



SUNDERLAND YACHT CLUB

2026 Roker regatta

Saturday 18th and Sunday 19th July 2026

Organising authority: Sunderland Yacht Club. Old North Pier. Sunderland. SR6 0PN

SAILING INSTRUCTIONS

1. RULES

- 1.1 The regatta will be governed by the Racing Rules of Sailing (RRS).
- 1.2 The prescriptions of the RYA the rules of the relevant Class Associations will apply.
- 1.3 For infringements of rules other than in Parts 1 and 2 of the RRS, the penalty for a breach of a rule may, at the discretion of the protest committee, maybe less than disqualification.
- 1.4 Competitors may be required to display provided advertising material by their Class Association or the Organising Authority in line with World Sailing Advertising Code, Regulation 20.

2. NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official notice board, located on the lower floor outside the office.

3.CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted before 9:30h on the day they take effect.

4. SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on the flagstaff outside the clubhouse.
- 4.2 When flown ashore, Flag L with a sound signal means: 'A notice to competitors has been posted'.
- 4.3 When Flag AP is flown ashore, race signal AP is changed in that '1 minute' is replaced by 'not less than 30 minutes'.

5. SCHEDULE OF RACES

- 5.1 Saturday 18thJuly 10.30 am Competitors briefing in the clubhouse
- 5.2 11:55 am First warning signal (races 1, 2 and 3 will be sailed back-to-back)

Prize giving asap after racing.

Sunday 18th July
will be back to back)

10.10 am

First warning signal (races 4 and 5

- 5.3 No warning signal will be made after 14.25 hrs. on the Sunday
- 5.4 The race officer may elect to run more or less races each day depending on conditions and forecast. This action is not protestable
- 5.5 Prize giving asap after racing

6. Class Flags

6.1	Class flags will be:	Class 1	Numeral pennant 1
		Class 2	Numeral pennant 2
		Class 3	Numeral pennant 3.

7COURSE

7.1 The course diagram is attached below (appendix A).

7.2 The course and number of laps to be sailed will be displayed on the committee boat before the start of each race.

Courses may use a mix of orange inflatable marks, yellow inflatable marks and Sunderland Yacht Club fixed racing marks.

7.3 A description and diagram of the courses to be used can be found in appendix A

list of SYC racing mark locations can be found in appendix B.

7.4 The centre of the racing area will be within Seaburn Bay. This is located on a bearing of approximately 000 degrees from the exit of the harbour mouth.

7.5 Results may be calculated using average lap times. On courses 1 & 2 boats must pass through the gate/finish line on every upwind leg, the gate/finish line is not an obstruction for boats sailing downwind.

7.6 Minor mark moves (up to approximately 100m) may be made without signalling the change. This changes RRS 33.

8. AREAS THAT ARE OBSTRUCTIONS

8.1 Sunderland is a commercial working port, all commercial vessels moving within the port and its approaches are to be considered an obstruction, any instructions given by a port official must be obeyed.

9 THE START

9.1 The Orange flag will be raised on the committee boat at least 3 minutes before the warning flag

9.2 All classes will be started in accordance with rule 26 Classes one and two will start together. Class three will start separately.

9.3 The starting line will be between the staff on the Committee Boat at the starboard end of the start line and an orange or black buoy at the port end.

9.4 In the event of a General Recall, then the subsequent class' starts will be delayed.

10. MARKS

10.1 The marks to be used will be a mixture of Orange or Yellow Cylindrical inflatable buoys. or SYC fixed marks

11.THE FINISH

11.1 The target race length for the lead boat of each fleet will be approximately 60 minutes, (non compliance with this is not grounds for protest) all boats must finish within 20 minutes of the leading boat in their class. Boats that fail to finish within 20 minutes will be scored dnf.

11.2 The finish line will be between a committee boat flying blue flag and the Gate Mark.

11.3 In accordance with Rule 32 the course may be shortened by flying Flag 'S' or for an individual class ('S' over the class flag) which will be displayed on the relevant committee boat.

