



MEDWAY YACHT CLUB

SAILING INSTRUCTIONS

Friday Night Sonata Match Racing Series 2026

29 May – 31 July 2026 • Medway Yacht Club

1. RULES

- 1.1** These Sailing Instructions (SIs) shall be read in conjunction with the Notice of Race (NOR). In the event of conflict, these SIs shall prevail.
- 1.2** The series will be governed by The Racing Rules of Sailing 2025–2028 (RRS), including Appendix C (Match Racing Rules), except as changed by the NOR and these SIs.
- 1.3** Matches will not be umpired. This changes the preamble to Appendix C.
- 1.4** The following changes are made to Appendix C:
- (a)** Rule C7.1 is changed: Rule 44 (Two-Turns Penalty) is reinstated and shall apply in place of the Appendix C penalty system set out in rules C7.2, C7.3 and C7.4.
 - (b)** Rules C4 (Requirements Before the Start), C5 (Signals by Umpires), C8 (Penalties Initiated by Umpires), and C9.3 do not apply.
 - (c)** Rule C3.1 (starting signals) is replaced in its entirety by the starting sequence set out in SI 7.1.
- 1.5** Where Appendix C is silent, the relevant rules of the RRS shall apply.

2. NOTICES TO COMPETITORS

- 2.1** The Official Noticeboard for this series is the WhatsApp group 'MYC Friday Night Beer Can Racing'. All official notices, including results and any changes to these SIs, will be posted there. Scan the QR code below to join the group.



Scan to join the 'MYC Friday Night Beer Can Racing' WhatsApp group

- 2.2** Changes to these SIs will be posted on the Official Noticeboard. When practicable, changes will be posted by 1730 on the day they are to take effect.
- 2.3** The Race Officer may give oral instructions to all competitors before the start of any race. Such instructions shall have the same status as written SIs.



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3. THE BOATS

- 3.1** All racing shall be sailed in the two Sonata keelboats provided by Medway Yacht Club. The boats shall be treated as equivalent.
- 3.2** Boat allocation for each race is set out in SI 6.
- 3.3** Competitors shall not modify the boats, sails, rigging, or equipment supplied. The spinnaker shall not be used unless the Race Officer specifically permits this in writing before the race.
- 3.4** Any damage to a boat or its equipment must be reported to the Race Officer immediately after the race in which the damage occurred.
- 3.5** Boats will be available for rigging from 1730 each racing evening and must be returned and secured at the end of each evening's racing.

4. BOAT IDENTIFICATION AND STARTING POSITION

- 4.1** In each match, one boat is designated the Blue boat and the other the Yellow boat, as shown in the draw posted on the Official Noticeboard.
- 4.2** The Blue boat is assigned the port end of the starting line. She shall display a blue flag at her stern throughout the race.
- 4.3** The Yellow boat is assigned the starboard end of the starting line. She shall display a yellow flag at her stern throughout the race.
- 4.4** Blue and yellow flag sets will be supplied by the Race Officer and must be collected before each race.

5. THE COURSE

- 5.1** The course for each match is as follows. All marks are to be passed to starboard:

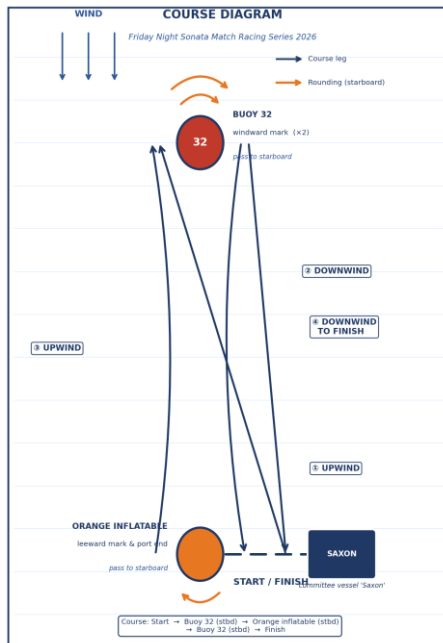
Leg	From	To	Leave mark
1	Start line (Orange inflatable – Saxon)	Buoy 32 (windward mark)	To starboard
2	Buoy 32	Orange inflatable (leeward mark)	To starboard
3	Orange inflatable	Buoy 32 (windward mark)	To starboard
4	Buoy 32	Finish line (Orange inflatable – Saxon)	—

- 5.2** The start/finish line is between the orange inflatable mark (port end) and the committee vessel 'Saxon' (starboard end). The orange inflatable is moored directly downwind of Buoy 32 and also serves as the leeward mark on Legs 2 and 3.
- 5.3** The windward mark is Buoy 32, which is permanently moored in the vicinity of Medway Yacht Club. It is an orange buoy marked '32' and is to be passed to starboard on each of the two occasions it is rounded.
- 5.4** The approximate length of each leg will be 0.1 to 0.2 nautical miles, depending on conditions.
- 5.5** Both boats must sail the same course. There is no obligation to take a particular side of the course, subject to the rules.



