Womens Sailing Instructions
Christopher Newport University
Youth Sailing Virginia March 8-9, 2025

1. Rules: The regatta will be governed by the Racing Rules of Sailing 2021-2024, the ICSA Procedural Rules and these sailing instructions. The ICSA Medical Guidance Protocols for ICSA competitions will be in place.

2. Notice to Competitors: Official Notices will be posted on the Regatta Notice Board located on tech score.

3. Changes to the Sailing Instructions: Any changes to the sailing instructions will be posted on the Regatta Notice Board.

Saturday:	Report Time 900
	Competitors Meeting 930
	First Warning Signal 1000
Sunday:	Report Time 900
	First Warning Signal 945
	Last start no later than 1500

5. Boats: Shall be raced as supplied by Christopher Newport University and Youth Sailing Virginia. The standing rigging shall not be adjusted. A Division will start in t420s and B Division will start in FJs.

6. Rotation: Schedule for boat rotation will be available on tech score. Rotations will take place on the leeward side of the floating dock. Release the vang during rotations. During rotations, only those rotating into and out of boats will be allowed on the floating dock. The published Rigging and Rotating instructions shall be followed.

7. Racing Area: The racing area will be in Mill Creek at Youth Sailing Virginia.

8. Courses: Courses sailed will be W3, W4, and W5 depending on the wind direction for expedient rotations.

9. Marks: The marks will be orange cans. The starting line and finish lines will be between flag on the

committee boat at the starboard end of the line and the closest white ball at the port end of the line.

10. Starts: Races will be started in accordance with RRS Appendix S.

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: Shall be delivered to the race office no later than 20 minutes after the last boat reaches the shore, following the race in which that incident occurred. This changes procedural rule 30.

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: Coaching will be from ashore.

18. Drones: Drones may only be launched from and landed on the floating dock. Drone flying on National Parks land is not permitted.