

REAL CLUB NAUTICO DE PALMA

SPIRIT YACHTS MED CUP

22ND – 26TH OCTOBER 2025

SAILING INSTRUCTIONS

ORGANISING AUTHORITY: Real Club Náutico de Palma

REGATTA HEADQUARTERS: Real Club Náutico de Palma, Muelle de Sant Pere, 1,
07012 Palma, Illes Balears, Spain/ <https://www.rcnp.es>

REGATTA ADMINISTRATION:

Spirit 2025 Regatta Office c/o Helen Porter, Spirit Yachts Holdings Ltd, New Cut
East, Ipswich Haven Marina, Ipswich, Suffolk IP3 0EA UK

Contact:

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The notation '[NP]' in a rule of the Sailing Instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

1 Rules

- 1.1 The regatta will be governed by the rules indicated in point 1 "Rules" of the Notice of Race and its amendments, if applicable.
- 1.2 RRS 52, Manual Power, shall not apply.
- 1.3 Any yacht rated to race with World Sailing OSR compliant lifelines wishing to race either with non-compliant lifelines or without any lifelines, shall request written permission from the race office to do so. However, it is reminded that crew safety is the responsibility and priority of each yacht and her owner/skipper.
- 1.4 RRS 41 OUTSIDE HELP is changed to add: (e) Help to recover from the water and return any person on board, provided the return on board is at the approximate location of the recovery.
- 1.5 [DP] A boat that has a MOB incident shall immediately stop racing and either recover the person or coordinate the recovery of the person with another boat or tender. If the person is recovered by another boat, the boat that had the MOB incident shall stand by in the vicinity of the incident. The captain and the operator of the boat that recovered the person may agree to delay the transfer of the person to the boat that had the MOB incident for safety reasons. The transfer then may occur at any time during the race, after the boat finishes or retires, or ashore. If the transfer is delayed,

the boat that had the MOB incident may resume racing once the person is safely on board the recovery boat. This changes RRS 48.2.

- 1.6 [DP] A boat that had a MOB shall notify the RC as soon as practicable after racing. The circumstances of the recovery, whether by the boat or another vessel, will be reviewed by the RC and the jury.

2 Changes to Sailing Instructions

Any change to the sailing instructions will be posted at least two hours before the first warning signal on the day it will take effect, except that any changes to the schedule of races (excluding decisions to amalgamate Class 1 & 2 Starts) will be posted by 2000hrs on the day before it will take effect.

3 Communications with competitors

- 3.1 The online Official Notice Board (ONB) is located at www.spirityachts.com/regatta. Communication with competitors will be through the online ONB with additional courtesy information by WhatsApp.



- 3.2 The race office is located at Real Club Náutico de Palma.
3.3 There will be a daily briefing at Real Club Náutico de Palma at 09.30 every day.
3.4 On the water, the race committee intends to monitor and communicate with competitors on VHF Channel 69. If the race committee displays a pink flag the alternative VHF Channel 71 will be used.
3.5 The VHF call sign for the Race Committee will be "Spirit One".
3.6 While racing, except in an emergency, a boat shall neither make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

4 Code of conduct

- 4.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials.
4.2 Competitors and support persons shall place advertising provided by the organising authority with care, seamanship, in accordance with any instructions for its use and without interfering with its functionality.

5 Signals made ashore

- 5.1 Signals made ashore will be displayed on the Main Flag Pole (MFP) located on the main terrace of the Club house by the swimming pool.
5.2 When code flag "AP" is displayed ashore, the words "1 minute" are replaced with 'not less than 60 minutes' in the race signal AP. This changes RRS Race Signals, AP.

6 Schedule of races

- 6.1 The schedule of races is shown in Notice of Race 8.
- 6.2 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound signal at least five minutes before a warning signal is made.
- 6.3 Classes may start together or separately. The plan for the first race of the day shall be announced at the daily competitors' briefing and repeated on VHF before the Orange Flag is displayed.
- 6.4 No warning signal will be made after 15.00 hrs on Sunday 26th October 2025.

