



inspiring generations afloat

National Sonata Class



Sonata Eastern Championship

Saturday 24 May 2025 to Sunday 25 May 2025

**Organised by the Colne Yacht Club in conjunction with the Class Association
CYC, Waterside, Brightlingsea, Essex CO7 0AX**

SAILING INSTRUCTIONS

1 RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing* (RRS).

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change in the sailing instructions will be posted before 06.00 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.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to Competitors will be posted on the official notice board located to the left of the CYC front door.
- 3.2 (DP) From the first warning signal until the end of the last race of the day, 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.
- 3.3 There may be an informal communication of information via digital media, however, the Official Notice Board at the CYC remains the primary method of communication.
- 3.4 The VHF radio - as required by class rules - shall be capable of operating on Channel 72.

4 CODE OF CONDUCT

- 4.1 Competitors and support persons shall comply with reasonable requests from event officials. Failure to comply may be misconduct. Reasonable actions by event officials to implement COVID-19 guidance protocols or legislation, even if they later prove to be unnecessary, are not improper actions or omissions (DP).

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed at a flagpole which is a halyard on the CYC Balcony Flagpole.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

6 SCHEDULE

6.1	Day	Date	Event	Time
	Friday	23 May	Registration & Briefing	12.00 – 18.00
	Saturday	24 May	Boats exit harbour	09.00
			Race 1	Warning signal 10.00
			Race 2 & 3	After the previous race
			Saturday Prize giving	18.00
			Saturday Meal	19.00
			Live music from	20.00
	Sunday	25 May	Boats exit harbour	09.00
			3 Races	Warning signal 10.30
			Prize giving	17.30
			BBQ	18.30

- 5.2 Races will be sailed back-to-back.
6 Races are scheduled at 3 per day with a maximum of 3 races on any one day.
- 5.3 To signal that another race may be sailed as per 5.2, the Committee Boat will display Code Flag G at the finish.
- 5.4 To alert boats that a race will begin soon, the orange starting line flag will be displayed with one sound signal at least five minutes before a warning signal is made.
- 5.5 No race will be started after 15.00 on Sunday 25th May 2025.
- 5.6 The O.A. and/or the R.C. reserve the right to modify the programme due to weather conditions or other causes.

7 CLASS FLAG

- 7.1 The class flag will be: International Code Flag F



8 RACING AREA

- 8.1 The racing area will be in the Colne Estuary.

9 THE COURSES

- 9.1 The diagram in the **Course Appendix A** shows the course, the order in which marks are to be passed, and the side on which each mark is to be left.
- 9.2 The approximate magnetic bearing of Mark '1' from the Committee Boat may be displayed on the Committee Boat before the warning signal.
- 9.3 The number of laps will be displayed on the Committee Boat before the warning signal. A lap is counted as being one circuit of the course.
- 9.4 Boats must not sail through the start/finish line on the down wind leg.

10 MARKS

- 10.1 Windward and Leeward marks will be yellow cylindrical inflatable marks, approximately 1m high and the spreader mark (1a Appendix A) will be an orange buoy.
- 10.2 Starting/Finishing marks will be a race committee boat at the starboard end, including any attached boats or buoys, and a pink with black flag spherical buoy approximately 0.5-0.8m in diameter at the port end.

11 LOCAL NAVIGATION REQUIREMENTS AND AREAS OF OBSTRUCTION

- 11.1 Competitors are reminded of their personal responsibilities for complying with International and National Regulations and Local by-laws governing marine navigation.
- 11.2 Abridged extract from the International Regulations for Preventing Collisions at sea, 1972:
- "A boat shall not impede the passage of a vessel which can safely navigate only within a narrow channel or fairway. A boat shall not cross a narrow channel or fairway if such crossing impedes the passage of a vessel which can safely navigate only within a narrow channel or fairway. The latter vessel may use five short and rapid blasts of her sound signal if she is in doubt as to the intention of a crossing boat."*
- 11.3 Competitors are asked to note that the beach known as Second Beach which lies to the East of the estuary is a Nature Conservation area with landing restricted to an area designated between the two arrows.

