SAILING INSTRUCTION

COUPE des NATIONS SOLO 2026

(sponsorisé par Noble Marine Assurance)

AO : **Société des Régates Saint Pierre Quiberon** (SRSP)

In conjonction with Association of the Solo Class (SCA)

`With the support of Institut National Nautique (I2N)

(ex ENVSN : Ecole Nationale de Voile et des Sports Nautiques)

Under authority of the French Sailing Federation and of World Sailing (WS)

Grade 4

Saint-Pierre Quiberon du 4 au 7 Juin 2026

The notation [NP] (No Protest) in a rule of the Sailing Instructions (SI) means that a boat may not protest another boat for breaking this rule.

The notation [DP] (Discretionary Penalty) in a rule of the SI means that the penalty for a breach of this rule may, at the discretion of the jury, be less than disqualification.This changes RRS 60.1.

1 RULES

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

1.2 In case of a translation of these SI, the French text will prevail

1.3 Sporting events are above all a place of exchange and sharing accessible to everyone. Competitors and support persons are requested to behave at all times, ashore and afloat, courteously and respectfully regardless of the origin, gender, or sexual orientation of other participants or support persons. A competitor or support person who does not respect these principles may be penalized under RRS 2 or 69.

2. CHANGES TO SAILING INSTRUCTIONS

2.1 Any change to the SI will be posted no later than 2 hours before the warning signal of the race in which it takes effect, except that any change in the schedule of races will be posted before 20:00 on the day before it takes effect.

3. COMMUNICATIONS WITH COMPETITORS

3.1 Notices to competitors will be posted on the official Notice board located on the windows of the room Pen Duick at the I2N and on the site :https://www.srsp.fr/international/

4. CODE OF CONDUCT [DP] [NP]

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 at the flagpole located in front of the I2N shed.

5.2 When flag AP is displayed ashore, the warning signal will not be made less than 30 minutes after lowering AP.

6. SCHEDULE OF RACES

6.1 Dates of races:

Date	Time	Activities
June 4th 2026	12:30	Coachs and competitors briefing.
	14:00	1st Warning signal for races (1 et 2)
June 5th 2026	13:30	1st Warning signal for races (3,4 et 5)
June 6th 2026	10:00	1st Warning signal for races (6,7 et 8)
June 7th 2026	10:00	1st Warning signal for races (9 et 10)
	ASAP	Price giving ceremony (at I2N)

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

6.3 Races will be sailed back to back every day. 10 races are scheduled with 2 or 3 races per day. Based on weather conditions or other reasons, Race Committee, may with Class approval, decide to perform one additional race per day.

6.4 The last day of the program no warning signal will be made after 14h30.

7. CLASS FLAG

Solo Flag will be the Class flag.

8. RACING AREA

The location of the racing aera is given in Appendix Racing Aera.

9. COURSES

9.1 The courses are described in appendix 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, as well as the approximate length of the courses.

9.2 No later than the warning signal, the race committee will indicate the course to be sailed and, if necessary, the approximate heading and length of the first leg. The signals defining the course to be sailed are written on a board.

10. MARKS

10.1 Marks are described in appendix COURSES

10.2 A race committee boat signaling a change to a leg of the course is a mark.

11. AERAS THAT ARE OBSTRUCTIONS

The aeras considered as obstructions are specified in Appendix COURSE AREA.

12. THE START

12.1 The starting line will be between a staff displaying an orange flag on the race committee boat at the starboard end and a staff displaying an orange flag on the pin-end boat at the port end, or alternatively the course side of the starting mark at the port end.

12.2 *[DP] [NP]* Boats awaiting their start: Boats whose warning signal has not been made shall avoid the starting area during the starting procedure of other boats.

12.3 A boat that does not start within 4 minutes (default time, modify as necessary) after her starting signal will be scored DNS without a hearing (this changes RRS A5.1 and A5.2).

13. CHANGE OF THE NEXT LEG OF THE COURSE

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

13.2 Except at a gate, boats shall pass between the race committee boat signalling the change of the next leg and the nearest mark, leaving that mark on the required side (this changes RRS 28.1).

