

2025 Doc Gilbert Potomac Cup Regatta
Potomac River Sailing Association, Alexandria, VA

May 31-June 1, 2025
Washington Sailing Marina, Alexandria, VA
Event website: <https://www.nextsailor.com/app/page/regatta/925>

Regatta Sailing Instructions

The notation '[DP]' in a rule in the sailing instructions (SIs) or notice of race (NoR) means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification. The notation '[NP]' in a rule of the SIs or NoR means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

1. RULES

These races will be governed by *Rules* as defined in *The Racing Rules of Sailing*, the prescriptions of the US Sailing Association, except where modified by these SI's and the NOR.

RRS 42.3(c) is changed to say "Except on a beat to windward, when surfing down the leeward side of a wave or when planing is possible, a boat's crew may pull the sheet, but not the guy, controlling any sail to initiate surfing or planing, but only once for each wave or gust of wind. When the mainsheet is pumped, only the part of the sheet between the crew member handling the sheet and the first block on the boom shall be used."

RRS 44.1 is changed by adding the following sentence after the first sentence: "When an infringing yacht has its spinnaker drawing at the time of the infringement, drops it completely while taking her penalty, and resets it immediately and has it drawing after the penalty, the penalty is a One-Turn Penalty."

Class Rule in Bylaws Article VIII(1) is changed to say "The total number of persons aboard a boat in an event shall be two (2) or three (3). The same number of crew shall be carried throughout all races of the event."

VHF radios are allowed for communications with the Race Committee per ILCA By-Laws Article VIII 5) B) 4) A). The RC intends to communicate with competitors and hail OCS boats using **VHF channel 68**. Failure to receive a hail shall not be cause for redress. The timeliness, order, and ability to understand a radio transmission is not redressable.

2. NOTICES TO COMPETITORS

Notices to competitors will be posted to the regatta website: [2025 Doc Gilbert Potomac Cup](#)

3. CHANGES TO SAILING INSTRUCTIONS

Changes to the sailing instructions will be posted no later than 0800 on Saturday, May 31 via the Next Sailor regatta website and on the physical notice board located in the “grove” area at Washington Sailing Marina. Any changes to the schedule of racing will be posted by 2000 on Friday, May 30 on the regatta website only.

4. SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the signal boat at the finger pier of the ramp launch.
- 4.2 When flag AP is displayed ashore, the warning signal will be made not less than 45 minutes after the AP flag is lowered. This changes RRS Race Signals “AP.”

5. RACING AREA

- 5.1 Races will be conducted on the Potomac River, between National Airport and Hains Point, Washington, D.C.
- 5.2 [DP][NP] Boats that are racing shall keep clear of channel-bound vessels.
- 5.3 [DP][NP] Potomac River Safety Zone: a safety zone adjacent to National Airport, extending E-W from the airport shore to the navigation channel and N-S (roughly) from the end of Runway 33 (the gravel “bump out” in the river) to the southern tip of the airport shore. Please see the attached diagrams for reference (the zone is denoted by the “box” diagram on chart #1 and by the pink “T” symbols demarcating a box on chart #2, which is the current NOAA ECR Chart). **Entering the Safety Zone is prohibited.** Competitors should depart WSM, sail east across the river, transit the safety zone while remaining in the channel (marked by permanent day marks) and then proceed to the race area north of the Safety Zone. Competitors are strongly encouraged to carry radios and monitor VHF 16 while transiting the Safety Zone.

6. PLANNED SCHEDULE & NUMBER OF RACES

- 6.1 Competitors meeting: **1000** on Saturday and Sunday in the dry sail launch area.
- 6.2 First race for the Lightning class: The warning signal for the 1st race of the day for the Lightning class to start is **1125** on both Saturday and Sunday.
- 6.4 Subsequent races: On Sunday additional PRSA classes will share the race course. **The RC may start subsequent races for the Lightnings before all the classes have finished.**
- 6.5 Number of Races: **Four races** are planned for each day.
- 6.6 End of racing: No warning signal will be made after 1530 on Saturday. No warning signal will be made after 1530 on Sunday.

