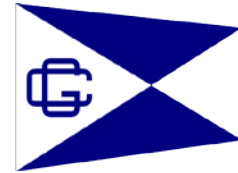




Jan T. Friis Trophy
 U.S. Coast Guard Academy
 New London, CT
 March 26-27, 2016



SAILING INSTRUCTIONS

1. RULES

- 1.1. This regatta will be governed by the current Racing Rules of Sailing (2013-2016), including Appendix D; the Procedural Rules (PR) and Class Rules for Intercollegiate Sailing Competition 2013-2016, except as any of these are modified by these sailing instructions.
- 1.2. PR 25 (a) and RRS D2.6 – limited umpiring – shall apply.
- 1.3. RRS D2.2(a) is changed to “She shall hail ‘Protest’ and conspicuously display a raised open hand at the first reasonable opportunity for each.”
- 1.4. PR 25 is changed to: RRS Appendix D shall be used for team racing regattas, deleting the red flag requirement in RRS 61.1(a). RRS D1.2(c) and D5.2 are changed by replacing the phrase “a red flag” with “a raised open hand.” 1.5. RRS D4.2b is deleted.
- 1.5. Any questions regarding these Sailing Instructions should be submitted in writing to Chief Umpire Matt Cohen - matthew.p.cohen@gmail.com.

2. NOTICES TO COMPETITORS

- 2.1. Notices will be posted on the official regatta notice board located in main classroom 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	1030	Report Time	Sunday	0930	Report Time
	1045	Competitors Meeting		1000	Warning Signal
	ASAP	Warning Signal		1500	Last Possible Warning Signal

5. FORMAT

- 5.1. The format for the regatta shall be a round robin of all twelve teams followed by a gold round made up of the top six teams from the initial round and a silver round made up of the bottom six teams from the initial round. The Regatta Chair may change the format at any time during the event.

6. BOATS & EQUIPMENT

- 6.1. FJs and 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 Finish Boat on the water.

7. ROTATION

- 7.1. The rotation of boats will be in accordance with the provided rotation sheet available at the competitors’ meeting.

8. MARKS

- 8.1. All rounding marks will be orange balls.
- 8.2. The starting mark will be a green ball. The starting line will be between a staff displaying red flag on the Race Committee Start Boat and the starting mark.
- 8.3. The finishing mark will be a yellow ball. The finishing line will be between a staff displaying a red flag on the Race Committee Finish Boat and the finishing buoy.

9. COURSE

- 9.1. The course will be a Digital N.

10. STARTING SYSTEM

- 10.1. Races will be started in accordance with PR 18(b)(i).

11. RECALLS

- 11.1. Individual recalls will be signaled in accordance with Procedural Rule 18(b)(ii).
- 11.2. A general recall will be used in accordance to PR 18(b)(iii), except that the "1 minute rule" (RRS 30.1) will not be used. This changes PR 18(b)(iii).

12. PROTESTS

- 12.1. Written protests, including requests for redress and breakdowns, shall be filed within 15 minutes of the last competitor's arrival ashore after the race or set of races in which the incident occurred.
- 12.2. Protest forms will be available in the Judges Room at Jacobs Rock.

13. BREAKDOWNS

- 13.1. When a boat suffers a breakdown in the racing area, she may request a score change by hailing an umpire or the race committee to that effect at the first reasonable opportunity after the breakdown, until the hail is acknowledged. If possible, she shall continue racing. This changes RRS D5.2 and PR 25.

14. SCORING

- 14.1. RRS D3 and D4 shall be used, as modified by PR 25.
- 14.2. Breakdowns will be scored in accordance with RRS D.5 as changed by PR 20.

15. SAFETY

- 15.1. 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.
- 15.2. Starts will not be delayed to accommodate capsized boats.
- 15.3. At the discretion of the Regatta Chairman, dry suits may be required. Notice will be given orally and on the Official Notice Board on the morning of each day of competition.

16. COACHING

- 16.1. PR 19 will apply.

