

CAPE & ISLANDS GIRLS' INVITATIONAL
To be held at
GREAT HARBOR YC (NANTUCKET, MA)
MAY 27, 2025
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](#) and appendices and the [NESSA District Rules](#).
- 1.2. In accordance with RRS 70.5(a), decisions of the protest committee are final. US SAILING's permission has been granted.
- 1.3. The Organizing Authority (OA) is the Cape & Islands League) in conjunction with hosts.

2. NOTICE TO COMPETITORS:

- 2.1. Official notices will be posted on the official notice board located on Tech Score.
- 2.2. Changes to the sailing instructions shall be posted no later than one half hour prior to the first warning signal on the day it will take effect.
- 2.3. Changes to the sailing instructions may be made verbally on the water so long as all coaches are informed before the change takes effect.

3. **CODE OF CONDUCT:** [DP] Competitors and support persons shall comply with reasonable request from race officials

4. SCHEDULE:

- 4.1. Report times each day are listed in the NOR.
- 4.2. The number of races each day will be at the discretion of the regatta chair.
- 4.3. Rotation schedules and boat assignments will be posted on Tech Score by the sailors' meeting.

5. COURSES AND MARKS:

- 5.1. Courses will be in accordance with ISSA PR 7.8
- 5.2. The race committee may designate course selection orally.
- 5.3. All marks will be **described at the sailors meeting**.

6. START/FINISH AND SIGNALS:

- 6.1. Races will start in accordance with ISSA PR 7.9.
- 6.2. The start/finish line will be between a flag on the race committee boat and a mark.

7. BREAKDOWNS:

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

8. **PROTESTS:** Protests procedure will be in accordance with ISSA PR Part VI

9. **SCORING:** Scoring will be in accordance with ISSA PR 9.

10. **SAFETY:** 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

11. **Prizes:** Prizes will be awarded to the top three schools