



**SAILING INSTRUCTIONS**  
**New Jersey Interscholastic Sailing Association**  
**SPRING FLEET CHAMPIONSHIP**  
**& QUALIFIER for MASSA District Spring Championships**  
To be held at  
**Toms River Yacht Club**



**April 9, 2016**

**1. RULES:** The regatta will be governed by the Racing Rules of Sailing 2013-2016, the prescriptions of US SAILING, the ISSA Procedural Rules, this Notice of Race, and the Sailing Instructions.

**2. ELIGIBILITY:** Competing schools must be members of ISSA & NJISA and meet ISSA eligibility rules as prescribed in the Procedural Rules. Teams must be accompanied by a designated adult team leader, who may be an advisor, coach or parent recognized by the school. The regatta has **18 berths**.

**3. ENTRY AND COMMUNICATIONS:** Qualifying schools must notify regatta contact of intent to participate before April 8<sup>th</sup> at 6pm by signing up on the Google Docs sign up spreadsheet. Teams unable to compete must notify the regatta contact Dr. Randall Nunn as soon as possible.

**4. ENTRY FEE:** No Entry Fee

**5. DAMAGE:** Collisions causing serious damage will be dealt with by jury with regard to RRS rule 14, 68 & 69. 6

**6. BOATS:** 18 420's provided by **Ocean County College**. Boats will be sailed as provided.

**7. SCHEDULE:**

Saturday, April 9, 2016

**0845**-Check in/registration/rigging of boats

**0915**- Competitors' meeting - *Launch immediately following competitors' meeting*

**1000**-First warning and schedule for the day

Changes to the schedule will be posted on the official notice board at the location designated at the skippers meeting.

**8. RACING AREA:** All races will be sailed in the Toms River

**9. COURSES:** Based on conditions, the Race Committee will determine the courses as prescribed in ISSA PR 7.7. W4 Course is the preferred course that will be used. *See Appendix A*

## **10 SHORTENING AND ABANDONING RACES:**

- 10.1 In accordance with ISSA PR 7.7(d) races will not be shortened. They may 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. This modifies RRS 32.

## **11 START, FINISH, AND RECALLS:**

- 11.1 Races will start in accordance with ISSA PR 7.8(a).
- 11.2 Individual recalls will be made in accordance with RRS Appendix S6. This modifies RRS 29.1.
- 11.3 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 7.8(b). This modifies RRS 29.2 and 30.1.
- 11.4 The start line will be between an orange flag on the start boat and an orange ball.
- 11.5 The finish line will be between an orange flag on the finish boat and an orange ball. The start boat and the finish boat *may* be the same boats depending upon course selected.

## **12 BREAKDOWNS:**

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

## **13 PROTESTS:**

- 13.1 Protests procedure will be in accordance with ISSA PR Part VI.
- 13.2 Competitors shall not communicate with a coach before reporting to the race committee their intent to protest.
- 13.3 Protest forms are available at Official Notice Board
- 13.4 Competitor must advise the other competitor they are protesting and file protest in within **15 minutes** of coming ashore for rotation
- 13.5 Hearings will be held between rotations if time permits.

## **14 SCORING:**

- 14.1 Scoring will be in accordance with ISSA PR 9. Scores will be posted online via ISSA TechScore

## **15 COACHING:**

- 15.1 Coaches, team leaders, chaperones, advisors, parents, or other support personnel shall not go afloat in the sailing area on the published dates of the regatta, unless explicitly permitted by the regatta chairperson. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors, and teams associated with the infringing personnel.
- 15.2 Competitors may receive coaching, including instruction, assistance, equipment or sustenance, only while on shore, on the rotation dock, or in a boat in the vicinity of the rotation dock between races.

## **16 SAFETY:**

- 16.1 Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.
- 16.2 Competitors are not required to wear a wet-suit or dry-suit, but any signs of hypothermia will be grounds for the RC to remove a sailor from the water.
- 16.3 Concussions – any competitor receiving a blow to the head will be evaluated for head trauma and removed from the water if there are any signs of concussion
- 16.4 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.

## **17 SEAMANSHIP**

- 17.1 Contestants are expected to handle boats and equipment in a safe and seamanlike manner. Sailing the boats up onto a beach or landings at more than a dead slow speed will be considered unseamanlike. The Race Committee or Regatta Committee will protest such actions. Violation of this provision may be grounds for disqualification from the last race sailed or for excluding a team from any or all of the remaining parts of the event.

## **18 SUBSTANCE ABUSE AND BEHAVIOR**

- 18.1 Participants are expected to act in a sportsmanlike manner at all times on and off the water throughout the entire event.
- 18.2 Immediately before, during, and immediately after, no contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chap 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. Infringements of this regulation or other discipline expectations occurring during the event may be the basis for a hearing under RRS 69.1. The protest committee for such a hearing shall be the regatta chairperson, a member of the MASSA Board of Directors, and the protest committee chairperson. This protest committee shall, at a time and place selected by them, meet to hear said protest, and their decision to impose scoring penalties, or other sanctions they alone deem appropriate, including summary removal from the regatta, shall be final, without appeal.

