

Regional Windsurfing League Sailing Instructions 2025



Venue Zone Event Date

The Organising Authority is the Techno class association in conjunction with the host venue.

6.8m & 7.8m	6.8
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1.0 RULES

- 1.1 Racing will be governed by the *rules* as defined in The Racing Rules of Sailing (RRS).
- 1.2 All visiting competitors will be deemed temporary members of the host club during the event and as such shall abide by all the Club's rules and by-laws.

2.0 NOTICE TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board. The location of the Official Notice Board will be given in the briefing.

3.0 CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted not less than 60 minutes before the scheduled start time.

4.0 SIGNALS MADE ASHORE

- 4.1 Flag L with a sounds means: 'A notice to competitors has been posted'
- 4.2 The location of the flag ashore will be posted on the Official Notice Board



5.0 SCHEDULE OF RACING

- 5.1 The first scheduled start will not be before 11:05 hrs
- 5.2 No racing will start after 16:00 hrs
- 5.3 There will be a maximum of 9 races; some races may be back to back

6.0 FLEETS

Racing will take place in the following fleets: 3.5m, 5m, 5.8m, Techno 6.8m and Techno 7.8m as detailed in the Regional Windsurfing League Competition Rules.

7.0 IDENTIFYING COMPETITORS

- 7.1 Race Vest
 - 7.1.1 All competitors shall wear their club race vest whilst racing as a nominated member of a RWL Club.
 - 7.1.2 Individuals not part of a team or teams without bespoke race vests shall wear black or white race vests, which can be collected at registration

8.0 COURSE AND MARKS

- 8.1 All course and marks used will be explained at the briefing
- 8.2 The Race Officer will set courses appropriate to the ability of the competitors following a meeting with team coaches

9.0 FLAGS AND SIGNALS

Fleet Flags will be

Fleets	Flag
3.5m	3.5
5m	4.5
5.8m	5.8

10.0 THE START

The starts will be started in accordance with RRS rule 26

Title	Minutes before starting signal	Flag and sound
Warning	5 minutes	Fleet Flag: 1 sound signal
Preparatory	4 minutes	Either Flag P or Flag I or Black Flag up; 1 sound signal
1 minute period	1 minute	Either Flag P, I or Black down and one long sound signal
Starting	0 minute	Fleet Flag Removed; 1 sound signal



- 10.1 The starting line will be between the staff on the committee boat displaying an orange flag and a mark at the pin end (description of the pin mark will be given in the briefing).
- 10.2 Boards whose warning signal have not been made shall avoid the starting area.

11.0 THE FINISH

- 11.1 Finishing line will be between the staff on the committee boat displaying a Blue flag and a mark at the pin end (description of the pin mark will be given in the briefing).
- 11.2 A blue flag means that the Race Committee boat is in position at the finishing line.
- 11.3 After the leading board has sailed the course and finished, all boards that cross the finish line from the direction of the course from the previous mark will be finished, irrespective of the number of laps they have sailed. Competitors will be placed in the race based firstly upon the number of laps completed, and secondly on the finishing order amongst those completing the same number of laps.

12.0 PROTEST AND PENALTIES ADVISORY AND ARBITRATION HEARINGS, EXONERATION PENALTY

12.1 Exoneration Penalty

- 12.1.1 A board that may have broken a rule of Part 2, rule 31 or rule 42, may, after finishing the race concerned and before the start of a related protest hearing, notify the Race Committee that she accepts a 30% scoring penalty as stated in rule 44.3 (c), except that the minimum penalty is two places provided that does



not result in a score worse than DNF. This penalty does not reverse an OCS score, a disqualification under rule 30.3 or a penalty under Appendix P. It is not available for a breach of rule 2 or of class rules or for gross misconduct under rule 69. Nor is it available to a boat that caused injury or serious damage, or gained a significant advantage by her breach: in these circumstances, her penalty is to retire.

12.1.2 When an Exoneration Penalty is accepted

12.1.2.1 Neither the board nor a protest committee may then revoke or remove the penalty.

12.1.2.2 The board shall not be penalised further in a protest hearing when the protest committee decides that it was appropriate to the facts found and the applicable rules.

12.2 Advisory Hearing

When there is an incident that will not result in the lodging of a protest or a request for redress, a board, Protest Committee or Race Committee may request an advisory incident with the Race Office, and notify any board involved in the incident. An Adviser will then call a hearing to learn what may have happened and will state whether any rules appears to have been broken, and by which board. A board may as a result notify the Race Office that she accepts an Exoneration Penalty when it applies to the incident, or choose to retire.

12.3 RYA Arbitration

12.3.1 When a protest or request for redress is lodged, a board may at the same time request RYA Arbitration, or the Protest Committee or Race Committee may offer it.

12.3.2 If the parties and a member of the Protest or Race Committee agree that RYA Arbitration is suitable, an Arbitrator (who may be that member of the Protest Committee) will call a hearing conforming to section B of Part 5 of the Racing Rules of Sailing, except that rule 64.1 (a) will not apply. Instead when the Arbitrator decides that a board that is a party to the arbitration hearing has broken a rule for which the Exoneration Penalty is available, the party will be invited to accept that penalty, and, if is accepted by a protested board, the protesting board will be allowed to withdraw the protest, changing rule 63.1.

12.3.3 When there is not an agreement to use RYA Arbitration, or when, after RYA

Arbitration, a protest is not withdrawn or the Exoneration Penalty is not applicable to the facts, there will be a normal protest hearing, at which the Arbitrator may be a member of the Protest Committee. Rule 66 and 70 (reopening and appeal, respectively) do not apply to the arbitration decision since this is not a protest committee decision or procedure. A board may still accept an Exoneration Penalty at any time before the start of a protest hearing and receive its protection from further penalization. She may also retire.

