



The Cressy High School Singlehanded Championship

Sponsored by

LaserPerformance

Hosted by Old Dominion University

Norfolk, Virginia

October 30- Nov 1

Sailing Instructions

1. RULES:

- 1.1. The regatta will be governed by the Racing Rules of Sailing 2013-2016, the ISSA Procedural Rules, the ISSA Cressy Championship Conditions, the Notice of Race, and these Sailing Instructions. In the event of a conflict between the governing documents and the Sailing Instructions the latter shall take precedence.
- 1.2. The Organizing Authority (OA) is the Interscholastic Sailing Association in conjunction with the host, Old Dominion University.
- 1.3. RRS appendix P is in effect modified per ISSA Procedural Rule 14(c).

2. NOTICE TO COMPETITORS:

Official notices, including changes to sailing instructions, will be posted on the official notice board on Techscore. Changes to the sailing instructions shall be approved by the chief judge. Changes to the schedule shall be posted no later than one half hour prior to the first warning signal on the day it will take effect.

3. SCHEDULE:

- 3.1. Report time for Saturday and Sunday will be 9:00am. The number of races each day will be at the discretion of the regatta chairperson.
- 3.2. No race will start after **3:00pm on the last day**.
- 3.3. The race committee will attempt to complete a full rotation, of 18 races in each fleet

4. COURSES AND MARKS:

- 4.1. Courses will be in accordance with ISSA PR 7.7. The race committee may designate course selection orally.
- 4.2. All Rounding marks will be Orange Balls and Start/Finish marks will be Yellow Balls.

5. START, FINISH, AND RECALLS:

- 5.1. Races will start in accordance with ISSA PR 7.8(a).
- 5.2. Individual recalls will be made in accordance with RRS Appendix S6.
- 5.3. General recalls will be signaled by a series of short whistles. After a general recall, the round the ends provision of RRS 30.1 shall apply except Flag I need not be displayed in accordance with ISSA PR 7.8(b) (Changes RRS 30.1).
- 5.4. The start line will be between an Orange Staff on the signal boat and a Yellow Ball.
- 5.5. The finish line will be between an Orange Staff on the finish boat and a Yellow Ball.

6. BREAKDOWNS:

- 6.1. Breakdown requests shall be filed in the same manner as protests.
- 6.2. Breakdowns shall be scored in accordance with ISSA PR 9e. Compensation shall be consistent with ISSA PR Appendix 3.

7. PROTESTS:

- 7.1. Protests procedure will be in accordance with ISSA PR Part VI. Per Procedural Rule 8(b), competitors shall not communicate with a coach before reporting to the race committee their intent to protest.

8. SCORING:

Scoring will be in accordance with ISSA PR 9.

9. COACHING:

- 9.1. Coaches, team leaders, chaperones, advisors, parents, or other support personnel shall not go afloat in the sailing area on the published dates of the regatta, unless explicitly permitted by the regatta chairperson. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors, and teams associated with the infringing personnel.
- 9.2. Competitors may receive coaching, including instruction, assistance, equipment, or sustenance, only while on shore or from designated coach boats between races.

10. SAFETY:

- 10.1. Per Procedural Rule 2.2, competitors shall wear USCG approved Type III or V lifejackets. Inflatable type lifejackets are not permitted.
- 10.2. A boat that retires from a race shall notify the race committee either before leaving the course, or if that is impossible, immediately after arriving ashore.

11. TROPHIES:

- 11.1. Prizes will be awarded to schools placing 1st, 2nd and 3rd in the regatta for both fleets. The top school for both fleets will have its name engraved on the perpetual Cressy trophy.

12. WAIVER OF LIABILITY:

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race.

The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

13. RIGHTS TO USE NAME AND LIKENESS:

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.