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5.6 A course diagram is set out below.



Course diagram – Friday Night Sonata Match Racing Series 2026

6. RACING FORMAT, DRAW AND BOAT ALLOCATION

Format

- 6.1 The series is sailed as a Round Robin: each competitor will race against every other competitor. The Race Officer may schedule more than one round robin if time permits.
- 6.2 Where an even number of competitors are entered, all competitors race in each round. Where an odd number are entered, one competitor will have a bye each round. Byes will be allocated in rotation and do not score points.
- 6.3 Matches may be sailed in flights where practicable (two matches started in the same starting sequence per rule C1).

Draw

- 6.4 The draw for the first evening will be made by the Race Officer at 1800 on 29 May 2026 and posted on the Official Noticeboard. Subsequent draws will be posted before racing begins each evening.
- 6.5 The draw will specify, for each match: the two competitors, which competitor is the Blue boat and which is the Yellow boat, and the flight number.

Boat Allocation



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- 6.6** Before each match, the Race Officer will allocate the two club boats between the two competitors. Allocation will be made by random draw before each round to ensure equal opportunity in each boat across the series.
- 6.7** Competitors shall accept the boat allocated to them. No competitor may demand a specific boat.

7. STARTING PROCEDURE

- 7.1** Races shall be started using the following starting signals, which change Rule C3.1. Times shall be taken from visual signals; failure of a sound signal shall be disregarded.

Time (min)	Visual signal	Sound	Meaning
3	Match numeral pennant displayed*	One	Warning signal
2	Flag P displayed	One	Preparatory signal
1	Flag P removed	One long	—
0	Match numeral pennant removed	One	Starting signal

* In a flight, Pennant 1 identifies Match 1, Pennant 2 identifies Match 2, etc.

- 7.2** In a flight, the starting signal for one match is simultaneously the warning signal for the next match.
- 7.3** A boat that fails to start within 4 minutes of her starting signal shall be scored Did Not Start (DNS) without a hearing.
- 7.4** The warning signal for the first race each evening will be made at 1830. No warning signal will be made after 2000.

8. RECALLS AND GENERAL RECALLS

- 8.1** When at a boat's starting signal any part of her hull is on the course side of the starting line, the Race Committee shall display the blue or yellow flag identifying that boat, with one sound (rule C3.2(a)).
- 8.2** A recalled boat shall return to the pre-start side of the line and re-start. The time limit for re-starting is 2 minutes after her starting signal.
- 8.3** If the Race Officer considers that a fair start cannot be achieved, they may signal a general recall using the First Substitute flag and restart the match.

9. SCORING

Match scores

- 9.1** The winner of each match scores 1 point; the loser scores 0 points. In a dead heat, each competitor scores ½ point (rule C10.1).
- 9.2** Results are scored by individual helm and crew, not by boat.



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9.3 A competitor who fails to start (DNS), retires (DNF), or is disqualified (DSQ) scores 0 points for that match.

Series scores

9.4 Series standings are determined by the total accumulated points across all rounds. The competitor with the most points at the conclusion of the series is the series winner.

9.5 A minimum of 5 completed races per competitor is required for the series to be valid. If fewer than 5 races per competitor are completed across the full series, no series prize will be awarded.

Tie-breaking

9.6 Ties in the series standings shall be broken by the following methods, in order:

- (a) The highest score in the matches between the tied competitors (rule C11.1(a)).
- (b) The most points against the competitor placed highest in the standings (rule C11.1(c)).
- (c) If a tie remains, a sail-off will be held where practicable; otherwise the tie shall stand and prizes or honours shall be shared equally.

10. PENALTIES

10.1 As matches are not umpired, rule C7.1 is changed: Rule 44 (Two-Turns Penalty) is reinstated and applies. A boat that infringes a rule of Part 2 shall take a Two-Turns Penalty.

10.2 Rules C7.2, C7.3 and C7.4 are replaced by Rule 44 as reinstated above.

10.3 A boat may not take a Two-Turns Penalty inside the zone of a mark she is about to round.

10.4 A boat that has taken a Two-Turns Penalty shall hail 'Penalty taken' clearly to the other boat.

11. PROTESTS AND REQUESTS FOR REDRESS

11.1 Since matches are not umpired, rules C5 and C8 do not apply. Protests between boats are governed by rules C6.1 to C6.4, Part 5 of the RRS, and these SIs.

