



Florida Women's Sailing Association (FWSA) Interclub Regatta

March 12, 2026

Sarasota Sailing Squadron

Sarasota, Florida

SAILING INSTRUCTIONS

1. RULES

- 1.1. The Event will be governed by the 2025-2028 Racing Rules of Sailing (RRS).
- 1.2. If there is a conflict between the Notice of Race (NOR) and Sailing Instructions (SIs), the SIs will control.

2. NOTICES TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board located on Regatta Network and may be posted on the UNOFFICIAL notice board at the Sarasota Sailing Squadron (SSS).

3. SAILING INSTRUCTIONS

Any changes to the SIs will be posted on the Official Notice Board before the competitors' meeting and will be announced at the competitors' meeting.

4. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed from the flagpole in front of the SSS clubhouse.
- 4.2. When flag AP is displayed ashore, the warning signal for the next race will be no sooner than 20 minutes after the AP flag is lowered.

5. SCHEDULE – COMPETITORS' MEETING and RACES

- 5.1. 8:00 - 9:15am – Check in on shore
- 5.2. 9:30am – Competitors' Meeting (held in the SSS pavilion unless otherwise indicated).
- 5.3. 10:30am – First Warning (Class flag raised for first fleet)
- 5.4. 12:30pm – No warnings after this time for any fleet.

6. CLASS FLAGS

- 6.1. Sunfish - Sunfish insignia on a white background.
- 6.2. 420 - 420 insignia on a white background.
- 6.3. American 18 - American 18 insignia on a white background.

7. RACING AREA

The racecourse will be between the Ringling Bridge and New Pass Channel.

8. THE COURSES

- 8.1. The diagram in Addendum 1 describes the courses, the order in which the marks are to be

rounded and the side on which each mark is to be passed.

8.2. The Race Committee (RC) signal boat will display the course to be sailed on a white board on the starboard side of the signal boat no later than the warning signal.

9. MARKS

- 9.1. The windward mark (Mark 1) and leeward mark (Mark 3) will be ORANGE tetrahedrons and the offset mark (Mark 1a) will be an ORANGE or RED ball.
- 9.2. The gybe mark (Mark 2) will be a PINK tetrahedron.
- 9.3. The starting mark will be a GREEN tetrahedron.
- 9.4. The finishing mark will be a YELLOW ball.

10. BEFORE THE START

No later than 10 minutes before the first warning for any fleet, all competitors of all fleets must check in on the water by sailing past the stern of the RC signal boat on starboard and hailing their sail number until acknowledged.

11. THE START

- 11.1. The starting line will be between an orange flag displayed on the port side of the RC signal boat and the course side of the starting mark.
- 11.2. Starts will be conducted using the three-minute audible system provided for in RRS Appendix U, as follows:

Time	Signal
15 seconds before Warning	Series of short sounds
Warning - 3 minutes to Start	Three long horns and Class flag up
2 minutes to Start	Two long horns
1 minute and 30 seconds to Start	One long horn and three short horns
1 minute to start	One long horn
30 seconds to Start	Three short horns
20 seconds to Start	Two short horns
10 seconds to Start	One short horn, followed by short horns at 5, 4, 3, 2, and 1 seconds to the Start
Start	One long horn and Class Flag down

- 11.3. The order in which fleets start will be determined by the RC and may change from race to race.
- 11.4. The RC may start two fleets together in a single start, in which case both class flags will be displayed at the three-minute warning.
- 11.5. A boat starting later than 4 minutes after her starting signal will be scored DNS without a hearing.
- 11.6. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other fleets.

12. THE FINISH

- 12.1. The Finish Line will be between a blue flag on the RC signal boat and the course side of the finish mark.
- 12.2. Boats that have finished shall avoid the course and finish area until the warning for their next race.

13. COURSE CHANGES AFTER THE START

13.1. The RC may shorten a course at a rounding mark by positioning an RC boat flying an “S” flag (white with a blue square) near the mark, and sounding two horns. The finish line will be between the mark and the “S” flag.

13.2. If a mark is missing or out of position while boats are racing and the RC cannot replace it with a substitute, the RC may position an RC boat flying an “M” flag (blue with a white “X”) where the mark should be, in which case boats shall round the RC boat with the M flag as if it were the mark.

14. TIME LIMITS

14.1. If no boat has rounded the first mark within 20 minutes, the race will be abandoned.

14.2. There is a finishing window of 15 minutes. Boats that do not finish within 15 minutes of the first boat in their fleet to finish will be scored “Time limit expired” or “TLE” and will be given a score of two more than the score of the last boat that finished before the time limit expired, but no more than last place.

14.3. The RC may score boats in their position prior to finishing so that other scheduled races may be completed.

15. SCORING

15.1. A maximum of five races are scheduled.

15.2. One race is required to be completed to constitute a regatta.

15.3. RRS Appendix A, low point scoring system, will apply except that if five races are completed, a boat’s score will be the total of her race scores minus her worst score.

16. SAFETY REGULATIONS AND RADIO COMMUNICATIONS

16.1. The RC will utilize VHF Channel 11. Competitors are permitted to use VHF radios while racing for the sole purpose of monitoring the Race Committee, providing notice of retiring (see, 16.3), and emergency needs. A boat shall not make voice or data transmissions and shall not receive voice or data communications that are not available to all boats, this includes by any type of VHF, cellular phone or GPS capable device.

