

# **Sailing Instructions– MBL Freshman Sophomore Regatta 2024**

## **Rules**

RRS, ISSA PR, NESSA PR and By-laws, including Article L

## **Format**

A and B fleet racing.

## **Schedule of Races**

Begin ASAP. It is the intention of the RC to finish the regatta by 4pm. No races shall start after 4pm unless needed to make the regatta “official” as an ACC qualifier.

The normal rotation of two races per set may be amended to one or three races per set at the discretion of RC as conditions warrant.

## **Courses**

Courses will be announced at the competitors’ meeting.

In any “modified” course with start/finish line within the course, the line is open.

RC may switch courses with verbal notice to competitors.

Finish line may be different than start line.

## **Marks**

Yellow balls shall be used as racing marks and buoys with a white staff and flags( flags are a part of the mark) shall be used for starting and finishing pins. Committee boat end of the start and finish shall be the staff with a colored flag.

## **Obstructions and Hazards**

Flat rock - to be review at skipper’s meeting.

## **Start**

Appendix S - 3 min. with automatic starting box or whistles

Horn (or whistle) for individual recall.

Race Committee will attempt to hail boats OCS.

I flag in effect after general recall, whether or not flag is displayed. I flag remains in effect for the remainder of the set.

## **Penalties and Exonerations**

RRS Appendix V1, Alternative Penalties shall be in effect. (two turns for fouls in the zone, one turn otherwise. Refer to rulebook for exact wording.)

## **Protests and Requests for Redress (RFR)**

Boat being protested must be notified at time of incident and after the finish.

Protest flags are not required.

RC must be notified of intent to protest.

**There will be an attempt to resolve all protests before going out for the next rotation.**

Protest forms available at Judge’s table.

Protests must be filed (with completed forms) within 10 minutes of reaching shore at the end of the relevant rotation.

Competitors protesting must submit their protest form to their coach within the time limit.

The coach will organize a protest committee consisting of coaches whose teams are not involved in the protest.

Requests for redress will use the same onshore procedures as protests.

Breakdowns resulting from anything that could have been reasonably prevented by a thorough inspection of the sailors before racing shall not be subject to redress.

**Note to Coaches:**

I would like to request that coaches help on the Committee Boat and serve as judges for protests if there are any.

To give all teams equal opportunities for coaching:

On the water coaching is not permitted between races within the same rotation

On the water coaching must not include the benefit of observations made on the