

## OVERVIEW

High School Sailing is the only formal co-ed high school sport with an opportunity for continuation into co-ed college sailing. The Inter-Scholastic Sailing Association (ISSA) governs high school sailing with support from local clubs, other sailing organizations and parent led initiatives. ISSA provides rules, organization and stewardship nationally. There are seven (7) geographical districts across the country. In Ohio, we operate under Midwest-ISSA (MISSA) [www.missa.hssailing.org](http://www.missa.hssailing.org). If properly organized, you can participate in regattas anywhere in the country.

### **There are four types of high school regattas:**

National High School Championship Regattas

Intersectional Regattas

District Championships

Promotional Regattas

### **There are three National Championships:**

The Cressy Trophy: Single-handed (Laser)

The Baker Trophy: Team racing (420 or FJ – Jib & Main only)

The Mallory Trophy: Fleet racing (420 or FJ – Jib & Main only)

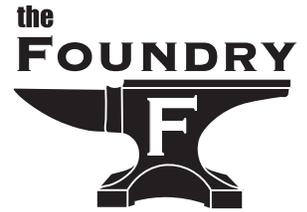
High School Sailing takes place in the Spring and Fall seasons, often considered a “shoulder season” for experienced club sailors in Ohio, but sailing is a year-round national and olympic sports discipline. Whether you go out once or participate all the time, just make sure you are safe and have fun on the water.

### **There are three common models of organizations:**

Official School Sport

School Activity

Informal Club or Organization



## **FEES**

The cost to register a team with MISSA is \$125/year and is required at the start of the school year in the fall. Teams new to high school sailing receive a discount the first year. Team participants share the expense of MISSA fees. Events and/or regatta fees vary by organizer but regatta fees typically run between \$20-30 per sailor. Award dinners, clinics, chalk talks, team meetings, etc. may have an additional cost. Program fees cover coaches, use of boats, gasoline, program management, etc. which vary based on your team.

While clubs insure boats for total loss, sailors can be responsible for boat collision repairs, other damage, lost equipment, etc.

## **CLINICS/REGATTAS/EVENTS**

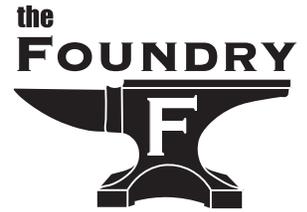
Clinics and regattas typically take place during weekends and are one or two day events. Expect to be on the water 5 - 6 hours per day. Boats are provided as well as coaching and event management. Transportation to and from events are the responsibility of the team. It's important to come prepared. Bring your life jacket, change of clothes, sailing gear, water bottle etc. These are wonderful opportunities to meet sailors from other teams.

## **RULES**

High School Sailing is governed by ISSA Procedural Rules (ISSA-PR) [http://hssailing.org/documents/procedural\\_rules.pdf](http://hssailing.org/documents/procedural_rules.pdf) and, US Sailing's Racing Rules of Sailing (RRS) <http://www.sailing.org/tools/documents/ISAFRRS20132016Final-%5B13376%5D.pdf>. This 101 primer is simply a quick reference guide. High School sailors and parents must familiarize themselves, understand and comply with all official rules applicable and shall unconditionally accept the code of conduct, safety and financial responsibilities involved. In addition, competitors must read and understand Notice of Race (NOR) and Sailing Instructions (SI).

## **TEAMS**

High School Sailing is a sport that emphasizes teamwork as well as individual performance. Teams are comprised of 4 to up to 30 sailors. Each team is encouraged to have a parent liaison as well as a team captain. Those teams with less than 4 members can participate in mixed team racing where applicable.



## **Tiered Teams**

Tier 1 and 2 competitors must be full-time students, in the 9th-12th grade of the school they represent, and are subject to the academic and discipline requirements of that school.

Tier 1 is the highest level of competition with lots of rules. See the NOR. Sometimes 8th grade is allowed. No mixed teams. These are nationals, qualifiers, etc.

Tier 2 has less rules, sometimes grade 7 is allowed. See the NOR. No mixed teams. State champs, etc.

Tier 3 are open events to all full-time students including 7th and 8th grades. Tier 3 is fun, mixed teams, such as Halloween regattas, turkey leg, teaching events, etc.

## **Partial, Split or Mixed Teams**

Partial or Split Teams: When an eligible school can field only a single dinghy crew (comprised of one or two eligible individuals from the same school) for a MISSA Tier 3 and local conference regattas, that team may compete in either division A or B division.

A Partial or Mixed Team may only sail in the non-qualifying events, which consist of Tier 3 or local conference regattas.

A Mixed team are kids from different schools, any school even.

A Partial or Mixed team will not be considered towards MISSA rankings and the number of races for each division equals the number of schools. A minimum of three races in each division is required for a regatta to be official. A basic guide is included here. See ISSA-PR for additional information.

## **DIVISIONS**

In fleet regattas where four or more schools are competing, there shall be two divisions (A & B division), unless otherwise specified in written notice. At the Cressy (Laser, or singlehanded events) there shall be only one division. In Ohio, we only support FJ and 420 fleets at this time but high school sailing teams and/or individual competitors may organize going to Laser or Keelboat events on their own. A few key division issues:

In the FJ/420, a team is made with an A division and a B division, and can usually carry a max of 8 kids. You can put in alternates, but rules apply.

Once a skipper, you can never change divisions, but can crew in that division.

A crew can change divisions once, then must remain in that new division.



## **Rotation of boats**

In fleet regattas, boats should be rotated after every race or after every other race. At Cressy events where fleets of equal boats are provided, or sailors bring their own boats, no rotation of boats is necessary.

In team race regattas consisting of one or more round-robins, fleets of boats should be rotated. If the series is best two out of three wins, boats should be rotated between teams after every race. If the series is best three out of five wins, boats should be rotated between teams after every other race.

## **COURSES**

All courses (if possible) shall be laid out near shore to accommodate boat rotation and spectator viewing. The first leg is a beat to windward. Windward-leeward or triangle courses with the start-finish line in the middle of the windward leg are always acceptable, as are variations of the two, with windward-leeward courses being the preferred orientation. See ISSA-PR for additional information.

For team racing, courses should stress team racing tactics and strategy. The 'Digital N' course offers an acceptable alternative course. For singlehanded regattas, trapezoid courses are an acceptable alternative.

Courses should provide a race of 15 to 20 minutes duration for fleet racing. Team races should be approximately 10 minute duration.

## **SCORING**

Basic Scoring - The Low Point Scoring System. Races shall be numbered sequentially in order by division. Each boat's series score shall be the total of her race scores for that division. The boat with the lowest series score wins and the others shall be ranked accordingly. See ISSA-PR for additional information.

For example, Burgee High School (BHS) has four kids on its team. At a HSS Regatta, BHS draws straws and receives a boat to use, "FJ-1," during the regatta. Just like collegiate racing, two of the BHS sailors will race as Team A; and after two races, those kids will rotate out of the boat, swap places with Team B (the other two kids from BHS), and Team B races two times on FJ-1, then rotate the boat back to Team A, and so on.

The combined scores for the day are tallied to represent how well the team did. At the awards ceremony, all of the kids who sailed for BHS will go up to the award podium. There is no mention of who is on Team A or Team B - the team represents BHS.