

Pacific Interscholastic Sailing Association (PCISA)

NorCal League:  
Format Changes for the 2011-12 High  
School Sailing Season

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# I. Purpose of this document

With the approval of PCISA, over the last two years the NorCal league of PCISA has enacted several changes to the format of NorCal regattas – changes intended improve the quality of racing and accelerate the development of a deep roster of robust High School teams in Northern California.

The purpose of this document is to highlight the NorCal format and schedule modifications planned for 2011-2012. These modifications build upon earlier format changes implemented in 2010-11.

**Important Note:** One of the NorCal-specific developmental rules described in the attached allows for a team of only 2 sailors from the same school to compete in NorCal regattas. This accommodation is intended to allow small/new teams to compete even as they focus on recruiting additional members. It is *not* envisioned to be a permanent provision, nor should it deter teams from striving to grow well past the 4 sailors minimally required to compete in PCISA and ISSA level regattas. While every high school team is different, **years of experience and data show that the most vibrant, enduring and successful high school sailing teams typically have two common attributes that all NorCal teams should strive for:**

- 1. Rosters of 8-10 *active* sailors or more**
- 2. A Parent Coordinator per high school team** who is active in such areas as:
  - Understanding HS sailing rules and schedule
  - Regularly communicating with team members and their parents to coordinate regatta logistics, practices, etc
  - Speaking with parents of prospective freshman recruits to familiarize them with High School sailing
  - Working with coaches to organize rosters,
  - etc

## II. Recap of Prior Year Format Changes

*Overall feedback regarding the NorCal format changes implemented in 2010-11 was very positive, with some suggested improvements noted*

### **Key 2010-2011 Changes (continuing in 2011-12)**

1. Implemented a Gold and Silver fleet approach
  - Feedback positive...achieving goal of improving the quality of racing and the prospect of improvement for both the more advanced NorCal high school sailors and for the less advanced sailors.
  
2. Lowered threshold of entry at NorCal events to by allowing a “team” to be defined (for NorCal events only) as one boat with 2 sailors who attend the same school.
  - Feedback positive ...achieved goal of enabling NorCal regattas to be a more attractive entry point for new and growing high school sailing teams, as measured by a substantial increase in NorCal regatta participation
  
3. Permitted Coaches on the water for coaching between races
  - Feedback positive...consistent with goal of team skill development

### **Suggested Improvements**

- Inconsistent regatta management experiences.
  - As result, BAYS and NorCal will develop a “Hosting Guide” to assist host venues whose volunteers corps are less experienced with High School sailing
  
- Numerous teams expressed preference for more one day and fewer two day regattas (see next page)

# III. 2011-12 Format Changes & Schedule

## 2011-12 Changes

1. Changing historic two day NorCal events to have Saturday as one NorCal regatta, and Sunday as another (modeled after college sailing in PCCSC North league). This establishes 10 regular season NorCals.
  - Rationale: Allow teams to compete & win, even if can only come to 1 day of a 2 regatta weekend, due to travel or other constraints
  
2. High Schools must compete in a minimum of 6 of the 10 Regular Season regattas to be eligible to compete in the season ending NorCal Championships
  - Rationale: Encourage expanded regular season participation , and raises the bar for attending NorCal Champs
  
3. At NorCal Championships – unlike regular season – no borrowed crews allowed
  - Rationale: support progression toward complete teams

2011-12 NorCal Schedule (preliminary * )		
Sept 17 (Sat)	Stockton	NorCal #1 (1 day)
Sept 18 (Sun)	Stocton	NorCal #2 (1 day)
Oct 16 (Sun)	EYC	NorCal #3 (1 day)
Nov 5 (Sat)	SFYC	NorCal #4 (1 day)
Nov 6 (Sun)	SFYC	NorCal #5 (1 day)
Nov 19 (Sat)	PYSF	NorCal #6 (1 day)
Nov 20 (Sun)	PYSF	NorCal #7 (1 day)
Jan 14 (Sat)	RYC	Norcal #8 (1 day)
Jan 28 (Sat)	Oyster Pt	Norcal #9 (1 day)
Jan 29 (Sat)	Oyster Pt	Norcal #10 (1 day)
Mar 24-25 (Sat-Sun)	StFYC	NorCal Champs (2 Days)
<b>Summary</b>		
- 10 one day regular season regattas using same host calendar		
- 2-day season ending NorCal Championships (must participate in 6 or more NorCal regular season to qualify)		

\* **Note:** please check PCISA web site for the latest on schedule changes, NORs, results, etc:

