

# Atlantic Coast Championship



U.S. Coast Guard Academy  
New London, CT  
October 22-23, 2022



## SAILING INSTRUCTIONS

### 1. RULES

- 1.1. This regatta will be governed by the current Racing Rules of Sailing (2021-2024), the Procedural Rules (PR) and Class Rules for Intercollegiate Sailing Competition (2021), and the NEISA Rules and Regulations, except as any of these are modified by these Sailing Instructions.

### 2. NOTICES TO COMPETITORS

- 2.1. Notices will be posted on the official regatta notice board located near main doorway of Jacobs Rock.

### 3. CHANGES IN SAILING INSTRUCTIONS

- 3.1. Any changes in the sailing instructions will be announced orally and posted before the first race in which they are to take effect.

### 4. SCHEDULE OF EVENTS

Saturday	1110	First Warning Signal	Sunday	1000	First Warning Signal
	1800	No Starting Signal After		1500	No Starting Signal After

### 5. FORMAT

- 5.1. The event will be sailed in two divisions.  
5.2. A single round robin of 20 races is scheduled. Competitors will switch boats after every two races.  
5.3. A-Division will sail FJs on Saturday and Z420s on Sunday.  
5.4. B-Division will sail Z420s on Saturday and FJs on Sunday.

### 6. BOATS & EQUIPMENT

- 6.1. 2020 ZIM FJs and 2015 Laser Performance Z420s will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way. Competitors have the option of rigging the mainsheet purchase either 3:1 or 4:1.  
6.2. The standing rigging shall not be adjusted.  
6.3. The penalty for infringing instruction 6.1 or 6.2 will be disqualification from all races sailed in contravention of those instructions.  
6.4. Competitors shall report all damage or loss of equipment, however slight, to CGA staff on shore or to the Race Committee Pin/Finish Boat on the water.

### 7. ROTATION

- 7.1. The rotation of boats will be in accordance with the online rotation, which will be available prior to the competitors' meeting.  
7.2. In order to reduce potential damage to the fleets, boats 1-9 in each division will rotate on the southern float and 10-18 will rotate on the eastern float on the causeway after each set.

## **8. MARKS**

- 8.1. Rounding marks will be colored balls.
- 8.2. The starting line will be between a staff displaying red flag on the Race Committee Start Boat and a colored ball at the port end (start mark) or a staff displaying a red flag on the Race Committee Pin/Finish Boat.
- 8.3. For downwind finishes on course W4, the finishing mark will be a colored ball on the opposite side of the starting mark. The finishing line will be between a staff displaying a red flag on the Race Committee Boat and the finishing mark.
- 8.4. For upwind finishes on courses W3 and W5, the finishing line will be between the windward mark and the offset mark (marks 1 and 2).

## **9. COURSE**

- 9.1. Course diagrams will be posted on the Notice Board.

## **10. STARTING SYSTEM**

- 10.1. Races will be started in accordance with PR 18(b)(i).
- 10.2. Recalls will be in accordance with PR 18(b)(ii) and PR 18(b)(iii)

## **11. PROTESTS**

- 11.1. Protests/Breakdowns shall be filed in accordance with the ICSA Procedural Rules.
- 11.2. Protests/Breakdowns shall be filed within 30 minutes of securing boats to the shore after the race or set of races in which the incident occurred. Protest time limits will be posted on the Official Notice Board. This changes PR30.
- 11.3. Protests/Breakdowns forms will be available by the Notice Board near the main doorway of Jacobs Rock.

## **12. SAFETY**

- 12.1. Competitors who require assistance from rescue boats should so signify by waving arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible.
- 12.2. Starts will not be delayed to accommodate capsized boats.
- 12.3. At the discretion of the Regatta Chairman, a race may be abandoned at any point if there is submarine traffic approaching in the Thames River. When a race is abandoned, competitors shall sail toward Jacobs Rock floats and the rotation area. Failure to comply with SI 12.3 will result in disqualification from the regatta. This changes RRS 32.1.

## **13. CHANGING**

- 13.1. The US Coast Guard Academy is a high traffic area to visitors and tourists. When changing under layers, competitors must use the locker rooms.

## **14. COACHING**

- 14.1. PR 19 will apply.
- 14.2. Coaching will be done from Jacobs Rock.