14. THE FINISH

The finishing line will be made between a staff displaying a blue flag and the course side of the finishing mark

15. PENALTY SYSTEM

15.1 RRS 44.1 is changed so that the Two Turns Penalty is replaced by a One Turn Penalty.

15.2 Appendix P of the RRS will apply , but modified as such :

15.2.1 RRS P2.1 is changed so that the Two Turns Penalty is replaced by a One Turn Penalty.

15.2.2 Les RRS P2.2, P2.3 and P5 will not apply.

15.3 Competitors and support persons not complying with reasonable requests from race officials could be penalized.

16. RACE TARGET AND LIMIT TIMES

16.1 Race Target time is 30 minutes

16.2 Boats failing to finish within 15 minutes after the first boat sails the course and finishes will be scored DNF (this changes RRS35, A5.1 et A5.2)

16.3 Failure to meet the target time will not be grounds for redress (this changes RRS 61.1(a)).

17. REQUESTS FOR HEARING

17.1 For each class, the protest time limit is 60 minutes after the last boat has finished the last race of the day or after the race committee has signalled that there will be no more racing that day, whichever is later. The time will be posted on the official notice board.

17.2 Protest forms are available at the Jury office located at the room Pen Duick.

17.3 Notices will be posted no later than 30 minutes after 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 located at I2N room Pen Duick. They will start at the time posted on the official notice board.

18 SCORING

18.1 **2** races are required to be completed to constitute a series.

18.2 Discarded races:

(a) When fewer than **4** races have been completed, a boat's series score will be the total of her race scores.

(b) When **4** to **7** races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

(c) When **8** or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.

19 SAFETY REGULATIONS

19.1 *[DP] [NP]* A check-in/ check-out system will be implimented under the following procedures :
The list to be signed will be disposed in front of the I2N shed at least one hour prior to the 1st warning signal of the first race of the day and not later than one hour after arrival of the last boat when returning ashore.

19.2 Starting offshore :
Checking will be closed at the time of the starting signal of the first race.

19.3 Return ashore :
When returning ashore the time limit to sign the checking list is of 60 minutes after the last one has finish the last race of the day or after the flags N, H, AP/A, have been displayed by the race committee.

19.4 Penalties:
The following penalties will apply, without instruction. This changes RRS 60.5.b
Omission to sign while going offshore: Boat will be penalised of 15% on the first race.
Omission to sign when returning ashore: Boat will be penalised of 15% on the last race.
Omission to sign in and out: Boat will be penalised of 15% on all races of the day.

19.5 *[DP] [NP]* A boat that retires from a race shall notify the race committee as soon as possible.

20. REMPLACEMENT OF CREW OR EQUIPMENT

20.1 *[DP]* Substitution of competitors will not be allowed without prior written approval of the race committee or the jury.

20.2 *[DP]* Substitution of damaged or lost equipment will not be allowed without the approval of the technical committee or the race committee. Requests for substitution shall be made at the first reasonable opportunity.

21. INSPECTIONS AND EQUIPMENT CHECKS

21.1 A boat or its equipment may be inspected at any time to verify compliance with class rules, the notice of race, and the sailing instructions.

21.2 [DP] On the water, a member of the technical committee may request a boat to proceed immediately to a designated area for inspection.

21.3 [DP] A boat shall comply with the rules 60 minutes before her warning signal.

22. OFFICIEL BOATS

Official boats will be identified with flag or logo SRSP.

23. SUPPORT PERSONS

23.1 [DP] [NP] Support persons shall stay outside areas where boats are racing from the preparatory signal of the first class to start until all boats have finished or retired, or until the race committee signals a postponement, general recall, or abandonment.

23.2 [DP] [NP] Support boats shall be identified as follows: Identification letters of the represented country.

23.3 The FFVoile regulations governing support persons' intervention in competitions shall apply.

23.4 [DP] [NP] Support boats must carry on board:

- CE standard life jackets (minimum 50N) worn at all times by all persons on board
- A VHF radio
- A knife
- An anchor and suitable mooring line
- A floating tow line 10 mm in diameter and 15 m long
- A kill switch device connected to the driver whenever the engine is running.

