



Royal Forth Yacht Club

Sailing Instructions 2019

(Racing and Cruising)

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INTRODUCTION

The Sailing Committee would like to invite all club members to take part in this season's sailing activities: **club racing, cruising and open race events**. These Sailing Instructions deal with club racing. Cruising event details will be announced separately on the RFYC website and via email. Separate Sailing Instructions will be published for open events.

Once again there will be racing on most Saturdays of the season, plus occasional Sundays. The popular Evening and Saturday Series are open to FCYC members to encourage larger fleet sizes.

Points to note:

- **Start:** the Evening, Saturday and Autumn Series races will have **three** different fleets which will be based on handicap. All fleets will race over the same course, but may be shortened separately. At the discretion of the race officer, one or more of these fleets may be started separately. Where multiple fleets are being started together, this will be indicated by the hoisting of all of the relevant numeral pennants together.
- **Fleet Flags:** These are unchanged from 2018 – see Instruction 8 for details of the flags being used to indicate each fleet.
- **Evening Series and Saturday Series:** in order to encourage more members to take part these are split into three shorter series (an Early, Mid and Late Series).
- **Evening Series:** the tides this season have once again been quite challenging and it has been necessary to arrange races at different times and on different days – please check the Sailing Calendar for details.
- The **Festival Series** will also count towards the Late Evening Series. Two sets of results will be provided – Club Handicaps will be used for the Evening Series, but the FYCA Progressive Handicap will be used to calculate the Festival Series results.
- **Joint Passage Race Series:** RFYC and FCYC are both starting races this season. Note that the flags used may vary where a race is started by FCYC – see Race Instructions for details.
- **One Design Classes:** One Design class series results will be produced over the combined season's series races: Evening, Saturday and Autumn Series. This will require 4 or more club boats of a single design to have raced for the class(es) during the season.
- **Average points** for boats carrying out race duties may be awarded for a race series result on application in writing or via email to the Sailing Secretary.
- **White Sail Allowance:** see Instruction 9.4 for a clarification to the instructions about using a White Sail Allowance. This Instruction is to encourage members to still take part in Club Racing even when they are short-handed or have an inexperienced crew.
- **Mid-Firth marks:** The mid-Firth marks have been moved closer to the entrance of the harbour, but the relative bearings of the marks is largely unchanged. The distance from the inner mark (mark I) to the outer marks in the circle has been reduced from 0.5M to 0.39M. The intention is to give race officers more opportunity to use the mid-Firth courses, particularly for the Evening Series series.
- The list of **courses** has been revised to take account of the new circle mark positions. Some infrequently used courses have been removed and some new courses have been added. Consequently, the list has been re-numbered.
- **Cruising:** see the Cruises in Company and Season's Challenge on page 21.

Sailing Calendar: A short version of the sailing calendar is included in this handbook. The full calendar, including tide times and boatman hours, plus notes of other local events, is published on the RFYC web site.

Race Duties: With the launch of the sailing calendar Dutyman has been set-up for volunteers to select their preferred slots. The sailing committee would like to set the following expectations with regards duties:

- Everyone taking part in racing is expected to volunteer for at least four duties or half the number of races in which they take part (whichever is fewer). This **applies at an individual level**, not per boat.
- It is recognised that the time commitment and opportunity cost is greater for weekend races than for evening races. Therefore, everyone should expect to volunteer for a mixture of weekend and evening races across different series.
- It is the responsibility of skippers to ensure that their crew are signing up for duties.
- The names of individuals who are racing regularly but who have not signed up for at least 2 duties by the end of May and 4 duties by the end of July will be put on the noticeboard following these dates and the skipper involved informed.
- Training will be provided at the start of the season on the role of the Race Officer in club races. Training can also be arranged on driving Royal Forth if required. If you are a regular racer, please consider signing up for Race Officer or Royal Forth Driver roles to save the Assistant Race Officer roles for newer, inexperienced crew members. With this in mind, Assistant Race Officer roles for the evening points races will not initially be available for volunteering.
- In the first instance, racers should sign up for duties directly using the Dutyman system. Instructions for its use are available on the club website. If you are unable for any reason to sign up directly, please make your availability for duties known via the club office. You will then be contacted with your allocated duty dates. Paper sign up sheets will also be available at the start of season sailing calendar launch event.

Safety – Club Rules: Competitors are reminded that the decision to race and thus safety whilst on the water is the responsibility of the skipper. **The following safety guidelines apply to all RFYC events:**

Keelboats – Unless otherwise defined in the Race Instructions boats shall comply with FYCA Safety Regulations, Category 4R. See <http://fyca.org.uk/wp-content/uploads/2017/06/fycasafetyregsiss4.pdf> and RFYC Instruction 16 for details.

All yachts should carry an alternative means of propulsion and a **VHF marine transceiver**, either hand held or permanently installed. The VHF transceiver must be switched on and **monitored on channel 37/M1** whilst racing, as changes to course or sailing instructions may be announced by the Race Officer over the VHF.

Dinghies – RFYC Dinghy Racing Safety Procedures, see:

<http://www.rfyc.org/wp-content/uploads/RFYC-Racing-safety-procedures.docx>

- There must be a safety boat on the water with two crew (a driver and an assistant who is able to enter the water if necessary) on board for dinghy racing and training.

Safety RIBs are provided by the club for dinghy racing and training but not at other times or for other events. RIBs may be present for keelboat racing to assist the Race Officer (e.g. for mark laying) but are not intended to provide safety cover. The presence of RIBs does not diminish the responsibilities of a boat's skipper.

Happy Sailing from the RFYC Sailing Committee!

SAILING CALENDAR

Club Open Events

Event	Date	Class
Scottish Squib Championship	Sat 4 th & Sun 5 th May	Squibs
RYA Push The Boat Out	Sun 19 th May	Dinghies, Keelboats
RFYC / FCYC Edinburgh Regatta	Sat 29 th – Sun 30 th June	Keelboats
Festival Series	Tue 6 th – Thu 8 th August	Keelboats
RFYC One Design Regatta	Sat 24 th – Sun 25 th August	One Design Keelboats

Club Events

Event	Type	Dates/Schedule	Class	SIs
Opening Regatta	Club regatta – 3 races	Sat 4 th May	Keelboats	Page 13
Evening Series Early	Series – 6 races	May – June, Wednesdays and Thursdays	Keelboats	Page 13
Joint Friday White Sail with FCYC	Mix of Stern Chase and Conventional courses – 7 races	May – July	Keelboats	Page 13
Saturday Series Early	Series – 6 races	May, Saturdays	Keelboats	Page 14
Cruises in Company	Cruising – 5 events	May – September	Keelboats	Page 21
Inchkeith Trophy	JPR 1 with FCYC	Sat 1 st June	Keelboats	Page 14
Dinghy Sailing	Series – 2 days	June & August	Dinghies	Page 15
Summer Sprints	Short W/L races	Sat 15 th June	Keelboats	Page 15
Crawford Cup	JPR 2 with FCYC	Sun 16 th June	Keelboats	Page 15
Coronation Cup	Stern chase	Sat 22 nd June	Keelboats	Page 16
Evening Series Mid	Series – 5 races	June – July, Tuesdays, Wednesdays & Thursdays	Keelboats	Page 13
Saturday Series Mid	Series – 6 races	July – August, Saturdays	Keelboats	Page 14
West Cup & Wilson Cup	JPR 3 with FCYC	Sun 14 th July	Keelboats	Page 17

Event	Type	Dates/Schedule	Class	SIs
Neilson Plate	Average lap	Sat 27 th July	Keelboats	Page 17
Evening Series Late	Series – 5 races	Tuesdays, Wednesdays & Thursdays, August	Keelboats	Page 13
Crombie Cup	Special Course	Sat 10 th August	Keelboats	Page 17
Marsh and Surry Cup	JPR 4 with FCYC	Sat 17 th August	Keelboats	Page 18
Saturday Series Late	Series – 6 races	August & September, Saturdays	Keelboats	Page 14
Single Handed Race	Solo helm, no crew	Sat 7 th September	Keelboats	Page 18
Crew Race	Regular crew to helm	Sun 8 th September	Keelboats	Page 19
Pennel Trophy	Stern chase	Sat 14 th September	Keelboats	Page 19
Jubilee Cup	JPR 5 with FCYC	Sun 15 th September	Keelboats	Page 19
Royal Eastern Regatta	Club regatta – 3 races	Sat 28 th September	Keelboats	Page 20
Autumn Series	Series – 8 races	Saturdays in October	Keelboats	Page 20

Open Events, Cruises in Company, Dinghy events and Summer Sprints – separate race notices and instructions will be issued. See Notice Board and RFYC web site for details.

Evening Series & Saturday Series are open to FCYC members.

RFYC Sailing Events 2019

Some RFYC events are not included – for full calendar see RFYC website.

