



ANNAPOLIS YACHT CLUB
ESTABLISHED 1886

MDISA's T1 - AYC's "Polar Bear Plunge" Regatta 2026

**Hosted by
Annapolis Yacht Club
Sailing Center
510 Severn Avenue
Annapolis, Maryland 21403
March 28th, 2026**

SAILING INSTRUCTIONS ("SIs"):

1. RULES:

- 1.1 The regatta will be governed by the rules as defined in the 2025-2028 Racing Rules of Sailing (RRS), the 2025- 2028 ISSA Procedural Rules, the notice of race and these sailing instructions. In an event of a conflict between governing documents and the sailing instructions, the sailing instructions shall take precedence.
- 1.2 The organizing Authority is the Mid-Atlantic Interscholastic Sailing Association (MASSA) in conjunction with the Maryland Interscholastic Sailing Association (MDISA) and Annapolis Yacht Club.
- 1.3 RRS Appendix P is in effect per PR14.

2. NOTICE TO COMPETITORS:

2.1 Official notices including changes to sailing instructions will be posted on the official noticeboard located on the front porch by the AYC Jr. Fleet Offices and on TechScore. Changes to the sailing instructions shall be approved by the regatta chair and posted no later than 30 minutes prior to the first warning signal on the day it will take effect.

3. SCHEDULE OF EVENTS:

March 28th, 2026:

0930 hours - Report Time & Rigging of Boats at AYC
1000 hours - Competitors' Meeting at AYC waterside porch of Sailing Center
First Warning - as soon as reasonably possible after launching.
1530 hours - No warning signal after
After Racing - Clean up of docks and facilities of both AYC and SSA

3.1 Changes to the official schedule will be posted on the official noticeboard on TechScore

3.2 The number of races for day will be at the discretion of the regatta chairperson/PRO.

4 ROTATIONS/TEAM AREAS:

4.1 Team areas - Teams may leave gear, etc. at Annapolis Yacht Club. However, Boats will rotate off the SSA docks/bulkhead. All boats will launch and return to AYC Sailing Center at the conclusion of racing. Please keep all team gear (tents, bags, chairs, etc.) to a minimum at the rotation venue (SSA). Base Camp Areas will be announced at competitors meeting!

4.2 Crew substitutions will not be allowed except in the case of an emergency and with the written permission of the OA.

5. BOATS & EQUIPMENT:

5.1 AYC 420's will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way. Jib halyards' tails shall remain rigged behind the spreaders.

5.2 Mainsheets may be rigged with a 3:1 or 4:1 purchase.

5.3 The penalty for infringing upon 5.1 or 5.2 will be disqualification from all races sailed in contravention of those instructions.

5.4 Competitors shall report all damage or loss of equipment; however slight, to the dock/boat committee immediately after arriving on shore and to the Race Committee Finish Boat on the water immediately after all boats in that race have finished.

5.5 Breakdown points will not be awarded for the failure of knots, the loss of pins or rings, except the Jury may grant redress for the failure of the main halyard masthead knot.

6. FORMAT:

6.1 The format will be a single round robin, two division regatta.

7. PROTESTS:

7.1 Protest procedure will be in accordance with ISSA PR Part VI.

7.2 Protest time limit for filing a request shall be 30 minutes after the race committee boat returns to the dock after the last race of the day.

7.3 Protest forms will be available on the rotation dock and at the Annapolis Yacht Club Sailing Center.

8. COURSES AND MARKS:

8.1 Standard **W4** course, with a windward offset and leeward gate above the start/finish line, will be utilized unless conditions require, or the race committee see fit to alter. A **W3** (or **W5**) course may be used to facilitate rotations by finishing near the rotation site.

8.2 The course to be sailed will be announced verbally and written on the Notice Board on the porch at the competitors meeting. A sample diagram will be attached as an addendum.

8.3 All rounding marks will be orange Inflatable balls. The start/finish marks will be yellow stick buoys.

8.4 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, if no boat is on that leg of the course. No signals are required (changes RRS 33).

9. BREAKDOWNS:

9.1 Breakdown requests shall be filed in the same manner as protest.

- 9.2 Any boat suffering from a breakdown shall report to race committee as soon as reasonable possible. Breakdowns shall be scored in accordance with (ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 3.
- 9.3 Competitors shall report any damage, breakdown, or loss of equipment, however slight, to the regatta representative or to the race committee finish boat on the water immediately after all boats in their race have finished. Compliance with this instruction is required regardless of whether a scoring change for a breakdown is required. Failure to make this report will be subject to such penalty as the protest committee may impose, including loss of one or more race wins. This changes RRS 64.1(a).

