# NESSA WOMEN'S CHAMPIONSHIP QUALIFIER
# For the
# REBECCA HERESHOFF TROPHY
# Sunday May 1, 2016
# Indian Harbor YC (Greenwich, CT)

## 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 NESSA Procedural Rules & District Rules, the Notice of Race, and these Sailing Instructions.

1.2. The Organizing Authority (OA) is NESSA in conjunction with Indian Harbor Yacht Club.

1.3. RRS appendix P is in effect modified per ISSA Procedural Rule 14(c).

1.4. In accordance with rule 70.5(a), decisions of the protest committee are final. US SAILING's permission has been granted.

1.5. Oral changes to the Sailing Instructions may be made on the water per rule 90.2(c).

1.6. ISSA PR 2.5 (Pinnies) is in effect.

**2. NOTICE TO COMPETITORS:** Official notices including changes to sailing instructions will be posted on the official notice board located at the Front Desk of the Indian Harbor Yacht Club (IHYC).

**3. SCHEDULE:**

3.1. Report time to begin rigging boats will be 0830. The number of races each day will be at the discretion of the regatta chair.

3.2. Competitors' meeting will be 0915 on the South Patio at IHYC.

3.3. No first warning for any A Division race may start after 1600, except if the regatta is not "official" yet, in accordance with the ISSA PR, in which case racing can continue until the regatta is official.

3.4. Rotation schedules and boat assignments will be posted on the official notice board and live on Tech Score

**4. COURSES AND MARKS:**

4.1. Courses will be in accordance with ISSA PR 7.7.

4.2. The race committee will designate course selection orally.

4.3. All marks will be described at the competitors meeting.

**5. START, FINISH, AND RECALLS:**

5.1. Races will start in accordance with ISSA PR 7.8(a).

5.2. Individual recalls will be made in accordance with RRS Appendix S6.

5.3. General recalls will be signaled by a series of short whistles. After a general recall, the round the ends provision of RRS 30.1 shall apply except Flag I need not be displayed in accordance with ISSA PR 7.8(b) (Changes RRS 30.1).

5.4. The start line will be between a staff with a flag and the course side of a nearby mark.

5.5. The finish line will be set on the opposite side of the signal boat from the start line between a staff with a flag and the course side of a nearby mark.

**6. BREAKDOWNS:**

6.1. Breakdown requests shall be filed in the same manner as protests.

6.2. Breakdowns shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 3.

**7. PROTESTS:**

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

7.2. Per ISSA PR 8(b), competitors shall not communicate with a coach before reporting to the race committee their intent to protest.

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

**9. COACHING:**

9.1. Coaches and/or team leaders are allowed to go afloat in the sailing area, and will be provided with support boats from IHYC. Use of boats is subject to IHYC policies.

9.2. Competitors may receive coaching; including instruction, assistance, equipment or sustenance, only between races or while on shore. Coaching shall not occur after the warning signal.

9.3. Crew changes may occur from the provided floating dock or from support coach boats.

9.4. Coaches, support personnel, and/or spectators may bring their own support boat but are still subject to the same restrictions listed above.

9.5. Coaches shall wear USCG approved PFDs at all times while afloat. Inflatable-type PFDs are permitted for coaches.

**10. SAFETY:**

10.1. Per Procedural Rule 2.2, competitors shall wear USCG approved Type III or V lifejackets. Inflatable type lifejackets are not permitted.

10.2. 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.

**11. QUALIFICATION TO THE FINALS:**

11.1. The top 6 school teams will qualify for the Herreshoff finals to be sailed at Massachusetts Marine Academy (Bourne, MA) on May 8, 2016.

11.2. The NESSA Vice President has the authority to alter the allotments for any site based upon participation at all sites. Any changes much be posted on the official notice board by 1030 on race day.

**12. WAIVER OF LIABILITY:**

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 4, Decision to Race.

The race organizers (organizing authority, race committee, protest committee, host club, sponsors, 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 event. By participating in this event, 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.