



Bedford Basin Yacht Club
377 Shore Drive - Bedford, NS B4A 2C7
(902)-835-3729



SUNNYBROOK
YACHTS

AEROTEC
ENGINES



Polaris Block Race

Bedford Basin Yacht Club - Organizing Authority

Monday, September 7, 2026

Bedford, Nova Scotia, Canada

Sailing Instructions (SI)

The abbreviations in the Notice of Race (NoR) apply to these Sailing Instructions. RCV: Race Committee Vessel.

1 RULES

- 1.1 The event is governed by the rules as detailed in NoR 1.
- 1.2 When the umpires proceed under RRS C8.7 they will be guided by SI Addendum B.
- 1.3 The RRS are changed as follows:
 - (a) When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in Race Signals AP.
 - (b) RRS 32 is deleted and replaced with: 'After the starting signal, the RC may abandon or shorten any match for any reason, after consulting with the match umpires when practical.'

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the SI 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 1800 on the day before it will take effect.
- 2.2 Changes to a SI may be made on the water. These will be signalled by the display of flag 3rd substitute with three sound signals from the Race Committee Vessel ('RCV'). An umpire may communicate these RC changes either verbally or in writing.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Further to NoR 3, when on the water, the RC intends to monitor and communicate with competitors on VHF channel 71.

4 BOATS, SAILS AND FLAGS

- 4.1 Boats will be identified by their sail numbers and by the club burgee displayed in accordance with NoR 9.1.
- 4.2 Further to NoR 9.2, the blue or yellow flag required by RRS C4.1 shall be displayed from the backstay below the burgee. The OA will supply each boat with a blue flag, a yellow flag, and flag Y at the skippers' briefing. Flags shall be returned to the RC after racing.



Bedford Basin Yacht Club
377 Shore Drive - Bedford, NS B4A 2C7
(902)-835-3729



SUNNYBROOK
YACHTS

AEROTEC
ENGINES



5 CREW

- 5.1 Further to NoR 5.3, a request to substitute a skipper or crew member shall be made to the RC, which will act on behalf of the OA, before the warning signal of the first match affected.

6 BOWSPRIT AND DRIVER POSITION

- 6.1 J/105 Class Rules 7.2 (bowsprit) and 7.5 (driver position) apply under NoR 1.2. A breach of Class Rule 7.2 or 7.5 is subject to action by the umpires in accordance with RRS C8.2. This changes RRS C6.2 and C8.2.
- 6.2 A boat that does not retract the bowsprit fully may be warned and given an opportunity to correct the error.

7 [NP] OTHER RESTRICTIONS

- 7.1 Except in an emergency or in order to prevent damage or injury, or when directed otherwise by an umpire, the following are prohibited while racing:
- (a) adjusting or altering the tension of standing rigging, excluding the backstay;
 - (b) the use of the shrouds above the lower turnbuckle to facilitate tacking or gybing, or to aid the projection of a crew member outboard.
- 7.2 A breach of SI 7.1(b) is subject to action by the umpires in accordance with RRS C8.2. This changes RRS C6.2 and C8.2.

8 SCHEDULE

- 8.1 Further to NoR 7.1, the skippers' briefing will be held at 1000 at the BBYC clubhouse. The warning signal for the first match will be made at 1200. Subsequent matches will follow as soon as practicable after the previous match.

9 MATCHES

Further to NoR 6:

- 9.1 The list of eligible skippers and the match pairing list are detailed in SI Addendum A, published as a separate document and posted on the official notice board by 1000 on September 7.
- 9.2 Matches will be started one at a time. The order of matches will be as per SI Addendum A.
- 9.3 The RC may change the order of matches. The RC, or an umpire on behalf of the RC, will advise competitors of any such change verbally.



Bedford Basin Yacht Club

377 Shore Drive - Bedford, NS B4A 2C7
(902)-835-3729



SUNNYBROOK
YACHTS

AEROTEC
ENGINES



10 COURSES

10.1 Configuration (not to scale)

Windward mark 'W'
yellow tetrahedron - round to starboard



Start / Finish line
port end: mark 'L', yellow pin buoy,
also the leeward mark - round to starboard



10.2 Signals and Course to be Sailed

Course signals will be displayed from the RCV at or before the warning signal.

Marks W and L shall be rounded to starboard. A boat rounding mark L crosses the starting and finishing line; she has not finished while she continues to sail the course.

Signal	Course
No signal	Start – W – L – W – Finish
S	Start – W – Finish

11 MARKS / STARTING AND FINISHING LINE

11.1 Mark W is a yellow tetrahedron. Mark L is a yellow pin buoy and is also the port-end mark of the starting and finishing line.

11.2 When looking up the course, the starting and finishing line is between a staff displaying an orange flag on the RCV at the starboard end and the course side of mark L at the port end.



Bedford Basin Yacht Club
377 Shore Drive - Bedford, NS B4A 2C7
(902)-835-3729



SUNNYBROOK
YACHTS

AEROTEC
ENGINES



12 CHANGE OF THE NEXT LEG OF THE COURSE

- 12.1 To change the next leg of the course, the RC will move the original mark or the finishing line to a new position. RRS 33 and Race Signals are changed as follows:
- (a) Flag C means: 'The windward mark has been moved.'
 - (b) The finishing line, including mark L, may be moved without any signal to square it to the wind direction prior to boats being on the leg to mark L or to the finish.
 - (c) When a change of course is made for the first leg, the signal will be displayed from the RCV with the preparatory signal. The preparatory signal will be followed by a series of repetitive sound signals.
 - (d) When a change of course is signalled after the first leg it will be displayed from the RCV.

13 OBSTRUCTIONS

- 13.1 A buoy may be attached to the RCV anchor line at just below keel depth. Boats shall not pass between this buoy and the RCV at any time. This area is designated as an obstruction. As part of the anchor line, this buoy is not part of the starting mark. A breach of this sailing instruction is not open to protest by boats but is subject to action by umpires in accordance with RRS C8.2. This changes RRS C6.2 and C8.2.

15 TIME LIMIT

- 15.1 A boat that does not finish within 5 minutes after her opponent has sailed the course has retired from that race.

16 RISK STATEMENT

Refer to NoR 12.



Bedford Basin Yacht Club
377 Shore Drive - Bedford, NS B4A 2C7
(902)-835-3729



SUNNYBROOK
YACHTS

AEROTEC
ENGINES

