

**SEISA District 2026 Single Handed Championship Regatta
(Qualifier for the Cressy High School Singlehanded Championship)**

ILCA 6 Girls, ILCA 6 Boys, and ILCA 7 Open

September 26-27, 2026

Organizing Authority: SEISA

**Hosted by: Jesuit High School of New Orleans at
Southern Yacht Club**

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](#), the [Scholastic Dinghy Class Rules](#), the NOR, and these Sailing Instructions. In the event of a conflict between the governing documents and the Sailing Instructions, the latter shall take precedence.
- 1.2 The *rules* for all classes are modified so that membership in a class organization is not required.
- 1.3 All boats shall have sail numbers which match the registration form. Sail numbers meeting class standards are required.
- 1.4 Per ISSA PR 18 and RRS 70.3(b), all results are final. The right to appeal is denied.

2. NOTICE TO COMPETITORS:

- 2.1 Official notices will be posted on the official noticeboard, which is TechScore.
- 2.2 Any change to the sailing instructions will be posted on the official notice board at least two (2) hours before the first race of each day, except for changes to the schedule of races which will be posted by 19:00 on the day before they take effect.

3. SIGNALS MADE ASHORE:

- 3.1 Signals made ashore will be displayed from the yardarm near the dinghy dock or from the RC signal boat if docked nearby.
- 3.2 Code Flag "AP" with two sound signals means the race is postponed. DO NOT leave the club area. If this signal is made ashore, the warning signal will not be made sooner than 30 minutes from the lowering of "AP", accompanied by one signal. This modifies "Race Signals".

4. SCHEDULE:

- 4.1 Report times each day are listed in the NOR.
- 4.2 The Competitors Meeting will take place at 9:15 Saturday in the Southern Yacht Club Grill Room and coincide with the Competitors Meeting for the ICSA Sugar Bowl Hosted by Tulane University
- 4.3 The number of races each day will be at the discretion of the PRO and regatta chairs.

5. RACING AREAS:

- 5.1 The location of the racing areas will be announced at the Mandatory Competitors Meeting.
- 5.2 It is anticipated that the racing area will be between SYC "B" Mark and the West End Point north of Southern Yacht Club

6. COURSES AND MARKS:

- 6.1 The anticipated race course(s) are shown in the attached diagram. Race Committee reserves the right to modify the courses as appropriate to given conditions.
- 6.2 All marks will be orange balls, except the starting mark (pin), finishing mark, and offset mark (if present), which may be green, yellow, orange or white balls.
- 6.3 To maintain course configuration during a race, the RC may make minor adjustments of the course, up to 10 degrees and .10nm, without signaling a change. This change will be made prior to any sailors reaching that leg of the course. This changes RRS 33.

7. START/FINISH AND SIGNALS:

- 7.1 Races will start in accordance with ISSA PR 7.9(a). A series of short signals may be made before any starting sequence begins to attract attention.
- 7.2 The starting and finishing lines will be as shown in the attached diagram. This changes RRS Race Signals.
- 7.3 The class flags are as follows:
 - ILCA 7 Open – ICLA7 white class flag
 - ILCA 6 Boys – ILCA6 green class flag
 - ILCA 6 Girls – ILCA6 green class flag with #3 pennant

8. RECALLS:

- 8.1 The RC intends to hail the sail numbers of OCS boats after the starting signal. The failure of any boat to hear the hail, an untimely hail of OCS boats, failure to hail any boats, and the order of the boats in the hail shall not be grounds for granting redress. This changes RRS 41 and 62.1.

9. TIME LIMIT:

- 9.1 The time limit for each race will be sixty (60) minutes for the first boat to finish. If no boat has complied with RRS 28.1, the race shall be abandoned.
- 9.2 The Finishing Window is twenty (20) minutes.
- 9.3 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Did Not Finish (DNF). This changes RRS 35, A5.1, A5.2 and A10.
- 9.4 At its discretion, the RC may finish any boat in place, and it will be scored based on its position on the race course. This modifies RRS 32 and 35.
- 9.5 If no boat has rounded the first mark within twenty (20) minutes of the start, the race shall be abandoned. This modifies RRS 32 and 35.

10. PROTESTS:

- 10.1 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 16d. Protest forms will be

available in the Southern Yacht Club Lobby. The completed forms must be handed to a protest committee official, the regatta chair or his designee.

- 10.2 Per ISSA PR 8(b), any sailor who intends to protest MUST report to the race committee BEFORE talking with any support personnel in coach boats. Failure to do this may be grounds for closing the protest hearing. This changes RRS 61.