Date	Boatman		HW Time	Events	Start	Other Events
	Start	End				
Apr 18 Thu	11:00	18:00	14:55	Lift In		
Apr 17 Wed	10:00	17:30	14:02	Sailing Calendar launch /Race Officer update	19:30	
Apr 19 Fri	11:30	18:30	15:42	Back-up date for Lift In		
Apr 28 Sun	09:00	14:30	10:12			PEYC Bosun's Locker Trophy (Forth Series Div 1&2)
Apr 30 Tue	09:00	16:30	12:30	Cadet registration date and equipment check	18:30	
May 04 Sat	11:30	18:30	15:20	Opening Regatta/Squib Scottish	14:00	
May 05 Sun	12:00	19:00	15:57	Squib Scottish Championship	TBC	
May 07 Tue	13:30	20:30	17:12	Cadet training on the water	18:30	
May 08 Wed	14:00	21:00	17:52	Early Evening Series 1/6	19:00	
May 09 Thu	14:30	21:00	18:40	Early Evening Series 2/6	19:00	
May 10 Fri	15:30	21:00	19:30	Friday White Sail 1 SC	19:00	
May 11 Sat	09:00	11:30	07:47	Early Saturday Series 3 races	11:00	Kip Regatta
May 11 Sat	16:30	21:00	20:40			
May 12 Sun	09:00	13:00	08:55	Cruise in Company	TBC	Kip Regatta
May 14 Tue	09:00	15:00	11:30	Cadet training on shore	19:00	
May 19 Sun	12:00	19:00	15:57	Push the Boat Out	13:30	FCC Fife Regatta (Forth Series Div 2)
May 21 Tue	13:30	20:30	17:15	Cadet training on the water	18:30	
May 22 Wed	14:00	21:00	17:52	Early Evening Series 3/6	19:00	
May 23 Thu	14:30	21:00	18:32	Early Evening Series 4/6	19:00	
May 24 Fri	15:30	21:00	19:17	Friday White Sail 2 C	19:00	Scottish Series starts
May 25 Sat	09:00	11:30	07:22	Early Saturday Series 3 races	11:00	
May 28 Tue	19:00	21:00	23:27	Cadet training on the water	18:30	
Jun 01 Sat	10:00	17:30	14:05	JPR 1 Inchkeith Trophy FCYC	12:00	
Jun 02 Sun	11:00	18:00	14:50	Dinghy Sailing	TBC	
Jun 04 Tue	12:30	19:30	16:17	Cadet training on shore	19:00	
Jun 06 Thu	14:00	21:00	17:47	Early Evening Series 5/6	19:00	Open Sailing 1730
Jun 07 Fri	14:30	21:00	18:37	Friday White Sail 3 SC	19:00	
Jun 08 Sat	15:30	21:00	19:30	Early Saturday Series 2 races	16:30	
Jun 09 Sun	09:00	11:30	07:42	Cruise in Company	TBC	
Jun 10 Mon	09:00	12:30	08:42			Helgoland to Edinburgh Race starts
Jun 11 Tue	19:00	21:00	22:52	Cadet training on the water	18:30	
Jun 12 Wed	09:00	15:00	11:05	Helgoland Arrivals		
Jun 13 Thu	09:00	16:00	12:12	Helgoland Arrivals		
Jun 14 Fri	09:00	16:30	13:10	Helgoland Arrivals		FCC Club Regatta
Jun 15 Sat	10:00	17:30	14:05	Summer Sprints	13:00	FCC Club Regatta
Jun 16 Sun	11:00	18:00	14:52	JPR 2 Crawford Cup (FCYC Scott Shield)	12:00	
Jun 18 Tue	12:30	19:30	16:17	Cadet training on shore	19:00	
Jun 20 Thu	13:30	21:00	17:32	Early Evening Series 6/6	19:00	Open Sailing 1730
Jun 21 Fri	14:30	21:00	18:12	Friday White Sail 4 C	19:00	
Jun 22 Sat	15:00	21:00	18:52	Coronation Cup	16:30	
Jun 23 Sun	15:30	21:00	19:35			DBSC Four Inches (Forth Series Div 1&2)
Jun 25 Tue	17:30	21:00	21:22	Mid Evening Series 1/5	19:00	
Jun 26 Wed	18:00	21:00	22:25	Mid Evening Series 2/5	19:15	
Jun 27 Thu	09:00	14:30	10:30	Long weekend Cruise in Company start	TBC	
Jun 29 Sat	09:00	16:30	12:35	FCYC/RFYC Edinburgh Regatta (Forth Series Div 1&2)	TBC	
Jun 30 Sun	09:30	17:00	13:32	FCYC/RFYC Edinburgh Regatta (Forth Series Div 1&2)	TBC	
Jul 02 Tue	11:30	18:30	15:15	Long weekend Cruise in Company planned return		

Date	Boatman		HW Time	Events	Start	Other Events
	Start	End				
Jul 04 Thu	13:00	20:00	16:55			Open Sailing 1730
Jul 05 Fri	14:00	21:00	17:42	Friday White Sail 5 SC	19:00	
Jul 06 Sat	14:30	21:00	18:30	Mid Saturday Series 2 races	16:00	
Jul 10 Wed	18:30	21:15	22:15	Mid Evening Series 3/5	19:30	
Jul 13 Sat	09:00	16:30	12:50			Aberdour Boat Club Regatta (Forth Series Div 2)
Jul 14 Sun	09:30	17:30	13:45	JPR 3 West Cup (FCYC Wilson Cup) and Cruise in Company	10:30	Dragon Northern Championship start - Abersoch
Jul 16 Tue	11:30	18:30	15:20			Dragon Edinburgh Cup start- Abersoch
Jul 19 Fri	13:30	20:30	17:15	Friday White Sail 6 C	18:45	
Jul 20 Sat	14:00	21:00	17:50	Mid Saturday Series 2 races	15:30	Anstruther Muster
Jul 24 Wed	16:30	21:00	20:25	Mid Evening Series 4/5	19:00	
Jul 25 Thu	17:30	21:00	21:20	Mid Evening Series 5/5	19:00	Open Sailing 1730
Jul 26 Fri	18:00	21:00	22:25	Friday White Sail 7 SC	19:00	West Highland Week starts
Jul 27 Sat	09:00	15:00	10:45	Neilson Plate	11:00	
Jul 28 Sun	09:00	16:00	11:57			Burntisland Sailing Club Regatta (Forth Series Div 2)
Aug 03 Sat	13:30	20:30	17:32	Mid Saturday Series 2 races	15:00	
Aug 06 Tue	16:00	21:00	19:47	Late Evening Series 1/ Festival Series	19:00	
Aug 07 Wed	17:00	21:00	20:37	Late Evening Series 2/ Festival Series	19:00	
Aug 08 Thu	17:30	21:00	21:37	Late Evening Series 3/ Festival Series	19:00	Open Sailing 1730
Aug 10 Sat	09:00	15:30	11:17	Crombie Cup	11:00	
Aug 11 Sun	09:00	16:30	12:30	Dinghy Sailing / Cruise in Company	TBC	BSC Mazzoni and Costello ((Forth Series Div 1&2)
Aug 13 Tue	10:30	18:00	14:25	Cadet training on shore	19:00	
Aug 17 Sat	13:00	20:00	16:52	JPR 5 Marsh and Surry (FCYC)	14:30	
Aug 20 Tue	14:30	20:30	18:27	Cadet training on the water	18:30	
Aug 21 Wed	15:00	20:30	19:02	Late Evening Series 4/5	18:30	
Aug 22 Thu	15:30	20:30	19:40	Late Evening Series 5/5	18:30	Open Sailing 1730
Aug 24 Sat	09:00	13:00	08:47	RFYC One Design Weekend	TBC	FCYC Bell Rock Race
Aug 25 Sun	09:00	14:30	10:05	RFYC One Design Weekend	TBC	
Aug 27 Tue	09:00	16:30	12:47	Cadet training on shore	19:00	
Aug 31 Sat	12:30	19:30	16:27	Late Saturday Series 3 races	14:30	FYC Yacht Regatta (Forth Series Div 2)
Sep 01 Sun	13:30	20:00	17:12			FYC Yacht Regatta (Forth Series Div 2)
Sep 03 Tue	14:30	20:00	18:35	Cadet training on the water	18:30	
Sep 07 Sat	09:00	14:00	09:27	Single Handed Race	11:00	PEYC Regatta (Forth Series Div 1)
Sep 08 Sun	09:00	15:30	10:52	Crew Race	12:00	PEYC Regatta (Forth Series Div 1)
Sep 10 Tue	09:00	17:30	13:20	Cadet training on shore	19:00	
Sep 14 Sat	12:00	19:00	15:57	Pennel Trophy (Stern Chase)	14:00	
Sep 15 Sun	12:30	19:30	16:27	JPR 5 Jubilee Cup / Cruise in Company*	14:00	
Sep 17 Tue	13:30	19:30	17:25	Cadet training on the water	18:00	
Sep 21 Sat	09:00	11:30	07:22	Late Saturday Series 3 races	11:00	
Sep 22 Sun	09:00	12:30	08:17			PEYC Queen Margaret Trophy (Forth Series Div 1&2)
Sep 28 Sat	11:30	18:30	15:22	Royal Eastern (Closing) Regatta 3 races	14:00	
Oct 05 Sat	09:00	12:00	07:50	Back up date for cup races		
Oct 06 Sun	09:00	13:30	08:55	Back up date for cup races		
Oct 12 Sat	11:00	18:30	14:55	Autumn Series 3 races	13:00	
Oct 19 Sat	14:30	18:00	18:35	Autumn Series 2 races	16:00	
Oct 26 Sat	10:30	17:30	14:12	Autumn Series 3 races	13:00	
Oct 28 Mon	11:00	16:30	14:45	Lift Out		
Oct 29 Tue				Back-up Lift Out		

* Start time of Cruise in Company TBC

SAILING INSTRUCTIONS – RACING

RFYC Sailing Instructions – Club Races 2019

Issued by the RFYC Sailing Committee in April 2019 & replacing all previous versions.

