

## PGJSA SAILING INSTRUCTIONS 2025

**1. Rules:** The 2025-2028 World Sailing Racing Rules of Sailing, the prescriptions of the U.S. Sailing Association, the Notice of Race, the Rules of the One Design Class participating, and these Sailing Instructions apply.

**2. Boats:** It is the responsibility of each competitor to ensure that their boats comply with the rules of the class participating. A sailor's change of sail numbers from what appears on the event's registration form, without notifying the host club check-in staff and the Race Committee prior to the first race, will result in disqualification.

**3. Skippers Meeting and Notices to Competitors:** Notices to competitors will be posted on the official notice board if one is available, otherwise they will be made verbally on the water. The Skippers Meeting will be held prior to leaving for the racecourse or will be held on the water.

**4. Changes in the Sailing Instructions:** Any changes in the Sailing Instructions will be approved by the Principal Race Officer for the event and announced before the race on the day they are to take effect.

**5. Racing Area:** The racing area will be specified at the Skippers Meeting or prior to the races in the Notice of Race.

**6. Courses:** The basic course will be windward-leeward, triangles, or any combination; the start and finish line will be closed unless starting or finishing. Details of course configurations will be announced verbally.

**7. Marks:** Course marks will be verbally announced by the Race Committee.

**8. Start/Finish:** The start will be between a small mark and a fixed point on the signal boat, to be announced at the Skippers Meeting. The 3-minute dinghy starting system as defined in Appendix S (S3) will be used. The finish will be between a fixed point on the signal boat and the finish mark, as defined at the Skippers Meeting. **\*\*The Old Cove ILCA/Laser Regatta on July 11, 2025 will be a 5 minute starting sequence\*\*** This will be covered in more detail at the skipper meeting.

**9. Individual:** O.C.S. will be signaled with one or more of the following: a code flag X with sound, a voice hail or a horn. The RC will attempt to notify individual boats. FAILURE TO START PROPERLY will not be cause for redress if not notified. Code Flag X if used will only be displayed for 2 minutes.

**10. Change of Course:** The Race Committee may change a leg of the course before competitors begin the leg. If a mark is moved, it will be the original mark in a new location. The Race Committee will notify all boats of a change by signaling with repetitive sounds and/or voice hail. If a major wind shift occurs, the race may be abandoned.

**11. Time Limit:** The time limit for the first boat in each division to sail the course and finish will be 60 minutes. Boats failing to finish within 25 minutes after the first boat in that division has sailed the course and finished, and not subsequently retiring, penalized, or given redress, will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, 63.1, A4, and A5. The PRO may abandon a race in accordance with RRS 32, but such authority will be used with caution. Dinghy races should last 20-30 minutes.

**12. Safety:**

12.1 Each competitor is solely responsible for his or her own safety.

12.2 Life jackets shall be worn at all times. Remember Sailors' Responsibility! A sailor is solely responsible for his or her own safety as well as that of the crew and boat. By racing in this event, each sailor releases the Race Committee, the Host Club, and the PGJSA from any and all liability or claims to the fullest extent.

**13. Radio Communication:** Except in an emergency, a boat that is racing shall neither make nor receive radio transmissions or communications of any kind. This restriction also applies to mobile telephones and any other wireless device.

**14. Protests:**

14.1 Protests and Protest Committees will follow the Policies and Procedures of the PGJSA.

14.2 No Flag Protest Change Rule 61.1(b). A protest during a race shall be signified by hailing and using the word "protest." A protesting boat need not display a protest flag but shall report his protest to the Race Committee boat as soon as possible.

14.3 To avoid a witness from a sailor's own club being considered an interested party, sailors in a protest situation are encouraged to call out at the time of the incident for witnesses other than from their own club.

14.4 Rules 60.2 and 60.3 will be changed to permit the race committee and/or protest committee to protest a boat when, from its own observation or a report received from any source, it believes a competitor may have committed a breach of sportsmanship or the Rules for PGJSA events.

14.5 The protest is to be submitted in writing by the protesting sailors to the Race Committee Chair by no longer than 30 minutes after the Race Committee boat docks. No protest submitted after this period will be heard.

14.6 Proper drawing of diagrams is required.

14.7 Family members, Instructors, and Coaches of the protesting boat may not lend advice or participate in the writing of the protest nor may they attend the Protest Hearing unless asked to do so by the Protest Chair.

14.8 Non-compliance with any of the above may result in the protest being denied.

**15. Scoring:** The Low-Point Scoring System-Appendix A of the racing rules will apply for all classes. One (1) race constitutes a series. There will be one throwout if 5 or more races are completed.. PGJSA Championship scoring rules for the season series apply.

**16. Coaching and Coaching Conditions:**

16.1 Coaches/Instructors are required to register at the regatta. The registered coaches must remain present, available, and reachable for the entire regatta.

16.2 If coaches want to be on the water, they must provide their own boat. VHF, a First Aid kit, and U.S. Coast Guard required safety equipment must be on board.

16.3 Coaches, support personnel, and spectators are required to keep off the racecourse during the event unless called upon to assist in certain safety conditions. They are required to monitor the Race Committee VHF channel (identified at the Coaches Meeting) and follow any safety instructions issued by the Race Committee.

16.4 A patrol boat from the host club may rotate between courses to monitor coaching. If a Coach needs to be warned, we will do so. A second warning will result in a return to the dock.

16.5 Coaching is only allowed between races and is not permitted after a General Recall.

**17. Discipline** All Sailors and Coaches are expected to abide by the Racing Rules and behave in accordance with recognized principles of sportsmanship, good manners, and fair play, including but not limited to: a) Swearing at, intimidating, or harassing anyone, including teammates, on or off the water. b) Stealing or borrowing, without permission, anything that does not belong to them. c) Breaking laws related to alcohol, tobacco, or illegal drugs.

**18. Reusable Water Bottles:** All competitors must bring their own reusable water bottle. Single-use water bottles will **not** be provided by the host.