

2026 HANS FOGH YOUTH REGATTA

SAILING INSTRUCTIONS

WEDNESDAY, AUGUST 19 - THURSDAY, AUGUST 20, 2026

Organizing Authority (OA) – Etobicoke Yacht Club, Toronto, Canada



RACING



1. RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing* (RRS).
- 1.2 The Sail Canada prescriptions shall apply. <https://www.sailing.ca/rules-prescriptions/>
- 1.3 RRS G1.1 (b) will not apply. This changes RRS 77.
- 1.4 RRS 60.4(a)(2) is changed as follows: “(2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or...”.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 1700 on the day before it will take effect.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to Competitors will be posted on the official notice board at <https://theclubspot.com/regatta/gUvIWkznJO/#notice-board>. As a courtesy, notices may also be posted on the notice board located on the North Wall of the Dry Sail Building.
- 3.2 On the water, the race committee intends to monitor and communicate on VHF radio channel 69 for Alpha course and VHF channel 08 for Bravo course.

4. CODE OF CONDUCT

- 4.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials.
- 4.2 Sail Canada Code of Conduct for Competitors, Coaches and Parents (contained within Sail Canada Safe Sport Policy Package) and the Code of Conduct for guests of the Etobicoke Yacht Club will apply.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed at the Dry Sail flagpole.
- 5.2 Signals ashore will be:

	When Flag ‘AP’ is displayed ashore, ‘1 minute’ is replaced with ‘not less than 30 minutes’ in Race Signals AP.
	[DP] Flag D with one sound means ‘Boats shall NOT launch until this signal is made. The warning signal will not be made before the scheduled time or less than 30 minutes after flag D is displayed.’
	When Flag ‘L’ is displayed ashore, a notice to competitors has been posted on the official notice board.

6. SCHEDULE OF RACES

- 6.1 Dates of Racing: Wednesday, August 19 and Thursday, August 20, 2026.
- 6.2 Number of Races: There is no limit to the number of races that may be sailed. The race committee will run as many as possible within the time allowed to give competitors the maximum racing experience.
- 6.3 The scheduled time of the warning signal for the first race on Wednesday is 1100 hours. The scheduled time of the warning signal for the first race on Thursday is 1000 hrs.
- 6.4 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.



- 6.5 There will be a Competitors Meeting at 0930 hrs. Wednesday August 19th in front of the EYC Dry Sail Building.
- 6.6 No warning signal will be made after 1500 on Wednesday August 19th and no warning signal will be made after 1400 hours on Thursday August 20th.

7 CLASS FLAGS

- 7.1 Class flags will be:

	C420 White Sail will be a White Flag with the C420 insignia on it.
	C420 Spinnaker will be a Red Flag with the C420 insignia on it.
	RS Feva will be a White Flag with the RS Feva insignia on it.
	ILCA 4 will be a yellow Flag with the ILCA insignia on it.
	ILCA 6 will be a green Flag with the ILCA insignia on it.
	ILCA 7 will be a white Flag with the ILCA insignia on it.
	Optimist Blue, White and Red fleets will be a white Flag with the Optimist insignia on it.
	Optimist Green fleets will be a green Flag with the Optimist insignia on it.

8 RACING AREA

- 8.1 Alpha racing area will be located in Lake Ontario approximately 0.5 nautical mile south of the entrance to the EYC Basin at a bearing of 100 degrees. Bravo racing area will be located in Lake Ontario approximately 0.5 nautical mile south of the entrance to the EYC Basin at a bearing of 160 degrees.

8.2.

Course	Fleet
Alpha	Optimist, RS Feva
Bravo	ILCA 4, ILCA 6, ILCA 7, C420

9 THE COURSES

9.1 The diagrams in Appendix '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.

10 MARKS

10.1 Marks 1, 2 and 3 will be:

Alpha Course	Bravo Course
Yellow Inflatables	Orange Inflatables

10.2 Start mark and finish marks will be:

	Alpha Course	Bravo Course
Start Mark	Green Inflatable	Green Inflatable
Finish Mark	Red inflatable	Red inflatable

11 THE START

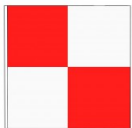
11.1 Races will be started by using RRS 26 with the warning signal given 5 minutes before the starting signal.

