



4000 and D-One Eurocup

Gold Cup 2026

12 Race Championships

1<sup>st</sup> – 4<sup>th</sup> August 2026

## **Sailing Instructions**

Organising Authority: Royal Western Yacht Club of England Ltd  
Plymouth UK

# Sailing Instructions

## 1. RULES

- 1.1 Racing will be governed by the 'Rules' as defined in the Racing Rules of Sailing, National Prescriptions and class rules.
- 1.2 Where Plymouth is a Naval/ Commercial Port, shipping movements can be frequent and must have priority. Boats, at all times, must keep clear of ships leaving or entering the port and obey instructions from the Race Committee where avoiding action is necessary. Failure to obey Race Committee instructions may be treated as misconduct.
- 1.3 The Exoneration Penalty and RYA Arbitration of the RYA Rules Disputes Procedures will be available. This procedure can be seen on the RYA website (<https://www.rya.org.uk/racing/rules/rules-disputes> ) and will be posted on the Notice Board. The Exoneration Penalty will be a 30 % placing penalty with a minimum of three places but not greater than DNF and will be scored DPI. The Arbitration Penalty will be the same as the Exoneration Penalty, scored DPI. Scores of other boats will not be adjusted. This changes rules 63.1 and A5."
- 1.4 Rule 40.1 "Personal Buoyancy" shall apply at all times whilst afloat.
- 1.5 Rule 51 "Shifting Ballast" shall not apply
- 1.6 Rule 56.2 "Spinnaker Poles and Whisker Poles" shall not apply

## 2 NOTICES TO COMPETITORS

- 2.1 Notices to Competitors will be displayed on the Official Regatta Notice Board in the Royal Western Yacht Club and may be posted on the Competitors WhatsApp group, any omission on WhatsApp will not be grounds for redress under RRS 61.1(a). The event website can be found at <https://rwyc.org/race/4000-and-d-one-eurocup-gold-cup-2026/>

## 3 CHANGES TO SAILING INSTRUCTIONS


- 3.1 Any change to the sailing instructions will be posted on the Official Regatta Notice Board, at least 2 hours before the first warning signal on Saturday 1<sup>st</sup> August and before 0800 on Sunday 2<sup>nd</sup>, Monday 3<sup>rd</sup> and Tuesday 4<sup>th</sup>, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.  
Any change may also be posted on the Competitors WhatsApp group, any omission on WhatsApp will not be grounds for redress under RRS 61.1(a).

## 4 SIGNALS MADE ASHORE

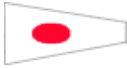

- 4.1 Signals made ashore will be displayed at the RWYC Flagstaff.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP. This changes the meaning of Flag AP in RRS.

## 5 SCHEDULE

- 5.1 Registration will be available between 1500-1800 on Friday 31<sup>st</sup> July and between 0900 and 1100 on Saturday 1<sup>st</sup> August at RWYC.

- 5.2** A competitor briefing for both classes will be held on Saturday 1<sup>st</sup> August at 1100 and may also be made available online.
- 5.3** 12 races are scheduled over the 4 days. A minimum of three (3) races are scheduled for each day with the 1<sup>st</sup> warning signal not before 1255 on Saturday and 1025 on Sunday, Monday and Tuesday.
- 5.4** Following races will be started as soon as possible after the finish of the last boat in the previous race or the expiry of the time limit with flag T raised. (Whichever is sooner). If a race is not to start shortly, then flag AP will be raised. When flown over a class flag, it applies to that class only.
- 5.5** No launching will be permitted until flag D  is raised with one sound signal, the first warning signal will be made not less than 30 minutes after Flag “D” is displayed.
- 5.6** On Saturday 1<sup>st</sup> August no warning signal will be made after 1700, Sunday 2<sup>nd</sup> August no warning signal will be made after 1700, on Monday 3<sup>rd</sup> August no warning signal will be made after 1700, and on Tuesday 4<sup>th</sup> August no warning signal will be made after 1500.
- 5.7** The overall prize giving will be held as soon as possible after the last race on Tuesday 4<sup>th</sup> August 2026. Other prizes may be awarded at the discretion of the race committee.

## 6 CLASS FLAGS

- 6.1** Class Flags will be numeral 1  for 4000 Class and G  for D-ONE class.
- 6.2** Boats are not required to fly a class flag.

