SAILING INSTRUCTIONS
Foiling Bluenose Regatta
Kitsilano Yacht Club
October 31 - November 1, 2026
(Version 1.0 October 30, 2026)

1 RULES

1.1 The event is governed by the rules as defined in the Racing Rules of Sailing.

1.2 The following changes to definitions from Appendix WF apply to all boats in addition to wingfoils:

(a) *Continuing Obstruction* An *obstruction* is a *continuing obstruction* when a wingfoil will pass alongside it for at least 20 metres. However, the following are not a continuing obstruction: a vessel under way, a wingfoil racing, or a race committee vessel that is also a mark.

(b) *Obstruction* An obstruction is (a) an object that a wingfoil could not pass without changing course substantially, if she were sailing directly towards it and 10 metres from it; (b) an object that can be safely passed on only one side; or (c) an object, area or line that is so designated in a rule. However, a wingfoil racing is not an obstruction to other wingfoils unless they are required to keep clear of her or, if rule 22 applies, avoid her.

(c) *Zone* The area around a mark within a distance of 20 metres. A wingfoil is in the zone when any part of her hull is in the zone.

(d) *Capsized* A wingfoil is capsized if her wing or the competitor is in the water.

(e) *Jumping* A wingfoil is jumping when her hull, its appendages and the competitor are clear of the water.

1.3 Rule 17 is changed to that of Appendix B. The rule applies to all boats in addition to boards: The rule is reproduced here:

(a) When, at the warning signal, the course to the first mark is approximately ninety degrees from the true wind, a board overlapped to leeward of another board on the same tack during the last 30 seconds before her starting signal shall not sail above her shortest course through the starting line to the first mark while they remain overlapped if as a result the other board would need to take action to avoid contact, unless in doing so she promptly sails astern of the other board.

1.4 Appendix WF Rule 21.4 applies and is reproduced here: A wingfoil that is jumping shall keep clear of one that is not. “one” is defined as a boat.

1.5 Appendix B Rule 22 applies and is reproduced here:

(a) 22.1 If possible, a board shall avoid a board that is capsized or has not regained control after capsizing, is aground, or is trying to help a person or vessel in danger.

(b) 22.2 If possible, a board that is capsized or aground shall not interfere with another board

1.6 Appendix B 23.3 is added and reproduced as follows: In the last minute before her starting signal, a board shall have her sail out of the water and in normal position, except when accidentally *capsized.*

1.7 *Add new RRS rule 27.4 as follows: The race committee may signal that boards shall sail on a specific tack during the 10 seconds before and 10 seconds after the starting signal is made, by displaying a green flag for starboard tack or a red flag for port tack, before or with the*

warning signal.

1.8 Appendix B 60.4 applies and is reproduced here: In rule 60.4(a)(2), delete "or did not see."

1.9 For the Waszp class, C.1.1 RRS 42.3(C)(2) is amended to read:

(a) to initiate foiling:

(i) the sail may be pulled in any number of times; and/or

(ii) repetitive body movements are permitted if: a) a knee or the backside is in contact with the wing tramps inside the inner surfaces of the wing frame; and b) No part of the backside extends outboard of the inner surfaces of the wing frame.

(iii) these actions shall not be used to gain advantage other than to initiate foiling.

(b) to consolidate foiling immediately after completing a tack or gybe:

(i) the sail may be pulled in up to three times.

1.10 The following Appendix B rules apply to all board classes:

(a) **B2 13 WHILE TACKING** Rule 13 is changed to: After a board passes head to wind, she shall keep clear of other boards **until her sail has filled.** During that time rules 10, 11 and 12 do not apply. If two boards are subject to this rule at the same time, the one on the other's port side or the one astern shall keep clear.

(b) **B2 16.1 CHANGING COURSE OR POSITION OF EQUIPMENT** Rule 16.1 is changed to: When a right-of-way board changes course **or the position of her equipment,** she shall give the other craft room to *keep clear.*

(c) **PART 4 RULES DELETED** Rules 45, 48.2, 49, 50.1(c), 50.2, 51, 52, 54, 55 and 56.1 are deleted. These rules are generally only applicable to larger dinghy's & keelboats.

(d) **Rule 50.1(a) is changed to:** (a) Competitors shall not wear or carry clothing or equipment for the purpose of increasing their weight. However, a competitor may wear a drinking container that shall have a capacity of no more than 1.5 litres.

