



2023 U.S. Women's Match Racing Championship
for the Allegra Knapp Mertz Trophy and the Mrs. C.F. Adams Memorial Trophy
August 18-20, 2023

U.S. Sailing – Organizing Authority
Annapolis Yacht Club – Host Club
2 Compromise Street
Annapolis, MD 21401, USA

SAILING INSTRUCTIONS

1 RULES

- 1.1 The event is governed by the rules as detailed in NoR 1.
- 1.2 When the umpires proceed under RRS C8.6 they will be guided by SI Addendum D.
- 1.3 Further to NoR 1.3, the RRS is changed as follows:
 - (a) When flag AP is displayed ashore, “1 minute” is replaced with “not less than 60 minutes” in Race Signals AP.
 - (b) RRS 32 is deleted and replaced with: “After the starting signal, the RC may abandon or shorten any match for any reason, after consulting with the match umpires when practical.”
 - (c) Within a flight, when a visual signal is displayed over a numeral pennant, the signal applies to that match only. This changes Race Signals.
- 1.4 Abbreviations and Penalties for breaking a rule of this attachment are:
[NP] - A boat may not protest another boat for breaking that rule nor request redress based on that rule. This changes RRS 60.1(a) and 62.1(a). Add new rule RRS C6.2 (e) as follows: “a rule in the SI marked [NP].”
[Ump] - Umpire-initiated. Add new rule RRS C8.3(d) as follows: “breaks a rule in SI marked [Ump].”
[DMG] Damage deposit. When marked, breaking this rule will be considered as damage and the cost of rectification will be deducted from the damage deposit.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any changes to the SIs will be posted no later than 60 minutes before the first scheduled warning signal on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect. Flag L over the numeral pennant of the most recent amendment will be displayed ashore on the day it will take effect until the boats have departed for the race course.
- 2.2 Changes to a SI may be made on the water. These will be signalled by the display of flag 3rd substitute with three sound signals from the Race Committee Signal Boat. Alternatively, an umpire may communicate these Race Committee changes either verbally or in writing.

3 COMMUNICATION WITH COMPETITORS

Further to NoR 3, when on the water, the race committee intends to monitor and communicate with competitors on VHF radio channel 73

4 BOATS AND SAILS

- 4.1 Boats will be identified by bow numbers.
- 4.2 The sail combination to be used will be signaled from the Race Committee Signal Boat with or before the attention signal. The signals will have the following meanings:

<u>Signal</u>	<u>Sail Combination</u>
None	Main, Jib, Spinnaker
Code Flag T	Main, Jib, No Spinnaker

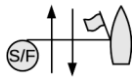
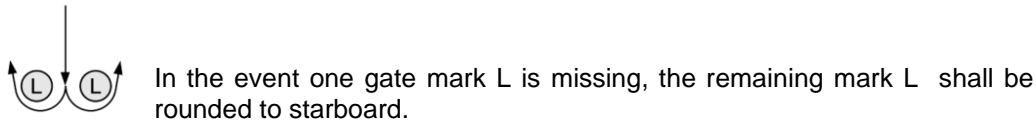
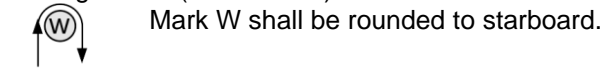
5 FLIGHTS AND MATCHES

Further to NoR 7:

- 5.1 The match pairing lists will be distributed at the first morning briefing.
- 5.2 The next Flight number will be displayed on the race committee signal boat.
- 5.3 Matches to be sailed in the next flight will be displayed in order of starting on the race committee signal boat. The RC, or an umpire on behalf of the RC, will advise Competitors of any such change verbally.

6. COURSES

- 6.1 Configuration (not to scale)



- 6.2 Signals and Course to be Sailed
Course signals will be displayed from the race committee signal vessel at or before the warning signal.

