



Coastal & Offshore  
Yacht Racing

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RCYC Sailing Ltd  
**ROYAL CORNWALL YACHT CLUB**  
**Falmouth to Fowey Saturday 11<sup>th</sup> April 2026**

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) 2025-28*.
- 1.2 World Sailing Offshore Special Regulations 2026-27 (OSR) Cat 4 with life raft will apply.
- 1.3 Local regulations will apply concerning safe navigation in close proximity of moorings, commercial and military vessels restricted in their ability to manoeuvre, and dive vessels. Fowey Harbour byelaws are available at <https://foweyharbour.co.uk/safety/>  
[DP] In the event of a complaint received from a Harbour Authority, the race committee will lodge a protest or submit a report to the protest committee.
- 1.4 The following rules are changed:

Rule change:	Relevant SI Section
RRS 21.1	12.6
RRS 26	12.2
RRS 28.1	12.7
RRS 29	12.3 / 12.6
RRS 30	12.6
RRS 32	9.3
RRS 33	9.3
RRS 34	10.2
RRS 35	16.2
RRS 37	19.3
RRS 44.1	15.1
RRS 44.2	12.6
RRS 52	1.5
RRS 61.1 a	2.2 / 3.4 / 9.2 / 9.3 / 12.2 / 12.3
RRS 63.5 c	1.7
A5.1	12.7 / 16.2
A5.2	12.7 / 16.2

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- 1.5 IRC rule 152(d) and RRS 52 are changed to allow the use of autopilots and automatic steering devices.
- 1.6 IRC rule 22.4 is changed to remove the restriction on crew numbers and weight.
- 1.7 In the event of conflict between the Notice of Race and the Sailing Instructions, then the SIs will prevail. This changes RRS 63.5 (c).

## **2 CHANGES TO SAILING INSTRUCTIONS**

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- 2.1 Changes to the sailing instructions will be posted before 0830 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/) and the RCYC website at - [www.royalcornwallyachtclub.org](http://www.royalcornwallyachtclub.org) On the water/Racing Events/COGS Racing Events, however on the day of the race any changes will be made via the COGS Whatsapp Group.
- 2.2 The race committee may also broadcast verbal instructions on marine VHF radio channel 69 and they may also be included on WhatsApp group messaging. Failure to receive a broadcast will not be grounds for redress. This changes RRS 61.1(a).

## **3 COMMUNICATIONS WITH COMPETITORS**

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- 3.1 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](http://www.royalcornwallyachtclub.org) On the water/Racing Events/COGS Racing Events.
  - c) on the COGS Whatsapp Group - especially for changes to SIs on the day of the race.
- 3.2 No notices will be posted after 08:30 on the day of the race.
- 3.3 On the water, the race committee intends to monitor and communicate with competitors on VHF channel 69.
- 3.4 Failure to hear a broadcast will not be grounds for redress. This changes RRS 61.1(a).
- 3.5 [DP] From the first warning signal (for your class) until the end of your race, 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**

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

## **5 SIGNALS MADE ASHORE**

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- 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.

## **6 SCHEDULE OF RACES**

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- 6.1 Separate starts will be held for IRC1 and IRC2 handicap classes.
- 6.2 IRC1 will start first.
- 6.3 The scheduled time of the warning signal for the IRC1 class is 10:00 hrs.
- 6.4 The time of the warning signal of the IRC2 class will be the time of the starting signal of the IRC1 class.

## **7 CLASS FLAGS**

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- 7.1 Boats shall display their class flag beneath IC flag "Z" on the backstay or mainsail leech as follows:
  - (a) IRC1 - IC numeral pennant "1"
  - (b) IRC2 - IC numeral pennant "E"

## **8 RACING AREA**

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- 8.1 The racing area will be the Cornish coast from Manacle Point to Fowey, and north of latitude 50° N.

## 9 COURSES

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- 9.1 The course will be selected from the list of courses shown in Addendum A, and will depend on wind strength and direction.
- 9.2 The course identifier will be broadcast by the race committee on marine VHF radio channel 69, and the WhatsApp group messaging commencing approximately 10 minutes before the warning signal and repeated at intervals until the warning signal is displayed. Failure to receive this broadcast will not be grounds for redress. This changes RRS 61.1(a).
- 9.3 Shortening, Abandoning or Changing the Course after the start.  
The race committee may use VHF broadcasts and WhatsApp group messaging in place of flag signals for shortening, abandoning or changing the course, This changes Rules 32 and 33. Failure to receive this broadcast will not be grounds for redress. This changes RRS 61.1(a).

