

**WEDNESDAY AFTERNOONS
THE RUST CUP RACE SERIES
SAILING INSTRUCTIONS**

(v1 April 08 2026; latest changes side-barred in black: |)

**Retired & Unemployed (or Under-employed) Sailors Trophy (RUST) Series
Every Wednesday May 27 – Oct 07, 2026**

**COMMODORE
FLEET CAPTAIN
RUST CUP LEADER
VOLUNTEER SCORER
VOLUNTEER HANDICAPPER**

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HOST

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SAILING INSTRUCTIONS

1. RULES AND NOTICES TO COMPETITORS

a. The race Series is governed by the Racing Rules of Sailing 2025-2028 (RRS); see also RRS J.1.3. As a “Fun” event, protests are strongly discouraged & racers are expected to take proper penalties as per RRS 44.2 when necessary; RRS 44.3 does not apply, as there is no Race Committee. The RUST Series provides a unique opportunity for all boat owners, of all classes and designs, to compete in short races as a single fleet, on a regular basis during weekdays. The guiding principles of the RUST Series are to provide a relaxed and friendly racing environment, to be welcoming to novice or less experienced racers, while remaining satisfying for all levels of racing skill. Accordingly, the Series’ details, as set out in these Sailing Instructions, are neither designed for, nor intended to create, a serious highly competitive event.

b. The Series runs as a ‘zero-resource’ event, meaning that the entire Series is intended to be self-contained, volunteer-run, requiring no club support staff or equipment, utilizing established race results databases, existing marks on the lake, and transit lines if needed. The ‘Rabbit-Start’ sequence (defined below in section 1.f.) and the self-recording and reporting of finishing times at the established finish point for each race are standard procedure. Normally, one boat in the fleet will assume the Rabbit Boat duties for the season; other skippers may also volunteer for occasional races at any time. Anyone interested in volunteering may contact the RUST Cup Leader for any necessary information and special equipment. All racers are requested to avoid the Sailing School dinghies which operate in the harbour channel areas and Eastern Britannia Bay. These boats may not behave in a predictable manner. Further, some dinghy groups may join the RUST race en masse on some days. See section 4 of the SIs.

c. **Changes to the SIs and Communications with Competitors (RRS J2.2).** The Rabbit Boat may, at its sole discretion, abandon a scheduled race owing to weather conditions that the Rabbit Boat skipper deems a threat to the safety of the Rabbit Boat & its crew; once the race has started all competitors shall make their own decisions whether to continue the race or not, see section 4 of this SI and RRS 3. When deemed essential, the Rabbit Boat will broadcast

abandonment on VHF Channel 06 (RRS 32). Necessary communications with competitors, and all changes to these Sis, will be communicated by the Rabbit Boat during the 15-minute period prior to the Starting Sequence (see section 1.d. of these Sis) There will be no course changes made during a race. However, in the event of a dying wind, a shortened course may be signalled by the Rabbit Boat, using voice hails and VHF 06, provided it is possible to communicate with all boats.

d. **Signals Ashore and Pre-Start.** There will normally be no signals made ashore. The Start Area is normally at S mark, visually confirmed by a series of manoeuvres by the Rabbit Boat for about 15 minutes (e.g.:1330 to 1345), well before the Rabbit Boat commences the actual 'Start Sequence' at 1415. During this period, prior to the 'Start Sequence', the Rabbit Boat will perform a series of tacks & gybes in a small circular or oval pattern for at least 15 minutes, and display a brightly-coloured pennant from the region of her masthead or mainsail head (see the diagram and description at the end of this SI). Racers shall give way to the Rabbit Boat until the end of the 'Starting Period' (see Note 7 to the Rabbit Start diagram). In addition, the Rabbit Boat shall make every effort to record the entire race with the RaceQs or similar smart-phone application. All competitors are encouraged to do the same, to aid in accurate time reporting and general race learning. In the unlikely event that the designated Rabbit Boat fails to arrive at the start area in time for the race, the procedure determined by section 1.f.iv. of the SIs shall be followed.

