

**Hollingworth Lake Sailing Club**  
**ILCA & Mirror Open Meeting**  
**Sunday 10th May 2026**  
**Sailing Instructions**

**1. RULES**

1.1 Racing will be governed by the Racing Rules of Sailing RRS 2025-2028, the prescriptions of the RYA and the rules of the appropriate Class Associations, except as modified in these Sailing Instructions.

**2. CONDITIONS OF ENTRY**

2.1 GENERAL The safety of each boat and her entire management, including insurance, shall be the sole responsibility of the parent or guardian in charge, who must ensure the boat and crew (where applicable) are competent to sail in the conditions which may arise during any or all of the races.

2.2 Each parent or guardian in charge is responsible for ensuring that the boat sailed in the event has adequate third-party insurance cover to a minimum of £3,000,000 per incident.

**3. SAFETY**

3.1 PERSONAL FLOTATION DEVICES shall be worn while racing.

**4. COMMUNICATION WITH COMPETITORS**

4.1 Competitors may REGISTER at the reception desk in the Clubhouse from 09:30.

4.2 A pre-race BRIEFING will be held at 10:30.

4.3 NOTICES TO COMPETITORS will be posted on the Official Notice Board, which will be located outside the clubs main entrance.

4.2 CHANGES TO SAILING INSTRUCTIONS will be posted on the Race Notice Board no later than 15 minutes before the Warning signal of the race.

**5. SCHEDULE OF RACES & RACE FORMAT**

5.1 Three races are scheduled to be sailed. The decision if any races are to be sailed back-to-back will be confirmed at the competitors briefing.

5.2 The ILCA fleet will race as a single fleet, regardless of rig size. Races will be conducted on a handicap basis using the RYA Portsmouth Yardstick (PY) numbers for each sail size. All boats will sail the same course and must pass through the start/finish line on every lap. Each boat's elapsed time will be recorded at the completion of each lap as it crosses the start/finish line.

5.3 The intended duration of each race is approximately 40 minutes but may be varied at the discretion of the Race Officer in the interests of timely finishing.

## 6. COURSE

6.1 The course will be displayed on the Committee Boat by a series of lettered boards that read from left to right

6.2 Red or Green boards bearing mark letters indicate the order in which marks are to be passed and the side on which each mark is to be left. A white board with "I-O" in black lettering indicates when a line between the I and O marks will be crossed.

6.3. A board displaying a number at the end of the course letter indicates how many laps must be completed.

6.4. Course marks bear letters and are round orange buoys (A to H) and white buoys (I & O). A red mark bearing the letter X may be used and can be laid at any part of the lake. A diagram of the lake and mark positions is appended to these instructions.

## 7. STARTING

7.1 The STARTING TIME for the first race will be 11.00 hours.

7.2 The STARTING LINE will be between the mast on the Committee Boat and a mark of the course.

7.3 The STARTING SEQUENCE will be as follows;

Time before start	Signal	Flag	Sound
5 minutes	Warning signal	Class flag raised	1 sound
4 minutes	Preparatory signal	P, I, Z, or Black flag raised	1 sound
1 minute	One-minute signal	Preparatory flag lowered	1 sound
0 minutes (Start)	Starting signal	Class flag lowered	1 sound

The ILCA fleet will start first, followed by the Mirror fleet. The starting signal for the ILCA fleet will serve as the warning signal for the Mirror fleet.

7.4 RECALLS.

INDIVIDUAL RECALL - If one or more boats are over the line at the start, and all boats can be identified by the Race Officer, a further sound signal will be given and code flag 'X' will be displayed, until such boats have returned and started to the satisfaction of the race officer or 2 minutes have elapsed, whichever is the earlier. Recall numbers will not be displayed.

GENERAL RECALL – When the Race Officer is unable to identify all the boats over the line two further sound signals will be given and the "First Substitute" displayed. A sound signal will be made when the First Substitute is removed. The Warning Signal for the new start shall be made one minute after the First Substitute is removed. If the ILCA fleet is subject to a general recall, the starting sequence for all fleets will be restarted, with the ILCA fleet remaining first to start.

## 8. FINISHING

8.1 The FINISHING LINE will be the same as the starting line (7.2).

8.2 Shortly before the leading boat on the water reaches the race duration two sound signals will be made and code flag “S” will be flown. This is the ‘About To Finish’ signal (ATF). The leading boat will continue to sail the course until they pass through the finish line. All other boats will finish when they next pass through the finish line at the end of their current lap. Each boat will be given a sound signal to indicate that they have completed the race.

## **9. Obstructions**

9.1. The water is used by various other types of craft who may not be aware of the regulations for preventing collisions. Hollingworth Lake Sailing Club officials will, where possible, prevent any of these craft from interfering with racing. However, competitors are also advised that, if necessary, they may, in a clear and suitable tone, provide instructions to these craft in how to proceed in order to prevent interference with the racing.

## **10. Time Limits**

10.1. There is no time limit for the first boat to pass Mark 1

10.2. The time limit for the first boat to sail the course and finish is 75 Mins

10.3. The time limit for boats to finish after the first boat sails the course and finishes is 30 mins

10.4. The number of laps will be determined by the race officer.

## **11. Protests and Requests for Redress**

11.1. The Post Race Penalty and RYA Arbitration of the RYA Rules Disputes Procedures will be available.

11.2. Protests shall be written on the forms available from the Race Officer and shall be lodged with the Race Officer within 30 minutes of the last boat finishing in each fleet of each race. When back-to-back races are held then the time limit applies after the last race of a series of back-to-back races. This varies RRS Appendix S 13.2.

## **12. Scoring**

12.1. Scoring shall be on the low points system, i.e., Winner 1, Second 2, Third 3, etc. A boat that did not start, finish, retired or disqualified shall be awarded one more than the number of boats entered in the meeting.

12.2. The racing will be run using Average Lap Racing. Every lap of the course will be same, starting and finishing at the start line which must be passed through.

12.3. The intended duration of each race is circa 40 minutes but may be varied at the discretion of the Race Officer in the interests of timely finishing.

12.4. Shortly before finishing two sound signals will be made and code flag “S” will be flown. This is the About To Finish signal (ATF). All boats will finish when they next pass through the finish line at the end of their current lap.

## **13. Replacement of Crew**

13.1. Substitution of helmsman will not be permitted. Substitution of crew will be allowed only with the permission of the race committee.

#### **14. Equipment and Measurement Checks**

14.1. A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions.

#### **15. Radio Communication**

15.1. Except in an emergency, a boat that is racing shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats (DP)

#### **16. Prizes**

Prizes will be awarded to the top 3 overall and the leading boat in each age category.

#### **17. Disclaimer of Liability**

17.1. Competitors participate in the event entirely at their own risk. See RRS 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.

#### **RISK STATEMENT**

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.
- 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 event and to attend any safety briefing held for the event.

