

**ISLAND SAILING SCHOOL AND CLUB  
PERFORMANCE SAILING PROGRAM  
2024 MONDAY NIGHT REGATTA**

**SAILING INSTRUCTIONS**

**INTRODUCTION:**

The Island Sailing School and Club of Portland Oregon (ISC) announces the 2023 season of its Performance Sailing Program. This program allows members to gain experience in buoy racing on the Columbia River while at the same time improving their sailing skills, developing better seamanship, better sportsmanship and learning the Corinthian spirit.

**1. RULES**

**1.1** The Island Sailing Club (ISC) Monday Night Regatta will be governed by the rules as defined in The Racing Rules of Sailing (RRS).

**1.2** Since this program is all about learning and developing the skills of our members, the prescriptions of US Sailing for RRS 63.2 and 63.4 will not apply.

**1.3** Developing sportsmanship and the Corinthian spirit are hallmarks of this program and yelling at each other does not make the boat go faster. Please keep this in mind. Any reports of skippers yelling at crew members or boat crews yelling at each other except to prevent imminent injury or damage to equipment will be dealt with harshly and could result in punishment up to and including dismissal from the program.

**2. NOTICES TO COMPETITORS**

**2.1** Notices to competitors will be posted on the official notice board located at the ISC clubhouse and online at [www.sailpdx.org](http://www.sailpdx.org).

**3. GUEST BOATS**

**3.1** ISC welcomes and encourages community participation of non-club boats up to 24' in length at all Monday night regatta races. If you would like to participate please send the name of your boat along with proof of insurance and a statement indicating that you agree to participate at your own risk to [Info@islandsailing.org](mailto:Info@islandsailing.org). Once we have that you are welcome to join in. Then just swing by the committee boat before the start of the first race of the evening to view the course board and to let them know you are joining in the fun.

**3.2** Please be aware that scores will only be tabulated and recorded for ISC boats and no pickle dishes will be given to non-club participants. Also please be aware that this is a race training program and mistakes can and likely will happen during the course of these races and participants may not be completely knowledgeable of all the nuances

of the racing rules of sailing so competitive teams please bring your best Corinthian Spirit but leave any tendencies to sail super aggressively at the dock. Guest boats acting to aggressively may be asked to leave the race.

#### **4. CHANGES TO SAILING INSTRUCTIONS**

**4.1** Any changes to the sailing instructions will be posted before 1600 on the day it will take effect, except that any change to the schedule of races will be posted by 1200 on the day before it will take place.

#### **5. SAFETY**

**5.1** Competitors on ISC boats shall wear a personal flotation device (PFD) approved by the US Coast Guard, as if flag Y were displayed at all times and for all ISC races. See RRS 40.

**5.2** Each boat must carry at least one VHF radio and monitor channels 16 and 72 during all races.

#### **6. SCHEDULES OF RACES**

##### **6.1 Dates of racing:**

March 18, 2024- Skippers meeting & Crew assignments and rules review

March 25, 2024 - Practice race

April, 1st, 2024 - Series 1, Race 1

Racing is scheduled from April 1st – September 16, 2024 (additional Monday nights scheduled for make up races) with the following exceptions:

May 27, 2024 - No scored race – Memorial Day

September 2, 2024 - No scored race – Labor Day

##### **6.2 Number of races:**

**6.2.1** The number of race nights in each series will be one plus the number of teams participating in the series. Each team shall serve one race night on the committee boat and one night on each boat used in the series.

**6.2.2** If there is insufficient wind to complete at least one race on a Monday night no scores will be recorded for that night and boat assignment will be repeated the following week and one week will be added to that series so that all crews get a night on each boat.

**6.3** The scheduled time of the warning signal for the first race each Monday evening is 1815.

**6.4** To alert boats that a race will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made, but in any case no later than 1810 for the first race of the evening, unless the postponement flag is flown.

**6.5** No warning signals will be made after the posted time of fifteen minutes before astronomical sunset as calculated for Portland, Oregon. (Astronomical sunset is calculated without taking topography into account, as if the earth were a perfect sphere without mountains or valleys.) Sunset times will be listed on the crew assignment board each evening.

