

Spring 2026 TI High School Regatta

Hosted by DC Sail
Saturday, April 4, 2026
Washington DC

SAILING INSTRUCTIONS



DC Sail is the organizing authority and host of this regatta and will provide race management.

I. RULES

- 1.1. The regatta will be governed by the rules as defined in the 2025-2028 Racing Rules of Sailing (RRS), the 2025-2028 ISSA Procedural Rules, the notice of race and these sailing instructions. In an event of a conflict between governing documents and the sailing instructions, the sailing instructions shall take precedence.
- 1.2. RRS Appendix P is in effect per PR14(c).

2. NOTICES TO COMPETITORS

2.1. Official notices including changes to the sailing instructions will be posted on the Notice Board on Techscore and/or on a whiteboard located next to the podium on the DC Sail docks. Any changes to the Sailing Instructions will be posted before the first race in which they are to take effect. In the event of a conflict, the whiteboard will take precedence.

3. ELIGIBILITY AND ENTRY

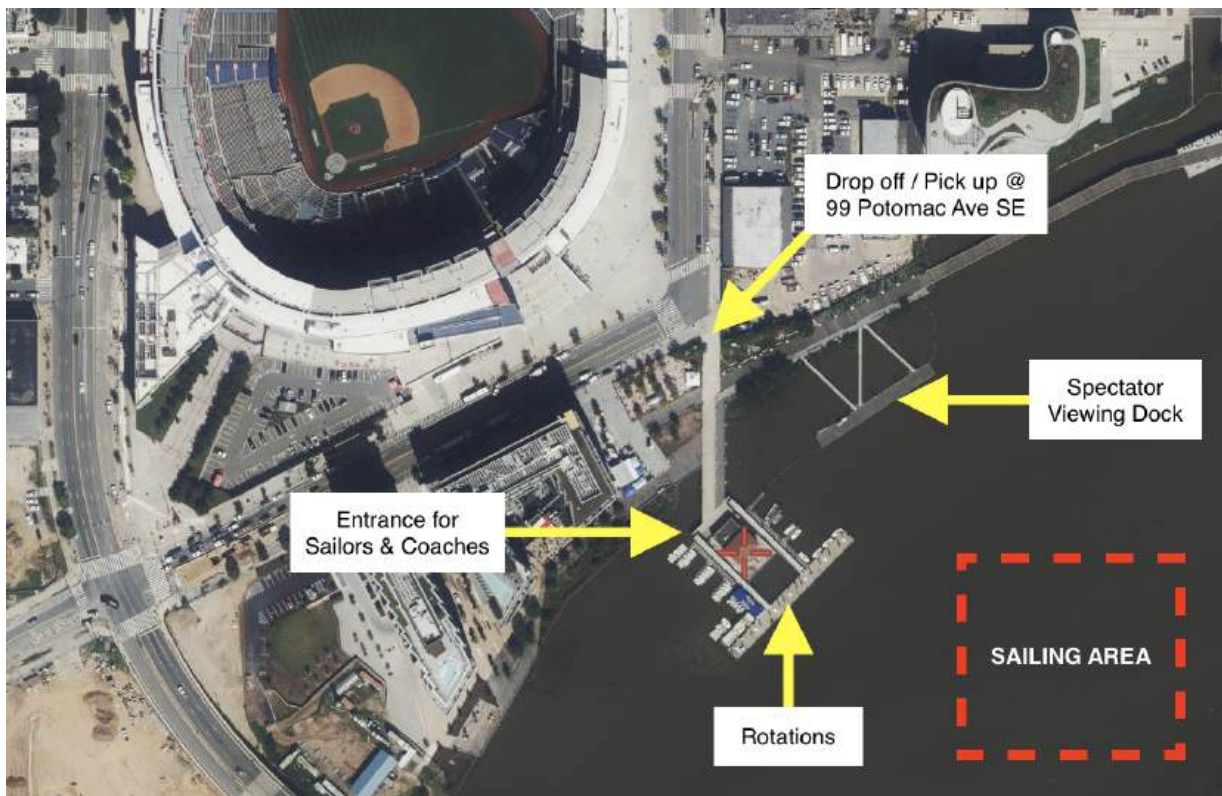
- 3.1. Entry will be limited to 18 teams.
- 3.2. Teams must be accompanied by a designated adult team leader, who may be an advisor, coach, or parent.

