



RCYC Sailing Ltd  
**ROYAL CORNWALL YACHT CLUB**

**Trinity Race**

**Saturday 23<sup>rd</sup> to Monday 25<sup>th</sup> August 2025**

Organizing Authority: RCYC Sailing Ltd  
Greenbank, Falmouth, Cornwall, UK

[www.royalcornwallyachtclub.org/](http://www.royalcornwallyachtclub.org/) email: [contact@rcycsailing.org](mailto:contact@rcycsailing.org)

**SAILING INSTRUCTIONS**

Abbreviations: [DP] – Rules for which the penalties are at the discretion of the protest committee.  
[NP] - means that a boat may not protest another boat for breaking that rule.  
This changes RRS 60.1.

**1 RULES**

- 1.1 The race will be governed by the rules as defined in the Racing Rules of Sailing (RRS).
- 1.2 Boats shall comply with Offshore Sailing Regulations (OSR) 2024-25 Cat 3. In addition, boats are to carry a life raft.
- 1.3 RRS Part 2 shall not apply between the hours of local sunset and sunrise and shall be replaced by the International Rules for the Prevention of Collisions at Sea (IRPCAS).
- 1.4 The following rules are changed:

Rule change:	Relevant SI Section
RRS 21.1	12.7
RRS 26	5.3, 12.1
RRS 27	5.3, 12.3
RRS 28.1	12.8
RRS 29	5.3, 12.3, 12.7
RRS 30	12.7
RRS 35	16.2
RRS 37	19.3
RRS 44	15, 12.7
RRS 44.2	12.6
RRS 52	1.6
RRS 61.1 a	2.2, 3.5, 12.2, 12.4
A5.1	12.8, 16.2
A5.2	12.8, 16.2

- 1.5 IRC Rules parts A, B and C apply. Part D will not apply.
- 1.6 The use of autopilots and automated steering devices will be allowed. This changes RRS 52.

## **2 CHANGES TO SAILING INSTRUCTIONS**

- 2.1 Changes to the sailing instructions will be posted before 09:00 on the day of the race. They will be posted online on the official COGS noticeboard - [www.cogsracing.org.uk/](http://www.cogsracing.org.uk/), the RCYC website at - [www.royalcornwallyachtclub.org/on the water/racing events/COGS racing events](http://www.royalcornwallyachtclub.org/on-the-water/racing-events/COGS-racing-events) and may appear on the official COGS WhatsApp group messaging.
- 2.2 The race committee may also broadcast verbal instructions on marine VHF radio channel 69 and they may also be included on the COGS WhatsApp group messaging. Failure to receive a broadcast will not be grounds for redress. This changes RRS 61.1(a).

## **3 COMMUNICATIONS WITH COMPETITORS**

- 3.1 No notices to competitors will be posted after 09:00 on the day of the race.
- 3.2 Notices to competitors will be posted:
- a) on the official COGS notice board located online at [www.cogsracing.org.uk](http://www.cogsracing.org.uk).
  - b) online at the RCYC website - [www.royalcornwallyachtclub.org/on the water/racing events/COGS racing events](http://www.royalcornwallyachtclub.org/on-the-water/racing-events/COGS-racing-events).
- 3.3 Notices may be repeated on the COGS Whatsapp Group. In addition general information which does not form part of the SI will be posted on the COGS Whatsapp Group at any time.
- 3.4 On the water, the race committee intends to monitor and communicate with competitors on VHF channel 69.
- 3.5 Failure to hear a broadcast will not be grounds for redress. This changes RRS 61.1(a).
- 3.6 [DP] Whilst racing, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

## **4 CODE OF CONDUCT**

[DP] Competitors and support persons shall comply with reasonable requests from race officials.

## **5 SIGNALS MADE ASHORE**

- 5.1 Pre-start abandonment signals made ashore will be displayed on the RCYC signals mast.
- 5.2 IC flag "L" displayed over flag "Z" at the RCYC will indicate a change to the sailing instructions.
- 5.3 No visual signals, including starting signals, will be made at Pendennis Point. This changes RRS 26, 27 and 29.

## **6 SCHEDULE OF RACES**

The schedule for the race is as follows. All times are British Standard Time (BST).

<b>Date</b>	<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Saturday 23<sup>rd</sup> Aug</b>	<b>IRC warning signal</b>	<b>1055</b>	<b>Start area</b>
	<b>IRC START / YTC warning signal</b>	<b>1100</b>	
	<b>YTC START</b>	<b>1105</b>	

## **7 CLASS FLAGS**

Boats shall display their class flag beneath IC flag "Z" on the backstay or mainsail leech as follows:

- (a) IRC - IC numeral pennant "1"
- (b) YTC - IC flag "E"

## 8 RACING AREA

The start will be at Pendennis Point. The racing area will be from Falmouth, up to Eddystone Rock and down to Wolf Rock.