Support boat drivers shall comply with any request from race officials or organizing authority representatives, particularly regarding assistance.

Support boats shall comply with local navigation rules, in particular respecting speed limits in various zones.

24. DISPOSAL OF WASTE

Waste may be placed aboard official or support boats

25 BERTHING

[DP] Boats shall be kept in their assigned places in the boat park at the I2N.

26. PRIZES

Prizes will be awarded for the 3 first ones of the general ranking.

APPOINTED OFFICIALS:
Race Committee Chair: Patrick Longuet
Technical Committee Chair : Pierre Mourot
Jury Chair : Alain Chenebault

Prescriptions of the Fédération Française de Voile (FFVoile)
Racing Rules of Sailing 2025-2028
Version of 15th of October 2024

Prescription 1
FFVoile Prescription to RRS 25.1 (Notice of race, sailing instructions and signals)
For events graded 4 and 5, standard notices of race and sailing instructions including the specificities of the event shall be used. Events graded 4 may have dispensation for such requirement, after receipt of FFVoile approval, received before the notice of race has been published. For events graded 5, posting of sailing instructions will be considered as meeting the requirements of RRS 25.1 application. These standard documents can be downloaded on the "Arbitrage" website of FFVoile. https://arbitrage.ffvoile.fr

Prescription 2
(*) FFVoile Prescription to RRS 60.5(d) (Decisions on protests concerning class rules)
The protest committee may ask the parties to the protest, prior to checking procedures, a deposit covering the cost of checking arising from a protest concerning class rules.

Prescription 3
(*) FFVoile Prescription to RRS 65.1 (Legal liability)
Any question or request related to legal liability arising from an incident occurred while a boat was bound by the Racing Rules of Sailing depends on the appropriate courts and cannot be examined and dealt by a protest committee. A boat that retires from a race or accepts a penalty does not, by that such action, admit legal liability.

Prescription 4
(*) FFVoile Prescription to RRS 70.3(b) (Appeals and requests to a national authority)
The denial of the right of appeal is subject to the written approval of the FFVoile, received at least 2 months before the event. This approval shall be posted on the official notice board during the event.

Prescription 5
(*) FFVoile Prescription to RRS 76.1 (Exclusion of boats or competitors)
An organizing authority or race committee shall not reject or cancel the entry of a boat or exclude a competitor eligible under the notice of race and sailing instructions for an arbitrary reason.

Prescription 6
(*) FFVoile Prescription to RRS 78.1 (Compliance with class rules; certificates)
The boat's owner or other person in charge shall, under his sole responsibility, make sure moreover that his boat complies with the equipment and security rules required by the laws, by-laws and regulations of the Administration.

Prescription 7
(*) FFVoile Prescription to RRS 86.3 (Changes to the racing rules)
An organizing authority wishing to change a rule listed in RRS 86.1(a) in order to develop or test new rules shall first submit the changes to the FFVoile, in order to obtain its written approval and shall report the results to FFVoile after the event. Such approval shall be mentioned in the notice of race and in the sailing instructions and shall be posted on the official notice board during the event.

