



## 2026 Irish Sailing Youth National Championships

### Ballyholme Yacht Club

Thursday 9<sup>th</sup> April to Sunday 12<sup>th</sup> April 2026

### SAILING INSTRUCTIONS

The Organising Authority (OA) is Irish Sailing in conjunction with Ballyholme Yacht Club (BYC).

The notation '[NP]' in a rule of the sailing instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1

#### 1 RULES

- 1.1 The event is governed by the Rules as defined in *The Racing Rules of Sailing* (RRS).
- 1.2 The prescriptions of Irish Sailing apply.
- 1.3 Denial of the Right of Appeal applies for this regatta.
- 1.4 Racing rules Race Signal AP, 28.1, 29.2, 60.1, 61.1(b), 62.2, 63.1, 63.2, 63.7, P2.2, T1(a), 64.1, A4 and A5 will be changed.
- 1.5 All boats are required to have a painter not less than 8m (3m for toppers) attached to the bow (29ers painter to be stored on support vessel).

#### 2 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races of a day will be posted by 1900 on the day before it will take effect.

#### 3 IDENTIFICATION

[NP][DP] Each day while racing, (where overall results to date are available), the sailors of the first, second and third boats in series ranking for ILCA 6, 29er and 420 classes at the beginning of that day shall wear yellow, blue and red Lycra bibs respectively. These bibs will be available at the Race Office each day from two hours before the first scheduled warning signal of the day and shall be returned by competitors at the same time as tally to beach master.

#### 4 COMMUNICATIONS WITH COMPETITORS

Notices to competitors will be posted on The Official Notice Board (ONB) which can be found on the Racing Rules of Sailing Website - <https://www.racingrulesofsailing.org/documents/14295/event>. In addition, there is an Irish Sailing Youth Nationals telegram group which will be used to update on all important communications and social events. Link here – <https://t.me/+TtmREWlqo4gyMDFk>.

## **5 CODE OF CONDUCT**

- 5.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials and all official volunteers.
- 5.2 [NP] [DP] Boats and support vessels that are on a race area or passing through a race area to which they are not assigned shall remain clear of the area where boats are racing and any official boat.

## **6 SIGNALS MADE ASHORE**

- 6.1 Signals made ashore will be displayed on the main flagpole at BYC.
- 6.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in race signal AP. This Changes Race Signals AP.
- 6.3 [NP][DP] Flag D with one sound signal means: 'The warning signal will be made not less than 60 minutes after flag D is displayed or not before the scheduled time, whichever is later'. Boats shall not go afloat until this signal is made.

## **7 SCHEDULE**

- 7.1 See NOR 9
- 7.2 [NP][DP] A mandatory safety briefing will be held for all support boats, coach boats, race management and safety teams each day. The first briefing will take place at 9.30am on Thursday 9<sup>th</sup> April.
- 7.3 An additional race maybe run at the discretion of the Race Committee on a given day. To indicate this intention, the finish / committee boat will display the numeral pennant 4 at the end of the last scheduled race of the day.

## **8 CLASS FLAGS**

| <b>Class</b> | <b>Flag</b>            | <b>Course</b> |
|--------------|------------------------|---------------|
| 420          | 420 Class Flag         | Youth         |
| 29er         | 29er class Flag        | Youth         |
| ILCA 6       | ILCA Class Flag Green  | Youth         |
| ILCA 4       | ILCA Class Flag Yellow | Junior        |
| Topper       | Flag T                 | Junior        |
| RS Feva      | RS Feva Flag           | Junior        |
| Optimist     | Flag O                 | Optimist      |

## **9 RACING AREA**

The racing area will be in Belfast lough.

## **10 COURSES**

- 10.1 Courses to be sailed will be Windward Leeward, Trapezoid or Optimist course. The diagrams in Appendix A show the courses, the order in which marks are to be passed and the side on which each mark is to be left. If either gate marks 3S, 3P or 4S, 4P is missing the remaining mark shall be rounded to port. This changes RRS 34.
- 10.2 On the Youth and Junior courses, the course to be sailed will be displayed on a board on the starboard side of the committee vessel.
- 10.3 [NP] [DP] Boats travelling to and from the shore shall not cross the other racing areas or interfere with boats racing on those courses.

## **11 RACE MARKS**

- 11.1 Optimist Course

Start Mark - Green inflatable  
Course Marks - Yellow inflatable  
Finish Mark - Orange inflatable

#### 11.2 Junior Course

Start Mark - Green inflatable  
Course Marks - Yellow inflatable (except 1a which is Orange inflatable)  
Finish Mark - Red inflatable

#### 11.3 Youth Course

Start Mark      Green inflatable  
Course Marks   Yellow inflatable (except 1x which is Yellow inflatable w/ black band and 1a which is Orange inflatable)  
Finish Mark      Orange inflatable (& Red inflatable for 29er)

### 12 OBSTRUCTIONS

Official boats, including a safety boat in close attendance to a craft or competitor in difficulty are designated as an obstruction.

### 13 THE START

- 13.1 To alert boats that a race or sequence of races will begin soon, an orange flag will be displayed with one sound signal at least five minutes before a warning signal is made.
- 13.2 The starting line will be between a staff on a committee vessel displaying an orange flag at the starboard end and the course side of the pin end mark.
- 13.3 [NP][DP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 13.4 A boat that does not start within 5 minutes after their starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A5.1 and A5.2

### 14 CHANGE TO NEXT LEG OF THE COURSE

- 14.1 To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position.
- 14.2 The Race Committee may make minor course changes without a signal. This changes RRS 33.

