

FALMOUTH SAILING WEEK 2026

Saturday 8th to Saturday 15th August

Organising Authority: Port of Falmouth Sailing Association (PoFSA)
(Website: www.falmouthweek.co.uk/sailing-week)

SAILING INSTRUCTIONS FOR THE CARRICK FLEET including the Loveday Rum Race

Abbreviations:

[NP] - A breach of this rule will not be grounds for protest by a boat.

1. RULES

- 1.1** The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*. The following racing rules are changed:
- (a) RRS 37 will not apply.
 - (b) RRS 63.5(c). Sailing instructions take precedence over the Notice of Race. Other changes are described in the relevant sailing instruction.
- 1.2** The respective class rules of the Falmouth Working Boat, Falmouth Gaffer, St Mawes One Design classes and the local Shrimper 19 class state that for the purposes of the definition of "Start" and "Finish" and rules 21.1, 29.1, 30 and 44.2 of the RRS (but not any other rules) the term "hull" includes a boat's bowsprit in its normal position.

2. CHANGES TO THE SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 0900 hrs on the day it will take effect, except that any change to the schedule of races will be posted by 2030 hrs on the day before it will take effect.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1** Notices to competitors will be posted to the fleet WhatsApp group. WhatsApp will also be used to make other official and courtesy communications. The QR code to join the Carrick Fleet WhatsApp group is attached to these sailing instructions.
- 3.2** There will not be a permanent race office. Assistance may be obtained via the helpline (07555 574308) or email (raceoffice@falmouthsailingweek.org) between 0800 and 2000.
- 3.3** On the water, the race committee intends to monitor and communicate with competitors (other than dinghies) on VHF radio channel **77**. This will include general information relating to the conduct of races including time checks, courses, start sequence narrative and recalls. Failure to receive this information shall not be grounds for redress. This changes RRS 61.1(a).
- 3.4** **Competitors requiring assistance from a patrol vessel should contact "Carrick Safety Control" on VHF Ch. 69.**

4. CODE OF CONDUCT

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

5. SIGNALS MADE ASHORE

No visual signals will be displayed ashore. Equivalent information will be posted to the fleet WhatsApp group.

6. SCHEDULE OF RACES

- 6.1** A Race Briefing will take place in the marquee at the Royal Cornwall Yacht Club at 1700 on Saturday 8th August.
- 6.2** Racing is scheduled on 7 days from Sunday to Saturday. One race is scheduled each day, except that on Thursday, Friday and Saturday the Sunbeam, Ajax and Shrimper 19 classes will sail 2 races back-to-back, which will comprise a three-day series.
- 6.3** For all classes there will be a longer distance race on Wednesday, which will be a stand-alone race and will not be scored in any series.

6.4 Carrick Black Group

Regatta Class	Class Flag	Warning signal each day apart from Wednesday	Warning signal on Wednesday
PY Dinghies	A	1200	1100
Mirror Dinghies	Q	1205	1105

6.5 Carrick Red Group

Regatta Class	Class Flag	Warning signal each day apart from Wednesday	Warning signal on Wednesday
YTC ⁽¹⁾	J	1300	1200
Rustler/Piper 24	E	1305	1205
Falmouth Gaffer ⁽¹⁾	G	1310	1210
St Mawes One Design	D	1315	1215
Shrimper 19	H	1320	1220

Note 1: these classes shall display the class flag [DP].

6.6 Carrick Green Group

Regatta Class	Class Flag	Warning signal each day apart from Wednesday	Warning signal on Wednesday
Large Working Boat ⁽¹⁾	B	1350	1250
Small Working Boat ⁽¹⁾	C	1355	1255
Sunbeam	V	1400	1300
Ajax	W	1405	1305

Note 1: these classes shall display the class flag [DP].

6.7 Sunbeam, Ajax and Shrimper classes when sailing two races per day

The second race will start as soon as possible after the last boat in each class has finished the first race.

6.8 Alert signal

To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound signal at least five minutes before a warning signal is displayed.

6.9 Warning signal on last scheduled day of racing

On the last scheduled day of racing no warning signal will be made after 1600.

7. CLASS FLAGS

Class flags displayed at warning signals are stated in tables 6.4 to 6.6.

8. RACING AREA

8.1 The racing area is depicted in the chartlet at Appendix 1.

8.2 The race committee signal vessel is *Sweet Briar*, a white, two-masted Bermudan ketch, positioned in the course area so as to give a windward start.