## 10 MARKS

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- 10.1 Marks are described in Addendum B.
- 10.2 If any mark is missing then a virtual mark shall be considered to exist at the position given in Addendum B. A virtual mark shall be treated as if it were a mark.  
Appendix WP applies (World Sailing/Docs/2025-28 App WP Rules for Waypoints Jan 2025). This changes RRS 34.
- 10.3 When data from electronic positioning fixing systems are used to determine the position and track of a boat for the purpose of verifying compliance with the rules, precedence shall be given to data from the boat's primary navigation system.
- 10.4 Boats are strongly advised to make a photograph of a relevant navigation system display to verify compliance with the rules.

## 11 OBSTRUCTIONS

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- 11.1 Black Rock and Pendennis Point – competitors should be aware of the shallow waters around these obstructions.
- 11.2 [NP] 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 Navigation. Cannis & Gwineas cardinal buoys shall be passed on their correct navigational sides at all times. No boat shall sail between Cannis or Gwineas Rocks and the nearby shore.

## 12 THE START

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- 12.1 Races will be started using RRS 26 with the warning signal made 5 minutes before the starting signal. Start times will be as follows:

Class Flag	Class	Warning	Start Time
	Warning - IRC1	10:00	
1	IRC1		10:05
	Warning – IRC2	10:05	
2	IRC2		10:10

- 12.2 No visual signals will be made – this changes RRS 26.  
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 signals will be displayed. This changes RRS 29.  
Any OCS (on course side) boats at the start 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).
- 12.4 The starting line will be a line extending east on a transit formed by the orange 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.
- 12.5 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 12.6 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.
- 12.7 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 off the entrance to Fowey harbour when Fowey Lighthouse (N 050° 19.635', W 004° 38.822') is on a bearing of 270M degrees.
- 14.2 Boats should record their finishing time, and the sail numbers, or names, of the boats next ahead and next behind respectively, and submit this information to the RFYC race office on VHF Ch M2. In the event no response is received, then by text to 0788 567265 and by email to [committee@fowey sailing.org](mailto:committee@fowey sailing.org).  
The same information must also be posted on the COGS Chat WhatsApp group.

### **15 PENALTY SYSTEM**

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- 15.1 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 1830.
- 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 should be lodged in writing at the race office in RFYC. Protests and requests for redress shall be delivered there within the appropriate time limit.
- 17.3 Notices will be posted at the race office in RFYC no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses and where the hearings will be held.

### **18 SCORING**

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- 18.1 Scoring will be as section 7 in the NOR.
- 18.2 RRS Rule A5.3 will apply.

### **19 SAFETY REGULATIONS**

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- 19.1 Crew Lists:  
a) All boats must report their name, sail number and number of persons on board via VHF Ch. 69 to the race officer on Saturday 11<sup>th</sup> April 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.

- b) A full list of crew embarked must be held by a shore-based contact. The name and telephone number of the contact shall be e-mailed to [kvnmaclean@yahoo.com](mailto:kvnmaclean@yahoo.com), no later than 30 minutes before the start of the race.
- 19.2 Retirement. A boat that retires from the race or is unable to cross the finish line before the time limit shall notify the race committee or the RFYC as follows:  
Falmouth race committee - VHF Ch. 69 & 07733457496.  
RFYC race office - VHF Ch. M2 or Text 0788 567265.  
The same information must also be posted on the COGS Chat WhatsApp group.
- 19.3 Flag V for Search and Rescue will not apply. This changes RRS 37.

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

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## **21 EQUIPMENT AND MEASUREMENT CHECKS**

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- 21.1 A boat or equipment may be inspected at any time by the Organising Authority for compliance with the class rules and sailing instructions.

## **22 SUPPLIED BOATS – not used.**

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

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## **24 [DP] 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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- 29.1 Prizes will be given as listed in the COGS 2026 NOR 8.
- 29.2 Prize-giving on Saturday 11th April. COGS crews should meet at the Royal Fowey Yacht Club. The prize-giving will be held as soon as possible after all yachts have finished or the time limit has expired and a time will be announced on the COGS WhatsApp group.