### 15 THE FINISH

The finishing line will be between a staff displaying a blue flag on the finishing vessel and the course side of the finish mark.

### 16 PENALTY SYSTEM

As per NoR 14

### 17 TIME LIMITS

- 17.1 The time limit for each race is 70 minutes.
- 17.2 Boats failing to finish within a 15-minute finishing window after the first boat in her class sails the course and finishes, will be scored Did Not Finish without a hearing. This changes RRS 35, A5.1 and A5.2.
- 17.3 In addition to RRS 32 the race committee may also award a finishing score to a boat that is still racing by displaying to them from a committee vessel (which may be in motion) flag W with one sound signal. A boat so notified is no longer required to sail the course, shall stop racing and shall return to

the starting area, or return ashore if there is no more racing. A finishing score under this sailing instruction will be the score they would have received had they sailed the course and finished within any time limit, without gaining or losing any place. However, when two or more boats that are overlapped are notified, they will be scored as if they were tied. The decision by the race committee to use this procedure or not to use it shall not be grounds for requesting redress. This changes rules 61.1(a) and 61.4(b).

## **18 HEARING REQUESTS**

- 18.1 The protest time is 90 minutes after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is later. This changes RRS 60.3(b) and 61.4(b). The time will be posted on the ONB.
- 18.2 Hearing Request forms are available on the Racing Rules of Sailing website - <https://www.racingrulesofsailing.org/documents/14295/event>. In the absence of access to the ONB, where possible, information will be replicated and displayed on the South facing window of the Race Office at BYC including the availability of Hearing Request Forms which shall include the email address and contact number of the protestor and when possible, the protestee.
- 18.3 Boats intending to protest or request redress, for an incident on the racecourse, shall inform the Race Committee finishing vessel upon finishing the race and receive acknowledgement, or if they do not finish, inform either a Jury boat or a safety boat as soon as practicable after they retire. This changes RRS 61 (Protest Requirements and RRS 61.2 Redress).
- 18.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Protest Room located in the portacabin so marked in the North Park at BYC.
- 18.5 A list of the boats that have been penalised for breaking RRS 42 under Appendix P will be posted on the Racing Rules of Sailing website.

## **19 SCORING**

As per NoR 15.

## **20 SAFETY REGULATIONS**

- 20.1 [DP][NP] A boat that retires from a race shall notify the race committee, safety fleet or jury at the first reasonable opportunity.
- 20.2 Each sailor (see RRS 46) shall ensure that they are:
  - (a) Talled out before launching.
  - (b) Talled in as they reach the top of the slipway. (We can only tally them in upon return to the top of the slip)
  - (c) Sailors with declared medical condition are required to wear a second (alternative Coloured band) when tallying out.
- 20.3 The race committee may penalise a boat without a hearing for failing to tally out or tally in as required by SI 20.2. The penalty shall be 3 points added to the boat's score for a first offence, 4 points for a second offence and so on. The penalty will be applied to the first completed race of the day for failure to tally out and to the last completed race of the day for failure to tally in. This changes RRS 60.5.
- 20.4 Flag V, when race committee boats displayed flag V, all support boats shall monitor race committee communications and follow the instructions of the safety leader of the racing area. Support boats should not stand down until permission is given.

## **21 REPLACEMENT OF CREW OR EQUIPMENT**

- 21.1 [DP] [NP] Substitution of competitors is not allowed without prior written approval of the race committee.

- 21.2 [DP] [NP] Substitution of damaged or lost equipment is not allowed unless authorised by the race or protest committee. Requests for substitution shall be made at the first reasonable opportunity via the racing rules of sailing website.
- 21.3 If equipment substitution is required less than 90 minutes before the first scheduled start on a racing day, and before the start of the last race of the day, provisional verbal permission shall be obtained from the race committee before using the equipment in a race and equipment replacement authorisation shall be requested before the end of the protest time limit at the end of the day in which the substitution takes place.

## 22 EQUIPMENT AND MEASUREMENT CHECKS

- 22.1 [NP] A boat or equipment may be inspected at any time for compliance with the class rules, NoR & SIs.
- 22.2 [DP] [NP] Boats shall display a clearly visible sail number on their mainsail compliant with the class rules. The sail number should match the hull number unless the boat is borrowed or chartered in which case the sail number may either match the hull number or be a sail number of a boat the sailor owns but is not being used for this competition. No two boats of the same fleet shall display numerically identical sail numbers.

## 23 SUPPLIED BOATS

Does not apply

## 24 OFFICIAL VESSELS

Committee vessels are as follows:

|                 |   |                |              |
|-----------------|---|----------------|--------------|
| Optimist Course | - | Game Changer   | 40' Sailboat |
| Junior Course   | - | Elysium of Rhu | 38' Sailboat |
| Youth Course    | - | Talisker       | 34' Sailboat |
| Finish Boats    |   |                |              |
| Optimist Course | - | Rib            |              |
| Junior Course   | - | Elysium of Rhu | 38' Sailboat |
| Youth Course    | - | Rib            |              |

|                     |                             |
|---------------------|-----------------------------|
| Jury Boats          | Green (Jury) flag           |
| Mark Boats          | Red flag                    |
| Safety Team         | Yellow Flag                 |
| Course Safety Lead  | Blue Flag                   |
| Irish Sailing Boats | Irish Sailing Flag          |
| Support Boats       | White Flag                  |
| Coach Boats         | Pink Flag                   |
| Press Boat          | Orange & White (Media) Flag |

## 25 [DP] [NP] SUPPORT TEAMS

See NoR 16

- 25.1 Support boat drivers must attend event safety briefings when requested and be aware of their responsibilities under RRS 37.
- 25.2 Support boats must be equipped with a fastened line ready for towing which is at least 8m in length.
- 25.3 Each support vessel shall carry at least three hazard warning tapes for the purposes of marking abandoned boats. The tape is available from the race office.

