

## SAILING INSTRUCTIONS

Shorthanded Sailing South Africa 2026  
Organizing Authority: Royal Cape Yacht Club  
Cape Town, South Africa  
5 January 2026

### 1. NOTICES TO COMPETITORS AND OFFICIAL NOTICE BOARD

- 1.1 Any change to the sailing instructions (other than those relating to the course) will be posted at least one hour before a race start, except that any change to the schedule of races will be posted by 20:00 on the day before it will take effect.
- 1.2 Notices to competitors will be posted on the official notice board, which is the SSSA – Official WhatsApp group.

### 2. REGISTRATION

No registration is required, but boats shall inform the race committee that they are racing.

### 3. MARKS

- 3.1 Marks will be either a fixed mark, a laid mark or a waypoint. The fixed marks are shown on the the RCYC Racing Marks Diagram. (<https://rcyc.co.za/course-card/>).
- 3.2 If a mark is missing and a substitute mark is not set, a boat shall round the position where the mark should have been, as a waypoint.

### 4. COURSES

The course will be posted on the SSSA – Official WhatsApp Group at least ten minutes before the start.

### 5. THE START (if a race committee is present)

- 5.1 The starting procedure will be as set out in RRS 26, 29 and 30 and Race Signals.
- 5.2 The starting line will be between a staff displaying an orange flag on the race committee vessel and the course side of the starting mark.

### 6. THE START (if a race committee is not present).

- 6.1 No visual or sound signals will be used. This changes RRS 26, 27, 29 and 30.
- 6.2 The starting line will be between the course side of a fixed mark and a position 250m from the start mark in a direction that will be given; or between two fixed marks as given with the course, or as otherwise stated with the course.
- 6.3 The preparatory signal is deemed to be 4 minutes before the starting time without a visual or sound signal.

- 6.4 A boat shall be scored OCS or a standard penalty shall be applied without a hearing if she is on the course side of the starting line at the starting time and she does not return to start thereafter.
- 6.5 If the race committee decides that a boat was OCS, based on her recorded track or other information, and that she was more than 50 meters on the course side of the starting line and did not thereafter start, she shall be scored OCS.  
(SP) If the race committee decides that a boat was OCS, and she was less than 50 meters on the course side of the starting line, or from the end of the starting line, then the race committee shall score her by adding a penalty of five minutes to her corrected time without a hearing.
- 6.6 This changes RRS 28 and A5.1.

## 7. THE FINISH

- 7.1 Unless otherwise stated when the course is given, the finishing line will be between the course side of the finishing mark and a position 50 meters from that mark in a direction as indicated in the course announcement, or at right angles from the last mark.
- 7.2 If the course is shortened the finishing line will be at the rounding mark or waypoint (which will become the finishing mark).
- 7.3 If a boat's finishing time is taken from her electronic tracking record her finish time will be when her recording device crosses the finishing line.
- 7.4 A boat shall record her own finishing time and her time of rounding any marks designated in the course as a possible shorten course finishing line. Each boat shall post her finishing time on the SSSA – Interactive WhatsApp group as soon as practical after her finish.

## 8. TIME LIMITS

Unless otherwise stated before or at the time the course is announced there shall be no time limit or finish window.

## 9. PROTESTS AND REQUEST FOR REDRESS

Protests or request for redress or reopening shall be delivered sending by email a hearing request within the appropriate time limit to the race committee at shorthandedsailingsa@gmail.com. Hearings may be conducted remotely at the discretion of the protest committee chair. This changes RRS 63.

## 10. WAYPOINTS

- 10.1 The race committee may include waypoints in the course, being a position given in the course announcement.
- 10.2 A boat shall round or pass the position given for the waypoint in the direction given.

10.3 (NP) The race committee may score a boat NSC in accordance with RRS A5.1 if a boat does not produce a recorded track showing the boat rounding or passing a waypoint. This changes RRS A5.1.

11. SHORTENING COURSE AND ABANDONMENT

11.1 In addition to RRS 32, the course may be shortened by notice posted on the SSSA – Official WhatsApp group only, which may be before or after a boat rounds the mark at which the race is shortened.

11.2 The race may be abandoned by notice posted by the race committee on the SSSA – Official only. In the event of extreme weather this might not be possible, and boats should make their own decision whether to continue to race.

11.3 This changes RRS 32.1. and 32.2 and Race Signals.

12. TRACK RECORDING (DP) (NP)

12.1 Every boat shall record her track by satellite navigation system (GPS or smart phone) from at least five minutes before the starting time until at least one minute after she finishes at an interval of no more than 5 seconds.

12.2 Each boat requested to do so shall promptly export the record of her recorded track in GPX format with at least the following fields: a date/time stamp, latitude and longitude and then email the recorded track to shorthandedsailingsa@gmail.com or otherwise deliver in GPX format to the race committee.

13. SCORING

A boat's corrected time will be her elapsed time multiplied by her ORC Double Handed Triple Number Coastal/Long Distance ToT correction factor, unless announced otherwise before the start.

14. PROPULSION

After the start a boat may use her engine in astern gear only to clear kelp or other debris from her hull and hull appendages.