12 THE START

- 12.1 Races will be started in accordance with RRS 26 with the Warning Signal 5 minutes before the start.
- 12.2 The starting line will be between a staff flying an orange flag on the Race Committee boat at the Starboard end and the Port end start mark which will be pink with black flag spherical buoy.
- 12.3 An Inner Distance Mark may be deployed, which will be a mark of the course. No boat shall

pass between the IDM and any part of the vessel it guards at any time.

- 12.4 A boat that does not start within 5 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1. & A 5.2
- 12.5 Individual recalls and boats disqualified under 30.3 and 30.4 may be announced on the VHF using sail numbers. This is in addition to and changes 29.1 and 30.3 and 30.4. Failure to carry a VHF or failure to complete or receive the transmission clearly shall not be grounds for redress. This changes RRS 62.1

13 CHANGING THE NEXT LEG OF THE COURSE & SHORTENING COURSE

- 13.1 To change the next leg of the course, the race committee will move the original mark.
- 13.2 RRS 33 (a) (2) is modified in that the shape of the flag or board shall have no significance.
- 13.3 Courses may be shortened:
 - a) Either when the leading boat approaches Mark 1 in accordance with RRS 32.2(a).
 - b) when the Committee Boat displaying flag S with two sounds. Boats shall pass Mark 2 on the correct side and sail directly to the Finish Line as defined in SI 14. For the convenience of competitors, another boat appointed by the Race Committee may repeat the display of flag S near Mark 2 with repeated sound signals to draw attention to the shortened course, but this does NOT change the requirement to finish as defined in SI 14.1. This changes RRS 32.2 (a), (b) and (c).

14 THE FINISH

- 14.1 The finishing line will be between a staff flying an orange flag on the Race Committee boat at the Starboard end and the port end finishing mark which is a pink with black flag spherical buoy.
- 14.2 The race committee may score boats based on their relative positions at a mark of the course or on a leg of the course as follows:
 - 14.2.1 When an official boat displays flag W with two sounds, boats still racing may be scored as their observed position on the racecourse.
 - 14.2.2 When a boat is scored in accordance with this instruction, she shall be given a score for a place after all boats that have sailed the course and finished. This changes RRS A4 and A5.
 - 14.2.3 BOATS MUST NOT SAIL THROUGH THE START/FINISH LINE ON THE DOWN WIND LEG. THEY CAN PASS TO STARBOARD OF THE COMMITTEE BOAT OR PORT OF THE PIN END BUOY. BOATS WILL BE DISQUALIFIED WITHOUT REDRESS IF THEY INFRINGE THIS RULE.

15 PENALTY SYSTEM

- 15.1 The Scoring Penalty, RRS 44.3, will not apply.
- 15.2 RRS Appendix 'P' will apply. The Race Committee and specifically nominated Patrol Boat crews are designated observers for the Protest Committee in the application of RRS Appendix P.

16. TIME LIMITS

- 16.1 The Mark 1 Time Limit, Target Time, Race Time Limit (see RRS 35), and Finishing Window are shown in the table below.

Mark 1 Time Limit	Race Target Time	Race Time Limit	Finishing Window
30 minutes	60 minutes	90 minutes	20 minutes

- 16.2 If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned
- 16.3 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalised or given redress, will be scored Did Not Finish (DNF) without a hearing. A boat scored DNF shall be scored points for the finishing place one more than the points scored by the last boat the finished within the Finishing Window. This changes RRS 35, A5.1, A5.2 and A10.
- 16.4 Failure to meet the Target Time will not be grounds for redress. This changes RRS 62.1(a)

17 PROTESTS AND REQUESTS FOR REDRESS

- 17.1 The end of protest time is 90 minutes after the last boat finishes in the last race of the day. This time will be recorded by the race office and posted on the official noticeboard.
- 17.2 Protest forms are available at the CYC Race Office. Protests and requests for redress or reopening shall be delivered there within the protest time limit.
- 17.3 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. This notice will include the time and place of the hearing.
- 17.4 Notices of protests by the race committee or protest committee will be posted to inform boats under RRS 61.1(b).
- 17.5 A list of boats that have been penalised for breaking RRS 42 under Appendix P will be posted.
- 17.6 Breaches of sailing instructions 10.1 – 10.3, 11, 15.3, 19, 22, 23, 24 and 26 will not be grounds for a protest by a boat. This changes RRS 60.1(a). Penalties for breaches of these and the class rules may be less than disqualification if the protest committee so decides. The scoring abbreviation for a discretionary penalty imposed under this instruction will be DP.

