



2026 NL Provincials

Royal Newfoundland Yacht Club, 13 Sept 2026

SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the rules as defined in *The Racing Rules of Sailing 2025-2028*.
- 1.2. The prescriptions of Sail Canada shall apply.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1. Any changes to the sailing instructions will be reviewed in the competitors meeting.

3. SCHEDULE OF RACES

- 3.1. The championship will consist of a single series with overall placement determined by the Portsmouth Yardstick handicap system (Appendix A).
- 3.2. The regatta will consist of up to 6 races. Three fleets will be a) Optimist, b) Open (ie ILCA, C420, Feva, Laser 2) and c) Skiff (i14, 29er).
- 3.3. Competitors Meeting will be held at 0900. First warning signal will be sounded no earlier than 1000. All competitors are required to attend the Competitors Meeting. No warning signals will be sounded after 1600.
- 3.4. When boats have finished a race, they should proceed directly to the start area. The warning signal for each succeeding race will be made as soon as practicable after the last boat has finished the previous race.
- 3.5. Lunch will be eaten on the water. Sailors are advised to pack water, snacks, lunch, sunscreen and any spare clothing in a waterproof bag and give it to a support boat.

4. CLASS FLAGS

- 4.1. Class flags shall be as follows (Appendix B):
 - Optimists – Flag Q (Yellow)
 - Open (ILCA, 420, RS Feva, Laser 2) – Number Pennant #1
 - Skiff (29er, i14) – Number Pennant #2
- 4.2. Classes may be combined at the discretion of the Race Committee. In this case, class flags for both classes will be raised with the 5 minute Warning Signal.
- 4.3. Flags may be subject to change. Flag signals will be communicated during the Competitors Meeting.

5. THE COURSE

- 5.1. The diagram in Appendix C shows the course layout.
- 5.2. The course will be a windward/leeward with a common start / finish line on the port side of the Committee Boat.
- 5.3. The number of laps will be indicated on a courseboard displayed on the side of the Committee Boat.

6. MARKS

- 6.1. The windward and leeward marks will be large inflatable tetrahedra for the Open and Skiff fleets. The windward mark for the Optimist fleet will be an orange pin mark halfway up the windward leg.
- 6.2. The starting / finishing mark will be an orange pin mark lying to port of the Committee Boat.

7. THE START

- 7.1. The start line will be between the orange flag on the Committee Boat and the Start Mark.
- 7.2. Races will be started as follows.

Minutes before starting signal	Visual signal	Sound signal	Meaning
5	Class flag	One	Warning signal
4	P, I, Z, U, Black	One	Preparatory signal
1	Preparatory flag removed	One long	One minute to start
0	Class flag removed	One	Starting signal

- 7.3. A boat whose warning signal has not been made shall avoid the starting area during the start sequence for other boats.

8. THE FINISH, TARGET TIMES AND TIME LIMITS

- 8.1. The target time for each race is 30 minutes.
- 8.2. The finish line will be between the blue flag on the Committee Boat and the finish mark.
- 8.3. Boats failing to finish within 15 minutes after the first boat from their fleet will be scored Did Not Finish (DNF) and awarded points equal to the total number of boats finishing that race in the fleet plus one (1).

9. HEARING REQUESTS

- 9.1. Protests shall be delivered to the Race Committee within the protest time limit. Protest forms will be available at the RNYC Sailing School.
- 9.2. The protest time limit is 30 minutes after the Committee Boat comes ashore.

10. SCORING

- 10.1. The Low Point Scoring System with Portsmouth Yardstick handicap will be applied within each fleet (1pt for 1st place, 2pts for 2nd place, etc.)
- 10.2. One (1) race is required to be completed to constitute a series.
- 10.3. When fewer than four (4) races have been completed, a boat's score will be the total of her races.
- 10.4. When 4 or more races have been completed, a boat's score will be the total of her race scores, excluding her worst score (ie 1 discard).
- 10.5. A boat may request a correction to her score within 30 minutes of the results being posted at RNYC Sailing School.
- 10.6. A sailor that competes in a different boat during the regatta will have separate scores for each boat and will be scored DNC (1 point more than the number of boats in their fleet) in each race they didn't compete in.

11. SAFETY REGULATIONS

- 11.1. All competitors shall wear a PFD and suitable thermal protection (ie wetsuit, spray top) at all times while on the water. Competitors may temporarily remove their PFD only while adjusting clothing or personal equipment. Flag Y will not be flown.
- 11.2. A boat that retires shall notify the Race Committee or Safety Boat as soon as possible.
- 11.3. Coaches and support boats are expected to assist any boat in distress.
- 11.4. Races may be abandoned or postponed if sustained wind conditions of less than 3 knots, or higher than 20 knots occur.
- 11.5. Boats not racing, other than coach-boats, safety boats, the committee boat and approved spectator boats shall not come within 100 meters of the course area or start line.

12. PRIZES

- 12.1. Prizes will be awarded to the top competitors in each fleet.

13. DISCLAIMER OF LIABILITY

See NoR.

Appendix A: Portsmouth Yardstick System

Portsmouth Yardstick Numbers are taken from the 2026 RYA PY list (<https://www.rya.org.uk/news/py-numbers-2026>) and will be used to correct the elapsed time of each boat in a fleet and determine her corrected finishing time and finishing position. (* no spinnaker rating)

Corrected Time = (Elapsed Time * Max #Laps * 1000) / (PY * #Laps).

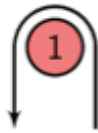
Class	PY Number
Optimist	1629
RS Feva	1248 / 1285*
ILCA 4	1218
ILCA 6	1156
ILCA 7	1103
Laser II	1117 / 1150*
C420	1120 / 1155*
29er	900
i14	758

Appendix B: International Signal Pennants as referred to in SI

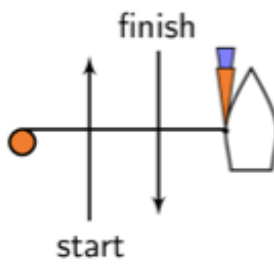
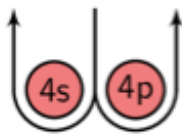
International Ref.	Pennant	Sailing Instructions
Q (Quebec)		Class flag for Optimist. Commence start sequence on raising (5 minutes). Lowered on start.
# 1		Class flag for Single-handed fleet (ILCA 4, ILCA 6, ILCA7). Commence start sequence on raising (5 minutes). Lowered on start.
# 2		Class flag for Double-handed (C420, 29er). Commence start sequence on raising (5 minutes). Lowered on start.
P (Papa)		Preparatory flag. Raised 4 minutes before start. Lowered 1 minute before start.
AP		Postponement of race start. Warning signal for next race will be sounded 1 minute after flag is lowered.
X (X-Ray)		Individual Recall. Accompanied by 1 sound signal. Boats over the start line must return across the line and re-start.
First Substitute		General Recall. Accompanied by 2 sound signals. All boats must return to start area. Start sequence for that race will be re-started.
C (Charlie)		The position of the next mark has been changed.

Appendix C : Course description

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gate



wind
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Signal Mark rounding order

L1 Start-1-Finish

L2 Start-1-4s/4p-1-Finish

L3 Start-1-4s/4p-1-4s/4p-1-Finish