

SAILING INSTRUCTIONS

UNITED 4 SAILING REGATTA 2026

May 9-10 2026

on the Lake Grevelingen off Bruinisse

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

1. RULES

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

1.2 In addition to the Notice of Race the following *Rules* are changed:

5	Text Race Signals
9.3	32
6	61.1(a)
12.3	A5.1 and A5.2
13.2	33
13.3	28
15.2	P2.3 and P2.2
15.5	44.1 and P2.1
16.3	35, A5.1, A5.2 and A10
16.5	61.4(b)(1)
18.1	40
23.1.5	62. 4.
23.6	61.1

2 CHANGES TO SAILING INSTRUCTIONS

2.1 Any change to the sailing instructions will be posted before 0800 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

3 COMMUNICATIONS WITH COMPETITORS

3.1 Notices to competitors will be posted on the official notice board located at <https://www.united4sailing.org/notice-board-bruinisse/3.2> The address of the regatta office and the location of the venues are described in the menu, under "information venue", at the website www.united4sailing.org

4 [DP] CODE OF CONDUCT

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

4.2 Competitors and support persons shall handle any equipment and place advertising provided by the organizing authority with care seamanship, in accordance with any instructions for its use and without interfering with its functionality.

5 SIGNALS MADE ASHORE

Signals made ashore will be displayed at one of the official signal masts, located close to the race office.


Signal:

Flag "AP" 

Meaning:

All races not started are postponed; do not leave the harbour area.

When flag AP is displayed ashore, '1 minute' is replaced by 'not less than 60 minutes'. This changes the text under AP in RRS Race Signals.

Flag "D"  Boats shall proceed to their racing area, the warning signal will be made not less than 60 minutes after the display of this flag.

[DP] [NP] Boats shall not launch before this flag has been displayed.

When a visual signal is displayed over a course area flag (black A, B on a white background), the signal applies only to that course area.

In addition to the class flags as defined in SI 7, the following class flags will be applicable:

Class	Class flag ashore
All Optimist Groups	Flag "O"

6 SCHEDULE OF RACES AND STARTING SEQUENCE

6.1

Course Area A	Cadet / RS Feva Optimist Group 1 Yellow Optimist Group 2 Blue
Course Area B	RS 500 ILCA 6 Europe/Splash ILCA 4

The race committee may change this starting sequence after the first race of the day.

6.2 On Saturday one extra race may be sailed, provided that no class becomes more than one race ahead of schedule and the change is made according to SI 2.1.

6.4 The scheduled time of the warning signal for the first race of the first class is on Saturday 11.10 hrs. and on Sunday 10.10 hrs.

6.5 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

6.6 Initial group assignments for the Optimist class will be made on a random basis by the OA. Those assignments will be posted no later than 2000 on Friday. For Sunday, boats will be reassigned to starting groups, except if on the first day only one race is completed. Races not completed by all groups will be abandoned and will not be scored in the results. Reassignments will be made on a 1,2,2,1,1,2, etc. basis into different colour groups. Assignments will be based on the ranking available at 2100 on Saturday regardless of protests or requests for redress that have not yet been decided. Assignments or re-assignments will be no grounds for redress. This changes RRS 61.1(a).

7 CLASS FLAGS

7.1 The Class flags are:

Class	Class Flag
Cadet / RS Feva	Flag G
ILCA 4	YELLOW flag with ILCA insignia
ILCA 6	GREEN flag with ILCA insignia
Optimist Group 1 Yellow	YELLOW Flag
Optimist Group 2 Blue	BLUE Flag
RS-500	Flag K
Splash / Europe	Flag E


8 RACING AREA

- 8.1 Appendix 1 shows the approximate location of racing areas and the identification of the race committee signal vessel of each racing area.
- 8.2 The starting area for each course is defined as a rectangle covering the area 100 meters to both windward and leeward of the starting line and 100 meters to both port and starboard of either end of the starting line.

9 COURSES

- 9.1 The diagram(s) in SI Appendix 2 show(s) the courses, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.
- 9.2 No later than the warning signal, the approximate compass bearing of the first leg will be displayed on the race committee signal vessel.
- 9.3 For course B; No later than the preparatory signal the course type for each class will be displayed on a board on the committee signal vessel

10 MARKS

- 10.1 The marks of the racing areas are described in Appendix 2.
- 10.2 For Course Area B, marks 3, and 4 may be replaced by a gate. Both marks of the gate shall have shape and color as described in Appendix 2 for the original mark.
- 10.3 In the event that a gate mark is missing and has not been replaced with an object displaying flag M , the remaining mark shall be rounded to port.
- 10.4 A race committee vessel signaling a change of a leg of the course is a mark as provided in SI 13.3.