e. **The Start, Racing Area, Courses and Marks.** The normal start time shall be 1420, unless communicated otherwise. With the race Start Area normally at S Mark (but see below and section 1d of this SI for exceptions), the remaining course marks may be any of the available Olympic Circle or other private yellow marks, which may require either Port or Starboard rounding, as needed to create a suitable course shape and length. In the event of a simple windward-leeward course, the windward mark will always be rounded to Port. The Rabbit Boat will confirm the Start Area and the course to be sailed by hailing boats and communicating on VHF Channel 06. The course will be announced using international phonetics, e.g.: Alpha, Bravo etc. to ensure clarity of transmission. In the event of East or North winds, the Start Area may be moved to P or Q mark, and the start time will be delayed to allow boats to reach the new starting area. All boats are encouraged to communicate such information to other competitors while in the start area, as some have no radio. The minimum number of boats for a race is 3 (Rabbit Boat plus 2). Each race may use a different course shape, depending on wind direction & strength. See sections 1.e.i. and 1.f. iv of the SIs for exceptions. The finish shall occur upon crossing the line between S Mark and the BYC flagstaff for the last time, not by rounding S Mark, the exception being if finishing from P mark, when S shall be rounded/passed leaving S mark to port, thus crossing the finish line at a fine angle. Courses will be set such that races can be completed within 60-90 minutes. Other race formats, such as a longer up-river style race, multiple races on a given day, or a Madcap format (see 1.e.i), will only occur if communicated to the competitors at least 48 hours in advance, by email from the RUST Leader.

i. RUST Madcap Race Course Format. As tested very successfully in 2024 and 2025, once or twice per season, a Madcap Course will be announced via email by the RUST Leader and by the Rabbit Boat via VHF, well before the Starting Sequence. All boats start and finish as per these SIs, but will be free to choose the order and direction they will round all the announced marks of the course. The only other change to the RUST instructions is when two boats meet at a mark, each intending to round it in opposite directions, i.e. one rounding to Port, the other to Starboard. In this case the boat on Starboard tack during the rounding has right of way.

f. **The Rabbit Start Sequence.** This generally follows the Duluth Yacht Club instruction at: [Duluth Yacht Club - Rabbit Start Instructions](#) modified as follows, and as per the description at the end of this SI. RRS 26 – Starting Races, does not apply. All boats shall give way to the Rabbit Boat until the end of the Starting Period. (see Notes 4 and 7 to the diagram at the end of these SIs).

i. At one (1) minute intervals, commencing from the five (5) minute warning at 1415, the Rabbit Boat will make a series of sounds corresponding to the number of minutes remaining until the Start (i.e. the beginning of the “Starting Period”);

ii. From the warning at 1415 until the end of the Rabbit’s Starting Period, RRS 32 Abandonment Signals does not apply i.e.: 3 short sounds for Abandonment, 2 short sounds for Postponement.

iii. The “Starting Period” duration should normally last approximately 90 seconds: from the Start (1 prolonged sound), to when the Rabbit Boat alters course towards the first mark. It is very important to read and understand the detailed description of the “Starting Sequence” and the “Starting Period” Duration, at the end of these SIs. Once the “Starting Period” duration has expired and the Rabbit Boat has altered its course to commence racing, the Start Line ceases to exist. Boats attempting to start after this moment shall pass through the area between where the Rabbit Boat altered course, and one of S, P or Q mark, to join the race.

iv. If the Rabbit Boat fails to arrive in time for the race start, all boats will revert to the ‘Time Trial’ format, as used successfully in several race series in 2020 and 2021. In this format the ‘start time window’ will be from 1420 to 1430, meaning all RUST racers must start within this time bracket. All boats shall then record their own start and finish times, which shall be reported to the RUST Cup Scorer in accordance with section 1.g. of this SI. When the Rabbit Boat is not present, courses will be default courses as follows, intended to give a good probability of windward, reaching & running legs, under most wind conditions. The mark that is expected to be most downwind at 1420 determines the start area:

- i. If starting at S - start at the line between S mark and the BYC Flagstaff, then A, E, P, finish at S mark-BYC Flagstaff line, all marks rounded to Port. (SAEP).
- ii. If starting at P - start at the line formed between P and the large green K1 shoal mark, leaving P to Port, then S, A, E, finish at S mark-BYC Flagstaff line, marks rounded to Port. (PSAE).
- iii. If starting at Q - start at the line between Q mark and Blueberry Shoal’s red mark, then P, E, A, finish at S mark-BYC Flagstaff line, all marks rounded to Starboard. (QPEA).

g. **Timing and Finishing the Race.** Boats shall synchronize their race timers or watches, or devices providing GPS time for 1420 at the start of the race (1 prolonged sound, as per section 1.f., unless otherwise advised by the Rabbit Boat (see section 1. f. iv. for the exception to this). Boats shall then record & report the following by email to the volunteer RUST Cup Scorer within 24 hours of completing each race:

- (a) their finishing clock time (not elapsed time) plus their start time, if following the Time Trial format;
- (b) whether racing FS or NFS; and

(c) whenever possible, the names of boats ahead or behind them when they finish. There is no time limit to finishing (RRS J.2.1).

