



ISSA - PCISA GIRLS HIGH SCHOOL NATIONAL INVITATIONAL

Hosted by Mission Bay Yacht Club &
the Pacific Coast Interscholastic Sailing Association

October 18 & 19, 2025

SAILING INSTRUCTIONS

1. RULES

The regatta will be governed by the current *Racing Rules of Sailing (RRS)*, the current ISSA Procedural Rules, the Notice of Race, and these Sailing Instructions (including Attachment A).

2. ENTRIES

Teams must check-in at Junior Building between 0830-0930 hours on Saturday, October 18th.

3. COMMUNICATION WITH COMPETITORS

3.1 A MANDATORY Sailor's Meeting will be held at MBYC on Saturday, October 18th at 1000 hours.

3.2 Official Notices will be posted on the Official Regatta Notice Board located on south wall of Main Clubhouse

3.3 Changes to the Sailing Instructions will be posted by 1000 hours on the day they are to take effect, except any changes to SI 4, Number & Schedule of Races, will be posted by 1900 hours on the day before they take effect.

4. SCHEDULE

Saturday, October 18, 2025	
0830-0930	Check-In & Breakfast in the Junior Building
0915-1000	Rig and launch boats
1000	MANDATORY Sailor's Meeting (<i>outside Junior Building</i>)
1100	First Warning - racing will continue throughout the day (<i>no lunch break</i>)
1700	BBQ on the beach!
Sunday, October 19, 2025	
0830-0930	Breakfast in the Junior Building
0915-1000	Rig and launch boats

1000	MANDATORY Sailor's Meeting (<i>outside Junior Building</i>)
1100	First Warning - racing will continue throughout the day (<i>no lunch break</i>)
1500	No race will be started after this time
1600	Awards Presentation and Snacks

5. RACING AREA

The intended racing area will be in the sail bay portion of Mission Bay. The intended rotation area will be off the Junior Dock located to the south of the club.

6. COURSES & MARKS

- 6.1 Courses will be in accordance with ISSA PR 7.8. See Attachment A for the course chart.
- 6.2 The Race Committee will designate the course with a placard on the RC Start Boat.
- 6.3 Windward and Leeward marks shall be orange buoys.
- 6.4 The Windward Offset mark shall be a white buoy.
- 6.5 The start/finish pin, which shall be an orange flag on a staff.
- 6.6 In accordance with ISSA PR 7.8(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.

7. SHORTENING AND ABANDONING RACES

- 7.1 In accordance with ISSA PR 7.8(d) races will not be shortened. They will be abandoned. No signals are required. A race may be abandoned at any time at the discretion of the race committee, in consultation with the protest committee if possible.

8. START, FINISH, AND RECALLS

- 8.1 Races will start in accordance with ISSA PR 7.9(a).
- 8.2 Individual recalls will be made in accordance with RRS Appendix U. Individual Recall - When, at a boat's starting signal, any part of her hull, crew or equipment is on the course side of the starting line or she must comply with RRS 30.1, the race committee shall promptly display flag X (or a designated flag or device). The flag shall be displayed until all such boats have sailed completely to the pre-start side of the starting line or one of its extensions and have complied with RRS 30.1 if it applies, but not later than two minutes after the starting signal, whichever is earlier. The Race Committee may also attempt to notify individual boats by hailing their sail or bow numbers (Changes RRS 29.1 and U4).
- 8.3 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 7.9(b).
- 8.4 The start line will be between an Orange Flag on the RC boat, and an orange flag on a staff at the port end of the line.
- 8.5 The finish line will be between a Blue Flag on the RC boat, and an orange flag on a staff at the starboard end of the line.
- 8.6 The start & finish lines are not restricted during racing.

9. TIME LIMIT

- 9.1 A boat failing to finish within 10 minutes after the first competitor sails the course shall be scored "Did Not Finish (DNF)" by the Race Committee. This changes RRS 35.

- 9.2 If a boat is delaying the finish of a race, or the rotation, the Race Committee may end the race and score the boat in its current position.

10. JUDGING

There will be no on the water judging.

11. PROTESTS & BREAKDOWNS

- 11.1 Protests procedure will be in accordance with ISSA PR Part VI, as amended by PCISA.
- 11.2 Competitors shall not communicate with a coach before reporting to the Race Committee their intent to protest.
- 11.3 Protests and requests for redress shall be written on Protest Forms, available at the Junior Sailing Office. Protests shall be filed within 30 minutes of the last boat reaching the rotation site after the set the incident occurred. If it is the final set of the day, protests will be filed within 30 minutes of the last boat reaching the MBYC Launch ramp.
- 11.4 Breakdown requests shall be filed in the same manner as protests and shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 5.

12. SCORING:

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

13. COACHING

- 13.1 Team-leaders, chaperones, advisors, coaches and other support personnel shall not have any contact with the competitors while afloat in the racing area. All coaching, crew rotation, exchange of clothing/food/drink and communication shall only occur at the rotation site, unless otherwise instructed by the Race Committee. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors and teams associated with the infringing support personnel.

14. SAFETY

- 14.1 Competitors shall wear USCG approved Type III lifejackets while on the water except when adding or removing clothes.
- 14.2 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.

15. DISPOSAL OF WASTE OR TRASH

- 15.1 No boat shall discharge trash of any kind into Mission Bay. Any boat observed breaking this rule is subject to protest only by the Race Committee or Protest Committee. The penalty for a breach of this rule, which may include disqualification from a race, is at the discretion of the Protest Committee. This changes RRS 60.1 and 63.5(a).

16. PRIZES

- 16.1 Take home awards will be provided to the top three placing teams.