

**Sailing Instructions-Fleet Racing**  
**Old Dominion University**  
**Norfolk, Virginia**

1. **Rules:** The regatta will be governed by the Racing Rules of Sailing 2021-2024, the ICSA Procedural Rules and these sailing instructions. The [ICSA Medical Guidance Protocols](#) for ICSA competitions will be in place.
2. **Notice to Competitors:** Official Notices will be posted on the Regatta Notice Board located on tech score.
3. **Changes to the Sailing Instructions:** Any changes to the sailing instructions will be posted on the Regatta Notice Board.
4. **Schedule:**

Saturday:	Report Time 900 First Warning Signal 945
Sunday:	Report Time 900 First Warning Signal 930 Last start no later than 1500
5. **Boats:** Shall be raced as supplied by Old Dominion University. The standing rigging shall not be adjusted.
6. **Rotation:** Schedule for boat rotation will be available on tech score. Rotations will take place on the floating dock. Release the vang during rotations. During rotations, only those rotating into and out of boats will be allowed on the floating dock. The published Rigging and Rotating instructions shall be followed.
7. **Racing Area:** The racing area will be in the Elizabeth River, west of the Old Dominion University Sailing Center.
8. **Courses:** The diagrams in Attachment A show the courses. The courses will be designated by verbal instructions from the Race Committee.
9. **Marks:** The marks will be orange balls. The starting line and finish lines will be between an orange staff on the committee boat at the starboard end of the line and the closest yellow ball at the port end of the line or the orange staff on the pin boat.
10. **Starts:** Races will be started in accordance with RRS Appendix S.
11. **Changing the Course:** After the starting signal, the RC may change the position of any mark, provided that no yacht is on the leg of the course that the mark terminates and the configuration of the course is not changed. There will be no signal for such a change. (This changes RRS 33)
12. **Abandonment:** After the starting signal, the RC in consultation with the regatta chairman or jury may abandon the race as appropriate for any reason directly affecting the safety or fairness of the competition. A sound signal and the hail of "abandoned" may be used in the place of other visual signals. (This changes RRS 32.1)
13. **The Finish:** If a boat is delaying the competition of a race, the RC may terminate the race and score the last boat equal to last place.
14. **Protest:** Shall be delivered to the race office no later than 30 minutes after the last boat reaches the shore, following the race in which that incident occurred. This changes procedural rule 30
15. **Safety:** Competitors who require assistance from rescue boats should so signify by waving arms overhead. A competitor who retires from a race shall notify the RC as soon as possible.
16. **Capsizes:** A capsized boat may be righted and sail on by its crew at any time. If the safety of the crew or boat is in jeopardy, or if the progress of the regatta is affected the RC may require that assistance be accepted and the competitors retire from the race.
17. **Coaching:** Coaching will be from ashore.