CGA Women's J70 Invite

US Coast Guard Academy

Nov 7-8, 2026

SAILING INSTRUCTIONS

1. RULES

1.1. This regatta shall be governed by the current (2025-2028) Racing Rules of Sailing (RRS) and the ICSA Procedural Rules except as modified by these Sailing Instructions.

2. NOTICES TO COMPETITORS

2.1. Notices will be posted on the official notice board located on Tech Score.

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	**1030**	**Report Time**	**Sunday**	**0930**	**Report Time**
	1130	**First Warning Signal**		**1015**	**Warning Signal**
	1800	**No Starting Signal after**		**1500**	**No Starting Signal After**
				TBD	**Awards immediately post-racing**

5. FORMAT

5.1 Nine teams fleet racing in a single division of J/70's.

5.2 Up to fourteen (14) races are scheduled for this two-day event.

6. BOATS & EQUIPMENT

6.1. Nine J/70's will be provided for competitors.

6.2. Competitors shall report any damage or loss of equipment, however slight, to the Regatta Chair immediately afterarriving ashore or to the Race Committee on the water.

6.4. Competitors will be provided a mainsail, jib, and asymmetrical spinnaker.

6.5. The J/70 Class Association Rules shall not apply. The Care and Handling of Boats shall be governed by SI Appendix A.

7. ROTATION

7.1 Rotations will take place every three (3) races either on the water with rib assistance or off the docks depending on conditions.

7.2 Teams will rotate with their spinnakers

8. THE COURSE

8.1. The courses shall be announced prior to each race.

8.2. Rounding marks will be colored buoys.

8.3. The intended race duration times shall be approximately 15 to 25 minutes. This changes PR 18 (c ii).

9. START/FINISH

9.1. Races will be started in accordance with RRS 26. A Coast Guard Burgee shall be used as the warning signal.
9.2. The start line will be between a staff displaying an orange flag on the Race Committee Start Boat, and a colored buoy.
9.3. The finish line will be between a staff displaying an orange flag on the Race Committee Finish Boat (Same as the Start Boat) and a colored buoy.

10. PROTESTS

10.1. Protests shall be filed in accordance with the ICSA Procedural Rules with the following changes. "Race Committee" inPR 29(b) is changed to "Race Committee Finish Boat."
10.2. Protest hearings will be conducted by multiple coaches from non-conflicted teams in the format of three-minute justice. Each team involved in a protest is required to find a nonconflicted coach to be part of the protest committee.
10.3. Requests for redress and breakdown shall be performed upon finishing or withdrawing.

11. PENALTIES FOR BREAKING RULES OF RRS PART 2

11.1. RRS 44.1 is modified as follows: “A boat that may have broken a rule of Part 2 while racing may take a penalty at the time of the incident. Her penalty shall be a One-Turn Penalty, unless she breaks a rule of Part 2 within the zone of any rounding mark or finishing mark, in which case her alternate penalty shall be a Two-Turns Penalty. This changes PR 31 (b).

12. COLLISIONS

12.1. Competitors who are considered negligent and fail to avoid contact will be subject to the most severe penalty. A collision may result in disqualification of all parties involved (changes RRS 14).
12.2. Competitors are required to report all contact between boats to the Race Committee

13. SAFETY

13.1. Competitors who require assistance from rescue boats should signal by waving arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible.
13.2. At the discretion of the Regatta Chairman, the use of spinnakers can be prohibited in high winds. Competitors will be notified prior to the warning signal for the race(S) it will take effect.
13.3. At the discretion of the Regatta Chairman, mainsails may be reefed in high winds. Competitors will be notified prior to the warning signal for the race(S) it will take effect.
13.4. If a team loses either the main or spinnaker halyard, they shall **NOT** climb the mast in any form to retrieve. Notify the race committee after the race and assistance will be rendered.

14. COACHING

14.1. PR 19 will apply.
14.2. Drone flying is not allowed.
14.3. Coaching shall be from an organizing authority provided coach boat(s), or from Jacobs Rock.

APPENDIX A – Care & Handling of Boats:

GENERAL: While all reasonable steps are taken to equalize the boats, variations will not be grounds for redress. This changes RRS 62.

1. CREW & CREW POSITIONING:
(a) The number of crew (including the skipper) shall be four.
(b) All members of the crew shall be female
(c) Except for momentary sail handling or repair needs, crew shall remain aft of forward most stanchions while on deck.
(d) Crew shall not stand or lean out over the cockpit safety lines or stern rails to promote roll tacking, roll jibing, or to increase hiking leverage.
(e) While seated on deck, crew shall have the base of their spine on the deck and inboard of the cockpit safety lines at all times.
(f) Not more than two crews may have their legs outboard of the sheerline.
(g) When tacking or jibing, crews shall not hang push or pull on the shrouds, mast, cockpit safety lines or stanchions.
(h) Except for a medical emergency or momentary sail handling and/or repair needs, crew heads and shoulders shall remain above deck

2. BOWSPRITS:
(a) The bowsprit shall be fully retracted at all times except when the spinnaker is being set, is set, and shall be retracted at the first reasonable opportunity after the retrieval.
(b) An extended bowsprit shall not be considered part of the boat for the purposes of establishing an overlap or establishing right of way, unless the spinnaker is set.

