



Marstrands Segelsällskap

GÖTEBORGS SEGLARKLUBB



Sailing Instructions (“SI”)

Marstrand 12mR Cup

Dates:	29 th to 31 st August 2025
Location:	Marstrand, Sweden
Boat class:	12mR Class
Organizing authorities:	Marstrands Segelsällskap and Göteborgs Seglarklubb

1. RULES

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing 2025 – 2028 (“RRS”). App.S does NOT apply. However, the Notice of Race (“NOR”) or the SI may refer to a specific provision in App.S.
- 1.2 RRS 44.1 and 44.2 applies. RRS 44.1 is however changed so that the Two-Turns Penalty is replaced with a One-Turn Penalty.
- 1.3 App. T “Arbitration” applies.
- 1.4 The decision to start or abandon a race solely rests with the Race Committee (“RC”).



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- 1.5 The official language of the class is English. In case of any discrepancy between the English text and any translation, the English text shall prevail.
- 1.6 In case of any discrepancy between the NOR and the SI, the provisions and text of the SI shall prevail.

2. CHANGES TO THE SAILING INSTRUCTIONS

- 2.1 The Official Notice Board ("ONB") is at www.marstrand12metrecup.se
- 2.2 Any change to the Sailing Instructions will be posted on the ONB before 08.30 on the day it will take effect. However, any change to the schedule of races will be posted before 21.00 on the day before it will take effect.
- 2.3 Any reassignment of classes to racing areas will be posted before 08.30 on the day it will take effect or, if flag AP is displayed ashore, 30 minutes before flag AP is removed.

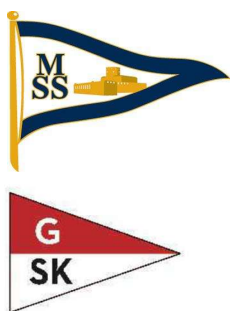
3. COMMUNICATION AND SIGNALS

- 3.1. Notices to competitors will be posted on the ONB. In addition, there will be a WhatsApp-group available to subscribe to when registering to the event. However, failure to message information in the WhatsApp-group, or failure to perceive such messages, shall not be grounds for redress. This changes to RRS 61.
- 3.2. Ashore, race-related signals will be displayed on a pole close to the mooring jetty outside the 12m Yacht Club Café (the restaurant Marstrands Wärdshus).
- 3.3 When flag AP is displayed ashore, "1 minute" is replaced with "not less than 60 minutes".
- 3.4 On the water, all race-related signals will be displayed on the race committee vessel.
- 3.5 On the water, the RC may use VHF radio to provide race information such as courses to be sailed, recalls and boats identified as OCS, UFD or BFD, to the fleet. However, failure to broadcast such information, or failure to perceive such broadcast, shall not be grounds for redress. This changes to RRS 61.

Information about which VHF channel to be used will be notified at the Skippers' meetings.

4. CODE OF CONDUCT

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



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5. TIME SCHEDULE

Thursday, August 28	Arrival	Marstrand harbor
12.00 – 18.00	Registration / Welcome	Race Office (located at the house "Korvetten" on the Marstrand Island)
Evening	Free activities at everyone's discretion	
Friday, August 29		
07.30 – 08.15	Registration / Welcome	Race Office
08.30 – 09.00	Skippers meeting	12m Yacht Club Café
11.00	First warning signal of the day	
Saturday, August 30		
08.30 – 09.00	Skippers meeting	12m Yacht Club Café
11.00	First warning signal of the day	
Sunday, August 31		
08.30 – 09.00	Skippers meeting	12m Yacht Club Café
11.00	First warning signal of the day	
15.00	No warning signal later than this	
ASAP when the regatta is completed	Price giving ceremony and closing	TBA

6. THE START

6.1 The starting procedure will be as shown below, this changes to RRS 26.

Minutes before starting signal	Visual signal	Sound signal	Means
At least 10	Orange flag	One long	Starting line in place
5	Class flag	One	Warning signal
4	P, I, U or black flag	One	Preparatory signal
1	Preparatory flag removed	One long	One minute
0	Class flag removed	One	Starting signal

6.2 The orange flag may remain hoisted between the races, at the discretion of the RC.

6.3 Warning signal will be flag F (FOXTROT):



6.4 RRS 29 applies. In addition, the RC will try to call the sail number on a boat that has started early over VHF. However, any omission by the RC shall not be grounds for redress. This changes RRS 61.1a and 61.4(b)1).