<u>Signal</u>	<u>Course</u>
No Signal	Start - W - L - W - Finish
S	Start - W – Finish

7. MARKS/STARTING AND FINISHING LINE

- 7.1 Mark W will be an orange cylinder.
- 7.2 Mark L will be an orange cylinder or marksetbot.
- 7.3 The Starting/Finishing mark will be a lime green cylinder or marksetbot.
- 7.4 The replacement marks, as provided in SI 8 will be a pink or green cylinder.

When looking up the course, the starting and finishing line will be between a staff displaying an orange flag on the race committee signal boat at the starboard end and the course side of the starting/finishing mark at the port-end.

8. CHANGE OF THE NEXT LEG OF THE COURSE

- 8.1 To change the next leg of the course, the race committee will lay a new mark (or move the finishing line). When in a subsequent change a new mark is replaced, it will be replaced by an original mark or a new mark of another color.

- 8.2 RRS 33 and Race Signals are changed as follows:

- (a) Flag C and a colored flag or board means: "The windward mark has been moved. Sail to a mark the same color as the flag or board."
 - (b) When a change of course after starting only affects some matches, these will be designated by the appropriate numeral pennant.
- 8.3 (a) When a change of course is made for the **first leg**, the signal will be displayed from the race committee signal boat with the preparatory signal for each match affected. The preparatory signal will be followed by a series of repetitive sound signals.
- (b) When a change of course is signaled **after the first leg** it will be displayed from a boat in the vicinity of mark L.
- 8.4 A leeward mark or finish line mark may be adjusted without signaling a course change and while boats are on the first half of the leg. This changes RRS 33.

9 OBSTRUCTIONS

9.1 The below areas are designated as obstructions. A breach of this sailing instruction is not open to protest by boats but is subject to action by umpires in accordance with RRS C8.2. This changes RRS C6.2 and C8.2

9.2 A buoy may be attached to the race committee signal boat anchor line at just below keel depth. Boats shall not pass between this buoy and the race committee signal boat at any time. This area is designated as an obstruction. As part of the anchor line, this buoy is not part of the starting mark.

9 BREAKDOWN and TIME FOR REPAIRS

9.1 Before the **attention signal** of a flight or within **two minutes** of finishing or within **five minutes** of changing into a new boat, whichever is later, a boat may display a "**GREEN**" Flag to signal a breakdown or damage to the boat, her sails or injury to her crew and request a delay to the next start. She shall proceed as soon as possible to a position just to leeward of the race committee signal boat and remain there, unless otherwise directed.

9.2 The time allowed for repairs will be at the discretion of the RC.

9.3 After the attention signal of a flight, a match will not be postponed or abandoned due to a breakdown unless the breakdown signal was displayed as required by SI 9.1.

9.4 Except when RRS 62.1(b) applies, failure to effect repairs in the time allowed, or breakdowns after the attention signal shall not be grounds for redress. This changes RRS 62.

10 TIME LIMIT

A boat that does not Finish within 5 minutes after her opponent has Sailed the Course will be scored zero points. This RRS 35.

11 RISK STATEMENT

Refer to NoR 14.

12 [NP] SUPPORT PERSONS

This event is designated as a US Sailing Grade 3 Event for coaching purposes. See the US Sailing's Coaching and Support Boat Policy at <https://www.ussailing.org/competition/resources/coaching-and-support-boat-policy/>. There will be no private/team coaching nor US Sailing-supplied coaches during the regatta.

13 USE OF PERSONAL FLOTATION

Regulation 10.04 A 1: For US Sailing Adult qualifying and championship events in keelboats, each competitor shall wear a USCG approved PFD at all times while on the water, except for brief periods while adding or removing clothing. This modifies RRS 40 and the preamble to Part 4. In addition, per US Sailing Regulations 10.04 D, a violation of this Instruction may be protested by race officials or a competitor; however, an inadvertent and

momentary breach of this instruction may receive a penalty less than disqualification at the discretion of the protest committee. This changes rule 64.1.

