



RYA Cymru Wales Welsh Youth & Junior Championships

Plas Heli Welsh National Sailing Academy

13-14th September 2025

Sailing Instructions



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Plas Heli Welsh National Sailing Academy, Pwllheli

**The Organising Authority is RYA Cymru Wales in conjunction with
Plas Heli Welsh National Sailing Academy**

1. Rules

- 1.1.** The Event will be governed by the 'rules' as defined in the *Racing Rules of Sailing*.
- 1.2.** Competitors' attention is drawn to the local rules as detailed in the Notice of Race.
- 1.3.** For infringements of rules other than in Parts 1 and 2 of the RRS, the protest committee may award a penalty less than disqualification. [DP]

2. Notice to Competitors

- 2.1.** Notices will be posted on the official notice board, which is situated in the main hall.
- 2.2.** The race office will be located in one of the training rooms off the main hanger.
- 2.3.** A Telegram group that is broadcast only will be used to send out notifications and will be used as a supporting tool and not an official communication. [Telegram: Join Group Chat](#)
- 2.4.** Failure to post notices shall not be grounds for request for redress under RRS 62.1(a).



3. Briefing

- 3.1.** There will be a Competitor Welcome Briefing on Saturday 13th September at 10am in the Main Hanger.
- 3.2.** Coached Regatta Fleet will have a sailor briefing immediately following the 10am Competitor Welcome Briefing.

4. Changes to Sailing Instructions

- 4.1.** Any change to the sailing instructions will be posted on the Official Notice Board at least one hour before the advertised warning signal of the race or races concerned, and signaled by displaying flag L ashore (SI 5).

5. Signals Made Ashore

- 5.1.** Signals displayed over a class flag apply to that class only.
- 5.2.** If Flag L is displayed (A notice to competitors has been posted) it will be flown with a numeral pennant indicating the latest notice posted.



Flag	Description
D 	Boats may not launch until Flag D is displayed over their class flag with a sound signal. The warning signal will be made not less than 30 minutes after Flag D is displayed and not before the scheduled time, whichever is later.
AP 	Flag AP may be displayed ashore to signify racing is postponed. Should AP be displayed with a Class Flag, the postponement will apply only to the fleets whose Class Flags are displayed. When Flag AP is displayed ashore race signal AP is changed in that, Flag AP displayed without a numeral pennant means Racing is postponed indefinitely. D flag will be displayed soon after AP is removed. This changes race signal AP.

6. Format of Racing

- 6.1.** The regatta will consist of a Single Series for all fleets.
- 6.2.** The General Handicap (29er, 420, RS Feva, Other) fleet will be scored using a boats average lap time and the Portsmouth Yardstick.

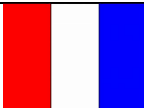
7. Schedule of Races

Racing is scheduled as follows

Day	Races	Time of Warning Signal
Saturday	Up to 5 races	Scheduled time of warning signal for first race 11:27
Sunday	Up to 5 races	Scheduled time of warning signal for first race 10:27

- 7.1.** There will be a maximum of 10 races per fleet across the weekend.
- 7.2.** It is intended that the Main Fleet races for each class will be sailed back-to-back, each day, with no opportunity for competitors to return to shore between races. The CROESO boat will be available to sailors between each race. Coached Regatta fleet will come ashore for lunch.
- 7.3.** To alert boats that a race or sequence of races will begin soon an orange flag will be displayed with one long sound signal at least two minutes before a warning signal is displayed.
- 7.4.** No warning signal will be made after 15:00 on the final day.