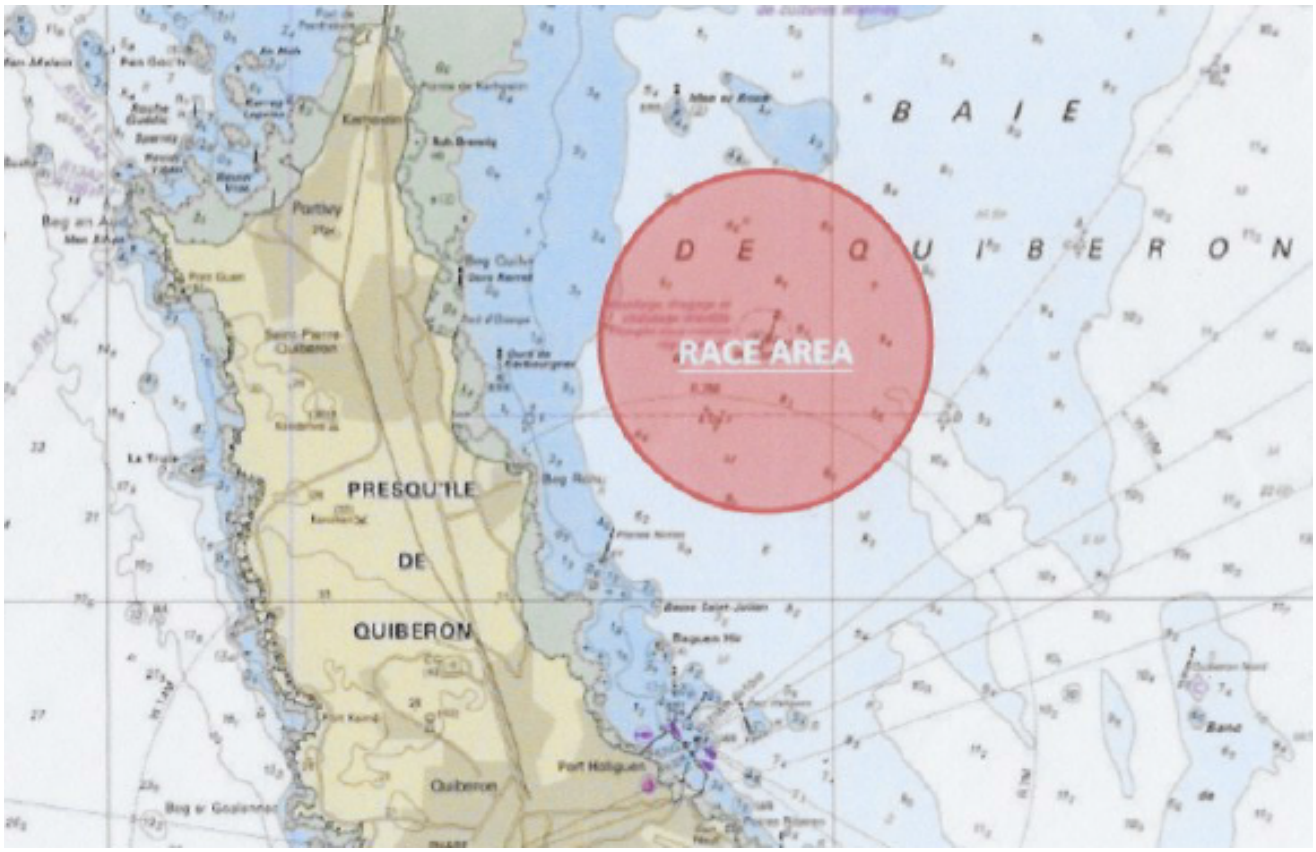
Prescription 8
(*) FFVoile Prescription to RRS 88.2 (Changes or deletions to National prescriptions)
Prescriptions of the FFVoile shall not be changed or deleted in the notice of race and sailing instructions, except for events for which an international jury has been appointed. In such case, the prescriptions marked with an asterisk.
(*) shall not be changed in the notice of race and sailing instructions. (The official translation of the prescriptions, downloadable on "Arbitrage" website of FFVoile shall be the only translation used to comply with RRS 90.2(b)).

Prescription 9
(*) FFVoile Prescription to RRS 91(a) (Minimum number of protest committee members)
The protest committee shall be composed of a minimum number of committee members in accordance with the provisions of the federal regulations of the FFVoile, unless a derogation is granted by the FFVoile

Prescription 10
(*) FFVoile Prescription to RRS 91(b) (Appointment of an international jury)
The appointment of an international jury meeting the requirements of Appendix N is subject to prior written approval of the FFVoile. Such approval shall be posted on the official notice board during the event.

FFVoile Prescription to APPENDIX R (Procedures for appeals and requests)
Appeals shall be sent to: Fédération Française de Voile, jury d'appel - 17 rue Henri Bocquillon, 75015 Paris – email: jury.appel@ffvoile.fr, using preferably the appeal form downloadable on the "Arbitrage" website of FFVoile.

