

CONWAY YACHT CLUB



SAILING INSTRUCTIONS

Version 016 (2026)

1. Version History		
Version	Section	Change
005	All	Released for view
006	18.3	Removed
006	All	Contents updated
006	All	Version History added
007	9.3, 12.1, 13.4, 16.2, 20	Amendments and updates
008	2.2, 5.3, 15.3, 9.3, 16.2, 17, App	Amendments and updates to Racing Rules of sailing 2017-2020 & World Sailing Special Regulations 2018-2019 & VHF radio regulations
009	5.2, 5.3 and 13.4	Clarification as to use of VHF M2 and & 77 for Cruise starts. Notification of elapsed time on completion of a race
010	2.1 & 21.1, 21.2	2.1 updated to racing rules 2021-2024 Updated to 2020-2021 World Sailing Regulations
011		As version 10 but reference to WSR dates removed
012	17.2, 21.4,21.5,21.6	Option to shorten FB race at the Fairway Buoy Amendments to requirements re lifejackets and PFDs
013	21.1, 21.2	Updated to refer to current version of World Sailing Offshore Special Regulations
014	2.1,	Updated to refer to current version of Racing Rules of Sailing
015		Minor updates and redated
016	21	Updates to refer to current version of World Sailing Offshore Special Regulations 2026 - 2027

Contents

1. DEFINITIONS	4
2. RULES	4
3. NOTICES TO COMPETITORS	4
4. CHANGES TO SAILING INSTRUCTIONS	4
5. SIGNALS MADE ASHORE	4
6. SCHEDULE OF RACES	4
7. CLASS FLAGS	4
8. RACING AREAS	5
10. MARKS	5
11. RIVER START	5
12. BAY START	5
13. THE FINISH	5
14. FINISHING LINE, SHORTENED COURSE	6
15. PENALTY SYSTEM	6
16. PROPULSION (Changing Rule 42)	6
17. TIME LIMITS	6
18. PROTESTS AND REQUESTS FOR REDRESS	7
19. SCORING	7
20. HANDICAP SYSTEMS	7
21. SAFETY REGULATIONS	7
22. DISCLAIMER OF LIABILITY	8
23. INSURANCE	8
APPENDIX A – RADIO COMMUNICATIONS	8
APPENDIX B – CRUISER GATE START PROCEDURE	9

1. DEFINITIONS

In these Sailing Instructions:

- 1.1. 'CYC' means Conway Yacht Club, 43 Station Road, Deganwy, Conwy LL31 9BA
- 1.2. 'The Race Committee' means the Sailing Committee of CYC
- 1.3. 'Race Control' means the Race Officer and other persons running a particular race as directed by the Race Committee.

2. RULES

- 2.1. Racing will be governed by the Rules as defined in *The World Racing Rules of Sailing 2025 to 2028*.
- 2.2. The following Racing Rules of Sailing will be changed:
 - (a) RRS 44.1 is changed for COD and Dayboats only, that only one turn, including one tack and one gybe is required for breaking one or more rules of Part 2.

3. NOTICES TO COMPETITORS

- 3.1. Notices to competitors will be posted on the official notice board(s) located at CYC.
- 3.2. Notices may also be communicated by being posted on the CYC website www.conwayyachtclub.com or by being emailed to competitors.

4. CHANGES TO SAILING INSTRUCTIONS

- 4.1. Any change to the sailing instructions will be posted before 0900 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.

5. SIGNALS MADE ASHORE

- 5.1. Signals made ashore will be displayed at CYC Starting Tower.
- 5.2. For Cruiser races VHF channel 77, or M2(P4) see 5.3, will be used to communicate course and start information.
- 5.3. For COD/Day Boats and combined Cruiser and COD starts VHF Channel M2 (P4) will be used.
- 5.4. Flag D with one sound means 'The warning signal will be made not less than 30 minutes after flag D is displayed. Boats are requested not to leave their moorings until this signal is made.'