11 OBSTRUCTIONS

- 11.1 There are no areas designated as obstructions.

12 THE START

- 12.1 The starting line will be staffs displaying an orange flag on the starting marks.
A mark ILM (a dan buoy with a red flag or an orange cylindrical Mark) may be used. If a mark ILM is used, the following will apply: boats shall keep the mark ILM to starboard while starting. Mark ILM is also a mark of the starting line as meant in RRS part 2, section C, the introduction.
- 12.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other classes.
- 12.3 A boat that does not start within four(4) minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

13 CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1 To change the next leg of the course, the race committee will move the original mark or the finishing line to a new position.
- 13.2 Course changes of less than 100m and/or 5 degrees may not be signalled. This changes RRS 33.
- 13.3 Except at a gate, boats shall pass between the race committee vessel, signalling the change of the next leg and the nearby mark, leaving the mark to port and the race committee vessel to starboard. This changes RRS 28.

14 THE FINISH

14.1 The finishing line is:

Course Area A: Between a blue flag on the finishing vessel and the course side of a yellow cylindrical shaped mark with the text “Windesign “.

Course Area B: Between a blue flag on the finishing vessel at the starboard side and a blue flag on the port side.



15 PENALTY SYSTEM

15.1 RRS Appendix P applies.

Add the following sentence to RRS P2.1: When penalized after he has finished, he will be given a scoring penalty of 30% calculated as stated in RRS 44.3(c), but not more than 8 points and not less than 4 points, without a hearing.

15.2 Appendix P is changed as follows:

RRS P2.3 does not apply and RRS P2.2 is changed to apply to any penalty after the first one.

15.3 If flag O  or R  is displayed with one or more class flags, the signal applies only to those classes.

15.4 The World Sailing ‘Interpretations of Rule 42, Propulsion’ are the reference for the protest committee to apply RRS 42.

[https://www.sailing.org/tools/documents/Rule42InterpretationsMay21-\[27359\].pdf](https://www.sailing.org/tools/documents/Rule42InterpretationsMay21-[27359].pdf)

15.5 For the RS-500 class RRS 44.1 and P2.1 are changed, so that the Two-Turn Penalty is replaced by the One-Turn Penalty.

16 TIME LIMITS [AND TARGET TIMES]

16.1 The Mark 1 Time Limit, Race Time Limit (see RRS 35), Target time and the Finishing Window are shown in the table below.

	All Course Areas
Time Limit	75 minutes
Mark 1 time limit	20 minutes
Target time	45 minutes
Finishing Window	15 minutes

16.2 If no boat has passed Mark 1 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 sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized, or given redress, will be scored Did not Finish (DNF) without a hearing. This changes RRS 35, A5.1, A5.2 and A10.

16.5 Failure to meet the target time will not be grounds for redress. This changes RRS 61.4(b)(1).

17 HEARING REQUESTS

17.1 For each class or group, the protest time limit is 75 minutes after the last boat (in that class or Group) finishes the last race of the day or the race committee signals no more racing today, whichever is later. The time will be posted on the official notice board.

17.2 Hearing request forms, scoring enquiries and crew/equipment substitution forms are available in the Manage2Sail Sailor App.

17.3 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room, located at the race office, beginning as soon as possible after the receipt of the hearing request form.

17.4 A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.

18 [NP][DP] SAFETY REGULATIONS

- 18.1 RRS 40 shall apply at all times while afloat. Flag Y will not be displayed. This changes RRS 40 and the Preamble of Part 4.
- 18.2 Any boat that retires from a race, or does not start a race shall inform the race committee on the water if possible and shall in all cases inform the race office as soon as possible.
- 18.3 Competitors who require assistance should so signify by blowing a whistle or waving the paddle or one arm. The race committee reserves the right to assist competitors who, in the opinion of the race committee, require assistance, regardless of the wishes of the competitor.
- 18.4 When flag V ~~X~~ is displayed on a race committee vessel, all coaches and support boats are permitted to enter the racing area and will cooperate with the race committee in rescue assistance and monitor VHF 72 for more information.
- 18.5 [SP] Sign-In/-Out:
Personal RFID tags are provided in the race office.
The race office is open on Friday from 18.00 – 20.00 and on Saturday from 08.00 -10.00 to do so.
A crew member of each boat shall personally sign-out each day when leaving their berth for racing by presenting their personal RFID tag to a beach master, who will scan the RFID tag. After returning ashore a crew member of each boat shall promptly and personally sign-in by presenting their personal RFID tag to the beach master.
In case of loss the boat is responsible for replacement. If the RFID tag was lost at sea, the boat shall, after returning ashore, promptly and personally report their return to the race office and request a new RFID tag.
A boat not leaving the harbour for a scheduled race, shall promptly notify the race office.
A boat that retires from a race shall notify the race committee at the first reasonable opportunity. This boat shall inform the race office immediately after arriving ashore.

