



## **College Sailing/Laser Performance Men's and Women's National Singlehanded Championship 2015**

For The

**Glen S. Foster Trophy (Men's Championship) and the**

**Janet Lutz Trophy (Women's Championship)**

**Hosted by Old Dominion University**

**November 6-8, 2015**

Supporting Sponsorship from Marlow Ropes, *Official Supplier*

### **SAILING INSTRUCTIONS**

#### **1. RULES**

- 1.1 The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS) 2013-2016, the Inter-Collegiate Sailing Association (ICSA) Procedural Rules (PR), the General Conditions for ICSA National Championships, Conditions for Singlehanded Nationals, this Notice of Race and the Sailing Instructions. The Organizing Authority is the ICSA. All questions of rule interpretation or procedure shall be addressed in writing to the ICSA Representative before or at the regatta. Answers to such questions will be posted on the Official Regatta Notice Board.
- 1.2 ICSA PR 32 will be in effect.
- 1.3 US SAILING Prescriptions to RRS 60, 63.2 and 63.4 will not apply.

#### **2. NOTICES TO COMPETITORS**

- 2.1 Notices to competitors will be posted on the Official Notice Board located on Techscore and not in the Mule Barn at Sail Newport.

#### **3. CHANGES TO THE SAILING INSTRUCTIONS**

- 3.1 Any change to these sailing instructions will be posted 20 minutes prior to the race it will take effect. Any schedule change will be posted by 1800 on the day before it takes effect.

#### **4. Signals Made Ashore**

ICSA Procedural Rules shall apply.

#### **5. SCHEDULE OF EVENTS**

**Friday November 6, 2015**

1:00pm	Registration
5:00pm	Competitor's Meeting

# **Marlow®**

**Saturday November 7, 2015**

9:00am Report Time  
10:00am First Warning

**Sunday November 8, 2015**

9:00am Report Time  
10:00am First Warning  
3:00pm No Warning Signal can be sounded after this time.  
Awards and pizza after racing

**6. FORMAT**

6.1 The regatta format is 14 races with no rotation.

**7. RACING AREA**

7.1 The Racing Area will be the Elizabeth River

**8. ROTATION**

8.1 There will be no rotation of supplied boats.

**9. COURSES and MARKS**

9.1 Course descriptions will be drawn on the whiteboard in the ODU Sailing Center Classroom. All courses will be Windward/Leewards with 4 legs, or Trapezoid courses with Inner or Outer Loops.  
9.2 The course to be sailed will be hailed by the Race Committee boat.

**10. START AND FINISH**

10.1 Races will be started in accordance with ICSA Procedural Rules.  
10.2 Start and Finish lines will be between an Orange Staff on Race Committee boat on the starboard end of the line and a yellow mark on the port end of the line.

**11. PENALTY SYSTEM**

11.1 Appendix P of the RRS will be in effect as modified by ICSA PR 32.

**12. PROTESTS**

12.1 Protest forms will be available at the ODU Sailing Center office.  
12.2 Protests shall be filed within 30 minutes of reaching shore after the race or set of races in which the incident occurred. This changes PR 30. Hearings may be held as soon as possible.

**13. SCORING**

13.1 The race committee will attempt to run a full rotation of 14 races. Three races will constitute a regatta.

**14. COACHING**

14.1 Coach boats may be provided. ICSA Procedural Rules shall apply.

**15. SAFETY**

15.1 Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.  
15.2 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.

**16. PHOTOGRAPHY CONSENT**

- 16.1 By entering the Championships competitors accept that they may be photographed and/or videotaped participating in the race and/or using the host's facilities and they consent to the taking of such images and to the use, reuse, publication and republication of such images in any media, in conjunction with the competitors name or not, without compensation and without the competitors approval of such images or any use thereof.

**17. DISCLAIMER OF LIABILITY**

- 17.1 Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) 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.