

Respected Sailors Always:

- 1. Know and abide by the Racing Rules. They promptly:
 - Take a penalty or retire when they know they broke a rule, or
 - File a protest when appropriate.
- 2. Obey event regulations, on and off the water, including housing rules.
- 3. Are organized, prepared and responsible for their own equipment.
- 4. Show respect to fellow sailors and those helping to run regattas and programs.

Respected Sailors Never:

- 1. Swear at, intimidate or harass anyone, including teammates, on or off the water.
- 2. Steal or borrow, without permission, anything that does not belong to them.
- 3. Break laws related to alcohol, tobacco or illegal drugs.

"You haven't won the race if, in winning the race, you have lost the respect of your competitors."

Paul Elvström (Four-time Olympic gold medalist)