1. Rules

Racing will be sailed under the current Racing Rules of Sailing (RRS) 2017-2020, the prescriptions of the RYA and Class Rules, except as amended by these Sailing Instructions.

2. Eligibility and Entry

Unless otherwise stated boats must be helmed by members of the Royal Forth Yacht Club, (or Forth Corinthian Yacht Club in the case of FCYC boats entering Evening Series / Saturday Series / Joint Passage Races). *Guests may crew but skippers and owners are reminded that frequent use of the guest facility for the same individual is an abuse of the system.*

3. Responsibility and Insurance

The safety of a boat and its entire management, including insurance, shall be the inescapable responsibility of the owner/skipper. RFYC shall not be liable for any loss, damage, death or personal injury, howsoever caused, to the owner, his/her skipper, crew or his/her boat as a result of their taking part in any race. Every owner warrants the suitability of his/her boat for racing. Boats shall carry insurance protection for third party and passenger liabilities of not less than £3,000,000.

4. Notices to Competitors

Notices to competitors will be posted on the official notice board located within the entrance of RFYC.

5. Changes to Sailing Instructions

Any changes to the Sailing Instructions will be posted at least 1 hour before the advertised start time of the day's racing, except that any changes to the schedule of races will be posted by 2000 hours on the day before it will take effect.

6. Signals made ashore

- 6.1. Signals made ashore will be displayed at the main mast of RFYC.
- 6.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the explanation of race signal AP.
- 6.3. Competitors are reminded that when flag 'Y' is displayed ashore, RRS 40 applies and personal flotation devices must be worn at all times while afloat.

7. Schedule of Races

- 7.1 Dates and start times of races: refer to Race Calendar and Race Instructions. (NB. the warning signal is 5 minutes before the first advertised start time).
- 7.2 When there has been a long postponement or when more than one race (or sequence of races for two or more classes) will be held on the same day, the warning signal for the first race and each succeeding race will be made as soon as is practicable. To alert boats that a race or sequence of races will begin soon, an orange flag may be displayed (with one sound) for at least four minutes before the warning signal is displayed. Boats should note however that the normal procedure is to start the next race as soon as is practicable after the end of the previous race without displaying the orange flag.

8 Fleet Flags & Fleets

8.1 Fleet flags will normally be as follows:

<u>Fleet</u>	<u>Flag</u>
All-Fleet Handicap (Combined start Keelboats)	Numeral Pennant 9
Keelboat Fleet 1 (Handicap 1010 and below)	Numeral Pennant 1
Keelboat Fleet 2 (Handicap between 1011 and 1080)	Numeral Pennant 3
Keelboat Fleet 3 (Handicap 1081 and above)	Numeral Pennant 5
General Dinghy Handicap	Numeral Pennant 4

8.2 Where the Race Officer decides to start multiple fleets together, this will be indicated by all of the relevant pennants being hoisted simultaneously at the warning signal.

9 Handicaps

9.1 *Yachts and Keelboats*: The Forth Yacht Clubs Association lists of 'base' and 'progressive' handicaps for individual boats will be used. The 'base' handicap defines the boat's starting fleet.

9.2 *Opening Regatta, Royal Eastern Regatta, Evening Series, Autumn and Saturday Series races*:

Fleet 1 boats (1010 and below) will use 'base' handicaps,

Fleet 2 (handicap 1011 to 1080) and Fleet 3 boats (1081 and above) will use 'progressive' handicaps.

9.3 *Cup races with combined starts, stern chases, Summer Sprints, Friday white sail and all Joint Passage Series races* will use 'progressive' handicaps. Two sets of results will be calculated for the Festival Series as these races also count towards the Evening Series Late.

9.4 *"White Sail" allowance*

9.4.1 Upon request to the Race Officer a 'White Sail' allowance of 4% may be added to the boat's handicap (provided that the lack of a downwind sail is not already allowed for within the boat's current handicap). This provision is intended to encourage yachts to race that are short handed, or which have an inexperienced crew, and which would not otherwise take part in the race. The reason why a White Sail Allowance is being requested must be specified at the time the request is made.

9.4.2 To request the White Sail Allowance a yacht's skipper must contact the Race Officer, either verbally or via VHF Channel M1/37, at least 5 minutes before the first fleet Warning Signal is displayed. If more than one race is scheduled the allowance must be requested before the first Fleet Warning Signal for the first scheduled race. If granted the White Sail Allowance will apply to all races scheduled that day. If a boat requesting a White Sail Allowance subsequently breaks Instruction 9.4.5 the White Sail Allowance will be removed for all races sailed that day.

9.4.3 Requests to the Race Officer for a White Sail Allowance must be made in compliance with recognised principles of sportsmanship and fair play. Results obtained using a White Sail Allowance obtained via Instruction 9.4.1 will be provisional until agreed by the Sailing Committee.

9.4.4 It is at the discretion of the Race Officer whether to accept a White Sail Allowance request on a particular day.

9.4.5 White sail yachts are not permitted to fly spinnakers, cruising chutes or twin headsails/more headsails than are used upwind on the race day, but may pole out headsails.

9.4.6 A yacht permitted to use the White Sail Allowance shall display a white pennant/flag on the backstay or other prominent position, from before its fleet warning signal until it finishes.

9.4.7 The White Sail Allowance shall not be granted if due to the course or weather conditions no yachts are able to fly spinnakers.

9.4.8 On application to the Sailing Committee a White Sail Allowance can be applied to a boat's handicap at the start of the season. Where a season's White Sail Allowance is applied to a

boat's handicap Instruction 9.4.5 shall also apply, but Instructions 9.4.1, 9.4.2, 9.4.3, 9.4.4, 9.4.6 and 9.4.7 shall not apply.

- 9.5 *Season Challenge*: All boats will use 'Progressive' handicaps. Fleet 1 boats (handicap 1010 and below) cannot apply for a White Sail Allowance. A White Sail Allowance may be granted to boats in Fleet 2 (handicap between 1011 and 1080) and Fleet 3 (handicap 1081 and above). Additionally boats in Fleet 3 will also be granted an additional 4% allowance (in addition to a White Sail Allowance, if relevant). See 'Season Challenge' under Cruising Events for more information.
- 9.6 *Dinghies*: Will use handicaps as published in the current YR2, RYA Portsmouth Yardstick Scheme.
- 9.7 Any boat that does not have a current FYCA or Portsmouth Handicap will be allocated a temporary handicap by the Sailing Committee.
- 9.8 The Sailing Committee reserves the right to adjust any handicap at any time.

10 Racing Marks & Courses

- 10.1 Marks and courses to be used are defined in the List of Courses and Marks, or in the individual Race Instructions. The course to be used will be displayed on the committee boat.
- 10.2 Members particular attention is drawn to the **RESTRICTED AREA** outside Leith Harbour: Boats must not pass between Leith Approach Buoy (LA, F.R. 3s) at 55°59.950'N 003°11.510'W and the entrance to Leith Harbour, or enter the dredged channel between the Leith Approach Buoy and the entrance to Leith Harbour.

Failure to comply with this Instruction will result in **disqualification**.

- 10.3 **Mid-Firth Courses** – when used for **Average Lap** the Gate is between mark I and a staff displaying a yellow flag on a buoy. On completion of each lap, boats must pass between these marks leaving mark I to port and the staff displaying a yellow flag on a buoy to starboard.

When flag 'S' is displayed from the committee boat, each boat will complete the lap and finish at the end of that lap. The results will be calculated by dividing the corrected time by the number of laps completed by the boat.

11 The Start

- 11.1 Races will be started using RRS 26 with the warning signal given 5 minutes before the starting signal.
- 11.2 Boats whose warning signal has not been made should avoid the starting area.
- 11.3 A boat starting later than 15 minutes after her starting signal will be scored Did Not Start.

12 Start Line

Unless stated otherwise in individual Race Instructions, the start line will be between a staff displaying a yellow flag on a buoy and the start (first) mark indicated on the List of Courses.

13 Finishing Line

Unless stated otherwise in individual Race Instructions (or altered by a shortened course), the finishing line will be between an orange buoy and the finish (last) mark indicated on the List of Courses.

14 Time Limits

If one boat in a fleet sails the course as required by RRS 28.2 and finishes within the time limit, the time limit will be extended for all other boats in that fleet. This alters RRS 35. Time limits and extensions are included in the Race Instructions.