8.3 On Sunday, Class B may race in Falmouth Bay and the Helford River Estuary under the control of the Bay race committee signal vessel, weather permitting. An amendment to

these sailing instructions will be provided to competitors in this class. However, if the Class Captain and the Bay Race Officer decide that conditions in the Bay are unsuitable then competitors will be notified on the Carrick Fleet WhatsApp group that Class B will race with the Carrick Fleet.

9. THE COURSES

- 9.1** All classes will sail regatta courses, except that classes V and W will sail a windward-leeward course for their first race on Thursday, Friday and Saturday.
- 9.2** Black Group courses will be displayed on the starboard side of the signal vessel. Each class letter will be displayed to the left of a sequence of mark letters (using the one- or two-letter ID code) which indicate the order in which marks are to be passed and the side on which each mark is to be left. Red mark letters indicate that the mark must be left to port and green letters indicate the mark must be left to starboard.
- 9.3** Regatta courses for Red and Green Groups will be published on the fleet WhatsApp group. Information will comprise the course marks (using the one- or two-letter ID code) listed in the order in which they are to be passed and stating the side on which they are to be left.
- 9.4** Regatta courses for Red and Green Groups will also be announced on VHF Ch. 77 by reading out the course marks (using the one- or two-letter ID code phonetically) in the order in which they are to be passed and stating the side on which they are to be left. Failure to receive the broadcast will not be grounds for a request for redress. This changes RRS 61.1(a).
- 9.5** Start group course information will be announced no later than the first warning signal of the group and repeated after the preparatory signal for each class.
- 9.6** A course diagram and instructions specific to the windward-leeward course for classes V and W are at Appendix 3

10. MARKS

- 10.1** A chart showing the approximate positions of the marks is at Appendix 1. The mark letters, mark descriptions and approximate coordinates are at Appendix 2.
- 10.2** St Mawes south cardinal mark (Lugo Rock buoy) shall be passed on its safe navigational side in all courses.

11. OBSTRUCTIONS

- 11.1** [DP] No boat shall sail inside moorings and to this end the mooring areas inside the continuous straight lines between the outer line of mooring buoys (whether a vessel is attached or not) on each side of Falmouth Harbour, and on the north and south sides of St Mawes Harbour are designated prohibited areas that no boat shall enter while racing.
- 11.2** [DP] Commercial and military shipping under way and constricted in their ability to manoeuvre or constrained by their draft are designated as moving exclusion zones. The exclusion zone extends to 100m on all sides of the vessel and includes tugs, race committee escort vessels and pilot vessels. No boat shall enter the exclusion zone and if becalmed may use any means of propulsion to move out of the way. This should only be sufficient to leave the exclusion zone by the safest possible route and offer the competitor no significant advantage in the race.
- 11.3** [DP] Exclusion zones extend 25m around a dive vessel displaying code flag A, an inflated orange buoy marking a diver just under the surface, and a diver on the surface. A boat shall not enter the 25m zone.
- 11.4** A boat shall not pass between the signal vessel and the start line outer distance mark (see SI 12.1) after starting, except for classes V and W when they are finishing their windward-leeward race on Thursday, Friday and Saturday. Boats that do not comply with SI 11.4 shall be scored by the race committee, without a hearing, as if they had not sailed the course. This changes RRS A5.1.

12. THE START

- 12.1** The starting line will be between a staff on the signal vessel displaying an orange flag and a staff on a MarkSetBot robotic self-positioning mark displaying an orange flag.
- 12.2** [DP] Boats whose warning signal has not been made shall avoid the starting area during

the starting sequence of other races.

- 12.3** A boat starting later than 4 minutes after her starting signal will be scored DNS. This changes RRS 35, A4 and A5.
- 12.4** In the event of a general recall, the race signal First Substitute will be removed 3 minutes after the start without a further sound signal. The warning signal for the recalled class will be the start of the final class to start in the group sequence. In the event of more than one class being subject to a general recall they will start after the sequence in their original order with the start signal of the earlier class being the warning signal for the next. This changes RRS 29.2.

13. CHANGE TO THE NEXT LEG OF THE COURSE

No legs will be changed.

14. THE FINISH

- 14.1** The finishing line will be between the mast on a committee vessel (a white sloop, “Melkin”) displaying a blue flag and the last mark of the course, except see Appendix 3, clause 4 for the first races for classes V and W on Thursday, Friday and Saturday; and except see 14.2 for classes B, C & V (second race) on Thursday and Saturday.
- 14.2** On Thursday the race for classes B and C, and the second race for class V, will finish on the Royal Cornwall YC club finish line and on Saturday these classes will similarly finish on the Flushing SC club finish line. If a club line finish is not possible then the finish vessel will fly flag S over B, C and V and these classes will finish on the finish line stated in SI 14.1.

