Standing Sailing Instructions (SSI)

ROYAL ST LAWRENCE YACHT CLUB

Dorval Qc Canada
2026

1 RULES

1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing* (RRS).

2 CHANGES TO SAILING INSTRUCTIONS

2.1 Any change to the sailing instructions will be posted before 08h00 AM on the day it will take effect, except that any change to the schedule of races will be posted by 08h00 PM on the day before it will take effect.

3 COMMUNICATIONS WITH COMPETITORS

3.1 Notices to competitors will be posted on the RStLYC Official Notice Board.

3.2 Supplementary sailing instructions (SI) for specific regattas will be posted on the RStLYC Official Notice Board.

3.3 On the water, the race committee may make courtesy broadcasts to competitors on VHF radio channel 78.

3.4 [DP] [While racing] [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.

4 CODE OF CONDUCT

4.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials.

5 SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed on the flag pole located in the centre of the front lawn.

5.2 When flag AP is displayed ashore, « 1 minute » is replaced with « not less than 45 minutes » in Race Signals AP.

6 BOAT DEWEEDING

6.1 [DP] Boats may use their engine in reverse to de-weed, as long as this use of the engine does not bring them closer to the next mark or gives the boat an advantage in any other way except de-weeding.

7 SCHEDULE OF RACES

7.1 Refer to the specific regatta SI.

8 CLASS FLAGS

8.1 Refer to the specific regatta SI.

8.2 A minimum of 3 boats is required to have a class and/or to have an event.

9 RACING AREA

9.1 Refer to the specific regatta SI.

10 COURSES

10.1 Refer to the specific regatta SI.

11 MARKS

11.1 Refer to the specific regatta SI.

12 THE START

12.1 Races will be started using RRS 26 with the warning signal made *5* minutes before the starting signal.

12.2 The starting line is between a staff displaying an orange flag on the Race Committee vessel at the starboard end and the course side of the port-end starting mark.

12.3 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

13 CHANGE OF THE NEXT LEG OF THE COURSE

13.1 To change the next leg of the course, the race committee will lay a new mark (or move the finishing line). When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

14 THE FINISH

14.1 The finishing line is between a staff displaying a blue flag on Race Committee vessel and the course side of the finishing mark.

15 PENALTY SYSTEM

15.1 The first two sentences of RRS 44.1 are changed to: « A boat may take a One-Turn Penalty when she may have broken one or more rules of Part 2 or RRS 31 in an incident while racing ».

16 TIME LIMITS AND TARGET TIMES

16.1 Refer to the specific regatta SI for Mark 1 Time Limit, Race Time Limit and Finishing Window.

16.2 If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.

16.3 The Finishing Window is the time for boats to finish after the first boat in that class sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A5.1, A5.2 and A10.

16.4 Failure to meet the Race Target Time will not be grounds for redress. This changes RRS 62.1(a).

17 HEARING REQUESTS

17.1 The protest time limit is 60 minutes after the committee boat berths at her pier and gives a sound signal.

17.2 Hearing request forms are available at RStLYC Racing 2026 Hearing Request Form.

18 SCORING

18.1 The scoring system is the Low Point Scoring System.

19 SAFETY REGULATIONS

19.1 [DP] A boat that retires from a race shall notify the race committee at the first reasonable opportunity.

20 TRASH DISPOSAL

20.1 Trash may be placed aboard official vessels.

21 PRIZES

21.1 Refer to the specific regatta SI.

22 RISK STATEMENT

22.1 RRS 3 states: « The responsibility for a boat's decision to participate in a race or to continue to race is hers alone. » By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.**

23 INSURANCE

23.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of $1,000,000 per incident or the equivalent.