



SAILING INSTRUCTIONS

IOCA(UK) Optimist Team Racing Championships 2026

Rutland Sailing Club, 6-7th June 2026

Organised by IOCA(UK) Ltd, "IOCA" in conjunction with RSC

1. Rules

- 1.1. Racing will be governed by the *rules* as defined in the Racing Rules of Sailing (RRS) including Appendix D, Team Racing Rules. All races will be umpired.
- 1.2. Each competitor shall supply their own **red protest flag**, which shall be attached to the competitor, clothing or PFD, and be capable of being displayed at arm's length. To signal a protest, the flag shall be moved from a concealed position to a position where it is visible to the protested boat and umpires.
- 1.3. Rule 40.1 applies at all times afloat and on the RSC pontoons and slipways.
- 1.4. [DP] To identify her team, each boat shall at all times afloat display the ribbon and stickers supplied by the Organising Authority (OA). See Attachment A for details.
- 1.5. When a boat starts and finishes and breaks RRS 28.1 by failing to sail the course described in the sailing instructions (SIs), 6 points will be added to her score without a hearing. This changes RRS A5.
- 1.6. Competitors and support persons shall comply with any reasonable request of an event official.
- 1.7. The right of appeal is denied in accordance with RRS 70.3(b).
- 1.8. Other rules, such as Eligibility, Insurance, Risk and Privacy statements, are in the Notice of Race.
- 1.9. Competitors shall comply with the Recreational Byelaws of Anglian Waterways. All visiting boats must comply with the Check Clean and Dry Procedure to help with stopping the spread of invasive aquatic species. The Check Clean and Dry Procedure is available from the [RSC website](#).

2. Event Schedule

- 2.1. **Saturday 6th June:** Registration will open at 09.00 in the John Merrick's Building. The competitor briefing will be at 10.00 in the John Merrick's Building. The first warning signal will not be before 10:55.
- 2.2. **Sunday 7th June:** The first warning signal will not be before 10:25. There will be no warning signal after 17:00.

3. Communications with Competitors and Changes to Sailing Instructions

- 3.1. Notices to competitors will be posted on the official notice board located online at <https://events.ksail.co.uk/2026/iocatr/>.
- 3.2. Signals made ashore will be displayed on the halyards on the balcony on the north-western corner of the RSC clubhouse.

- 3.3. [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.
- 3.4. Any written changes to the SIs or the schedule will be posted on the ONB at least 15 minutes before the warning signal of the race from which it will take effect.
- 3.5. When boats are afloat, changes to SIs and other instructions may be given orally by the Race Committee or umpires.

4. Format of Racing

- 4.1. The event will be four-boat against four-boat team racing.
- 4.2. The intended format has two stages: one or more all-sail-all round robins, followed by a knock-out competition. The results from the round robins will be used to determine the top four teams for the semi-finals (1st vs. 4th, 2nd vs. 3rd). The winner of the semi-finals, final and petit-final will be the first team to score two race wins.
- 4.3. The format may be changed due to entries, weather conditions, time constraints and any other relevant factors.
- 4.4. The Race Committee may decide not to run a re-sail if the result of that race is not relevant to the progress of any team to the next stage.

5. Course, Marks, Starting and Finishing Lines, Time Limit, Waiting Area

- 5.1. The diagram in Attachment B shows the course, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.
- 5.2. The Race Committee may move marks of the course; RRS 33 will not apply. Courses will not be shortened; this changes RRS 32.
- 5.3. Marks 1, 2, 3 and 4 will be white marks with red flags.
- 5.4. The starting marks will be a race committee vessel at the starboard end of the line and a dan buoy with an orange flag at the port end. The starting line will be between the mast or halyard on the starting vessel displaying an orange flag and the course side of the port end starting mark.
- 5.5. The finishing marks will be a race committee vessel at the starboard end of the line and a mark with a blue flag at the port end. The finishing line will be between the mast or halyard on the finishing vessel displaying a blue flag and the course side of the port end finishing mark.
- 5.6. The time limit for a race will be 20 minutes. The Race Committee may abandon a race for any reason, and may signal this orally; this changes RRS 32 and Race Signals.
- 5.7. The waiting area will be at least 50m below the extensions of the starting line. Boats not racing shall remain in the waiting area unless authorised by the Race Committee to leave the waiting area. After finishing, boats shall sail to the waiting area, taking care NOT to interfere with boats that are racing or about to start.

6. Starting Signals

- 6.1. The race number and identification of the teams competing will be displayed on the stern of the RC vessel. The Race Committee may remove a race from the published sequence and run it at a later time.
- 6.2. A series of sounds may be made to alert teams that a starting sequence is about to begin.