16.2. Rule 40.1 (Personal Flotation Devices) applies at all times while on the water. Competitors are required to wear an appropriately sized USCG approved (PFD) (with an attached whistle) and the PFD shall be 100% dependent on foam for flotation. Inflatable PFDs are not allowed. This changes the preamble to Part 4 and RRS 40.1

16.3. A boat retiring from a race or leaving the racing area early shall notify the RC as soon as practicable.

17. PROTESTS AND PENALTIES

17.1. RRS Appendix V, Alternative Penalties will be in effect.

- Appendix V1, Penalty at the Time of the Incident: The first two sentences of rule 44.1 are changed to: ‘A boat may take a One-Turn Penalty when she may have broken one or more rules of Part 2 or rule 31 in an incident while racing. However, when she may have broken one or more rules of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a Two-Turns Penalty.
- Appendix V2, Post Race Penalties: A boat may avoid a protest hearing by agreeing to take a post-race 30% scoring penalty.

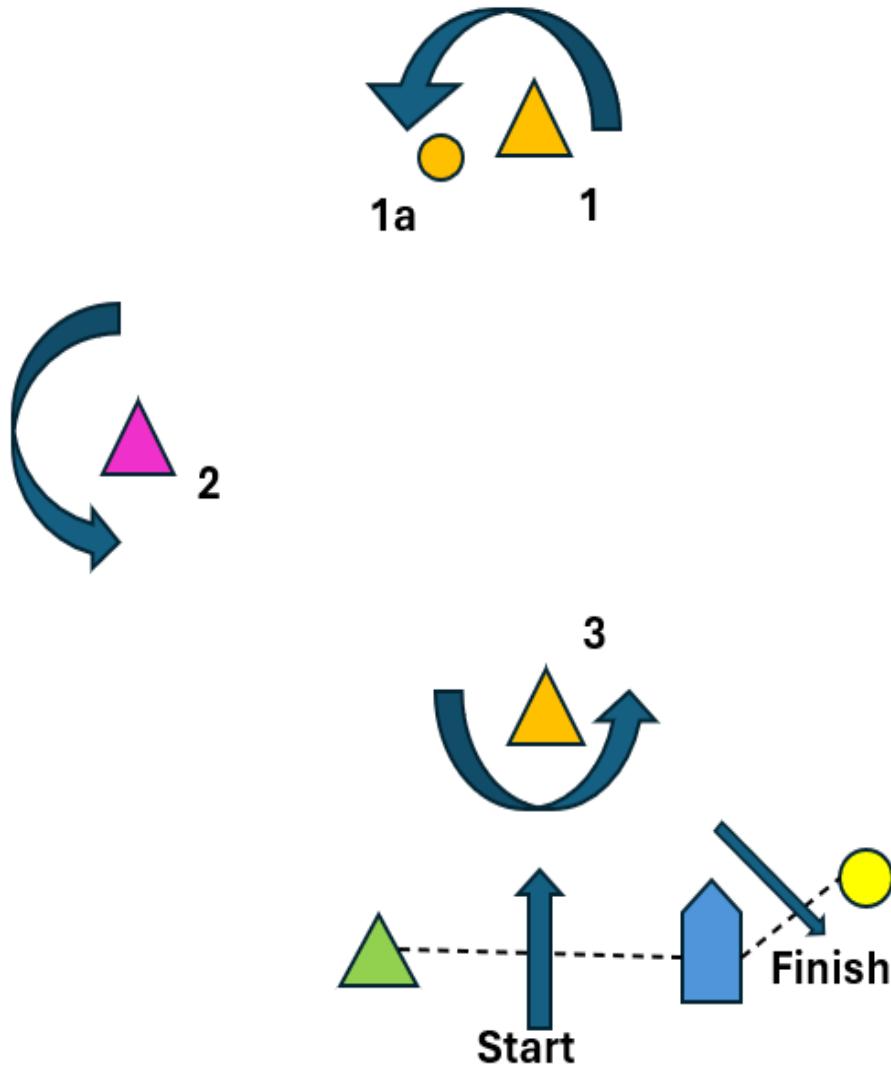
17.2. Any competitor intending to protest shall inform the boat being protested at the time of the incident by hailing “protest” and shall inform the RC signal boat immediately upon finishing.

17.3. Protest forms are available in the SSS office or at the Official Notice board. Protests and requests for redress shall be delivered to the PRO or Protest Official within 20 minutes after the race committee boat docks. The time the race committee docks will be posted on the Official Notice board.

18. RISK STATEMENT

Competitors participate entirely at their own risk. See RRS 3, Decision to Race. By participating in the Event, each competitor acknowledges that sailing is a potentially dangerous activity with inherent risks. The organizing authority, and their officers, members, and staff, and the Luffing Lassies (LL) and race support volunteers will not accept any liability for damage or personal injury, or death sustained in conjunction with or prior to, during, or after the Event. By participating in the Event, each participant agrees to release the organizing authority, and their officers, members, and staff, and the Luffing Lassies (LL) and race support volunteers from all liability associated with such participation.

Addendum 1 –Course Descriptions



COURSE DESIGNATION	MARKS TO BE ROUNDED – (p) means round to Port
LAD1	Start, 1 (p), 1a (p), 3 (p), Finish
LAD2	Start, 1 (p), 1a (p), 3 (p), 1 (p), 1a (p), 3 (p), Finish
LAD3	Start, 1 (p), 1a (p), 3 (p), 1 (p), 1a (p), 3 (p), 1 (p), 1a (p), 3 (p), Finish
TRD1	Start, 1 (p), 2 (p), 3(p), Finish
TRD2	Start, 1 (p), 1a (p) 2 (p), 3 (p), 1 (p), 1a (p), 2 (p), 3 (p), Finish
TWLD	Start, 1 (p), 1a (p) 2 (p), 3 (p), 1 (p), 1a (p), 3 (p), Finish