



## Admirals Cup

United States Merchant Marine Academy  
22-23 April 2023

### SAILING INSTRUCTIONS

#### 1. Rules

- 1.1. The regatta will be governed by the Racing Rules of Sailing (RRS) 2021-2024 and the current [Procedural Rules](#) (PR), except as any of these are modified by these Sailing Instructions.

#### 2. Notices to Competitors

Notices to Competitors will be posted electronically on the Techscore Notice Board.

#### 3. Changes to the Sailing Instructions

Any change to the sailing instructions will be announced orally before the first race they are to take effect, and posted to the Notice Board as soon as practical.

#### 4. Boats and Equipment

- 4.1. Z420s and FJs will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way.
- 4.2. The standing rigging shall not be adjusted.
- 4.3. Mainsheets may be rigged with a 3:1 or 4:1 purchase.
- 4.4. The penalty for infringing the above instructions shall be disqualification from all races sailed in contravention of these sailing instructions.
- 4.5. Competitors shall report any damage or loss of equipment, however slight, to the Race Committee Finish Boat on the water. The penalty for infringing this instruction, unless the Jury is satisfied that the competitor made a determined effort to comply, will be disqualification from the race most recently sailed.
- 4.6. Breakdowns will be decided using PR 20. Breakdown points will not be awarded for the failure of knots, the loss of pins or rings, except that the Jury may grant redress for the failure of the main halyard masthead knot.

#### 5. Format

- 5.1. The format of this regatta will be a two division fleet race round robin.

#### 6. Rotation of Boats

- 6.1. Rotations of boats will be in accordance with the provided rotation.
- 6.2. A Division will start in Z420s, and B Division in FJs. Divisions will switch fleets on the second day of racing.

#### 7. Schedule of Events

|                    |      |                          |
|--------------------|------|--------------------------|
| Saturday, 22 April | 0900 | Report Time              |
|                    | 0915 | Coaches' Meeting         |
|                    | 1000 | First Warning            |
| Sunday, 23 April   | 0900 | Report Time              |
|                    | 0945 | First Warning            |
|                    | 1500 | No Starting Signal After |

## **8. Racing Area**

The racing area will be Western Long Island Sound, East of the Throgs Neck Bridge, including Little Neck and Eastchester Bays.

## **9. Courses and Marks**

- 9.1. The courses will be posted to the official notice board. The course will be announced orally prior to each race.
- 9.2. Rounding marks will be orange/red balls.
- 9.3. Start/Finish marks will be yellow balls.

## **10. Changes of course after the start**

- 10.1. Any Mark of the course may be moved in accordance with PR 18 (c)(i).

## **11. Starting and Finishing**

- 11.1. Races will be started in accordance with PR 18(b).
- 11.2. The "I" Flag may be displayed at any time, meaning the 1-minute rule is in effect.
- 11.3. The starting and finishing line will be between a flag on the race committee start or finish boats and a yellow mark on the port end of the line
- 11.4. If a boat is delaying the finish of a race, or the rotation, the Race Committee may end the race and score the boat in its current position.
- 11.5. Starts will not be delayed due to capsized boats.

## **12. Recalls**

- 12.1. Individual Recalls will be signaled in accordance with PR 18(b)(ii) except the maximum time Code Flag "X" will be displayed is 60 seconds. The Race Committee will attempt to hail the boat(s) sail number(s). Failure to hear a hail is insufficient cause for granting redress.
- 12.2. The "I" Flag may be used at any time. The "I" Flag will be displayed during an "I" Flag start.
- 12.3. Multiple horns/whistles and the hail of the words "General Recall" will signal a General Recall. The "First Substitute" flag may be displayed.

## **13. Protests**

- 13.1. Protests shall be filed in accordance with the ICSA Procedural Rules.
- 13.2. Protests, including requests for redress and breakdowns, shall be filed with the Regatta Chair within 30 minutes of the last competitor's arrival ashore after the race or set of races in which the incident occurred.

## **14. Coaching**

- 14.1. In accordance with PR 19.
- 14.2. The ICSA Rep for the regatta will be announced at the Coaches Meeting and posted to the Notice Board prior to racing.

## **15. Safety**

- 15.1. All coaches, competitors, and alternates must wear USCG approved PFD's when afloat.
- 15.2. A boat requesting assistance from support boats should signal by waving hands overhead.
- 15.3. A boat that retires is asked to notify the Race Committee either before leaving the course area or immediately upon arriving ashore.

## **16. Minimum wind strength**

- 16.1. Races should not be started unless the Race Committee is satisfied that the wind strength in the starting area, and to the best of its belief on the rest of the course, is in excess of an average of three knots (3.45 mph) for a reasonable period before the start as measured using instrumentation and while not moving over the bottom or anchored.
- 16.2. If the wind speed is less than three knots (3.45 mph) in the starting area at any time during the last minute prior to the start signal, the start should be abandoned.