7. ORDER OF STARTS

On Saturday, the Lightning class is the only class racing. On Sunday, other classes will be sailing and the Lightnings will start first.

8. CLASS FLAGS

Class	Class Flag
Lightnings	Red flash on white
Other classes will be using the SIs here . Their class flags are described there.	

9. COURSES

See “Courses and Marks” attachment (below) for a description of the courses that may be used, including how each will be designated with flags and the direction and order the competitors shall

round the marks.

10. MARKS

- 10.1 The windward, jibe, and leeward marks will be orange cylinders.
- 10.2 The offset mark, if used, will be a small orange ball. Flag "O" (Oscar) will be displayed on the signal boat to designate use of the offset mark.
- 10.3 The start pin off the port side of the signal boat is a white cylinder with a red flag on top.
- 10.4 The finish pin off the starboard side of the signal boat is a white cylinder with a blue flag on top.

11. THE START

- 11.1 Races will be started using RRS 26, with the warning signal made 5 minutes before the starting signal. A series of short blasts will sound one minute prior to the warning signal.
- 11.2 The start will be between an orange flag on the signal boat and the course side of the start pin (see 10.3)
- 11.3 [DP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other classes.
- 11.4 The race committee may attempt to hail On Course Side (OCS) boats. Failure to receive a hail or for a hail to be made, the order of hails made, or failure to receive any communications to the fleet shall not be cause for redress. This changes 61.4 (b) (1) and complies with 41(d).
- 11.5 A boat starting more than 5 minutes after the starting signal shall be scored Did Not Start (DNS).

12. CHANGE OF THE FIRST AND SUBSEQUENT LEGS OF THE COURSE

No changes to RRS 33.

13. THE FINISH

The finish line will be between a blue flag on the RC boat and the course side of the finish pin (see 10.4).

14. TIME LIMIT

- 14.1 The time limit will be 90 minutes for the first boat to finish in each class.
- 14.2 Boats still racing 30 minutes after the first boat that sails the course and finishes will be scored TLE (time limit expired). "TLE" will be calculated per rule A5.3. The race committee will have final judgment in this decision. This changes rule 35 and adds "TLE" to scoring abbreviations in A10.

15. PENALTY SYSTEM

- 15.1 RRS/US Sailing Appendix V1 (Penalty at the Time of an Incident) will apply: "A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 or RRS 31 while *racing*. However, when she may have broken a rule of Part 2 while in the *zone* around a *mark* other than a starting *mark*, her penalty shall be a Two-Turns Penalty." This changes RRS 44.1.

16. PROTESTS

- 16.1 Protest forms are available from the Regatta Chair. Protests shall be delivered to the Race Committee within one hour after the official docking of the RC signal boat. The time of docking will be posted on the official Notice Board.
- 16.2 Protests will be heard in approximately the order of receipt as soon as possible.
- 16.3 Protest notices will be posted on the notice board within approximately 30 minutes of the protest time limit to inform competitors where and when there is a hearing in which they are parties to a hearing or named as witnesses. A protest schedule will be posted on the Notice Board.

17. SCORING

- 17.1 One race is required to be completed to constitute a regatta.
- 17.2 If there are 5 or fewer races, no scores will be excluded. If there are 6 or more races, a competitor's worse score will be excluded.
- 17.3 Rule A5.3 will apply (see 14.2, above, as well).