**6.6** Flag A displayed, with no sound, while boats are finishing means 'No more racing today.'

## **7. CLASS FLAGS**

**7.1** Class flags will be as follows:

Pennant 1: All ISC boats plus guest competitors up to three boats

Pennant 2: Guest competitors if there are more than three guest boats

## **8. RACING AREA**

**8.1** Races will be on the Columbia River in the area between the I-5 and the East end of Hayden Island.

## **9. THE COURSES**

**9.1** Courses will follow the same Windward Leeward Alphanumeric courses used by OCSA and described in the document at

[https://sailpdx.org/wp-content/uploads/2020/01/2020\\_Course\\_Chart.pdf](https://sailpdx.org/wp-content/uploads/2020/01/2020_Course_Chart.pdf).

**9.2** Course board will be posted on the side of the official committee boat at least 10 minutes before the start of each race.

## **10. MARKS**

**10.1** The Committee boat shall place marks before the first race using the same convention as found in the OCSA Windward Leeward Alphanumeric courses document referenced in 9.1. With the exception that a finish marker (F) shall not be placed. If the red/green junction buoy is to be used as Mark 1 the course board will be denoted with a red square at the top of the course board.

**10.2** For the ISC Monday Night Regatta, the start and finish marks are the same. Start

and finish between an inflatable mark and the orange flag on the race committee/signal vessel.

## **11. AREAS THAT ARE OBSTRUCTIONS**

**11.1** Infractions of Sailing Instructions in this section are subject to the same protest provisions as an infraction under Part 2 of the RRS. A boat that may have committed an infraction may exonerate herself by taking a One-Turn penalty.

**11.2** All boats shall pass on the channel side of any piling, buoy marking a missing piling, and log rafts or barges secured to a piling.

**11.3** After starting, a boat shall not cross the line between the race committee/signal vessel and the finishing mark unless she is: (a) finishing, or (b) rounding the mark end of the finishing line when such a rounding is required by the designated course. A boat that fails to exonerate herself will be scored DSQ without a hearing. This changes RRS 63.1 and Appendix A5.

## **12. THE START**

**12.1** Races will be started using RRS 26 with the warning signal made five minutes before the starting signal.

**12.2** The starting line will be between a staff displaying an orange flag on the race committee boat and the course side of the starting mark.

**12.3** The race committee will attempt to hail the sail number of recalled boats. Failure to hail, the timing of the hail, or any other issues associated with the hail will not be grounds for a request for redress. This changes RRS 62.1(a).

**12.4** A boat that has not started, whether or not racing, may use engine/motor propulsion without penalty as long as the boat does not start for at least 4 minutes after discontinuing engine/motor propulsion. This changes RRS 42.

## **13. THE FINISH**

**13.1** The finishing line will be between a staff displaying an orange flag on the race committee boat and the course side of the finishing mark.

**13.2** A boat that is delaying the start of the next race may be awarded her place by the race committee without finishing. This changes RRS 28.

## **14. PENALTY SYSTEM**

**14.1** A boat may take a one-turn penalty when she may have broken one or more rules of Part 2 in an incident while racing. This changes RRS 44.1.

**14.2** There is no scoring penalty. This changes RRS 44.3.DRAFT daft no. 4, February 27, 2020

## **15. TIME LIMITS AND TARGET TIMES**

**15.1** The first boat in each class must finish within 2 hours of her starting signal. All other boats must finish within 30 minutes of the first boat or they will be scored Time Limit Expired (TLE). This changes RRS 35, and Appendix A4, A5, and A11.

## **16. PROTESTS & REQUESTS FOR REDRESS**

**16.1** Protest time limit. Post-race debriefs/training sessions will be conducted in the ISC clubhouse 30 minutes after the last boat finishes the last race. These debrief/training sessions will last approximately 15 minutes. Protests must be submitted to the commodore or acting commodore no later than the end of the post-race debrief/training session.

## **17. SCORING**

**17.1** As mentioned in provision 3.2, scores will only be recorded for ISC boats, they will not be recorded for guest/community boats.