15 Protests

- 15.1 Protests shall be lodged in accordance with RRS 60 and 61. They shall be in writing (forms available from RFYC office) and be received within 1 hour of the last boat finishing the last race of the day.
- 15.2 A breach of Instruction 11.2 will not be grounds for a protest by a boat. This changes RRS 60.1 (a). Boats breaking Instruction 11.2 may be protested by the Race Committee. Penalties for breaches of this Instruction may be less than disqualification if the protest committee so decides.

16. Safety (see also Instruction 3 & 6.3)

- 16.1. Unless otherwise defined in the Race Instructions, boats (keelboats) shall comply with the FYCA Safety Regulations, Category 4R (Issue 3). Full copies of these regulations are available from the club website or online at www.fyca.org.uk. A copy will also be displayed on the notice board. NB: in certain races boats shall comply with Category 4 (see Race Instructions).
- 16.2 Drivers of the Royal Forth Committee boat are reminded that the VHF transceiver must be switched on and monitored whilst outside the harbour. Operating channels are included in the Race Management Instructions on board Royal Forth.
- 16.3 Boats that retire from a race shall inform the race committee as soon as possible.
- 16.4 Single Handed Race: A Personal Flotation Device must be worn at all times. This changes RRS 40.
- 16.5 Dinghies: While racing dinghy helms and crews must wear Personal Flotation Devices at all times. This changes RRS 40.

17. Risk Statement

Competitors are reminded of RRS Rule 4 which states:

‘The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.’

Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
- d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
- e) The provision of a race management team, patrol boats, umpires and other officials and volunteers by the organiser does not relieve them of their own responsibilities;
- f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances;
- g) Their boat is adequately insured, with cover of at least £3 million against third party claims.

18. Equipment & Measurement Checks

A boat or its equipment may be inspected at any time for compliance with class rules and the sailing instructions.

19. Interpretation

Should there be any discrepancy between these Instructions and the individual Race Instructions, the latter will take precedence.

20. Penalty System

RRS 44.1 and 44.2 are changed so that only one turn, including one tack and one gybe, is required.

Evening Series, Saturday & Autumn Series and Joint Passage Races

21. Eligibility and Entry

These series are open to all club members' boats from either the Royal Forth Yacht Club or Forth Corinthian Yacht Club, helmed by a club member. There is no requirement to register for either series and there are no entry fees.

22. Schedule of Races and Courses

22.1. The dates of the races are listed in each club's Race Programme.

22.2. The scheduled time of the start signal for each race is listed in the Sailing / Race Instructions.

22.3. Evening Series (with the exception of Late Evening Series Races 1, 2 and 3 which also form part of the Festival Series), Autumn Series and Saturday Series races will use RFYC courses.

23. Scoring

23.1 Three races must be completed to constitute a series.

23.2 Series results will be calculated as follows:

Evening, Autumn and Saturday Series

<i>Races Completed</i>	<i>Discards</i>
3	0
4 or 5	1
6 to 8	2

23.3 Average points for the series may be awarded to the members of the race committee on duty. An application should be made in writing/email to the Sailing Secretary.

23.4 Each of the Early/Mid/Late parts of the Evening Series and Saturday Series is a series in its own right. Additionally, results will be calculated for the combined full season of Evening, Saturday and Autumn Series for each One Design class with at least 4 boats racing during the season – for these combined season results boats will be allowed 12 discards over the season.

24. Prizes

Prizes for each series will be awarded based on the number of boats that have competed in that series.

RACE INSTRUCTIONS

Unless stated otherwise the RFYC Sailing Instructions apply (see pages 8 to 12).

Opening Regatta

Saturday 04 May

14:00 – 3 Races

HW 15:20

- Entries: Keelboats (Fleets 1, 2 and 3).
- Start Time: Races 2 & 3 will start as soon as possible after the preceding race.
- Course: Race Officer choice of Breakwater or Mid-Firth Courses.
- Time Limit: 60 minutes from actual start of race, with a 15 minute extension.

Evening Series Early / Mid / Late Series

- Entries: Keelboats (Fleets 1, 2 and 3).
- Start Time: See RFYC Sailing Calendar.
There will be one race per day.
- Course: Race Officer choice of Breakwater or Mid-Firth Courses.
(Note: Late Evening Series Races 1, 2 and 3 which also form part of the Festival Series may have a different course to be specified by the Festival Series Sailing Instructions.)
- Time Limit: 75 minutes from actual start of race, with a 15 minute extension.

Joint Friday White Sail Series

- Courses will be a mix of Stern Chase (SC) and Conventional (C).
- Eligibility and Entry: The series is open to all club member boats using restricted (white) sails only. A boat may not use a spinnaker, cruising chute or fly more than one headsail although she may pole out her headsail. Instruction 9.4.5 applies.
- Schedule of Races: Dates of races are listed in the RFYC Sailing Calendar and are also available on the RFYC website.
The scheduled time of the warning signal for the first start of each race is no earlier than 18:00. For Stern Chase races (SC), see separate instruction for working out your own start time.
- Course: The course will be selected and displayed by the Race Officer from FCYC Standard Courses. The course number may be indicated by flying the corresponding number pennant.
The FCYC courses are shown in the COURSES section of these Sailing Instructions.
- Start: The race for conventional starts (C) will be started using RRS 26, with the warning signal given 5 minutes before the starting signal.
The Class Flag will be Flag Q.
Stern Chase (SC) races will have a staggered starts based on boat handicap. The first boat to start will receive a standard starting sequence. Second and subsequent starts will be signalled by the dipping of flag 'P'. Each boat's start time can be calculated as follows:
e.g. a yacht has a handicap of 1038. For a race lasting 1 hour finishing at

20:00hrs her start time is calculated as follows:
 $[20:00\text{hrs} - (20:00\text{hrs} - 1038/20)] = [20:00\text{hrs} - (51.9) 52\text{mins}]$
 = Start Time of 19:08hrs.

A list of example RFYC yacht start times will be found on the club noticeboard. The start will be between the mast of a Committee Boat displaying an orange flag and FCYC mark Q.

A boat starting later than 30 minutes after the starting signal will be scored Did Not Start. This changes Instruction 11.3.

Finish and Time Limit: The finish time will be announced by the OOD by the hoisting of the S flag. The finishing line will be between the mast of the committee boat and the next mark of the course.

If the committee boat is missing it will be the rounding of this final mark that determines the finishing order.

Finish time will be 1 hour after first start time or as extended by the OOD following a postponement.

In all races each yacht's start and finishing time must be recorded by the Race Officer and the resulting data sent to the FCYC Sailing Secretary (mail to: emyatt53@btinternet.com)

Scoring: 3 races are required to be completed to constitute a series. RFYC Instruction 23 does not apply to the Friday White Sail series. When fewer than 5 races have been completed, a boat's series score will be the total of race scores. When 5 or more races have been completed, a boat's series score will be the total of her 4 best results.

Saturday Early / Mid / Late Series

Entries: Keelboats (Fleets 1, 2 and 3).
Start Time: See RFYC Sailing Calendar. There will be either 2 or 3 races per day – see RFYC Sailing Calendar for details.
Course: Race Officer choice of Breakwater or Mid-Firth courses.
Time Limit: 90 minutes from actual start of race, with a 30 minute extension.

Joint Passage Race 1 – Inchkeith Trophy

Saturday 1 June **Start 12:00** **HW 14:05**

Entries: Keelboats of RFYC and FCYC. Combined start for all yachts (Flag Q).
Starting Line: The starting line will be between the mast of the FCYC Committee boat displaying an Orange Flag and RFYC Race Mark H.
Course: Start (H) – Ia – P – C10 – R – E – Finish (H)
CAPITAL LETTERS to PORT – small letters to starboard.
Finishing Line: The finishing line will be between the Committee boat on station and Mark H. If no Committee boat is on station then the finishing line will be between RFYC Race Mark H and the black and white marks on the corner of the disused race box on the NE corner of the East Breakwater.

If no committee boat is on station, skippers of finishing yachts should record their starting and finishing time by their own watch, along with the name of the yacht finishing ahead and behind them – this should be handed to the Race Officer, or if the Race Officer is not present it should be emailed to the RFYC Sailing Secretary within 24 hours of finishing (mail to: cathy.ogden75@gmail.com).

Time Limit: The absolute time limit is 17:00 BST. If no boat finishes within this time limit the Race Officer may declare a result using times taken at a mark of the course. This alters RRS32.

Boats should record their own time of passing any mark of the course. For the avoidance of doubt, the time should be taken when the bow crosses an imaginary line at 90° to the direct course from the previous mark, not when the mark has been rounded. At rounding marks the distance from the mark should be no greater than 100 metres when the time is taken.

Dinghy Series

Entries: Dinghies

Start Time, Course and Time Limit: It is our intention to provide safety boat cover so that dinghy owners can either race or enjoy free sailing outside the harbour.
Sailing instructions for racing will be notified in advance via the RFYC website, however the exact format of each event is to be agreed between participating sailors.

Safety: Attention is drawn to Sailing Instruction 16.5 – Personal Flotation Devices must be worn at all times. This changes RRS 40.

Summer Sprints

Saturday 15 June **Start 13:00** **HW 14:05**

Entries: Keelboats. Combined start for all yachts (Numeral Pennant 9).