19 REPLACEMENT OF CREW OR EQUIPMENT

- 19.1 Substitution of competitors will not be allowed without prior written approval of the race committee.
- 19.2 In the event of damage, boats and equipment may only be substituted with the written permission of the race committee. If the damage occurs later than 90 minutes before the first scheduled start on a racing day and before the start of the last race of the day, provisional verbal permission shall be obtained from the protest committee or the race committee and the written permission of the protest committee shall be applied for before the end of the protest time limit at the end of the day in which the substitution takes place.

20 EQUIPMENT CHECKS AND MEASUREMENT CHECKS

- 20.1 A boat or equipment may be inspected at any time.
- 20.2 [DP] When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

21 SUPPLIED BOATS

Not applicable.

22 OFFICIAL VESSELS

- 22.1 Official boats will be marked as follows:
- Race committee vessels will fly a flag with "RC", or a sticker with "RC" on the console of a rib.
 - Jury vessels will fly a yellow flag marked "JURY".

- c) Rescue vessels will fly a purple flag marked "RESCUE" or flag RESCUE.
- d) Press vessels will fly a white flag marked "PRESS"

23 [DP] SUPPORT TEAMS

23.1 Course Area A

23.1.1 [NP] Support Vessel's location while afloat:

Team leaders, coaches and other support persons shall stay outside the course areas which is defined as all locations where boats can be racing extended with a margin of 100 m.vA diagram is shown in appendix 2 This will go in effect from the time of the preparatory signal of the first start until all boats have finished for the last race of the day, or retired, or the race committee signals a postponement of all races, or abandonment for all races.

To accommodate leaving the racing area the orange flag will signal the support vessels to leave the racing area.

Observing the start may only be done from within the waiting area below the starting line which will be outlined with 4 marks. Following the fleet is only permitted by driving in a counterclockwise direction, with the direction of flow of the race. Observing the gate at the bottom of the downwind is only allowed from inside the waiting area.

23.1.2 Directions of jury and race committee

When a race committee or jury member indicates a support vessel person to move further from the course area, the mentioned vessel person shall follow this request immediately.

23.1.3 Communication with race committee

Any and all communication with the race committee on the water, concerning safety, race observations and or other assistance requests, shall be held over VHF. This makes communication possible without entering the racing area.

23.1.4 If flag V is displayed on the Race Committee signal vessel, support vessels persons shall follow instructions of the Race Committee and this over-ride any conflicting rules with this SI.

23.1.5 Infringements of all previously mentioned support vessel stipulations will be cause for a sanction. In the following order.

- 1 st infringement: Constraint to remain inside the waiting area at anchor for the entire day.

- 2 nd infringement: Not permitted to go on the water.

- 3 rd infringement: Excluded from participation of the next United4 Regatta

In addition to the sanction for the support vessel, all boats associated with the infringing support vessel person may be penalized at the discretion of the jury for the race on which the support personnel failed to comply with this instruction. This changes RRS 62. 4.

23.1.6 Coaches should carry a working VHF radio.

23.1.7 [DP] [NP] SUPPORT TEAMS This changes the Support Boat regulation as published.

All support persons are invited to participate in the WhatsApp group via which the organizing and race committee will publish practical information and Race Officer intentions regarding that day's races.

<https://chat.whatsapp.com/lk5klGHki4F1muplSviGj8>

This WhatsApp group is not to be used to send chatter not relating to racing practicalities. Members can be removed (after a warning) when not obliging to these rules of conduct or when misbehaving in any way - as per assessment of the organizing committee. Not timely sent or received messages will be no reason for redress. This changes RRS 61.1.

All support and rescue persons shall pick up a sticker for their boat at the race office. The race office is open on Friday from 1800 - 2000 and on Saturday from 0800 -1000 to do so. A meeting for support persons is scheduled on Saturday at 0900 hrs and on Sunday at 0800 hrs, in front of the race office.

