



Sailing Instructions (SI)



Nordic & Swedish Para Inclusive Sailing Championships 2026

Dates:	4-6 september 2026
Location:	KSSS/ Skota Hem Hotellvägen 9, Saltsjöbaden
Boatclass:	RS Venture Connect SCS
Organizing authority:	Royal Swedish Yacht Club (KSSS) in cooperation with Trim the Sails Foundation (Skota Hem)

1. Rules

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing (RRS).
- 1.2 Racing rule 40 will be changed as follows: Competitors shall wear personal flotation devices at all times while afloat except temporarily when not racing, while changing or adjusting clothing or personal equipment, or for reasons of personal hygiene. This requirement shall not be enforced in the case of a very severely disabled person for whom, in the opinion of the Technical Delegate, after consultation with the Chief Classifier, the wearing of a conventional PFD would result in diminished safety.
- 1.3 Racing rule 41 is changed as follows: Support persons may go to the assistance of competitors, without interfering with other boats, if they consider that the safety of the sailor is at risk. Once assistance has been provided, the boat shall retire immediately from the race. A team who retires shall inform the race committee as soon as possible.

- 1.4 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
- 1.5 RRS A5.2 is changed so that “entered in the series” is being replaced by “assigned to the largest fleet”.”

2. Changes to the Sailing Instructions

- 2.1 Any change to the sailing instructions will be posted on the [Official Notice Board ONB](#), or distributed to all teams no later than 60 minutes before they will take effect, except that any change to the time schedule of races will be posted by 19.00 hrs the day before it will take effect.

3. Signals made ashore

- 3.1 Signals made ashore will be displayed on the flagpole outside the regatta office, Saltsjöbaden.
- 3.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in RRS Race Signals.

4. Program and the start

4.1 Thursday 3rd of September

- 10:00 – 17:00 Training (schedule on later notice)
- 12:00 – 18:00 Arrival registration at the Race Office

Friday 4th of September

- 09:00 Opening ceremony and Skippers meeting
- 10:30 First warning signal. The following races will be sailed subsequently, with changes of boats and crews, according to the pairing list, in the harbor, or if possible, out on the water.

Saturday 5th of September

- 10:00 First warning signal

After Sail/ Dinner as soon as possible after the last race is finished and all sailors are gathered by Sjövillan

Sunday 6th of September

- 10:00 First warning signal
- 16:00 Latest warning signal (last race)

Prize giving ceremony after racing is finished, by Sjövillan, no later than 16:30.

4.2 RRS 26 is changed as follows:

Minutes before the start	Visual signal	Sound signal	Means
4	P or U, black flag	One	Attention
3	Flags with numbers 	One	Warning signal
2	Flag number 3 is removed 	One	Preparatory signal
1	Flag number 2 is removed 	One long	One minute
0	Flag number 1 and other flags are removed	One	Starting signal

4.3 To alert boats that a new starting sequence is about to begin, the checkered flag on the starting line will be displayed with a sound signal not less than one minute before the attention signal.

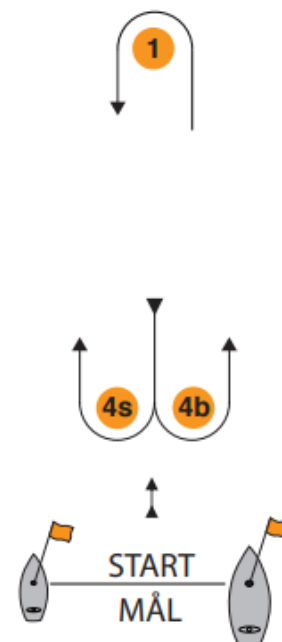
4.4 A boat that does not start within 10 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A5.1 and A5.2.

5. The course

5.1 The starting line is between a staff displaying a checkered flag on the race committee vessel at the starboard end and the course side of the portend checkered robotic starting mark.

5.2 The course is to be sailed two laps. The rounding marks are robotic marks and mark 1 (yellow) is to be left to port. Mark 4s and 4b will be red.

The diagram to the right shows the course, the order in which marks are to be passed and the side of which each mark is to be left. The course is to be sailed two laps: Start – mark 1 – marks 4s/4b – mark 1 – finish.



- 5.3 When changing the course, the original mark will be moved. The race committee may adjust the position of any mark(s) by up to approx. plus or minus 15 degrees relative to its previous position and/or up to approx. 200 meters to windward or leeward without a signal. This changes to RRS 33.
- 5.4 The finishing line is between a staff displaying and checkered flag on the race committee vessel at the starboard end and the course side of the portend starting mark (a checkered robotic mark).
- 5.5 The race committee will try to set the course so that a race will take approximately 15-20 minutes for the first boat.
- 5.6 The time limit for the first boat to sail the course is 40 minutes.
- 5.7 A boat that does not finish within 15 minutes after the first boat has finished, will be scored Did Not Finish (DNF). This changes RRS 35.

6. Protests and request for hearings

- 6.1 Requests for hearings shall be filed within the protest time limit and comply with the requirements of RRS 61.2. Links to a hearing request form and the hearing schedule can be found on the Official Notice Board. Competitors can use either a printed hearing request form or the link on the Official Notice Board. A printed hearing request form shall be delivered at the race office.
- 6.2 The protest time limit is 60 minutes after the last boat finishes the last race of the day or the race committee signals no more racing today, whichever is later.
- 6.3 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, including time and place for the hearing. Go to the [Official Notice Board](#) to find the Hearing Request Form and Hearing Schedule.

7 Technical defects

- 7.1 If the race committee or the repair service is unable to prepare a boat within a reasonable time, the race committee may start the race without this boat.
- 7.2 The crew associated with this boat will score RDG with the average of all other races sailed in compliance with RRS A9(a) in this race. This changes RRS 63.1, A5.1 and A5.2.

8 Crew change

- 8.1 The assignment of crews and boats to rounds and races is shown in the pairing list, published on the ONB 3rd September.

- 8.2 Changes of boats and crews, according to the pairing list, will be made in the harbor, or if possible, out on the water.
- 8.3 After finishing a race, the boats shall furl their jibs and keep the mainsails hoisted, if the crew change shall take place on the water. Otherwise sail straight to the designated place in the harbor.
- 8.4 The boats are provided and the rules for operating the boats are set out in Appendix B.

9 Safety regulations

- 9.1 A boat requiring assistance may furl the jib, luff her sails, raise a clenched fist or display Code Flag “V”. This is an addition to the Race Signal Code Flag ‘V’.

Date: September 1 2026, Håkan Andersson IRO



This event is a collaboration between KSSS and Skota Hem

HANDLING OF PROVIDED BOATS

1. Boats will be provided by the Organizing Authority.
2. The regatta organization will determine which boats and equipment are to be used for each round. This decision may be communicated orally by the regatta organization.
3. The regatta organization will determine the sail configuration to be used. The normal sail configuration will be mainsail, jib and gennaker. If the Race Committee decides that the mainsail is to be reefed, this will be carried out by the organizers. If the Race Committee decides that racing will take place without gennakers, this will be communicated orally.
4. Except in an emergency, to prevent damage or injury, or when directed by a representative of the regatta organization, the following are prohibited:
 - Boarding a boat without permission.
 - Leaving the mooring before permission has been given.
5. For safety reasons, the bowsprit shall be fully retracted into the hull except when the gennaker is being hoisted or is hoisted.
6. After sailing a boat, the crew shall as soon as possible make an oral report to a representative of the regatta organization regarding any damage, missing equipment, or adjustments that should be made.