



**ISSA Atlantic Coast Championships
At The Rochester Yacht Club
October 2nd, 2016**



SAILING INSTRUCTIONS

1. RULES:

- 1.1. The regatta shall be governed by the Racing Rules of Sailing 2013-2016, the prescriptions of US Sailing, the ISSA Procedural Rules, the ISSA 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.
- 1.1. The Organizing Authority (OA) is MASSA in conjunction with host **Rochester Yacht Club**
- 1.2. RRS appendix P is in effect modified per ISSA Procedural Rule 14(c).
- 1.3. Alternative Penalties RR44.1 and 44.2, shall be modified by ISSA PR 10 and shortened to a one-turn penalty for breaking a rule of part 2.
- 1.4. All sailors shall wear a team pinnie while racing per ISSA PR 2.5

2. NOTICE TO COMPETITORS:

Official notices including changes to sailing instructions shall be posted on the official notice board located **on the southside of Rochester Jr. Yacht Club**. Changes to the sailing instructions shall be approved by the protest committee and posted no later than one half hour prior to the first warning signal on the day it shall take effect.

3. SCHEDULE:

Saturday

0808 hrs Breakfast Pizza
0900 hrs Report time
0915 hrs Competitors Meeting
1000 hrs First Warning Signal

There is no specific end time for the first day of racing

Sunday

0808 hrs Breakfast Pizza
0900 hrs Report Time
1000 hrs First Warning Signal

No Race Start Sequences will begin after 1400 hrs

Breakfast pizzas will be provide by RYC at the start of both days, but all teams will be responsible for their own for lunches and dinners.

The number of races shall be at the discretion of the regatta chairperson.

The race committee shall attempt to complete a full rotation

Rotation and boat assignments will be posted on TechScore

4. COURSES AND MARKS:

- 4.1. Courses shall be in accordance with ISSA PR 7.7. The race committee may designate course selection orally.
- 4.2. All marks shall be small orange/yellow round marks.
- 4.3. In accordance with ISSA PR 7.7(c) after the starting signal, the race committee may change the position of any mark to maintain course configuration, provided that no boat is on that leg of the course. No signals are required (changes RRS 33).
- 4.4. Courses shall be raced either side of the pier in Lake Ontario, Or in the basin/Genesee River. Weather Dependent.

5. SHORTENING AND ABANDONING RACES:

In accordance with ISSA PR 7.7(d) races shall not be shortened. They shall be abandoned. No signals are required. A race may be abandoned at any time at the discretion of the race committee, in consultation with the protest committee if possible.

6. START, FINISH, AND RECALLS:

- 6.1. Races shall start in accordance with ISSA PR 7.8(a).
- 6.2. Individual recalls shall be made in accordance with RRS Appendix S6.
- 6.3. General recalls shall 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).
- 6.4. The start line shall be between the red flag and the red or orange mark.
- 6.5. The finish line shall be between the red flag and the red or orange mark.

7. BOATS AND EQUIPMENT:

- 7.1. Boats will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way, except that competitors may adjust lines and controls normally adjustable.
- 7.2. The standing rigging shall not be adjusted.
- 7.3. Mast floats will be mandatory
- 7.4. Mainsheet may be rigged with either a 3:1 or 4:1 purchase.
- 7.5. The penalty for infringing the above instructions shall be disqualification from all races sailed in contravention of these sailing instructions.
- 7.6. 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. The penalty for infringing this instruction, unless the Jury is satisfied that the competitor made a determined effort to comply, will be disqualification from the race most recently sailed.

8. BREAKDOWNS:

- 8.1. Breakdown requests shall be filed in the same manner as protests.
- 8.2. Breakdowns shall be scored in accordance with ISSA PR 9(e).
- 8.3. Compensation shall be consistent with ISSA PR Appendix 3.

9. PROTESTS:

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

10. SCORING:

- 10.1. Scoring shall be in accordance with ISSA PR 9.
- 10.2. Scores will be posted online at TechScore

11. Record of Participation Forms

- 11.1 Team representatives must complete the RP Forms by 1200 hrs (noon) on Monday, November 14, 2016 or be subject to a 20 point per division penalty per ISSA PR 4.3(a)

12. COACHING:

- 12.1. 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.
- 12.2. Competitors may receive coaching, including instruction, assistance, equipment or sustenance, only while on shore or any place clear of the start finish line, no coaching during the races.

13. SAFETY:

- 13.1. Per Procedural Rule 2.2, competitors shall wear USCG approved Type III or V lifejackets. Inflatable type lifejackets are not permitted.
- 13.2. 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.

14. 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) shall 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.

15. 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.