## 7 RACING AREA

- 7.1** The race area will be Plymouth Sound. Racing may take place either north or south of the breakwater.
- 7.2** The Committee Boat will be fulmar, a white motor launch

## 8 COURSES and MARKS

- 8.1** The diagram in Appendix A shows the courses, including the order in which marks are to be passed and the side on which each mark is to be left. The course configuration will be explained to competitors at the event briefing on Saturday 1<sup>st</sup> August
- 8.2** No later than the warning signal for the first class, the race committee will designate the number of laps to be sailed by displaying it on the side of the committee boat.

## 9 THE START

- 9.1** The start line will be between the mast displaying an orange flag on the Committee Boat and the outer distance mark, an orange pillar buoy, on the port side of the Committee Boat.
- 9.2** To alert boats that a sequence of races will begin soon, an orange flag will be displayed at the Committee boat mast with one sound signal 5 minutes before a warning signal is made.
- 9.3** Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for the other class.
- 9.3** The first start will be 4000 class (Numeral 1), the second start will be D-ONE class (Flag G)

**9.4** The first warning signal is scheduled to be given at 12.55 Saturday and 10.25 Sunday, Monday and Tuesday. Following races will start as soon as practically possible after the completion of the preceding race.

**9.5** The class subject to general recall will be started after any class yet to start. This changes Race Signals and RRS 29.2.

**9.6** Any boat that has not started within 4 minutes of her starting signal shall be scored DNS.

## **10 THE FINISH**

**10.1** The finish line will be between the mast displaying an orange flag on the committee boat and a Dan buoy displaying a blue flag on the starboard side of the Committee Boat.

## **11 PENALTY SYSTEM**

**11.1** A boat touching a mark, other than the committee boat on station, and passing it on the correct side does not infringe Rule 31. However, a boat which, in the opinion of the race officer, causes a mark to be significantly relocated may be disqualified from that race including any restart. This changes Rule 31.

**11.2** Rule 44.1 and 44.2 is changed so that the Two Turns Penalty is replaced by the One Turn Penalty.

## **12 TIME LIMITS**

**12.1** The time limit will be 60 minutes. Boats failing to finish within 20 minutes after the second boat in each class sails the course and finishes will be scored DNF without a hearing. This changes RRS 35, A4 and A5.

## **13 PROTESTS AND REQUESTS FOR REDRESS**

**13.1** Protest forms are available from the Regatta Office in the Royal Western Yacht Club. Protests and requests for redress or reopening shall be delivered to the regatta office within the appropriate protest time limit.

**13.2** The protest time limit is 60 minutes after the last boat has finished the last race of that day or 60 minutes after the time that the race committee signals no more racing today.

**13.3** Notices will be posted on the official Regatta notice board no later than 30 minutes after the protest time limit ends to inform competitors of hearings in which they are parties or named as witnesses. All parties to a hearing must assemble at the appointed time.

**13.4** Notice of a hearing posted on the Regatta noticeboard will be adequate notice to competitors. The notice of a hearing may also be repeated on the WhatsApp Group (unofficial notice board). This changes RRS 63.2

**13.5** Notices of protests by the race committee or protest committee will be posted to inform boats under RRS 61.1(b)

## **14 SCORING**

**14.1** Four races are required to be completed to constitute a series.

**14.2** When three or fewer have been completed, a boat's series score will be the total of her race scores.

**14.3** When four to seven races have been completed, a boat's series score will be the total of her race scores, excluding her worst score.

**14.4** When eight or more races have been completed, a boat's series score will be the total of her race scores, excluding her two worst scores.

## **15 RETIREMENTS**

**15.1** Boats retiring from a race shall inform the race committee at the earliest opportunity.

## **16 PRIZES**

**16.1** Overall prizes will be awarded at the event prize giving after racing on Tuesday 4<sup>th</sup> August 2026. Other prizes may be awarded at the discretion of the race committee and class associations.

## **17 INSURANCE**

**17.1** Each participating boat is required to hold adequate insurance and in particular to hold insurance against third party claims in the sum of at least £3,000,000.

## **18 MEDIA WAIVER**

**18.1** Competitors are asked (on the entry form) to give their consent to the sponsors, class associations and the Organising Authority, to use their name, comments, photograph and likeness for publicity purposes.

## **19 OBSTRUCTIONS**

**19.1** Boats, whilst racing and sailing to and from the racing area, should not enter the Mooring Areas ( as shown in Appx C) located north of Mountbatten peninsula and south of the Plym navigation channel.

**19.2** Shipping traffic routes in Cattewater are shown in SI Appendix C.

**19.3** The diagram in SI Appendix B shows the moving exclusion zone (MEZ) in place for designated vessels, (submarines, large tidally constrained warships, auxillaries and support vessels). All boats are required under the terms of the Dockyard Port of Plymouth Order 2020, not to enter the MEZ. This prohibited zone, ranks as an obstruction to sea room under RRS.