11. SCORING:

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

12. COACHING and SPECTATING:

- 12.1 Coach boats shall be launched from the public boat launch at the end of Breakwater Drive. Overnight Docking may be available within the Southern Yacht Club Pen at the discretion of waterfront staff and the Regatta Chairs. Overnight docking is not guaranteed and may require boats to raft up alongside each other. When permitted, overnight docking will be on the floating pier side of the pen, across from the SYC dry storage area. Only official SYC or Tulane
- 12.2 Coaches shall share coach boats with those coaches who do not have a boat.
- 12.3 Coaches shall be anchored and not leave the designated coaching area unless asked by the PRO to perform a course adjustment or safety function.
- 12.4 For purposes of Rule 2.4 of the ISSA Code of Conduct (Appendix 1 to the ISSA PRs), the following apply:
- Parents and spectators may use alcohol purchased from Southern Yacht Club in the 1849 Bar at Southern Yacht Club and on the adjacent deck.
 - Parents and spectators may also use alcohol purchased from Southern Yacht club in the Main Dining Room of Southern Yacht Club.
 - Parents and spectators may use alcohol purchased outside of Southern Yacht Club in the public areas of the West End Point, subject to local laws and ordinances.
 - Marijuana use by parents or spectators is prohibited on club grounds
- 12.5 Spectators shall not communicate with sailors while in the racing area unless necessary for safety reasons.

13. SAFETY:

- 13.1 **RRS 40 is changed so that each competitor shall wear a U.S. Coast Guard approved life jacket (PFD), in good condition, that is 100% dependent on foam for flotation (i.e., inherently buoyant) and the appropriate size for the sailor, at all times while on the water, except for brief periods while adding or removing clothing. See US Sailing Regulation 10. A violation of this instruction may be protested by race officials or a competitor; however, an inadvertent and momentary breach of this instruction may receive a penalty less than disqualification at the discretion of the protest committee. A pinnie identifying the competitor's school must be worn outside of the PFD per ISSA PR 2.4 Team Uniforms.**
- 13.2 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.

14. REGATTA CONTACTS:

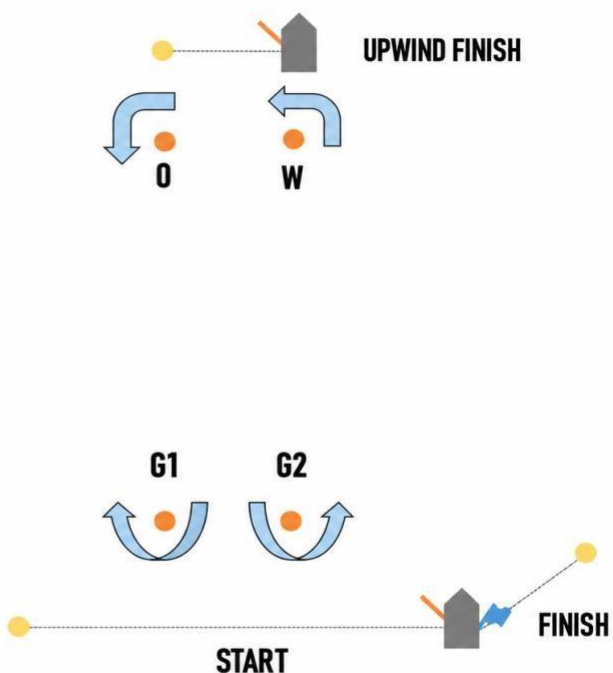
- Chris Teske –Regatta Co-Chair: cteskenola@gmail.com 504-261-0102
- Charles Meade –Regatta Co-Chair: Charles.meade@gmail.com 504-388-7169
- Kristin Moore –Regatta Co-Chair: kristinvanhook@gmail.com [504-982-2544](tel:504-982-2544)
- Jocelyn Roveniak –PRO: 804-484-4307

Course Diagram and Designated Areas

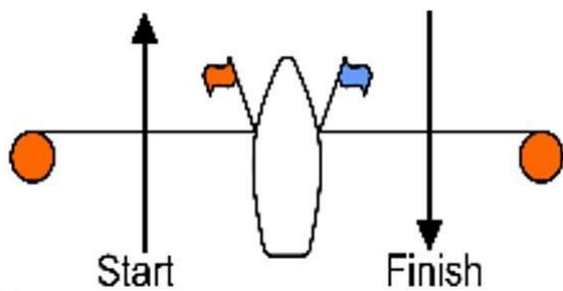
W4: START-W-0-G1 or G2-W-0-G2-FINISH

W3: START-W-0-G1 or G2-UPWIND FINISH

W5: START-W-0-G1 or G2-W-0-G1 or G2-UPWIND FINISH



Designated Spectator Area



Designated Coaching Area