During the race

11.2 A boat may protest another boat under rule C6.1:

- (a) Under a rule of Part 2 (except rule 14): by clearly and promptly displaying flag Y immediately after the incident. The flag shall be lowered when the other boat has acknowledged or upon finishing.
- (b) Under any other rule: by displaying a red flag as soon as possible after the incident and keeping it displayed until she has informed the Race Officer after finishing or retiring.

11.3 A competitor intending to protest shall notify the Race Officer verbally immediately upon finishing or retiring.

Written protests

11.4 A written protest must be submitted to the Race Officer within 30 minutes of the last race of the evening on which the incident occurred. Protest forms are available from the Race Officer.

11.5 Protests will be heard in the clubhouse as soon as practicable, normally on the same evening. The Race Officer shall act as, or appoint, a Protest Committee.

11.6 Decisions of the Protest Committee may be communicated orally (rule C6.6(a)). A written record will be posted on the Official Noticeboard.



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11.7 Requests for redress shall be made in accordance with rule 62 and submitted within the same time limit as protests (SI 11.4).

12. SAFETY

- 12.1** All competitors shall wear a personal flotation device (PFD) at all times when afloat, except briefly while changing clothing. This changes rule 40.
- 12.2** A boat that retires from a race for any reason must inform the Race Officer as soon as possible, by hailing the Race Committee vessel or by VHF on the channel stated in SI 12.4.
- 12.3** The Race Officer may postpone, abandon, or cancel racing at any time if, in their sole judgment, conditions have become unsafe or unsuitable.
- 12.4** Competitors shall monitor VHF Channel 37 (M1) when afloat. The Race Officer vessel will monitor this channel. The two Sonata keelboats provided by Medway Yacht Club will be provided with VHF radios.
- 12.5** Competitors must be aware of commercial and leisure vessel traffic on the River Medway. When not racing, the International Regulations for Preventing Collisions at Sea (COLREGS) apply. When racing, any right-of-way given by rule shall not override COLREGS obligations to commercial traffic.
- 12.6** In the event of a medical emergency or man overboard, competitors shall immediately abandon racing and assist. The race will be void.

13. COMMUNICATIONS AND SUPPORT VESSELS

- 13.1** Competitors shall not use mobile phones, radios or other communications equipment to receive outside assistance or tactical advice while racing, except in an emergency.
- 13.2** Support persons shall not be present on the water during races except as authorised by the Race Officer.

14. PRIZES AND RESULTS

- 14.1** Results for each evening's racing will be posted on the Official Noticeboard as soon as practicable after the last race.
- 14.2** Prizes for the evening's racing will be awarded in the bar at Medway Yacht Club after each Friday evening's racing has concluded.
- 14.3** Overall series prizes will be awarded at a prize-giving held in the bar at Medway Yacht Club after the final evening's racing on 31 July 2026.
- 14.4** Results are final once the protest time limit has expired and any hearings have concluded.

15. GENERAL

- 15.1** The Race Officer's decision on all matters of race management is final, subject to the right of protest under these SIs and the RRS.
- 15.2** Competitors and their guests shall comply with Medway Yacht Club bye-laws and regulations at all times.



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- 15.3** In the interest of safety, the Race Officer may issue further instructions before or during racing. Any such instructions shall be treated as amendments to these SIs.
- 15.4** Competitors participate in this event entirely at their own risk (RRS Rule 4). Medway Yacht Club accepts no liability for damage, personal injury or death sustained in connection with this event.

Commented [JB1]: Ought to add the Risk Assessment section - see example to review. Maybe here or in the NOR

16. DISCLAIMER

- 16.1** Sailing is by its nature an activity that takes place in an unpredictable environment and is not without risk. All participants in this event are reminded that they are required to be adequately insured.
- 16.2** Competitors participate in this event entirely at their own risk. See rule 4, Decision to Race, of the Racing Rules of Sailing 2025–2028. The decision whether to sail, continue sailing, or retire from a race is the sole responsibility of each competitor.
- 16.3** Medway Yacht Club, as organising authority, will not accept any liability for material damage, loss of property, personal injury or death sustained in conjunction with, or prior to, during, or after this event, howsoever caused.
- 16.4** It is the sole responsibility of each competitor to ensure that their boat and equipment are fit to sail in the conditions prevailing, and that they have adequate knowledge and competence to participate safely.

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