10. START, FINISH AND RECALLS:

Races will start in accordance with ISSA PR 7.9(a) except that RRS Appendix S - Sound-Signal Starting System will be modified as follows:

- 10.1 Individual Recall - When, at a boat's starting signal, any part of her hull is on the course side of the starting line, or she must comply with RRS 30.1, the race committee shall promptly display flag X (or a designated flag or device). The flag shall be displayed until the hull of each such boat has been completely on the pre-start side of the starting line or one of its extensions, and until all such boats have complied with RRS 30.1 if it applies, but not later than two minutes after the starting signal, whichever is earlier. The Race Committee may also attempt to notify individual boats by hailing their sail number. (Changes RRS 29.1 and U4)
- 10.2 General Recall - The race committee may signal a general recall by multiple sounds and the hail of "general recall" and need not display the First Substitute. Following a general recall, the warning for any subsequent start may be initiated at any time. (Changes RRS 29.2) After a general recall, RRS 30.1 (I Flag Rule) shall apply, and no signal need be given. (Changes RRS 30.1)
- 10.3 As a courtesy, the Race Committee will attempt to hail boats "On Course Side" (OCS) as soon as possible after the start. Failure of electronic equipment, failure to hear a hail, order of hail, or delay in hailing will not be grounds for redress. This modifies RRS 62.1 (a).
- 10.4 The "round the ends rule" provisions of RRS30.1 may apply for any start if hailed prior to the starting sequence. The signal will be made orally and with the display of flag "1". This changes RRS30.1

11. COACHING:

- 11.1 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.
- 11.2 Coaches, team leaders, chaperones, advisors, parents, or other support personnel may go afloat in the sailing area while serving as an umpire or assisting with race management.

11.3 Competitors may receive coaching, including instruction, assistance, equipment, or sustenance, near the docks or while ashore.

12. SAFETY:

12.1 Competitors and Coaches shall wear a USCG approved personal flotation device (PFD), Non-U.S. citizens may use a personal flotation device (PFD) approved by their country of origin, provided it meets recognized international safety standards, at all times while afloat, except briefly while changing or adjusting clothing or personal equipment. The PFD shall be the proper size for the wearer, and in good and serviceable condition. Inflatable PFDs are NOT permitted.

12.2 Failure to comply with 12.1 will be grounds for disqualification from all races sailed in contravention of those instructions.

12.3 Competitors shall supply the equipment to meet the requirements of 12.1.

12.4 At its discretion, the Race Committee or Organizing Authority may require a competitor to retire from racing if the competitor is determined to be a risk to their own or others' safety.

12.5 Drysuits will be mandatory for this event. Due to expected cold water and air temperatures, all competitors are required to wear an appropriate drysuit while on the water. Any participant not wearing a drysuit will not be permitted to launch or compete. This rule is in place to ensure the safety of all sailors and will be strictly enforced.

13. SCORING:

13.1 Scoring will be in accordance with ISSA PR 9.

14. TROPHIES:

14.1 No trophies will be awarded, however, AYC PROVIDED POPCICLES MAYBE AWARD IF GROUNDS ARE LEFT CLEANER THAN THEY WERE FOUND AND ALL BOATS RINSED OFF WITH FRESH WATER AND TOP COVERS ON IN "BATTLESHIP ROW FORMATION"

15. DECISION TO RACE: (DISCLAIMER OF LIABILITY)

15.1 RRS #3 DECISION TO RACE states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong fierce winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia, or other causes.** The race organizers (OA, Race Committee, Protest Committee, The Annapolis Yacht Club, Inc., sponsors, the MDSA, MASSA, ISSA Associations 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 race. By participating in this regatta, 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.

16. RIGHTS TO USE NAME AND LIKENESS:

16.1 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.

17. ANNOUNCEMENTS:

16.1 No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chapter 51 of the US Internal Revenue Code and intended for beverage use), or marijuana, cocaine, or any other controlled substance (as defined in 21 US Code 802), the possession of which, by that contestant is unlawful under 21 US Code 841. Infringements of this regulation and/or other discipline expectations occurring during the event may be the basis for a hearing under RRS 69.1. The protest committee for such a hearing shall be the regatta chairperson, a member of the ISSA BOD, and the protest committee chairperson. This protest committee shall, at a time and place selected by them, meet to hear said protest, and at their decision to impose scoring penalties, or other sanctions they alone deem appropriate, including summary removal from the regatta, shall be final, without appeal.

18. REGATTA CONTACTS:



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ADDENDUM 1 (SAMPLE COURSE DIAGRAM, MARKS ARE NOT EXACT COLORS!)