## 9 COURSES

- 9.1 The course will be selected from the numbered courses below, and will depend on wind strength and direction. The course to be sailed will be broadcast by the race officer on VHF Ch 69 approximately 20 minutes before the start.

Course 1 (approx. 135nm)	Course 2 (approx. 135nm)	Course 3 (approx. 65nm)	Course 4 (approx 80nm)
Hand Deeps (S), Eddystone Light (S), Wolf Rock Light (S), Finish	Wolf Rock Light (P), Eddystone Light (P), Hand Deeps (P), Finish	Hand Deeps (S), Eddystone Light (S), Finish	Wolf Rock Light (P), Finish

- 9.2 The rounding marks may have outlying rocks and reefs. Care in navigation should be observed at all times.

## 10 MARKS

The marks of the course are as follows:

Name	Description	Approximate Position
Pendennis Point (western boundary of start line)	Headland	See Addendum A
Black Rock Beacon (eastern end of start line)	Large concrete cone with mast on top	See Addendum A
Eddystone Light	Lighthouse	50° 10'.84 N 004° 15'.94 W
Hand Deeps	West Cardinal buoy	50° 12'.68 N 004° 21'.10 W
Wolf Rock Light	Lighthouse	49° 56'.72 N 005° 48'.57 W

## 11 OBSTRUCTIONS

- 11.1 Black Rock and Pendennis Point.  
Competitors should be aware of the shallow waters around these obstructions.
- 11.2 Commercial shipping. Moving exclusion zones around commercial vessels constricted by their draft or size are designated obstructions. Such exclusion zones extend to 100m on all sides of the vessel and include tugs, pilot boats and safety boats escorting the vessel. No competitor is at any time to enter the exclusion zone, and, if becalmed, is to use their engine or other means of propulsion to move out of the way. This should only be sufficient to move out of the exclusion zone, and the distance travelled should be the shortest necessary to keep clear. Competitors who unnecessarily interfere with shipping bring the sport into disrepute and shall be reported by the race committee under RRS 69 - Misconduct.
- 11.3 Diving activity. Exclusion zones extend 30m around a dive boat displaying international code flag "A", an orange pillar mark indicating a diver beneath the surface, and a diver on the surface. No boat is at any time to enter the exclusion zone.
- 11.4 No boat shall sail inside the mooring exclusion zone on her way up to the finish line – see Addendum B.

## **12 THE START**

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- 12.1 No visual signals will be made. This changes RRS 26.
- 12.2 Starting signals, including a countdown, will be made by the race committee on VHF ch 69. Failure to receive this broadcast will not be grounds for redress. This changes RRS 61.1(a)
- 12.3 No visual individual or general recall, postponement or abandonment signals will be displayed. This changes RRS 27, 29.
- 12.4 Any boats OCS (on course side) at their starting signal will be broadcast by the race committee on VHF channel 69 if they can be identified. Failure to announce sail numbers and failure of boats to receive this broadcast will not be grounds for redress. This changes RRS 61.1 (a).
- 12.5 The starting line will be a line extending east on a transit formed by the triangle and the signals mast on the east side of Pendennis Point. The line will be bounded at the eastern end by Black Rock Beacon and at the western end by the shore. See Addendum A.
- 12.6 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 12.7 For the purposes of the definition of "Start" and "Finish" the term "hull" is to include a boat's bowsprit in its normal position. This changes RRS 21.1, 29.1, 30 and 44.2.
- 12.8 A boat that does not start within 20 minutes after her starting signal will be scored DNS (did not start). This changes RRS 28.1, A5.1 and A5.2.

## **13 CHANGE OF THE NEXT LEG OF THE COURSE – not used**

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## **14 THE FINISH**

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- 14.1 The finish line will be the RCYC club line, defined by a transit line of the club signal mast and the triangle behind. The line is limited at its port end by the outermost line of moorings and at its starboard end by Flushing New Quay.
- 14.2 Boats should record their finishing time, and the sail numbers, or names, of the boats next ahead and next behind respectively. They should submit this information by email to [sailing@royalcornwall yachtclub.org](mailto:sailing@royalcornwall yachtclub.org) , a copy to [chairman@cogsracing.org.uk](mailto:chairman@cogsracing.org.uk) and to the Race Results Officer, Anthony Nathan, as soon as possible on the COGS Chat Whatsapp Group and may also be sent via email to: [anthony.nathan@btinternet.com](mailto:anthony.nathan@btinternet.com) or by telephone to: 07768446815.

## **15 PENALTY SYSTEM**

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RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

## **16 TIME LIMITS [AND TARGET TIMES]**

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- 16.1 The time limit for both classes is 08:00 BST on Monday 25<sup>th</sup> Aug
- 16.2 Boats finishing later than the time limit will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, A5.1 and A5.2.

## **17 HEARING REQUESTS**

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- 17.1 For both classes, the protest time limit is 60 minutes after the last boat has finished or after the race time limit, whichever is earlier.
- 17.2 Details shall be lodged in writing with the COGS Race Finish Officer who will pass them on to the race committee at RCYC.
- 17.3 Hearings will take place at the RCYC as soon as practicable after boats return. Parties will be informed of the schedule of hearings by email.

