

Rhode Island Yacht Club
Cranston, RI

THE JOHN J. CAPPELLI ROUND THE ISLAND RACE
Saturday, August 22, 2026

SAILING INSTRUCTIONS

Regatta – This Regatta shall be run as listed in the Notice of Race and posted in the Race Program page on the Rhode Island Yacht Club (RIYC) web site.

1. RULES

- 1.1. This regatta is governed by the rules in “The Racing Rules of Sailing 2025-2028” (RRS). The RRS can be found at www.USSailing.org. Direct Link to [The Rules](#)
- 1.2. In particular, rule 30.1, the I-Flag or “Round-an-End Rule” will be observed. "If flag I has been displayed, and any part of a boat's hull is on the course side of the starting line or one of its extensions during the last minute before her starting signal, she shall sail across an extension so that her hull is completely on the pre-start side before she starts."
This is our default start and is in effect whether or not the I-Flag is shown.
- 1.3. Rule 44.1 is changed to make the penalty of breaking one or more rules of Part 2 a one turn penalty, not two turns.
- 1.4. This is a non-spinnaker race
- 1.5. Only a single headsail, fully hanked to the headstay is allowed, except during the rapid change of headsails.

2. COMMUNICATIONS WITH COMPETITORS

- 2.1. Notices to competitors may be posted on the Race Committee website (www.riyachtclub.org/riyc-race-series) or on a bulletin board located at the RIYC.
- 2.2. The Race Committee monitors VHF 72.

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Any change to the sailing instructions will be made by 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 1800 on the day before it will take effect.
- 3.2. Oral changes may be given only on the water and only before the Warning signal.

4. **SIGNALS MADE ASHORE:** Signals made ashore will be displayed from the flagpole located near the dock office or in the case of Courses, Section 7, as a letter code card displayed adjacent to the Race Committee section of the dock office.

5. SCHEDULE

- 5.1.** The warning signal for the start of the Fleet will be at 1055.
- 5.2.** Starting time for each yacht is as designated in the start time schedule for PHRF ratings, as contained in Appendix A (available 24 hours prior to date of race)

6. CLASS FLAGS: There will be one start, **Red Flag**; non-spinnaker class.

7. COURSE:

The course shall be clockwise or counterclockwise around Patience and Prudence Islands, direction to be determined by the Race Committee and posted on the Race Committee boat.

8. HONORED MARKS – All marks are to be left between the island and the competitor.

R/G Providence Point

R-8 Northwest Point Patience Island

RGN Southwest of Prudence Island

G-27 Sandy Point

9. THE START:

- 9.1.** All boats shall check in with the Race Committee either orally by approaching the committee boat or by radio on VHF Channel 72. Each boat shall report to the Race Committee the number of persons on board (POB).
- 9.2.** The Start line will be between the **Orange flag** on the Race Committee boat and the GR Bell “OL” Ohio Ledge.
 - 1055 Warning Signal for all starts – Class Flag **Red Flag** Up with Horn.
 - 1056 Preparatory Signal for all starts – “P” Flag – Up with Horn
 - 1059 One minute – “P” Flag – Removed with Long Horn
 - 1100 First start – Class Flag Removed, with Horn
- 9.3.** Starting time for each yacht is as designated in the start time schedule for PHRF ratings, as contained in Appendix A (available 24 hours prior to date of race)

10. THE FINISH:

- 10.1.** The finish line shall be between the **Blue** flag on the Race Committee boat and the GR Bell “OL” Ohio Ledge. The course length is 15.5 nautical miles.
- 10.2.** Be alert to a possible course shortening to finish at RGN “PI” at the south tip of Prudence Island, G-27 off Sandy Point, (or R-8 Northwest Point of Patience Island in accordance with Rule 32 (RRS). In such cases times will be recorded and adjusted to reflect the shortened course.

11. TIME LIMIT:

There is a five (5) hour time limit for the first boat to sail and finish the course. Boats finishing more than 60 minutes behind the first boat to finish shall be scored DNF. The Race Committee boat will be on station until all boats finish or withdraw.

12. PROTESTS

In addition to following Rule 61 (RRS), upon displaying the red flag, protest forms must be filed with the Race Committee within one hour after the protesting boat finishes. Hearings will be held as soon as possible after the race.

13. SCORING

Each Yacht shall be scored in the position she finishes. Awards will be presented at the Rhode Island Yacht Club the evening of the race.

14. SAFETY REMINDER:

- 14.1. Narragansett Bay has a commercial shipping channel and sailing vessels do not have the right of way over a vessel under power and restricted in her ability to maneuver. Failure to observe the Rules of the Road shall be cause for disqualification. Repeated violations can result in a season ban.
- 14.2. A boat that retires from a race shall notify the Race Committee as soon as possible.

15. DISPOSAL OF WASTE OR TRASH:

Disposal of trash overboard is prohibited and can result in race disqualification. Please dispose of all rubbish in the dumpster at the end of the parking lot.

16. RISK STATEMENT AND DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 3 and 4, Decision to Race. The organizing authority and the yacht club will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the race series.

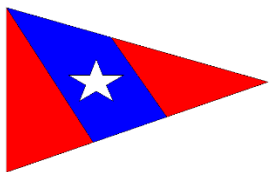
17. INSURANCE

Each participating boat shall have a valid certificate of insurance on file with the office of Rhode Island Yacht Club.



August, 2023





Appendix A – Start Times Based on PHRF

PHRF Rating		EDT
Low	High	Start
282	+	11:00
278	281	11:01
274	277	11:02
270	273	11:03
266	269	11:04
262	265	11:05
258	261	11:06
254	257	11:07
250	253	11:08
246	249	11:09
242	245	11:10
238	241	11:11
234	237	11:12
230	233	11:13
226	229	11:14
222	225	11:15
218	221	11:16
214	217	11:17
210	213	11:18
206	209	11:19
202	205	11:20
198	201	11:21
194	197	11:22
190	193	11:23
186	189	11:24
182	185	11:25
178	181	11:26
174	177	11:27
170	173	11:28
166	169	11:29
162	165	11:30

PHRF Rating		EDT
158	161	11:31
154	157	11:32
150	153	11:33
146	149	11:34
142	145	11:35
138	141	11:36
134	137	11:37
130	133	11:38
126	129	11:39
122	125	11:40
118	121	11:41
114	117	11:42
110	113	11:43
106	109	11:44
102	105	11:45
98	101	11:46
94	97	11:47
90	93	11:48
86	89	11:49
82	85	11:50
78	81	11:51
74	77	11:52
70	73	11:53
66	69	11:54
62	65	11:55
58	61	11:56
54	57	11:57
50	53	11:58
46	49	11:59
42	45	12:00
38	41	12:01
34	37	12:02
30	33	12:03
26	29	12:04
22	25	12:05
18	21	12:06
14	17	12:07
10	13	12:08

PHRF Rating		EDT
6	9	12:09
2	5	12:10
-2	1	12:11
-6	-3	12:12
-10	-7	12:13
-14	-11	12:14
-18	-15	12:15

For PHRF rating lower than -18, please contact the organizing authority for start times.