**26 TRASH DISPOSAL**

Trash may be placed aboard official or support person vessels.

**27 BERTHING**

[DP] [NP] All boats shall be kept in their assigned areas on the Ballyholme dinghy park.

**28 HAUL-OUT RESTRICTIONS**

Does not apply.

**29 DIVING EQUIPMENT AND PLASTIC POOLS**

Does not apply.

**30 PRIZES**

As per NoR 24.

**31 RISK STATEMENT**

As per NoR 22.

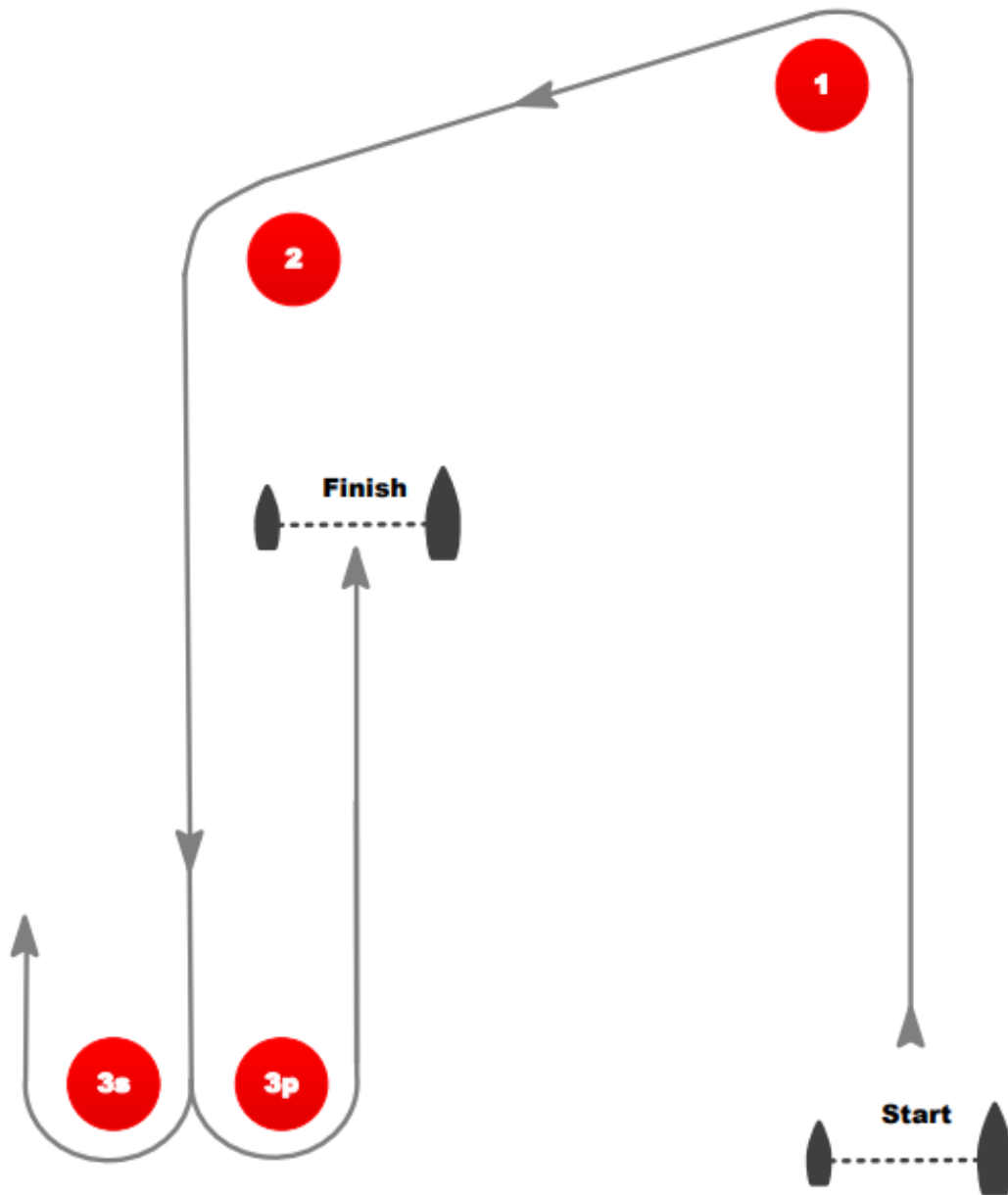
**32 INSURANCE**

As per NoR 23.