1.11 The following Appendix B rules apply to Windsurfers (iQ Foil):

(a) *Tack, Starboard or Port:* A board is on the *tack, starboard or port*, corresponding to the competitor's hand that would be nearer the mast if the competitor were in normal sailing position with both hands on the wishbone and arms not crossed. A board is on *starboard tack* when the competitor's right hand would be nearer the mast and is on *port tack* when the competitor's left hand would be nearer the mast.

(b) **B4 42 PROPULSION Rule 42 is changed to:** A board shall be propelled only by the action of the wind on the sail and by the action of the water on the hull or its appendages. However, pumping and fanning the sail is permitted. The board shall not be propelled by paddling, swimming or walking.

1.12 The following from Appendix WF applies to Wing Foils:

(a) ***Tack*, *Starboard* or *Port*** A wingfoil is on the *tack*, *starboard* or *port*, corresponding to the competitor's hand that would be forward if the competitor were in normal riding position (riding heel side with both hands on the wing and arms not crossed). A wingfoil is on *starboard tack* when the competitor's right hand would be forward and is on the *port tack* when the competitor's left hand would be forward.

(b) **B4 42 PROPULSION Rule 42 is changed to:** A board shall be propelled only by the action of the wind on the sail and by the action of the water on the hull or its appendages. However, pumping and fanning the sail is permitted.

(c) The following Appendix WF apply 42.2 Exceptions

(a) A wingfoil may be propelled by unassisted actions of the competitor on the hull.

(b) A competitor may swim, walk or paddle while *capsized*, provided that the wingfoil does not gain a significant advantage in the race.

(c) Any means of propulsion may be used to help a person or another vessel in

danger

2 CHANGES TO SAILING INSTRUCTIONS

2.1 Any change to the Sailing Instructions will be posted before 09:00 on the day it will take effect, except that any change to the schedule of races will be posted by 20:00 on the day before it will take effect.

3 COMMUNICATION WITH COMPETITORS

3.1 Notices to competitors will be posted ONLINE on the OFFICIAL NOTICE BOARD at **https://theclubspot.com/regatta/1zb6R7OHQT**.

3.2 Unofficial communications will be provided via the WhatsApp group: https://chat.whatsapp.com/BYDxLK4LhGsLF7tFxkT9hX?s=cl&p=i&mlu=4&ilr=4&iam=2

3.3 Scoring inquiries and hearing request forms will only be accepted electronically through a link provided on the KYC website as listed above. A page listing the links with QR codes will also be posted on the KYC Notice Board.

3.4 For those tracking GPS data an optional SailSync link will be provided on the Official Notice Board for sailors to upload their .GPX files to for the purposes of group analysis & learning.

4 CODE OF CONDUCT

4.1 Competitors and support persons shall comply with reasonable requests from race officials.

5 SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed from the KYC flagpole.

5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.

5.3 Attempts will be made to inform competitors launching from other locations of any signals made ashore. Failure to do so will not be grounds for redress.

6 SCHEDULE

6.1 There will be a virtual competitors' meeting at 930 Saturday morning. The information to access the virtual meeting will be posted on the Official Notice Board.

6.2 There is no maximum number of races.

6.3 No warning signal will be made after 15:00 on Sunday, November 2.

7 CLASS FLAG

7.1 Class Flag for the Experienced boats (i.e. championship fleet boats) is Optimist logo on white background.

7.2 Class Flag for the Inexperienced boats (i.e. green fleet boats) is Optimist logo on green background.

8 COURSES

8.1 The Course diagrams are described in Addendum A including the order in which marks are to be passed, and the side on which each mark is to be left.

8.2 No later than the warning signal, the course to be sailed for each race will be signaled from the signal vessel by displaying the course number and Port or Starabord (as applicable) on

the stern of the signals vessel.

8.3 As this is a learning regatta, boats will apply good sportsmanship and self-select if they are an experienced or inexperienced sailor in selecting their course to be sailed.

9 MARKS

9.1 The course marks are also identified in Addendum A.

10 AREAS THAT ARE OBSTRUCTIONS

10.1 [DP] The area to the East of KYC is a public swimming area marked by red floats about 500 meters from the beach shall be an obstruction. For the safety of the swimmers, boats shall not sail to the East or South of the line represented by these floats.

10.2 [DP] The area lying south of a line running from the northwest corner of the RVYC Jericho breakwater, through a series of special purpose orange marks, to the north end of the most westerly pier at the Jericho Sailing Centre shall be an obstruction. Boats sailing into the obstruction area shall be subject to protest and disqualification.

11 THE START

11.1 The starting line will be between a staff displaying an orange flag on the signal vessel and the course side of the starting mark.