8. Class Flags & Identification

Class	Description	Picture
Topper & RS Tera Pro	Code Flag T	
Optimist RS Tera Sport	Code Flag O	
ILCA	ILCA Class Flag	
General Handicap	Code Flag G (29er, 420, RS Feva, Other)	
Coached Regatta	Pirate Flag	

9. Racing Area

9.1. The racing areas are identified in Attachment A

10. The Courses for Main Fleet (Orange Course)

- 10.1.** The diagrams in Attachment B show the courses, including the course letters, the order in which marks are to be rounded or passed, and the side on which each mark is to be left.
- 10.2.** If there is only one leeward mark (Mark 3,4) the mark shall be passed to port.
- 10.3.** To designate the course to be sailed in each race, the Race Committee shall display the course letters and the number of beats to be sailed on a board at the back of the Committee Boat.
- 10.4.** When sailing course LR, the course may be amended by the display of flag S on the committee boat with two sound signals. When displayed, the signal will be the “proceed to finish signal for the average lap racing” so all boats will go to the finish after passing mark 2P no matter what lap they are on. The finish line will be off the bow of the committee boat, between the LR course finishing mark and the staff displaying a Blue flag on the committee boat. This amends RRS 32.
- 10.5.** When sailing courses I or O, RRS 32 is unamended and the Race Committee may shorten the course before rounding a mark by displaying Flag S with two sound signals on an Official Boat. In this case the finishing line shall be between the centreline of the rounding mark and the staff displaying Flag S on the Official Boat.
- 10.6.** The intention is for ILCA and Optimist/ RS Tera Sport and Topper/ RS Tera Pro to sail either O or I, and General Handicap to sail LR.
- 10.7.** The Course for Coached Regatta Fleet will be described at at the Sailor Briefing on Saturday morning.

11. Obstructions

- 11.1.** A safety boat or competitor in difficulty is an obstruction.

12. Marks

Course Orange – ILCA 4,6&7, General Handicap (29er, 420, RS Feva, other), RS Tera Sport & Pro, Optimist, Topper 5.3 & 4.2

12.1. Marks 1, 2, 3, 4 will be Red cylindrical marks.

12.2. General Handicap may have a separate Marks 1 which will be yellow, all other marks will be red cylindrical.

12.3. Starting marks will be a race committee boat displaying an orange flag at the starboard end and a boat or a dan-buoy displaying an orange flag at the port end.

12.4. Finishing marks will be a race committee boat displaying a blue flag and buoy displaying a blue flag.

Course Blue – Coached Regatta Fleet

12.5. Marks 1, 2, 3, 4 will be yellow pencil marks.

12.6. Starting marks will be a race committee boat displaying an orange flag at the starboard end and a boat or a dan-buoy displaying an orange flag at the port end.

12.7. Finishing marks will be a race committee boat displaying a blue flag and a buoy displaying a blue flag.

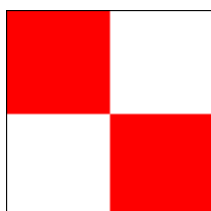
13. The Start

13.1. Races will be started in accordance with RRS 26.

Title	Minutes Before Starting Signal	Flag & Sound
Warning	3 minutes	Class Flag Displayed; 1 sound signal
Preparatory	2 minutes	Either Flag P, Flag U or Black Flag Displayed; 1 sound signal
Penalty period	1 minute	Either Flag P, Flag U or Black Flag Removed; 1 sound signal
Start	0 minute	Class Flag Removed ; 1 sound signal



P Flag



U Flag



Black Flag

13.2. There will be a gap of not less than one minute after a start before the warning signal for the subsequent class. If there is a General Recall, then the subsequent classes' start will be delayed in order to maintain the start sequence.

- 13.3.** The starting line will be between staffs displaying Orange flags on the Race Committee boat and the starting mark.
- 13.4.** Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races. [DP]
- 13.5.** A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.

14. Change of course after the start

- 14.1.** The race committee may move a mark (or the finishing line) up to 100m without signaling the change. No other changes will be made during racing. This changes RRS 33.

15. The Finish

- 15.1.** The Finishing line will be between a staff on the Race Committee boat displaying a Blue flag and a mast on a boat or a dan-buoy displaying a Blue flag or the centreline of a blue dumpy mark.

16. Alternative Finishes

- 16.1.** The Race Committee may finish boats in accordance with SIs 10.4 & 10.5 by displaying Flag S on the Race Committee or an Official Boat.
- 16.2.** After the first boat has finished the Race Committee may finish other boats at a mark of the course or on a leg of the course.
- 16.3.** When an Official Boat displays flag W with two sounds, boats may be finished by this Official Boat on the race course.



