



# the insideline

INTERNATIONAL J/22 CLASS ASSOCIATION

## J/22 Class Rules Approved by World Sailing

Effective date: 2025-March-01  
Status: Approved



### Class Rules

International J/22 Class Association



The J/22 was designed in 1983 by Rodney Johnstone and was adopted as a World Sailing class in 199

sport / nature / technology



International J/22 Class Rules 2025

version March 2025

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# Technical Committee Report

*By Thomas Lösch, International Technical Committee Chair*

## The proposed Class Rules Changes (CRC)

### C.2 CREW LIMITATIONS AND

### C.5.2 OPTIONAL PORTABLE EQUIPMENT

*have been approved by World Sailing and valid as of March 1, 2025. Please see the updated Class Rules on the World Sailing website: Microsoft Word - J22\_CR\_2025-March-01*

This means that the maximum combined crew weight is now raised to 290kg.

And for the electronic or mechanical devices, all types of equipment are allowed which have timing, tactical and navigational functions as long as they have internal batteries. Electronic wind instruments are still not allowed.

For the Class Rules Changes (CRC) for the C.9.7. STANDING RIGGING and corresponding F.6.1 MATERIALS, we couldn't agree with World Sailing on a practical wording for the Ultra-High-Molecular-Weight Polyethylene Rope (widely known as dyneema) for the lower backstay. Therefore this Class Rule change has been postponed until we can find a practical definition for the minimum rope diameter.

I would like to encourage you to continue giving us feedback or comments. Only by that we can develop the Class in the spirit of their sailors. I am honored to work with all members of the various Committees of our Class to make our Class even better.

Anyone with questions or comments should feel free to contact me ([thomas.loesch@t-online.de](mailto:thomas.loesch@t-online.de)) and/or the Class Executive, Chris Howell.





# 2025 J/22 WORLD CHAMPIONSHIP

NAPOLI, OCTOBER 11-19, 2025



Lega Navale Italiana  
Sezione di Napoli



photo: Luigi Di Criscio | 1

# *The 2025 Worlds is approaching!*

**Naples** and its surrounding waters are a spectacular location for hosting the **J/22 World Championship**. As one of the most scenic and historic cities in the world, Naples offers a combination of natural beauty, cultural experiences, and ideal sailing conditions that make it a premier location for international sailing events. The city is home to a strong sailing community, bolstered by the support of **Lega Navale Italiana Napoli ('LNI Napoli')**, a club with a long-standing tradition of excellence in regatta management.

## **HOTELS AND RENTALS**

Naples routinely accommodates thousands of tourists. A list of hotels and b&b will be provided at a discounted rate in the coming weeks!

## **CHARTERS**

We plan to provide offers for chartering a limited number of J/22. We are also planning to build a few new J/22 for the occasion (we are looking at interested buyers and will offer a convenient deal in case the new J/22 will be chartered for the Naples Worlds). Detailed plans will be available soon!

Don't miss the opportunity!!

## **TRASPORTATION TO AND FROM NAPLES**

We are preparing a package to arrange transportation of your own J/22 directly to Naples. Get in touch if you would like to participate with your own boat but don't want to do the delivery of the boat yourself! We will provide you with a driver at a fixed price to bring your J/22 to Naples and back! (This option will be available from Europe)



# 2025 J22 WORLD CHAMPIONSHIP

## LNI-Napoli

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 [j22italianclass](https://www.instagram.com/j22italianclass)



photo: Luigi Di Criscio | 3



# 2025 J/22 Midwinter Championship AND Clinic

***The J/22 Midwinter Championship is coming back to Rush Creek Yacht Club in Rockwall, Texas March 14-16, 2025. RCYC last held the Midwinters in 2008 and ran the 2000 and 2009 J/22 North Americans.***

You are guaranteed two things in Texas. First, there is plenty of room for parking, trailer storage, launching and dockage. Second, you will have a great time on and off the water. RCYC just held the 2024 Sunfish World Championship with 100 competitors from 14 different countries and is looking forward to again hosting the J/22 Midwinters.

Thursday, March 13<sup>th</sup> is a practice race at 3:00 pm followed by a welcome reception and competitors' briefing at 7:00. On Friday, Saturday



and Sunday, breakfast will be served + a quick competitor briefing at 8:45 with the first warning signal at 9:55. After racing Friday and Saturday, there will be a keg, snacks and sailors' debrief on the back deck. Nine races are scheduled with no race after 2:00 pm on Sunday. The dinner and party for three crew Saturday evening is also included in the entry fee. Extra meal/social packages will be available to purchase at registration.

Weather in the middle of March can be warm in the 70s or colder in the 50-60s. The sailing area on Lake Ray Hubbard is mostly flat water unless there is a very strong northwesterly, which occurs as fronts move from Colorado to Texas. Bring your shorts, t-shirts, ballcaps, foulies, stocking caps and gloves! If you need racing equipment or sailing gear for the regatta, sponsor Vela Sailing Supply is located within 15 minutes of RCYC for shopping and/or delivery to the event.