7 Class flags

The class flag for Class 1 is IC pennant 1 and the class flag for Class 2 is IC pennant 2. If classes are to start together, both class flags will be displayed. Each boat shall display its class flag.

8 Racing Areas

The Race Area will be in the bay of Palma. Approximate position of centre of the Area is **39° 32,749 N- 002° 40,172 E**

9 Courses

- 9.1 Appendix 1 shows the courses, including the marks definitions.
- 9.2 The position of the marks in Appendix 1 are approximate. A different distance of the leg or bearing shall not be ground for a request for redress. Nevertheless, in the previous and to the effects of the corrected time, the marks' real position will be considered when calculating the distance of the legs. (This changes RRS 61.1(a)).

10 Marks

Course marks	*Offset mark	Starting/Finishing marks
See Appendix 1	Inflatable Red	RC boat and and inflatable Red mark

Offset mark: if the committee displays a green or red flag before or together with the warning signal, this means that after passing the starting mark, yachts shall leave the windward mark either to starboard or port respectively, The Race Committee will show the bearing and distance to the mark.

11 Obstructions

Not used

12 The Start

- 12.1 The starting line will be between the staff on the Race Committee boat displaying an orange flag at the starboard end of the line and an inflatable RED mark on the port end.
- 12.2 A boats starting later than ten minutes after her starting signal will be scored did not start (DNS) without a hearing. This changes RRS A4 and A5.
- 12.3 In addition to RRS 29.1 & 29.2 individual and general recalls may be communicated by radio VHF. In such case, bow numbers, sail numbers or boats names may be called out for their identification. Delay in the radio communication of these calls, or the order in which they are made, or any omission or failure in the emission or reception of these, shall not be grounds for a request for redress. (This changes RRS 61.1(a)). This rule does not reduce, modify or exonerate each boat's responsibility to start in accordance with the RRS.
- 12.4 [NP][DP] Boats not racing and whose warning signal has not been made, shall avoid the starting area, which is defined as the rectangle covering an area of 200 metres to leeward and to windward of the starting line, and 100 metres outwards of each end of the line.

13 Change of course

A Race Committee boat close to a mark that has to be rounded, displays code flag C and makes repeated sound signals, this means that after rounding the mark: "All boats must proceed from this marker directly to the finish line to finish without passing or rounding the other marks established on the course". (this changes RRS 28 and 33).

14 The Finish

- 14.1 The finishing line will be between a staff on board the Race Committee boat displaying a blue flag and an inflatable red mark.
- 14.2 [NP][DP] When crossing the finishing line after the sunset, or in poor visibility conditions, every boat shall highlight her sail number or bow number with a powerful torch and shall identify herself to the race committee by radio VHF until it has been recognised.

15 Penalty system

- 15.1 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty for breaking one or more rules of Part 2 in an incident outside the Zone while racing.
- 15.2 Penalties for breaches of the rules, other than Parts 1 and 2, are at the discretion of the protest committee. This changes RRS 64.

16 Time limit

16.1 The time limit for each boat is calculated as follows:

TL = $2.50 \times M \times \text{BSF}$ (For races ≤ 6 miles)

TL = $2.35 \times M \times \text{BSF}$ (For races between 6 and 13 miles)

TL = $2.15 \times M \times \text{BSF}$ (For races > 13 miles)

TL: Time limit in seconds.

M: Distance in real miles with two decimals.

BSF = $5300 / (\text{TCC} \times 10) - 1.75$

16.2 Boats who finish after the time limit will be scored (DNF), this changes RRS 35, A4 and A5.1.

17 Hearing requests

17.1 The protests time limit is 90 minutes after the protesting boat finishes or the race committee signals no more racing today, whichever is later.

17.2 Hearing request forms are available from the race office.

17.3 Boats intending to protest are requested to notify the Race Committee by VHF or WhatsApp promptly on completion of or retirement from the race concerned, giving their sail number and the sail number of the boat being protested and await an acknowledgement. This adds to RRS 61.1(a).