## **30 RISK STATEMENT**

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- 30.1 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**

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- 31.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3,000,000 per incident or the equivalent.



## Addendum A Courses

The cardinal marks Gwineas and Cannis shall be passed on their correct navigational sides in all courses.

### **Course 1 – North Wind**

25 Nm  
Start  
Buoy “A” to Port  
Bay Buoy to Starboard  
Finish

### **Course 2 – North West Wind**

29 Nm  
Start  
Buoy “A” to Port  
Buoy “C” to Starboard  
Bay Buoy to Starboard  
Finish

### **Course 3 – West Wind**

25 Nm  
Start  
Buoy “B” to Port  
Buoy “C” to Starboard  
Bay Buoy to Starboard  
Finish

### **Course 4 – South West Wind**

29 Nm  
Start  
Maenporth racing mark to Port  
Buoy “C” to Port  
Bay Buoy to Starboard  
Finish

### **Course 5 – South Wind**

28 Nm  
Start  
Maenporth racing mark to Port  
Buoy “B” to Starboard  
Buoy “A” to Port  
Finish

### **Course 6 – South East Wind**

30 Nm  
Start  
Maenporth racing mark to Port  
Buoy “C” to Starboard  
Buoy “A” to Port  
Finish

### **Course 7 – East Wind**

25 Nm  
Start  
Buoy “A” to Port  
Bay Buoy to Starboard  
Finish

### **Course 8 – North East Wind**

19 Nm  
Start  
Finish

### **Course 9 – Race Officer’s Choice**

Marks announced by VHF.

### **Course 10 – Medium Wind Course “A”**

25 Nm  
Start  
Maenporth racing mark to Port  
Buoy “C” to Port  
Finish

### **Course 11 – Medium Wind Course “B”**

21 Nm  
Start  
Bay Buoy to Starboard  
Finish

## Addendum B Marks

Name	Description	Approximate Position
Bay Buoy (N)	Yellow special buoy	N 50° 19.51' W 4 ° 43.05'
Buoy "A"	Yellow special buoy	N 50° 08.50' W 4 ° 46.30'
Buoy "B"	Yellow special buoy	N 50° 10.30' W 4 ° 45.00'
Buoy "C"	Yellow special buoy	N 50° 10.40' W 4 ° 47.50'
Cannis	South cardinal mark	N 50° 18.45' W 4 ° 39.88'
Gwineas	East cardinal mark	N 50° 14.50' W 4 ° 45.30'
Maenporth	Yellow spherical buoy SW Ventilation	N 50° 07.50' W 5 ° 04.80'
The Beach (M)	Yellow spherical buoy	N 50° 20.04' W 4 ° 42.86'
Bennett Jones (P)	Yellow spherical buoy	N 50° 18.00' W 4 ° 43.80'

## Addendum C

### Supplementary information for competitors (not part of the SI)

- C1 RCYC club launch** - The launch will run from 0830 hrs on Saturday morning for competitors who wish to board their yachts at moorings in the inner harbour area. There is currently no public water taxi available in Falmouth.
- C2 Berthing in Falmouth** - Berthing is available in Falmouth Marina (01326 316620) or Channel 80), the Yacht Haven (01326 310991) or channel 12) and Port Pendennis Marina (01326 211211 or channel 80). The Yacht Haven and Falmouth Marina are the most convenient for the RCYC. The Harbour Master (01326 213537 or Channel 12, 14 and 16) has some visitor's moorings and the RCYC launch (Channel 37) will be running until about 2030 on Friday evening.
- C3 Mooring in Fowey** - Moorings are available from the Harbour Master (01726 832471 or VHF Ch. 12 and 16). A dedicated pontoon will be reserved in the harbour for COGS competitors.
- C4 Transport ashore in Fowey** - The Fowey water taxi will be running and can be contacted on VHF Ch 6 or 07774 906730. Please check last taxi times with the driver when going ashore.
- C5 Prize giving** – a prize giving will be held in the Royal Fowey Yacht Club at a time to be announced on the COGS WhatsApp groups. Should people wish to eat at the yacht club then please use the following link to book a table:

**The Royal Fowey Yacht Club**  
secure.kernow-software.com 

