



# AROUND THE LIGHT



*Norfolk Naval Sailing Association  
Presents the running of the  
ATL*

## Around The Light Fun Races '26

### SAILING INSTRUCTIONS

#### 1. RULES:

1.1 The regatta will be governed by the rules as defined in **The Racing Rules of Sailing (RRS) for 2025- 2028** as modified by these instructions. All prescriptions of US SAILING apply. In the event of a conflict between these sailing instructions and the RRS, these Sailing Instructions shall apply.

#### 2. ENTRIES:

Competitors may enter by delivering a completed entry form to Norfolk Naval Sailing Association (NNSA) via email to **Tim Dull** at **dull1492@verizon.net**, NNSA Racing Captain, or dropping the form into the Drop Box in the NNSC main lobby before 6 pm on Friday, before the Saturday race.

#### 3. NOTICES TO COMPETITORS:

Printed copies of the Notices, Sailing Instructions and any amendments can be available at the informal skippers' meeting, and will be posted online at the Norfolk Naval Sailing Association website ([www.norfolknavalsailing.org](http://www.norfolknavalsailing.org)), and will be posted on the **Official Notice Board**, located in the NNSC lobby.

#### 4. CHANGES TO SAILING INSTRUCTIONS:

Any change to the sailing instructions will be posted before **9AM, 9 May, 2026 (9AM, 1Aug, 2026)** on the Norfolk Naval Sailing Association website ([www.norfolknavalsailing.org](http://www.norfolknavalsailing.org)). Any changes required as a result of the Skippers' meeting will be included in this posting and highlighted appropriately to call attention to the change and may be posted on the **Official Notice Board**, located in NNSC lobby.

#### 5. RESTRICTIONS:

5.1 The Around The Light Race is open to all NNSA club members with self-righting monohull displacement boats 20' LOA or larger. Boats must be capable of utilizing **VHF Channel 72** and carry liability insurance. All entrants **should** meet PHRF of the Chesapeake Category **4P Safety** requirements.

5.2 **Use of engines:** Due to the limitations of the channel in the vicinity of the start line, when required due to wind direction, boats are allowed **to use engines for propulsion, up to 4 knots over the ground**, in the vicinity of the start line to the end of the breakwater for both the race start and the race finish, for safe navigation through that portion of the channel.

#### 6. CLASSES & CLASS FLAGS:

6.1 The Informal **Skippers' Meeting** will be held at **0900 on Saturday of the race**, at J dock.



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**PHRF SPIN** – All valid ratings, Spinnaker, **Class Flag: 7**

**PHRF N-** All Valid Ratings, Non-spinnaker, 2HS. **Class Flag: 5**

**Cruising** - All boats without Valid Ratings, Non-spinnaker, single HS. **Class Flag: WHITE 12"x12"**

**6.2 Class Flags** are to be flown from the backstay of each participating boat to identify her to the RC.

If racing is abandoned on that Saturday, the back-up date is the next month's Saturday race. Abandonment notices will be broadcast on CH72.

If the Race Captain (RC) postpones the start, decisions on subsequent starts are at the RC discretion.

## 7. RACING AREA:

The race will be held in Hampton Roads, and/or Willoughby Bay

## 8. THE COURSE and MARKS:

The **Middle Ground Lighthouse** can be left to **PORT or STARBOARD IAW James River tidal flow/wind conditions.**

### Marks:

**Start/Finish for Middle Ground**– The head of the fishing pier and the Green “3” day mark off NOB in the west channel entrance to Willoughby Bay.

**Start/Finish for Birds Nest**- Line between the Red “8” and the Green “7” day marks in the channel to NNSC.

**Rounding Mark:** either **Middle Ground Lighthouse** or the “**Birds Nest**” in Willoughby (Rounding mark will be designated each month based on weather and time conditions the week prior to the race). **The “Birds Nest” will be left to starboard when rounding.**

**\*\*The line of buoys marking the security perimeter near the Navy Base is both a mark and an obstruction. BOATS MUST STAY OUT OF THE RESTRICTED ZONE AT ALL TIMES.** No redress will be given for compliance with government restrictions.

### Shortening/Changes in the Course:

There is no plan to shorten the course.