11.2 [DP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other classes

11.3 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 A5.1 and A5.2.

12 CHANGE OF THE NEXT LEG OF THE COURSE

12.1 To change the next leg of the course, the race committee will have the Markset on-station signal the new mark with an M flag, and will signal the change of course at the preceding mark.

13 THE FINISH

13.1 The finishing line is between a staff displaying a blue flag on the Race Committee vessel and the course side of the finishing mark.

13.2 Boats failing to finish within the Finish Window may be given a finish in their position on course as determined by the RC. This changes rules 35, A4 and A5. Scores so determined will not be grounds for redress.

14 TIME LIMITS AND TARGET TIMES

14.1 The following are the target times and time limits for each course for the ExperiencedClass.

Course	Target Time	Finish Window	Race Time Limit
1 - Sail GP Compact - L1	9 minutes	3 minutes	12 minutes
1 - Sail GP Compact - L2	16 minutes	6 minutes	23 minutes

2 - Sprint Slalom	5 minutes	4 minutes	8 minutes
3 - Upwind	7 minutes	5 minutes	12 minutes

14.2 **Race Time Limit**: Time limit for the first boat in their class to start, sail the course and finish.

14.3 **Finish Window**: Time limit for boats to finish after the first boat in their class starts, sails the course and finish.

14.4 If most of the fleet is not foiling for 20 seconds or more, Race Committee may abandon the race.

14.5 Failure to meet the **Target Time** will not be grounds for redress. This changes RRS 61.1.

15 HEARING REQUESTS

15.1 Competitors are requested when finishing to inform the race committee boat if they are intending to file a protest onshore. Failure to do so will not affect the validity of a protest that is filed but is requested as a courtesy.

15.2 The protest time limit is 30 minutes after the return of the race committee to shore at the conclusion of the day's racing. This will be posted on the OFFICIAL NOTICE BOARD.

15.3 Protests shall be filed via email to programdirector@kitsilanoyachtclub.com.

15.4 **Hearing schedule:** Notices will be posted on the OFFICIAL NOTICE BOARD no later than 15 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. It is the responsibility of the protestor and protestee to check this information. Hearings will be held in the jury room, located at KYC.

15.5 On the last scheduled day of racing a request for reopening a hearing shall be delivered (a) within the protest time limit if the requesting party was informed of the decision on the previous day; (b) no later than 30 minutes after the requesting party was informed of the decision on that day.

16 SCORING

16.1 One (1) race is required to be completed to constitute a series.

16.2 When fewer than five (5) races have been completed, a boat's series score will be the total of her race scores. When five (5) or more races are completed, a boat's series score will be the total of her race scores excluding her worst score.

16.3 Given that boats in the same class will be self-selecting to sail the Experienced or Inexperienced courses, the scoring will place boats in order of finish on the Experienced course first and then in finishing order on the Inexperienced course. This changes RRS Appendix A4.

17 SAFETY

17.1 Following daily races each team coach shall facilitate safety by confirming the onshore return of their individual team members. Retiring boats should immediately be made

aware to the course Race Officer and shore contacts.

17.2 Competitors shall wear an approved personal flotation device securely fastened at all times when afloat except briefly while changing or adjusting clothing or personal equipment; flag “Y” need not be displayed. A whistle shall be tethered to all PFDs. This changes the preamble to Part 4 and RRS 40.

17.3 All competitors shall wear appropriate clothing and have suitable gear for the conditions. Some suggestions are as follows: dry suits with base layers, or appropriate grade wetsuit, warm hat, gloves, neoprene booties, food snacks, liquids. If you are unsure, please ask us or follow the guidelines issued by your class association, coach or Bluenose Race Committee.

17.4 The Race Committee reserve the right to request a competitor to withdraw that they feel is negligent, unprepared, or likely to cause a safety issue to themselves or others.

18 SUPPORT BOATS

18.1 Coaches are required to monitor their applicable course VHF channel (see Appendix ‘A’) to determine if their assistance is required in case of emergency or rescue situations.

18.2 Retiring boats should be chaperoned to shore, coaches must inform the Race Committee that they are doing so and report the sail number of the retiring boat.

18.3 As this is a learning regatta, there is no exclusion zone. Coaching is permitted across the race course. Support boats shall use good judgement in remaining out of the way of competitors.

18.4 All support boats must accept trash from competitors. See SI 21.

19 RADIO COMMUNICATIONS

19.1 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.