6. SCHEDULE OF RACES

- 6.1. The Schedule of racing is advertised in CYC Sailing Programme. The latest version of the programme is available on the CYC website. The programme is subject to change during the season. Changes may also be notified by email to the CYC sailing distribution list.

7. CLASS FLAGS

- 7.1. Class flags will be as follows:
 - (a) Cruisers - R
 - (b) Dayboats - E
- 7.2. Whilst racing, every boat in the Cruiser Class shall display numeral pennant 1 on her backstay.

8. RACING AREAS

8.1. The racing area will be the Conwy Estuary and Conwy Bay.

9. THE COURSES

- 9.1. The courses which may be sailed will be as shown in the cruiser and dayboat course cards.
- 9.2. For races that start at the club line the course will be displayed in the designated position on the front of CYC Starting Tower using the appropriate course board for each class as follows:
- 9.3. Cruiser: Black numeral on a white background, at the Harbour (S) end. Cruiser courses may alternatively be communicated on VHF channel M2 (P4).
- 9.4. Dayboat: Black letter on a yellow background, at the Seaward (N) end.
- 9.5. For cruiser/offshore races that start in the bay, course and start information will be communicated on VHF channel 77. Boats taking part should "check in" to race control on Channel 77 and then muster in the river in the area of "The Perch" at the designated time.

10. MARKS

- 10.1. The marks will be as shown on the relevant course cards and as described therein.
- 10.2. Where the Perch pole is a prescribed mark of the course, every part of it shall rank as part of the mark including the stay rods and ground tackle, whether or not they are partly or wholly submerged.

11. RIVER START

- 11.1. Races that are run from the CYC Line will be started by using Rule 26 with the warning signal made 5 minutes before the starting signal.
- 11.2. The CYC starting line is a prolongation seaward of a line joining the flagstaff on CYC Starting Tower and the pole on the sea wall in front of the Starting Tower.
- 11.3. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 11.4. A boat starting later than 30 minutes after her starting signal will be scored Did Not Start without a hearing. This changes Rules A4 and A5.

12. BAY START

- 12.1. For cruiser/offshore races that are started in the bay a "Gate Start" procedure may be used. Please see the CYC Gate Start Procedure Appendix B.

13. THE FINISH

- 13.1. The Club finishing line (designated FLC) will be the same as the starting line. Other finishing lines are described in the Course Cards.
- 13.2. There is no limit mark in respect of the Club finishing line: the Club mark is not a limit mark.
- 13.3. For offshore races that have used the gate start procedure a specific buoy will have been given as the finish line. Boats have finished when they have passed the finish buoy to the given side from the direction of the previous mark and within one boat length of it.
- 13.4. All offshore boats should take their own elapsed time and report this to the designated start boat ASAP on Channel 77 and email or text to Cruise Captain/Gate Start boat ASAP.

14. FINISHING LINE, SHORTENED COURSE

- 14.1. Where the Club Mark (CM) is a mark of a course, the shortened course signal means 'At the end of the current lap, substitute Club Finishing Line (FLc) for Club Mark in the course description'.
- 14.2. In the event that the Race Officer (RO) requires the course to be shortened he will do so in accordance with RRS rule 32. As an alternative to the S flag and sound signals the RO may advise the fleet on the prescribed VHF channel. For the Cruiser fleet the RO may stipulate a single mark as a finish mark, the finish line will be deemed to be at 90 deg to a line drawn from the previous mark and extends 50m from the finish mark. The finish mark must be rounded to the same side as required in the course.

