

**Lawrence A. White Trophy**  
**U.S. Coast Guard Academy**  
**October 17-18, 2015**

**SAILING INSTRUCTIONS**

1. **Rules:** The regatta will be governed by the Racing Rules of Sailing (RRS) 2013-2016, and the prescriptions of US Sailing, the Procedural Rules (PR) for Interscholastic Sailing Competition 2013-2016, except as any of these are modified by these Sailing Instructions and these sailing Instructions.
2. **Notices to Competitors:** Official notices will be posted on the Official Regatta Notice Board located in the classroom on the second floor of Jacobs Rock.
3. **Changes in the Sailing Instructions:** Any changes in the Sailing Instructions will be announced orally and posted on the official notice board before the first race in which they are to take effect.
4. **Schedule:**

Saturday:	0830	Report Time
	0930	Competitor's Meeting
	1000	First Warning
	- No more than 10 races per division will be sailed on Sat. -	
Sunday:	0830	Report Time
	0915	First Warning
	1530	Last Possible Start
5. **Boats:** As supplied by the United States Coast Guard Academy. **Standing rigging shall not be adjusted.** Competitors shall not modify any boat or cause them to be modified in any way, except that competitors may adjust lines and controls normally adjustable.
6. **Rotations:** A schedule for boat rotations will be distributed after the Competitor's Meeting. Boat rotations will take place either on the water or in the Basin. Intent on where to rotate will be announced orally.
7. **Course:** Courses will be designated on the Regatta Notice Board. The Race Committee will give additional oral notice. Courses will not be shortened. PR 7.7 (d)
8. **Marks:** All rounding marks will be orange round balls.
9. **Starts:** Races will be started in accordance with PR 7.8 (a). The starting line will be between a red flag on the race committee boat and a green ball at the port end.
10. **Individual Recalls:** Recalls will be signaled in accordance with RRS 29.1 with the following changes. The maximum time Code Flag "X" will be displayed is two minutes. The Race Committee will attempt to hail the sail number(s) of the recalled boat(s). Failure to hear the Race Committee's hail is not grounds for redress. (Replaces RRS 29.1)
11. **General Recalls:** A General Recall will be signaled by a series of short whistles, and the hail "General Recall". After a general recall, PR 7.8 (b), the Round-the-Ends rule, RRS 30.1, shall apply without the display of Code Flag "I".

12. **Change of Course after the Start:** To maintain course configuration, marks may be moved as necessary, but no mark shall be moved when any boat is on the leg that it terminates. There will be no signal for such a course change.
13. **Abandonment:** In accordance with RRS 32.1, the Principal Race Officer may abandon a race in progress, except there will be no flags displayed for the abandonment. In addition, every effort will be made to keep the course clear of the shipping channel. In the event that a race interferes with submarine or large vessel traffic, the race will be abandoned and all boats shall be instructed to stand clear.
14. **Finishes:** For all courses that involve a triangle, and courses that finish on the downwind leg, the finish line will be between a staff displaying a red flag on the Race Committee boat and a yellow ball on the starboard side. For courses W-3 and W-5, the finish line will be between the windward mark and the offset. If a boat is delaying the completion of a race, the Race Committee may terminate the race and score the boat points equal to last place.
15. **Scoring:** Scoring will be in accordance with PR 9.
16. **Penalties for Breaking Rules of RRS Part 2:** The Two-Turns penalty described in RRS 44.2 will apply. Penalties must be reported to the Race Committee immediately after finishing.
17. **Protests:** Protests forms will be available in the judges room. In accordance with PR 16, a protesting boat, at the first reasonable opportunity after finishing, must notify both the Race Committee and the protested boat of intent to protest. Failure to do so may be grounds for closing the protest under RRS 63.5. All protests shall be lodged with the Jury Representative within thirty minute of arriving ashore. Protest filing deadlines will be posted on the Regatta Notice Board.
18. **Wind Strength Minimum:** It is the intention of the race committee that races should not be started unless the wind strength in the starting area, and on the rest of the course, is in excess of an average of three knots (3.45 mph) for a reasonable period before the start as measured.
19. **Breakdowns:** PR 9 (f) will apply. Breakdowns must be reported to the race committee immediately after finishing, or if that is not possible, at the first opportunity to contact a member of the Race Committee. Breakdowns will be lodged in the same manner as protests.
20. **Capsizes:** A capsized boat may be righted and sailed on by its crew at any time before or during the race. If the safety of the boat or crew is in jeopardy, or if the progress of the race is affected, the Race Committee may require that assistance be accepted and the boat retires from the race. Starts will not be delayed to accommodate capsized boats.
21. **Coaching:** PR 8 will apply. Coaching will be permitted between races provided coaches have equal access and the rotation is not delayed.
22. **Changing:** The US Coast Guard Academy is a high traffic area to visitors and tourists. When changing please use the locker rooms, restrooms, or come dressed for sailing. There will be no changing allowed in any rooms other than those stated above. Any competitors who chose to ignore this request may be asked to leave the premises by any US Coast Guard Academy staff member and not allowed to compete.