



**ROYAL YACHT SQUADRON  
RACE TRAINING  
8 - 10 APRIL 2025**

**ORGANIZING AUTHORITY  
ROYAL YACHT SQUADRON  
COWES, UK**

## SAILING INSTRUCTIONS

### 1. RULES

- 1.1. The event is governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2. RRS 40.1 shall apply - a Personal Flotation Device (PFD) shall be worn at all times, except when adjusting clothing.

### 2. CHANGES TO SAILING INSTRUCTIONS

- 2.1. Any change to the Sailing Instructions (SIs) made ashore will be posted by 0900 on the day it will take effect, except that any change to the Schedule of races will be posted by 2000 on the day before it will take effect.
- 2.2. Changes to an SI may be made on the water using VHF Radio to communicate with competitors. Failure to hear a call shall not be a cause for redress.

### 3. COMMUNICATIONS WITH COMPETITORS

- 3.1. Notices to competitors will be posted on the Official Notice Board (ONB).
- 3.2. The ONB will be online at [www.rys.org.uk](http://www.rys.org.uk).
- 3.3. The Race Office is in the Royal Yacht Squadron (RYS).
- 3.4. The Race Committee (RC) intends to broadcast race information and course information on VHF Ch 77.
- 3.5. Competitors wishing to communicate with the RC should do so on VHF Ch 77.
- 3.6. The RC intends to announce the approximate location of the Committee Vessel (CV) at least one (1) hour before the first Warning Signal on both VHF and "Telegram".
- 3.7. The RC intends using a "Telegram" group to communicate with Competitors and a "QR code" in Addendum E is available with details of how to join. Failure to receive information broadcast using "Telegram" will not be a cause for redress.

### 4. CODE OF CONDUCT

- 4.1. Competitors and support persons shall comply with reasonable requests from race officials.
- 4.2. Competitors and support persons shall handle or place any equipment or advertising provided by the organizing authority with care, seamanship and in accordance with any instructions for its use and without interfering with its functionality.

### 5. SIGNALS MADE ASHORE AND AFLOAT

- 5.1. Signals made ashore will be displayed at the RYS Lodge Flagstaff.
- 5.2. When Flag AP is displayed ashore, "1 minute" is replaced by "not less than 45 minutes" in *Race Signals AP*.
- 5.3. To alert boats that a race or sequence of races will begin soon, the Orange Flag will be displayed with one (1) long sound signal one (1) minute before a Warning Signal is displayed.


### 6. SCHEDULE OF RACING

- 6.1. The intention of the RC is to run a number of races from the CV CASTLE TWO.
- 6.2. Practice will be included, and boats will have the opportunity to practise starts, boat handling and manoeuvres.
- 6.3. Times in these SIs are for BST (UT + 1). Tide times are for Portsmouth.

DAY HWP (BST)	TIMINGS	NOTES
Tue 8 April HW 0950 3.7m	1200 1245 1330 1400  1630 1730 1930 2000	Arrival RYS Lunch RYS Pavilion Briefing Depart for Race Area Practise starts & races Race to RYS Line Tea & Debrief RYS Pavilion Talk RYS Platform Supper RYS Platform
Wed 9 April HW 1107 3.9m	0730 0815 0900 1100 1530 1730 1930	Breakfast RYS Pavilion Briefing Depart for Race Area First Warning Signal Race to RYS Line Tea & Debrief RYS Pavilion Supper RYS Platform
Thu 10 April HW 1146 4.1m	0730 0815 0845 1010 1330	Breakfast RYS Pavilion Briefing Depart for Race Area First Warning Signal Lunch RYS Pavilion Certificate Presentation

### 7. CLASS FLAGS

- 7.1. The Class Flag will be:

Class Flag	ICOS Letter J 
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### 8. RACING AREA

- 8.1. Racing will take place from CASTLE TWO in the Central Solent. The approximate location of the CASTLE TWO will be announced at the briefing and on VHF Channel 77.

## 9. COURSES

- 9.1. The format for racing will be Windward / Leeward (W / L). See Addendum B. Additional courses are as follows: L1: Start – 1 – Finish. LA1: Start – 1 – 1a – Finish
- 9.2. Course letters and number of laps for W / L courses will be displayed on the Board on the starboard-side of CASTLE TWO.
- 9.3. The diagrams in Addendum B of these SIs show the courses, the order in which the marks are to be passed, and the side on which each mark is to be left.
- 9.4. The final race each day may be a “round the cans” race with courses announced over VHF, which may be repeated on “Telegram”, using the Solent Cruising & Racing Association (SCRA) Two Character Codes with a finish on the RYS Line. See Addendum C.
- 9.5. No later than the Warning Signal, CASTLE TWO will display on the Board the approximate compass bearing and distance of the first leg, and the course to be sailed.

