



2015 NWISA Singlehanded Championships  
September 5-6, 2015  
Columbia Gorge Racing Association - Cascade Locks, Oregon

## SAILING INSTRUCTIONS

### 1. RULES

- 1.1. This regatta will be governed by the Racing Rules of Sailing and US Sailing Prescriptions, except as modified by this NOR, the ISSA Procedural Rules, the Laser Class Rules, this NOR, and the Sailing Instructions.
- 1.2. US SAILING Prescriptions to RRS 60, 63.2 and 63.4 shall not apply.
- 1.3. Under rule 70.5(a), there shall be no appeal of the decision of a protest or request for redress. However, a decision following a hearing under rule 69.1(a) may be appealed.
- 1.4. In case of conflict between the Notice of Race and the Sailing Instructions, the Sailing Instructions will prevail. This changes RRS 63.7.

### 2. ELIGIBILITY

- 2.1. All competitors must be members of their high school sailing team and currently eligible to participate in high school sports based on their high school's regulations.
- 2.2. Teams shall be members of ISSA, currently registered with NWISA for 2015-2016 school year, with dues paid.
- 2.3. No student below the level of 9th grade shall be eligible to compete in the Radial or Full rig fleets.
- 2.4. Competitors must be accompanied by a designated adult team leader/chaperone, who may be an advisor, coach or a parent recognized by the school.

### 3. NOTICES TO COMPETITORS

- 3.1. Notices to competitors will be posted on the official regatta notice board located at the south end of the race office.

### 4. CHANGES TO THE SAILING INSTRUCTIONS

- 4.1. These sailing instructions may be amended as necessary. Any change in the sailing instructions will be posted before 9:00 am on the day it will take effect, except that any change in the schedule of races will be posted by 7:00pm on the day before it will take effect.

### 5. SIGNALS MADE ASHORE

- 5.1. Signals made ashore will be displayed from the flagpole located on the Jetty.

### 6. SCHEDULE OF EVENTS

#### Saturday, September 5

- 0900-1000: Registration and Check-in
- 1000: Competitor's Meeting
- 1100: First Warning
- 1830: Barbeque dinner at the beach

Sunday, September 6

0930: First Warning

1500: No Race Shall Start After This Time

Awards will be made as soon as possible after racing.

**7. COURSES**

- 7.1. The diagrams attached in Appendix A show the courses, including the approximate angles between legs, the order in which the marks are to be passed, and the side on which each mark is to be left.
- 7.2. The courses will be W3, W4, WM or L. The course will be indicated by a placards displayed on the signal boat at the warning signal.

**8. MARKS**

- 8.1. Marks of the course will be inflatable yellow spheres or cylinder marks.
- 8.2. To change the position of the next mark, the race committee will move the original mark as soon as practicable. However, no mark shall be moved once any boat is on the leg that it terminates.

**9. START/FINISH**

- 9.1. Races will be started using Appendix S – Sound Signal Starting System (3min Start Sequence).
- 9.2. The start and finish line will be between the staff displaying an orange flag on the RC signal boat at the starboard end and orange cylinder at the port end.
- 9.3. Boats starting later than three (3) minutes after their starting signal will be scored as DNS.
- 9.4. After starting and before finishing, a boat shall not sail through the start or finish line, but may sail to either side of them. Any boat sailing through the start or finish line may correct her error by sailing out the same side from which she entered.

**10. RECALLS**

- 10.1. Individual recalls will be signaled in accordance with RRS rule 29.1. The Race Committee may hail the sail numbers of OCS boats after the starting signal. The failure of any boat to hear the hail, the hail of some but not all OCS boats, the untimely hail of some or all OCS boats or failure to hail any or all boats shall not be grounds for granting redress. This changes RRS 62.1
- 10.2. On any start after the first general recall of a race, RRS rule 30.1 – the “One Minute Rule” will be in effect.