- 16.4.** When a boat is finished by an Official Boat flying flag W she shall be given a finishing place in her position on the course and will usually be finished at a mark. This changes RRS 28, 35, A4 and A5.

17. Time limit.

- 17.1.** Boats failing to finish within 20 minutes of the first boat in their class will be scored as DNF. This changes RRS 35, A4 and A5.

Fleet	Target Time	Time Limit for First boat to Finish
Main Fleet (Orange Course)	30 Minutes	50 Minutes
Coached Regatta (Blue Course)	20 Minutes	40 Minutes

18. Radio Communication

- 18.1.** [DP] Except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

19. Post Race Penalty, Advisory Hearings & Arbitration Hearings.

- 19.1.** The Post Race Penalty, Advisory Hearing and RYA Arbitration of the RYA Rules Disputes procedure shall apply. The outcome of an RYA Arbitration can be referred to a protest committee, but an arbitration cannot be reopened or appealed. Notices explaining the procedures will be available on the official notice board.

20. Protests

- 20.1.** Protest forms are available at the race office.
- 20.2.** The protest time limit will be posted on the Official Notice Board. The protest time limit will be 60 minutes after the last boat of each class has finished the last race of the day or the race committee signals no more racing today, whichever is later. The same time limit applies to protests by the Race Committee. This time limit also applies to requests for redress. This changes RRS 61.3 and 62.2.
- 20.3.** Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the designated jury room. Hearings may start before the scheduled time with the agreement of all parties.
- 20.4.** Notices of protests by the race committee or protest committee will be posted on the official notice board to inform boats under RRS 61.1(b).
- 20.5.** On the last day of scheduled racing, a party to a hearing may ask for a re-opening no later than 30 minutes after being informed of the decision. This changes RRS 66.
- 20.6.** Protests under sailing instruction points 22, 23 & 24 may be brought only by the Race Committee or Protest Committee and not by a competitor. This changes RRS 60.1.

21. Scoring

- 21.1.** The Low Point scoring system of Appendix A will apply.
- 21.2.** One race is required to be completed to constitute the series for all classes.
- 21.3.** Each boat's series score will be the total of her race scores with her worst score discarded if three or more races are completed. A second discard will be applied if six or more races are completed. A third discard will be applied if nine or more races are completed.
- 21.4.** To request correction of an alleged error in posted race or series results, a boat shall complete a scoring enquiry form available from the race office.
- 21.5.** Competitors in the Topper Fleet using either the 5.3m² or 4.2m² rigs will race as a combined fleet but will be scored as separate fleets.
- 21.6.** Competitors in the RS Tera Sport and Pro rigs will race as a combined fleet but will be scored as separate fleets.
- 21.7.** Competitors in the ILCA 4, 6 & 7 rigs will race as a combined fleet but will be scored as separate fleets.
- 21.8.** The General Handicap fleet will be scored using a boats average lap time and the Portsmouth Yardstick.
- 21.9.** Competitors in the coached Regatta fleet will be scored using a boats average lap time and the Portsmouth Yardstick, unless there are enough boats in one fleet to make a class (6 or more boats).

22. Safety

- 22.1.** All competitors shall wear a personal flotation device at all times when afloat, except briefly when changing or adjusting clothing or personal equipment. RRS 40.1 Applies.[DP]
- 22.2.** A boat that retires from a race shall notify the race committee as soon as possible.[DP]
- 22.3.** Boats wishing to sail ashore before the end of the day's racing shall not do so unless authorized by a safety boat. The safety boat will instruct boats in the procedure for returning ashore. Boats shall follow the instructions of the safety boats. Failure to do so will be reported to the race committee, which may protest the boat. Boats penalised under this instruction may be scored DNE, or such other penalty that the protest committee may decide. This changes RRS 64.1(a).

23. Tallies

- 23.1.** Sailors will be required to tally out and tally in on each scheduled racing day.
- 23.2.** Tallies comprise of numbered BIB for helms, and a plain BIB with numbered tally band to be worn on the left wrist for crews. Numbers will be allocated at registration. The BIB shall be worn visibly over the top of any life jacket.
- 23.3.** The tally point will be at the top of the beach down the ramp.
- 23.4.** Both helm and crew shall individually tally out and in.
- 23.5.** Helm and crew must tally in before the end of the protest time limit.
- 23.6.** The penalty for not tallying out or in shall be at the discretion of the Protest Committee. [DP]
- 23.7.** There will be a fee of £10 payable to RYA Cymru Wales for any lost BIBs.

