



Junior and Singlehander Regatta



St Mary's Loch Sailing Club
Saturday 16th and Sunday 17th May 2026

SAILING INSTRUCTIONS (SIs)

The Organising Authority (OA) is St Mary's Loch SC (StMLSC)

*The notation '[NP]' in a rule in the SIs mean that a boat may not protest another boat for breaking that rule. This changes RRS60.1
The notation '[DP]' in a rule in the SIs mean that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.*

1. RULES

- 1.1. The Event is governed by the rules as defined in *The Racing Rules of Sailing 2025-28*, unless changed by the Sailing Instructions.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1. Any change to the Sailing Instructions shall be posted not less than 30 minutes before the advertised start time of the race or races concerned.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1. Notices will be posted on the Official Noticeboard, located outside the main door to the clubhouse.

4. CODE OF CONDUCT

- 4.1. *[DP]* Competitors shall comply with reasonable requests from patrol boat crews, whose priority is to help competitors in distress or danger before retrieving boats.

5. SIGNALS MADE ASHORE

- 5.1. Signals made ashore will be displayed at the clubhouse flag pole.
- 5.2. When AP is displayed ashore, "1 minute" is replaced by "not less than 15 minutes" in the race signal AP. This changes RRS Race Signals.
- 5.3. Flag Y will not be displayed – adequate buoyancy must be worn at all times when afloat. Wetsuits or Drysuits are not considered adequate personal buoyancy. This changes RRS 40.
- 5.4. *[DP]* Flag D with one sound means "Boats are requested not to leave the shore until this signal is made. The warning signal will not be made before the scheduled time or less than 15 minutes after flag D is displayed."
- 5.5. If Flag D is displayed ashore over Numeral 1 – SI 5.4 applies to all boats sailing on Course A as defined in SI 7.1. If Flag D is displayed over Numeral 2 – SI 5.4 applies to all boats sailing on Course B as defined in SI 7.1. Absence of a numeral flag indicates the signal relates to both courses.

6. SCHEDULE

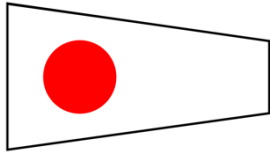
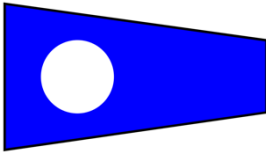
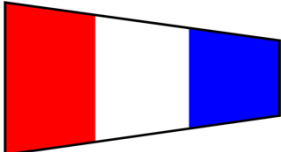
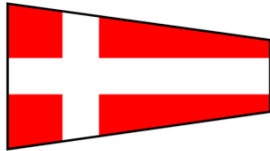
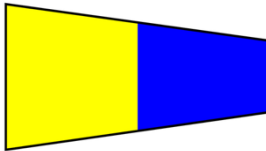

- 6.1. A briefing will be held for all competitors at the clubhouse at 11:00hrs on Saturday 16th May 2026.
- 6.2. Up to 9 races will be held over two days as detailed below

Day	Date	Time of First Warning Signal	Maximum Number of Races	Eligible Classes
Saturday	16 th May 2026	11:55hr	5	All Classes
Sunday	17 th May 2026	10:25hr	4	Optimist, Topper, RS Feva, Supernova

- 6.3. No warning signal will be made after 16:30hrs on Saturday 16th May 2026 for the ILCAs and Streakers; and 14:00hrs on Sunday 17th May 2026 for all other classes.
- 6.4. Prizegiving for the Streaker and ILCA classes will be held after racing on Saturday 16th May 2026. Prizegiving for all remaining fleets will be held after racing on Sunday 17th May 2026.

7. CLASSES/FLAGS

7.1. The intended Class Flags and Course Areas are assigned to each fleet as defined below:

Course Area	Fleet 1: Supernova	Fleet 2: Streaker	Fleet 3: ILCA / Laser
A			
	Numeral Pennant 1	Numeral Pennant 2	Numeral Pennant 3
	Fleet 4: RS Feva	Fleet 5: Topper	Fleet 6: Optimist
B			
	Numeral Pennant 4	Numeral Pennant 5	Numeral Pennant 6

- 7.2. The race committee intend to run individual starts for each fleet, but reserve the right to combine fleets if felt appropriate.
- 7.3. If conditions allow, regatta Fleet sailors will sail on Course B and start in their relevant class of main fleet boats. Briefing of the regatta fleet will be held with the coach after the main race briefing.
- 7.4. Regatta Fleet sailors will be identified by red ribbons tied onto the boom.

8. RACING AREA

8.1. The fleet will be split into two separate racing areas (Course Area A and Course Area B) as defined in SI 7.1. The expected location of both racing areas, on St Marys Loch, will be indicated at the Competitor Briefing.