20 TRASH

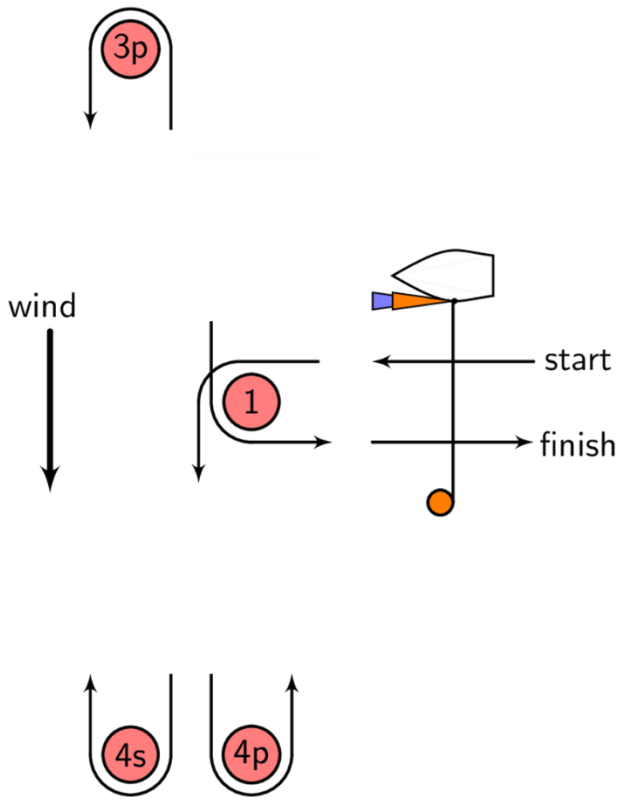
20.1 All participants must ensure that trash, for example, lunch wrappings and empty water bottles, are not discarded into the water. Official and support vessels will accept trash from competitors. [DP]

21 DISCLAIMER OF LIABILITY

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

ADDENDUM A: COURSE DIAGRAMS

Course 1 - Sail GP Compact



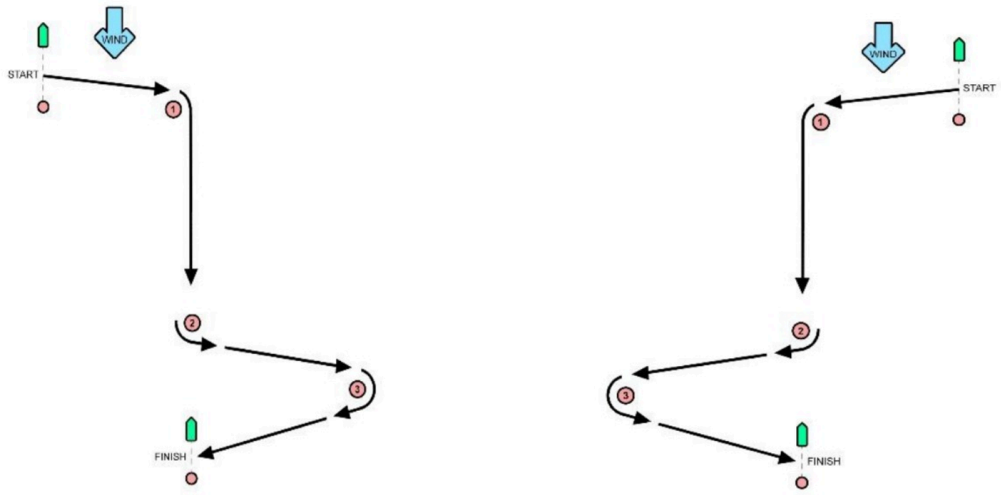
Courses to be sailed given this is a learning regatta, including roundings:

Course	Sailor Experience	Mark Rounding (to port unless noted otherwise) Order
L1	Experienced (champ)	Start – 1 – 4s/4p – 3p – 1 – Finish
L1	Inexperienced (green)	Start – 1 – Finish
L2	Experienced (champ)	Start – 1 – 4s/4p – 3p – 4s/4p – 3p – 1 - Finish
L2	Inexperienced (green)	Start – 1 – Start/Finish line – 1 – Finish

Mark 1 – Green Tetrahedron
Marks 4s/4p – Orange Tetrahedrons
Mark 3p - Yellow Tetrahedron
Start/Finish Pin – Pink Tetrahedron

