

NJISA 2025 Monmouth University High School Fall Invitational Regatta

Hosted by **Shrewsbury Sailing & Yacht Club**
512 Seawaneka Ave, Oceanport, NJ 07757
Saturday, October 18, 2025

SAILING INSTRUCTIONS

1. RULES:

- 1.1. The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*, the ISSA Procedural Rules and the Scholastic Dinghy Class Rules. If there is a conflict between the NOR, any NOR amendment and the Sailing Instructions, the Sailing Instructions will take precedence.
- 1.2. The Organizing Authority (OA) is the NJISA League of ISSA in conjunction with Monmouth University Sailing Team and SSYC.

2. NOTICE TO COMPETITORS:

- 2.1. Official notices will be posted on the official notice board located on Tech Score.
- 2.2. Changes to the sailing instructions shall be approved by the protest committee and the ISSA Representative and posted no later than one half hour prior to the first warning signal on the day it will take effect.

3. CODE OF CONDUCT: The ISSA Code of Conduct (PR Appendix 1) and the MASSA Code of Conduct will apply to all sailors, coaches, parents and spectators participating and attending our event.

4. SCHEDULE:

- 4.1. Report times each day are listed in the NOR.
- 4.2. The number of races each day will be at the discretion of the regatta chair.
- 4.3. Rotation schedules and boat assignments will be posted on Tech Score after the skipper's meeting.

5. COURSES AND MARKS:

- 5.1. Courses will be in accordance with ISSA PR 7.8.
- 5.2. The race committee may designate course selection orally.
- 5.3. All marks will be orange or yellow inflatable marks.

6. START/FINISH AND SIGNALS:

- 6.1. Races will start in accordance with ISSA PR 7.9.
- 6.2. The start/finish line will be between a flag on the race committee boat and a mark.

7. BREAKDOWNS:

- 7.1. Breakdown requests shall be filed in the same manner as protests.
- 7.2. Breakdowns shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 3.

8. PROTESTS: Protests procedure will be in accordance with ISSA PR Part VI.

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

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. **COACHING:** Coaching will be in accordance with MASSA District Supplemental Rule 6.12.2 Coaching Between Sets: Competitors may receive coaching, including instruction, assistance, equipment or sustenance, only between sets on the dock or on shore unless otherwise directed by the regatta chairperson. This changes ISSA PR 8(a).
12. **REGATTA CONTACTS:**
Dr. Randall Nunn (NJISA Director), 732-581-1100, njisa.hs.sailing@gmail.com

Course Diagram

Marks of the course shall be left to port

Course	Marks
WA2 (W3)	Start – W – O – G – Upwind Finish
LA2 (W4)	Start – W – O – G – W – O – Downwind Finish
WA3 (W5)	Start – W – O – G – W – O – G – Upwind Finish

