



Around the Islands Cup 2026

Royal Newfoundland Yacht Club

September 26, 2026

SAILING INSTRUCTIONS

1. RULES

1.1 The event will be governed by the rules as defined in **The Racing Rules of Sailing (RRS) 2025–2028**.

1.2 The prescriptions of Sail Canada shall apply.

1.3 RRS 90.2(c) is modified so that oral instructions may be given on VHF Channel 68 if necessary.

2. NOTICES TO COMPETITORS

2.1 Notices to competitors will be posted on the official notice board located at the RNYC Clubhouse.

2.2 Supplementary Sailing Instructions (the “Supplement”) may be posted to define course details, marks, and rounding instructions.

3. CHANGES TO SAILING INSTRUCTIONS

3.1 Any change to the Sailing Instructions will be posted no later than **60 minutes before the Skippers' Meeting**.

3.2 Oral changes may also be communicated at the Skippers' Meeting and, if required, on VHF Channel 68 before the Warning Signal.

4. SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed from the **RNYC flagpole**.

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

5. SCHEDULE OF RACES

5.1 One race is scheduled:

- **Skippers Meeting:** 10:00 am
- **Warning Signal:** 10:55 am
- **Start:** 11:00 am

5.2 The Race Committee may shorten the course in accordance with RRS 32.

6. CLASS FLAGS

6.1 All boats will race in one division. The Class Flag will be announced at the skippers meeting.

7. THE COURSE

7.1 The race will start in front of RNYC, using a line between an on-water RC boat and a **red inflatable cylindrical buoy**.

7.2 The course will use a combination of the islands in Conception Bay South (Kellys Island, Little Bell Island, Bell Island) and the **Kellys West** and **Little Bell East** navigational marks along with additional set marks, at the RC's discretion.

7.3 Port/Stbd roundings and order of islands/marks will be determined at the **Skippers' Meeting** based on wind direction and strength.

7.4 The Race Committee reserves the right to set an **alternate shortened course** if conditions dictate.

7.5 Competitors shall **record their own finish time (HH:MM:SS)** and text results along with boat name to **709-697-5556** immediately after finishing. The RC will also record finishes, but in the event of a close finish between multiple boats, self reported finish times will be used for result verification by the RC.

8. MARKS

8.1 Marks will include fixed navigational buoys and islands as designated in the Supplement.

8.2 The start/finish pin mark will be a **red cylindrical inflatable buoy**.

9. THE START

9.1 Races will be started using **RRS 26**.

9.2 The starting line will be between a set start-pin and a race committee boat.

9.3 A boat that does not start within 10 minutes after her starting signal will be scored **DNS** without a hearing. This changes RRS A5.1 and A5.2.

10. CHANGE OF THE NEXT LEG OF THE COURSE

10.1 To change the next leg of the course, the Race Committee may announce changes on **VHF Channel 68**.

11. THE FINISH

11.1 The finishing line will be the same as the starting line.

12. TIME LIMITS

12.1 **Race Time Limit:** The first boat must finish by **18:00** on September 26, 2026.

12.2 **Finishing Window:** The time limit for boats to finish after the first boat finishes is **20:00** on September 26, 2026.

12.3 Boats failing to finish within the Finishing Window will be scored **DNF** without a hearing. This changes RRS 35, A5.1, and A5.2.

12.4 Boats that do not sail the complete prescribed course (including all designated navigational marks) will be scored **DSQ** without a hearing.

13. PROTESTS AND REQUESTS FOR REDRESS

13.1 Protest forms are available at the RNYC office.

13.2 The protest time limit is **60 minutes** after the last boat has finished, or the Race Committee signals no more racing, whichever is later.

13.3 Notices of hearings will be posted no later than **30 minutes after the protest time limit**, with hearings held at RNYC.

13.4 Notices of protests by the Race Committee or Protest Committee will be posted to inform boats under RRS 61.1(b).

14. SAFETY REGULATIONS

14.1 A boat that retires from the race shall notify the Race Committee **as soon as possible** by VHF Channel 68.

14.2 All boats must carry the required **safety equipment as per Transport Canada regulations** for their size.

15. RADIO COMMUNICATION

15.1 The Race Committee will use **VHF Channel 68** for official communication.

15.2 Except in emergencies, a boat shall not make radio transmissions while racing, nor receive communications not available to all boats.

16. SCORING

16.1 Scoring will use the **Low Point System (RRS Appendix A)**.

16.2 Results will be calculated using **PHRF Time-on-Time scoring**.

17. PRIZES

17.1 Prizes will be awarded to the **top three finishers** overall.

17.2 Additional prizes (e.g., First White Sail, First to Finish, Spirit of the Race) may be awarded at the discretion of the Organizing Authority.

18. RISK STATEMENT

18.1 Competitors participate entirely at their own risk. See RRS 3, *Decision to Race*.

18.2 The Organizing Authority will not accept any liability for material damage, personal injury, or death sustained in conjunction with, prior to, during, or after the race.

19. INSURANCE

19.1 Each participating boat shall be insured with valid **third-party liability insurance** with a minimum coverage of **\$2,000,000 CAD per incident**, or equivalent.

Issued by the Royal Newfoundland Yacht Club Race Committee

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