4. SCHEDULE, VENUE, AND TRANSPORTATION

4.1. Schedule:

Saturday, April 4th

- 0900 Report Time
- 0930 Competitors' Meeting
- 1000 First Start (goal time)
- 1600 No Start After



- 4.2. The racing will take place on the Anacostia River, south of the Nationals Stadium. The dock entrance is located at **99 Potomac Ave. SE, Washington, DC.**
- 4.3. Pets are not allowed on DC Sail docks. If you must bring a pet, please keep them on a leash and clean up after them. Pets are allowed on nearby public walkways and the Spectator Viewing Dock.
- 4.4. There will be limited and/or expensive parking near the venue. The organizing authority recommends carpooling or taking public transportation, if possible. The nearest WMATA Metro station is Navy Yard/Ballpark on the Green Line.

5. BOATS AND EQUIPMENT

- 5.1. DC Sail FJ's will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way. Jib halyards tails shall remain rigged behind the spreaders.
- 5.2. Mainsheets may be rigged with a 3:1 or 4:1 purchase.
- 5.3. The penalty for infringing upon 5.1 or 5.2 will be disqualification from all races sailed in contravention of those instructions.
- 5.4. Competitors shall report all damage or loss of equipment, however slight, to the dock/boat committee immediately after arriving on shore or to the Race Committee Finish Boat on the water immediately after all boats in that race have finished.

6. FORMAT

- 6.1. The format will be a single round-robin, two-division regatta.

7. THE COURSES

- 7.1. Standard W4 course, with a leeward gate above the start/finish line, will be the preferred course unless conditions require or the race committee sees fit to alter. A windward offset may or may not be used. A W3 (or W5) course may be used to facilitate rotations by finishing near the rotation site.
- 7.2. The course to be sailed will be displayed on a whiteboard on the starboard side of the Race Committee boat prior to the warning signal, taken from the course diagrams posted on the notice board or on these Sailing Instructions (SI App. 1).
- 7.3. In accordance with ISSA PR 7.7, after the starting signal, the race committee may change the position of any mark to maintain course configuration, if no boat is on that leg of the course. No signals are required (changes RRS 33).

8. SHORTENING OR ABANDONING RACE

- 8.1. In accordance with ISSA PR 7.7 (d) races will not be shortened. They will 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.

9. START, FINISH AND RECALLS

- 9.1. Races will start in accordance with ISSA PR 7.8(a) except that RRS Appendix S - Sound-Signal Starting System will be modified as follows:
- 9.2. Individual Recall - When, at a boat's starting signal, any part of her hull is on the course side of the starting line, or she must comply with RRS 30.1, the race committee shall promptly display flag X (or a designated flag or device). The flag shall be displayed until the hull of each such boat has been completely on the pre-start side of the starting line or one of its extensions, and until all such boats have complied with RRS 30.1 if it applies, but not later than two minutes after the starting signal, whichever is earlier. The Race Committee may also attempt to notify individual boats by hailing their sail or bow numbers. (Changes RRS 29.1 and U4)
- 9.3. General Recall – The race committee may signal a general recall by multiple sounds and the hail of “general recall” and need not display the First Substitute. Following a general recall, the warning for any subsequent start may be initiated at any time. (Changes RRS 29.2) After a general recall, RRS 30.1 (I Flag Rule) shall apply and no signal need be given. (Changes RRS 30.1)
- 9.4. As a courtesy, the Race Committee will attempt to hail boats "On Course Side" (OCS) as soon as possible after the start. Failure of electronic equipment, failure to hear a hail, order of hail, or delay in hailing will not be grounds for redress. This modifies RRS 62.1 (a).
- 9.5. The “round the ends rule” provisions of RRS30.1 may apply for any start if hailed prior to the starting sequence. The signal will be made orally and with the display of flag “I”. This changes RRS30.1 .

10. BREAKDOWNS

- 10.1. Breakdown requests shall be filed in the same manner as protest. There will be a RHIB safety boat on the water to assist with breakdowns.
- 10.2. Breakdowns shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 3.