6.3. Races will be started as follows:

Signal	Time Before Start	Sound Signal	Visual Signal (cylinders)
Warning	3 mins	3 long	3 displayed
Preparatory	2 mins	2 long	2 displayed
One Minute	1 min	1 long	1 displayed
	30 seconds	3 short	
	20 seconds	2 short	
	10 seconds	1 short	
	5 seconds	1 short	
	4 seconds	1 short	
	3 seconds	1 short	
	2 seconds	1 short	
	1 second	1 short	
Starting	0 seconds	1 long	None

This changes RRS 26.

- 6.4. When the starting signal is also the warning signal for the next race, three cylinders will be displayed with the 1 long starting sound signal.
- 6.5. When an individual recall is made, flag X will be displayed for up to one minute; this changes RRS 29.1. The race committee may hail the total number of boats OCS at the starting signal. The race committee will attempt to identify and inform any boat that is OCS and that fails to return so that they may re-start. Failure by the race committee to do so will not be grounds for redress; this changes RRS 61.1 (a).
- 6.6. A boat shall not start more than 2 minutes after her starting signal.

7. Safety

- 7.1. Boats shall not go afloat until flag D is displayed ashore.
- 7.2. A boat that breaks RRS 40.1 may have half a race deducted from her team score without a hearing.

8. Obstructions

- 8.1. A line between the outer limits of the West and East Creek mooring areas shall be treated as a continuing obstruction.
- 8.2. Boats shall keep clear of fishermen (on the bank or afloat) and limnological towers by approximately 50 metres.
- 8.3. Boats shall keep clear of the passenger carrying vessel "RUTLAND BELLE" which has right of way at all times due to its limited manoeuvrability.

9. Protests and Requests for Redress

- 9.1. A boat shall inform the Race Committee or an umpire at the first reasonable opportunity after finishing of her intention to protest or request redress. The umpires will when appropriate, conduct any hearing afloat, or promptly on return to shore.
- 9.2. The protest time limit for boats is two minutes after finishing. For the Race or Protest Committee it is 60 minutes after the last boat finishes the last race of the day.
- 9.3. A hearing may be declined if it is neither relevant to progress to the next round, nor final ranking.

10. Coaching and On-the-Water Support

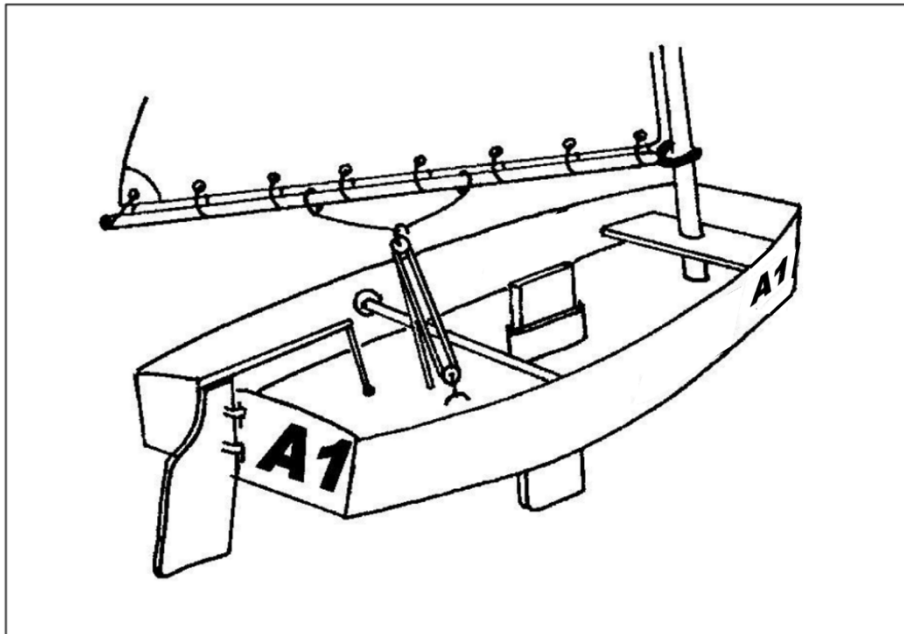
- 10.1. Individual coach or support boats are not permitted in the racing area.

Attachment A - Team Identification

A coloured streamer will be given to each boat to identify the team - this should be fastened to the top of the sprit.

Identification stickers, both for the team (letter) and for a single competitor (number), shall be stuck on the hull similar to the diagram below, using the following approximate measurements:

- 1 sticker on the starboard side of the transom, approximately 5cm from the base of the transom.
- 2 x stickers, one on each side of the boat, approximately 3cm from the top of the gunwale and 23cm aft of the bow, roughly in line with the thwart.



Attachment B - Course Diagram