## 9. THE START, STARTING and FINISHING LINES:

**9.1 Start for Middle Ground** – Between the Orange flag on the fishing pier and the Green “3” day beacon.

**Start for Birds Nest**- Between the Red “8” and Green “7” day beacons.

**9.2 Starting times** shall be posted (expected to be 10:00 for highest PHRF vessel entered) on the official notice board at NNSC, the NNSA Facebook page, and via NNSA email. The boat with the highest handicap (PHRF) will start first with the remainder of the fleet to follow at each of their designated start times.

**9.3 Finish from Middle Ground**- Orange flag on the fishing pier and the green “3” day beacon.

**Finish from Birds Nest**- Between the Red “8” and the Green “7” day beacons.

**9.4 RC GPS** time will govern starts. The warning signal will be given close to 09:55 AM. In addition, the RC will attempt to broadcast an “Attention” signal approximately 5 minutes before the first warning, consisting of several short



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horn blasts and a VHF 72 transmission. Later starting racing boats are requested to keep clear of the line during earlier boat's starts.

### 10. TIME LIMIT

The time limit for The 2026 Around The Light Race will NOT exceed 2 PM (1400). Any boat still on the course after this time will be scored late to the party.

### 11. PROTESTS

RRS 61.1 A boat intending to protest shall inform the RC upon finishing or retiring, and identifying the other boat(s) at the first reasonable opportunity. When her protest concerns an incident in the racing area that she is involved in or sees, she shall hail 'Protest' and conspicuously display a red flag at first reasonable opportunity for each. She shall display the red flag until she is no longer racing.

The time limit to file a written protest or a request for redress expires at 4:00 PM/1600. Once the RC returns to J dock, a representative will be aboard the committee boat/pier. Documents may be filed with RC's representative until the expiration of the time limit.

Protests and requests for redress will be heard by a Protest Committee appointed by the RC. Upon the filing of a protest or request of redress, the RC will coordinate with the parties and PC. Hearings will be held as soon as possible.

Arbitration will not be offered.

### 12. SCORING:

Vessels in each class will be scored as they cross the finish.

### 13. SAFETY REGULATIONS:

**13.1** Boats are requested to check in with the Race Committee prior to starting using VHF channel 72.

**13.2** A boat that retires from a race shall notify the race committee as soon as possible.

**13.3 SEVERE WEATHER.** The decision to race or continue racing or retire rests with an individual skipper. Should prevailing or forecast conditions be questionable, call the Race Captain at 757-631-0533 and listen to the answering machine (if no-one answers) until **8:00 AM** (two hours prior to the start). After that time, the RC will be available on (VHF 72) or the RC will be available on his cell phone at 757-615-2985.

**13.4** A boat may not exercise right of way, cross in proximity to, or interfere with reasonable transit of the race area by commercial ships, tugs, or barges. Boats must take evasive action well in advance of a potentially dangerous situation.

**13.5** A boat without sufficient way may use her engine to avoid commercial traffic that is under way **provided: (a) the boat does not gain an advantage; (b) using the engine is the boat's only means of avoiding the commercial traffic; and (c) the boat reports via CH72 to the Race Committee as soon as practical** and no later than finishing, describing the incident and the boat's actions. This changes RRS 42.

Competitors participate in the regatta entirely at their own risk. See RRS Rule 4, Decision to Race. Neither NNSA, NNSC, nor the RC will accept any direct or incidental liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the race.



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## NNSA MEMBER ENTRY FORM

1. MEMBER/CAPTAIN NAME: \_\_\_\_\_
2. VESSEL NAME: \_\_\_\_\_ BOAT LENGTH (LOA); \_\_\_\_\_
3. PHRF RATING: \_\_\_\_\_ ( If none so state and RC will assign)
4. SAIL NUMBER (or emblem on mainsail)
5. Vessel Docking Location & SLIP #: \_\_\_\_\_
6. VESSEL Cell phone #: \_\_\_\_\_
7. Emergency contact name and phone # \_\_\_\_\_ **NOT ON VESSEL**
8. Any questions can be addressed to NNSA Racing Captain Tim Dull (dull1492@verizon.net).
9. ACKNOWLEDGEMENT:

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NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_