



2026 Southern 7 Fleet Race

Robert P. Arrigan Sailing Center

April 25, 2026

Sailing Instructions

1. RULES

1.1 The regatta will be governed by the Racing Rules of Sailing (RRS), and the prescriptions of US SAILING, the Procedural Rules for Intercollegiate Sailing Competition (PR) (except as any of these are modified by these sailing instructions), and by these Sailing Instructions.

2. NOTICES TO COMPETITORS

2.1 Notices to competitors, including boat rotations, will be posted on the official regatta notice board located on Techscore.

3. CHANGES IN SAILING INSTRUCTIONS

3.1 Any changes in the sailing instructions will be announced orally by the Race Committee.

4. BOATS AND EQUIPMENT

4.1 Simmons 2024 FJ's will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way, except that competitors may adjust lines and controls normally adjustable.

4.2 Standing rigging shall not be adjusted.

4.3 No modifications to rigging are allowed except that mainsheets may be rigged either 3:1 or 4:1.

4.4 Competitors shall report any damage or loss of equipment, however slight, to the Race Committee on the water. Violations may lead to disqualification according to PR 26. 4.3 Breakdown points will not be awarded for the failure of knots, the loss of clevis pins or rings, except that the Jury may, but is not required to, grant redress for the failure of the main halyard masthead knot.

5. FORMAT & ROTATION

5.1 This will be a combined division event.

5.2 Boats will not be rotated.

6.0 SCHEDULE OF EVENTS

Saturday

10:30 Report Time.

10:45 Competitors' Meeting outside Arrigan Sailing Center (all sailors fully dressed). All competitors must be prepared to leave by tow to the race area immediately after the Competitors' Meeting.

10:46 Launch.

17:30 No Start Signal after this time.

7.0 RACING AREA

7.1 Salt Pond

8. THE COURSE

- 8.1 The courses will be announced orally and are shown on the attached drawing, Appendix A - Courses.
8.2 All marks will be bright orange 2' "tomatoes".

9. START/FINISH

- 9.1 Races will be started in accordance with 13(b)(iv).
9.2 The start line will be between a staff on the Race Committee Boat and an Orange mark at the port end.
9.3 The finish line will be between a staff on the Race Committee Boat and an Orange mark at the starboard end for downwind finishes. The finish line will be between the windward mark (1) and offset mark (2) for upwind finishes.
9.4 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.

10. RECALLS

- 10.1 Individual recalls will be signaled in accordance with PR 13(b)(iv). The Race Committee will attempt to hail the boat(s) sail number(s); however, it is the responsibility of each boat to make a proper start. Failure to hear a hail is insufficient cause for granting redress.
10.2 Multiple whistles and the hail of the words "general recall" will signal a general recall. No visual signal will be given. PR 13(b)(v) shall also be in effect.

11. CHANGES OF COURSE AFTER THE START

- Any mark of the course may be moved in accordance with PR 13(b)(ii).

12. PROTESTS

- 12.1 Protests shall be filed within 20 minutes of reaching the shore after the race in which the incident occurred. Changes PR 25.

13. COACHING

- Coaches may be on the water.

14. SAFETY

- 14.1 A boat requesting assistance from support boats should signal by waving hands overhead.
14.2 A capsized boat may be righted and sailed by its crew, unless, in the sole judgment of the Race Committee, safety or the progress of the regatta would be affected, in which case the crew shall accept assistance, and the boat will be scored 'DNF.'
14.3 Starts may not be delayed to accommodate capsized boats.

THE
UNIVERSITY
OF RHODE ISLAND