

2026



SAILING INSTRUCTIONS

Racing Practice Day

Saturday 25 April 2026

(Racing Practice Day devised by Guy Darby)

HIGH WATER PORTSMOUTH BST 07:00 & 19:50

LOW WATER PORTSMOUTH BST 12:30

1 RULES

- 1.1 Racing is governed by the rules as defined in the Racing Rules of Sailing 2025-2028 (RRS).
The Royal Southampton Yacht Club Limited (RSYC) organises its races in accordance with the RYA Racing Charter and competitors are expected to conform to it. See the RYA edition of the RRS pages 4 & 5.
- 1.2 If there is conflict between the Sailing Instructions (SIs) and the Notice of Race (NoR) the SIs will prevail. This changes RRS 63.5c.
- 1.3 World Sailing Offshore Special Regulations (WSOSR) apply - available from www.sailing.org/inside-world-sailing/rules-regulations/offshore-special-regulations/
- 1.4 Boats shall comply with WSOSR Appendix B (Inshore Racing) and have due regard to both the temperature and conditions.
- 1.5 A boat shall observe the IRPCAS (ColRegs) in respect of commercial shipping and vessels not racing.
 - 1.5.1 The Race Committee (RC) shall protest a boat if a ship makes a complaint. This changes RRS 60.2. The Protest Committee may apply a penalty of DSQ.
 - 1.5.2 An engine may be used in order to comply with 1.3. Competitors shall report the use of an engine whilst racing to the RC who may protest that boat. If a significant advantage was gained the boat shall retire. The Protest Committee may apply a penalty other than DSQ.
- 1.6 Double Handed crewed boats can use self-steering gear.
- 1.7 **No Anchor shall be carried before the Stem.**
- 1.8 All times in these SIs are in BST.

2 COMMUNICATION

- 2.1 The Official Notice Board (ONB) is the RSYC Website <https://www.rsyc.org.uk/rsyc-racing/>
- 2.2 Official notices may also be emailed to entrants. Failure to receive such emails will not be grounds for redress. This changes RRS 62.1(a).
- 2.3 There is a WhatsApp Group for communications before, during and after this Racing Practice Day.
- 2.4 Flag L will not be displayed ashore. This changes RRS Race Signals. However, notification of such notices may be sent by WhatsApp.
- 2.5 Official notices will be advised by VHF before the next race concerned.
- 2.6 Signals will be by VHF only, sound signals may be used, and no flags displayed. However, an Orange Flag may be displayed on the Committee Boat on the Start Line and a Blue Flag may be displayed on the Committee Boat on the Finishing Line. This changes RRS 26, 27, 29 and 30 and Race Signals. Failure to receive VHF transmissions will not be grounds for redress. This changes RRS 62.1(a).
- 2.7 The RC call sign is 'Royal Southampton Race Control'. All communications between the RC and competitors afloat will be made on VHF CH 08, unless advised that CH 06 or an alternative may be used instead.
- 2.8 A time check will normally be given around 15 minutes before the first scheduled Warning Signal.
- 2.9 When the Y Flag is communicated via VHF, all competitors shall wear a personal flotation device.

3 COURSES and MARKS

- 3.1 Courses are likely to be set around fixed marks in the vicinity of 3S - SCRA.ORG.UK or 3E - The Boss.
- 3.2 Fixed marks can be identified from the **Solent Area Mark Codes 2026**, which is attached to the SIs.
- 3.3 The course will be announced before the Warning Signal and repeated at the Preparatory Signal.
- 3.4 The Start Line will be between the mast on the RC boat, which may display an Orange Flag and an outer distance mark (ODM).
- 3.5 The Finish Line will be a RC boat, which may display a Blue Flag at one end of the line and a nearby mark at the other end.
- 3.6 Any boat touching an anchored committee boat used as a starting mark or finish mark shall be given a 5 place penalty without a hearing. If damage or injury is caused the boat shall be disqualified without a hearing. This changes RRS 31, A4 & A5.

4 SCHEDULE

4.1

Event	Description	First Warning Signal
1	Practice Start 1 } Duration about 10 minutes	1200
2	Practice Start 2 } including	Thereafter
3	Practice Start 3 } 2 Tacks	Thereafter
4	Windward/Leeward 1 } 1 Windward Leg and	Thereafter
5	Windward/Leeward 2 } 1 Downwind Leg, to Finish	Thereafter
6	Round-the-Cans	Thereafter

4.2 Boats may be separated into starting groups.

4.3 In order to signal to other vessels that boats are racing, boats shall display a Flag on the Backstay as follows:

Contessa 32s: "G" Flag

All other boats: An Alphabetic or Numerical Signal Flag other than a "B", "G" or "Q" Flag.

5 CHANGE OF COURSE

5.1 There will be no changes in the Course after the first Warning Signal except to make adjustment to the Start or Finish Line when appropriate.

6 PENALTIES

6.1 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

7 RETIREMENT

7.1 Boats that retire shall promptly inform the RC by VHF and receive acknowledgement.

8 PROTESTS

- 8.1 Intention to protest or seek redress shall be made known to the RC by VHF, immediately after finishing the race concerned giving the name and Sail Number of the boats involved, and which race.
- 8.2 Protests shall be submitted to the RC by email.
- 8.3 The Protest Time Limit is 6 hours after the last boat finishes the last race of the day or after the display of AP/A, N/A or N/H.
- 8.4 The date and time of protest hearings will be notified to the parties.

9 SCORING, RESULTS and PRIZE

- 9.1 There will be no scoring or results.
- 9.2 At the discretion of the RC, a Bottle Prize will be awarded to the boat which has had a notable Racing Practice Day.

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