15 PROHIBITED SUBSTANCES

Regulation 10.03 PROHIBITED SUBSTANCES

- A. For adult US Sailing championship events, no competitor shall use or possess, either on or off the water: marijuana or any other substance if possession is illegal under state or federal law.
- B. For Junior and Youth events or for junior or youth competitors in any US Sailing championship, no participant or competitor shall use or possess, either on or off the water:
 - 1. marijuana or any other substance if possession is illegal under state or federal law; or
 - 2. any alcoholic beverages.
- C. An alleged breach of one of these regulations shall not be grounds for a protest; this changes rules 60.1(a), 60.2(a) and 60.3(a). However, when the protest committee believes that a competitor may have breached one of these regulations, it shall follow the process described in the Championships Code of Conduct. If a competitor is found to have breached one of the elements within the Code of Conduct, they shall be excluded from the remaining races of the series and, where practicable, removed from the regatta venue and sent home. When a competitor withdraws from part of an event pursuant to the Code, the scores of all completed races shall stand for the purposes of determining the seeding of subsequent rounds or stages in the event. However, that competitor's boat/team will no longer be eligible to compete in the event, shall be removed from the final event scores, and each boat/team with a worse finishing place in the event shall be moved up one place.

ADDENDUM A - LIST OF ELIGIBLE SKIPPERS

Skippers List

- Allie Blecher
- Sarah Burn
- Marilyn Cassedy
- Stine Cacavas
- Bridget Groble
- Siena Nichols
- Hailey Thompson
- Janel Zarkowsky

SI ADDENDUM B – HANDLING of BOATS

B1 GENERAL

B1.1 Each skipper is responsible for the damage or loss to their boat unless responsibility is otherwise assigned by the umpires or the jury.

B1.2 Any request to alter, in any way, the equipment on a boat shall be in writing and worded to permit a yes/no answer.

B1.3 [NP] Other restrictions or instructions may be given to the boats by the race committee via VHF radio or verbally by an umpire. Flag 3rd substitute is not required.

B1.4 [DMG] The crew sailing the boat shall report any loss of provided equipment, damage, or other problem with the boat to the race committee as soon as practical after finishing, and to bosun during-water swaps or ashore after the last race for the boat each day.

B2 PROHIBITED ACTIONS

B2.1 An action listed in B2 is prohibited unless it is a permitted action listed in B3.

B2.2 Any additions, omissions or alterations to the equipment supplied.

B2.3 The use of any equipment for a purpose other than that intended or specifically permitted.

B2.4 The replacement or removal of any equipment without the permission of the race committee.

B2.5 Sailing the boat in a manner that it is reasonable to predict that damage would result.

B2.6 Moving equipment from its normal stowage position except when being used.

B2.7 Boarding a boat without prior permission.

B2.8 Taking a boat from its berth or mooring without having paid the required damage deposit or having permission from the race committee, or, on race days, while flag AP is displayed ashore.

B2.9 Hauling out a boat.

B2.10 Heeling a boat using the mast or shrouds to clean the hull.

B2.11 The use of electronic or navigation equipment.

B2.12 [UMP] Using the spinnaker pole to wing out the foresail.

B2.13 Adjusting or altering the tension of standing rigging, other than the rope line to adjust the backstay.

B2.14 Changing the number of purchases of running rigging.

B2.15 [DMG] Use of duct or gaffing tape. Use of rigging tape or plastic tape is permitted provided it does not leave a residue.

B2.16 [DMG] Marking directly on the hull, deck, sails, or lines. Rigging or plastic tape may be used to mark control lines or the deck. Marking pens may be used on tape.

B2.17 [DMG] Attaching lines to the fabric of spinnakers.

B2.18 [DMG] Perforating sails or modifying the sails in any way.

B2.19 [UMP] Using a winch to adjust the mainsheet, backstay, or vang.

B2.20 [UMP] Roll tacking and gybing - Crew shall not use the mast, or shrouds (including any inner shrouds) above the lower bottle screw (turnbuckle) to facilitate tacking or gybing, or to aid the projection of a crew member outboard

B3 PERMITTED ACTIONS

B3.1 An action listed in B3 is permitted, even if it conflicts with a prohibited action listed in B2.