## 10. MARKS

- 10.1. With reference to Addendum B, marks 1, 1a, 4s & 4p will be a mix of orange inflatable marks, which may include one MarkSetBot. See Addendum A
- 10.2. With reference to gate marks 4s / 4p, if only one gate mark is in position, that mark shall be rounded to port.
- 10.3. The starting marks will be CASTLE TWO and a White Danbuoy with an Orange Flag, or a MarkSetBot.
- 10.4. The finishing marks for W / L courses will be CASTLE TWO and a White Danbuoy with an Orange Flag, or a MarkSetBot.
- 10.5. The finishing marks for the “Round the Cans” races will be between the RYS Main Flagstaff and an Orange Inflatable Buoy approximately 200m north of the RYS Main Flagstaff.

## 11. OBSTRUCTIONS

- 11.1. Boats shall not anchor nor kedge in the Cowes Harbour fairway nor within the area denoting power cables and gas pipes between Stone Point and Gurnard Bay, as shown on Admiralty Chart 2040, nor within the mining ground area north east of Ryde Sand.
- 11.2. All boats shall comply with Associated British Ports Notice to Mariners No 06 of 2025 giving details of a Precautionary Area and Moving Prohibited Zone (MPZ). The MPZ shall rank as an obstruction for the purposes of RRS 19 and 20.
- 11.3. Whilst racing, boats shall pass to the north of the Cowes Breakwater.
- 11.4. Any official boat in close attendance to a craft in difficulty is an obstruction

## 12. THE START

- 12.1. The Starting Line will be between a staff displaying an Orange Flag on CASTLE TWO at the starboard end and the course side of the port-end starting mark.
- 12.2. To alert boats that a race will soon begin, the Orange Starting Line Flag will be displayed with multiple sounds not less than ONE minute before a Warning Signal is displayed.
- 12.3. Races will be started by using 3-2-1-Go. See Addendum D.

- 12.4. Times shall be taken from the start of each sound signal. The failure or delay of a visual signal, including flags as specified, shall be disregarded. This changes RRS 26.
- 12.5. Races will not be started in less than an average of 5 knots of wind established over the entire racecourse area. This limit may be higher if there is a strong current in the racing area.
- 12.6. Boats whose Warning Signal has not been made shall avoid the Starting Area during the starting sequence for other races.
- 12.7. If any part of a boat’s hull is on the course side of the starting line at her starting signal and she is identified, the RC will attempt to broadcast her sail number on VHF CH 77 after Flag X has been displayed. Delay or failure to do so will not be grounds for redress. This changes RRS 62.1(a).

## 13. CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1. The position of any mark(s) may be adjusted by up to plus or minus 10 degrees relative to previous location and up to approximately 200 metres to windward or leeward without signalling Flag C, a direction signal, a length signal or a sound signal. This changes RRS 33.

## 14. THE FINISH

- 14.1. The Finishing Line for W / L courses will be between a staff displaying a Blue Flag on CASTLE TWO and the course side of the starboard-end finishing mark.
- 14.2. The RYS Finishing Line for the “Round the Cans” races will be between the RYS Main Flagstaff and an Orange Inflatable Buoy approximately 200m north of the RYS Main Flagstaff. A Blue Flag will not be displayed. This changes *Race Signals* Blue Flag.

## 15. PENALTY SYSTEM

- 15.1. RRS 44.1 is changed so that a boat may take a One-Turn Penalty (one tack & one gybe) when she may have broken one or more rules of Part 2 or Rule 31 in an incident while racing.

## 16. TIME LIMITS

- 16.1. Does not apply.

## 17. HEARING REQUESTS

- 17.1. Does not apply.

## 18. SCORING

- 18.1. The Low Point System of RRS Appendix A will apply.
- 18.2. One (1) race shall be completed to constitute a series.
- 18.3. Double points may be awarded for a Passage Race.
- 18.4. The RC will decide on which races qualify as part of the Series, as some may be deemed training.

## 19. SAFETY REGULATIONS

- 19.1. A boat that retires from a race shall notify the RC as soon as possible on VHF Ch 77 or by hailing a support boat or rib.

