

**Thames River Team Race**  
**February 28, 2026**  
**Connecticut College**



**SAILING INSTRUCTIONS**

**1. Rules**

- 1.1. This regatta will be governed by the current Racing Rules of Sailing (2025-2028), including Appendix D; the Procedural Rules (PR) and Collegiate Dinghy Class Rules, except as any of these are modified by these sailing instructions.
- 1.2. US Sailing prescriptions for RRS 63 are deleted.
- 1.3. Races from incomplete round robins may be used as races in a subsequent round.

**2. Notices To Competitors**

- 2.1. Notices will be posted on the official regatta notice board located at the Sail Shed.

**3. Changes In the 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 February 28, 2026:**

Report Time:	1030
Competitor's Meeting:	1045
First Warning Singal	Immediately After Competitor's Meeting
No Start After	1700

**5. Format:**

- 5.1. Maximum of 2 round robins.
- 5.2. In the event the intended format may not be completed, the regatta chair having consulted with the ICSA representative, Regatta Chair and Chief Umpire will announce an appropriate reduced format to encourage maximum racing.

**6. Boats and Equipment**

- 6.1. Both FJ's and 420's will be used.

- 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.
- 6.4. The penalty for infringing instruction 6.2 or 6.3 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 at the competitors' meeting.

**8. Course**

- 8.1. The digital N course will be used.

**9. Starting System**

- 9.1. Races will be started in accordance with PR 18(b)(i).
- 9.2. The Race Committee may opt to use a rolling starting system; that is a system where the warning signal for a subsequent race is the starting signal for the previous race.

**10. Recalls**

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

**11. Breakdowns**

- 11.1. 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.

**12. Scoring**

- 12.1. RRS D3 and D4 shall be used, as modified by PR 25.
- 12.2. Breakdowns will be scored in accordance with RRS D.5 as changed by PR 20.

**13. Safety**

- 13.1. Competitors who require assistance from rescue boats should signify by waving arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible.
- 13.2. Starts will not be delayed to accommodate capsized boats.

**14. Coaching**

- 14.1. PR 19 will apply.