

Sailing Instructions (SI)

Nordic Youth Championship 2026 Dingy Sailing Optimist Team Racing

Dates: 2026-07-31

Location: Tjörnbrö Arena, Sweden

Class: Optimist Boys, Optimist Girls

Organizing authority: Stenungsunds Segelsällskap

[NP] denotes a rule that shall not be grounds for protests by a boat.
This changes RRS 60.1

[DP] denotes a rule for which the penalty is at the discretion of the
protest committee.

1. Rules

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing.
- 1.2 RRS Appendix D Team Racing Rules applies.
- 1.3 Races will be umpired in accordance to RRS appendix D2.
- 1.4 IODA rules and regulations for the Optimist class applies.
- 1.5 RRS appendix P does not apply. This changes NoR 9.1.
- 1.6 After registration, no team member may be changed without prior permission from the race committee. Such permission will only be given in exceptional circumstances.

2. Changes to the sailing instructions

- 2.1 Any change to the sailing instructions will be posted on the official notice board at <https://www.sailarena.com/en/se/club/stenungsunds-segelsallskap/nordic-youth-championship/> before 08:00 on the day it will take effect.
- 2.2 Changes to these sailing instructions may be made on the water and communicated verbally by the umpires or the race committee, but only before the warning signal, and only while flag L is displayed.

- 2.3 In addition to RRS 32.1, the race committee can communicate a decision to abandon a race verbally via the umpires.

3. Signals made ashore

- 3.1 Signals made ashore will be displayed from the flagpole at the dingy launch area.
- 3.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in RRS Race Signals.
- 3.3 The race office is located at Tjörnbro Arena, Almön 50.
- 3.4 DP], [NP] Boats shall stay ashore until flag D is displayed. The flag D, together with a sound signal, will be given at least 60 minutes before the first warning signal.

Flag D may be combined with one or several class flag and is then only valid for those classes.

4. The start

4.1

Date	Time	Program
Friday, July 31 st	0900	Coach meeting
	1027	Team Racing Optimist First warning signal

- 4.2 Before each warning signal, the race committee start vessel will display the national letters of the two teams to start in the next race.
- 4.3 Class flag

The class flag will be a white flag with Optimist insignia

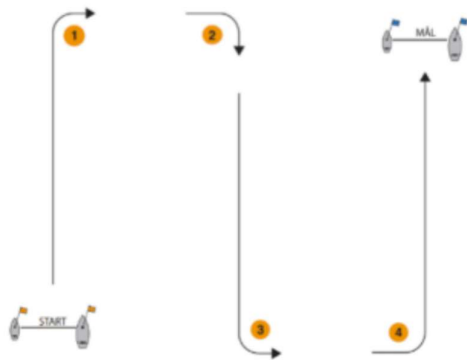
- 4.4 Races will be started according to RRS 26 with the following changes (this changes RRS 26):

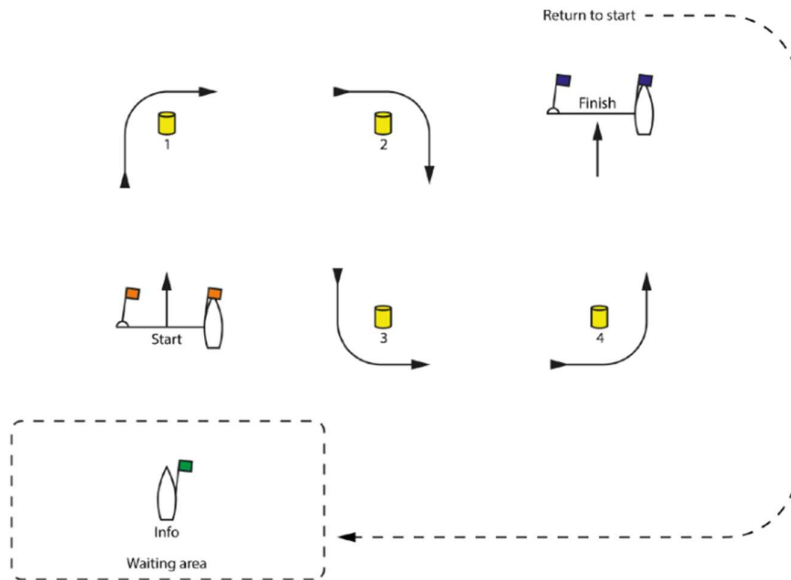
Minutes before starting signal	Visual signal	Sound Signal	Means
3	Class Flag	One	Warning signal
2	Flag P	One	Preparatory signal
1	Flag P removed	One long	One minute
0	Class flag removed	One	Starting signal