## **18 SCORING**

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- 18.1 The race will be scored in accordance with COGS NOR para 7.  
18.2 For this race RRS Rule A5.3 will apply.

## **19 SAFETY REGULATIONS**

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- 19.1 Crew Lists:  
a) A boat's crew list shall be sent to the Race Officer, Kevin Maclean at [kvnmaclean@yahoo.com](mailto:kvnmaclean@yahoo.com) no later than 30 mins before the first scheduled warning signal. Forms can be downloaded from the COGS website.  
b) All boats shall report their name, sail number and number of persons on board via VHF Ch. 69 to the race officer no later than 10 minutes before the first scheduled warning signal. Radio silence shall be kept after this time except if called by the race committee or in an emergency.
- 19.2 Retirement. A boat that retires from the race or is unable to cross the finish line before the time limit shall communicate to all of the following recipients as follows:  
a) Race Officer - VHF Ch. 69, email: [kvnmaclean@yahoo.com](mailto:kvnmaclean@yahoo.com) mob: 07733457496  
b) Race Results Officer - Anthony Nathan at [anthony.nathan@btinternet.com](mailto:anthony.nathan@btinternet.com), mob: 07768446815  
c) COGS WhatsApp chat group.
- 19.3 RRS 37 will not apply

## **20 REPLACEMENT OF CREW OR EQUIPMENT – not used**

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## **21 EQUIPMENT AND MEASUREMENT CHECKS**

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A boat or equipment may be inspected at any time by the Organising Authority for compliance with the Class Rules, NOR and Sis.

## **22 SUPPLIED BOATS – not used.**

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## **23 OFFICIAL VESSELS – not used.**

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## **24 SUPPORT TEAMS – not used**

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## **25 TRASH DISPOSAL - not used**

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## **26 BERTHING – not used**

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## **27 HAUL-OUT RESTRICTIONS – not used**

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## **28 DIVING EQUIPMENT AND PLASTIC POOLS – not used**

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## **29 PRIZES**

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Prizes will be given as listed in the COGS 2025 NOR para 8.

## 30 RISK STATEMENT

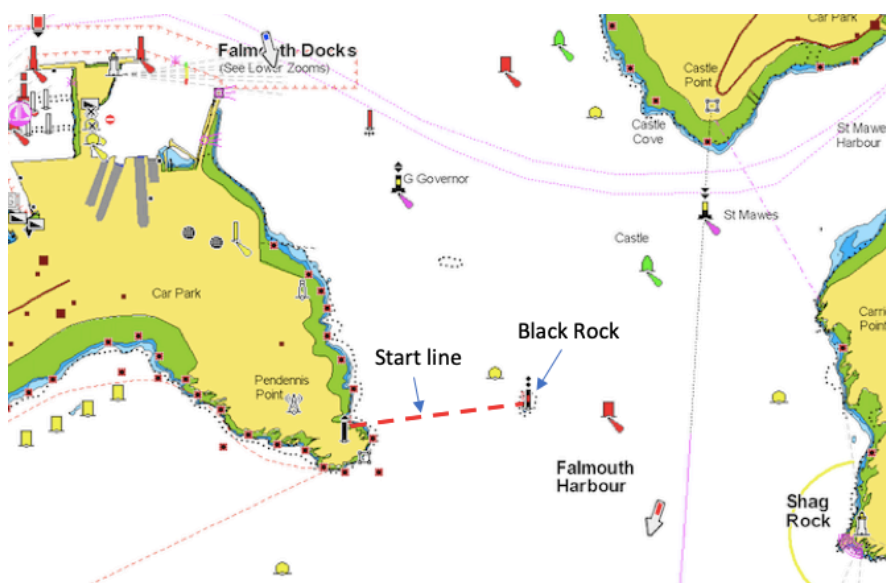
Rule 3 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone". Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees 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 and 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 and other officials and volunteers by the event 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) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend a safety briefing held for the event.
- (h) They are responsible for ensuring that their boat is equipped and seaworthy so as to be able to face extremes of weather; that there is a crew sufficient in number, experience and fitness to withstand such weather; and that the safety equipment is properly maintained, stowed and in date and is familiar to the crew.

## 31 INSURANCE

Each participating boat shall be adequately and suitably insured with valid third-party liability insurance before racing. Competitors will be required to sign a declaration to this effect at registration.

## Addendum A – start area



## Addendum B - Moorings exclusion chart

**THE FOLLOWING SAILING INSTRUCTION HAS BEEN DISCUSSED AND AGREED WITH THE FALMOUTH HARBOUR MASTER.**

Moorings areas. Straight lines between the course sides of the mooring buoys (whether a vessel is attached or not) of the outer line on both sides of the fairway are designated as continuing obstructions.