# Appendix A – Course Diagrams

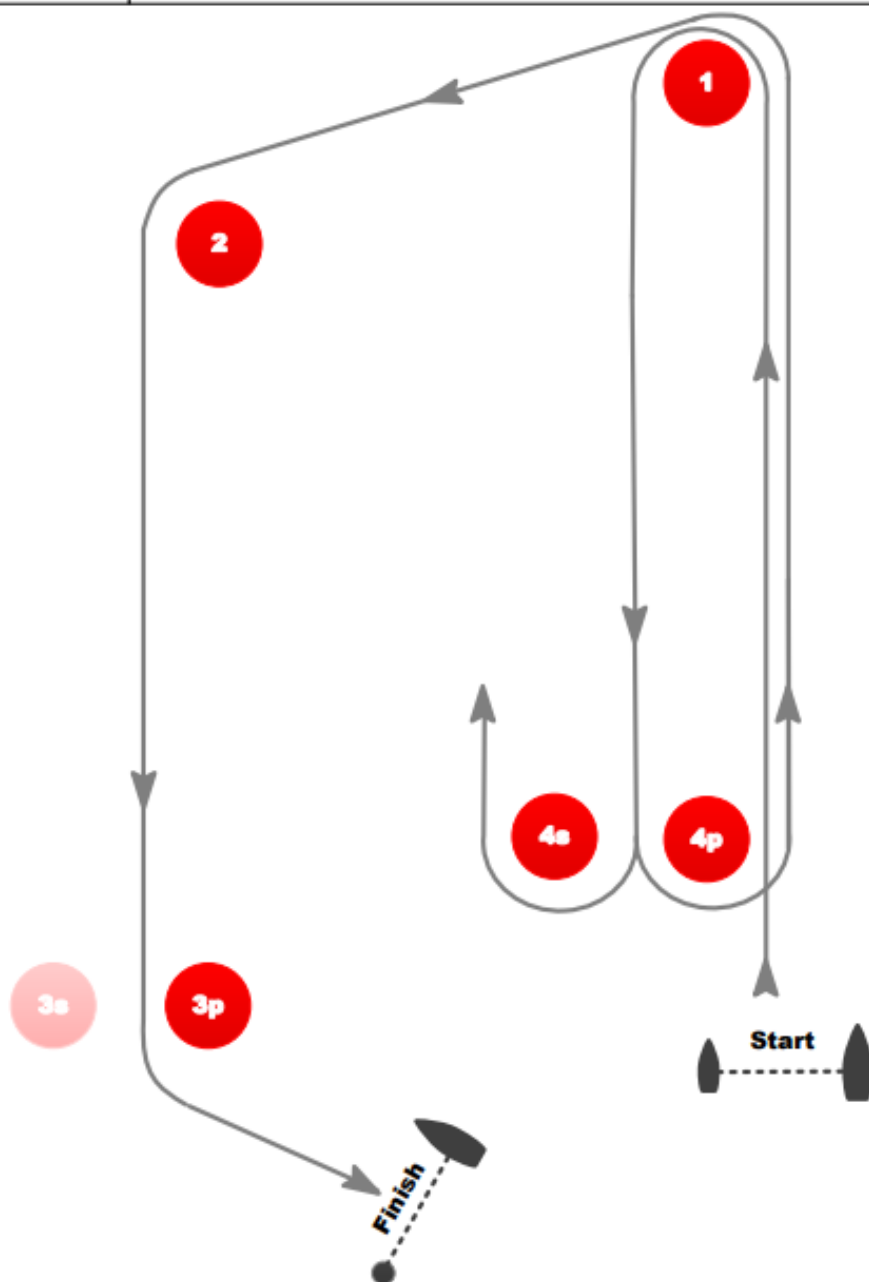
## Course diagram for Optimist

**Mark rounding order: Start – 1 – 2 – 3s/3p – Finish**

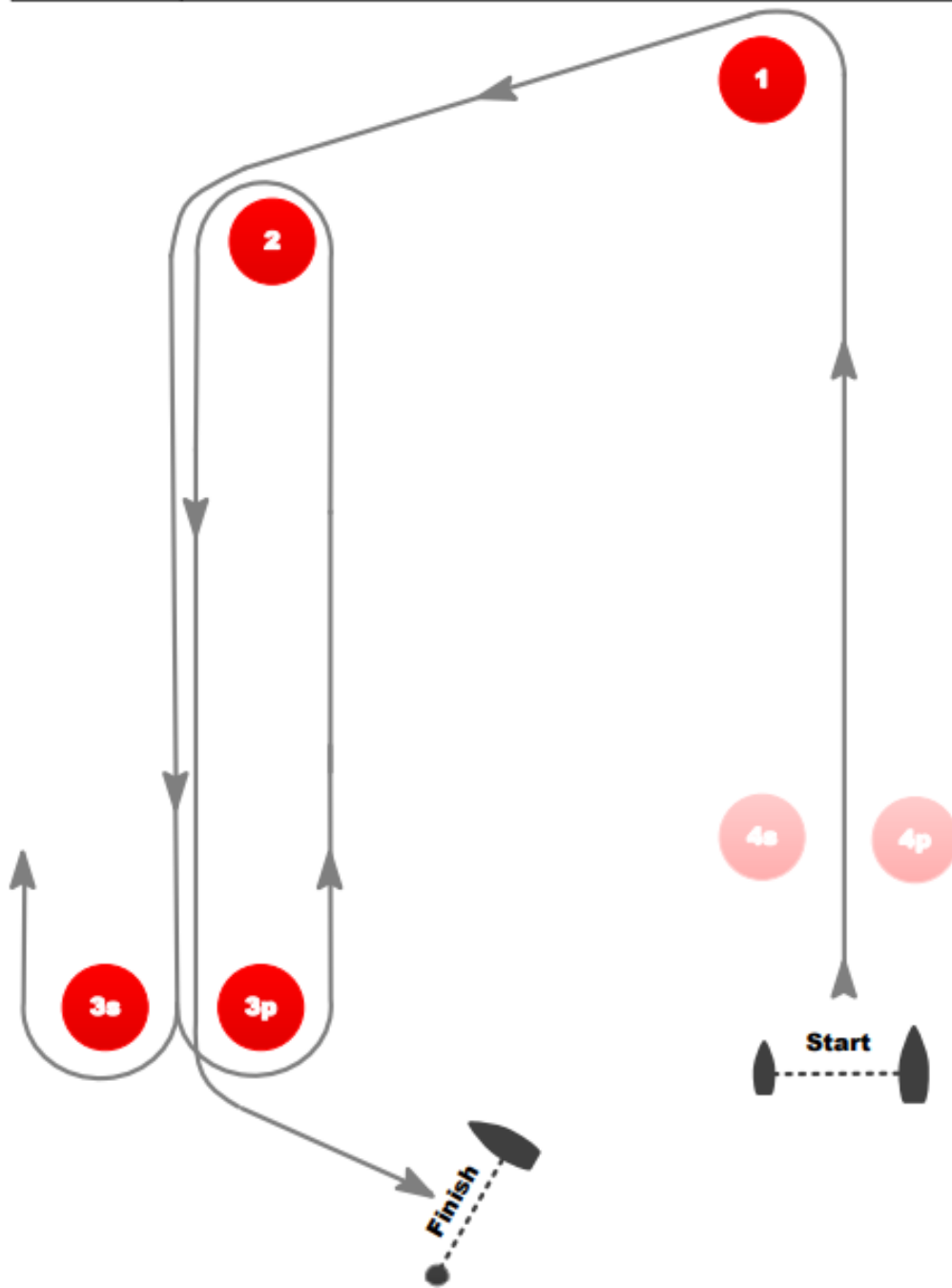


# Course diagrams for ILCA 6, 420

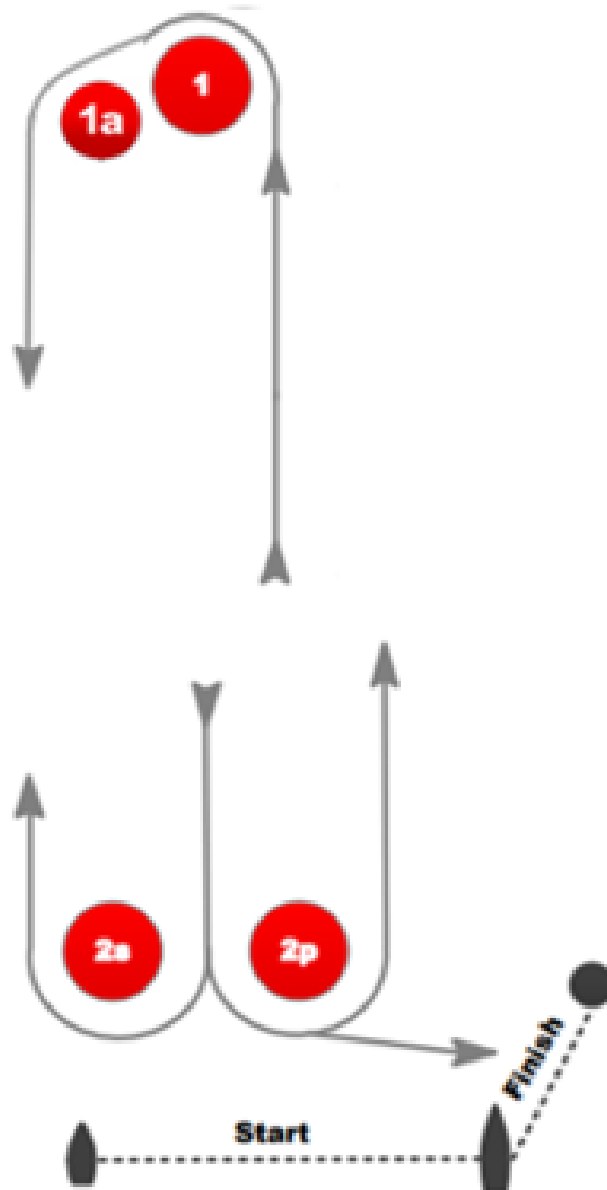
| COURSE: INNER TRAPEZOID |   |
|-------------------------|---|
| Signal                  | Mark Rounding Order   |
| I2                      | Start - 1 - 4s/4p - 1 - 2 - 3p - Finish                         |
| I3                      | Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 2 - 3p - Finish             |
| I4                      | Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s/4p - 1 - 2 - 3p - Finish |



| <b>O</b>      | <b>COURSE: OUTER TRAPEZOID</b>   |
|---------------|--|
| <b>Signal</b> | <b>Mark Rounding Order</b>   |
| <b>O2</b>     | <b>Start – 1 – 2 – 3s/3p – 2 – 3p – Finish</b>                         |
| <b>O3</b>     | <b>Start – 1 – 2 – 3s/3p – 2 – 3s/3p – 2 – 3p – Finish</b>             |
| <b>O4</b>     | <b>Start – 1 – 2 – 3s/3p – 2 – 3s/3p – 2 – 3s/3p – 2 – 3p – Finish</b> |