**11. PROTESTS AND REQUESTS FOR REDRESS**

- 11.1. A boat intending to protest about an incident that occurs in the racing area shall make a reasonable attempt to notify the race committee boat of her intention, including the sail number of the boat(s) being protested. This changes RRS 61.1(a).
- 11.2. Protests shall be written on forms available at the race office and delivered to the on shore race official within 30 minutes after the race committee boat docks. The Protest time limit will be posted on the official notice board following the docking of the committee boat.
- 11.3. Only the Race Committee, not a competitor is permitted to protest a boat for breaking Sailing Instruction 12, 13 or 14. This changes RRS 60.1(a).

12. **COACHING** – Race Committee may designate an area where on the water coaching may take place, provided at least one coach from each team has equal access to the area, which may be a boat or float. When a coach is also acting as a member of the race committee, contact with a competitor shall also be limited to a designated area; otherwise that coach shall be allowed to

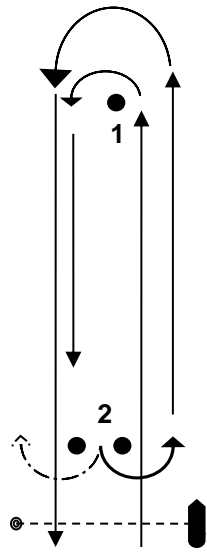
perform duties necessary in running the regatta.

### 13. SAFETY

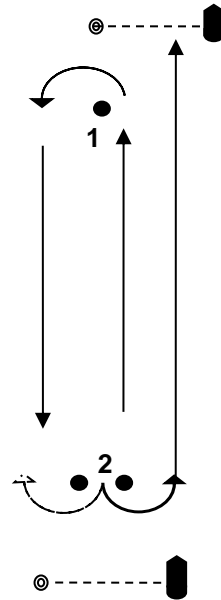
- 13.1. All competitors shall wear, while on the water, other than brief periods while adding or removing clothing, a US Coast Guard or Canadian approved life jacket.
- 13.2. A boat retiring from a race shall attempt to notify a race committee vessel before leaving the course or, when that is not possible, a race official, immediately after arriving on shore.
- 13.3. Competitors may be subject to disqualification for interfering with commercial traffic. Boats violating separation rules or boats that are given a 5 blast warning shall retire immediately from that race.

- 14. IMPORTANT NOTICE** – No competitor shall use, either on or off the water, marijuana or any other controlled substance, as defined in 21 U.S. Code 802, the possession of which is unlawful under U.S. Code 841, or alcoholic beverages (distilled spirits, wine, and beer, each as defined in Chapter 51 of the U.S. Internal Revenue Code and intended for beverage use). An alleged breach of this procedural rule shall not be grounds for a protest. However, when a report is received from any source alleging such a breach a protest committee consisting of the regatta chairperson, a member of the ISSA Board of Directors, and the chairperson of the protest committee, shall follow the process described in RRS 69.1. If a hearing under RRS 69.1 is held, a competitor found to have breached this procedural rule shall be excluded from the remaining races of the series and, where practical, be removed from the regatta venues and sent home. Additional penalties consistent with RRS 69.1(b) may be imposed on the competitor or the competitor's team. This regulation is in effect during the entire event from the date and time of arrival through the date and time of departure from the regatta site.

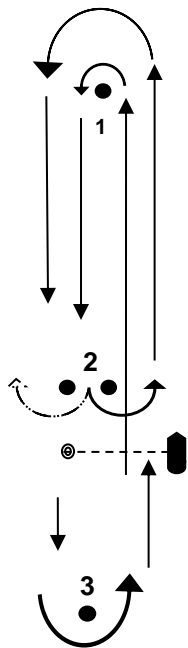
Appendix A – Course Diagrams:



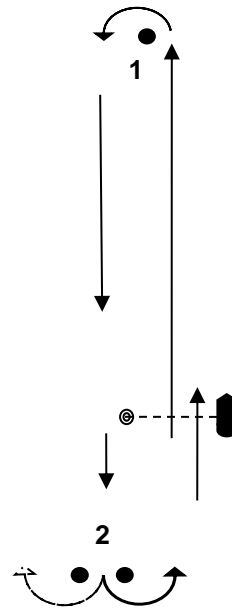
**W4**  
Start-1-2-1-Finish



**W3**  
Start-1-2-Finish



**WM**  
Start-1-2-1-3-Finish



**L**  
Start-1-2-Finish