9. RACE MARKS

- 9.1. Marks of the course will be large orange cylindrical marks (Course A) or yellow cylindrical marks (Course B). Existing fixed club spherical marks (pink) may be used (see SI 11.4).
- 9.2. A pink spherical “spreader” mark (depicted in the course diagrams as “S”) may be placed near to the windward mark to separate windward and leeward boats. If in place it is to be treated as part of course and must be correctly rounded as per the course diagrams.

10. OBSTRUCTIONS

10.1. A number of moorings are in place at the South-East corner of the loch. Any moored boats should be considered obstructions and sufficient space supplied by racing boats.

11. COURSE

- 11.1. Diagrams for possible courses are detailed in Appendix A. The diagrams indicate the order and direction in which the marks are to be passed. The diagrams do not accurately indicate the angle or distance between legs.
- 11.2. The number of the course to be sailed will be displayed on the committee boat using white letters on a blue background. The course number will be displayed no later than the first warning signal.

- 11.3. All marks are to be rounded as shown in Appendix A (port rounding), unless otherwise indicated by a green flag flown from the mast of the committee boat, in which case marks will be rounded on the opposite hand (starboard rounding).
- 11.4. Alternatively, the race committee may decide to use existing club race marks. In this eventuality this will be displayed on the noticeboard and sailors will be notified at briefing. Appendix B shows position of these marks.
- 11.5. All boats must go through the finish line on each leg from mark 4 to mark 1. Boats must not pass through the finish line on any other leg of the course.
- 11.6. Each race is expected to take the leading boat approximately 45 minutes. The number of laps to be sailed will not be pre-determined, and races will continue until finished in accordance with SI 13: *"The Finish"*

12. THE START

- 12.1. Races will be started using RRS 26, the warning signal will be made five (5) minutes before the starting signal. (i.e. the starting sequence in minutes will be 5 – 4 – 1 – GO)
- 12.2. Class starts will be at 5 minute intervals i.e. the start for the first class, will be the 5-minute warning for the next class, etc.
- 12.3. Timings are to be taken from the visual signals. The absence of a sound signal should be disregarded.
- 12.4. The start line shall be between the **flag staff** of the committee boat and a White outer distance mark. An inner distance buoy may be laid close to the committee boat. Boats must not pass between this buoy and the committee boat.
- 12.5. Boats whose warning signals have not been made shall avoid the start area.
- 12.6. RRS 30.3 (U Flag) or RRS 30.4 (Black Flag) may be used in any start sequence at the discretion of the race officer.
- 12.7. In the event of a general recall, the First Substitute will be lowered one (1) minute after the recalled fleet's start signal. The new warning signal will be at least one (1) minute thereafter.
- 12.8. A boat which does not start within 4 minutes of her starting signal shall be scored DNS. This changes RRS A4 and A5

13. THE FINISH

- 13.1. The finish shall be between the **flag staff** of the committee boat and a White outer distance mark.
- 13.2. Flag S will be displayed from the committee boat to indicate that boats will be finished at the end of the current round. If Flag S is displayed with a class flag, as defined in SI 7.1, the instruction will only apply boats sailing within that class. Finishing positions will take into account number of laps sailed.
- 13.3. Boats who have finished shall keep clear of the course and the finish line.
- 13.4. After the first boat has finished the race committee may finish other boats at their current position on the course with the W- flag.

14. RACE TIME LIMITS

- 14.1. The target time for the first boat finishing in each class is 45 minutes. Failure to meet the target time will not be grounds for redress. This changes RRS 61
- 14.2. The first mark time limit is 30 minutes. If no boat has passed the first mark within the first mark time limit, the race will be abandoned.

15. PENALTIES

- 15.1. RRS 44.1 is changed so that the Two-Turns penalty is replaced by a One-Turn Penalty, one tack and one gybe.
- 15.2. A competitor registered in the regatta fleet will not be penalised for receiving outside assistance from a coach. This is a modification to RRS 41 for applicable sailors.

16. HEARING REQUEST

- 16.1. Boats intending to protest shall inform the committee boat upon finishing a race.
- 16.2. Protest / advisory hearing forms shall be available at the clubhouse.
- 16.3. Protest time limit is 30 minutes after the race officer has returned to shore. The time limit will be displayed on the Official Notice Board.
- 16.4. Notices will be posted no later than 15 minutes after the protest time limit to inform competitors of hearings and the whereabouts in which they are parties or named as witnesses.

16.5. Notices of protests by the race committee or the protest committee will be posted to inform boats under RRS 61.1(b).

17. SCORING

17.1. One completed race is required for a result for the event.

17.2. The scoring system is the Low Point System per rule A4.

17.3. A boat's score shall be the sum of her race scores excluding her worst race scores as follows:

Number of Races Completed (Inclusive)	Discards
0 to 3	0
4 to 6	1
7 to 9	2

17.4. Rule A5.3 shall apply.

18. SAFETY REGULATIONS

18.1. Personal floatation devices must be worn at all times when afloat. (See SI 5.3)

18.2. All competitors should sign in at the registration desk on Saturday 16th May 2026 prior to the briefing, ensuring they confirm all supplied information is correct (including class, sail number and emergency contact details).