Course and Time Limit: Courses will be windward / leeward. Sailing instructions for racing will be notified in advance via the RFYC website.
The target time for each race is 20 minutes with a 10 minute extension.

Joint Passage Race 2 – Crawford Cup (FCYC Scott Shield)

Sunday 16 June **Start 12:00** **HW 14:52**

Entries: Keelboats of RFYC (Crawford Cup) and FCYC (Scott Shield). Combined start for all yachts (Flag Q).

Starting Line: The starting line will be between the mast of the FCYC Committee Boat displaying an Orange Flag & RFYC Mark H.

Course: GREEN: start (h) – c17 – c12 – H – la – EG – LA – O – w – finish (h)
RED: Start (H) – W – o – eg – LA – h – C12 – C17 – Finish (H)
Course will be indicated by a Green or a Red flag flying from the Committee boat.
CAPITAL LETTERS to PORT – small letters to starboard.

Finishing Line: The finishing line will be between the Committee boat on station and Mark H. If no Committee boat is on station then the finishing line will be between RFYC Race Mark H and the black and white marks on the corner of of the disused race

box on the NE corner of the East Breakwater.

If no committee boat is on station skippers of finishing yachts should record their starting and finishing time by their own watch, along with the name of the yacht finishing ahead and behind them – this should be handed to the Race Officer, or if the Race Officer is not present it should be emailed to the RFYC Sailing Secretary within 24 hours of finishing (mail to: cathy.ogden75@gmail.com).

Time Limit: The absolute time limit is 17:30 BST. If no boat finishes within this time limit the Race Officer may declare a result using times taken at a mark of the course. This alters RRS32.

Boats should record their own time of passing any mark of the course. For the avoidance of doubt, the time should be taken when the bow crosses an imaginary line at 90° to the direct course from the previous mark, not when the mark has been rounded. At rounding marks the distance from the mark should be no greater than 100 metres when the time is taken.

Coronation Cup (Stern Chase)

Saturday 22 June

Start 16:30

HW 18:52

- Entries:** Keelboats.
Skippers of boats wishing to enter must add their boat name to the entry list at the Notice Board at least two hours before the advertised start time.
Skippers wishing to apply for a White Sail Allowance on the day must advise the Race Officer at least two hours before the advertised start time. This changes Instruction 9.4.2.
- Starting Line:** The starting line will be between a staff displaying a yellow flag on a buoy and the first mark of the course, as displayed on the Notice Board.
- Starting Procedure:** The first start will follow the starting procedure in accordance with RRS 26. The warning signal will be Numeral Pennant 9.
Subsequent starts will be signalled by displaying flag “P” (with no sound signal) one minute before the starting signal. At the starting signal, flag “P” will be removed with one sound (or dipped if the next start is one minute later).
At the starting signal of the last boat in the sequence, Flag “P” will be removed with one sound signal.
Start times for individual entries will be displayed on the Notice Board not less than one hour before the first start.
- Course:** The course to be sailed will be displayed on the Notice Board not less than one hour before the first start.
- Finishing Line:** The finishing line will be between a staff displaying a blue flag at the north end of the Pharos Pier and a purpose laid mark (a description of this mark will be displayed on the Notice Board prior to the start of the race).
- Time Limit:** 120 minutes from actual start of race with a 30 minute extension.

Edinburgh Regatta

Saturday 29 & Sunday 30 June

- Entries:** Keelboats.
- Start Time, Course and Time Limit:** Sailing Instructions will be notified in advance and displayed via the RFYC website.

Joint Passage Race 3 – RFYC West Cup (FCYC Wilson Cup)

Sunday 14 July **Start 10:30** **HW 13:45**

- Entries and Start Line: Keelboats of RFYC and FCYC. Combined start for all yachts (Flag Q).
The starting line will be between the mast of the FCYC Committee Boat displaying an Orange Flag & RFYC Mark H.
- Course: Start (H) – c7 – ik – nc – LA – z – h – c12 – p – LA – z – Finish (h)
CAPITAL LETTERS to PORT – small letters to starboard.
- Finishing Line: The finishing line will be between the Committee boat on station and Mark H. If no Committee boat is on station then the finishing line will be between RFYC Race Mark H and the black and white marks on the corner of of the disused race box on the NE corner of the East Breakwater.
If no committee boat is on station skippers of finishing yachts should record their starting and finishing time by their own watch, along with the name of the yacht finishing ahead and behind them – this should be handed to the Race Officer, or if the Race Officer is not present it should be emailed to the RFYC Sailing Secretary within 24 hours of finishing (mail to: cathy.ogden75@gmail.com).
- Time Limit: The absolute time limit is 17:00 BST. If no boat finishes within this time limit the Race Officer may declare a result using times taken at a mark of the course. This alters RRS32.
Boats should record their own time of passing any mark of the course. For the avoidance of doubt, the time should be taken when the bow crosses an imaginary line at 90° to the direct course from the previous mark, not when the mark has been rounded. At rounding marks the distance from the mark should be no greater than 100 metres when the time is taken.

Neilson Plate

Saturday 27 July **Start 11:00** **HW 10:45**

- Entries: Keelboats. Numeral Pennant 9 is the Class flag for all yachts.
- Starting Line & Finishing Line: The starting line will be between a staff displaying a yellow flag on a buoy and Mark I. See Sailing Instruction 10.3 for a description of the gate for average lap courses.
- Course: Mid-Firth Courses: A or B – Average Lap
- Finishing Procedure: **Average Lap Time:** When flag “S” is displayed from the Committee Boat, each boat will complete the lap and finish at the end of that lap.
The results will be calculated by dividing the corrected time by the number of laps completed by the boat.
- Time Limit: 120 minutes from actual start of race with a 30 minute extension.

The Crombie Cup

Saturday 10 August **Start 11:00** **HW 11:17**

- Entries: Keelboats. Combined start for all yachts (Numeral Pennant 9).
- Course: Start (c) – r – O – M – B – i – e – r – O – M – B – i – finish(e).
CAPITAL LETTERS to PORT – small letters to starboard.

Time Limit: 150 minutes from actual start of race with a 60 minute extension

Joint Passage Race 4 – FCYC Marsh & Surry Cup

Saturday 17 August

Start 14:30

HW 16:52

Entries and Starting Line: Keelboats of RFYC and FCYC. Combined start for all yachts (Flag Q). The starting line will be between the mast of FCYC Committee Boat displaying an Orange Flag & RFYC Mark H.

Course: MARSH (handicap >= 1100)

GREEN FLAG start (h) – im – ox – c12 – z – finish (h)

RED FLAG Start (H) – Z – C12 – OX – IM – Finish (H)

SURRY (handicap < 1100)

GREEN FLAG start (h) – im – ox – p – s – finish (h)

RED FLAG Start (H) – S – P – OX – IM – Finish (H)

Course will be indicated by a Green or a Red flag flying from the Committee boat.

CAPITAL LETTERS to PORT – small letters to starboard.

Finishing Line: The finishing line will be between the Committee boat on station and Mark H. If no Committee boat is on station then the finishing line will be between RFYC Race Mark H and the black and white marks on the corner of of the disused race box on the NE corner of the East Breakwater.

If no committee boat is on station skippers of finishing yachts should record their starting and finishing time by their own watch, along with the name of the yacht finishing ahead and behind them – this should be handed to the Race Officer, or if the Race Officer is not present it should be emailed to the RFYC Sailing Secretary within 24 hours of finishing (mail to: cathy.ogden75@gmail.com).

Time Limit: The absolute time limit is 19:30 BST. If no boat finishes within this time limit the Race Officer may declare a result using times taken at a mark of the course. This alters RRS32.

Boats should record their own time of passing any mark of the course. For the avoidance of doubt, the time should be taken when the bow crosses an imaginary line at 90° to the direct course from the previous mark, not when the mark has been rounded.

Single Handed Race

Saturday 7 September

Start 11:00

HW 09:27

Entries: Keelboats. Combined start for all yachts (Numeral Pennant 9).

Skippers of boats wishing to enter must add their boat name to the entry list at the Notice Board at least 90 minutes before the advertised start time.

Course: Race Officer choice of Breakwater or Mid-Firth courses.

Time Limit: 90 minutes from actual start of race with a 30 minute extension.

Restrictions: Use of self-steering gear operated by power or wind-vane is prohibited. Boats may be fitted with adjustable tiller lines.

Safety: Attention is drawn to Sailing Instruction 16.4: A Personal Flotation Device must be worn at all times. This changes RRS 40.

Crew Race

Sunday 8 September

Start 12:00

HW 10:52

- Entries: Keelboats. Combined start for all yachts (Numeral Pennant 9).
This race is to be helmed by a regular crew member who does not normally helm. The regular crew member must be on the helm at all times from before the Warning Signal is sounded until after the boat has finished the race.
- Course: Race Officer choice of Breakwater or Mid-Firth courses.
- Time Limit: 90 minutes from actual start of race with a 30 minute extension.