[DP] Support persons shall not operate drones in the venue or on the race course while

boats are present, unless authorized in writing by the Organizing Authority

23.2 All other Course Areas

- 23.2.1 While racing there shall be no communication between competitors and support persons. After the first warning signal team support and private boats shall stay well clear of the starting, racing and finishing area until the last boat has finished.
- 23.2.2 Team leaders, coaches and other support persons shall stay outside areas where boats are racing from the time of the preparatory signal for the first start until all boats have finished or retired or the race committee signals a postponement, general recall or abandonment.
- 23.2.3 Team support and private vessels shall stay at least 100 m away from any boat racing.
- 23.2.4 All support and rescue persons shall pick up a sticker for their boat at the race office. The race office is open on Friday from 1800 - 2000 and on Saturday from 0800 -1000 to do so.
- 23.2.5 A meeting for support persons is scheduled on Saturday at 0900 hrs and on Sunday at 0800 hrs, in front of the race office.

24 TRASH DISPOSAL

- 24.1 Trash may be placed aboard official or support persons' boats.

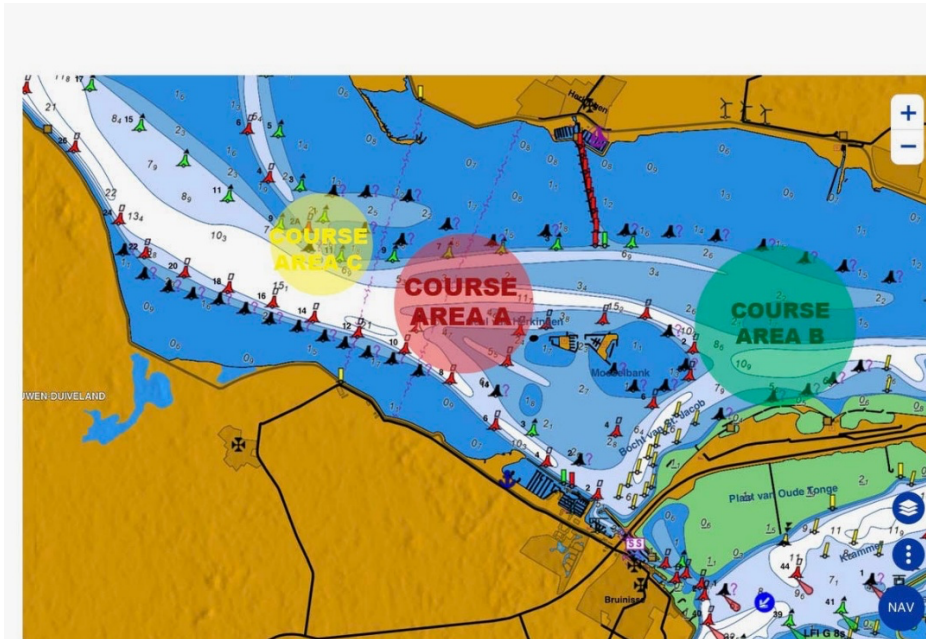
25 ORGANISATION

Principal Race Officer: Arjen Wildeboer
Race Officer Racing Area A: Tim de Held
Race Officer Racing Area B: Bart van Bazel
The Chairman of the Jury: Derreck Weterings

Appendix 1 location of racing areas and the identification of the race committee signal

Area A	Distance 1.01NM, Course 333°
Area B	Distance 1,70NM, Course 60°
Area C	Distance 2.00NM, Course 309

Club flag Course Area A: Course U4 (White flag with U4 logo) and a white flag with black A
 Club flag Course Area B: RYC Hollandia (Blue/Red with Yellow Lion) and a white flag with black B



Appendix 2 The Courses and marks

Course Area A (Course Tim de Held):

Mark 1, 2, 3 and 4 are yellow robot marks.

The port end starting mark is a pole with an orange flag. The starboard end starting mark is the race committee signal vessel displaying an orange flag.

The port end finishing mark is A yellow triangle shaped mark with the text “Windesign “, or a yellow robot mark with “Windesign “.

The starboard end finishing mark is a race committee vessel displaying a blue flag.

The waiting Area for support persons is marked by 4 skippy balls.

Course Area B (RYC Hollandia)

Mark 1, 2 and, 4 are yellow cylindrical buoys. Mark 3 is a green cylindrical buoy.