11.4 Boats that have finished should keep clear of boats still racing

12 INTENTION TO RACE

12.1 Each boat must inform the race officer by VHF Ch.M1 (37) (Sunderland Race Control) of their intention to race, before the first race on each day including, in which class they intend to compete and number of persons on board

12.2 No VHF communication during the starting sequence.

13. PROTESTS AND REQUESTS FOR REDRESS

13.1 For infringements of rules other than in Parts 1 and 2 of the RRS, the penalty for a breach of a rule may, at the discretion of the protest committee, be less than disqualification.

13.2 Protest forms shall be handed into the race office within the protest time limit.

13.3 The protest time limit is 60 minutes after the last boat has finished the last race of the day. This time limit will be extended by 30 minutes for all protests by the Race Committee relating to incidents observed in the racing area

13.4 Notices will be posted within 20 minutes of the end of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.

14. SAFETY REGULATIONS AND LOCAL ISSUES

14.1 All helms and crews shall wear adequate personal buoyancy at all times while on the water. This changes rule 40.

14.2 A boat that retires from a race shall notify the Race Committee as soon as possible.

14.3 Racing is held near the approach to a commercial port, large vessels have right of way. If a ship/vessel is being escorted, no competitor shall sail between the guard boat displaying code flag U and the ship/vessel it is escorting. Any competitor passing between the guard boat and escorted ship/vessel or otherwise impeding the ship shall be disqualified without a hearing.

15 SCORING

15.1 Races will be scored in accordance with Appendix A of the Racing Rules of Sailing

15.2 Five races are programmed, one race is required to be completed to constitute a series.

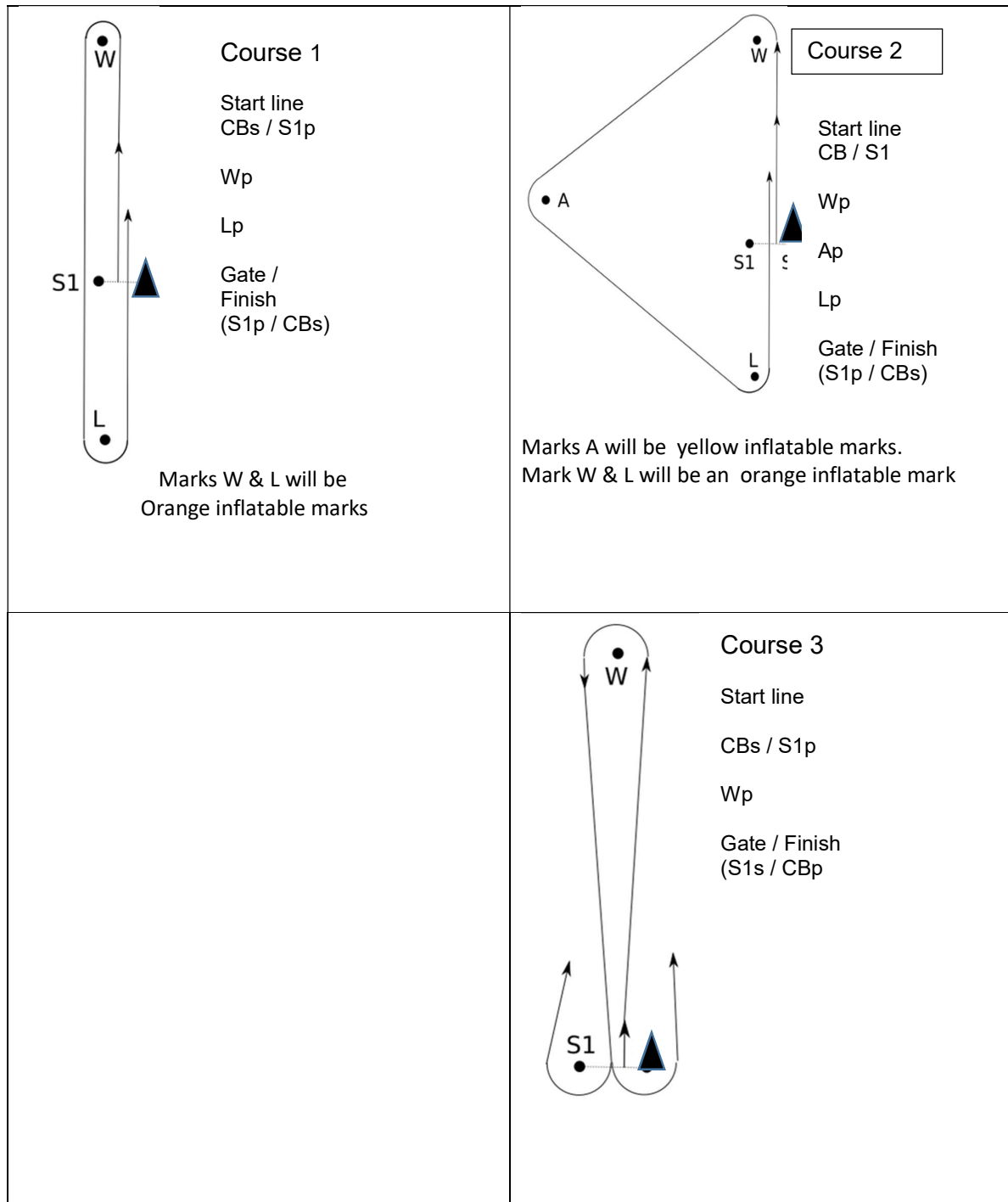
15.3 If three or more races are sailed there will be one discard.