# J/22 Winning Techniques and Strategies

## Seminar Overview

**Purpose:** Provide directed learning to help your team improve your J/22 racing experience.

### Components of the course:

- Classroom Discussion in the Doolin Center at Rush Creek Yacht Club, Heath, Texas
- On-the-Water Instruction with dedicated coaching during the Independence Day Regatta (March 1-2, 2025) at Rush Creek Yacht Club.
- Post-race analysis
- Technical demonstrations, (rigging, boat handling, compass use, crew technique, etc.)

### Goals:

- **Improve upwind and downwind speed.** Competitive upwind and downwind speed is essential for learning from racing experiences.
- **Understanding J/22 Rig Tune.** Understand the effect on the rig when you adjust the rig, use the mainsheet and backstay.
- **Using a Compass.** Effectively using a compass enhances your tactical ability.
- **Crew Technique.** Tips and techniques for improving for team's crew work and talking through what happens when bad things happen.

### Schedule:

#### Friday, February 28, 2025

- 12:15 pm: Lunch eaten, rigged and in the water, meet in RCYC Doolin Center for Talk
- 3:00 pm: Practice race or other on-the-water activity

#### Saturday, March 1, 2025

- 07:45 – 8:30 am: Weather talk for the day, lessons and observations from yesterday, developing your race plan.
- 09:30 am - Competitor's Briefing, 11:00 am - First Warning Signal. Come by Coach Boat between races.
- After Racing: Post Race Analysis, Individual Rig Tuning, Compass use, Crew Techniques, Critique and observations.(45 minutes max)

#### Sunday, March 2, 2025

- 07:45 – 8:30 am: Weather talk for the day, lessons and observations from yesterday, developing your race plan. 20 minutes max.
- 09:30 am - First Warning Signal. Come by Coach Boat between races.
- After Racing: Post Race Analysis, Individual Rig Tuning, Compass use, Crew Techniques, Critique and observations. (45 minutes max)

**J/22 – WINNING TECHNIQUES AND STRATEGIES**

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Online registration is open at <https://rcyc.org/regatta/fTlecrDZaH>. Late registration fees will go up March 1. If there is anything you need to help facilitate your team coming to the Midwinters, please contact Jeff Progelhof at 214-334-9318 or [jprogelhof@yahoo.com](mailto:jprogelhof@yahoo.com).

Additionally, March 1-2, RCYC will be hosting the two-day Texas Independence Day Regatta (TID). You are welcome to come sail in the TID Regatta

and leave your boat for the Midwinters. RCYC is hosting a FREE J/22 Winning Strategies and Techniques clinic for competitors who sign-up for both the TID regatta and the Midwinters. Past North American Champion Bill Draheim and World Champion Jeff Progelhof will be teaching the Friday clinic, and Bill will provide the on-the-water coaching Saturday and Sunday. Registration for the clinic is at <https://rcyc.org/event/RORuhbddwP>.



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# 2025 J/22 North American Championship

Rochester Yacht Club, Rochester, New York

J<sup>®</sup>  
22

October 1-4



ROCHESTER YACHT CLUB

*Established in 1877*



By Travis Odenbach

Everyone is invited to come to the 2025 J/22 North American Championship which will be held at the Rochester Yacht Club (RYC) from October 1-4. RYC is so excited to host this event. We have had a long history of J/22 sailors at the club with examples such as Mark Sertl and Jimmy Barnash! If you are concerned about it being too cold, do not worry! The water will be above 65, and the air normally stays between 65-75. With the fronts becoming closer together, some of the best sailing on Lake Ontario is in the beginning of October.

RYC offers the best venue to hold major regattas in the country. With enough room for over 100 boats (we held a World Championship

with 105 J/22s) and three hoists to make a smooth entrance and exit from the basin. The racecourse is under 15 minutes away. Just out the river and to the west or east is open blue water sailing. The club house is perfect, and there are two bars and a great restaurant.

The Rochester Yacht Club looks forward to hosting all of you in October. If you have any questions, please call Travis Odenbach at 585-943-8652 or Jeff Sullivan at 585-750-2815. Registration opens in March with the Notice of Race and more information. Until October, see you on the water!



# Platinum Sponsors

Platinum Sponsors have contributed \$200 to the U.S. Class (in addition to full membership)

**William English**  
Hickory Corners, MI

**Robert Grove**  
Boyne City, MI

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Gold Sponsors have contributed \$100 to the U.S. Class (in addition to full membership)

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Jackson, MS

**Jeff Todd**  
Annapolis, MD

**Thomas Lösch**  
Germany

**Keith Zars**  
San Antonio, TX

# 2025

## **2025 J/22 North American Championship**

**Rochester Yacht Club**

Rochester, NY, United States

October 3 - October 5

## **2025 J/22 World Championship**

**Lega Navale Italiana Napoli**

Naples, Italy

October 12 - October 19

Submit your regatta  
dates/information  
to [howell@j22.com](mailto:howell@j22.com)

