



**HYC Fruitbowl 2026 & District 2 ILCA-NA Championship AT HYC JULY 16-19, 2026,
Organizing Authority & Host: Hudson SAILING INSTRUCTIONS (SI)**

The notation '[SP]' in a rule of the sailing instructions (SIs) means that the standard penalty for a breach of the rule may be applied by the race committee or technical committee without a hearing. This changes RRS A5.

1. RULES

- 1.1. The event is governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2. If there is a conflict between languages, English will take precedence.

2. CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 0800 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1. The Official Notice Board is located at this link: [Official Noticeboard](#)
- 3.2. Notices to competitors maybe be posted on the noticeboard located near the veranda of the main clubhouse.
- 3.3. The race office is located at the main office of Hudson Yacht Club.
- 3.4. VHF channels to be used on each course are shown on Attachment B.

4. CODE OF CONDUCT

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

5. SIGNALS MADE ASHORE

- 5.1. Signals made ashore will be displayed on the official flagpole located on the 'T' pier.
- 5.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in Race Signals AP.
- 5.3. Flag D with one sound means 'Boats shall not leave the harbour until this signal is made. The warning signal will not be made before the scheduled time or less than 45 minutes after flag D is displayed.'

6. SCHEDULE OF RACES

Date	Event	Class
Saturday July 18, 2026	Coaches Meeting: 08h15	
	Competitors Meeting: 08h30	
	First Warning Signal: 10h00	All Classes
Sunday July 19, 2026	Coaches Meeting: 08h15	
	First Warning Signal: 10h00	All Classes

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

6.3. On the last scheduled day of racing no warning signal will be made after 1400.

7. CLASS FLAGS

7.1.

Class	Class Flag
Optimist	Optimist logo on white background
ILCA 4	ILCA logo on a yellow background
ILCA 6	ILCA logo on a green background
ILCA 7	ILCA logo on a white background
C420	420 logo on white background
29er	Yellow Flag
Optimist Green	Optimist logo on green background

8. RACING AREA

Attachment B shows the location of racing areas.

9. COURSES

9.1. The diagrams in Attachment A show the courses, 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

9.2. Should either marks 2s or 2p be missing or significantly out of position, the remaining mark shall be left to port.

10. MARKS

10.1.

Course Area	Mark Colour and Shape	Change Mark Colour and Shape
Alpha	Orange Cylinder	Yellow Cylinder
Bravo	Orange Cylinder	Yellow Cylinder
Charlie	Orange Cylinder	Yellow Cylinder
Delta	Green Cylinder	n/a

10.2. New marks, as required by SI 12, are given in the above table.

11. THE START

- 11.1. For all courses except Optimist Green, the starting line will be between a staff or halyard displaying an orange flag on the Race Committee (RC) boat at the starboard end of the line and a staff displaying an orange flag on a boat at the port end of the line.
- 11.2. For Optimist Green fleet the starting line will be between the staff or halyard displaying an orange flag on the Race Committee (RC) boat at the starboard end of the line and windward side of a Green Cylinder mark at the port end.
- 11.3. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 11.4. A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.

12. CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the RC will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

13. THE FINISH

- 13.1 For all courses, except Optimist Green, the finish line will be between the staff or halyard displaying a blue flag on the RC boat and the black and white finishing mark as shown on Attachment A.
- 13.2 For Optimist Green the finish line will be between the staff or halyard displaying a blue flag on the RC boat and an black & white finishing mark as shown in attachment A.

14. TIME LIMITS [AND TARGET TIMES]

14.1. The Mark 1 Time Limit, Race Time Limit, and the Finishing Window are shown in the table below.

Class	Mark 1 Time Limit	Race Time Limit	Finishing Window	Target Time
Optimist	30 Minutes	70 Minutes	15 Minutes	40 Minutes
Optimist Green	30 Minutes	45 Minutes	10 Minutes	25 Minutes
ILCA	30 Minutes	70 Minutes	15 Minutes	45 Minutes
C420	30 Minutes	70 Minutes	15 Minutes	45 Minutes
29er	30 Minutes	70 Minutes	15 Minutes	45 Minutes

14.2. If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.

14.3. The Finishing Window is the time for boats to finish after the first boat sails the course. Boats starting but failing to sail the course within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE will be scored points for the finishing place 2 more than the finishing place of the last boat that sailed the course within the Finishing Window and was not penalized under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.2 and A10.

14.4. Failure to meet the Target Time will not be grounds for redress. This changes RRS 61.

15. HEARING REQUESTS

15.1. For each class, the protest time limit is 45 minutes after the time the RC boat docks following the last race of the day or the race committee signals no more racing today, whichever is later. The time will be posted on the official notice board.

15.2. Hearing request forms are available from the Jury Desk located in front of the HYC Clubhouse.

15.3. Notices will be posted on the official notice board no later than 10 minutes after a hearing request is filed to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the board room located upstairs in the main clubhouse.