15. PENALTY SYSTEM

For all classes **except Black Group**, the Two-Turns Penalty is replaced by the One-Turn Penalty.

16. TIME LIMITS

	Format	Time Limit for first boat in each class	Finishing Window
Black group	One normal race per day	Three hours	40 minutes
Red & Green Groups, excluding G & J classes	One normal race per day	Three hours	30 minutes
Red & Green Groups, G & J classes	One normal race per day	Three hours	45 minutes
Black group	Mainbrace Rum Race	Three hours	40 minutes
Red & Green Groups, excluding G & J classes	Mainbrace Rum Race	Four hours	40 minutes
Red & Green Groups, G & J classes	Mainbrace Rum Race	Four hours	60 minutes
Classes H, V & W	Two races per day	Two hours	20 minutes

The Finishing Window is the time for all other boats to finish after the first boat sails the course and finishes. Boats still racing when the Finishing Window expires, and not subsequently retiring, penalised or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A4 and A5.

17. HEARING REQUESTS

- 17.1** With the exception of Black Group, boats shall comply with the requirements of RRS

60.2(a)(1) irrespective of their length. This changes RRS 60.2(a)(1).

- 17.2** Hearing request forms, if needed, are available at the host club of the day or may be downloaded from <https://www.rya.org.uk/racing/running-racing/templates>. Requests shall be submitted as shown in the table below:

Hearing Request	Hearing Request to be submitted to:	Contact	Schedule of protests will be posted at:
Sunday	RCYC Sailing Office	Julie Hopkins 07565 332706 sailing@royalcornwallyachtclub.org	MYC by 1830 Monday
	FWB B if racing with the Bay Fleet: HRSC Sailing Office	Chris Hosken 07974 751764 admin@helfordriversc.co.uk	
Monday	MYC Chartroom	Steve Przybilski 07460 531190 racing@myloryachtclub.org.uk	MYC by 1830 Monday
Tuesday	RSC Clubroom	Malcolm Forrest 07786 334653 Email: secretary@pofsa.co.uk	RSC by 1830 Tuesday
Wednesday	PoFSA Race Office (by email or WhatsApp)	07555 574308 raceoffice@falmouthsailingweek.org	RCYC by 1830 Thursday
Thursday	RCYC Sailing Office	Julie Hopkins 07565 332706 sailing@royalcornwallyachtclub.org	RCYC by 1830 Thursday
Friday	StMSC Office	Ian Reid 07768 660941 office@stmawessailingclub.co.uk	StMSC by 1830 Friday
Saturday	FSC Ops Room	Sam Harding 07901 450020 opsteam@flushingsailingclub.co.uk	FSC by 1830 Saturday

- 17.3** The hearing request time limit is 1800 on the day of the race to which the request applies except for Wednesday's race when it is 1800 on Thursday. The time limit applies also to requests by the race committee about incidents they observe in the racing area.
- 17.4** Notices will be posted on the fleet WhatsApp group within 30 minutes of the time limit to inform competitors of meetings/hearings in which they are parties or named as witnesses. The time and location of meetings/hearings will be posted at the same time.
- 17.5** Adding to RRS 63.7(b), if plans to race on the last scheduled day of racing are cancelled a request to reopen a hearing held on a previous day shall be delivered no later than 30 minutes after the notification is posted to WhatsApp.

18. SCORING

- 18.1** Races are scheduled as follows:

- All classes except Sunbeam, Ajax and Shrimper 19. 6 races are scheduled in the series (Sunday, Monday, Tuesday, Thursday, Friday and Saturday).
- Sunbeam, Ajax and Shrimper 19.
 - 9 races are scheduled in the six-day series (Sunday, Monday, Tuesday, Thursday, Friday and Saturday).
 - 6 races are scheduled in the additional, three-day, series (Thursday to Saturday inclusive).
- Black Group. The races on Thursday to Saturday inclusive will be scored as an additional, three-day series.

