



**SAILING INSTRUCTIONS**  
**New Jersey Interscholastic Sailing Association**



**FALL FLEET CHAMPIONSHIP**

To be held at  
**Toms River Yacht Club**

**September 24, 2022**

**1. RULES:** The regatta will be governed by the Racing Rules of Sailing 2021-2024, the [ISSA Procedural Rules](#), [the Scholastic Dinghy Class Rules](#), this NOR, and the Sailing Instructions.

**2. ELIGIBILITY:** Competing schools must be members of ISSA and NJISA and meet ISSA eligibility rules as prescribed in the Procedural Rules.

**3. SCHEDULE:**

3.1 Report times are listed in the NOR.

3.2 The number of races each day will be at the discretion of the regatta chair. There is no specific cutoff time for Saturday's racing.

3.3 Rotation will be posted on Techscore.

3.4 Changes to the schedule will be posted on the official notice board at the location designated at the skippers meeting.

**4. COURSES and MARKS:**

4.1 Based on conditions, the Race Committee will determine the courses as prescribed in ISSA PR 7.8. W4 Course is the preferred course that will be used.

4.2 Race committee will designate course selection orally via megaphone.

4.3 All marks will be orange inflatable Bema marks.

**5 SHORTENING AND ABANDONING RACES:** In accordance with ISSA PR 7.8(d) races will not be shortened. They may 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. This modifies RRS 32.

**6. START, FINISH, AND RECALLS:**

6.1 Races will start in accordance with ISSA PR 7.9.

6.2 Individual recalls will be made in accordance with RRS Appendix S6. This modifies RRS 29.1.

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 7.9(c). This modifies RRS 29.2 and 30.1.

6.4 The start line will be between an orange flag on the start boat and an orange pin.

6.5 The finish line will be between an orange flag on the finish boat and an orange pin. The start boat and the finish boat may be the same boats depending upon course selected.

## **7. BREAKDOWNS:**

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

## **8. PROTESTS:**

- 8.1 Protests procedure will be in accordance with ISSA PR Part VI.
- 8.2 Competitors shall not communicate with a coach before reporting to the race committee their intent to protest.
- 8.3 Protest forms are available at Official Notice Board and can be submitted to the official scorer.
- 8.4 Competitor must file protest with the official scorer within **15 minutes** of coming ashore for rotation.
- 8.5 Hearings will be held at the conclusion of each day's racing.

**9. SCORING:** Scoring will be in accordance with ISSA PR 9. Scores will be posted online via ISSA Techscore.

## **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 only receive coaching, including instruction, assistance, equipment or sustenance, only while on shore, on the rotation dock, or in a boat in the vicinity of the rotation dock after every TWO races.

## **11. SAFETY:**

- 11.1 Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.
- 11.2 Sailors shall wear a team pinnie identifying and representing their school per ISSA PR 2.4.
- 11.3 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. CODE OF CONDUCT**

- 12.1 Contestants are expected to handle boats and equipment in a safe and seamanlike manner. Sailing the boats up to a rotation dock, bulkhead, or floating dock at more than a dead slow speed will be considered un-seamanlike. The Race Committee or Regatta Committee will protest such actions. Violation of this provision may be grounds for disqualification from the last race sailed or for excluding a team from any or all remaining parts of the event.

12.2 Participants are expected to always act in a sportsmanlike manner on and off the water throughout the entire event.

**13. REGATTA CONTACTS:**

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