18.3. All boats shall "Tally" prior to going afloat – the tally board, and a competitor list detailing associated tally numbers, will be located beside the official noticeboard. Boats shall return the tally as soon as possible after coming ashore and no later than 30 minutes after the end of the last race of the day. Failure to tally will result in disqualification.

18.4. All boats leaving the race area during the race schedule shall, where possible, make a patrol boat or the committee boat aware they are leaving before heading for the shore.

18.5. Boats can be subject to a safety inspection at any time.

19. RISK STATEMENT

19.1. Rule 3 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."

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

19.2.1. 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.

19.2.2. They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore.

19.2.3. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions.

19.2.4. Their boat is in good order, equipped to sail in the event and they are fit to participate.

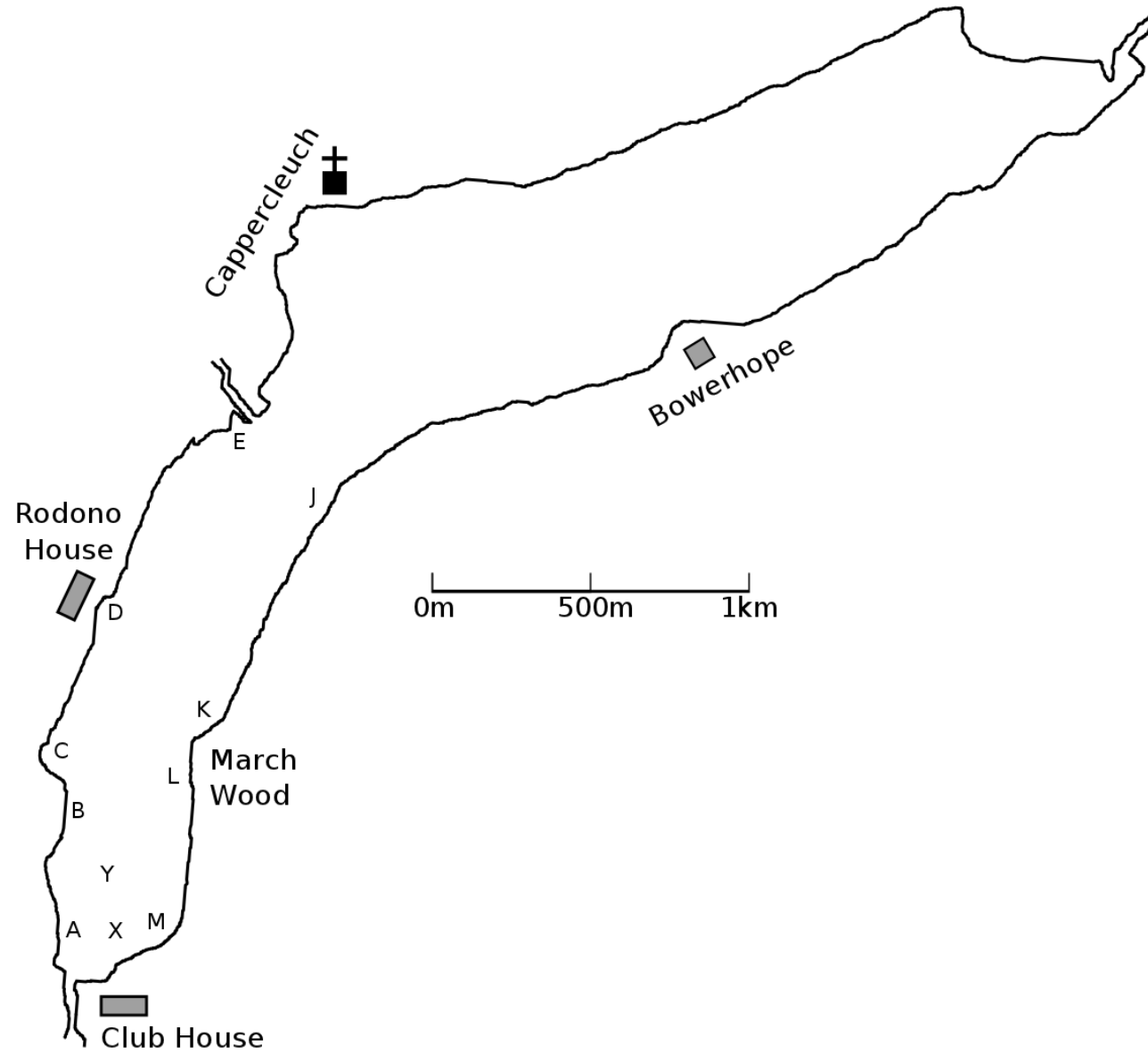
19.2.5. The provision of a race management team, patrol boats if any and other officials and volunteers by the event organiser does not relieve them of their own responsibilities.