24. Replacement of Crew or Equipment [DP]

- 24.1.** Substitution of competitors will not be allowed without prior written approval of the Race Committee. Requests shall be through the race office.
- 24.2.** Substitution of damaged or lost equipment will not be allowed unless approved by the Race Committee. Requests for substitution shall be submitted in writing using forms available from the Official Notice Board. Failure to do so, the refusal of the request, or the replacement equipment not complying with the class rules, may result in the boat being penalised.
- 24.3.** Only one sail may be used during the event except if lost or damaged beyond repair.
- 24.4.** Toppers must nominate sail size (4.2 or 5.3) at the beginning of the Championship.

25. Official Boats

- 25.1.** Official boats will be as follows:

Race Committee Boats
Safety/ Coach Boats
Medic Boats/ CROESO

26. Support Boats

- 26.1.** Only official boats (those invited by and registered with the organisers) may enter the course area. There shall be no communication with competitors while afloat except by official boats.

27. Boats and Competitors in Difficulty

- 27.1.** When the race committee considers that a boat or competitor is in difficulty it may instruct the boat or competitor to accept outside help, retire or sail ashore. This changes RRS 41.

28. Prizes

- 28.1.** Prizes are detailed in the Notice of Race.

29. Disclaimer of liability

29.1. Risk Statement

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."

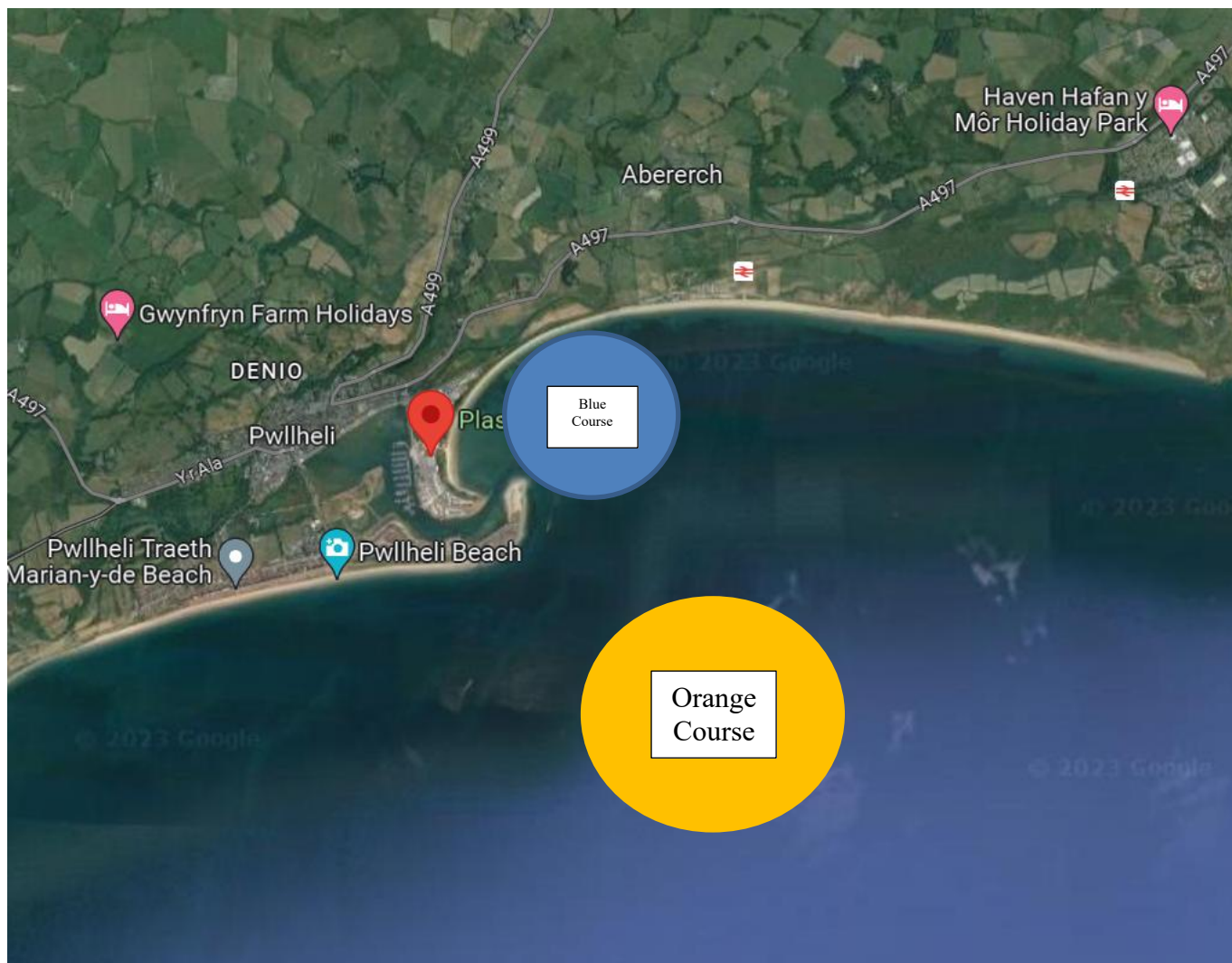
Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- 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 omission;
- 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 organiser 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 practically provided in the circumstances;
- g) It is their responsibility to familiarise 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.** Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3 million per event or the equivalent.