18. SCORING

- 18.1 2 races are required to be completed to constitute a series.
- 18.2 When fewer than 4 races have been completed, a boat's series score will be the total of her race scores.
- 18.3 When from 4 to 6 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

19 SAFETY REGULATIONS

19.1 Boat shall register with the committee boat on arrival in the racing area stating how many crew they have on board.

19.3 A boat that has retired, shall inform the committee boat and if they have taken a penalty or retired shall make a declaration to this effect at the CYC Race Office immediately on returning ashore.

20 REPLACEMENT OF CREW OR EQUIPMENT

20.1 Substitution of competitors will not be allowed without prior approval of the race committee. Requests shall be submitted to the race office in writing not less than 2 hours before the start of the first race of the day and will be posted on the official notice board.

20.2 Substitution of damaged or lost equipment will not be allowed unless authorised by the race/technical committee. Requests for substitution shall be made to the race committee at the first reasonable opportunity.

21 EQUIPMENT AND MEASUREMENT CHECKS

21.1 A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions.

21.2 The Race Committee or their instructed representative may weigh, measure or inspect a boat and/or her equipment before, during or after any race.

21.3 Under exceptional circumstances, the Race Committee may permit a boat to carry a distinguishing number other than that required by RRS 77 and Appendix 'G' or her class rules. Requests shall be submitted to the race office in writing not less than 2 hours before the start of the first race of the day.

22 OFFICIAL BOATS

22.1 Official vessels will either display CYC signage or be listed on the official notice board.

23 SUPPORT BOATS

23.1 Except when acting in a direct and immediate safety capacity, team leaders, coaches and other support personnel shall stay outside areas where boats are racing from the time of the warning signal of the first race until all boats have finished or the race committee signals a postponement, general recall or abandonment. The penalty for failing to comply with this SI will be applied to the competing boat associated with the infringing support boat and a scoring penalty calculated using the formula in RRS 44.3 (c) will be applied to the race sailed nearest in time to the incident.

24 TRASH DISPOSAL

24.1 Trash may be placed aboard support or official boats.

25 HAUL OUT RESTRICTIONS

25.1 Boats shall not be hauled out during the event except and according to the terms of prior written permission of the race committee.

26 DIVING EQUIPMENT & PLASTIC POOLS

- 26.1 Underwater breathing apparatus and plastic pools, or their equivalent shall not be used around the boats between the preparatory signal of the first race and the end of the event.
- 26.2 Boats shall not be cleaned below the waterline by any means from 09.00 24 May 2025 until 16.00 25 May 2025.

27 DISCLAIMER OF LIABILITY

- 27.1 Competitors participate in the regatta entirely at their own risk. See RRS 3, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

Rule 3 of the RRS states “the responsibility for a boat’s decision to participate in a race or to continue to race 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 while taking part in the event;
- (b) They are responsible for the safety of themselves, their crew, their boat and other property whether afloat or ashore.
- (c) They accept responsibility for any injury, damage or loss 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 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.

N.B When applicable, parents or guardians of competitors under 16 years old will be required to take full responsibility for their dependents throughout the event and to sign the parental permission form provided at registration.

28 PRIZES

- 28.1 Trophies and/or prizes will be given to the winner and to a number of other boats at the discretion of the organisers. The Eastern Regional Championships trophy will be awarded to the series winner by the Class Association.

29 INSURANCE

- 29.1 Each participating boat shall be insured with adequate valid third part insurance with a minimum cover of £3,000,000 (or its equivalent thereof in any currency) per incident or the equivalent.

APPENDIX A

