

NESSA HIGH SCHOOL SINGLEHANDED CHAMPIONSHIP
For the
Nancy Healy TROPHY
Norwalk YC
September 24-25, 2016

SAILING INSTRUCTIONS

1. RULES:

- 1.1. The regatta will be governed by the current Racing Rules of Sailing, the prescriptions of US Sailing, the ISSA Procedural Rules, the Notice of Race, and these Sailing Instructions.
- 1.1. The Organizing Authority (OA) is the NESSA in conjunction with host Norwalk YC.
- 1.2. RRS appendix P is in effect modified per ISSA Procedural Rule 14(c).
- 1.3. In accordance with rule 70.5(a), decisions of the protest committee are final. US Sailing's permission has been granted.
- 1.4. NESSA By-law Article M – Trophy winner responsibility is in effect.
- 1.5. ISSA PR 5 is in effect from the moment a competitor reports to the venue until they have left the site at the end of the regatta.
- 1.6. ISSA PR 1.3 (Responsible Adult) is in effect.
- 1.7. ISSA 2.5 (Pinnie/team uniform rule) is in effect.

- 2. NOTICE TO COMPETITORS:** Official notices including changes to sailing instructions will be posted on the official notice board located on Techscore. 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 will take effect.

3. SCHEDULE:

- 3.1. Report time for Saturday is 1400 and Sunday will be 0900. The number of races each day will be at the discretion of the regatta chairperson.
- 3.2. No race will start after 1600 on Sunday except if the regatta is not "official" yet, in accordance with the ISSA PR in which case, racing can continue until the regatta is official.

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 marks will be orange tetrahedrons.
- 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).

- 5. SHORTENING AND ABANDONING RACES:** In accordance with ISSA PR 7.7(d) races will not be shortened. They will 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 will start in accordance with ISSA PR 7.8(a).
- 6.2. Individual recalls will be made in accordance with RRS Appendix S6.

- 6.3. 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).
- 6.4. The start line will be between an orange inflatable sphere and orange flag on the RC boat.
- 6.5. The finish line will be between orange inflatable sphere and orange flag on the RC boat.

7. BREAKDOWNS: Because the regatta is a BYOB event, there will be no Breakdown Points awarded.

8. PROTESTS:

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

9. SCORING: Scoring will be in accordance with ISSA PR 9

10. COACHING:

- 10.1. 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.
- 10.2. Competitors may receive coaching, including instruction, assistance, equipment or sustenance, only while on shore.
- 10.3. A coach who is also acting as a Race Committee is exempt from 10.2 between sets of races.

11. SAFETY:

- 11.1. Per Procedural Rule 2.2, competitors shall wear USCG approved Type III or V lifejackets. Inflatable type lifejackets are not permitted.
- 11.2. 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.

12. TROPHIES:

- 12.1. Prizes will be awarded to the sailors placing 1st through 4th in each division.
- 12.2. The top sailor in each division will have their name engraved on the perpetual Nancy Healy Trophy.
- 12.3. The Sailors that finish 1st through 3rd in each division will also qualify to represent NESSA at the ISSA Single-handed Nationals (Cressy Trophy) to be sailed at The Sea Scout Base Galveston, TX on October 28-30, 2016.

13. 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.

14. 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.