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

11.3 [DP] Boats whose warning signal has not been made shall avoid the starting area, staying a minimum of 15 meters below the start line.

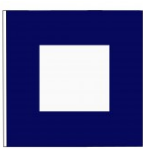
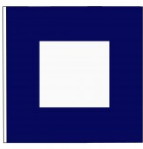
11.4 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A5.1 and A5.2.

11.5 Flag U start:

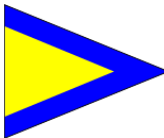
	If flag U has been displayed as the preparatory signal, no part of a boat's hull, crew, or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing but not if the race is restarted or re-sailed.
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11.6 Example starting sequence.

Prior to the start sequence, course to be sailed is posted.		
Five minutes before a warning signal is made	 	
Time	Flag	Sounds
5 minutes before start Class flag raised with a sound signal (warning signal)	 	

4 minutes before start Preparatory flag raised with a sound signal (preparatory signal)				
1 minute before start Preparatory flag lowered with a sound signal				
Start Class flag lowered with a sound signal (start signal)				

11.7 Recall signals

Individual recall if identified boats are on the course side of the start line prior to the start.			
General recall if multiple or unidentified boats are on the course side of the start line prior to the start			

12 CHANGE OF THE NEXT LEG OF THE COURSE

12.1 The race committee may, without signal, move a mark to change the direction up to 10 degrees or the length up to 10% of the previous length, provided that no boat is sailing to the mark. This changes RRS 33.

13 THE FINISH

13.1 The finish line will be between the staff displaying the blue flag on the signal vessel and the course side of the finish mark.

13.2 If the Race Committee determines that the finishing order in a race is unlikely to change, it may use reasonable discretion to score boats still racing, points equal to their position in the race. This changes RRS A3, A4 and A5.2.

14 PENALTY SYSTEM

14.1 RRS 44.1 is changes so that the Two-Turns Penalty is replaced by a One-Turn Penalty except that if the breach of RRS Part 2 is within the zone, it shall be a Two-Turns Penalty.

15. TIME LIMITS AND TARGET TIMES

15.1

Class	Starting Window	Time Limit	Finish Window	Target Time
Optimist, RS Feva	4 minutes	60 minutes	20 minutes	30 minutes
ILCA 4, ILCA 6, ILCA 7	4 minutes	60 minutes	20 minutes	40 minutes
C420	4 minutes	60 minutes	20 minutes	40 minutes

15.2 Boats failing to finish within 20 minutes after the first boat in their class sails the course will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, A5.1 and A5.2.

15.3 Failure to meet target time will not be grounds for redress. This changes RRS 61.

16. HEARING REQUESTS

16.1 A boat intending to protest another boat or request redress shall provide a completed hearing request form to the Jury Desk (located beside the Dry Sail building) within the protest time limit.

16.2 A boat requesting a scoring inquiry shall provide a completed scoring inquiry form to the Jury desk.

16.3 For each class, the protest time limit is 30 minutes after the course Race Committee signal boat docks.

16.4 Notices will be posted within 15 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Jury Room, as directed at the Jury Desk.

16.5 Notices of protests by a committee to inform boats under RRS 60.2(a)(2) will be posted online at <https://theclubspot.com/regatta/gUvIWkznJO/#notice-board>

17 SCORING

17.1 One race is required to be completed to constitute a series.

17.2 (a) When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.

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

18 [DP] SAFETY REGULATIONS

18.1 Check-out and check-in: All boats shall check out when leaving the harbour and check in with the Beach Master upon returning. Failure to check out or in may result in a protest by the Race Committee.

18.2 No competitors shall launch until Flag D is displayed (see SI 5.2.).

18.3 All competitors must sail past the stern of the signal boat to check in with Race Committee before the start of the first race each day and the first race following any postponement ashore.

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

18.5 In a general emergency, flag V will be displayed on the Signal Boat and all support boats shall be considered safety boats and be under the direction of the Race Committee (see RRS 37).

19 REPLACEMENT OF CREW OR EQUIPMENT

19.1 Substitution of competitors will not be allowed without prior written notice to the Race Committee. Request forms are available from the Regatta Office upstairs in the Dry Sail building.