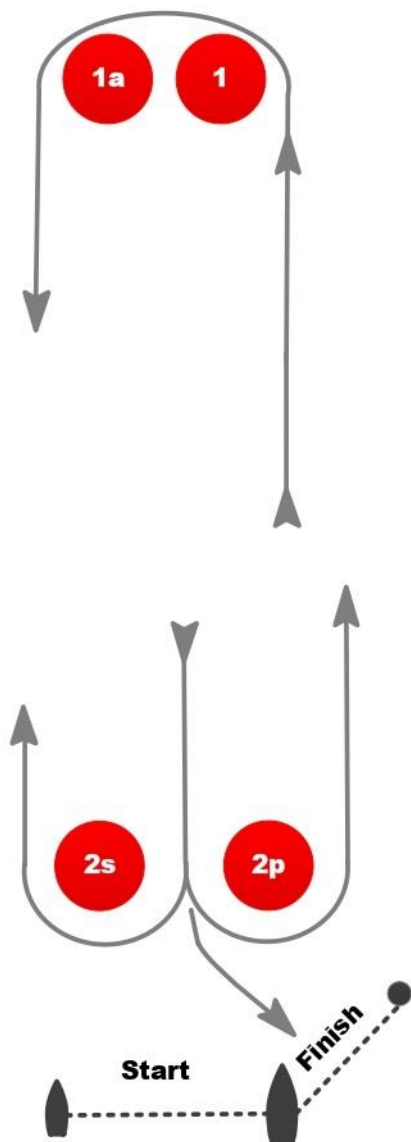
## **20 FURTHER INFORMATION**

**20.1** The Regatta Office can be contacted by e-mail or telephone as follows:

Email: [info@rwyg.org](mailto:info@rwyg.org) Event director: Jerry Lock [jerry.lock@gmail.com](mailto:jerry.lock@gmail.com)

# Appendix A – Course LRA

<b>LRA</b>	<b>COURSE: WINDWARD / LEEWARD with spreader mark and reaching finish</b>
<b>Signal</b>	<b>Mark Rounding Order</b>
<b>LRA2</b>	<b>Start – 1 – 1a – 2s/2p – 1 – 1a – 2p – Finish</b>
<b>LRA3</b>	<b>Start – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – 1 – 1a – 2p – Finish</b>
<b>LRA4</b>	<b>Start – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – 1 – 1a – 2p – Finish</b>