11. PROTESTS

- 11.1. Protest procedure will be in accordance with ISSA PR Part VI. Per Procedural Rule 16 (b), competitors may not communicate with a coach before reporting to the race committee their intent to protest.
- 11.2. Protest time limit for filing a request shall be 30 minutes after the last boat of the final race finishes, retires, or is scored in place.
- 11.3. Protest forms will be available on the houseboat at DC Sail.
- 11.4. Video, data, and/or photographs taken from any source shall not be presented by the competitors as evidence at protest hearings. This changes RRS 63.6.

12. ROTATION AND SCORING

- 12.1. Rotations will take place at DC Sail on the outer side of the pier, unless instructed otherwise by the organizing authority.

12.2. Scoring will be in accordance with ISSA PR 9.

13. COACHING

- 13.1. 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.
- 13.2. Competitors may receive coaching, including instruction, assistance, equipment, or sustenance, only while ashore between rotations.

14. SAFETY

- 14.1. Competitors and coaches on the water shall wear USCG approved Type III Personal Flotation Devices (PFDs). Inflatable type PFDs are not permitted.
- 14.2. Failure to comply with 14.1 will be grounds for disqualification from all races sailed in contravention of those instructions.
- 14.3. Competitors shall supply the equipment to meet the requirements of 14.1.
- 14.4. The race committee may require the use of drysuits or full-length wetsuits if the combined water and air temperature is below 120°F.
- 14.5. At its discretion, the Race Committee or Organizing Authority may require a competitor to retire from racing if the competitor is determined to be a risk to their own or others' safety.
- 14.6. Coaches (or designated chaperone) and sailors are the only individuals allowed on the DC Sail Pier. Spectators may watch from the nearby river walkways or the public Spectator Viewing Dock, east of DC Sail. (Reference SI 4)

15. TROPHIES

- 15.1. No trophies will be awarded.

16. WAIVER OF LIABILITY

- 16.1. Sailing is an activity that has inherent risks of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race.
- 16.2. The race organizers (organizing authority, race committee, protest committee, host clubs, sponsors or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in the event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in the event to the fullest extent permitted by law.

17. RIGHTS TO USE NAME AND LIKENESS

- 17.1. By participating in this event, competitors automatically grant to the Organizing Authority and the event sponsors the right, in perpetuity, to make, use and show, at their discretion, any photography, audio, and video recordings and other

reproductions of them made at the venue or on the water from the time of their arrival at the venue until their final departure, without compensation.

18. CONTACTS

Cam Costello - PRO
*Director of Programs
& Waterfront Operations*
ccostello@dcsail.org

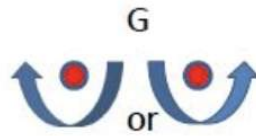
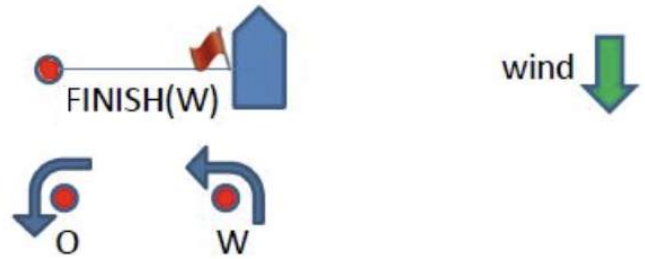
Traci Mead
Executive Director
(202) 547-1250
tmead@dcsail.org

19. ANNOUNCEMENT

- 19.1. 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. Infringements of this regulation and/or other discipline expectations 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 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 at their decision to impose scoring penalties, or other sanctions they alone deem appropriate, including summary removal from the regatta, shall be final, without appeal.
- 19.2. Absolutely no alcohol, drugs, or any illegal substances are permitted anywhere on the DC Sail docks, by any individual. Possession and/or use of any aforementioned substances are grounds for immediate ejection from the event and removal from the premises, without hearing.

APPENDIX I: COURSES

Windward / Leeward Courses



W3: START – W – O – G – FINISH(W)

W4: START – W – O – G – W – O – FINISH

W5: START – W – O – G – W – O – G – FINISH(W)