**20. REPLACEMENT OF CREW OR EQUIPMENT**

20.1. Does not apply.

**21. EQUIPMENT AND MEASUREMENT CHECKS**

21.1. A boat or equipment may be inspected at any time for compliance with the Class Rules and SIs.

**22. SUPPLIED BOATS**

22.1. J70s will be supplied by the Organizing Authority.

**23. OFFICIAL VESSELS**

23.1. The CV will be a blue-hulled catamaran, Call Sign “CASTLE TWO”.

23.2. The Support Vessel will be a blue-hulled boat, Call Sign “BERTIE”.

23.3. Mark-laying vessels will be RYS Ribs.

**24. SUPPORT TEAMS**

24.1. All support boats shall carry marine VHF radios and agree to assist the RC if directed to do so.

24.2. Support boats shall keep abreast of the main fleet at all time, but outside of the racing area.

**25. TRASH DISPOSAL**

25.1. Trash may be placed aboard official or support vessels.

**26. BERTHING**

26.1. Boats shall be berthed where directed by the Organizing Authority.

**27. HAUL-OUT RESTRICTIONS**

27.1. Boats shall not be hauled-out during the event except with and according to the terms of prior written permission of the RC.

**28. DIVING EQUIPMENT AND PLASTIC POOLS**

28.1. Underwater breathing apparatus and plastic pools or their equivalent shall not be used around keelboats between the preparatory signal of the first race and the end of the last race of the event.

**29. PRIZES**

29.1. The Polly Birch Trophy will be awarded to the top student.

29.2. Race results will be published daily, and an overall winning boat and crew will be identified.

29.3. Certificates will be awarded at the Prizegiving.

29.4. Prizegiving will be held after Lunch on the final day in RYS Pavilion.

**30. RISK STATEMENT**

30.1. Rule 4 of the Racing Rules of Sailing states: “The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.”

30.2. Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

(a) they are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;

(b) they are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;

(c) they accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;

(d) their boat is in good order, equipped to sail in the event and they are fit to participate;

(e) the provision of a race management team, patrol boats, and other officials and volunteers by the event organizer does not relieve them of their own responsibilities;

(f) the provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practicably provided in the circumstances;

(g) it is their responsibility to familiarize themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event;

**31. INSURANCE**

31.1. RYS insures the boat for the period of hire against fire and all usual marine and collision risks to include third party risks to such an extent as is required by law and in addition as RYS shall deem appropriate.

31.2. A copy of the insurance policy is available for inspection, if required.

**ADDENDA:**

- A. Boats Supplied By The Organizing Authority, MarkSetBot.
- B. Course Illustrations – Windward / Leeward.
- C. Solent Chartlets and Two Character Solent Mark Codes – Racing Around The Cans.
- D. Starting Signals.
- E. Telegram Instructions.

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**ADDENDUM A****BOATS SUPPLIED BY THE ORGANIZING AUTHORITY**

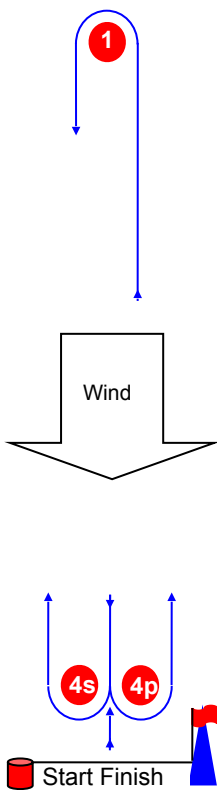
- A1 BOATS
- A1.1 Boats will be supplied for all competitors, who shall not modify them nor cause them to be modified in any way except that:
- A1.1.1 a compass may be tied or taped to the hull or spars;
- A1.1.2 a handheld VHF and / or mobile phone may be carried on board. No information source based on GPS shall be used;
- A1.1.3 wind indicators, including yarn or thread, may be tied or taped anywhere on the boat, except that they shall not be attached to the sails;
- A1.1.4 adhesive tape may be used anywhere above the water line; and
- A1.1.5 all fittings or equipment designed to be adjusted may be adjusted, provided that the class rules are complied with.
- A1.2 All equipment supplied with the boat for sailing purposes shall be in the boat while afloat.
- A1.3 The penalty for not complying with one of the above instructions is disqualification from all races sailed in which the instruction was broken.
- A1.4 Competitors shall report any damage or loss of equipment, however slight, to the organizing authority's representative immediately after securing the boat ashore. The penalty for breaking this instruction, unless the Protest Committee is satisfied that the competitor made a determined effort to comply, is disqualification from the race most recently sailed.
- A1.5 Class rules requiring competitors to be members of the Class Association do not apply.

