



SAISA North Point #1

October 11-12, 2025

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. In the event of a conflict between the governing documents and the Sailing Instructions the latter shall take precedence.
- 1.2. The Organizing Authority (OA) is the Interscholastic Sailing Association in conjunction with the Lake Norman Yacht Club (LNYC).
- 1.3. RRS appendix P is in effect modified per ISSA Procedural Rule 13.

2. **NOTICE TO COMPETITORS:** Official notices including changes to sailing instructions will be posted on the official notice board located at the Race Management Center (RMC) and Pavillion. However, changes to the Sailing Instructions may be made at any time, including on the water. In that event, Code Flag "L" with one sound signal will be displayed on the Signal Boat to notify competitors of a change.

3. SCHEDULE

- 3.1. The schedule of races is as described in the Notice of Race.
- 3.2. The number of races each day will be at the discretion of the Race Committee.
- 3.3. The Race Committee will attempt to complete a full rotation whereby each team races each boat at least once.
- 3.4. Three (3) completed races per Division will constitute a Regatta.
- 3.5. No A Division race will start after 3 pm on Sunday.

4. COURSES AND MARKS:

- 4.1. Course Diagrams showing the course designation, start/finish line, the order in which marks are to be rounded and the side on which each mark is to be left are shown below. Marks "1" "1a" "2s" and "2p" are red balls. The starting mark is a white ball with an orange flag. The finish mark is a white ball.
- 4.2.

Course "1"

Rounding Order

Start – 1 – 1a – 2s/2p – Finish

Course "2"

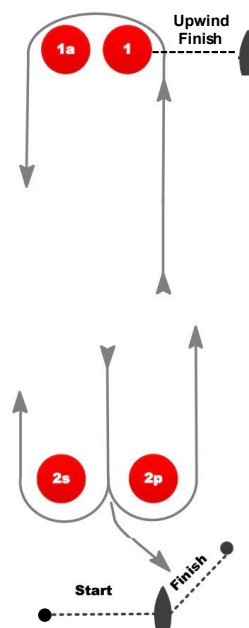
Rounding Order

Start – 1 – 1a – 2s/2p – Upwind Finish

Course "3"

Rounding Order

Start – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – Finish





- 4.3. Courses will be in accordance with ISSA PR 7.8.
- 4.4. The race committee may designate course selection orally or via a course board on Signal.
- 4.5. In accordance with ISSA PR 7.8(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).
- 4.6. Races may be shortened and/or abandoned at the discretion of the Race Committee. This changes ISSA PR 7.8(d).

5. START

- 5.1. Races will start in accordance with ISSA PR 7.9(a), using RRS Appendix U “Audible-Signal Racing System”.
- 5.2. The starting line will be between the orange flag on the RC Signal Boat at the starboard-end of the starting line and a white ball with an orange flag for the port-end starting mark.
- 5.3. Boats starting more than 4 minutes after their starting signal will be scored DNS without a hearing.
- 5.4. If six (6) or more Junior Varsity, Split, or Composite boats are present to sail, fleets will have separate starts. Varsity starts will be indicated by the One Pennant and the JV/Composite start will be the Two Pennant.



6. RECALLS

- 6.1. Individual Recalls will be made in accordance with RRS 29.1. Code Flag “X” will remain up for a maximum of two minutes after the Starting Signal or until all OCS boats have started properly, whichever is sooner.
- 6.2. General Recalls will be made in accordance with ISSA PR 7.9(c). After a General Recall, RRS 30.1 shall apply except Flag I need not be displayed in accordance with ISSA PR 7.9(c). (This changes RRS 30.1)
- 6.3. The Race Committee will attempt to hail boats over early (OCS). Failure of a boat to hear the hail, an untimely hail, or the order of boats in the hail will not be grounds for redress. (This changes RRS 61.1)

- 7. **FINISH:** The finish line will be between the blue flag on a Race Committee boat and the closest mark.

8. TIME LIMITS

- 8.1. The race will be abandoned if no boats round the windward mark ten minutes after the start of the race or if the lead boat has not finished thirty minutes after the start of the race. Failure to meet the time limits will not be grounds for redress. (This changes RRS 62.1(a))
- 8.2. Any boats that fail to finish within ten minutes of the lead boat’s finish will be scored DNF without a hearing.

9. PROTESTS

- 9.1. The first two sentences of RRS 44.1 are changed to: “A boat may take a One-Turn Penalty when she may have broken one or more rules of Part 2 or rule 31 in an incident while racing.”
- 9.2. Protests procedure will be in accordance with ISSA PR Part VI.
- 9.3. ISSA PR 8(b) states “*Before Protesting - A competitor shall not communicate with anyone other than teammates or other competitors before reporting to the Race Committee an intention to file a protest. Breaking this rule may be grounds for closing the protest hearing. (Changes RRS 60.2).*” Therefore, competitors shall not communicate with a coach before reporting to the race committee their intent to protest.
- 9.4. Protest Forms shall be completed and filed within 30 minutes of the finish of the last race of the rotation in which the event at issue took place.



10. BREAKDOWNS

- 10.1. Breakdown requests shall be filed in the same manner as protests.
- 10.2. Breakdowns shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 5.

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

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.

13. SAFETY

- 13.1. Competitors shall wear USCG approved lifejackets as outlined in Procedural Rule 2.2. 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.
- 13.3. 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 3, Decision to Race.

14. TROPHIES

- 14.1. Trophies will be awarded to schools placing 1st, 2nd and 3rd in the regatta.
- 14.2. Trophies will also be awarded to first place skipper and crew in A and B divisions.

15. ADDITIONAL

- 15.1. The rotation sequence and boat assignments will be available on Tech Score.
- 15.2. Competitors shall report any damage or loss of equipment, however slight, to the Race Committee immediately upon completion of the race. Absent a determined effort to comply, the penalty for infringement may be disqualification from the race or regatta, for the crew or entire team, subject to the decision of the Protest Committee.
- 15.3. Drones are allowed at this regatta. However, per ISSA PR 5.2, content from OA authorized drones shall only be used for promotional purposes for the event and High School Sailing. If the content is used for coaching (or other similar purposes) it shall be made available to all competitors at the same time and not during competition hours.