The Pennel Trophy (Stern Chase)

Saturday 14 September

Start 14:00

HW 15:57

- Entries: Keelboats.
Skippers of boats wishing to enter must add their boat name to the entry list at the Notice Board at least two hours before the advertised start time.
Skippers wishing to apply for a White Sail Allowance on the day must advise the Race Officer at least two hours before the advertised start time. This changes Instruction 9.4.2.
- Starting Line: The starting line will be between a staff displaying a yellow flag on a buoy and the first mark of the course, as displayed on the Notice Board
- Starting Procedure: The first start will follow the starting procedure in accordance with RRS 26: The warning signal will be Numeral Pennant 9.
Subsequent starts will be signalled by displaying flag "P" (with no sound signal) one minute before the starting signal.
At the starting signal, flag "P" will be removed with one sound (or dipped if the next start is one minute later). At the starting signal of the last boat in the sequence, Flag "P" will be removed with one sound signal.
Start times for individual entries will be displayed on the Notice Board not less than one hour before the first start.
- Course: The course to be sailed will be displayed on the Notice Board not less than one hour before the first start.
- Finishing Line: The finish line will be between an orange buoy and the last mark of the course, as displayed on the Notice Board.
- Time Limit: The absolute time limit is 180 minutes from the first start.

Joint Passage Race 5 – Jubilee Cup

Sunday 15 September

Start 14:00

HW 16:27

- Entries: Keelboats of RFYC and FCYC. Combined start for all yachts (Pennant 9).
- Starting Line: The starting line will be between a staff displaying a yellow flag on a buoy and RFYC Mark H.
- Course: Course 1: Start(h) – ox – c12 – H – la – WG – O – H – Z – finish(h)
Course 2: Start(H) – Z – h – o – wg – LA – h – C12 – OX – finish (H)
The Course Board will indicate course 1 or 2.

CAPITAL LETTERS to PORT – small letters to starboard.

Finishing Line: The finishing line will be between the Committee boat on station and Mark H (unless altered by a shortened course).

Time Limit: 180 minutes from actual start of race with a 60 minute extension (or an absolute limit of 19:00 if the start is delayed).

The Royal Eastern Regatta

Saturday 28 September

Start 14:00 (3 races)

HW 15:22

Entries: Keelboats (Fleets 1, 2 and 3).

Course: Race Officer choice of Breakwater or Mid-Firth courses.

Start Time: Races 2 & 3 will start as soon as possible after the preceding race.

Time Limit: 60 minutes from actual start of race with a 15 minute extension.

Autumn Series

Entries: Keelboats (Fleets 1, 2 and 3).

Dates and See RFYC Sailing Calendar.

Start Time: There will be 2 or 3 races per day. Races 2 and 3 will start as soon as possible after the preceding race.

Course: Race Officer choice of Breakwater or Mid-Firth courses.

Time Limit: 60 minutes from actual start of race, with a 15 minute extension.

CRUISING EVENTS

Cruises in Company

The monthly Cruise in Company events are shown in the 'calendar on a page', and as is the custom details of each cruise will be announced either nearer the date or when skippers meet at the clubhouse on the day. The events are:

Date	Event	Time	HW
Sunday 12 May	Cruise In Company 1	TBC	08:55
Sunday 9 June	Cruise In Company 2	TBC	07:42
Thursday 27 June	Cruise In Company 3 (Long Weekend)	TBC	10:30
Sunday 14 July	Cruise In Company 4	TBC	13:45
Sunday 11 August	Cruise In Company 5	TBC	12:30

These cruises are intended to encourage club boats to venture out in company, with the prospect of anchoring or berthing in a harbour together.

Season Challenge

There will be a competition during the season for the fastest rounding of individual islands in the Forth Estuary. The islands in the Islands Challenge are:

- Inch Garvie
- Inchcolm
- Inchmickery
- Inchkeith.

There is a separate Isle of May Challenge for the rounding of the Isle of May.

Rules:

1. Skippers can make as many attempts at each island as they wish – part of the challenge is to choose the most favourable wind and tide conditions for the passage(s).
2. *Start and finish times* (not elapsed times) should be taken from Granton harbour mouth.
3. All boats will use their Progressive Handicap.

Fleet 1 boats (handicap 1010 and below) may not claim a White Sail Allowance. This changes RFYC Instruction 9.4.

Fleet 2 boats (handicap between 1011 and 1080) and Fleet 3 boats (handicap over 1080) may choose to make a White Sail passage and claim an additional 4% allowance.

Additionally Fleet 3 boats are granted a 4% allowance on their handicap. (See Season Challenge Rule 6 for how this should be applied.)

If a Fleet 2 or Fleet 3 boat chooses to make a White Sail Passage then RFYC Instructions 9.4.1, 9.4.2, 9.4.3., 9.4.4, 9.4.6 and 9.4.7 shall not apply.

For the islands of Inch Garvie, Inchcolm, Inchmickery and Inchkeith the decision to make a normal or White Sail passage should be made *before leaving the mooring or pontoon*. The integrity of skippers is relied upon in this matter.

For the Isle of May the decision to use a spinnaker can be made at any point on the passage.

4. The passage should be recorded on the forms available at the club notice board including: island rounded, name of yacht, skipper, date, start time, finish time, weather conditions, wind direction and strength, and whether a spinnaker or cruising chute was used.
In the case of the Isle of May more detail of the passage should be recorded. In the case of a boat staying overnight on an Isle of May passage a single waypoint should be used to record the stop time on day one and the restart time on day two. The waypoint used should be recorded.
5. The record of a passage must be submitted to the Sailing Secretary within one week of the island rounding.
6. The elapsed time will be corrected for the boat's handicap (see Instruction 9.5) and White Sail Allowance (if claimed). The 4% allowance for Fleet 3 boats is applied to the progressive handicap. If a White Sail Allowance is being claimed then 8% is added to the progressive handicap before any adjusted time is calculated. For example:
 - A Fleet 1 handicap boat may use a spinnaker, but no WSA is allowed if it does not.
 - A Fleet 2 handicap boat with a *progressive* handicap of 1015 that claims a White Sail allowance adds 4% to its handicap before calculating its adjusted time. i.e. a handicap of 1056 is used.
 - A Fleet 3 handicap boat with a *progressive* handicap of 1090 that does NOT claim a White Sail Allowance adds 4% to its handicap before calculating its adjusted time. i.e. a handicap of 1134 is used.
 - A Fleet 3 handicap boat with a *progressive* handicap of 1090 that claims a White Sail Allowance adds 8% to its handicap before calculating its adjusted time. i.e. a handicap of 1177 is used.
7. A skipper whose boat does not appear on the club handicap list should apply to the Sailing Secretary for a handicap.
8. Passage times will be displayed in a league table format on the RFYC website.
9. If sufficient boats compete prizes may be awarded.

COURSES

Mid-Firth Courses

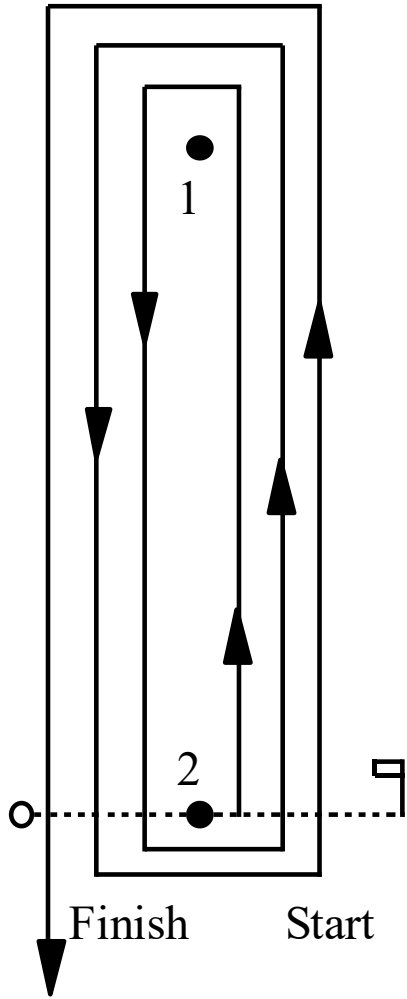
A courses: (See course chart on the next page)

App. Wind Direction	Course No.	Mark1	Mark 2	Course (order in which marks are to be passed)
North	1	N	I	Start at I-N-I-N-I-N-finish at I
N. West	2	M	I	Start at I-M-I-M-I-M-finish at I
West	3	A	I	Start at I-A-I-A-I-A-finish at I
S. West	4	R	I	Start at I-R-I-R-I-R-finish at I
South	5	B	I	Start at I-B-I-B-I-B-finish at I
S. East	6	C	I	Start at I-C-I-C-I-C-finish at I
East	7	U	I	Start at I-U-I-U-I-U-finish at I
N. East	8	O	I	Start at I-O-I-O-I-O-finish at I