17.4 Protests shall be lodged at the race office.

17.5 Notification of a protest by the Race Committee or the Protest Committee against a competitor will be posted on the Official Notice Board to inform boats under RRS 61.1(b).

17.6 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 protest room of the RCNP social building.

18 Scoring

18.1 Scoring will be according to RRS Appendix A (the low point scoring system).

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

18.3 When fewer than four races have been completed, a boat's series score is the total of her race scores.

18.4 When four races have been completed, a boat's series score shall be the total of her race scores excluding her worst score.

19 Safety regulations

19.1 A boat that retires from a race shall notify the race committee via VHF before leaving the course, or, when that is impossible, immediately after arrival ashore by contacting the race office.

19.1 In an emergency, boats requiring assistance should call the Race Committee on VHF area channel assigned (S.I. Appendix 2 On water Emergency Procedures).

- 19.2 While racing, only crew members appearing on the crew list provided by the boat during registration or any authorized change, thereafter, shall be carried on board.
- 19.3 All boats shall only return to their allocated moorings.
- 19.4 Yachts arriving for any reason at a point ashore other than the ones or that cannot reach the harbour on their own are requested to report immediately to:

- | | | |
|------------------------------|-----------------------------|--------|
| ➤ Real Club Náutico de Palma | Telephone: 00 34 971 726848 | VHF 9 |
| ➤ Race Committee | Telephone: 00 34 630921251 | VHF 69 |

- 19.5 To facilitate the evacuation of an injured crew member, boats are requested to signal their position to the rescue services by using an orange smoke canister or a red or white hand flare.
- 19.6 All competitors shall carefully comply with this sailing instruction 15. SAFETY REGULATIONS. Otherwise they can be requested to pay the expenses of search and rescue operations

20 Replacement of crew or equipment

- 20.1 There is no restriction on replacing crew or equipment other than those in the IRC Class rules

21 Equipment and measurement checks

- 21.1 A boat or equipment may be inspected at any time for compliance with the IRC class rules, notice of race and sailing instructions.
- 21.2 The fact that race officials may conduct inspections of a boat does not reduce the responsibilities of each competitor set out in the notice of race and sailing instructions.

22 Supplied boats

Not used.

23 Official Vessels

- 23.1 The official boats will be identified by displaying flags as follows:

Race Committee	Orange flag
Protest Committee	White flag with a "J"
Technical Committee	White flag with a "M"
Media	White flag with Press

24 [DP] Support Boats

- 24.1 Team leaders, coaches and other support persons shall stay at least 100 metres outside areas where boats are racing and shall not communicate with any boat that is racing unless attending a boat in distress, requiring assistance, or as directed by the Race Committee.
- 24.2 Support boats should register at registration and provide a name, mobile number, and boat name.

25 Trash disposal

- 25.1 Trash shall be taken ashore for disposal using recycling bins where possible / relevant.

26 Local Marine regulations [NP]

The Real Decreto 62/2008 states the conditions of maritime safety, navigation and life at sea applicable to nautical sports events.

Competitors are alerted that boats can only participate if they are dispatched in accordance with the administrative regulations for navigating the waters where the race will be sailed.

Competitors must declare, with adequate prior to the beginning of the event, the insurances subscribed to participating in nautical sports events, including the risks covered and the liability limits as required in the Notice of Race.

The Real Club Nautico de Palma informs all participants that it holds a third-party liability insurance policy of 6.000.000 euros. It is each boat's responsibility to be in possession of the complementary insurances it deems convenient, besides the requirements of Rule 8.7. d of the Notice of Race

APPENDIX 1. COASTAL COURSES.

Positions for these marks are approximate

At least 20 minutes before the warning signal, the Race Committee will announce by the Whatsapp group (See S.I. 3.1), the course to be sailed, the order in which marks are to be passed or rounded and the side they must be left to. The marks to be used will be the ones described in the following table. This information can be made by VHF Channel. A failure in the emission or reception of this publication will not be grounds for redress. (This changes RRS 61.1. (a)).