**MARKSETBOT**

ADDENDUM B

Course Illustrations – Windward Leeward

**L**

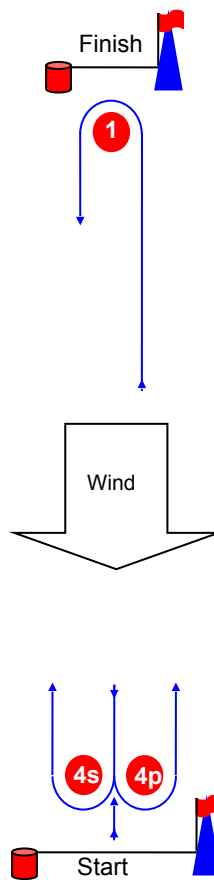


**Course: Leeward finish**

Signal Mark Rounding Order

- L2 Start – 1 – 4s/4p – 1 – Finish
- L3 Start – 1 – 4s/4p – 1 – 4s/4p – 1 – Finish
- L4 Start – 1 – 4s/4p – 1 – 4s/4p – 1 – 4s/4p – 1 – Finish

**W**

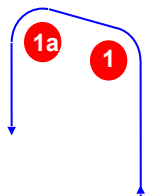


**Course: Windward Finish**

Signal Mark Rounding Order

- W2 Start – 1 – 4s/4p – Finish
- W3 Start – 1 – 4s/4p – 1 – 4s/4p – Finish
- W4 Start – 1 – 4s/4p – 1 – 4s/4p – 1 – 4s/4p – Finish

