

DAINGERFIELD ISLAND SAILING CLUB

Fall High Point Series – Mount Vernon

Saturday, September 26, 2026

Sailing Instructions

SI Changes: DISC may change the Sailing Instructions by communicating the changes in person at the skippers' meeting.

Signals: No visual signals will be used ashore. This modifies RRS Appendix S4.1.

A DISC officer (or representative) may make courtesy broadcasts on VHF channel 69. A boat's failure to receive or understand a radio broadcast is not grounds for redress. This modifies RRS 62.1(a).

Check-in: Check-in will be in-person at the skippers' meeting. For boats that arrive at the start without attending the skippers' meeting, a DISC officer (or representative) will attempt to brief the late arrivals on the course and any changes. An incomplete brief or failure to receive or understand the brief shall not be grounds for redress. This modifies RRS 60.1 and 62.1.

PFDs: Rule 40.1 applies when directed at the skippers' meeting. This modifies Rule 40.2.

Start: This race will feature a pursuit start. A DISC officer (or representative) will provide a start time for each registered boat at the skippers' meeting, with the highest-PHRF boat's start time being the time listed on the NOR. The start line is described on the Mount Vernon Course Chart.

Courses: A DISC officer (or representative) will announce the course from the Mount Vernon Course Chart at the skippers' meeting.

Finish: The starting line serves as the finishing line.

When *finishing*, each boat shall announce her finish time over VHF channel 69, record her finish times using GPS time, and report her time to officers@discsailing.org by 2200 the day of the race. When possible, each boat shall record the adjacent finishing boats finishing.

Retiring: Any boat retiring from a race must promptly broadcast its intention to the fleet on VHF channel 69.

Time Limit: None.

Grounding: If a boat runs aground, she may use her engine to free herself, provided the boat does not gain a significant advantage in the race. The skipper must notify the RC and provide an explanation. This modifies RRS 42.1.

Protests: In order for *protest* or request for redress to be valid, a boat or *committee* must comply with the RRS and file the *protest* or request for redress by email to officers@discsailing.org by 2300 on the evening of the race.

A request for redress based upon a boat's score posted on the website must be filed within 48 hours after the score is posted. A Protest Committee may refer a request for redress to the RC as a scoring inquiry before conducting a hearing.

This modifies RRS 60.2, 60.3, 60.4, 61.2, and 61.3.

Penalties: When a boat breaks a rule of Part 2 or Rule 31 of the RRS, the following penalties apply:

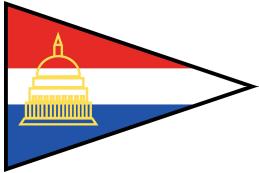
- (a) Penalties will be in accordance RRS 44.1 or 31, or
- (b) At the skipper's option, a boat may take a 20% scoring penalty in accordance with RRS 44.3, or
- (c) After racing, but before the start of a protest hearing, a boat may take a 30% scoring penalty by delivering a written statement to officers@discsailing.org or by notifying the Protest Committee.

Commercial Traffic:

A boat may not exercise right of way over, cross in close proximity to, or interfere with the reasonable transit of the race area by commercial vessels. A boat charged under this *rule* has the burden of proof to show that she did not break the *rule*. Boats must take action well in advance of any potential conflict. If the boat has no way on, she may use a motor to clear the channel for commercial traffic. If a boat uses a motor in such circumstances, the skipper must notify the RC and provide an explanation. Racing boats may not gain an advantage in the race from using the motor.

The RC may *protest* a boat under this *rule* based on information received from any person, including a person with a *conflict of interest*. The *protest* time limit may be extended. Statements from the US Coast Guard, DC Police, or commercial ship captains will be accepted as evidence without the author present. This modifies RRS 60.2(a)(2), 60.3, 60.4(a), 60.4(b)(3), 61.3, and 63.6.

The penalty for violation of this *rule* is to be scored DNE. DISC's executive committee may impose more severe penalties if it determines that gross negligence on the part of the racing boat endangered safety.



DAINGERFIELD ISLAND SAILING CLUB

Fall High Point Series – Three Bridges

Saturday, October 10, 2026

Sailing Instructions

SI Changes: DISC may change the Sailing Instructions by communicating the changes in person at the skippers' meeting.

Signals: No visual signals will be used ashore. This modifies RRS Appendix S4.1.

A DISC officer (or representative) may make courtesy broadcasts on VHF channel 69. A boat's failure to receive or understand a radio broadcast is not grounds for redress. This modifies RRS 62.1(a).

Check-in: Check-in will be in-person at the skippers' meeting. For boats that arrive at the start without attending the skippers' meeting, a DISC officer (or representative) will attempt to brief the late arrivals on the course and any changes. An incomplete brief or failure to receive or understand the brief shall not be grounds for redress. This modifies RRS 60.1 and 62.1.