15. PENALTY SYSTEM

- 15.1. The penalties are as follows:
- 15.2. For breaking RRS Rule 31 (touching a mark): a One-Turn Penalty
- 15.3. For breaking a Rule of Part 2 (Right of Way Rules): a Two-Turn Penalty (For COD/dayboats One –Turn Penalty as per 2.2a above)

16. PROPULSION (Changing RRS 42)

- 16.1. A boat may use her engine after her preparatory signal in order to get to the starting area, provided that:
- (a) before she starts she stops using her engine for propulsion and then takes a penalty by making a complete 360 degree turn after the starting signal; and
 - (b) provided that the boat does not gain a significant advantage in the race, other than that of being able to start.
- 16.2. A boat may use her engine or accept outside assistance, after her preparatory signal in order to clear herself after grounding, provided that:
- (a) once clear she stops using her engine for propulsion and then takes a penalty by making a complete 360 degree turn and;
 - (b) provided that the boat does not gain a significant advantage in the race.

17. TIME LIMITS

- 17.1. Time limits are as follows:
- (a) The time limit for ordinary day boat races finishing on the Club Line is 3 hours for the first boat to finish and 4 hours for boats finishing subsequently.
 - (b) The time limit for day boat races finishing at Fairway buoy and for special courses finishing at Beaumaris or Llandudno is 5 hrs for the first boat and 6 hours for boats finishing subsequently.
 - (c) The time limit for cruiser races other than 'Ebb Tide' is 5 hours
 - (d) There is no time limit for cruiser races designated 'Ebb Tide' in the cruiser course card.
- 17.2. In respect of the day boat course designated 'FB', if no boat finishes within the time limit the race shall not be invalidated but the order of finishing shall be deemed to be the order in which boats rounded the Ten Feet Bank buoy. Alternatively, the Race Officer may shorten the FB course at the Fairway Buoy .
- 17.3. Race Control has discretion to extend the above time limits by no more than 15 minutes
- 17.4. Boats failing to finish within the above time limits will be scored Did Not Finish (DNF) without a hearing.

18. PROTESTS AND REQUESTS FOR REDRESS

18.1. Protest forms are available at CYC clubhouse. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

18.2. For each class, the protest time limit is noon on the day following the race in question.

19. SCORING

19.1. The scoring system shall be as described in the RRS Appendix A.

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

(a) When fewer than three races have been completed, a boat's series score will be the total of her race scores.

(b) When three or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

20. HANDICAP SYSTEMS

20.1 Race results will be calculated using a local Conwy handicap system adopted between Conway yacht Club and North Wales Cruising Club. The system is based on handicaps within the HALS results system and the Spinlock IRC TCC system for boats that hold a valid IRC certificate.

20.2 Cruiser yachts will be given a base handicap equating to their HALS base number. The Sailing Committee reserves the right to allocate a provisional Base Number (BN) to any boat for whom no BN is shown in the Base List, and to adjust the BN retrospectively if it appears manifestly incorrect.

20.3 Boats wishing to race under the Spinlock IRC TCC system must provide a valid IRC TCC certificate.

20.4 The decision of the Sailing Committee with regard to the handicap of a boat shall be final.

20.5 Where a boat's handicap is based on the use of a particular sail or sails, the boat is deemed to have elected to use those sails for the duration of the series and shall not use alternative sails.

21. SAFETY REGULATIONS

21.1 Cruisers must comply with the 2026-2027 World Sailing Offshore Special regulations, Appendix B, Special Regulations for Inshore Racing.

21.2 CODs and Dayboats **must** comply with the 2026-2027 World Sailing Offshore Special regulations, Appendix C, Special Regulations for Dinghy Racing **and** carry the additional safety equipment as specified in the COD class rules.

21.3 All boats shall have a working VHF radio with access to all necessary channels

21.4 Cruisers must carry lifejackets for everyone on board.

21.5 COD and Dayboat competitors shall wear personal flotation devices at all times, except whilst changing or adjusting clothing or personal equipment

21.6 A boat that retires from a race shall notify Race Control as soon as possible.

22. DISCLAIMER OF LIABILITY

22.1. Competitors participate in racing entirely at their own risk. See RRS Rule 4, Decision to Race. Conway Yacht Club will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after racing.