<http://www.pcisa.org/>

## IV. Key Differences – NorCal vs. PCISA Regattas

### PCISA District-Wide (10%) Regattas

### NorCal League Regattas

<ul style="list-style-type: none"> <li>A full team is 4 kids from same school, sharing 1 boat (2 sail in A rotation, 2 in B)</li> </ul>	<ul style="list-style-type: none"> <li>A full team is 2 kids from same school on one boat</li> </ul>
<ul style="list-style-type: none"> <li>A substitute crew from another school is allowable, with noted restrictions in PCISA rules</li> </ul>	<ul style="list-style-type: none"> <li>A substitute crew from another school is allowable, with noted restrictions in NorCal NOR (see appendix)</li> </ul>
<ul style="list-style-type: none"> <li>A school can send more than 1 team (a JV team) if 13 or more on roster</li> </ul>	<ul style="list-style-type: none"> <li>A school may send multiple teams if they have enough kids and boats</li> </ul>
<ul style="list-style-type: none"> <li>Allows partial teams (aka “Split teams”) with limitations as noted in PCISA rules</li> </ul>	<ul style="list-style-type: none"> <li>Split teams don’t apply, since a full team is two kids on one boat (not 4+ kids)</li> </ul>
<ul style="list-style-type: none"> <li>Coaches not allowed on water</li> </ul>	<ul style="list-style-type: none"> <li>Coaching is permitted on water between races</li> </ul>

### IMPORTANT NOTE:

- ISSA Rules do not allow any combined or split teams for national or qualification events
- Several districts in the U.S mirror this restriction, while others (including PCISA) have instituted “developmental” rules for League and District level events. i.e. allowing for: 8th Graders, Combined Teams, Borrowed Sailors, etc; These are acceptable to ISSA *only* if they are developmental (i.e. promote team building) for High School Team Sailing).

# Appendix

# U.S. High School Sailing Structure & Governance

- **Structure**

**ISSA:** the Interscholastic Sailing Association (ISSA) governs secondary school sailing in the United States, in both independent and public high schools ISSA is the single organizing body – sanctioned by U.S. Sailing – for High School sailing in the United States. (<http://www.highschoolsailingusa.org/>).

**PCISA:** the Pacific Coast Interscholastic Sailing Association (PCISA) is one of 7 districts within the ISSA with > 90 High Schools Registered. (<http://www.pcisa.org/>)

→ **NorCal:** Northern California (NorCal) is one of 3 Leagues within PCISA, alongside the SoCal & Hawaii Leagues.

- **Rules** - All High School Sailing is governed by the Rules of ISSA, except as modified by District or league-specific provisions aimed at facilitating local team development (note that ISSA has overrule authority on any local provisions)

## 2011-12 Key NorCal Provisions

- For NorCal events only, a “team” is defined to be comprised of one boat with 2 sailors who attend the same school. A substitute crew from another school is allowed, subject to the limitations noted below.
  - If they have enough kids and boats, a given school may enter multiple teams. For example, ABC High has 6 sailors (2 fairly advanced sailors and 4 developing sailors) and has 3 boats. In this scenario, they could enter three teams - ABC Gold #1, ABC Silver #1 and ABC Silver #2. Alternatively, if they only have two boats, they might want to enter one gold and one silver team, having the 4 silver sailors share sub for each other, taking turns in ABC Silver #2.
- Each team shall be registered to compete in either the Gold or Silver fleet, as designated by their coach, and as indicated at time of registration.
- Gold and Silver fleets will start separately and be scored separately.
  - This means there will be no fleet rotations. However, the Race Committees will be asked to leave a few minutes between races in case a few schools want to rotate in any fresh sailors from the same school (i.e. substitutes) into their boat
- Limits on Substitutions:
  - There shall be no limitations on substitutions within a High School roster during a [regular season](#) NorCal regatta with one exception: after competing as a skipper, an individual shall not sail as a skipper for another team in either division.
  - A substitute crew from another school may be used, but there can be no more than one boat from a given High School using a substitute crew from another school (e.g.. if there are 2 teams participating from the same High School, only one of those teams may use a substitute crew from another school) .
  - [For NorCal Champs Regatta \(3/24-25, 2012\), substitute crews may NOT be used](#)
- Coaches are permitted to on the water for coaching between races .

# Contacts

- The NorCal league is comprised of more than fifty active High School teams, sailing out of a dozen yacht clubs, sailing centers or park districts in Northern California.
- If you have questions about the 2011-2012 Norcal regatta format changes, or about any aspect of High School sailing in the NorCal league, please contact Steve Grove (sgrove01@pacbell.net)