PFDs: Rule 40.1 applies when directed at the skippers' meeting. This modifies Rule 40.2.

Start: There will be no Race Committee vessel. The honor system will be used. The start and finish line will be between R4 and the pilings at the south end of the dock at the rowing boathouse on the Virginia shoreline. The starting sequence and signals will be decided at the skippers' meeting. No flags will be used. One competitor will be designated to record the start time. All boats will start at the same time unless separate class starts are announced at the skippers' meeting.

Courses: The course will be determined on the day of the race. A DISC official (or representative) will announce the course at the skippers' meeting and on VHF channel 69 shortly after the rendezvous time.

DISC may shorten course the course by a majority vote of competitors. A DISC official (or representative) will coordinate this on VHF channel 69. This modifies RRS 32.

Finish: The starting line serves as the finishing line. In the event of a shortened course, the finish line will extend through the finishing marks from shore to shore. This modifies RRS 32.

When *finishing*, each boat shall announce her finish time over VHF channel 69, record her finish times using GPS time, and report her time to officers@discsailing.org by 2200 the day of the race. When possible, each boat shall record the adjacent finishing boats finishing.

Retiring: Any boat retiring from a race must promptly broadcast its intention to the fleet on VHF channel 69.

Time Limit: None.

Grounding: If a boat runs aground, she may use her engine to free herself, provided the boat does not gain a significant advantage in the race. The skipper must notify the RC and provide an explanation. This modifies RRS 42.1.

Protests: In order for *protest* or request for redress to be valid, a boat or *committee* must: (1) comply with the RRS; (2) notify the RC as soon as practical after *finishing*; and (3) file the *protest* or request for redress by email to officers@discsailing.org by 2300 on the evening of the race.

A request for redress based upon a boat's score posted on the website must be filed within 48 hours after the score is posted. A Protest Committee may refer a request for redress to the RC as a scoring inquiry before conducting a hearing.

This modifies RRS 60.2, 60.3, 60.4, 61.2, and 61.3.

Penalties: When a boat breaks a rule of Part 2 or Rule 31 of the RRS, the following penalties apply:

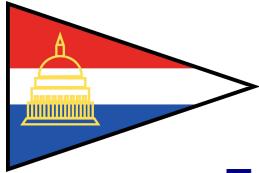
- (a) Penalties will be in accordance RRS 44.1 or 31, or
- (b) At the skipper's option, a boat may take a 20% scoring penalty in accordance with RRS 44.3, or
- (c) After racing, but before the start of a protest hearing, a boat may take a 30% scoring penalty by delivering a written statement to officers@discsailing.org or by notifying the Protest Committee.

Commercial Traffic:

A boat may not exercise right of way over, cross in close proximity to, or interfere with the reasonable transit of the race area by commercial vessels. A boat charged under this *rule* has the burden of proof to show that she did not break the *rule*. Boats must take action well in advance of any potential conflict. If the boat has no way on, she may use a motor to clear the channel for commercial traffic. If a boat uses a motor in such circumstances, the skipper must notify the RC and provide an explanation. Racing boats may not gain an advantage in the race from using the motor.

The RC may *protest* a boat under this *rule* based on information received from any person, including a person with a *conflict of interest*. The *protest* time limit may be extended. Statements from the US Coast Guard, DC Police, or commercial ship captains will be accepted as evidence without the author present. This modifies RRS 60.2(a)(2), 60.3, 60.4(a), 60.4(b)(3), 61.3, and 63.6.

The penalty for violation of this *rule* is to be scored DNE. DISC's executive committee may impose more severe penalties if it determines that gross negligence on the part of the racing boat endangered safety.



DAINGERFIELD ISLAND SAILING CLUB

Fall High Point Series – Frostbite Regatta

Saturday, October 24, 2026

Sailing Instructions

SI Changes: DISC may change the Sailing Instructions by communicating the changes in person at the skippers' meeting. The RC may change the Sailing Instructions on the water by displaying the "L" flag, making one sound, and broadcasting an announcement on VHF channel 69.

Signals: No visual signals will be used ashore. This modifies RRS Appendix S4.1.

The spinnaker fleet is indicated by a green class flag and the non-spinnaker fleet by a blue class flag.

The Race Committee (RC) may make courtesy broadcasts on VHF channel 69. A boat's failure to receive or understand a radio broadcast is not grounds for redress. This modifies RRS 62.1(a).

Check-in: Before the warning signal for the first race, each boat must pass by the RC and hail her name, sail number, and class until acknowledged by the RC. A boat may not *protest* a breach of this rule. This modifies RRS 60.1 and 62.1. Additional check-ins are not required for subsequent races.

PFDs: The RC may invoke RRS 40 (requirement to wear PFDs):
a) when a small craft advisory is in effect;
b) at the discretion of DISC's standing RC;
c) at the discretion of the RC.