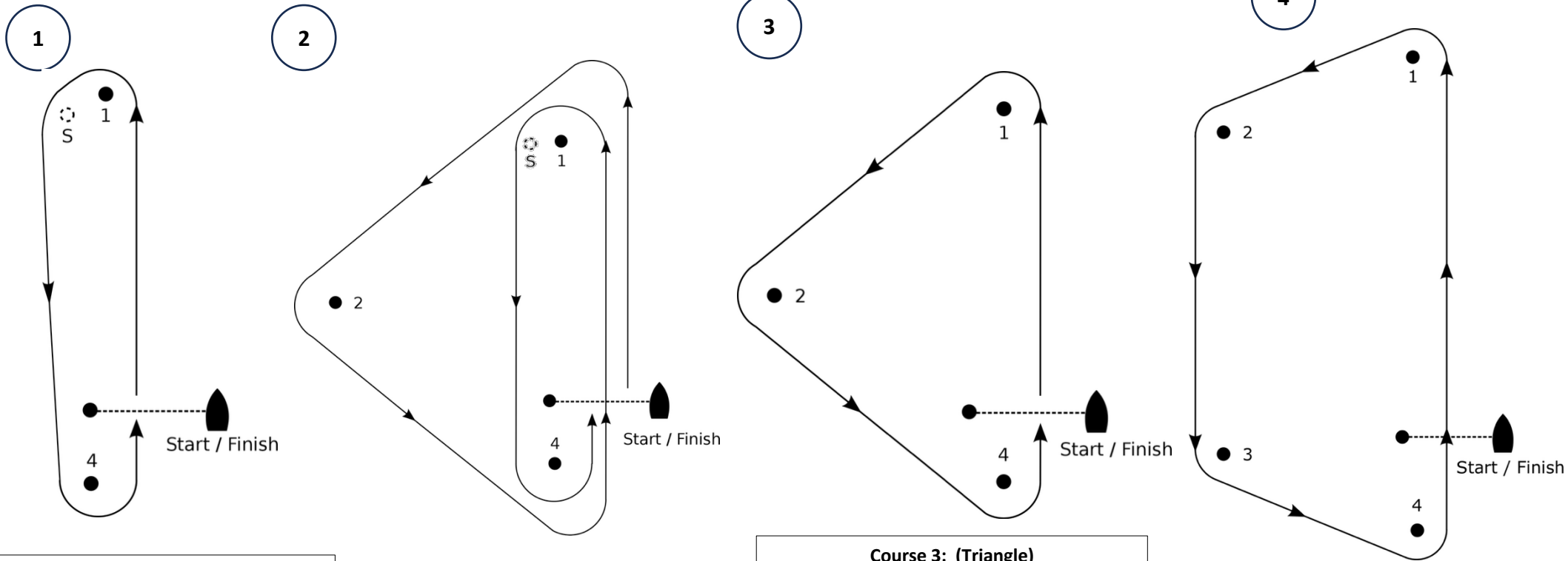
19.2.6. The provision of patrol boat cover if any is limited to such assistance, particularly in extreme weather conditions, as can practically be provided in the circumstances.

19.2.7. It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules or information produced for the venue or event and to attend any competitor briefing held for the event.

20. INSURANCE

20.1. All boats must have valid 3rd party insurance of at least £3,000,000



**Course 1: (Windward – Leeward)****Start – 1_p – (S_p) – 4_p – Finish – 1_p...**

to be repeated until Flag 'S' is used to indicate boats will be finished at the end of current round (see SI 13.2)

(All Marks Rounded to Port – Unless Signalled Otherwise – See SI 11.3)

Course 2: (“Olympic”: Triangle - Sausage)**Start – 1_p – 2_p – 4_p – Finish – 1_p – (S_p) – 4_p – Finish – 1_p ...**

to be repeated until Flag 'S' is used to indicate boats will be finished at the end of current round (see SI 13.2)

(All Marks Rounded to Port – Unless Signalled Otherwise – See SI 11.3)

Course 3: (Triangle)

Start – 1_p – 2_p – 4_p – Finish – 1_p ...
to be repeated until Flag 'S' is used to indicate boats will be finished at the end of current round (see SI 13.2)

(All Marks Rounded to Port – Unless Signalled Otherwise – See SI 11.3)

Course 4: (Trapezoid)

Start – 1_p – 2_p – 3_p – 4_p – Finish – 1_p ...
to be repeated until Flag 'S' is used to indicate boats will be finished at the end of current round (see SI 13.2)

(All Marks Rounded to Port – Unless Signalled Otherwise – See SI 11.3)