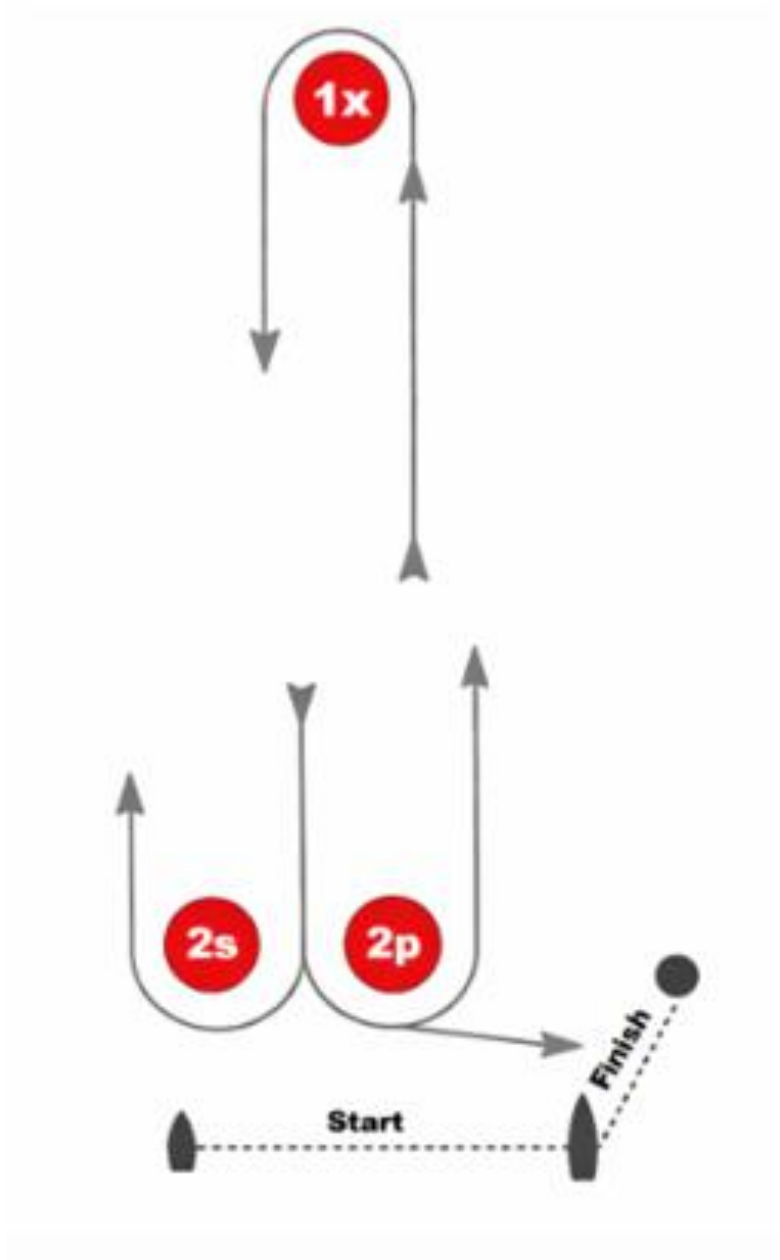


| <b>L</b>      | <b>COURSE: WINDWARD / LEEWARD<br/>with reaching finish</b>                             |
|---------------|--|
| <b>Signal</b> | <b>Mark Rounding Order</b>   |
| <b>L2</b>     | <b>Start - 1 - 1a - 2s/2p - 1 - 1a - 2p - Finish</b>                                   |
| <b>L3</b>     | <b>Start - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 2p - Finish</b>                  |
| <b>L4</b>     | <b>Start - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 2p - Finish</b> |