16 Radio communications

Except in an emergency a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.

17. RISK STATEMENT 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." 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 or omissions; (d) Their boat is in good order, equipped to sail in the event and they are fit to participate; (e) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities; (f) The 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 held for the event. (h) They are responsible for ensuring that their boat is equipped and seaworthy so as to be able to face extremes of weather; that there is a crew sufficient in number, experience and fitness to withstand such weather; and that the safety equipment is properly maintained, stowed and in date and is familiar to the crew; and (i) If not covered elsewhere in the Notice of Race. Their boat is adequately insured, with cover of at least £3,000,000 against third party claims.

Appendix A



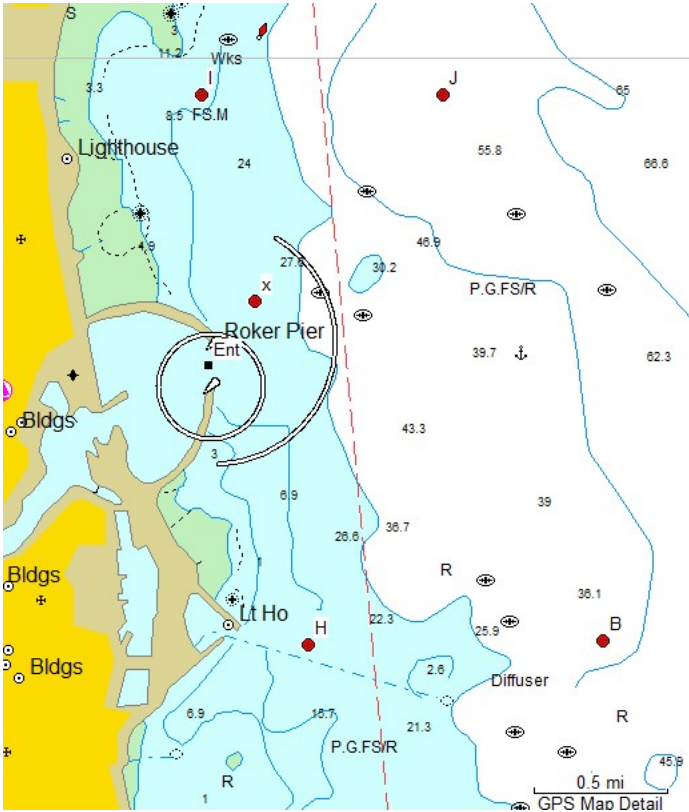
On course 1 & 2 the gate / finish line may be at any point on the windward leg not necessarily at the mid-point as shown in the diagram

Course 5

Course will be posted on the committee boat and may use SYC fixed marks and/or inflatable marks.

Appendix B

SYC Racing Mark Locations



Inshore. I	N 54 56.108	W 001 21.200
J	N 54 56.277	W 001 19.854
Ballast. B	N 54 54.332	W 001 18.934
Hendon. H	N 54 54.316	W 001 20.800
S	N 54 55.047	W 001 21.290
X	N 54 55.436	W 001 20.900