4. PROHIBITED ITEMS and ACTIONS: The following are prohibited.
4.1 Any additions, omissions or alterations to the equipment supplied.
4.2 Competitors may not adjust the rigging of the mainsheet purchase.
4.3 Competitors may not create a purchase system in the main halyard.
4.4 The standing rigging, except for the backstay control line, shall not be adjusted. The backstay bridle shall not be adjusted.
4.5 The use of any equipment for a purpose other than that intended or specifically permitted.
4.6 The replacement of any equipment without the sanction of the RC.
4.7 Sailing the boat in a manner that it is reasonable to predict that significant further damage would result.
4.8 Moving equipment from its normal stowage position except when being used.
4.9 Taking a boat from its berth or mooring without permission from the OA.
4.10 Hauling out a boat or cleaning surfaces below the waterline.
4.11 Attaching lines to the fabric of spinnakers.
4.12 Perforating sails, even to attach tell tales.
4.13 Adjusting or altering the tension of standing rigging, excluding the backstay control line.
4.14 Using a winch to adjust the mainsheet, backstay or vang.
4.15 Omitting any headsail car or turning block before sheeting onto a winch.
4.16 The use of electronic instruments except handheld compasses, watches, and small personal video recording devices.
4.15 Marking directly on the hull or deck.
4.16 The use of the shrouds (including any inner shrouds) above the lower bottle screw (turnbuckle) to facilitate tacking or jibing, or to aid the projection of a crew member outboard is prohibited.
4.17 Discharge of trash into any waterway.
4.18 Use of duct tape or any tape that leaves a residue.
4.19 Interfering with commercial or military traffic.

5. PERMITTED ITEMS and ACTIONS: The following are permitted.
5.1 Taking on board the following equipment:
(a) basic hand tools
(b) adhesive tape
(c) line (elastic or otherwise of 6 mm diameter or less)

(d) tell tale material
(e) watch, timers and hand held compass
(f) shackles and pins
(l) water bottles
(m) PFD
5.2 Using the items in 5.1 to:
(a) prevent fouling of lines, sails and sheets
(b) attach tell tales
(c) prevent sails being damaged or falling overboard
(d) make minor repairs and permitted adjustments

6. MANDATORY ITEMS and ACTIONS: The following are mandatory.
6.1 Reporting all damage to the OA. Reports shall include any matters which could cause damage or disadvantage to the boat in future races.
6.2 At the end of each sailing day: (a) rolling, bagging and placement of the sails as directed (b) leaving the boat in the same state as when first boarded that day (c) releasing backstay tension
6.3 Removing all trash and removing all tape and marks.

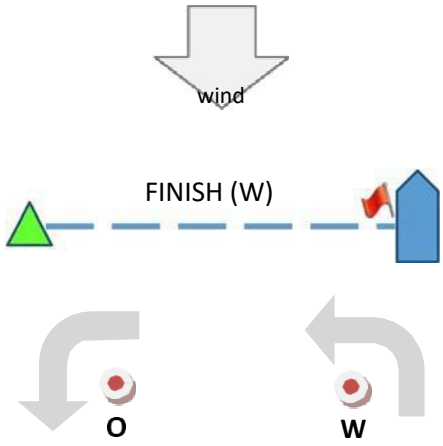
7. EQUIPMENT LIST: The following non-fixed items, provided by the OA, are to be always carried onboard in their designated place while sailing. Any loss shall be reported to the OA.

Mainsail and set of battens
Furling Jib
Asymmetrical Spinnaker
Asymmetrical spinnaker sheet
Two sail ties
Tiller extension
Hatch Boards
Mainsail and Jib Canvas Covers
Two dock fenders

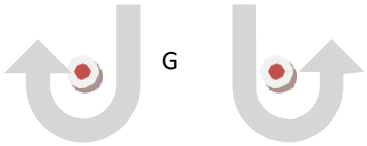
8. WEATHER:
8.1 The regatta chairman can postpone or cancel racing when the wind strength exceeds 20 knots as measured sustained for five minutes aboard the RC boat.

APPENDIX B – Courses

[Start / Finish marks will be Colored buoys. If racing a W5 or W3, the windward marks may be used as the finish line]



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)
W6 START – W – O – G – W – O – G – W – O -- FINISH



RC boat and Start/Finish mark

