



**The NWISA Singlehanded Championship Regatta for the Burke Thomas Trophy
The 2026 Qualifier for the ISSA Cressy Singlehanded Championship
September 26th-27st, 2026
Corinthian Yacht Club of Seattle, Seattle, WA**

SAILING INSTRUCTIONS

1. RULES:

- 1.1. The regatta will be governed by the Racing Rules of Sailing for 2025-2028, the prescriptions of US SAILING, the ISSA Procedural Rules, the NWISA District Rules, this Notice of Race, and the Sailing Instructions. Attachment C for the Notice of Race specifically for the NWISA Singlehanded Championship shall supersede the general Notice of Race when discrepancies arise.
- 1.2. The US Sailing prescriptions to rule 60, 63.2 and 63.4 are deleted and will not apply.
- 1.3. Under rule 70.5(a), the right of appeal is denied.

2. ELIGIBILITY:

- 2.1. Each sailor must be a member of a school which is registered with the ISSA. This is a district championship, all competitors must be in grades 9-12.
- 2.2. There will be four fleets. ILCA 6 Boys, ILCA 6 Girls, Coed ILCA 7s, and Coed ILCA 4s (not a National Qualifier). Sailors may select their preferred fleet, but shall not change fleets once racing begins.
- 2.3. This is a qualifying event for the Cressy Singlehanded National Championship for all fleets but ILCA 4s. The top sailor in each fleet but ILCA 4s will qualify.
- 2.4. Teams shall be accompanied by a designated adult team leader, who may be an advisor, coach or parent recognized by the school.

3. NOTICES TO COMPETITORS:

- 3.1. Notices to competitors will be posted on the official regatta notice board located next to the door of the Corinthian Yacht Club of Seattle.

4. CHANGES TO THE SAILING INSTRUCTIONS:

- 4.1. These sailing instructions may be amended as necessary. Any change in the sailing instructions will be posted before 0830 on the day it takes effect.

5. SIGNALS MADE ASHORE:

- 5.1. Signals made ashore will be displayed from the race committee boat while at the dock.

6. RACING AREA:

- 6.1. All races will be sailed in Shilshole Bay and the surrounding waters.

7. COURSES:

- 7.1. The diagrams attached in Attachment A show the courses.
- 7.2. The course will be signaled from a reader board on the race committee signal boat.



The course description will be a number indicating the number of legs as per the course diagram.

- 7.3. All rounding marks other than gate marks are to be left to port.
- 7.4. A leeward rounding mark may be a gate mark. If one of the gate marks is missing, the course at that mark is to round the remaining mark to port.
- 7.5. If a starting or finishing mark is substituted by an object displaying flag M, repetitive sound signals are not required. This changes RRS 34(b).
- 7.6. After rounding the first mark, a boat shall not cross the finishing line unless she is finishing. A boat that fails to exonerate herself will be scored Did Not Sail the course (NSC) without a hearing. A boat shall promptly take a One-Turn Penalty in accordance with RRS 44.2 to exonerate. A boat shall not correct her course by “rewinding” back through the finish line. This changes RRS 63.1 and A5. The finishing line and marks shall rank as an *obstruction* and not a mark for a boat required to keep clear.
- 7.7. The fleet will be indicated by the numeral pennant flown.
 - 7.7.1. Numeral Pennant 4 will be for the ILCA 4s, Numeral Pennant 3 will be for ILCA 6 Boys. Numeral Pennant 2 will be for ILCA 6 Girls. Numeral Pennant 1 will be for ILCA 7s.

8. MARKS:

- 8.1. The weather, gate, start pin, and finish pin marks may be teardrop shaped marks which may correspond with colors of the course diagram in Attachment A.
- 8.2. To change the position of the next mark, the race committee may move the original mark as soon as practicable. However, no mark shall be moved once any boat is on the leg that it terminates with the exception of .

9. START/FINISH:

- 9.1. The start will be run in accordance with ISSA PR 7.9(a) (3-minute Audible System Racing System).
- 9.2. General Recalls will be conducted in accordance with ISSA PR 7.9(c).
- 9.3. Boats must check in with the race committee signal boat at the starting area each day before their first warning signal. Boats shall only check in at the Race Committee boat hailing her sail number while passing her stern on starboard tack.
- 9.4. The start line will be between the staff displaying the orange flag on the signal boat at the starboard end and the course side of the start mark on the port end.
- 9.5. The finish line will be between the staff displaying the blue flag on the signals boat on the port end and the windward side of the finish mark on the starboard end.
- 9.6. Boats starting later than four (4) minutes after their starting signal will be scored as DNS. This changes RRS A5.1
- 9.7. If a boat is delaying the finish of a race, the race committee may end the race and



score the boat in its current position, or score the boat DNF at its discretion. This changes RRS A5.1.