12.3.4 When redress is offered and accepted at the RYA Arbitration, all parties the Protest Committee or Race Committee may seek a full hearing.

12.4 Protest and Requests for Redress

12.4.1 Protest forms are available from the registration desk. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

12.4.2 For each fleet the protest time limit is 30 minutes after the last boat has finished the last race of the day.

12.4.3 Notices will be posted within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. The location and time of hearings will be posted.

12.4.4 Breaches of instructions 1, 7, 14, 15, 16 and 20 will not be grounds for protest by a board. This changes rule 60.1. Penalties for these breaches may be less than disqualification if the Protest Committee so decides.

12.4.5 A request for redress from a Protest Committee decision shall be delivered no later than 30 minutes after the decision was posted. The changes rule 62.2.

13.0 SCORING

13.1 Points System

The low points scoring system (RRS Appendix A) will be used as follows:

1st place = 1 point

2nd place = 2 points

3rd place = 3 points

13.2 One race is required to be completed to constitute a series

13.3 Discards

3 races completed = 1 discard

7 races completed = 2 discards

9 races completed = 3 discards

This amends A.2

13.4 Team Scoring



- 13.4.1 The team with the lowest score will win; this is based on overall places not points.
- 13.4.2 To calculate each team's score, add together the positions of the six highest placed sailors overall (these can be from one fleet or a number of fleets)
- 13.4.3 If a club enters a team with less than six sailors, the missing scores will be created by taking the number of sailors in the largest fleet and adding 1. This should be calculated for each sailor missing to give a team score of six overall placings.
- 13.4.4 In the case where there is a tie, those teams' 6 sailors overall place shall be listed in order of best to worst and at the first point(s) of difference the tie shall be broken in favour of the board(s) with the best score(s).
- 13.4.5 If a tie remains between two or more boards, they shall be ranked in order of their scores in the last race. Any remaining ties shall be broken by using the tied boats' scores in the next-to-last race and so on until all ties are broken. These scores shall be used even if some of them are excluded scores.

14.0 SAFETY REGULATIONS

- 14.1 All competitors shall wear a personal flotation device at all times when afloat, except briefly when changing or adjusting clothing or personal equipment. Wet suits, dry suits and windsurfing harnesses are not personal flotation devices. This changes rule 40.1.
- 14.2 A board that retires from a race shall notify the race committee as soon as possible.
- 14.3 Boards 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.
- 14.4 Boards 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 rule 64.1(a).
- 14.5 Outside Help: Penalties for breaches of rule 41 (Outside Help) will be at the discretion of the protest committee. Any outside help shall be reported to the protest committee on a form available from the race office or the protest desk before the protest time limit on the day concerned.

15.0 SUPPORT BOATS

- 15.1 Only the official coach and safety boats appointed by the organising authority may;
 - 15.1.1 Communicate with competitors afloat, as directed.

- 15.1.2 Tow competitors to and from the race area without permission of the race management team.

16.0 Waste DISPOSAL

Waste may be placed aboard support, rescue and race committee boats.

17.0 PRIZES

Prizes are detailed in the RWL Interclub Notice of Race

18.0 RISK STATEMENT

- 18.1 RRS Rule 4 of the Racing Rules of Sailing states: "The responsibility for a board's decision to participate in a race or to continue racing is hers alone."
- 18.2 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;
- 18.3 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 board to such inherent risk whilst taking part in the event;
- 18.4 They are responsible for the safety of themselves, their crew, their board and their other property whether afloat or ashore;
- 18.5 They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission;
- 18.6 Their board is in good order, equipped to sail in the event and they are fit to participate;
- 18.7 The provision of race management team, patrol boats and other officials and volunteers by the Event Organiser does not relieve them of their own responsibilities;
- 18.8 The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances;

19.0 INSURANCE

All competitors shall hold valid third party insurance to the sum of at least £3,000,000 (third party windsurfing insurance is a free benefit of RYA membership when windsurfing is specified as an interest).

20.0 LOCAL RULES

Local rules and by-laws will be detailed on the Official Notice Board at the venue.

End of Sailing Instructions



Queen Mary Sailing Club Additional Information

Some useful Do's and Don'ts for your visit:

- The club's entrance is very near a busy road junction and there is little space to park-up and wait, if you arrive earlier than the stated opening time for the site – please don't block access to the entrance, otherwise our staff will not be able to get close enough to unlock the gates for you!
- We are a very busy club and your event is not the only activity happening this weekend
- Do use the code each time you come in / leave the site (**4065#**)
- Do bring cash/cards for the café (open weekends during events)
- Do leave your dog at home – not allowed on any part of the grounds unless an official Assistance Dog
- Don't go onto the sloping banks, hoist (metal platform) or pontoons without a buoyancy aid and a good reason, eg. launching or recovering a boat
- Do use the changing rooms to store kit bags – our upper level of the clubhouse isn't big enough for kit bags and spectators! It's also helpful to us if you can put everything away in your bags and store these on the shelves, to allow others to be able to change whilst you're out on the water
- Do walk around and enjoy the view – but don't go through or past any gates, as the land beyond is a working sheep farm; equally, don't walk around the top of the bank – this is dangerous
- Do drive up and unload your board on the far side of the club house (on the astroturf), then drive down and park your car in the car park at the bottom of the bank – walk up the steps
- Unfortunately, no overnight camping/RV is permitted on site

If you are planning to drop boards(s) off before the start of the event, please phone the office to let them know (01784 248881) or email sailondon@queenmary.org.uk so we know whose boats to expect and can tell you where to leave them. Check the opening hours on the website, as drop-off or collection can only happen within these times.