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- 6.5 A boat not starting within five minutes of the starting signal will be scored as did not start (DNS) without a hearing. This changes to RRS A5.1 and A5.2.

7. THE COURSE AND SCORING

- 7.1 The Course is a windward/leeward course with the starting line located between the windward mark and the leeward mark, approx. 1/3rd of the course up from the leeward mark, see the schematic image in Enclosure 1.
- 7.2 The starting line is between a pole with an orange flag on the race committee vessel (the starting vessel), and a pole with an orange flag on a buoy on the port side of the starting vessel.
- 7.3 The finishing line is between a pole with a blue flag displayed on the race committee vessel and a pole with a blue flag on a buoy on the aft starboard side of the race committee vessel.
- 7.4 The windward mark will be a yellow jumbo buoy, the spread mark will be a red/orange buoy, and the leeward buoy will be yellow cylinder buoy.
- 7.5 The course is to be sailed two laps, i.e.:

Start – 1 – 1a – 2A/2B – 1 – 1a – 2B – Finish.

- 7.6 If the RC, together with the warning signal, displays flag T , then the course is to be sailed three laps, i.e.:

Start – 1 – 1a – 2A/2B – 1 – 1a – 2A/2B – 1 – 1a – 2B – Finish.

- 7.7 The race committee may adjust the position of any laid inflated mark(s) by up to approx. plus or minus 15 degrees relative to its previous position and/or up to approx. 200 meters to windward or leeward, without a signal. This changes to RRS 33.

The RC will try to inform of any such changes over VHF, however any omission by the RC shall not be grounds for redress. This changes RRS 61.1a and 61.4(b)1).

- 7.8 If deemed possible, at the sole discretion of the RC, the last race of the day may have the finishing line in either the northern inlet of Marstrand or the southern inlet of Marstrand outside the "Strandverket" fortification. In such a case the decision and further information reg. the course will be notified at the skippers' meeting on the relevant day.

Such a decision will also be notified by the race committee vessel displaying flag E = .



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- 7.9 Except as otherwise stipulated in these SI, the low point scoring system of RRS App. A will apply, however modified so that when four or fewer races have been completed, a boat's series score will be the total of her race scores.

8. No OF RACES, TARGET TIMES AND TIME LIMITS

- 8.1 Eight races are intended during the regatta, each race with a target time of 60 minutes.
- 8.2 Failure to meet the target time will not be grounds for redress. This changes RRS 61.1(a) and 61.4(b)1).
- 8.3 Race time limit will be 100 minutes.
- 8.4 Finishing window will be 30 minutes after the first boat has sailed the course and finished.
- 8.5 Boats failing to finish within the time stated under 8.4 above (the finishing window) will be scored DNF without a hearing. This changes RRS 35, A5.1 and A5.2.

9. RACING AREAS

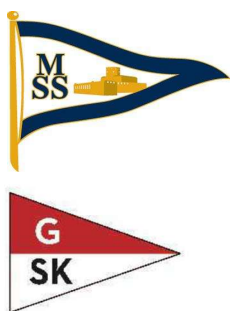
The location of the racing areas is shown in Enclosure 2 "Racing Areas".

10. REPORTING

A boat that does not start or retires, shall inform the Race Office as soon as possible on telephone +46 708 13 84 45 or by e-mail m.blomberg@mcub.se.

11. PROTESTS AND REQUESTS FOR HEARINGS

- 11.1 The protest time limit is 45 minutes, calculated from the time the boat has had a reasonable possibility to sail in and moor after the last race of the day.
- 11.2 Protests and request for hearings shall be filed at the Race Office or e-mailed to m.blomberg@mcub.se within the protest time limit and comply with the requirements of RRS 61.2.
- 11.3 Notices to inform competitors of hearings in which they are parties or named as witnesses, including time and place for the hearing, will be posted no later than 45 minutes after the protest time limit has expired. Calls for hearings may also be e-mailed to the relevant parties.



