



inspiring generations afloat

NATIONAL SONATA CLASS **Wednesday Evening League 2026**

Organising Authority: Colne Yacht Club.
CYC, Waterside, Brightlingsea, Essex CO7 0BA

SAILING INSTRUCTIONS

THESE SAILING INSTRUCTIONS ARE SPECIFIC TO THE WEDNESDAY EVENING LEAGUE AND MUST NOT BE USED FOR ANY OTHER EVENT.

1 RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing* (RRS).
- 1.2 Any spinnaker flown in Brightlingsea Creek as part of the last lap shall **be lowered and stowed before** the boat reaches the BSC start/finish line. Failure to do so may be scored DSQ without a hearing.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change in the sailing instructions will be posted before 15.00 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 and maybe issued on the CYC WhatsApp racing group.
- 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 All boats shall have a VHF on Channel 37/M1 for communications from the Race Committee. This shall be monitored at all times. Failure to receive any communication shall not be grounds for redress. This changes RRS 61.4.

4 CODE OF CONDUCT

4.1 Competitors and support persons shall comply with reasonable requests from event officials. Failure to comply may be misconduct. (DP).

5 SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed at a flagpole which is a halyard on the CYC Balcony.

5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.

6 SCHEDULE – as per the CYC Calendar

6.1	First evening race	First start 18.30
	Second race	ASAP after First race

6.2 Races will be sailed back-to-back.
2 Races are scheduled on each evening

6.3 No race will be started after 20.00 on any evening.

6.4 The O.A. and/or the R.C. reserve the right to modify the programme due to weather conditions or other causes.

7 CLASS FLAGS

7.1 The class flag will be:

Code Flag F

8 RACING AREA

8.1 The racing area will be in the Colne Estuary.

9 THE COURSES

9.1 Courses will be Windward – Leeward races with marks A and B left to port. See Appendix A

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.

9.4 Boats shall not sail through the Start/Finish line on the downwind leg. They may sail either side of the line.

10 MARKS

10.1 Rounding marks will be announced by the Race Officer before the first start by VHF

- 10.2 Starting and finishing marks will be a race committee boat at the starboard end, including any attached boats or buoys, and an orange buoy with a black flag 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 the CYC flag on the Race Committee boat at the Starboard end and the Port end start mark.
- 12.3 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
- 12.4 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 61.4

13 CHANGING THE NEXT LEG OF THE COURSE & SHORTENING COURSE

- 13.1 Any change to the course or shortening the course shall be announced by VHF Channel 37. Failure to carry a VHF or failure to complete or receive the transmission clearly shall not be grounds for redress. This changes RRS 61.4

14 THE FINISH

- 14.1 The finishing line will be between a staff flying the CYC flag on the Race Committee boat at the Starboard end and the Port end finishing mark.
- 14.2 For the second race, the boats shall after rounding the windward mark for the last time (Number of laps set by the RO SI 9.3), proceed through the gate (Post and Creekmouth Cardinal Mark) and finish on the CYC line observing all navigation marks. The CYC line will be on the CYC Balcony.

14.3 The race committee may finish boats based on their relative positions at a mark of the course or on a leg of the course as per 16.3

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 any 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
25 minutes	50 minutes	80 minutes	10 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 given places as per 14.3. A boat shall be scored points for the finishing place allocated under 14.3. 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 61.4.

17 PROTESTS AND REQUESTS FOR REDRESS

17.1 The protest time limit is 30 minutes after the last boat that has raced crosses the CYC line. This time will be recorded by the race office and posted on the official noticeboard.

17.2 Protests shall be in writing using the World Sailing or RYA forms. Hearing request forms are available at the CYC or can be downloaded from <http://www.rya.org.uk/racing/templates> . Protests and requests for redress or reopening shall be delivered to the Race Officer or their representative at the CYC, 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. This may not be on the same day.

17.4 Notices of protests by the race committee or protest committee will be posted to inform boats under RRS 60.2(d).

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 11, 19, 22, 24 and 25 will not be grounds for a protest by a boat. This changes RRS 60.2. 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 – FOR EACH EVENT

18.1 One race is required to be completed to constitute a series.

18.2 Discards shall be calculated on the number of races sailed as follows:

(A boat's series score will be the total of her race scores excluding her worst scores from races completed, as follows:

Races completed: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Scores excluded: 0 0 0 1 1 2 2 2 2 3 3 3 3 4 4

Scores to count 1 2 3 3 4 4 5 6 7 7 8 9 10 10 11

18.3 Boats finishing outside the Finishing Window shall be scored as per 16.3

19 SAFETY REGULATIONS

19.1 Boats shall 'sign on' at the CYC before going afloat. They shall sign off as soon as returning ashore. Failure to comply with this SI will result in a 5-point penalty in the race closest to the infringement; other boats will not be rescored. This penalty can be mitigated by payment of a £10 fee to the club which will be donated to the RNLI. This changes RRS 60.5. (b). (3).

19.2 A boat that has taken a penalty or retired shall make a declaration to this effect at the same time as signing off (see SI 19.1).

20 REPLACEMENT OF EQUIPMENT

20.1 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 1 hour before the start of the first race of the day.

22 TRASH DISPOSAL

22.1 Trash shall be disposed of ashore.

23 DISCLAIMER OF LIABILITY

23.1 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 in club racing on other people’s boats, and shall sign the parental permission form provided by CYC.

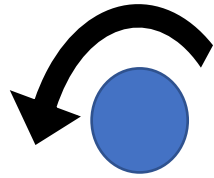
24 PRIZES

24.1 Trophies and/or prizes will be given to the winner and to a number of other boats at the discretion of the organising authority.

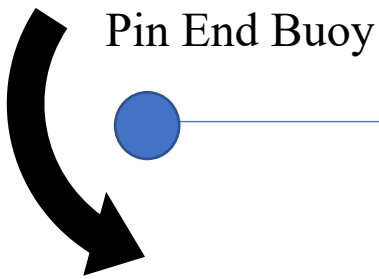
25 INSURANCE

25.1 It is the responsibility of the owner or person in charge of each participating boat to ensure that the boat carries adequate valid third-party liability insurance to cover racing in all circumstances and for every event or the equivalent. The CYC may choose to set a minimum figure on their registration documents.

APPENDIX A See also 9.4



Mark A



Pin End Buoy



Committee Boat

Mark B

