

From ISSA Procedural Rules Appendix 2
(ISSA Dinghy Class Rules)

7.2 MEANS OF PROPULSION, RRS 42

(a) During and immediately after tacking or gybing, a boat's crew may move their bodies to roll the boat, provided that the boat's mast does not move aggressively away from the vertical more than once (Replaces RRS 42.3(b)).