



ROYAL WESTERN
YACHT CLUB OF ENGLAND

D-One UK
National Championships
7th – 9th 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. The event website can be found at <https://rwyc.org/race/d-one-uk-national-championships-2026/>

3 CHANGES TO SAILING INSTRUCTIONS


- 3.1 Any change to the sailing instructions will be notified at the briefing and/ or posted at least 2 hours before the first warning signal on Friday 7th August and before 0800 on Saturday 8th August and Sunday 9th August, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

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 Thursday 6th August and 0900 and 1100 on Friday 7th August at the RWYC.

- 5.2** A competitor briefing will be held on Friday 7th August at 1100 and may also be made available online.
- 5.3** 9 races are scheduled over the 3 days. A minimum of three (3) races are scheduled for each day with the 1st warning signal not before 1255 on Friday and 1025 on Saturday and Sunday.
- 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.
- 5.5** No launching will be permitted until flag D  is raised with one sound signal.
- 5.6** On Friday 7th August, no warning signal will be made after 1700, Saturday 8th August no warning signal will be made after 1700 and on Sunday 9th 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 Sunday 9th August 2026. Other prizes may be awarded at the discretion of the race committee.

6 CLASS FLAGS

- 6.1** Class Flag 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 Friday 7th August.
- 8.2** No later than the warning signal, 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 on the port side, an orange pillar buoy.
- 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 at least 5 minutes before a warning signal is made.
- 9.3** The first warning signal is scheduled to be given at 12.55 Friday and 10.25 Saturday and Sunday. Following races will start as soon as practically possible after the completion of the preceding race.
- 9.4** 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.

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 Two 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 six races have been completed, a boat's series score will be the total of her race scores, excluding her worst score.

14.4 When seven 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 Sunday 9th August 2026. Other prizes may be awarded at the discretion of the race committee and class association.

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 FURTHER INFORMATION

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

Email: info@rwy.org

Event director: Jerry Lock, jerry.lock@gmail.com

APPENDIX A:

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

The diagram illustrates a sailing course layout. At the bottom, a dashed line connects two buoys labeled 'Start' and 'Finish'. From the 'Start' buoy, a solid line leads to a red circle mark labeled '1'. From mark '1', a solid line leads to another red circle mark labeled '1a'. From mark '1a', a solid line leads to a red circle mark labeled '2s'. From mark '2s', a solid line leads to a red circle mark labeled '2p'. From mark '2p', a solid line leads to the 'Finish' buoy. The diagram also shows a return path from 'Finish' back to 'Start' via a dashed line, and a path from 'Finish' back to '1' via a solid line, and from '1' back to '1a' via a solid line, and from '1a' back to '2s' via a solid line, and from '2s' back to '2p' via a solid line, and from '2p' back to 'Finish' via a solid line. The marks '1' and '1a' are positioned higher than '2s' and '2p', indicating a change in wind direction or a specific course configuration.