



NU Spring

*Hosted by Northwestern University
1823 Campus Dr, Evanston, IL 60208
April 18-19, 2026*

SAILING INSTRUCTIONS

PREAMBLE

- *The notation [NP] in a rule means that a boat may not protest or request redress under this rule. This changes Rule 60.4(a) and 61.3 as stated below.*
- *The notation [DP] in a rule means the penalty for breaking this rule may, at the discretion of the jury, be more or less than a single disqualification. This changes Rule 60.5(c) as stated below.*

1. RULES

- 1.1. This regatta shall be governed by the Racing Rules of Sailing (RRS).
- 1.2. ICSA Procedural Rules (PR), ICSA Collegiate Dinghy Class Rules and MCSA Policies shall apply.
- 1.3. The Notice of Race (NOR) for this event, except as modified by the Sailing Instructions shall apply.
- 1.4. Rule 60.4(a)(2) is changed as follows: “(2) if it alleges a breach of a rule of Part 2 or Rule 31 and is from a boat that was not involved in, and did not see, the incident, or”
- 1.5. Rule 41 is modified to add: “(e) help to recover from the water and return on board a crew member, provided the return on board is at the approximate location of the recovery”.
- 1.6. RRS 60.4(a) adds, “(4) if the protest is by a boat and is based on a rule with notation [NP]”
- 1.7. RRS 60.5(c) adds, “(5) the protest is based on a rule with the notation [DP] and the protest committee decides the penalty shall be more or less than a single disqualification.”
- 1.8. RRS 61.3 adds, “or is a request by a boat and is based on a rule with the notation [NP].”

2. ENTRY

- 2.1. 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.
- 2.2. All regatta team members participating must meet ICSA eligibility requirements. [See PR 12]
- 2.3. Student-athletes shall register annually with ICSA prior to competing.
- 2.4. All Student-athletes shall register Online using Techscore [scores.collegesailing.org].
- 2.5. 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.
- 2.6. 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).

3. NOTICE TO COMPETITORS

Notices will be posted on the Notice Board on Techscore and the Official Notice Board at the Northwestern University Sailing Center.

4. 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.

5. SCHEDULE

Saturday, April 18th

- 0830** Report Time
- 0900** Competitors' Meeting
- 0930** First Warning Signal

Sunday, April 19th

- 0930** First Warning Signal
- 1300** No A Division race shall be started after 1:00 pm local time for regular events and 3:00 pm local time for Championship events.

6. FORMAT

- 6.1. The regatta format will be a single round robin change of boat system.
- 6.2. 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)). This intention must be announced prior to the start of any racing in the event.
- 6.3. No more than two races in a division shall be sailed back-to-back with the following exception: if all teams at a Fundamental regatta agree, three races may be sailed back-to-back to accomplish more races prior to the cut-off time.

7. BOATS AND EQUIPMENT

- 7.1. Collegiate Dinghies C420s will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way.
- 7.2. The standing rigging shall not be adjusted.
- 7.3. C420 mainsheets may be rigged with a 3:1 or 4:1 purchase.
- 7.4. The penalty for infringing the above instructions shall be disqualification from all races sailed in contravention of these sailing instructions.
- 7.5. 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].
- 7.6. 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]

8. ROTATION OF BOATS

- 8.1. The rotation of boats will be in accordance with the provided rotation sheet on the official notice board and on Techscore.
- 8.2. The rotation of boats will occur onshore unless verbally specified and on the Notice Board.

9. THE COURSE

- 9.1. The courses will be W3s, W4s, or W5s and will be announced orally and described on the course diagram(s) (see Addendum 1).
- 9.2. Rounding marks will be orange balls.
- 9.3. Any mark of the course may be moved in accordance with PR 18 (c)(i).
- 9.4. If one of the downwind gate marks is clearly out of place or removed, competitors shall round the remaining mark to port.

10. START

- 10.1. Races will be started in accordance with PR 18(b).
- 10.2. The start line will be between an orange flag on the Race Committee Boat and a red mark on the port end of the line.
- 10.3. Delaying a start due to capsized boat(s) is at the discretion of the Race Committee.

11. FINISH

- 11.1. The finish line for downwind finishes (W4) will be between an orange flag on the Race Committee boat and the course side of a nearby red mark.
- 11.2. For upwind finishes (W3 and W5), the finish line will be between a flag on the Race Committee Finish boat and the orange windward mark to its port side.
- 11.3. 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].

12. RECALLS

- 12.1. 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, failure of the RC to make a hail, an incorrect hail by the RC, or the order of the hails.
- 12.2. 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).
- 12.3. The "first substitute" flag may be displayed to help with general recalls.
- 12.4. Per the Procedural Rules, RRS 30.2, 30.3, and 30.4 shall not apply.

13. PROTESTS AND PENALTIES

- 13.1. 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))
- 13.2. 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).
- 13.3. Protest forms will be available at Northwestern University Sailing Center and shall be filed with the Protest Committee or their representative.
- 13.4. Video, data and/or photographs taken from any source shall be permitted as evidence at hearings but all equipment required for viewing shall be provided in a timely manner by the party or witness providing the evidence. This changes RRS 63.4(b).
- 13.5. Penalties for breaking a rule of RRS Part 2 or Rule 31 will be in accordance with RRS 44.1 and 44.2.

14. JUDGING

Teams not directly involved in the hearing may serve on the regatta protest committee, subject to PR 34.

15. COACHING

- 15.1. Coaching shall be In accordance with PR 19.

- 15.2. Coaching shall be from the shores or docks of the regatta site or from a coach boat if such a vessel or vessels are provided by the Organizing Authority (OA).

16. SAFETY

- 16.1. Competitors who require assistance from rescue boats should signify by waving arms overhead.
- 16.2. A competitor who retires from a race shall notify the Race Committee as soon as possible.
- 16.3. All coaches, competitors, and alternates must wear USCG approved non-inflatable PFDs when afloat.
- 16.4. If a boat that is racing receives outside help for a crew member who is in the water (including a boat that is capsized), she does not break Rule 41 and she may continue racing. This changes Rule 41. See also Rule 1 and SI 1.6.

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 on the rest of the course, is in excess of an average of four knots (4.6 mph) for a reasonable period of time before the start as measured using instrumentation and while not moving over the bottom or anchored. The changes PR 18g. Permission for this change has been granted by the ICSA President.
- 17.2. If the wind speed is less than four knots (4.6 mph) in the starting area at any time during the last minute prior to the start signal, the start should be abandoned. The changes PR 18g. Permission for this change has been granted by the ICSA President.
- 17.3. At regattas where teams from more than one conference are competing, the wind average in SI 18.1 and the wind minimum in 18.2 shall be five knots (5.75mph).

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