Course 2 - Sprint Slalom

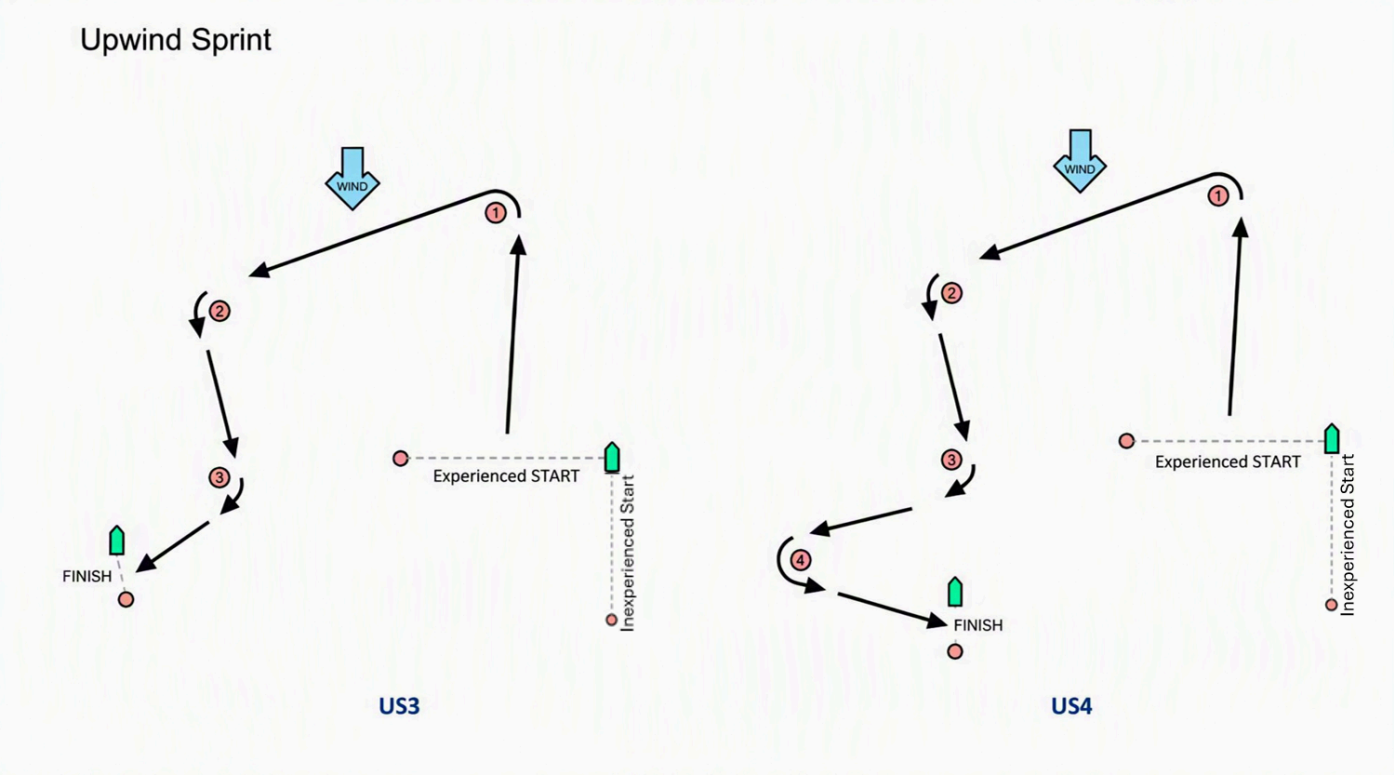
Sprint racing
Sprint Slalom



Course	Mark Rounding Order
PD3 Experienced	Start – 1s – 2p – 3s - Finish
PD3 Inexperienced	Start - 1s - Finish
SD3 Experienced	Start - 1p - 2s - 3p - Finish
SD3 Inexperienced	Start - 1p - Finish

Start – Pink Tetrahedron
Mark 1 – Green Tetrahedron
Mark 2 – Orange Tetrahedrons
Mark 3 - Yellow Tetrahedron
Finish - Buoy with Blue Flag

Course 3 - Upwind Sprint



Course	Mark Rounding Order
US3 Experienced	Start – 1p – 2p – 3s - Finish
US3 Inexperienced	Start – 3p - Finish
US4 Experienced	Start - 1p - 2p - 3s - 4p - Finish
US4 Inexperienced	Start - 3p - 4 p - Finish

Start – Pink Tetrahedron
Mark 1 – Green Tetrahedron
Mark 2 – Orange Tetrahedrons
Mark 3 - Yellow Tetrahedron
Mark 4 - Pink Tetrahedron
Finish - Buoy with Blue Flag