- (d) Classes B & C. The races on Sunday to Tuesday inclusive will be scored as an additional, three-day series.
 - (e) Class J. The races on Thursday to Saturday inclusive will be scored as an additional, three-day series.
- 18.2** One race is required to be completed to constitute a series.
- 18.3** When fewer than 5 races have been completed, a boat's score will be the total of her race scores.
- 18.4** When from 5 to 8 races have been completed, a boat's score will be the total of her race scores excluding her worst discardable score.
- 18.5** When more than 8 have been completed, a boat's series score shall be the total of her race scores excluding her 2 worst scores.
- 18.6** Nick Gill Cup. Boats in Black Group with a helm aged under 18 will be scored using the Chipstead Sailing Club CHIPS3 high-points method applied to position and number of starters in each race of the six-race series.
- 19. [NP][DP] SAFETY REGULATIONS**
- 19.1** SIs 19.2 -19.6 are in addition to the requirements of NoR regulations 4.7, 4.8 and 4.9.
- 19.2** Except Black Group, boats shall use WhatsApp to check-in for racing when leaving harbour for the starting area and check-out from racing when returning to harbour in accordance with Tally Regulations on the regatta website. Boats that fail to check-in or check-out may be scored DSQ, or a lesser penalty, by the race committee. This changes RRS A5.1 and A5.2.
- 19.3** Competitors who leave the safety of the cockpit of a boat not fitted with lifelines shall wear an appropriate personal flotation device.
- 19.4** A boat that retires from a race shall notify the signal vessel, or another official vessel, at the first reasonable opportunity by either voice hail or on VHF Ch. 77. If unable to do so, they shall inform the race office by phone (07555 574308) at the first reasonable opportunity.
- 19.5** Competitors shall obey the instructions of an official vessel to move out of the way of shipping constricted in its ability to manoeuvre or constrained by its draft.
- 19.6** **Competitors needing support from a patrol vessel should contact "Carrick Safety Control" on VHF Ch. 69.**
- 20. REPLACEMENT OF CREW OR EQUIPMENT**
There are no restrictions regarding replacement of crew and equipment.
- 21. EQUIPMENT AND MEASUREMENT CHECKS**
A boat or equipment may be inspected at any time for compliance with the class rules, notice of race and sailing instructions. On the water, a boat can be instructed by a race committee measurer to proceed immediately to a designated area for inspection.
- 22. SUPPLIED BOATS**
Not used.
- 23. OFFICIAL VESSELS**
Patrol vessels will be identified by a distinctive "POFSA" flag.
- 24. [DP] SUPPORT TEAMS**
Not used
- 25. TRASH DISPOSAL**
Black Group trash may be placed aboard official vessels.
- 26. BERTHING**
There are no restrictions on berthing during the event.
- 27. HAUL OUT RESTRICTIONS**
- 27.1** Boats that are normally dry-sailed may continue to do so during the event.
- 27.2** [DP] Other boats shall not be hauled-out during the event except with, and according to, the terms of the prior written permission of the race committee.

28. DIVING EQUIPMENT AND PLASTIC POOLS

[DP] Underwater breathing apparatus and plastic pools or their equivalent shall not be used around keelboats between the preparatory signal of the first race and the end of the event except with, and according to, the terms of the written permission of the race committee.

29. PRIZES

29.1 Prizes will be awarded in accordance with the Notice of Race. In addition:

- (a) the Nick Gill Cup will be awarded to the boat in Black Group, with a helm aged under 18, with the highest overall score under the Chipstead Sailing Club CHIPS3 high-point method.
- (b) the Trafalgar Cup will be awarded to the youngest helm, in either the Carrick or Bay fleets, who completes Wednesday's race.

29.2 Daily prizes will be presented at approximately 1815 as follows:

Sunday	RCYC (except not B class if it races with the Bay fleet)
Monday	MYC
Tuesday	RSC
Wednesday	No prize-giving because of the flying display
Thursday	RCYC (including the prizes for Wednesday)
Friday	StMSC
Saturday	FSC

Daily presentations will be preceded by refreshments for competitors and followers.

29.3 Series prizes will be presented on Saturday at Flushing Sailing Club at approximately 1900 following the daily prizegiving.

30. RISK STATEMENT

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".

30.2 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) provision of a race management team, patrol vessels and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
- (f) 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 any safety briefing for the event.

30.3 The fact that the race committee conducts inspections of a boat does not reduce the responsibilities of each competitor set out in these sailing instructions.

31. INSURANCE

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.

