



BAR VS BENCH TEAM RACING

20 SEPTEMBER 2025

ORGANIZING AUTHORITY (OA)

ROYAL YACHT SQUADRON (RYS)

ABSTRACT OF NOTICE OF RACE & SAILING INSTRUCTIONS

This abstract does not replace the Notice of Race or Sailing Instructions, copies of which will be available online at www.rys.org.uk one week before the event, and from the RYS Lodge on the evening preceding the Regatta.

1. RULES

- 1.1. The *event* is governed by the rules as defined in the Racing Rules of Sailing (RRS) including Appendix D, Team Racing Rules.
- 1.2. Races will be Umpired.
- 1.3. RRS 20 is changed so that the following arm signals by the helm are required in addition to the hails:
 - (a) for room to tack, repeatedly and clearly pointing to windward; and
 - (b) for 'You tack', repeatedly and clearly pointing at the other boat and waving the arm to windward.

2. NOTICE OF RACE & SAILING INSTRUCTIONS

- 2.1. Copies of the Notice of Race and Sailing Instructions (SIs) will be available online at www.rys.org.uk one week before the event, and from the RYS Lodge on the evening preceding the Regatta. This abstract does not relieve participants of the responsibility to read and understand the parent documents.

3. COMMUNICATION

- 3.1. The Official Notice Board (ONB) will be online at www.rys.org.uk and the Race Office will be at the Royal Yacht Squadron (RYS).
- 3.2. All boats shall carry a Marine VHF Radio capable of receiving all normal International VHF Channels. All VHF communication shall be on International VHF channels.
- 3.3. On the water, the RC intends to broadcast race information and course information on VHF Ch.77.

All correspondence should be directed to:

The Royal Yacht Squadron, The Castle, Cowes, UK, PO31 7QT. Tel: 01983 292191, Email: mail@rys.org.uk

4. SCHEDULE

- 4.1. The format of racing will be two boat team racing with crews of up to four (4) persons.
- 4.2. An orange flag will be displayed from the CV as soon as possible after all competing boats have reached the Race area.
- 4.3. The Warning Signal for the first race will be displayed not less than 5 minutes after the display of the orange flag.
- 4.4. Each subsequent race will be started as soon as practicable after the previous race. Boats are advised to stay close to the CV after finishing / retiring.
- 4.5. The warning signal for subsequent races will be displayed not less than 1 minute after the display of the orange flag.
- 4.6. The warning signal for the last race, a passage race back to the Royal Yacht Squadron, will be made at approximately 1500.
- 4.7. Schedule and times.

| DAY HWP (BST) | TIME | NOTES |
|---|----------------------|------------------------------------|
| 20 Sept 2025 <i>HW 1210 – 4.6m</i> <i>LW 1644 – 1.2m</i> | 1000 | Crews meet at Royal Yacht Squadron |
| | 1015 | Briefing by Umpire |
| | | Briefing by Race Officer |
| | | Boat Allocation |
| | 1100 | Depart for Race Area |
| | On arrival race area | Race 1 etc |
| | 1500 approx | Final Passage Race to Cowes |
| | 1830 | Debrief by Umpires |
| | 1900 | Drinks at RYS Castle |
| | 1945 | Supper and Prizegiving at RYS. |

5. TEAM FLAGS

- 5.1. The Team flags will be BAR = Blue; BENCH = Yellow.

6. PENALTY SYSTEM

- 6.1. Self-initiated penalties and penalties imposed by the umpire will be in accordance with the SIs.

7. COURSES

- 7.1. With the exception of the last race of the day courses will be in accordance with Addendum E. Which depicts the course, the order in which marks are to be passed, and the side on which each mark is to be left.
- 7.2. The Course letter and number of laps will be displayed on the CV.
- 7.3. The last race of the day will be a passage race back to Cowes using a combination of laid marks and Solent marks identified by name and two-character identifier as shown at Addendum D. The course will be promulgated by VHF radio. This race is not part of the main competition and will be scored separately.

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- 7.4. For the passage race back to the RYS, boats are not to pass south of the red Shrape Beacon ("Pile") or south of the detached Cowes Harbour Breakwater while racing.
- 7.5. The RYS Finish Line for the passage race is between the RYS flagstaff and the laid orange inflated mark approximately 300 metres to the north.

8. THE START

- 8.1. Races will be started by using the following signals:

| Signal | Minutes before Starting Signal | Sound Signal | Visual Signals |
|-------------|--------------------------------|--------------|------------------------|
| Warning | 3 | One | Team colours displayed |
| Preparatory | 2 | One | Flag P displayed |
| One-minute | 1 | One Long | Team colours removed |
| Starting | 0 | One | Flag P removed |

- 8.2. Times shall be taken from the start of each sound signal. The failure or delay of a visual signal, including flags as specified above, shall be disregarded. This changes RRS 26.
- 8.3. To alert boats that a race will soon begin, a series of short sound signals will normally be made to advise competitors that a Warning Signal is imminent.
- 8.4. When a boat is subject to RRS 29.1 (Recalls) the team colour(s) will be displayed with one sound: this changes RRS 29.1. The race committee may hail the sail numbers or the total number of premature starters.

9. THE FINISH

- 9.1. Any signal (Whistle) at the Finish is only an indication that the boat signalled has crossed the Finish Line. It is not an indication that the boat has correctly sailed the Course and finished.

10. SCORING

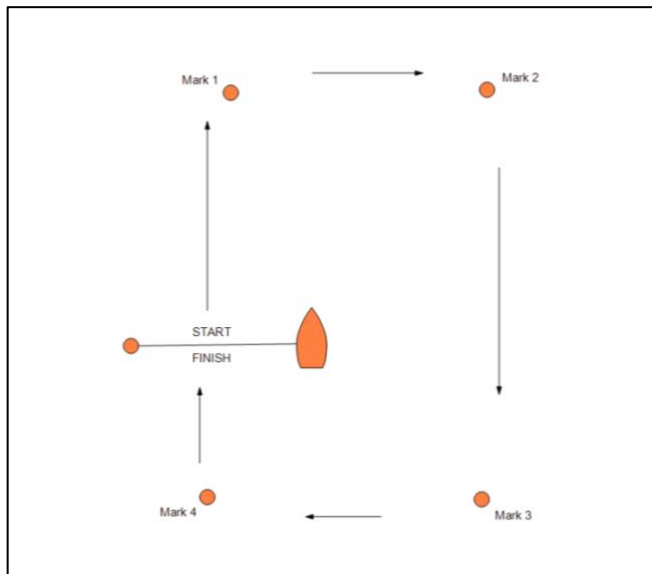
- 10.1. When each team consists of 3 or more boats, the RRS Low Point System will apply.
- 10.2. Should each team consist of 2 boats only, RRS D3.1(a) is changed, and the First Placed boat will be awarded 1½ points.
- 10.3. The winning team of **each race** shall be scored zero (0). The losing team shall be scored one (1).
- 10.4. The overall winner will be the team with the lowest score.
- 10.5. One (1) race shall constitute a series and there will be no discarded scores.
- 10.6. The passage race home will be scored separately.

11. SAFETY REGULATIONS

- 11.1. All competitors shall wear personal flotation devices.

12. COURSE DIAGRAM (Addendum E from the SIs)

Box Course – (Not to Scale)



Course 'S':

Start, round marks 1, 2, 3 and 4 in that order, finish.

Number of laps will be displayed on the CV next to the course identifier e.g. S2.

Marks are rounded to starboard.

On Leg 3, all start and finish marks shall be passed on the same side as the marks, and boats shall not cross the start or finish line, which rank as obstructions.