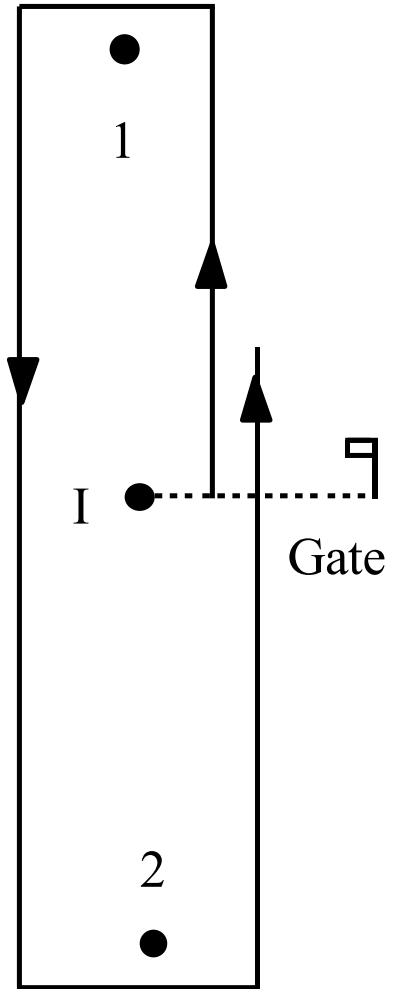
B courses: (See course chart below)

App. Wind Direction	Course No.	Mark1	Mark 2	Course (order in which marks are to be passed)
North	1	N	B	Start at I-N-B-Gate at I
N. West	2	M	C	Start at I-M-C-Gate at I
West	3	A	U	Start at I-A-U-Gate at I
S. West	4	R	O	Start at I-R-O-Gate at I
South	5	B	N	Start at I-B-N-Gate at I
S. East	6	C	M	Start at I-C-M-Gate at I
East	7	U	A	Start at I-U-A-Gate at I
N. East	8	O	R	Start at I-O-R-Gate at I

A Courses



B Courses



C courses and D courses: Set Laps

C courses and D courses are triangles. The start is between the start mark and a staff displaying a yellow flag on a buoy, which will be at the leeward side of the course. In a multiple lap race, the next mark after the Leeward mark is the Windward mark. The finish line will be between any mark of the course and the committee boat displaying flag 'S'.

CAPITAL LETTERS to **PORT**, small letters to **starboard**

Wind direction	Course letter	Course number	Start	Windward	Gybe	Leeward	Distance per lap
North	C	1	r	n	u	r	2.0
N. West	C	2	C	N	A	C	2.0
West	C	3	C	a	o	c	2.0
W. S. West	C	4	U	A	B	U	1.9
S. West	C	5	O	A	C	O	2.0
S. S. West	C	6	O	R	C	O	1.9
South	C	7	O	b	m	o	2.0
S. East	C	8	M	E	O	M	2.2
East	C	9	A	C	N	A	2.0
N. East	C	0	R	U	M	R	2.0

Wind direction	Course letter	Course number	Start	Windward	Gybe	Leeward	Distance per lap
North	D	1	E	U	I	E	1.4
N. West	D	2	E	I	R	E	1.5
West	D	3	C	a	i	c	1.5
W. S. West	D	4	U	I	B	U	1.4
S. West	D	5	O	I	C	O	1.3
S. S. West	D	6	U	B	C	U	1.2
South	D	7	U	E	I	U	1.4
S. East	D	8	I	E	C	I	1.1
East	D	9	R	E	I	R	1.5
N. East	D	0	R	I	A	R	1.1

Breakwater Courses

CAPITAL LETTERS to PORT, small letters to starboard

App Wind Direction	Number	Course	Distance
North	12	z-w-s-k-h-w-s-w-s-k-h (finish)	3.9
North	13	e-u-e-u-S-W-S-W (finish)	4.2
N.N.East	14	b-u-b-u-Z-W-H (finish)	3.5
N.East	15	H-w-s-k-w-s-k-W-H (finish)	3.7
N.East	16	H-W-b-c-H-K-W-H-K-W-H (finish)	5.0
N.East	17	E-U-R-U-B-C-U-R-U-B-C (finish)	5.4
E.N.East	21	h-w-l-s-L-z-h-w-h (finish)	3.5
E.N.East	23	E-W-H-w-Z-L-h-w-h (finish)	4.1
East	24	H-L-e-w-H-Z-H (finish)	4.1
East	25	H-L-W-H-L-H-Z-H (finish)	3.9
East	26	h-l-s-e-h-l-e-h-z-e-h (finish)	7.1
E.S.East	31	E-H-C-H-S-H-Z-H (finish)	3.5
E.S.East	32	H-S-W-H-S-Z-H-S-H (finish)	3.5
S.East	34	E-H-u-z-s-h-s-h (finish)	4.0
S.East	35	H-S-U-S-Z-U-H-S-H (finish)	6.0
South	41	h-K-S-W-S-W-S-W-S (finish)	3.6
South	42	C-E-U-E-O-B-E-U-E (finish)	3.9
South	43	Z-S-L-W-S-L-W-S-W-Z (finish)	3.8
S.West	45	W-K-L-W-K-Z-W-H (finish)	3.5
S.West	46	Z-K-l-s-z-l-s-z-l-s (finish)	3.9
S.West	47	W-K-l-s-W-K-l-s-W-H (finish)	5.2
W.S.West	51	W-E-w-h-w-h-w-h (finish)	3.9
W.S.West	52	Z-K-L-W-H-K-L-Z (finish)	3.5
W.S.West	53	Z-K-L-W-E-z-K-L-Z (finish)	5.0
West	54	H-E-S-Z-H-Z-H-Z-H (finish)	3.7
West	56	H-E-L-E-H-Z-H-Z-H (finish)	5.1
West	57	W-C-w-E-I-H-E-I-H (finish)	7.3
West	58	H-B-l-H-s-k-L-H-l-Z-H (finish)	7.0
West	59	h-b-w-l-e-l-h-e-z-h (finish)	7.4
W.N.West	61	Z-E-W-C-z-h (finish)	4.1
W.N.West	62	H-c-W-U-S-H-S-Z-H (finish)	5.3
N.West	63	H-U-C-S-H-U-S-H (finish)	5.1
N.West	64	H-U-S-H-C-S-H-S-H (finish)	5.6
N.West	65	E-I-E-I-z-s-H-S-H-S-H (finish)	5.6

Marks

Mark	Description	Approximate Position	
A	Almond RFYC race mark	55°59.68' N	003°15.11' W
B	Birnie RFYC race mark	55°59.41' N	003°14.27' W
C	Caroline RFYC race mark	55°59.60' N	003°13.84' W
C7	Channel Buoy No.7 (Blae Rock)	56°02.80' N	003°10.97' W
C10	Channel Buoy No.10	56°02.07' N	003°13.32' W
C12	Channel Buoy No.12	56°01.78' N	003°15.11' W
C16	Channel Buoy No.16	56°00.87' N	003°19.60' W
C17	Channel Buoy No.17	56°01.22' N	003°19.82' W
E	East RFYC race mark	55°59.40' N	003°13.81' W
H	Harbour RFYC race mark	55°59.30' N	003°12.93' W
HW	Herwit Buoy	56°01.05' N	003°06.52' W
I	Inner RFYC race mark	55°59.79' N	003°14.45' W
K	Kilo RFYC race mark	55°59.05' N	003°12.88' W
IK	Inchkeith Island (Lighthouse)	56°02.01' N	003°08.17' W
IM	Inchmickery (SE end)	56°00.65' N	003°16.30' W
L	Leith RFYC race mark	55°59.35' N	003°11.58' W
LA	Leith Approach Buoy	55°59.95' N	003°11.51' W
M	Mickery RFYC race mark	55°59.97' N	003°15.06' W
N	New RFYC race mark	56°00.16' N	003°14.65' W
NC	North Craig Buoy	56°01.02' N	003°03.52' W
O	Outer RFYC race mark	56°00.13' N	003°14.10' W
OX	Oxcars (Lighthouse)	56°01.36' N	003°16.84' W
P	Pallas Buoy	56°01.50' N	003°09.30' W
Q	FCYC race mark	55°59.20' N	003°12.90' W
R	Royston RFYC race mark	55°59.45' N	003°14.78' W
S	Starbank RFYC race mark	55°59.01' N	003°12.24' W
SD	St David's Light (Fl G 5s)	56°01.37' N	003°22.29' W
U	Upper RFYC race mark	55°59.90' N	003°13.78' W
W	Wardie RFYC race mark	55°59.50' N	003°12.25' W
WG	West Gunnet Buoy	56°01.34' N	003°10.97' W
Z	Zulu RFYC race mark	55°59.22' N	003°12.24' W