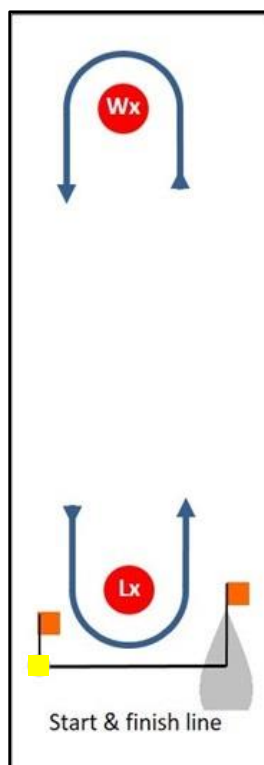
Appendix 2 - REGATTA COURSES: COURSE LETTERS, MARK DESCRIPTIONS AND APPROXIMATE COORDINATES OF MARKS

CODE	MARK	DESCRIPTION	LAT	LONG
Bo	Bohella	Yellow inflated cone with cylinder topmark	50° 09.30'N	005° 00.95'W
Br	Black Rock	Red navigation buoy	50° 08.68'N	005° 01.74'W
Ca	Castle	Green navigation buoy	50° 09.00'N	005° 01.65'W
Cc	Cream Cornwall	Yellow spherical with code	50° 09.80'N	005° 02.09'W
Ck	Carick	Green navigation buoy	50° 11.59'N	005° 02.74'W
Cn	SKB Sails	Yellow spherical with code	50° 08.73'N	005° 01.22'W
En	East Narrows	Green navigation buoy	50° 09.43'N	005° 01.89'W
F	Falmouth	Yellow inflated cylinder	50° 09.50'N	005° 03.54'W
Fn	B, C & V club finish	RCYC/FSC finish lines	n/a	n/a
G	Governor	East cardinal BYB buoy	50° 09.15'N	005° 02.40'W
Hd	Falmouth School of Sailing	Yellow spherical with code	50° 08.39'N	005° 02.76'W
J	St Just	Red navigation buoy	50 10.44'N	005 01.72'W
Lx	Carrick Leeward	Yellow inflated cylinder	Close to windward of start	
Me	Messack	Green navigation buoy	50° 11.31'N	005° 02.22'W
Nb	North Bank	Red navigation buoy	50° 10.34'N	005° 02.26'W
P	Super Yacht Services	Yellow spherical with code	50° 08.78'N	005° 02.10'W
Pb	Sunflower Accounts	Yellow spherical with code	50° 10.75 N	005° 01.45'W
Pl	Pill	Green navigation buoy	50° 12.05'N	005° 02.40'W
Pw	Mylor Yacht Harbour	Yellow spherical with code	50° 10.48N	005° 02.37'W
S	Sunbeam	Yellow spherical with code	50° 09.99'N	005° 02.63'W
Sn	Take a Turn Yachting	Yellow spherical with code	50° 09.30'N	005° 01.79'W
T	Penrose Sailmakers	Yellow can with code and X topmark	50° 09.60'N	005° 03.00'W
V	Vilt	Green navigation buoy	50° 09.99'N	005° 02.28'W
W	Mylor Rigging	Yellow can with code and X topmark.	50° 09.60'N	005° 01.93'W
Wn	West Narrows	Red navigation buoy	50° 09.39'N	005° 02.07'W
Wt	Ancasta	Yellow spherical with code	50° 10.13N	005° 01.90'W

W _x	Laid windward mark for longer beat	Orange inflated cone	To windward of Carrick Committee Vessel	
W _z	Laid windward for shorter beat	Yellow inflated cone	To windward of Carrick Committee Vessel	
Z	Falmouth Boat Co	Yellow spherical with code	50° 08.15'N	005° 01.10'W

Appendix 3 - COURSE DIAGRAM AND SPECIFIC SAILING INSTRUCTIONS FOR THE SUNBEAM AND AJAX WINDWARD-LEEWARD COURSE

Courses and course diagram



COURSES	
Signal	Mark Rounding Order
2	Start - Wx - Lx - Wx - Finish
3	Start - Wx - Lx - Wx - Lx - Wx - Finish

1. THE COURSES

- 1.1 Courses and the range and bearing of the windward mark will be announced on VHF and by no other means.
- 1.2 The diagram above shows the courses, the starting and finishing line, the order in which marks are to be passed, and the side on which each mark is to be left.
- 1.3 If the shortened course signal is displayed by the signal vessel as boats approach mark Lx then boats shall pass Lx on the required side and proceed to the Finish.

2. MARKS

Mark Wx is an orange inflated cone. Mark Lx is a yellow inflated cylinder.

3. CHANGE TO A LEG OF THE COURSE

No marks will be moved during any race.

4. THE FINISH

The finishing line will be the starting line crossing in the reverse direction.

END OF SAILING INSTRUCTIONS

NOT PART OF THE SAILING INSTRUCTIONS

QR CODE TO JOIN THE CARRICK FLEET WHATSAPP GROUP

1. Open WhatsApp, tap Camera
2. Hold device over the QR code to scan (adjust distance so QR code fits the screen)
3. Tap ADD