**LA / WA**



**Course: Windward/leeward with offset mark 1a**

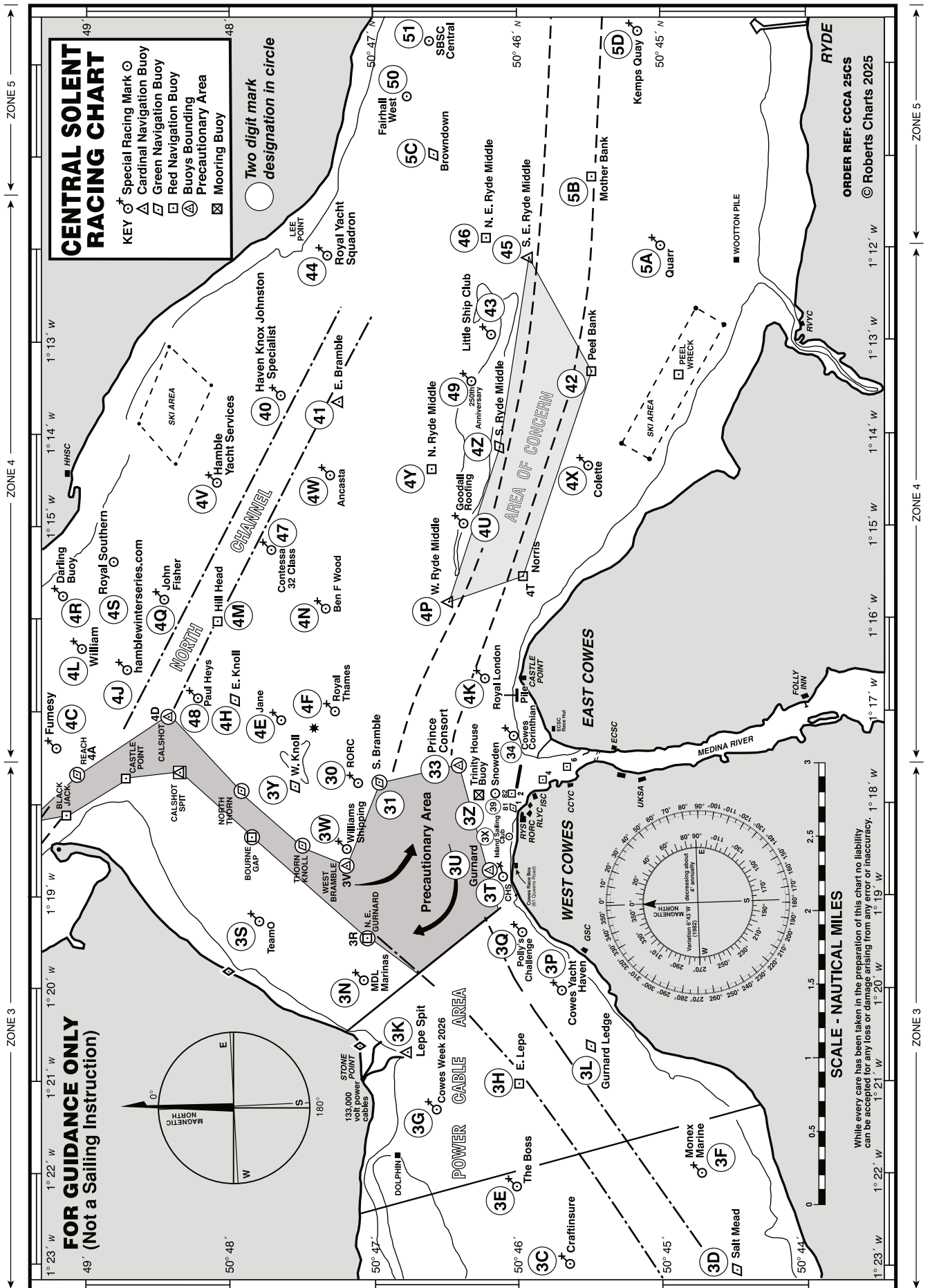
Signal Mark Rounding Order

- LA2 Start – 1 – 1a – 4s/4p – 1 – 1a – Finish
- LA3 Start – 1 – 1a – 4s/4p – 1 – 1a – 4s/4p – 1 – 1a – Finish
- LA4 Start – 1 – 1a – 4s/4p – 1 – 1a – 4s/4p – 1 – 1a – 4s/4p – 1 – 1a – Finish
- WA2 Start – 1 – 1a – 4s/4p – Finish
- WA3 Start – 1 – 1a – 4s/4p – 1 – 1a – 4s/4p – Finish
- WA4 Start – 1 – 1a – 4s/4p – 1 – 1a – 4s/4p – 1 – 1a – 4s/4p – Finish



ADDENDUM C

SOLENT CHARTLETS AND TWO CHARACTER SOLENT MARK CODES - RACING AROUND THE CANS



## ADDENDUM D

## Starting Signals:

Time to Start	Action	Sound	
	All competitors are in the area, and ready to race		
- 4 minutes	Orange Flag Displayed 	Long	Attention Signal and Starting Line
	<i>Compass Bearing &amp; Course Displayed</i>		
- 3 minutes	Class Flag Displayed 	One	Warning Signal
- 2 minutes	P Flag Displayed 	One	Under Racing Rules
- 1 minute	P Flag Removed 	Long	
Start	Class Flag Removed 	One	
Boat OCS (Over the Line)	Flag X Displayed 	One	Removed once boat returns to Start Side, or + 4 minutes
Uncertain OCS General Recall	1st Substitute Displayed 	Two	Warning Signal displayed one minute after removal of 1st Substitute
Any Time	Answering Pennant (AP) Displayed 	Two	Cancel Sequence. Warning Signal displayed one minute after removal of AP
+4 minutes	Orange Flag Removed 	–	Starting Line Closed
Finish	Blue Flag Displayed 		Displayed as the first boat approaches the final Windward Mark to indicate the Finishing Vessel

**ADDENDUM E****TELEGRAM INSTRUCTIONS****Telegram**

We have set up an official [Telegram](#) group for receiving general information from the Race Office and Race Committee.

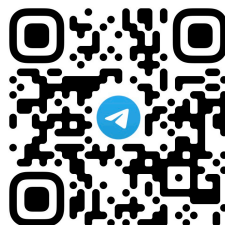
If you do not already have the Telegram app installed on your device, please follow the instructions below:

- **Apple iPhones – download and install via the App Store.**  
<https://apps.apple.com/app/telegram-messenger/id686449807>
- **Android Phones – download and install via the Google Play Store.**  
<https://play.google.com/store/apps/details?id=org.telegram.messenger>

**To join the Telegram group please use either the link or the QR code below:**

**LINK: <https://t.me/+ACzd1U-YwLw0ZGVk>**

**QR:**

**Instructions on using QR codes:**

- For Apple phones: Please open your camera app and point it at the QR code and then follow the link it displays on your screen.
- For Android phones: Please obtain a barcode scanning app from the Google Play Store such as “Barcode Scanner”, open the barcode scanning app and point it at the QR code and then follow the link it displays on your screen.