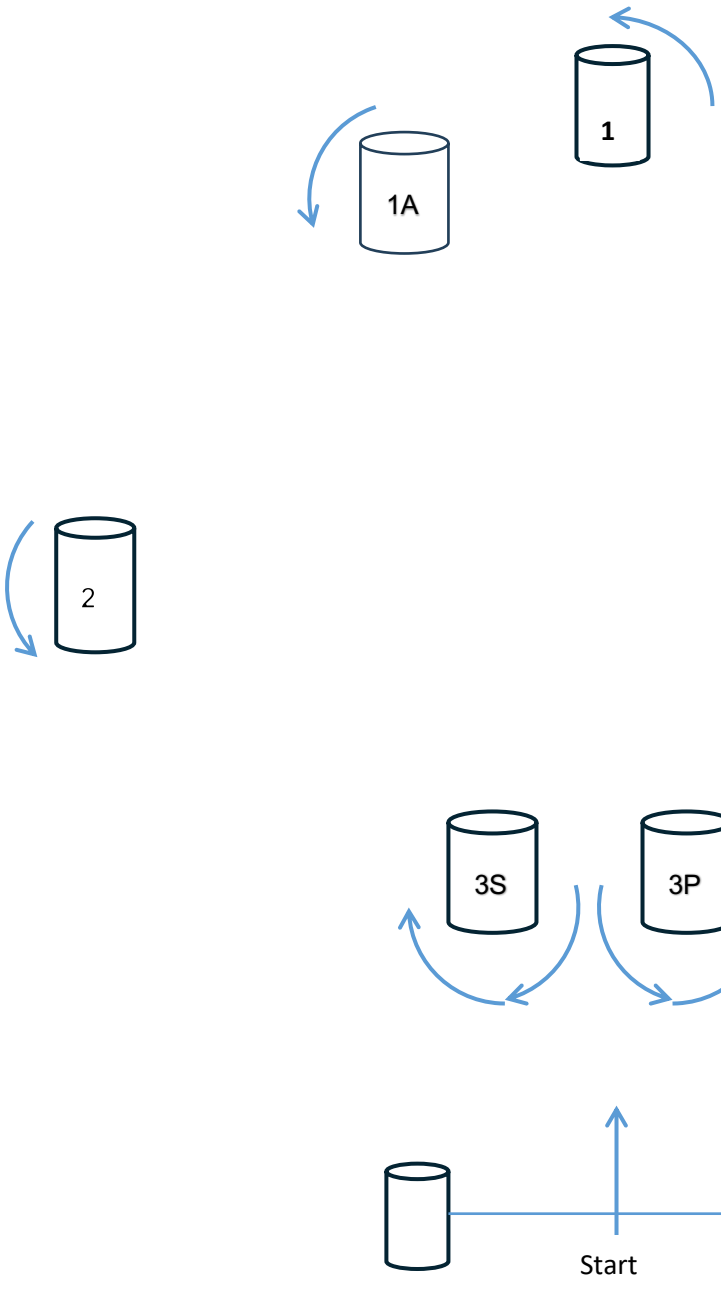
APPENDIX RACE AREA



APPENDIX COURSE FOR JUNE 4th ONLY

Course W2: Start/ 1 / 1A / Gate 3S-3P / 1 / 1A / 2 / 3S / Finish

Course W3: Start / 1 / 1A / Gate 3S-3P / 1 / 1A / 2 / 3S / 1 / 1A / 3P / Finish



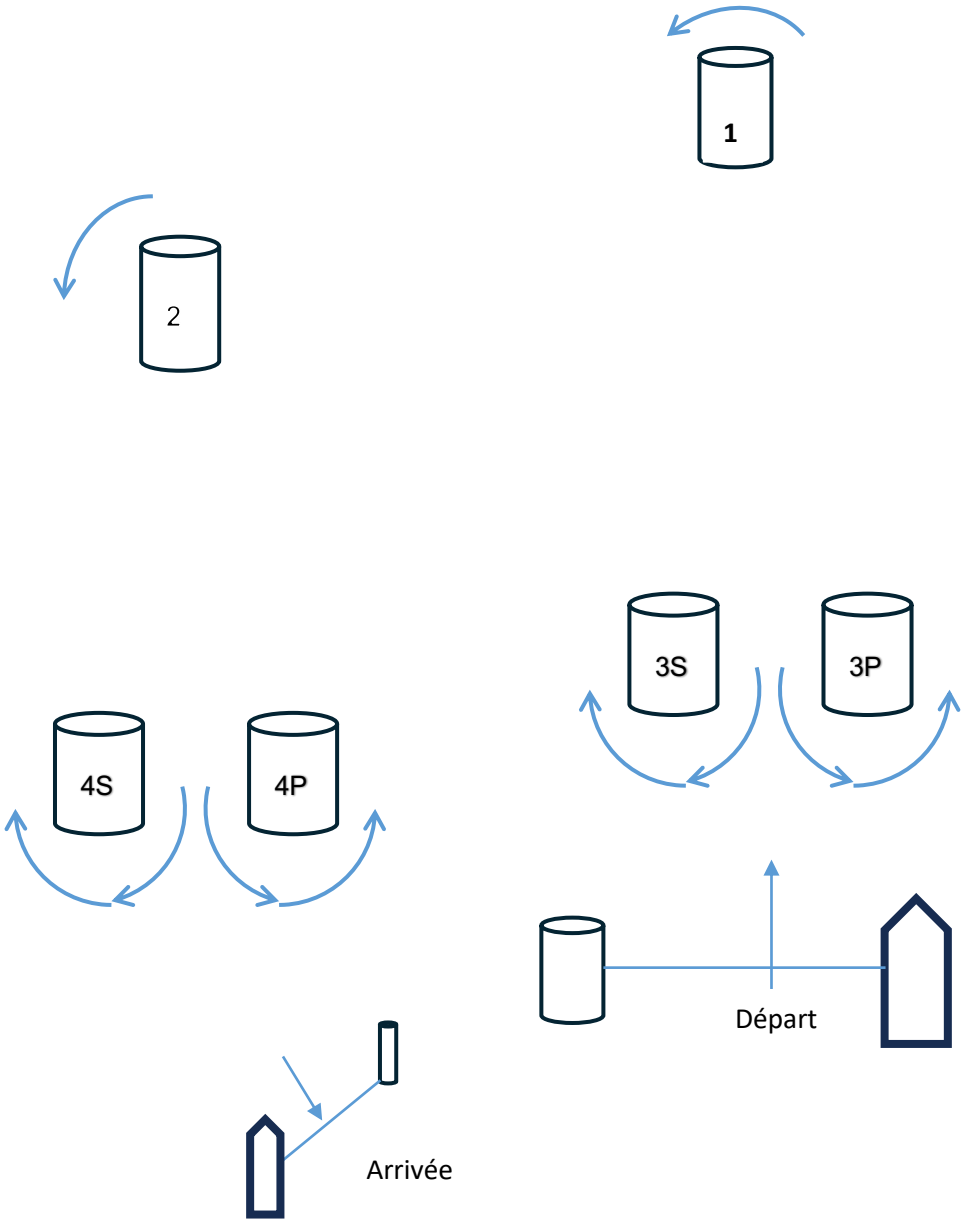
Marks :

Start	1	1A	2	Gate 3S/3P	Finish
Committee boat + Orange mark	Red mark	Yellow mark	Red mark	Black marks	Committee boat + slim yellow mark

ANNEXE Course for the 5th to the 7th of June
(Commun Course for Solos, Contenders and Finns)

Course I2: Start / 1 / Gate 3S-3P / 1 / 2 / 4P / Finish

Course O2: Start / 1 / 2 / Gate 4S- 4P / 2 / 4P / Finish



Start	1	2	Gate 3S /3P	Gate 4S/4P	Finish
Committee boat+ Orange mark	Red mark	Red mark	Black marks	Black marks	Committee boat +Slim Yellow mark