MARKS INFORMATION

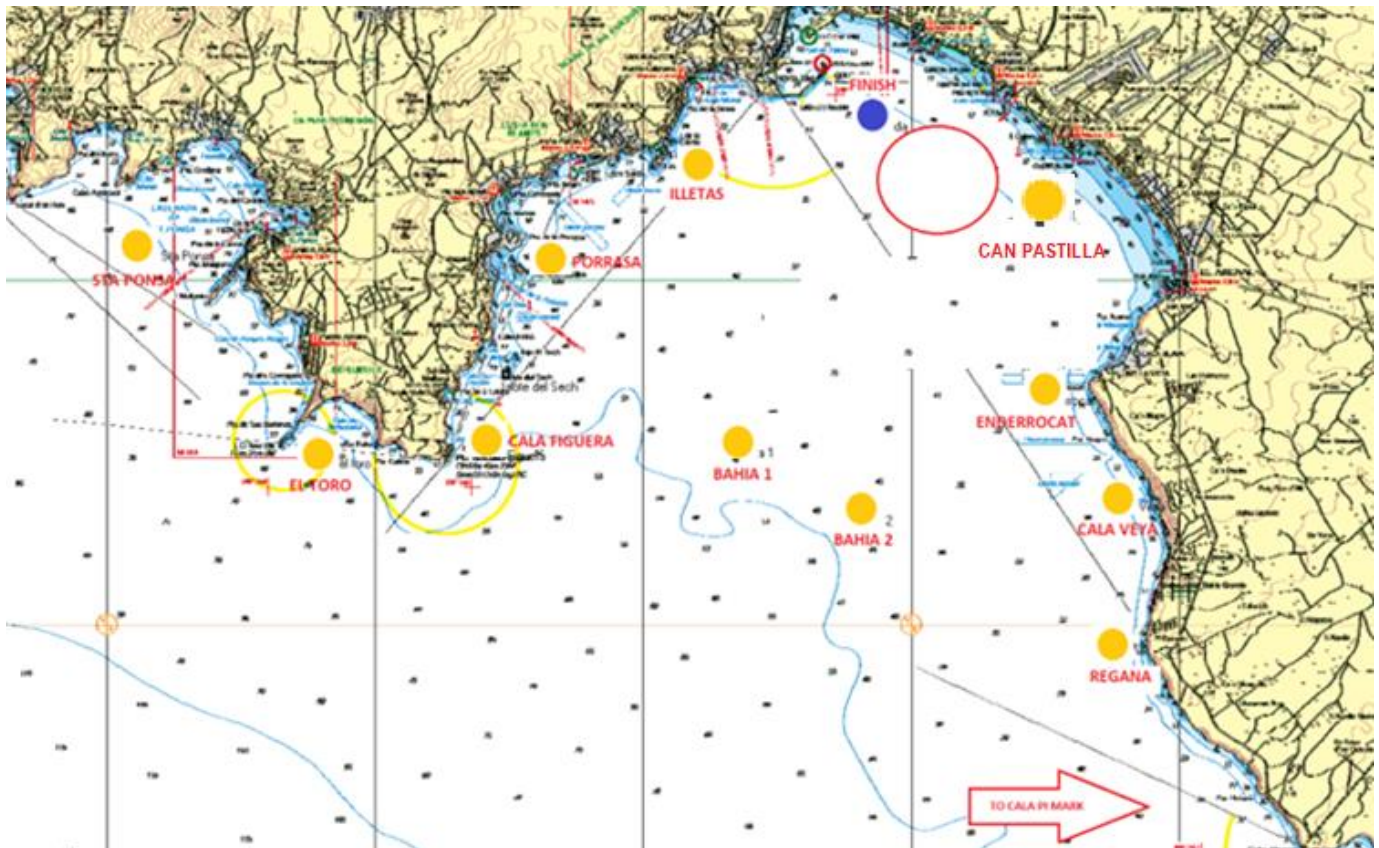
MARK	DESCRIPTION	APPROXIMATE POSITION
Offset Mark	See S.I 10	Distance and Bearing from Race Committee
Can Pastilla mark	YELLOW inflatable mark	39° 31,132 N/002° 43,084 E
Enderrocat mark	YELLOW inflatable mark	39° 28,426 N/002° 42,457 E
Cala Veya mark	YELLOW inflatable mark	39° 26,879 N/002° 43,857 E
Regana mark	YELLOW inflatable mark	39° 24,790 N/002° 43,677 E
Cala Pi mark	YELLOW inflatable mark	39° 21,131 N/002° 50,563 E
Bahía A mark	YELLOW inflatable mark	39° 27,699 N/002° 36,816 E
Bahía B mark	YELLOW inflatable mark	39° 26,679 N/002° 38,997 E
Baliza de Illetas	YELLOW inflatable mark	39° 31,689 N/002° 35,881 E
Baliza de Porrassa	YELLOW inflatable mark	39° 30,281 N/002° 33,180 E
Sech Island	Island	39° 28,602 N/002° 32,421 E aprox.
Cala Figuera mark	YELLOW inflatable mark	39° 27,626 N/002° 32,070 E
Island Toro mark	YELLOW inflatable mark	39° 27,506 N/002° 28,667 E
Santa Ponsa mark	YELLOW inflatable mark	39° 30,529 N/002° 25,474 E
Finish line 1	Race committee vessel and buoy	39° 32,414 N/002° 39,323 E
Finish line 2	Race committee vessel and buoy	See course to be sailed description.