16. SCORING

16.1. A boat's series score is as follows:

- When fewer than 5 races have been completed, a boat's series score is the total of her race scores.
- When 5 or more races have been completed, a boat's series score is the total of her race scores excluding her worst score.

16.2 Three races must be completed to constitute a series.

16.3 Seven races are scheduled except for the Green fleet where there is no limit.

17. SAFETY REGULATIONS

17.1. All competitors shall wear approved lifejackets at all times while afloat. The Y flag will not be displayed. This changes RRS 40.1

17.2. [SP] Each day all boats shall check-out and check-in at the desk near the main clubhouse.

- a. Failure to Check-Out will result in a 30% point penalty for the next race completed even if no further race is completed on the day of the infringement.
- b. Failure to Check-In will result in 30% point penalty for the last race completed even if no race is completed on the day of the infringement.
- c. Only one 30% point penalty for infringements of SI 17.2 will be applied by the RC without a hearing for one race on the day. A competitor will not be scored worse than a disqualified competitor.
- d. The 30% penalty is calculated according to RRS 44.3c.

17.3. [DP] A boat that retires from a race shall notify the RC as soon as possible.

18. REPLACEMENT OF CREW OR EQUIPMENT

18.1. Substitution of competitors is not allowed without the prior written approval of the RC.

18.2. Substitution of damaged or lost equipment is not allowed unless authorized in writing by the RC. Requests for substitution shall be made to the RC at the first reasonable opportunity, which may be after the race.

19. EQUIPMENT AND MEASUREMENT CHECKS

A boat or equipment may be inspected at any time for compliance with the rules.

20. OFFICIAL VESSELS

Judge boats may display a white flag showing the letter J.

RC vessels may display an RC flag.

21. [DP] SUPPORT TEAM

21.1. [DP] **Except on the Optimist Green Fleet course**, Team leaders, coaches and other support persons shall stay outside areas where boats are racing from the time of the preparatory signal for the first start until all boats have finished or retired or the RC signals a postponement, general recall or abandonment.

21.2. Support person vessels shall be identified with a numbered flag issued by the Organizing Authority.

22. TRASH DISPOSAL

Trash may be placed aboard official [or support person] vessels.

23. PRIZES

Prizes will be awarded for each class except the Opti-Green Fleet. (Participants in the Optimist Green Fleet will receive participation prizes.

24. RISK STATEMENT

RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.**

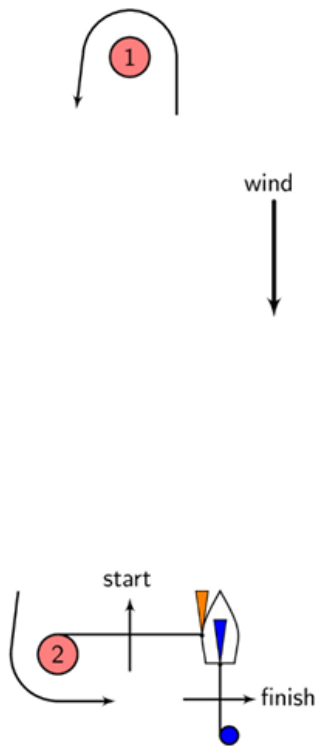
25. INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of CAD \$500,000 per incident or the equivalent.

ATTACHMENT A ILLUSTRATION OF THE COURSES

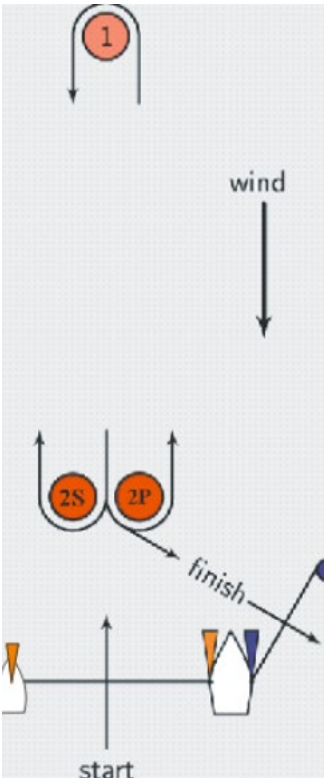
Optimist Green Fleet

Start-1-2-
Finish



All Other Classes

L2: Start-1-2(gate)-1-2P-Finish
L3: Start-1-2(gate)-1-2(gate) -1-2P-Finish



ATTACHMENT B ILLUSTRATION OF THE RACING AREAS



Class	Racing Area	VHF
Optimist	Alpha	71
C420 / 29er / ILCA 7	Bravo	72
ILCA 4 / 6	Charlie	73
Optimist Green	Delta	74

SAFETY: VHF 68

