



**WWU Sailing
Islands Cup Team Race
March 28th-29th, 2026
Fisherman's Bay, Lopez Island, WA**



SAILING INSTRUCTIONS

1. RULES

- 1.1. This regatta will be governed by the current Racing Rules of Sailing, including Appendix D; the Procedural Rules (PR) and Class Rules for Intercollegiate Sailing Competition 2025-2028 (CDCR), and the PCCSC Standing Rules; except as any of these are modified by these sailing instructions.
- 1.2. All races will be umpired. RRS D2.6 (Limited Umpiring), as modified by the Procedural Rules, will be used.

2. NOTICES TO COMPETITORS

- 2.1. Notices will be posted on Techscore and printed out for viewing at the Islander Resort.

3. CHANGES IN SAILING INSTRUCTIONS

- 3.1. Any changes in the sailing instructions will be announced orally and posted before the first race in which they are to take effect.

4. SCHEDULE OF EVENTS

Saturday, Mar. 28th, 2026

- 1000 Report Time + Check In
- 1030 Competitors' Meeting
- 1100 First Start- Racing to Follow
- 1800 Dinner

Sunday, Mar. 29th, 2026

- 0930 Report Time
- 1030 First Start
- 1500 No Start Signal After

5. FORMAT

- 5.1. The format for the regatta shall be a series of Round Robins as prescribed in the Conditions of the PCCSC Team Race Championship.
- 5.2. If at least one round robin is completed, the second day may move from a round robin to a set of "winners and losers" round robins. This move to winners and losers brackets will be done to increase competition and ability to learn team race skills, and will only be done if all teams agree to it.

6. BOATS & EQUIPMENT

- 6.1. 6 FJs and 6 V15s will be used for the round of 11 teams.
- 6.2. Boats will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way. Competitors have the option of rigging the mainsheet purchase either 3:1 or 4:1.
- 6.3. The standing rigging shall not be adjusted during races.
- 6.4. The penalty for infringing instruction 6.3 or 6.4 will be disqualification from all races sailed in contravention of those instructions.
- 6.5. Competitors shall report all damage or loss of equipment, however slight, to the dock/boat committee immediately after arriving on shore or to the Race Committee Finish Boat on the water.

7. ROTATION

7.1. The rotation of boats will be in accordance with the provided rotation sheet available on Techscore.

8. **MARKS**

8.1. All rounding marks will be orange buoys.

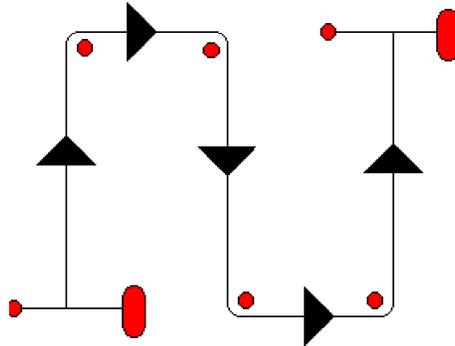
8.2. The starting line will be between a staff from which a yellow flag is displayed and a nearby orange mark.

8.3. The finishing will be between a staff from which a yellow flag is displayed and a nearby yellow mark.

9. **COURSE**

9.1. The digital N course will be used.

9.2. The finish line is restricted



10. **STARTING SYSTEM**

10.1. Races will be started in accordance with PR 18(b)(i).

11. **RECALLS**

11.1. Individual recalls will be signaled in accordance with Procedural Rule 18(b)(ii).

11.2. A general recall will be used in accordance with PR 18(b)(iii), except that the "1 minute rule" (RRS 30.1) will not be used. (Changes PR 18(b)(iii)).

12. **Signals by an Umpire**

12.1. The race will have limited umpiring- no races will be fully umpired. Sailors are encouraged to self-govern as needed.

12.2. RRS D2.4 is changed to:

12.3. An umpire shall signal a decision with one long sound and the display of a flag as follows:

(a) For no penalty, a green flag

(b) To penalize one or more boats, a red flag. The umpire shall hail or signal to identify each boat penalized.

(c) To report the incident to the protest committee, a yellow flag.

13. **PINNIES**

13.1. Pinnies will not be required of all sailors on a team as long as the team makes their best effort to wear as many pinnies as possible.

14. **PROTESTS**

14.1. Written protests, including requests for redress and breakdowns, shall be filed with the scorer within 15 minutes of the last competitor's arrival ashore after the race or set of races in which the incident occurred.

14.2. Protest forms will be available next to the notice board in the Bill McDonald Lounge.

15. BREAKDOWNS

15.1. When a boat suffers a breakdown in the racing area, she may request a score change by hailing an umpire or the race committee to that effect at the first reasonable opportunity after the breakdown, until the hail is acknowledged. If possible, she shall continue racing. This changes RRS D5.2 and PR 25.

16. SCORING

16.1. RRS D3 and D4 shall be used, as modified by PR 25.

16.2. Breakdowns will be scored in accordance with RRS D.5 as changed by PR 20.

17. SAFETY

17.1. Competitors who require assistance from rescue boats should signify so by waving arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible.

18. COACHING

18.1. PR 19 will apply

19. RIGHTS TO USE NAME AND LIKENESS

19.1. By participating in this event, competitors automatically grant to the Organizing Authority and the event sponsors the right, in perpetuity, to make, use and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation.