

LOUGHBOROUGH STUDENTS SAILING AND WINDSURFING CLUB



MIDLANDS MIXER 18th OCTOBER 2026 SAILING INSTRUCTIONS

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.
- 1.2 Addenda A, B and C to these sailing instructions (SIs) always apply. Other addenda apply only when so stated. The letters D and I are not used to identify addenda.
- 1.3 The right of appeal is denied in accordance with RRS 70.5(a).
- 1.4 When boats are provided by the Organising Authority
 - (a) the boats shall be deemed to conform to their class rules;
 - (b) when class rules change RRS 42, such changes shall not apply;
 - (c) the race committee will allocate the boats to be used in each race; this allocation shall not be cause for redress and amends RRS 62.1.

2 Eligibility

- 2.1 To become eligible a team shall register as required by the notice of race or, if not specified, on arrival at the event. The team shall provide any required damage deposit contract or bond before going afloat for the first time.
- 2.2 After registration, no team member may be changed without the prior permission of the race committee which will be given only in exceptional circumstances.

3 Event Format and Schedule of Races

- 3.1 The intended format of the event is described in SI Addendum B. The format may be modified during the event in a fair and practical way as solely determined by the race committee taking into account the entries, weather conditions, time constraints and any other relevant factors.
- 3.2 The initial schedule of races will be displayed on the official notice board. Any changes thereto and schedules for subsequent races will be displayed not less than 10 minutes before the start of those races.
- 3.3 Every race will be assigned a race number in the race schedule.
- 3.4 The number of the next race to start will be displayed on the committee boat no later than the warning signal (or promptly thereafter if co-incident with the previous start) until the starting signal. The race committee may at any time postpone a race and reschedule it at a later time.
- 3.5 When a completed race has been abandoned and the result would not affect which teams qualify for a further stage, the race committee may cancel the race and score each team half a race win.

4 Protests, Requests for Redress and Penalties

- 4.1 Protests and requests for redress that have not been decided afloat shall be notified to the race office within 10 minutes after the relevant incident or, if the incident is afloat, within 10 minutes after coming ashore.
- 4.2 When the outcome of a protest or request for redress would not affect which teams qualify to a later stage, the protest committee may refuse to hear it. This amends RRS 63.1.

- 4.3 When RRS D2 applies and the race umpires together with one other umpire (when available) decide that a boat has broken RRS 14 and there is damage or injury, they may penalise her team by half a race win without a hearing. The boat will be informed as soon as practical and may request a hearing. Any penalty after a hearing will be in accordance with RRS D3.1(d). This amends RRS 63.1.
- 4.4 When the race committee decides that a boat has broken SI A4.3, Time Limit for Starting, or has failed to sail the course and broken RRS 28.2, it shall penalise her 6 points without a hearing. This amends RRS A5.
- 4.5 When the race committee decides that a competitor has broken NOR 6, personal flotation device, or, wet or dry suits, it shall penalise the competitor's team one race win without a hearing. This amends RRS A5.
- 4.6 When the protest committee decides that a breach of a rule, other than a rule of RRS Part 2, has had no effect on the outcome of a race, it may make any arrangement it decides is equitable, which may be to impose no penalty. This amends RRS 64.1 and D3.1.

5 Risk Statement, Insurance

- 5.1 Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."

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:

- (a) 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 boat to such inherent risk whilst taking part in the event;
 - (b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
 - (c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
 - (d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
 - (e) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
 - (f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances; and
 - (g) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event.
- 5.2 When the boats are provided by the competitors, the boat is required to hold adequate insurance and in particular to hold insurance against third party claims in the sum of at least three million pounds (£3,000,000), unless a different sum is specified in the notice of race.

Index to SI Addenda

Not all addenda will apply to every event; see SIs 1.2 and A5.1.

- A Event Related Rules
- B Event Format
- C Courses

Race Formats and Schedules

- E Round-Robins in Groups, Schedules and Tie Breaks
- H HLS League, Schedules and Tie Breaks
- J Special Event Format (provided by race committee)

Other Addenda

- K When Boats are Supplied by the Organising Authority

Addendum A - Event Related Rules

Event:

Section 1: Additional Rules

A1.1	RRS D2 applies. Races will be umpired.
A1.2	RRS D1.1(d) is deleted. No Arm Signals are required.
A1.3	A boat capsized after her starting signal, so that her masthead is in the water, shall retire promptly.
A1.4	Provided the flag remains on the buoy there shall be no penalty when a boat touches any part of a flag which does not surround the staff of a mark. This amends RRS 44.1.
A1.5	An adequate personal flotation device shall be worn at all times whilst afloat.
A1.6	Wet or dry suits shall be worn at all times when afloat.

Section 2: Communications with Competitors

A2.1 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located in the clubhouse used for the event.

A2.2 CHANGES TO SAILING INSTRUCTIONS

Changes to these SIs will be signalled by flying flag L from Club flagpole. Such changes will be posted on the official notice board not less than 10 minutes before the warning signal of the first affected race.

A2.3 SIGNALS MADE ASHORE

Signals made ashore will be displayed on the Club flagpole.

Section 3: Courses, Marks, Starting & Finishing Lines, Obstructions and Time Limits

A3.1 RACING AREA

The racing area will be the confines of Foremark Reservoir.

A3.2 COURSE

The course will be course C1 as described in SI Addendum C.

A3.3 MARKS

The marks of the course will be pink spherical marks.

A3.4 MOVING MARKS

The race committee may move marks of the course at any time. RRS 33 will not apply.

A3.5 OBSTRUCTIONS

The following areas are defined as obstructions: pontoons, shallow areas and any other valid obstruction as described at the competitors briefing.

A3.6 STARTING LINE

The starting line will be between the mast of a committee boat and a starting mark.

A3.7 FINISHING LINE

The finishing line will be between the centre of the boat and a finishing mark.

A3.8 TIME LIMITS

The time limit for each race shall be 30 minutes. Boats that fail to finish within 10 minutes after the first boat finishes will be scored DNF. This amends RRS 35.

Section 4: Starting Procedure

A4.1 STARTING SIGNALS

Races will be started by using the signals and timing selected in the following table. Times shall be taken from the start of each sound signal; the failure of a visual signal shall be disregarded. This amends RRS 26.

EVENT SYSTEM			
<i>Signal</i>	<i>Timing</i>	<i>Sound</i>	<i>Visual signals</i>
	<i>Minutes before starting signal</i>		<i>Battens or orange cylinders</i>
Warning	3	One	3 displayed
Preparatory	2	One	2 displayed
One-minute	1	One	1 displayed
Starting	0	One	None

However, when the starting signal is also the warning signal for the next race, the class flag or cone shape will remain displayed, or 3 battens or cylinders will be displayed.

Attention may be drawn to an imminent warning signal by a series of short sound signals.

A4.2 RECALL SIGNALS

When a boat is subject to RRS 29.1, flag X need not be displayed for more than 1 minute after the starting signal; this amends RRS 29.1. The race committee may hail the sail numbers or the total number of premature starters.

A4.3 TIME LIMIT FOR STARTING

A boat shall not start more than 2 minutes after her starting signal.

A4.4 GENERAL RECALL

After a general recall, succeeding races may be delayed for the recalled race. Attention is drawn to SI 3.4.

Section 5: Local and Other Rules

A5.1 RULES IN SI ADDENDA

The rules in the following SI addenda apply throughout the event:

Addendum K	When Boats are Supplied by the Organising Authority
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A5.2 LOCAL RULES

The following local rules also apply: any local rules will be highlighted at the competitor briefing.

Addendum B - Event Format

The format for each stage of the event shall be selected from the following standard formats, or from an Addendum J provided by the race committee and included with these sailing instructions. The specified addendum for each format contains the necessary race schedules, or procedures to create the schedules, together with rules which shall apply for scoring and breaking ties.

Each stage of an event may use a different format. The race committee may change the format as provided in SI 3.1.

Code	Description	Format Rules
Groups	Round-robin(s) in group(s), Gold, Silver, Bronze	RRS D4 and Addendum E
HLS	HLS league	Addendum H

For each stage, any assignment of teams to groups or matches and the method of qualification for the next stage shall be stated.

For a round-robin stage, the number of round-robins in the stage, any carry-forward and weighting applied of scores from an earlier stage and any change to the percentage in RRS D4.2(b) shall be stated.

For a Knock-Out stage, the number of race wins required to win a match shall be as stated in the table below, this amends RRS D4.6.

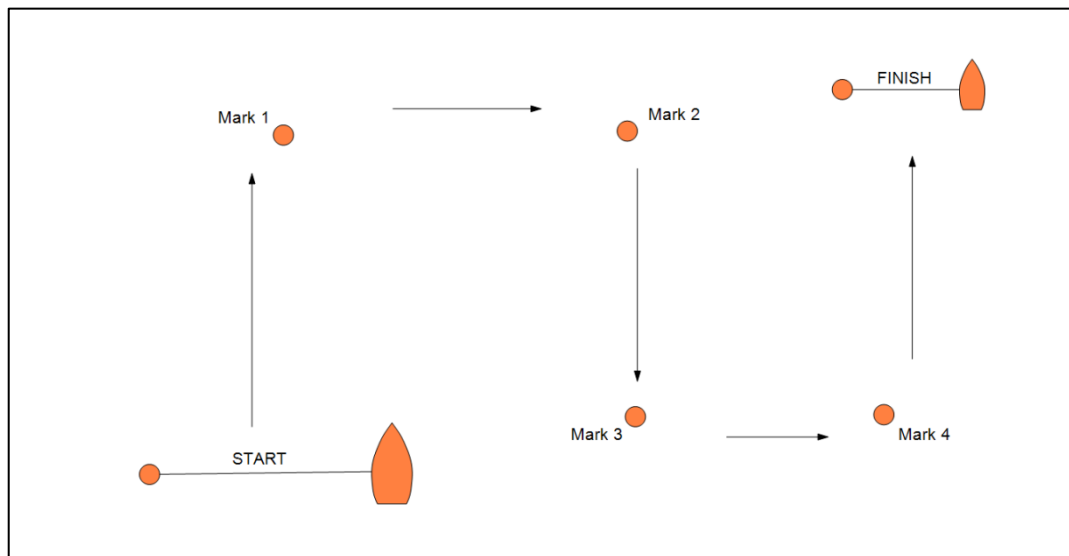
The intended format is

Stage	Format Code	Additional Information
1	HLS	
2	Groups	Gold, Silver, Bronze

Addendum C - Courses

C1 'S' COURSE

This is the standard team racing course for multi-team dinghy events. In most conditions it enables rolling starts at 3-minute intervals.



Start, round marks 1 then 2 to starboard, round marks 3 then 4 to port, Finish

C2 OTHER COURSE

As displayed on the official notice board.

Addendum E – Round-Robin(s) in Group(s)

- E1 In the first stage of an event, the teams shall be assigned to a single group, or to multiple groups randomly or with seeding based on past performance
- E2 Unless stated otherwise, in a second round-round robin stage, the highest placed teams shall be assigned to the Gold group, the next highest placed to the Silver group, the next highest placed teams to the Silver group, and so on.
- E3 RRS D4.3 and D4.4 define the scoring for a Round-Robin stage.

Addendum H - HLS League

H1 Teams for each race will be selected randomly. Teams will not sail any other team more than once in stage 1.

Rules for this stage

H2 Teams will be ranked on the basis of RRS D4.3 and ties broken using RRS D4.4. This shall be irrespective of whether the full round robin is completed.

H3 SI 3.5 is changed to:

When the race or protest committee orders a resail of a completed race, the race committee may postpone the resail indefinitely unless the result is relevant to progress, but not seeding, in the next round. Any race where a resail is granted but the race is not resailed, will be treated as unsailed in the results.

Addendum K - When Boats are supplied by the Organising Authority

- K1 For each race, the race committee will allocate boats to the participating teams.
- K2 Spinnakers, trapezes and the gear specifically provided for the utilisation of these shall not be used, unless permitted in the sailing instructions.
- K3 Standing rigging shall not be altered nor any gear removed without the permission of the race committee.
- K4 BREAKDOWNS
- (a) When a supplied boat suffers a breakdown, RRS D5 applies.
 - (b) Competitors are responsible for inspecting their boats before racing.
 - (c) Competitors shall report any defects, damage or breakdown to the race committee at the first reasonable opportunity.
 - (d) When to continue racing after damage a breakdown risks further damage to the boat, she shall retire immediately.
- K5 CONTINUITY
- (a) Before starting and after finishing or retiring, boats shall sail to minimise any delay to the race schedule and without interfering with any race in progress.
 - (b) A boat shall remain the responsibility of the team until handed over to the race committee or the next team to use that boat. Boats shall be handed over as empty of water as practical and in racing trim.