

September 27, 2025

Sailing Instructions

**1.0 RULES**

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- 1.1 The regatta will be governed by the current version of the Racing Rules of Sailing, (RRS), the Prescriptions of U.S. Sailing, except those of rules 63.2, and 63.4, the Notice of Race, the current Procedural Rules of the Interscholastic Sailing Association (ISSA), the current District Supplemental Rules for South Atlantic Interscholastic Sailing Association (SAISA), and these Sailing Instructions.
- 1.2 All schools must be members in good standing of the Interscholastic Sailing Association (ISSA). Eligible teams shall be entered by completing registration with the Organizing Authority (Lauderdale Yacht Club) in accordance with the Notice of Race.
- 1.3 Notices to competitors will be posted on the Official Notice Board identified at the Skippers Meeting.

**2 EQUIPMENT**

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- 2.0 Each Varsity, Junior Varsity, Composite and Split team must bring their own high-school compliant 420 and equipment, will sail their own boat in each race, and will not rotate with other teams (see NOR 5.1). ISSA Procedural Rules regarding equipment shall apply.
- 2.1 Since all equipment is provided by each team, no redress shall be given under ISSA Procedural Rule 9(e), except for a breakdown of a jib provided by the Organizing Authority. Similarly, competitors are responsible for maintaining and repairing their boats as needed during the event and should not rely on event staff.

**3.0 SCHEDULE OF RACES**

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**Saturday, September 28, 2024**

- 0715 Arrival, boat rigging
- 0715-0830 Rigging of boats
- 0815 Registration CLOSES
- 0830 Competitors' Meeting at the West Pavilion.
- 0915 First Warning Signal.
- 1700 No "A" Division (Varsity or JV) warning after this time

- 3.1 The Race Committee reserves the right to start any race if it believes teams have been given adequate time to transit to the starting area from the rigging area or rotation location. A boat starting more than **4 minutes** after her starting signal will be scored DNS without a hearing. (Modifies RRS A5).
- 3.2 It is the intention of the Race Committee to sail two "A" Division races, then rotate to sail two "B" Division races, etc. Towards the end of the day, the Race Committee may change the format matching single "A" and "B" Division races to get in as many rotations as possible. Intentions for Separate starts for the Varsity and Junior Varsity fleets will be announced at the Competitor's Meeting at 0830.

**4.0 RACING AREA**

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The **Racing Area** will be to the South of Holland Park, to the West of the Intracoastal Waterway, and to the East of Gulfstream Sailing Club.

## **5.0 COURSES AND MARKS**

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- 5.1 Courses will be announced prior to each start sequence and displayed on a white board shown on the main signal boat.
- 5.2 Courses will not be shortened by eliminating any legs of the course.
- 5.3 The Race Committee may move marks provided no competitor is on the leg of the course that the mark defines. Code Flag “C” will not be displayed, no other information will be displayed, and no sound signal will be made. (Modifies RRS 33)
- 5.4 The Race Committee, after making multiple sounds signals before the starting sequence of a race, may give oral instructions on the water. Code Flag “L” will not be displayed. The Race Committee will also attempt to indicate any changes to the Sailing Instructions on a white board posted on the main signal boat.
- 5.5 Marks will be round orange, or white buoys.

## **6.0 START & FINISH**

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- 6.1 Races will be started using 3 minute whistle or horn starts in accordance with RRS Appendix U. The starting line will be between an orange flag on the race committee signal boat and the course side of an adjacent starting mark or an orange flag on a pin end Race Committee boat.
- 6.2 Individual recalls will be signaled by verbal hail. Code Flag “X” will not be displayed. (Modifies RRS 29.1). The Race Committee intends to hail boats over early (OCS). Failure of a boat to hear the hail, an untimely hail, failure to hail any boat and the order of boats in the hail will not be grounds for redress. (Modifies RRS 62.1).
- 6.3 General recalls will be signaled by multiple sound signals. The new warning signal will follow as soon as possible. No Flag will be displayed. (Modifies RRS 29.2)
- 6.4 The Race Committee intends to use the “I” flag, “U” flag, or Black Flag for each start. Each will be indicated on a white board posted on the main signal boat. Code Flags will not be displayed. The Race Committee may hail boats that are on the course side in the final minute of the starting sequence when the “I”, “U” or Black Flag rule applies. (Modifies RRS 30.1).
- 6.5 The finish line will be between a staff displaying an orange flag on a race committee boat and either the course side of an adjacent mark or an orange flag on another committee boat (on a downwind finish for example)

## **7.0 ABANDON & RETIRE**

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- 7.1 Signals to abandon shall be made with multiple sound signals from a Race Committee boat, or if on shore, a Race Committee member, accompanied by oral instructions. No flag(s) will be displayed. (Modifies RRS 32.1).
- 7.2 If a boat is delaying the completion of a race, the Race Committee may, at its sole discretion, terminate the race for that boat and score her with points equal to her finish in that race. After being informed that the boat is being “scored in place,” the boat shall immediately either: (a) return to the starting area, or (b) return to the boat rotation beach, as directed by the R/C. (Modifies RRS A5.)
- 7.3 A boat that retires from a race shall notify the Race Committee either before leaving the course area, or if that is not possible, immediately after arriving ashore.

## **8.0 PROTESTS & REDRESS**

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- 8.1 Protest Procedure will be in accordance with ISSA Procedural Rule 16. Flags will not be required. (Modifies RRS 61.1(a)).
- 8.2 A one turn penalty will apply as an alternate penalty for violations of a rule of Part 2. (Modifies RRS 44.1)
- 8.3 A two-turn penalty will apply as an alternate penalty for contact with an anchored Race Committee Boat. In addition, the Race Committee Signal Boat may extend one or more inflatable offset marks that shall be considered part of the starting mark for this rule. This changes RRS 31 and 44.1.
- 8.4 ISSA Procedural Rule 15 also applies to serious collisions with any race committee vessel and may result in exclusion of a competitor from the remainder of the regatta if reasonable care is not taken around volunteer race committee boats.
- 8.5 The time limit for filing written protests is 20 minutes after the last boat in that Division comes to shore after the race in which the alleged infringement occurred. Protest forms are available from and should be returned to the Protest Chairman near the scoring desk.

## **9.0 OTHER REQUIREMENTS**

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- 9.1 USCG-approved PFDs shall be worn at all times while on the water except while actively adding or removing clothing (Modifies RRS 40).
- 9.2 Scoring will be in accordance with ISSA Procedural Rules 9 and 11.
- 9.3 Coaching will be in accordance with ISSA Procedural Rule 8.
- 9.4 No contestant shall either on or off the water use or possess any alcoholic beverages or *any* controlled substance. No contestant shall use foul language. Notice is drawn to the current SAISA Supplemental Rules.
- 9.5 Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with the regatta.

Tom Lihan  
Principal Race Officer  
Lauderdale Yacht Club