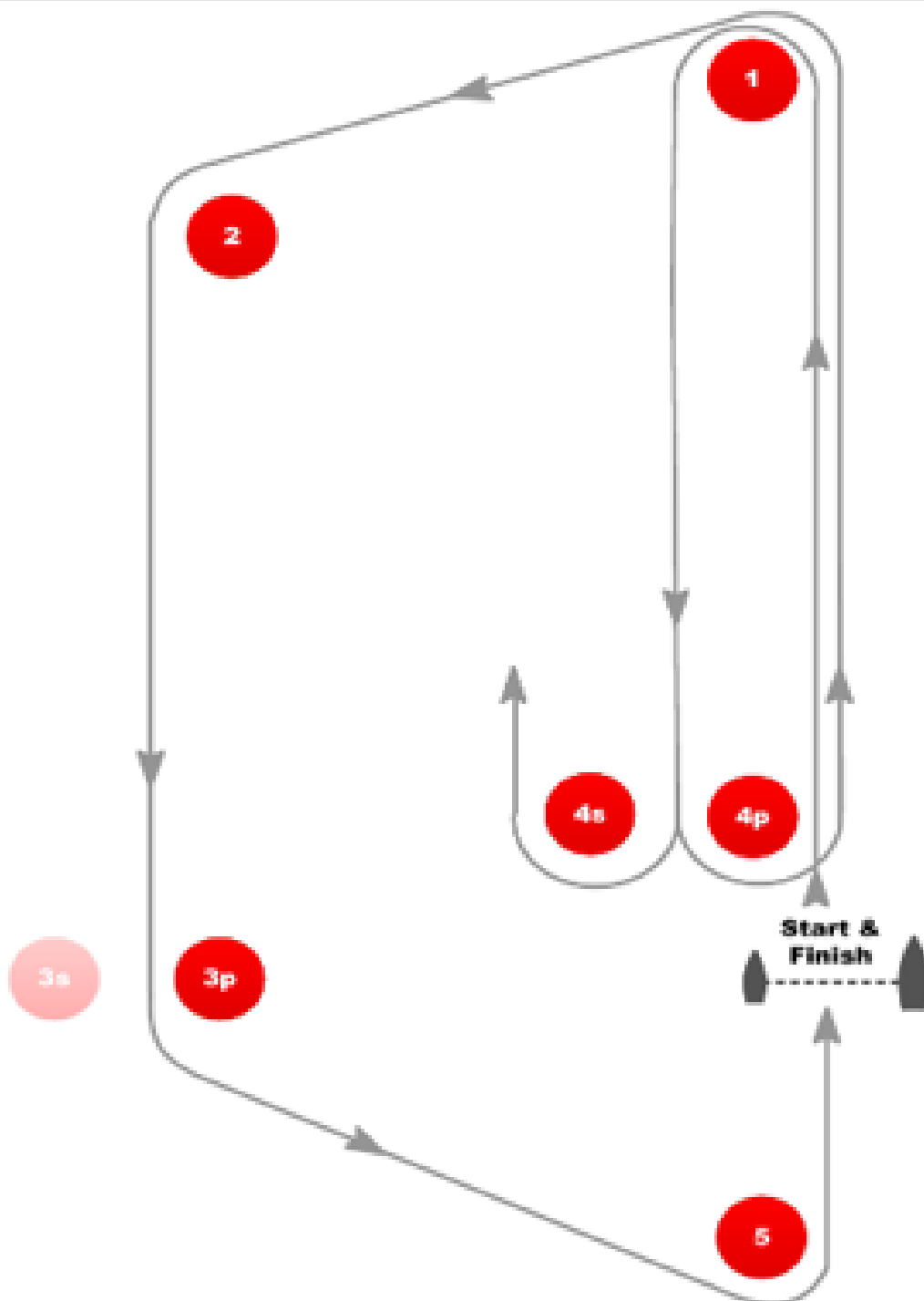
## 29er Course

| <b>LX</b>     | <b>COURSE: WINDWARD / LEEWARD<br/>with reaching finish</b>             |
|---------------|--|
| <b>Signal</b> | <b>Mark Rounding Order</b>   |
| <b>L2</b>     | <b>Start - 1x - 2s/2p - 1x - 2p - Finish</b>                           |
| <b>L3</b>     | <b>Start - 1x - 2s/2p - 1x - 2s/2p - 1x - 2p - Finish</b>              |
| <b>L4</b>     | <b>Start - 1x - 2s/2p - 1x - 2s/2p - 1x - 2s/2p - 1x - 2p - Finish</b> |