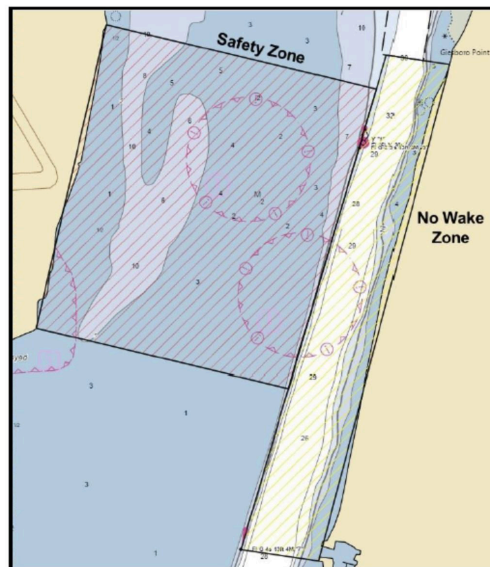
18. SAFETY REGULATIONS

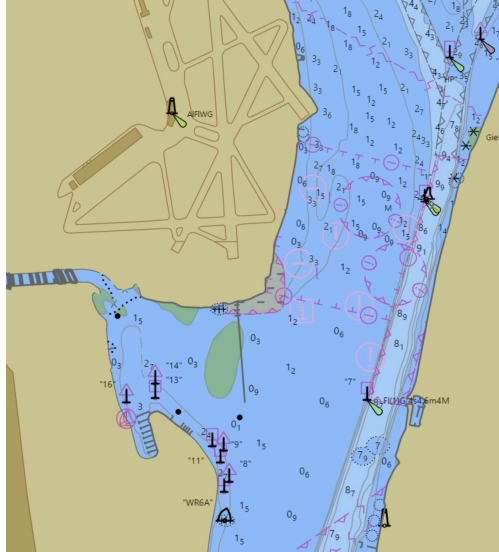
- 18.1 RRS 40 ("Personal Buoyancy") is replaced by: "All competitors are required to wear PFDs or buoyancy aids while racing."
- 18.2 A boat that retires from a race shall notify the Race Committee as soon as practicable.
- 18.3 A boat that leaves the racing area prior to the end of racing shall notify the Race Committee as soon as practicable.

19. TROPHIES

Trophies will be awarded Sunday afternoon to the top five finishers and their crew. In addition, the Potomac Cup perpetual will be inscribed with the name of the winning skipper and a plaque will be added to the Doc Gilbert Picture with the name of the top finisher of skipper members of Fleet 50.

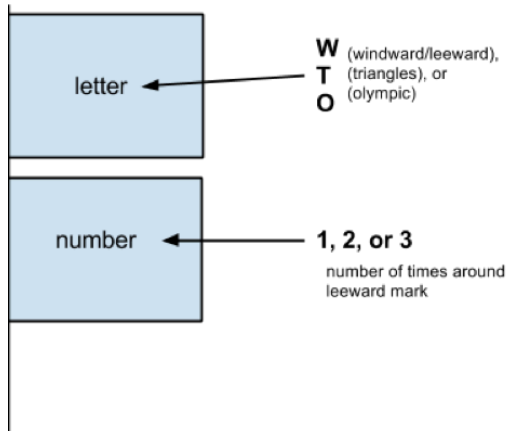
ATTACHMENT: SAFETY ZONE DIAGRAMS





ATTACHMENT: COURSES and MARKS

TWO FLAGS, ONE OVER THE OTHER, (ON THE SIGNAL BOAT) INDICATE THE COURSE



Leave all marks to port. The L (leeward) mark may be a gate, i.e. two marks 7 or 8 boat lengths apart.

W – Marks: W (windward) and L (leeward)

Start, go around the two marks, repeat if necessary until you've passed the leeward mark the required number of times, finish.

T – Marks: W (windward), J (jibe), and L (leeward)

Start, go around the three marks, repeat if necessary until you've passed the leeward mark the required number of times, finish.

O – Marks: 1 triangle (W, J, and L) followed by windward/leewards (W and L)

Start, go around the W, J, and L marks (1 triangle), go around the W & L marks, repeat if necessary until you've passed the leeward mark the required number of times, finish. (Examples: O/2 = 1 triangle + 1 w/l)

= 2 times past L mark, **O/3 = 1 triangle + 2 w/l = 3 times past L mark)**

The start and finish lines are between the W & L marks off of the signal boat.

The W, L, and J marks will be orange cylinders. The start pin will be a white cylinder with a red flag on top. The finish pin will be a white cylinder with a blue flag on top.

