



Cascadia Cup
Sail Sand Point (SSP)
October 10th and 11th, 2026
7861 62nd Ave NE, Seattle, WA 98115

Sailing Instructions (SIs)

1 RULES

- 1.1 This regatta will be governed by the current ISSA Procedural Rules, the Racing Rules of Sailing, the Notice of Race, and these Sailing Instructions.
- 1.2 Under ISSA PR 18(a), the right of appeal is denied.
- 1.3 The US Sailing prescriptions to rule 63.1 are deleted and will not apply.
- 1.4 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
- 1.5 Rule 60.4 (a)(2) is changed as follows: “(2) if it is from a boat that alleges a breach of Part 2 or rule 31, but she was not involved in and did not see the incident, or”.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the sailing instructions will be posted before 1000 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

3 COMMUNICATIONS TO COMPETITORS

- 3.1 Official notices including changes to sailing instructions will be posted on the official notice board located on the outside of the Sail Sand Point office.
- 3.2 The SSP office is located on the north end of the building at 7861 62nd Ave NE.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore shall be displayed from the SSP flagpole or a race committee boat at the dock.
- 4.2 When flag AP is displayed ashore, ‘1 minute’ is replaced with ‘not less than 30 minutes’ in Race Signals AP.

5 COURSES

- 5.1 The diagrams below in Appendix A show the courses. Colors and shapes of marks are subject to change.
- 5.2 Gold fleet will race on Alpha Course.
- 5.3 Silver and Bronze fleets will race on Bravo course.

6 THE START

- 6.1 The start line will be between a staff on the Race Committee Boat displaying an orange flag and an orange buoy.
- 6.2 After completing the first leg of the course, a boat shall not cross the start or finish line unless she is finishing. A boat that fails to observe this restriction may exonerate herself by taking a Two-Turn Penalty as described in RRS 44.2. This changes RRS 28.1.

7 THE FINISH

- 7.1 The finish line will be the same as the start line.
- 7.2 After finishing the final race of a set, competitors shall sail directly to the dock to switch pairs.
- 7.3 The race committee may, if there is a clear order among boats that fail to finish within a timely manner, choose to finish those remaining boats in place. This changes RRS 35.

8 PROTESTS

- 8.1 A protesting boat shall, at the first reasonable opportunity after finishing, notify the Race Committee of its intent to protest. Failure to do so may be grounds for closing the protest hearing under RRS 63.
- 8.2 Protests will be in the 3-Minute Justice format. This changes ISSA PR 15(f).
- 8.3 A coach or a person in a similar capacity may serve as part of a protest committee, in accordance with ISSA PR 16.
- 8.4 The time limit for filing protests shall be 30 minutes after the race committee reaches the shore after racing is done for the day.
- 8.5 Competitors seeking redress and/or reporting a breakdown shall notify the race committee or a support boat as soon as possible. If possible, they should attempt to finish the race(s).

9 SCORING

- 9.1 Official scores will be posted on the regatta TechScore page.

- 9.2 Teams failing to enter RP information by the end of the protest time limit each day may be assessed an automatic penalty in accordance with ISSA PR 4.3(a).

10 COACHING

- 10.1 Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area from Saturday morning to the end of racing Sunday unless an exception has been explicitly permitted by the regatta chair. 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.
- 10.2 Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

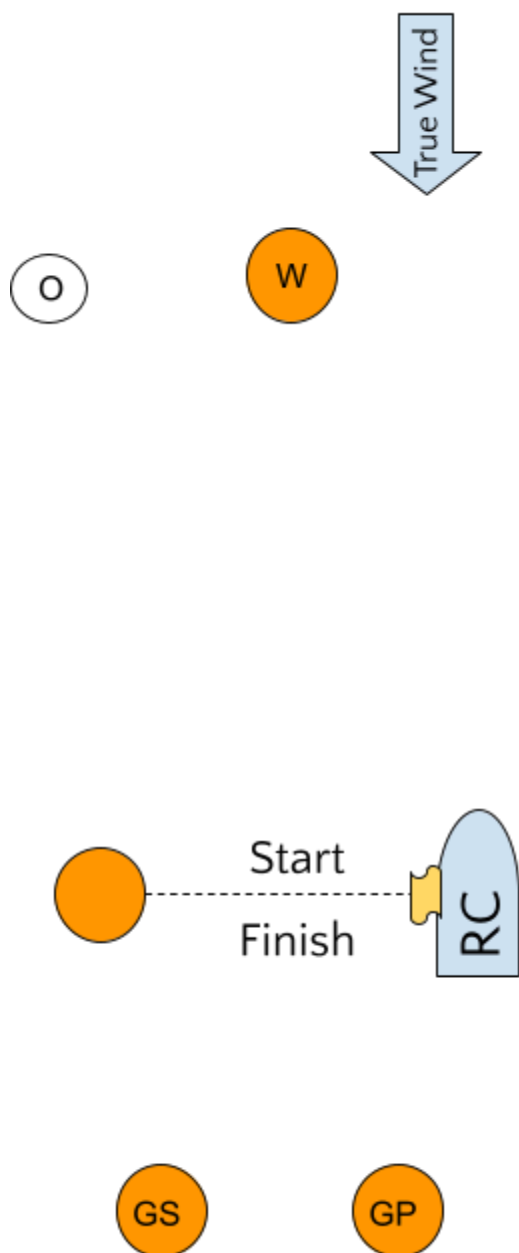
11 SAFETY

- 11.1 Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.
- 11.2 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.

12 CONDUCT

- 12.1 Sailors and their support persons are expected to follow the NWISA Code of Conduct as listed and agreed upon in the 2026-2027 NWISA Sailor Registration.
- 12.2 **[DP]** Competitors and support persons shall comply with reasonable requests from race officials.
- 12.3 No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chapter 51 of the US Internal Revenue Code and intended for beverage use), or marijuana, cocaine, or any other controlled substance (as defined in 21 US Code 802), the possession of which, by that contestant is unlawful under 21 US Code 841.
- 12.4 Infringements of this regulation and/or other inappropriate conduct occurring during the regatta, may be the basis for a hearing under RRS 2 or RRS 69.1. The protest committee for such a hearing shall, at a time and place selected by it, meet to hear said protest, and it may impose scoring penalties, or other sanctions that it deems appropriate, including summary removal from the regatta.

APPENDIX A - COURSES



GS Rounded to Starboard.
All Other Marks Rounded to Port.

Course 1:

S-W-O*-GS/GS**-F
(Upwind Finish)

Course 2:

S-W-O*-GS/GP**-W-O*-
GS/GP**-F (Upwind Finish)

Course 3:

S-W-O*-GS/GP**-W-O*-F
(Downwind Finish)

*The offset mark is ignored
if not present

**If a gate mark is missing,
the remaining gate mark
shall be rounded to port

Figures and course not
drawn to scale, all angles
approximate