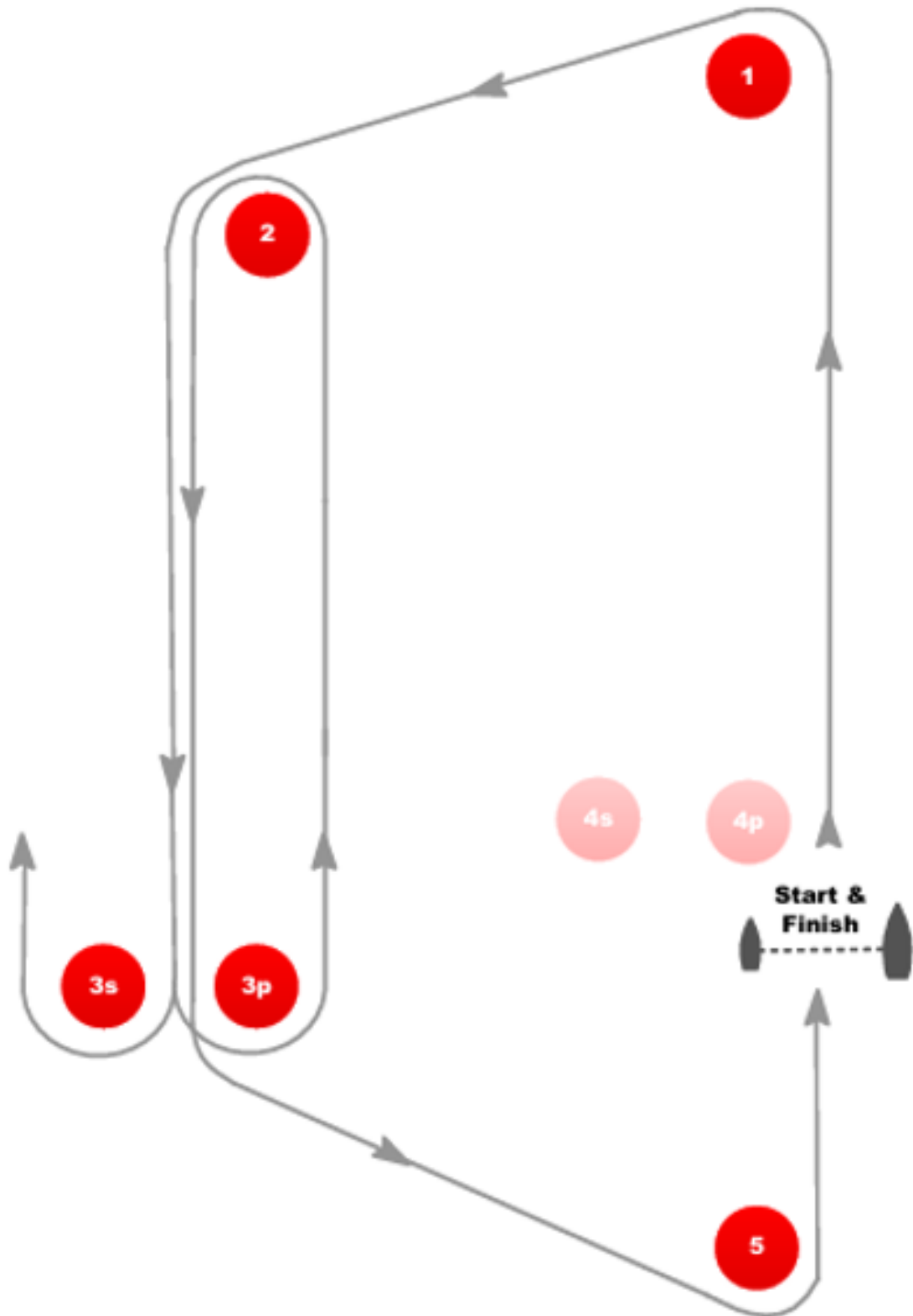


## Course diagrams for ILCA 4 & Topper & RS Feva

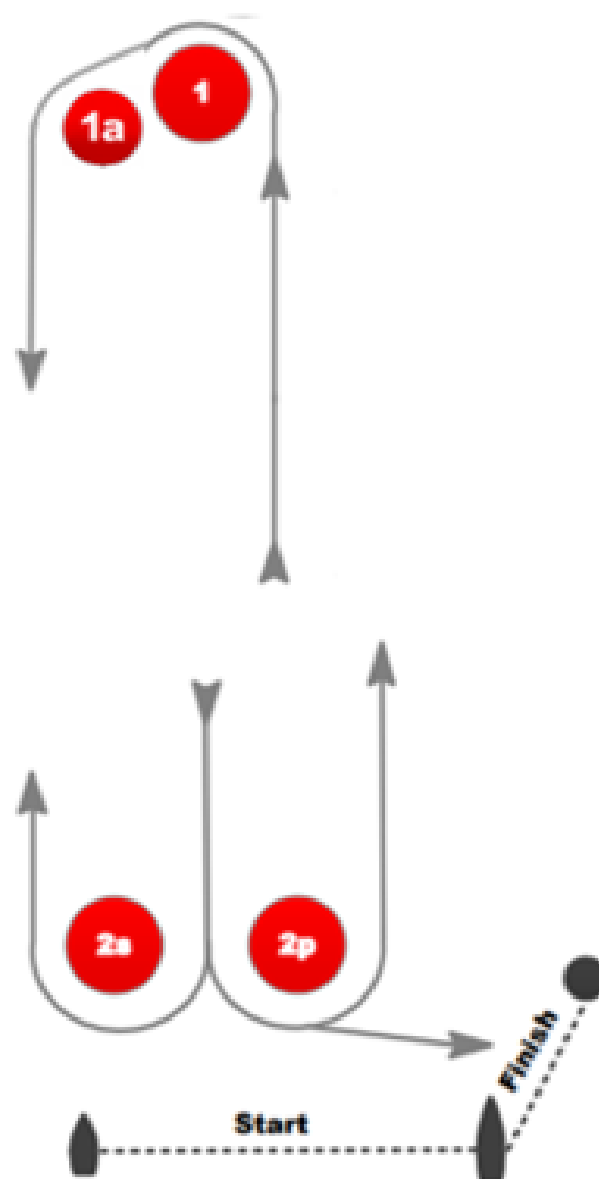
| <b>IX</b>     | <b>COURSE: INNER TRAPEZOID with windward finish</b>            |
|---------------|--|
| <b>Signal</b> | <b>Mark Rounding Order</b>                                     |
| <b>I2</b>     | <b>Start - 1 - 4s/4p - 1 - 2 - 3p - 5 - Finish</b>             |
| <b>I3</b>     | <b>Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 2 - 3p - 5 - Finish</b> |



|               |  |
|---------------|--|
| <b>OX</b>     | <b>COURSE: OUTER TRAPEZOID with windward finish</b>            |
| <b>Signal</b> | <b>Mark Rounding Order</b>                                     |
| <b>O2</b>     | <b>Start - 1 - 2 - 3s/3p - 2 - 3p - 5 - Finish</b>             |
| <b>O3</b>     | <b>Start - 1 - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - 5 - Finish</b> |



| <b>L</b>      | <b>COURSE: WINDWARD / LEEWARD<br/>with reaching finish</b>                             |
|---------------|--|
| <b>Signal</b> | <b>Mark Rounding Order</b>   |
| <b>L2</b>     | <b>Start - 1 - 1a - 2s/2p - 1 - 1a - 2p - Finish</b>                                   |
| <b>L3</b>     | <b>Start - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 2p - Finish</b>                  |
| <b>L4</b>     | <b>Start - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 2s/2p - 1 - 1a - 2p - Finish</b> |



**IS Youth Nationals**

**Official Noticeboard**

<https://www.racingrulesofsailing.org/documents/14295/event>

**IS Youth Nationals**

**Communications Channel**

<https://t.me/+TtmREWIqo4gyMDFk>