**17.2** Races will be scored by the order of finish with the team running race committee scoring 0.

**17.3** Scoring non finishers. This changes RRS A4.2

**17.3.1** DNF and TLE will be scored 1 + the number of finishers.

**17.3.2** DNS will be scored 1 + the number of finishers. This does not change RRS A9.

**17.3.3** DSQ, DNC, and RET will be scored the number of boats in the series. This changes RRS A9.

**17.3.4** DNS or DNF due to boat maintenance issues will be scored the average finish position of that boat during the last series.

**17.4** Scoring for the entire season will be the sum of all scores for each night.

**17.5** No low score will be dropped. This changes RRS A2.1.

## **18. CREW AND EQUIPMENT**

## **18.1 Crew**

**18.1.1** Each ISC crew will have a skipper, a first mate, and at least one crew member for a minimum crew size of 3 for a boat to participate.

**18.1.2** Use of Spinnakers by teams is permitted when the skipper is confident that he has a sufficiently skilled crew to properly and safely handle the sail. Commodore reserves the right to prohibit use of spinnakers if he/she deems conditions on the water make their use unsafe in which case a call of “no flying sails” shall be made on VHF 72 prior to the start of a race.

**18.1.3** If regular ISC crew members are unavailable to race, replacement crew will be provided from available floating crew. Every reasonable effort will be made to replace missing crew. If there are not enough qualified floating crew members available to replace missing regular crew, a team will receive a DNC for the night.

**18.1.4** ISC Racers (both regular and floating crew) will receive an initial electronic invitation to join the ISC communication hub (Team Cowboy). Once they have accepted that invitation, each week they will receive an invitation to participate in the next Monday's race. Regular and floating crew are requested to RSVP by 1200 (noon) on the Sunday before each race. Regular crew that do not RSVP by that time risk being replaced by floating crew. The goal is to make sure there is a full crew on each race boat each week. If all boats are at capacity at dock departure time other accommodations can be made for any extra crew such as joining the committee boat, taking out a spectator boat or staying at the dock and protecting the post race beverages from marauders.

## **18.2 Equipment.**

**18.2.1** ISC will provide the boats used in the races. Number and model shall stay the same for a race series but may change from one series to the next based on availability and number of participating crews. ISC will also provide a boat for use by the committee.

**18.2.2** ISC skippers are required to complete a pre-race inventory review & inspection. If any equipment is missing or damaged, they need to complete a 'Boat Report' available to the left of the ISC clubhouse door and leave it in the box provided. If the missing or damaged equipment will significantly hamper a boat's ability to race that night, skippers need to notify the race committee as soon as possible.

## **19. DRILLS**

**19.1** Drills will not be conducted during races. When wind and current conditions and time permit, drills will be conducted separately between races as practicable with scoring separate from racing scoring.

**19.2** List of drills with name and requirements:

**19.2.1** Crew Overboard: Perform COB drill with each crew member taking a turn at the helm.

**19.2.2** Crew Overboard with Spinnaker Up: Perform COB drill starting with spinnaker up.

**19.2.3** Heave To: Come to the start line and heave to starting from a starboard tack. Repeat starting from a port tack. Take note of where reefing lines and cleats are located on boom and mast. Also note that heaving to from a port tack puts you hove to on starboard tack, making it less likely you will be the give way vessel in a crossing situation.

**19.2.4** Anchoring: Each boat shall anchor approximately along the starting line, on either side of the committee boat. Each boat shall deploy sufficient rode and verify that the anchor has set and the boat has stopped with the exception of anchor swing. The boats will then retrieve and properly stow their anchor and rode. The committee shall advise racers if motors should be used.

**19.2.5** Holding position on the starting line: For 2 minutes the boat has to stay within two boat lengths of a mark, directly below it.

**19.2.6** Stop & Go: Get boats lined up on the same ladder rung. Start sailing upwind on the signal. Come to a complete stop on the next signal. Accelerate on the next signal.  
Repeat until the fleet spreads out.

**19.2.7** Figure Eight: Sail continuously around a short figure 8 that requires tacks, gybes, and roundings.

**19.2.8** In & Out of Irons: Stop the boat in head to wind direction. Experiment with weight distribution, sails, and rudder to get back on starboard tack.