



**2019 Cascadia Cup
October 19-20, 2019
Sail Sand Point**

SAILING INSTRUCTIONS

1. RULES:

- 1.1. The regatta will be governed by the Racing Rules of Sailing 2017-2020, the prescriptions of US SAILING, the ISSA/ICSA 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. However:
 - 1.1.1. The US Sailing prescriptions to rules 60, 63.2, and 63.4 will not be in effect; and
 - 1.1.2. Under rule 70.5(a), the right of appeal is denied.
 - 1.1.3. ICSA Procedural Rule 7.4 shall apply. (Changes RRS 42.2(c), 42.3(b) and ISSA Procedural Rule 14(a))
 - 1.1.4. In the event of a conflict between Procedural Rules, the protest committee will apply the rule it believes to be the fairest.

2. NOTICE TO COMPETITORS:

Official notices including changes to sailing instructions will be posted on the official notice board located on the Sail Sand Point office windows. Changes to the sailing instructions shall be posted no later than one half hour prior to the first warning signal on the day it will take effect.

3. SCHEDULE:

Saturday, October 19, 2019
0930 Registration and rigging
1030 Competitor's Meeting
1115 First Warning
1700 College Sailing Forum

Sunday, October 20, 2019
1000 First Warning
1500 No Starting Signal After

4. COURSES AND MARKS:

- 4.1. See Course Appendix attached.
- 4.2. The race committee will designate course selection orally and by display the corresponding flags.
- 4.3. All marks will be round buoys of various colors.
- 4.4. In accordance with ISSA PR 7.7(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.

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 U4.

- 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. General recalls will be signaled by a series of short whistles.
- 5.5. The start line will be between a Race Committee boat displaying a yellow flag and a white buoy.
- 5.6. The finish line will be between a Race Committee boat displaying a yellow flag and a white buoy OR will be between the outer gates (marks 3s/3p) and sighted by a Race Committee boat.

6. BREAKDOWNS:

- 6.1. As this is a BYO boat event, and there is no round robin boat rotation, no breakdown requests will be considered.

7. PROTESTS:

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

8. SCORING:

- 8.1. Scoring will be in accordance with ISSA PR 9.

9. COACHING:

- 9.1. 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.
- 9.2. Competitors may receive coaching, including instruction, assistance, equipment or sustenance, only while on shore.

10. SAFETY:

- 10.1. Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.
- 10.2. A boat that requires assistance in order to recover from a capsize shall retire for that race and return ashore.
- 10.3. 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.