- 4.5 A boat that does not start within two minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.
- 4.6 Individual recall, when one or more boats need to correct according to RRS 29.1, the race committee will display flag X and a long sound. The flag will be displayed until all boats have corrected, but no longer than 2 minutes. This changes RRS 29.1.

5. The course

- 5.1 The starting line is between staffs displaying flags. On its starboard side a orange flag, the staff is on a race committee vessel, and on its port side a red flag, the staff is on a race committee vessel or spar buoy.
- 5.2 The course shall be sailed: Start - 1 - 2 – 3 – 4 - Finish. The diagram below shows the course, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.





- 5.2 Time limits
 First mark time limit 1: 15 minutes
 Race time limit: 20 minutes
 Finishing window: 8 minutes
- 5.3 The marks on course (1,2,3,4) are red or orange buoys.
- 5.4 The finishing line is between staffs displaying blue flags. On its starboard side, the staff is on a race committee vessel, and on its port side, the staff is on a race committee vessel or spar buoy.
- 5.5 Before the any boat has started a leg, the race committee may change the position of the mark without signaling. This changes RRS 33.
- 5.7 If no boat has passed the first mark within the mark 1 time limit, the race will be abandoned.
- 5.8 The finishing window is the time for boats to finish after the first boat sails the course. Boats failing to sail the course within the finishing window, will be scored Did Not Finish without a hearing. This changes RRS 35, A5.1, and A5.2.
- 5.6 [NP] [DP] While not racing all boats shall stay in the Waiting Area indicated in the picture above.

6. Hearing requests

- 6.1 For protests and requests for redress other than protests under a rule listed in RRS D2.2, competitors shall inform an umpire or the race committee at the first reasonable opportunity upon finishing but within 2 minutes. The umpires will, when appropriate, hear protests and requests for redress while afloat.
- 6.2 Hearings may take place at once on water and be oral only.

- 6.3 The protest committee may deny processing a protest or request for redress if the outcome if it would not affect the team's opportunity to advance. This changes RRS 63.1.

7 FORMAT OF RACING

- 7.1 Format of the racing will be posted on the official notice board no later than 20.00 the day before racing.

8 REPLACEMENT OF EQUIPMENT

[DP] Substitution of damaged or lost equipment is not allowed unless authorized in writing by the race committee on the race committee start vessel. Requests for substitution shall be made to the race committee at the first reasonable opportunity, which may be after the race.

9 EQUIPMENT AND MEASUREMENT CHECKS

[DP] When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

10 OFFICIAL VESSELS

Official vessels will be identified as follows:

Vessel type	Identification
Course boats	Pink flag
Umpires	White flag with 'Jury'
Race office	White flag with 'Race Official'
Media	White flag with 'Press'

11 Support Vessels

- 11.1 Each driver of a vessel, both coaches and relatives, is a support person according to RRS Definitions.
- 11.1 Support person vessels shall not
- i) In motion be closer to any boat that is racing than 100m
 - ii) In standby be closer to any boat that is racing than 50m
- 11.2 When pennant 3 is displayed from the starting vessel, support vessels shall not be on the course side of the starting line and its extensions.
- 11.3 Operating drones and other remote operated flying objects by any support person over the race area is prohibited for any support person due to security reasons.

Date: 2026-07-30 at 19.20