10. **RECALLS:**

- 10.1. Individual recalls will be signaled in accordance with ISSA PR 7.9(b). The failure of any boat to hear the hail, the hail of some but not all OCS boats, the untimely hail of some or all OCS boats or failure to hail any or all boats shall not be grounds for granting redress. This changes RRS 62.1.
- 10.2. General recalls will be signaled in accordance with ISSA PR 7.9(c) (*I-Flag rule in effect following a general recall*).

11. **PROTESTS AND PENALTIES:**

- 11.1. Protest procedure will be in accordance with *ISSA PR Part VI*.
- 11.2. A boat intending to protest or request redress for an incident that occurred while racing must orally notify the race committee on the signal boat as soon as reasonably possible after retiring or finishing by hail until she receives an oral confirmation from the race committee. This is an additional protest requirement under RRS 61.
- 11.3. ISSA Protest Forms can be found next to the main door at the entrance of the CYC Clubhouse.
- 11.4. The protest time limit will be posted on the official notice board and will be 30 minutes after the race committee signal boat docks each day or 10 minutes after the posting of the time limit, whichever is later.
- 11.5. Hearing notices will be posted on the official notice board within 5 minutes after the protest time limit to inform parties of the time and place of the hearing. Hearings may commence at any time if parties are present and prepared; otherwise, hearings may be scheduled as early as 10 minutes after the protest time limit. The posting of hearing notices shall be considered notice as required by RRS 63.2.
- 11.6. Only the Race Committee or Jury, not a competitor, is permitted to protest a boat for breaking Sailing Instruction 13, 14 and 15. This changes RRS 60.1(a).
- 11.7. RRS Appendix V1, Penalty at the time of incident, applies.
- 11.8. RRS Appendix V2, Post-Race Penalties, shall not apply for the NWISA Singlehanded Championship Regatta for the Burke Thomas Trophy.

12. **SCORING:**

- 12.1. The regatta will be scored in accordance with the ISSA Procedural Rules.
- 12.2. The official results for the regatta for the The NWISA Singlehanded Championship Regatta for the Burke Thomas Trophy will be posted on the regatta's corresponding Techscore Page.

13. **COACHING:**

- 13.1. [DP] On the water coaching is permitted at this event. The Race Officer will designate an area on the water where a competitor may receive coaching. Coaching may not be given while a competitor is *racing* except to maintain competitor safety.



- 13.2. Coach boats are directed to collect their sailors outside of the start-finish area on the Finish Pin side of the race course, in an area that will not interfere with others starting or racing. Maintain clear separation from boats racing and attempting to finish.
- 13.3. Coaches shall comply with all reasonable instructions given by the Race Committee or a Judge.
- 13.4. Coaches will have to supply their own coach boats.
- 13.5. All coaches will double as safety boats. Each coach shall bring a working VHF radio and monitor channel the VHF channel discussed in the competitors meeting. All coaches are expected to assist the Race Officer as directed.

14. DISPOSAL OF TRASH

- 14.1. [DP] Boats shall not discharge trash into the water. The penalty for breaking this rule will be at the discretion of the jury and may include adding points to a boat's score in the race or the series.

15. SAFETY

- 15.1. [DP] All competitors shall wear, while on the water, other than brief periods while adding or removing clothing, a US Coast Guard approved life jacket. This changes RRS 40.1.
- 15.2. [DP] A boat retiring from a race shall attempt to notify a race committee vessel before leaving the course or, when that is not possible, a race official, immediately after arriving on shore.
- 15.3. [DP] Furthermore, the Race Committee reserves the right to send any boat ashore who poses a risk to itself or others.

16. RISK, DISCLAIMER OF LIABILITY, & PERSONAL CONDUCT

- 16.1. Competitors participate in the regatta at their own risk. See Rule 3, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

17. BREAKDOWNS

- 17.1. Breakdown requests shall be filed in the same manner as protests.
- 17.2. Breakdown requests shall be scored in accordance with ISSA PR 9(e). The protest committee will follow the guidelines in ISSA PR Appendix 3.
- 17.3. Limit on Redress for Breakdowns - The award of breakdown points (BKD) to a boat, shall be limited to two races when six or more races are sailed, one race when less than six races are sailed. This changes ISSA PR 9.e.iv



Attachment A: Course Diagram

COURSE 3 (3 Legs):

S-A-ZS/ZP-F

COURSE 4 (4 Legs):

S-A-ZS/ZP-A-F

COURSE 5 (5 Legs):

S-A-ZS/ZP-A-ZS/ZP-F

If ZS is not present round remaining mark to port



Start



Finish



Coaches
Area