23. INSURANCE

23.1. Each participating boat shall be insured to race with valid third-party liability insurance with a minimum cover of £3,000,000 per event or the equivalent.

APPENDIX A – RADIO COMMUNICATIONS

The following are Best Practice preformat and shall not constitute grounds for a protest or request for redress if either a boat or Race Control fails to comply.

- (a) Boats should maintain a listening watch on VHF from at least 30 minutes before their start time and should report to Race Control that they are intending to race (recommended for cruisers; optional for dayboats).
- (b) Boats should refrain from trying to communicate with Race Control for any other purpose, or immediately before/during the starting sequence. Race control may acknowledge or ignore communications from boats at their discretion.
- (c) Race Control will where possible advise courses, start times, starting signals, recalls and any other relevant information by VHF in addition to the usual visual and sound signals. Such communications will be broadcast to fleets as a whole and not to individual boats.

APPENDIX B – CRUISER GATE START PROCEDURE

Cruiser 'Gate Start' – Procedure

The assigned gate boat shall be in the designated start area at least 10 minutes before the race start time.

The gate boat will then relay the course for the day on Channel 77.

Between 7 and 6 minutes before the race start time the gate boat shall 'hold station' (hove to/sails flapping/jib furled) on port tack at a suitable point within the designated start area, and shall inform the fleet on channel 77 that "Gate Boat (yacht name) is on station and will hold the gate open for nn seconds repeat" (the time to hold the gate open is calculated from table 1).

The gate boat shall advise on channel 77 of approaching 5 minute warning signal and announce the warning signal with a 5 second countdown. "5-4-3-2-1 5 minute warning signal".

Subsequently the gate boat shall broadcast the 4 minute preparatory signal in the same manner "5-4-3-2-1 4 minute preparatory signal". The gate boat may deploy a trailing buoy on a line not exceeding 3m at any time it deems fit but no later than 20 seconds before the start.

At 15 – 10 seconds before the start the gate boat shall sheet in and steer a close hauled course on port, and announce the start with a 5 second countdown "5-4-3-2-1-Start line open"

Any yacht 'crossing astern' of the gate boat prior to the start shall perform a 360 penalty. Yachts racing may then pass on starboard astern of the trailing buoy on the gate boat, this buoy is deemed a starting buoy and any yacht hitting the buoy must perform a penalty 360 turn. No yacht shall

In the event that boat speed is less than 3 knots the gate shall be held open for between 30 sec and 1m 30s at the discretion of the gate boat. In the event that we have more than 10 starters (excluding the gate boat) sensible assumptions may be made.

impede the gate boat, this includes passing to windward and casting a wind shadow onto the gate boat until after the gate has closed.

After the appropriate length of time (as announced prior to the start sequence) the trailing buoy is redeemed and the broadcast "Gate Closed repeat". The gate boat is now free to tack or continue on port. While she continues on port she is exempt from the port starboard rule.

Any yacht that has not started may still pass behind the gate boat (providing she remains on port) but must do so by at least 3 boat lengths. If the gate boat has tacked on to starboard, any yacht that has not crossed the line may assume a position at least 3 boat lengths astern but NOT to windward.

In the event that the start has to be aborted (significant wind shift / gate boat impeded / gear failure on gate boat) a broadcast must be made, and no restart attempted until all yachts have returned to the designated start area. The procedure is then repeated.

No of Yachts	3kn	4kn	5kn	6kn
3	20 sec	20 sec	20 sec	20 sec
4	20 sec	20 sec	20 sec	20 sec
5	25 sec	20 sec	20 sec	25 sec
6	30 sec	25 sec	20 sec	25 sec
7	35 sec	25 sec	25 sec	25 sec
8	40 sec	30 sec	25 sec	30 sec
9	45 sec	35 sec	30 sec	30 sec
10	50 sec	35 sec	30 sec	30 sec