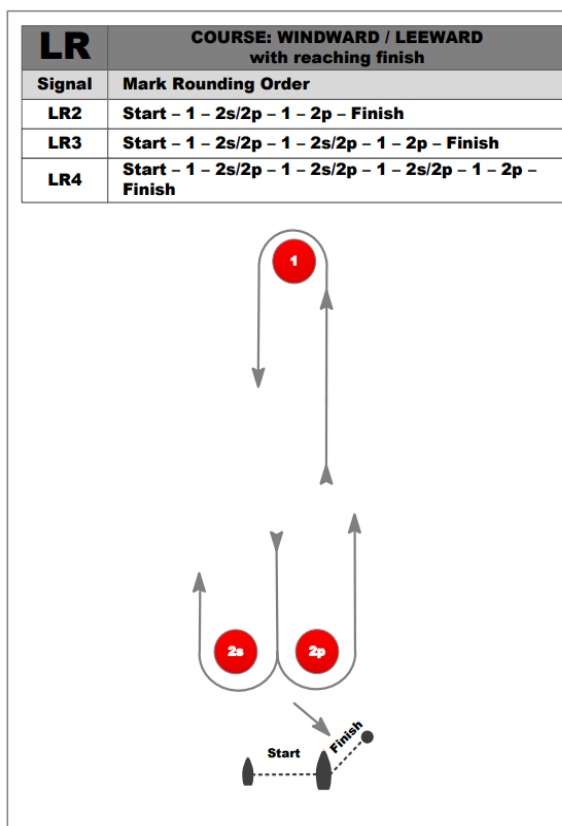
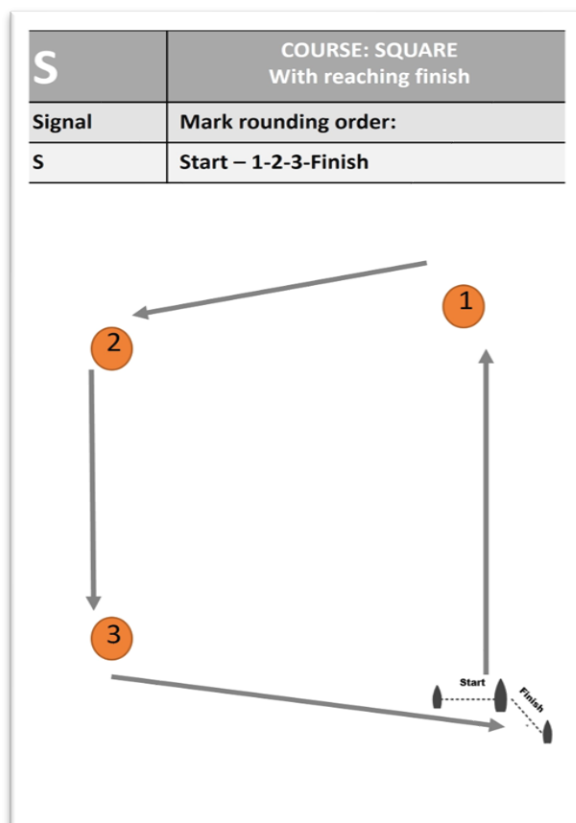
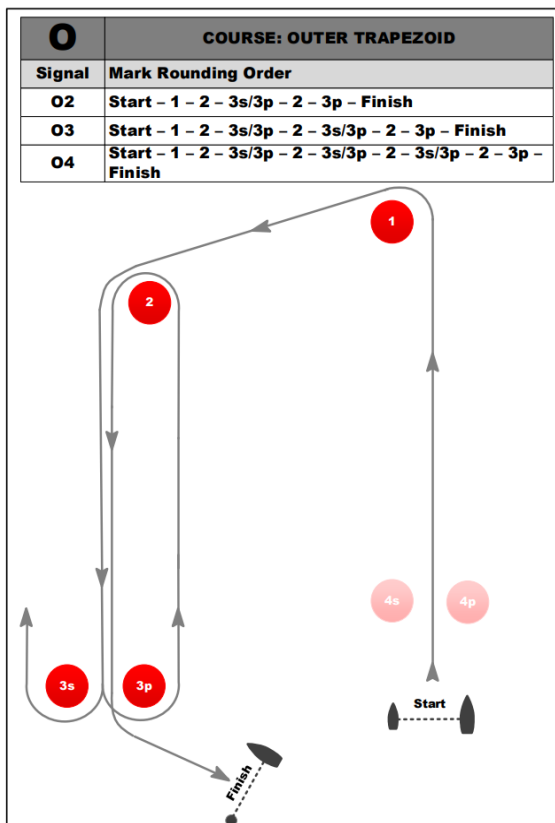
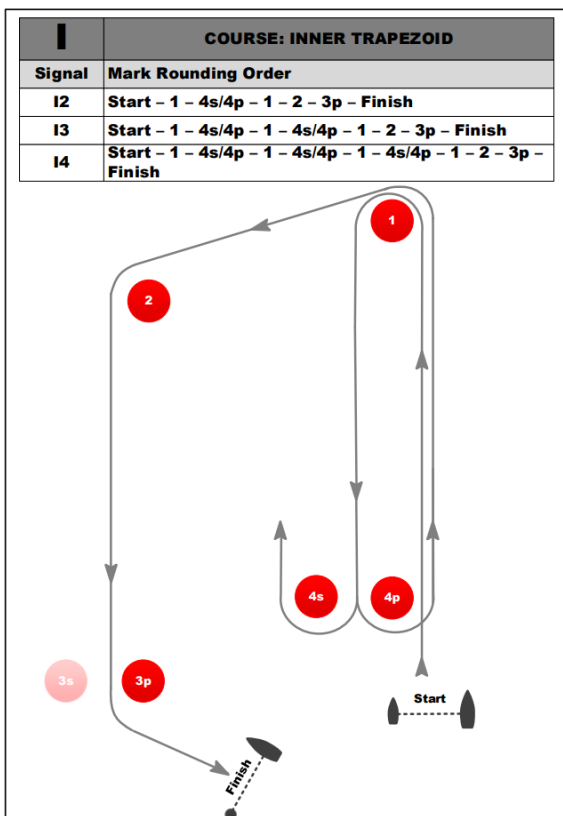
Attachment A – Racing Area



Blue Course – Coached Regatta

Orange Course – ILCA, 420, 29er, RS Feva, General Handicap, Optimist, Topper, RS Tera

Attachment B – The Course



T	COURSE: TRIANGLE
Signal	Mark rounding order:
T1	Start- 1-2-3-Finish
T2	Start-1-2-3-1-2-3-Finish