# Appendix B – Moving Exclusion Zone

## KING'S HARBOUR MASTER PLYMOUTH

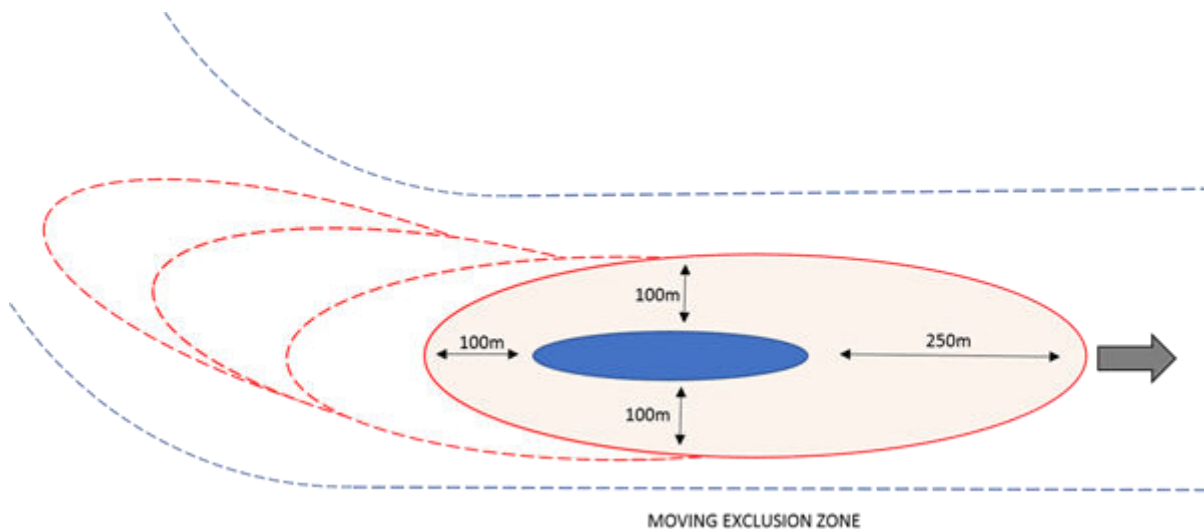
### LNTM 012/24

#### PLYMOUTH LOCAL NOTICE TO MARINERS 012/24

#### GENERAL DIRECTION

#### MOVING EXCLUSION ZONES (MEZ) FOR DESIGNATED VESSELS

1. This notice is a General Direction from the King's Harbour Master Plymouth (KHM) pursuant to the Dockyard Port of Plymouth Order 2020.
2. The Dockyard Port of Plymouth Order 2020 includes the provision for KHM to establish a moving exclusion zone (MEZ) around specified vessels for the protection of that vessel and to ensure its safe passage.
3. A MEZ can be established for large tidally constrained warships, auxiliaries and support vessels and all submarine movements within the Dockyard Port. The exclusion zone will extend 250m ahead of and 100m abeam and astern of the vessel.

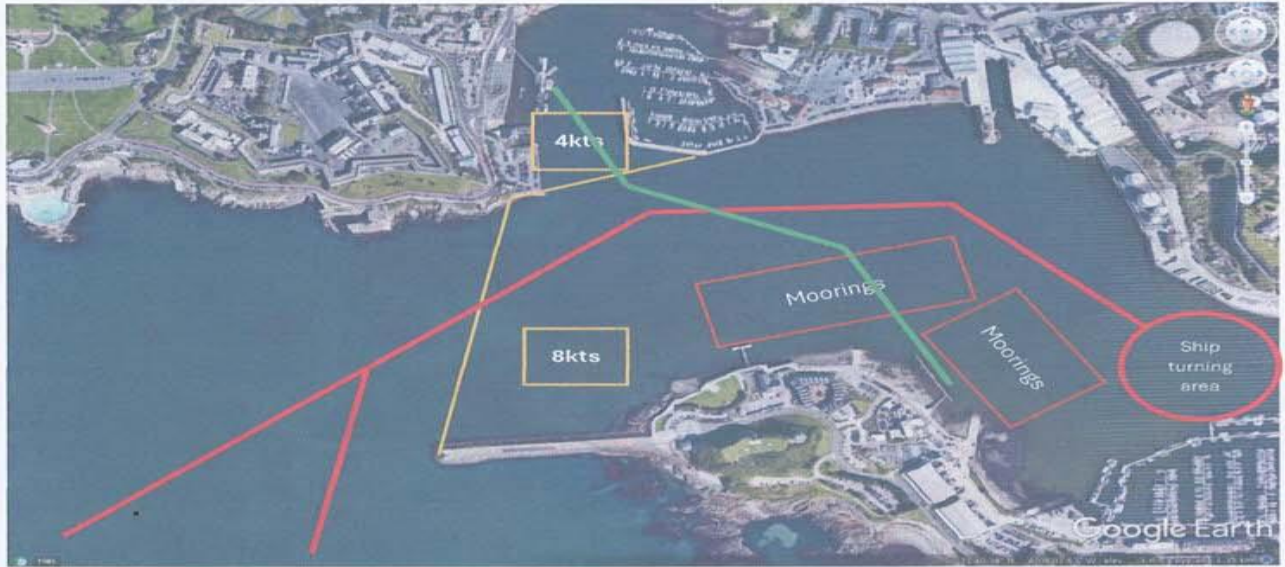


4. With the exception of submarines, a vessel to which a MEZ applies shall display:
  - a. Between sunrise and sunset, two black diamond shapes vertically disposed.
  - b. Between sunset and sunrise, in restricted visibility and at other times when deemed necessary, two all-round flashing red lights at the masthead horizontally disposed. If a vessel is not fitted with these lights, 3 all-round red lights vertically disposed may be displayed in their place.
5. For a submarine movement the presence of the MEZ will be indicated by the escorting tugs displaying:
  - a. A black cylinder by day.
  - b. 3 all-round red lights vertically disposed by night or in restricted visibility.
6. When a MEZ is in effect:
  - a. The zone must not be entered by any vessel underway with the exception of MoD vessels and vessels supporting the move.
  - b. Any vessel alongside, at anchor, at a buoy or mooring within the MEZ shall not get underway until the entitled vessel/submarine has passed.

Monday 01 Jan 2024

R Giles, King's Harbour Master, Plymouth

# Appendix C – Cattewater Shipping Routes & obstructions



Barbican ferry — Shipping route — Cattewater Harbour boundaries & speed limits —

Possible traffic routes across the Sound:  
Cattewater commercial — Cattewater ferry — Barbican ferry — Naval