B3.2 The following equipment may be brought aboard by competitors:

- (a) basic hand tools
- (b) rigging or plastic tape (but not duct or gaffing tape)
- (c) line (elastic or otherwise of 4 mm diameter or less)
- (d) marking pens
- (e) tell-tale material (not to be put on sails)
- (f) handheld compasses, watches, timers, and small personal video devices such as GoPro
- (g) shackles and clevis pins
- (h) velcro tape
- (i) spare flags
- (j) VHF radio
- (k) personal U.S.C.G. approved PFD

B4 MANDATORY ACTIONS

B4.1 [NP] Boats shall obey speed restrictions and navigation marks, while leaving or returning to the berth or mooring.

B4.2 [DMG] At the end of each sailing day, competitors shall:

- (a) roll (or fold), bag, and stow all sails
- (b) leave the boat in the same state of cleanliness as when first boarded that day
- (c) release backstay tension
- (d) remove all tape and trash, cover with companionway hatch and door

SI ADDENDUM C - SUPPLIED EQUIPMENT

C.1 Boats will be provided for all competitors, who shall not modify them or cause them to be modified in any way except as permitted in this attachment.

C.2 While all reasonable steps are taken to equalize the boats, variations will not be grounds for redress. This changes RRS 62.1(a).

C.3 The following non-fixed items, provided by the OA, are to be carried on board at all times in their designated place while sailing.

(a) SAILS and SAILING EQUIPMENT

- 1 Mainsail and set of battens
- 1 Main sheet
- 1 Headsail and headsail battens
- 2 Headsail sheets
- 2 Jib cars
- 1 Spinnaker pole
- 1 Spinnaker
- 2 Spinnaker sheets
- 1 Backstay adjustment line
- 1 Tiller extension
- 1 winch handle

(b) OTHER EQUIPMENT

- 4 orange lifejackets in bag
- Bucket and lanyard
- Throwable floatation device
- Companionway hatch and door

(c) FLAGS

- Green Flag (on port shroud)
- Red Flag (on starboard shroud)
- Blue and Yellow Flag (on backstay)

SI ADDENDUM D – DAMAGE PENALTIES

Match Racing Penalties for Damage resulting from contact between boats

Appendix C6.6 and C8.6 permits the umpires or protest committee to decide the penalty when a boat breaks RRS 14. This document explains how damage will be assessed and gives general guidance on the appropriate penalty. When the protest committee has good reasons to do so, it may apply a different penalty.

Damage will be divided into 3 levels as shown in the following table:

Level	Extent	Effect
Level A - Minor Damage	Does not significantly affect the value, general appearance or normal operation of the boat.	Boat may race without repair although some minor surface work may be required after the event. Repairs should not normally require more than 1 hour of work.
Level B - Damage	Affects the value and/or general appearance of the boat	The damage does not affect the normal operation of the boat in that race but may need some (temporary) work before racing again. Requires more than 1 hour of work but should not normally require more than 3 hours of work.
Level C - Major Damage	The normal operation of the boat is compromised and its structural integrity may be impaired.	The boat will need some repair work before racing again. Requires more than 3 hours of work.

Point Penalties - to be applied without a hearing (this amends RRS C8.6);

Level	Round Robin	Knock Out
A	None	None
B	Half point	Three quarters of a point
C	One point	One point

When both boats break RRS 14, they should both receive a points penalty. If a competitor requests a hearing when a points penalty is imposed, the protest committee may decide (in the hearing) to give a greater penalty.

Deductions from Damage Deposits

The assessment of damage level is only for the purpose of points penalties, and is not linked to any deductions from the competitor's damage deposits.

Any points penalty will be based on the assessment of damage level made on the water. Subsequent assessments of the damage level after closer inspection, whether the level turns out to be higher or lower, will have no effect on the points penalty given on the water.