



2025 High School Singlehanded National Championships for the Cressy Trophy

Hosted by

Old Dominion University

November 1-2, 2025

SAILING INSTRUCTIONS

- 1. RULES:** The regatta will be governed by the rules as defined in 2025-2028 *The Racing Rules of Sailing*, the [ISSA Procedural Rules](#), the [ISSA National Championship General Conditions](#), the [Scholastic Dinghy Class Rules](#), the NOR, and these SI's.
 - 1.2 In the event of a conflict between the governing documents and the Sailing Instructions, the latter shall take precedence.
 - 1.3 RRS 60.4(a)(2) is changed as follows: "2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or"
- 2. NOTICE TO COMPETITORS:**
 - 2.1 Official notices will be posted on the official notice board located on Techscore. Order of protests and other jury action may be posted on the waterside glass entry way of the Sailing Center.
 - 2.2 Changes to the sailing instructions shall be approved by the chief judge and the ISSA representative and shall be posted on the official notice board, with an announcement prior to taking effect.
- 3. SCHEDULE:**
 - 3.1 Report times each day are listed in the NOR.
 - 3.2 The number of races each day will be at the discretion of the regatta chair and the ISSA Rep.
- 4. COURSES AND MARKS:**
 - 4.1 The courses will be announced before each race and will be taken from the Course Description on the Notice Board.
 - 4.2 All marks will be orange round spheres, except the starting and finishing mark which will be yellow.
- 5. START/FINISH AND SIGNALS:**
 - 5.1 Races will start in accordance with ISSA PR 7.9.
 - 5.2 The starting line will be between an orange staff on the signal boat and a yellow buoy at the port end. The finish line will be between a blue flag on the starboard side of the signal boat and a yellow buoy. This changes RRS Race Signals.
 - 5.3 The ILCA 7 fleet class flag is a white flag with the ILCA logo. The ILCA 6 girl's fleet class flag is a yellow flag with the ILCA logo. The ILCA 6 Boy's class flag is a green flag with the ILCA logo.
- 6. FORMAT:**
 - 6.1 The committee will attempt to complete 12 races.

7. **PROTESTS:** Protests shall be filed within 30 minutes of the last boat reaching shore at the end of the day or any other breaks in racing taken ashore. Changes ISSA PR 15e. Protest forms will be available in the ODU Sailing classroom and handed to a protest committee official.
- 7.1 Video, data and/or photographs taken from any source shall not be presented by the competitors as evidence at protest hearings. This changes RRS 63.4.
8. **SCORING:** Scoring will be in accordance with ISSA PR 9.
9. **COACHING:** ISSA PR 8 will apply. Coaching will take place from shore, or a host provided boat.
10. **SAFETY:** 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. **GPS Tracking:** At registration each boat will be issued by the OA a TracTrac GPS tracking unit, that shall be secured to each boat's mast. At the end of each day, trackers shall be returned to the ODU Sailing Center classroom.
12. **REGATTA CONTACTS:**

Mitch Brindley Head Coach Old Dominion University mbrindle@odu.edu 757-683-3387

Dr. Randall Nunn MASSA District Director - MASSADistrict@gmail.com 732-581-1100

Course Description



W4: START-W-O-G1 or G2-W-O-G2-FINISH

W3: START-W-O-G1 or G2-UPWIND FINISH

W5: START-W-O-G1 or G2-W-O-G1 or G2-UPWIND FINISH