## **19 DISCLAIMER OF LIABILITY**

- 19.1 Competitors participate in the regatta entirely at their own risk. See RRS **Part 1 – Fundamental Rules, #4, 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.

20. **OFFICIAL NOTICES:** No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chap 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. Infringements of this regulation and/or other discipline expectations occurring during **(the scheduled regatta dates)** may be the basis for a hearing under RRS 69.1 The protest committee for such a hearing shall be the regatta chairperson, a member of the ISSA BOD, and the protest committee chairperson. This protest committee shall, at a time and place selected by them, meet to hear said protest, and their decision to impose scoring penalties, or other sanctions they alone deem appropriate, including summary removal from the regatta, shall be final, without appeal.

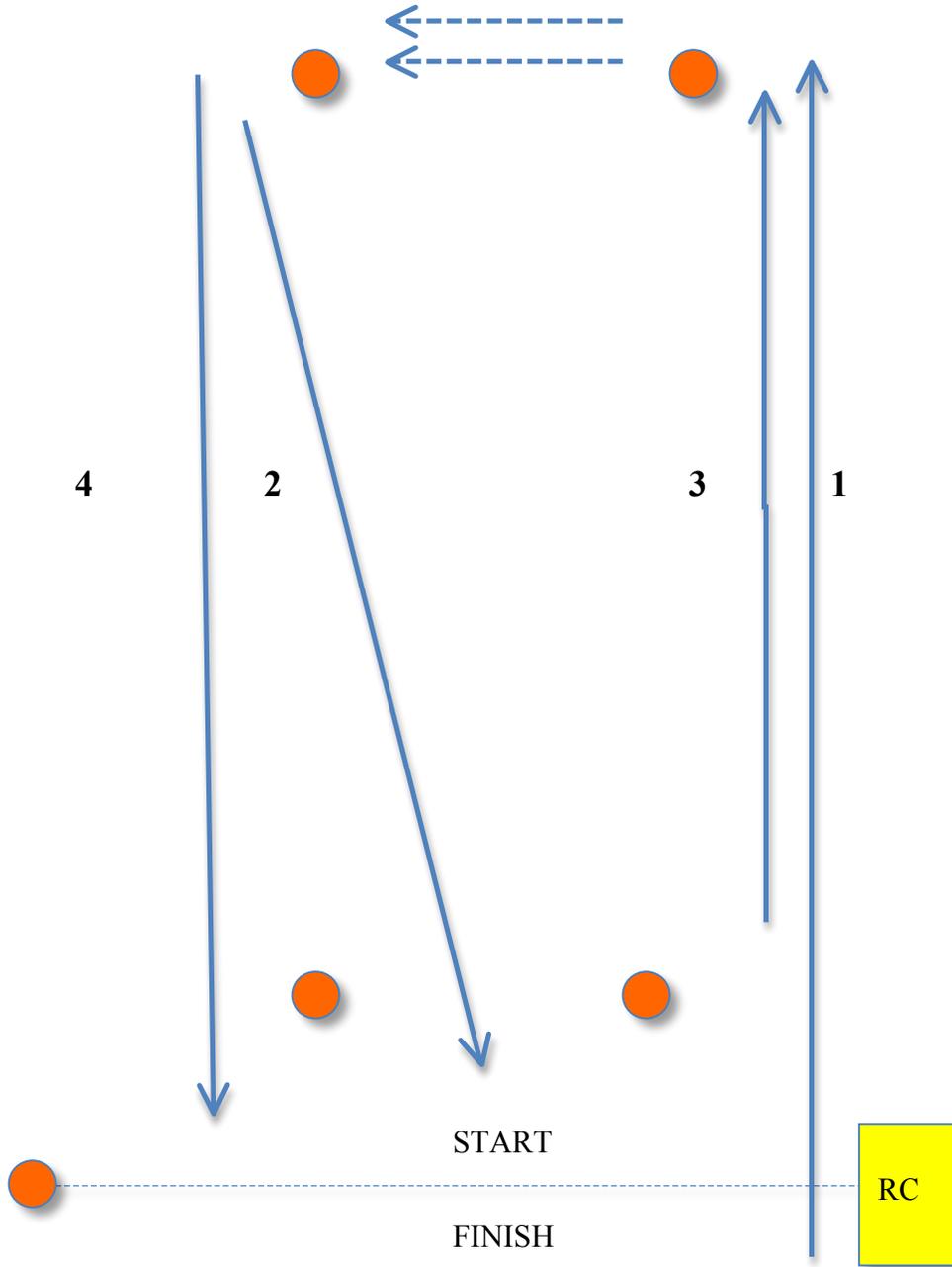
#### 14 **REGATTA CONTACTS:**

Dr. Randall Nunn  
Email: [RWNOrtho1@gmail.com](mailto:RWNOrtho1@gmail.com)  
Cell (732) 581-1100

# APPENDIX 1

## W4 COURSE

Twice around with  
downwind finish



Gate is "Open"

# W3 COURSE

Once around with  
upwind finish