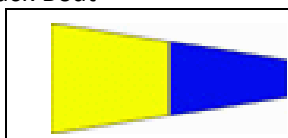
19.2 [DP] Substitution of damaged or lost equipment or changes of sail number will not be allowed unless approved by the Race Committee. Requests for substitution must be made in writing at the Regatta Office upstairs in the Dry Sail building.

20 EQUIPMENT AND MEASUREMENT CHECKS

20.1 A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a boat can be instructed by a member of the Race Committee to proceed immediately to a designated area for inspection.

21 OFFICIAL VESSELS

21.1 Snack Boat



A snack boat may be positioned below the start line during racing to provide water and energy bars to competitors. The snack boat will be identified by Numeral Pennant 5.

22 [DP] SUPPORT VESSELS

22.1 All support teams are reminded that they must carry boat registration and appropriate safety gear. All operators must have their PCOC cards on hand.

- 22.2 It is stipulated by the organizing authority that all support teams have working VHF Radios. Race communication will be on VHF radio channel 69 for Alpha course and VHF channel 08 for Bravo course.
- 22.3 Team leaders, coaches and other support personnel (including parents of competitors) intending to be on the water during the regatta shall register with the organizing authority.
- 22.4 Support vessels will be assigned a berth or mooring area for the duration of the regatta. Such berth or mooring is subject to the terms and conditions for all boats using EYC controlled facilities. All support vessels are reminded to respect club members and their boats and to avoid wake inside the harbour.
- 22.5 After the warning signal has been made, all support vessels shall be either:
- a) below the start line and its extensions
 - b) on the port side of the course (looking to windward) and shall stay well outside of the layline to Mark 1, maintaining a safe distance from ALL racing boats. Except that after the first boat has rounded the Leeward Mark for the first time, coaches may coach boats in the last half of a fleet. Support vessels will be allowed on the starboard side of the course when needed for an emergency situation.
- 22.6 In a general emergency situation, all support boats shall be utilized as safety boats and be under the direction of the Safety Chief and/or Race Committee.
- 22.7 *COACHING DURING RACING.* This is a training regatta and coaching of the boats in the last half of the fleet is encouraged and permitted after the first boat has rounded the Windward Mark for the first time in accordance with instruction 21.5. This modifies RRS 41.
- 22.8 The **HFYR Regatta Coach** is permitted to coach any boat at any time during racing at their sole discretion. This modifies RRS 41.
- 22.9 Support boats must be equipped with engine-kill mechanism. Operators of support boats must attach engine kill cords to themselves, or wear appropriate wireless equivalent, at all times while the engine is on.

23 PRIZES

- 23.1 Flags will be awarded to boats placing first, second and third in each class with five or more entries; to those placing first and second in classes with four entries and to the first-place crew in classes with three entries.
- 23.2 For the purposes of prize giving, C420 White sail and C420 Spinnaker will be treated as separate classes.
- 23.3 For the purposes of prize giving, RS Feva S and XL will be treated as separate classes.
- 23.4 The Optimist Class will receive prizes for Red, White, Blue, Green fleets and overall..

24 RISK STATEMENT

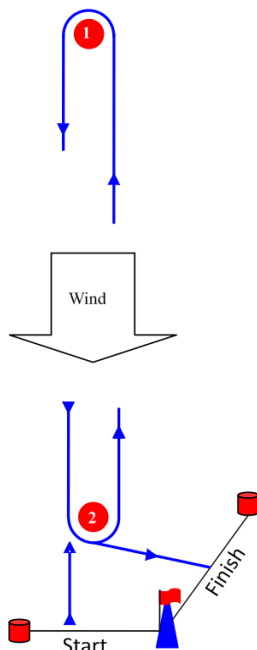
- 24.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds 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.

25 INSURANCE

- 25.1 Each participating boat shall be insured with valid third-party liability insurance.



APPENDIX 'A'

Course	Description	
	Windward/Leeward with Hollywood finish	
	Possible courses	
	Signal	Mark Rounding Order
	LH1	Start-1-2-Finish
	LH2	Start-1-2-1-2-Finish
LH3	Start-1-2-1-2-1-2-Finish	

Course	Description	
	Windward Leeward Triangle	
	Possible courses	
	Signal	Mark Rounding Order
	TL1	Start-1-2-3-Finish
	TL2	Start-1-2-3-1-3-Finish