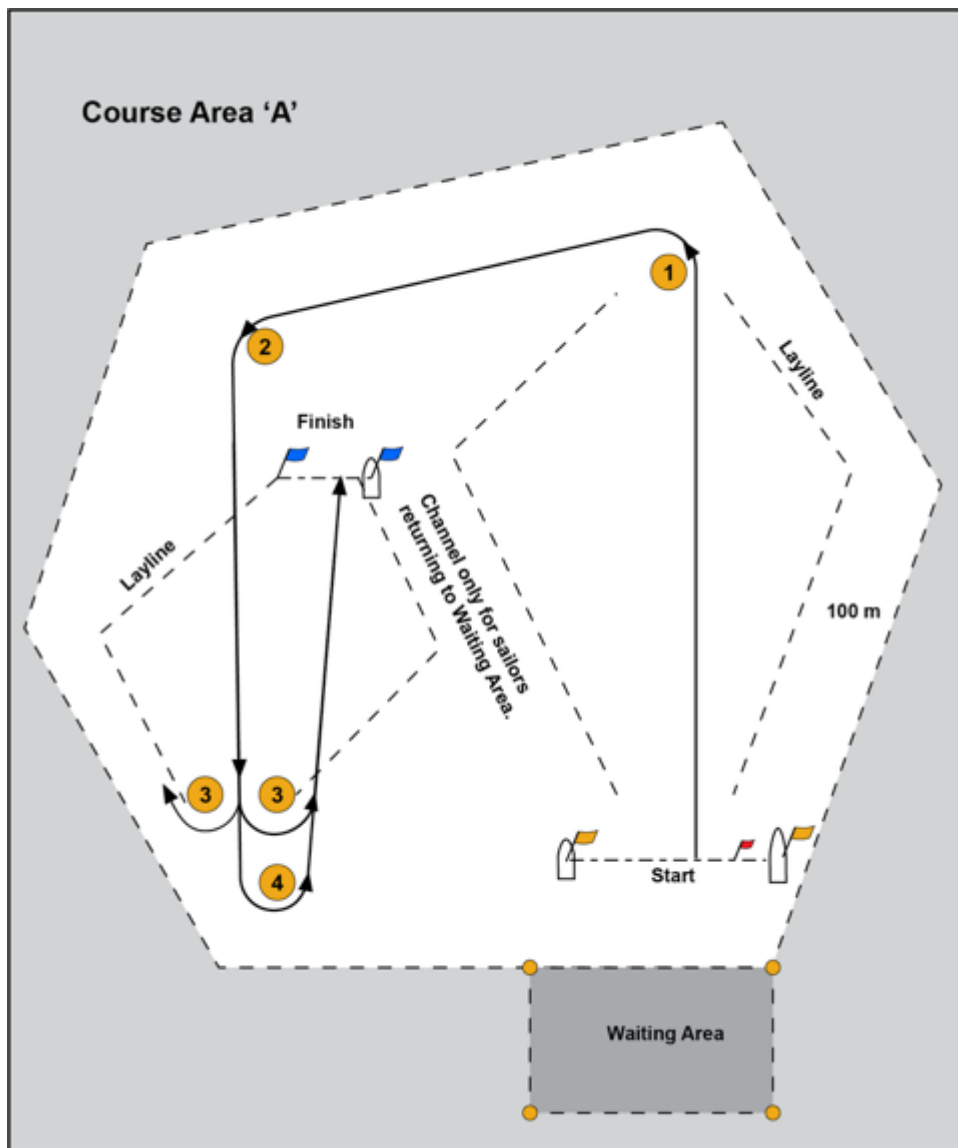
Mark 5 is a yellow triangle shaped mark with the text “Windesign”.

The port end starting mark is a dan buoy with an orange flag or an orange flag on the contra start vessel. The starboard end starting mark is the race committee signal vessel displaying an orange flag.

The port end finishing mark is a dan buoy or vessel displaying a blue flag. The starboard end finishing mark is a race committee vessel displaying a blue flag.

Course Diagram Course Area A

Classes	Sequence of marks
Cadet/ RS-Feva	Start – 1 – 2 – 4 – Finish
Optimist	Start – 1 – 2 – 3 (gate) – Finish



Course Diagram Course Area B

Course type	Sequence of marks
LO2	Start – 1 – 2 – 3 – 2 – 3 – 5 – Finish
LI2	Start – 1 – 4 – 1 – 2 – 3 – 5 – Finish
LO3	Start – 1 – 2 – 3 – 2 – 3 – 2-3- 5 – Finish
LO3	Start – 1 – 4 – 1 – 4- 1- 2 – 3 – 5 – Finish

For the starting sequence see SI 6.1