Start: Races will be *started* using RRS 26 with a warning signal made five minutes before the starting signal. A five-blast attention signal may precede the warning signal by approximately one minute.

The starting line is a line from an orange flag on the RC boat, or in the absence of such a flag, the RC's mast, to the starting *mark* specified on the Course Chart.

The RC vessel may set a limit *mark* that shall be passed on the same side as the RC vessel. A boat may not touch either the limit *mark* or the RC vessel or pass between them. For the purposes of RRS 31 (Touching a Mark) and RRS 28.1 (Sailing the Course), the limit *mark* and the RC vessel are considered to be a single, contiguous starting *mark*.

Depending on the number of boats participating, the RC may *start* both fleets together or separately. If separate, the first *start* will be for the spinnaker class, signaled with a green flag. The second *start* will be for the non-spinnaker class, signaled with a blue flag. The RC will initiate subsequent starts upon the completion of each class's previous race.

Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races. Such boats should, if practicable, avoid checking-in with the RC during the starting sequence for other races.

Courses: Each race's course will be displayed by the RC using the designators on the Middle Course Chart on the website.

Except for the gate *marks*, all *marks* of each course identified on the Course Chart are turning marks, and are to be left to port, unless that *mark* is designated to be rounded to starboard on the Course Chart or when the RC displays "S" in front of the course letter, indicating that all turning marks are to be left to starboard.

For the spinnaker class, when specified as turning *marks*, *marks* G5, G7, and G9 will be gates, and boats must pass through the gate. The west gate *mark* is the specified *mark* and the east gate *mark* is a virtual *mark* located 250 feet east on a 090° magnetic bearing from the respective physical *mark*.

The RC may shorten courses for one or more classes by signaling in accordance with RRS 32.2; the RC will also announce the shortened course on VHF channel 69. When the course is shortened for a class, the lead boat for the class shall continue to *sail the course* and *finish* when next crossing the finishing line. All other boats in the class shall continue to *sail the course* and *finish* when next crossing the same finishing line as the first boat to *finish*. This modifies RRS 32.

Finish: The starting line serves as the finishing line. In the event of a shortened course, the finish line will extend through the finishing marks from shore to shore. This modifies RRS 32.

Boats should record their finishing time and their position in relation to nearby boats.

Retiring: Any boat retiring from a race must promptly notify the RC, either by hail or radio, and be acknowledged.

Time Limit: The time limit for each race is 90 minutes, unless extended by the RC. A boat in a class must *finish* within the limit for the race to be scored for that class.

Grounding: If a boat runs aground, she may use her engine to free herself, provided the boat does not gain a significant advantage in the race. The skipper must notify the RC and provide an explanation. This modifies RRS 42.1.

Protests: In order for *protest* or request for redress to be valid, a boat or *committee* must: (1) comply with the RRS; (2) notify the RC as soon as practical after *finishing*; and (3) file the *protest* or request for redress by email to officers@discsailing.org by 2300 on the evening of the race.

A request for redress based upon a boat's score posted on the website must be filed within 48 hours after the score is posted. A Protest Committee may refer a request for redress to the RC as a scoring inquiry before conducting a hearing.

This modifies RRS 60.2, 60.3, 60.4, 61.2, and 61.3.

Penalties: When a boat breaks a rule of Part 2 or Rule 31 of the RRS, the following penalties apply:

- (a) Penalties will be in accordance RRS 44.1 or 31, or
- (b) At the skipper's option, a boat may take a 20% scoring penalty in accordance with RRS 44.3, or
- (c) After racing, but before the start of a protest hearing, a boat may take a 30% scoring penalty by delivering a written statement to officers@discsailing.org or by notifying the Protest Committee.
- (d) If a boat makes contact with the RC vessel, her penalty shall be to retire. This modifies RRS 44.1, 44.2, and 44.3.

Commercial Traffic:

A boat may not exercise right of way over, cross in close proximity to, or interfere with the reasonable transit of the race area by commercial vessels. A boat charged under this *rule* has the burden of proof to show that she did not break the *rule*. Boats must take action well in advance of any potential conflict. If the boat has no way on, she may use a motor to clear the channel for commercial traffic. If a boat uses a motor in such circumstances, the skipper must notify the RC and provide an explanation. Racing boats may not gain an advantage in the race from using the motor.

The RC may *protest* a boat under this *rule* based on information received from any person, including a person with a *conflict of interest*. The *protest* time limit may be extended. Statements from the US Coast Guard, DC Police, or commercial ship captains will be accepted as evidence without

the author present. This modifies RRS 60.2(a)(2), 60.3, 60.4(a), 60.4(b)(3), 61.3, and 63.6.

The penalty for violation of this *rule* is to be scored DNE. DISC's executive committee may impose more severe penalties if it determines that gross negligence on the part of the racing boat endangered safety.