Chart Of RFYC Mark Positions

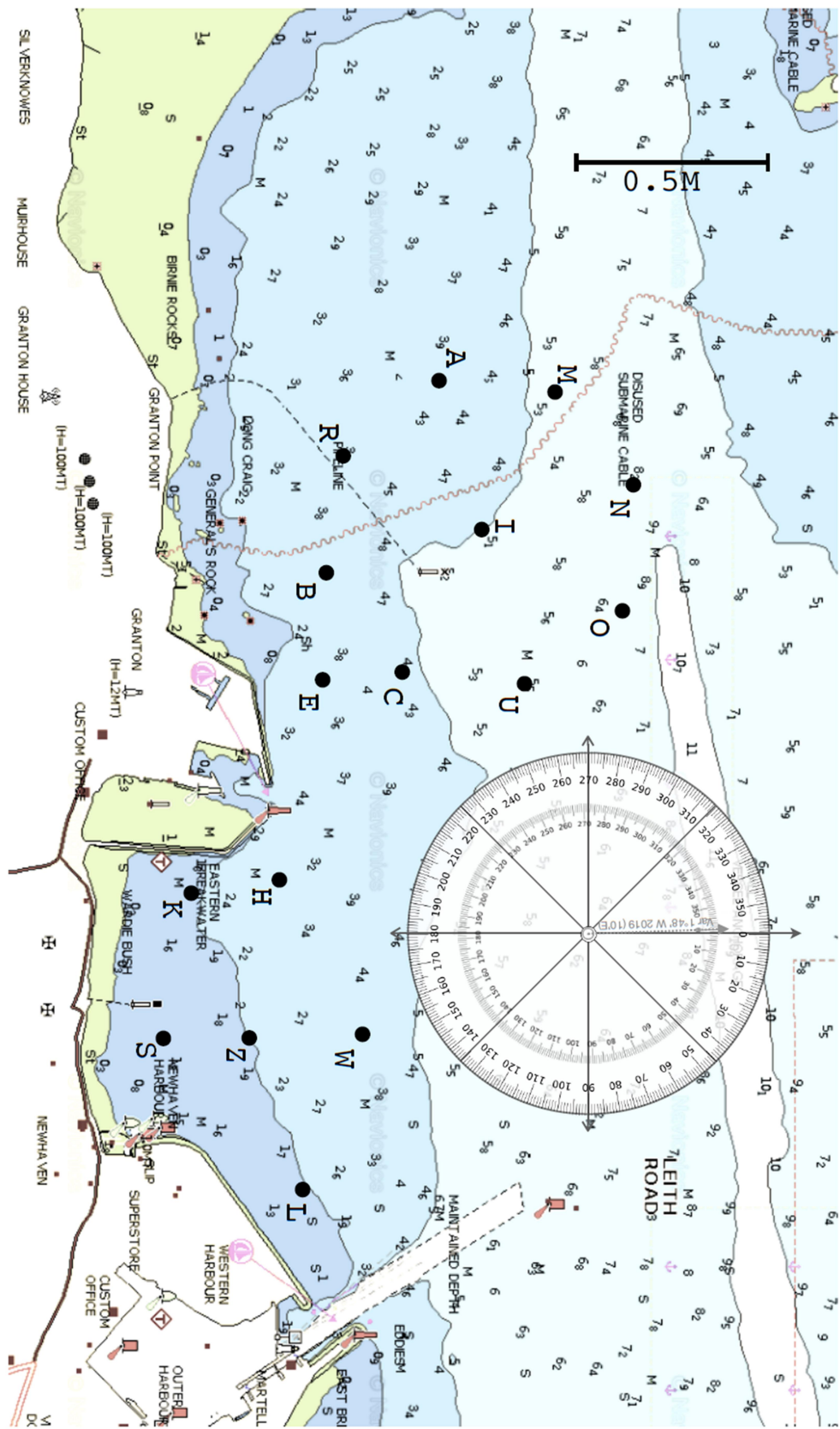


Table of Distance Between RFYC Marks

All distances are in miles and are approximate

	A	B	C	E	H	I	K	L	M	N	O	R	S	U	W	Z
A		0.55	0.72	0.79	1.29	0.39	1.41	2.02	0.29	0.55	0.73	0.30	1.75	0.78	1.63	1.69
B	0.55		0.31	0.26	0.77	0.39	0.86	1.52	0.72	0.78	0.73	0.29	1.21	0.56	1.14	1.16
C	0.72	0.31		0.20	0.60	0.39	0.77	1.30	0.78	0.72	0.55	0.55	1.08	0.30	0.90	0.98
E	0.79	0.26	0.20		0.51	0.53	0.63	1.26	0.91	0.90	0.75	0.55	0.97	0.50	0.89	0.91
H	1.29	0.77	0.60	0.51		0.99	0.26	0.76	1.38	1.30	1.06	1.06	0.49	0.77	0.43	0.40
I	0.39	0.39	0.39	0.53	0.99		1.16	1.68	0.39	0.39	0.39	0.39	1.47	0.39	1.28	1.37
K	1.41	0.86	0.77	0.63	0.26	1.16		0.80	1.54	1.50	1.28	1.15	0.36	0.99	0.58	0.40
L	2.02	1.52	1.30	1.26	0.76	1.68	0.80		2.06	1.91	1.62	1.81	0.50	1.36	0.41	0.39
M	0.29	0.72	0.78	0.91	1.38	0.39	1.54	2.06		0.30	0.57	0.54	1.86	0.73	1.66	1.76
N	0.55	0.78	0.72	0.90	1.30	0.39	1.50	1.91	0.30		0.31	0.71	1.78	0.56	1.51	1.65
O	0.73	0.73	0.55	0.75	1.06	0.39	1.28	1.62	0.57	0.31		0.78	1.54	0.29	1.22	1.39
R	0.30	0.29	0.55	0.55	1.06	0.39	1.15	1.81	0.54	0.71	0.78		1.50	0.72	1.43	1.45
S	1.75	1.21	1.08	0.97	0.49	1.47	0.36	0.50	1.86	1.78	1.54	1.50		1.24	0.49	0.21
U	0.78	0.56	0.30	0.50	0.77	0.39	0.99	1.36	0.73	0.56	0.29	0.72	1.24		0.95	1.10
W	1.63	1.14	0.90	0.89	0.43	1.28	0.58	0.41	1.66	1.51	1.22	1.43	0.49	0.95		
Z	1.69	1.16	0.98	0.91	0.40	1.37	0.40	0.39	1.76	1.65	1.39	1.45	0.21	1.10	0.28	

Table of Bearing Between RFYC Marks

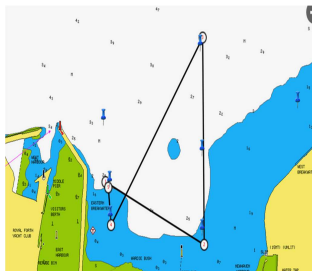
All bearings in the table below are approximate TRUE bearings.

TO FROM	A	B	C	E	H	I	K	L	M	N	O	R	S	U	W	Z
A		120	096	111	107	074	117	099	006	028	052	141	112	074	096	106
B	300		052	092	098	345	115	092	321	344	008	278	109	029	085	099
C	276	232		175	120	299	136	101	298	321	345	254	123	006	096	113
E	291	272	355		101	317	124	092	309	328	347	275	114	002	084	101
H	287	278	300	281		300	174	086	299	312	321	278	127	321	063	102
I	254	165	119	137	120		130	105	298	343	030	209	122	074	103	115
K	297	295	316	304	354	310		067	307	318	328	291	096	329	038	064
L	279	272	281	272	266	285	247		288	295	299	273	228	294	292	251
M	186	141	118	129	119	118	127	108		051	074	163	121	096	106	115
N	208	164	141	148	132	163	138	115	231		096	186	130	118	116	125
O	232	188	165	167	141	210	148	119	254	276		209	137	142	121	131
R	321	098	074	095	098	029	111	093	343	006	029		107	051	088	099
S	292	289	303	294	307	302	276	048	301	310	317	287		316	359	000
U	254	209	186	182	141	254	149	114	276	298	322	231	136		115	128
W	276	265	276	264	243	283	218	112	286	296	301	268	179	295		179
Z	286	279	293	281	282	295	244	071	295	305	311	279	180	308	359	

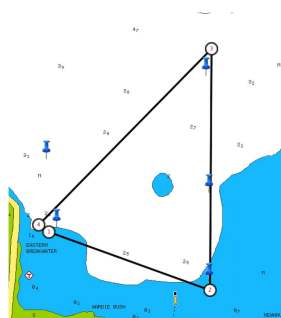
FCYC Friday White Sail Courses

CAPITAL LETTERS to PORT, small letters to starboard.

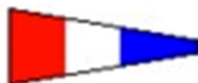
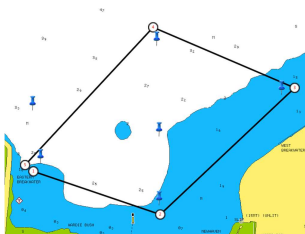
COURSE 1: START(Q), S, W, k, q
repeat until shortened course flag



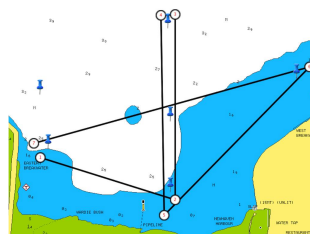
COURSE 2: START(Q), S, W, Q,
repeat until shortened course flag



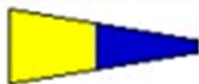
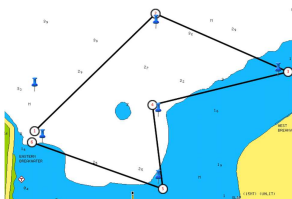
COURSE 3: START(Q), S, L, W, Q,
repeat until shortened course flag



COURSE 4: START(Q), S, W, S, L, Q,
repeat until shortened course flag



COURSE 5: START(Q), w, l, Z, s, q
repeat until shortened course flag



COURSE 6: START(Q), L, W, s, q,
repeat until shortened course flag