FINISH LINE 1 will be in the position indicated in the diagram.

FINISH LINE 2 will be in the position of any of the marks described in the diagram and will be defined in the course to be sailed.

APPENDIX 1. COASTAL COURSES.

MARKS INFORMATION



APPENDIX 2

EMERGENCY PROCEDURES AT SEA

Organizing Committee has established these emergency procedures to provide assistance in the event of an emergency at sea, including injuries requiring medical assistance. We also have emergency numbers in case there is an accident or injury on shore.

1. Contact the Race Committee immediately on the VHF channel in the assigned area or by cell phone to the safety coordinator +34. 630 921251
2. Identify your boat, the nature of the emergency (type of injury, number of people injured), and the position of your boat.
3. The Race Committee will alert the safety boats on the water and may direct you to another VHF channel or mobile phone for further communication.
4. Proceed at best speed to a designated meeting point as directed.
5. Depending on the nature and severity of the injury, should this be the emergency, safety boat personnel may come aboard your boat to administer aid, evacuate the injured party and/or re-direct you for transfer of the injured person.
6. You are asked to cooperate fully with the Race Committee, Maritime Rescue Authorities and emergency personnel. Please take the time to review these procedures with your crew prior to the race.

EMERGENCY AND MEDICAL NUMBERS

Real Club Náutico de Palma	+34.971 72 68 48	VHF 77/72/09
Race Committee	+34 630924251	VHF 69
Safety coordinator at shore	+34 629 923 996	VHF 09
Maritime Safety Coordination Centre	+34.971.72.45 62 900 202 202	VHF 10 / 16
Spanish Central Emergencies Response	112	

APPENDIX 3. ENTRANCE AND EXIT OF THE PORT OF PALMA

To enter and exit the port of Palma and with the intention to not interfere with the commercial traffic, the Palma Pilots, have requested the participants their maximum collaboration and attention.

For this purpose an entrance and exit channel has been established for all the participants, (see diagram).

We kindly request you not to interfere with the commercial ferry traffic whilst hoisting and/or lowering the sails, remaining clear ahead from the entrance/exit of the port.

We also inform you that the entrance and exit channel will be surveyed by organization and pilot Boats. Please follow their instructions.