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12. SAFETY REGULATIONS

- 12.1 Boats not leaving the harbour for a scheduled race, shall promptly notify the Race Office.
- 12.2 A boat that retires from a race shall notify the RC at the first reasonable opportunity. This boat shall personally inform the Race Office no later than the protest time limit.
- 12.3 While racing, if a person on board falls overboard and is no longer in contact with the boat, the boat shall: immediately notify the RC on the relevant VHF channel (as notified at the skipper's meetings) that she has a crew member overboard also telling the sail number from what boat the crew member is missing and immediately attempt to recover the crew member.
- 12.4 In the interest of safety, any vessel related to the event (a boat's support person vessel, jury or race committee vessel etc.) may give immediate assistance.
- 12.5 A boat shall not resume sailing to the next mark before the person is back on board the boat or she receives the information that the crew member is on board another vessel.
- 12.6 As soon as possible after the person is back on board the boat or after receiving the information that the crew member is on board of another vessel, the boat shall take a One-Turn Penalty.
- 12.7 If the boat decides to retire promptly from the race instead of taking the One-Turn Penalty, her score shall be equal to the number of boats that started in the race for that race without a hearing. The scoring abbreviation will be MOB.
- 12.8 If she fails to comply with 12.3 – 12.7 above, she shall be disqualified without a hearing and her score shall be Disqualification Not Excludable ("DNE").
- 12.9 The above in this section 12 changes to RRS 41, 48.2, 61, A5 and A10. However, a boat's and/or the participants' obligations as per RRS 1.1, are not changed.
- 12.10 The Race Office telephone number is +46 708 13 84 45.

13. REPLACEMENT OF CREW OR EQUIPMENT

- 13.1 Substitution of one competitor during the event is permitted after prior notification to the RC. Further substitutions of competitors will not be allowed without prior written approval of the RC.
- 13.2 Substitution of damaged or lost equipment will not be allowed unless authorized in writing by the RC. Requests for substitution shall be made in writing to the RC at the first reasonable opportunity, which may be after the race.



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14. EQUIPMENT AND MEASUREMENTS CHECKS

- 14.1 A boat or equipment may be inspected at any time for compliance with the class rules, the NOR and the SI.
- 14.2. When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

15. OFFICIAL VESSELS

Official vessels are identified as follows:

Race Committee	A flag with MSS insignia and text "RACE COMMITTEE"	
Jury	A white flag with the letter "J"	
Safety	A flag with text "Safety"	

16. TRASH DISPOSAL

All participants have an obligation to take care of their own trash and dispose of it in designated waste containers.

Date: 2025-08-25
NROs: Paul MacDowall & Peter Söderberg
Version: 2

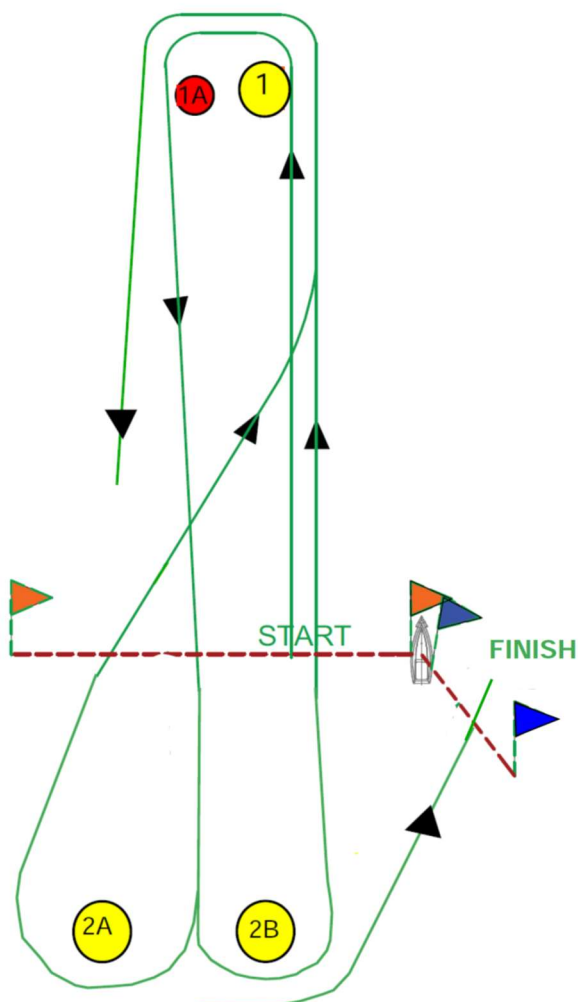


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Enclosure 1; The course (schematic image)



Course; windward/leeward with a finish to windward aft to starboard of the race committee vessel:

- (i) If no additional flag together with the warning signal = **2 laps**:

Start – 1 – 1A – 2A/2B – 1 – 1A – 2B – Finish

- (ii) If flag T  together with the warning signal = **3 laps**:

Start – 1 – 1A – 2A/2B – 1 – 1A – 2A/2B – 1 – 1A – 2B – Finish



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