All boats are reminded to report a DNF, which will result in a better score than DNC (i.e. no report at all). The Scorer will enter results in Sailwave using "Time on Time" to avoid the need for accurate course distances. Results will be published on BYC's website, separately from other official race series to avoid conflict with any automated/aggregated scoring process. The Volunteer RUST Cup Scorer's email address for reporting is: rustcupscorer@byc.ca.

h. RUST Coordination & Cooperation in the Fleet. All boats are strongly encouraged to keep a copy of these SIs on board for reference, in the event of unusual circumstances or conditions.

2. SCHEDULE OF RACES

Before 1 st Race		Registration with Club Registrar & complete RUST Cup Registration
Every Wednesday Afternoon May 27 – Oct 07 (May/October races are 'non-counters')	1330-1345	Rabbit Boat conducts pre-start manoeuvres
	1400	Time Check
	1415	First Warning Signal from 'Rabbit Boat' - begins the "Starting Sequence"
	1420	Start: i.e. the "Starting Period" commences (see SI 1.f.iii)
	1600	Approximate race completion
Last Race of Season		This <u>may</u> be an extended up-river one-way race. Details will be announced one week in advance.
Main Club Awards Night		RUST Cup award presentation

3. SERIES SCORING, FORMAT AND HANDICAP SYSTEM

a. The Series will consist of all races which can be run on Wednesday afternoon, from 27 May until 07 Oct (see table above). Each boat will be permitted to drop one third (rounded up) of the total number of races run in the entire Series. For example, if 18 races were run, boats would be able to drop their 6 worst scores. Series ties will be resolved by RRS A8. Any races run in May or October will be considered 'fun races', and will not be included in the final series scoring.

b. Competitors shall be scored according to finishing time, adjusted by their assigned NHC handicap. In order to achieve the fairest possible overall corrected finish order, handicap

corrections will be applied to all boats via the NHC handicap method, as for the 2018-2025 RUST Series. Spinnakers may only be used once per season, which use must be reported as per section 1.g.(b) of the SI. NHC overcomes inherent limitations of other handicap systems, addresses a wide variety of boat classes, & allows boats having no PHRF or Portsmouth certificate to compete. Each boat's NHC Base Number handicap will be calculated anew for the first race of each season, so that the previous year's performance does not affect the subsequent year.

4. SAFETY REGULATIONS AND DISCLAIMER OF LIABILITY

Competitors acknowledge they participate in the Series entirely at their own risk, as per RRS 3, Decision to Race. The organizing authority will not accept any liability for material damage, personal injury or death sustained in conjunction with or prior to, during, or after racing. Insurance and safety standards require that the RUST Cup Registration Information Format at section 12 of this SI be completed. NB: the RUST Fleet will make every effort to always keep clear of any Sailing School or Youth Program boats which may be in the harbour channel or vicinity of S Mark. In the event of a conflict with a major sailing event, an alternative RUST start location may be announced by the Rabbit Boat, as per sections 1.c. and 1.d. of the SIs.

5. ADVERTISING

Advertising on boats for geriatric products & treatments is permitted (e.g.: Boost[®], Ensure[®], Depends[®], etc ;-) (RRS J1.2 (5)).

6. ELIGIBILITY & ENTRY

Eligible competitors must register by notifying their Club's racing registrar & the Volunteer RUST Cup Scorer of their intention to race (see section 12 of this SI). Skippers must have reached the age of retirement, or unemployment, or under-employment* by the Series start date. (* Anyone free to race mid-week, during normal working hours, will be granted "under-employed" status.)

7. CLASSES

The Series is open to all boats, of all classes from dinghies to large keel boats, solo or fully crewed, with or without spinnaker (see sections 1.g. and 3 of this SI for details). The results of the RUST Cup Series will not be aggregated with any other race or series which leads to an award at any club, since the mid-week, working hours schedule could unfairly penalize some racers.

8. ENTRY FEES

There are no fees other than those required to register for racing (see section 6 of this SI).

9. REGISTRATION

All competitors must be current Club members, already registered for racing in a Series or Event, at one of the Clubs participating in Club or Interclub Races held on Lac Deschenes. Failure to register may result in your results not being posted. Racing registration is necessary for proper boat, skipper & handicap data to be applied to the race results. As a racer registered with any Club, proper marine insurance is always required, and is the responsibility of that

registered entrant. The RUST Cup Registration Information at section 12 of this SI shall be submitted to the Volunteer RUST Cup Scorer.

10. NOTICE OF RACE

These Sailing Instructions also constitutes the Notice of Race.

11. PRIZES

The Rust Cup & a Keeper will be presented to the overall winner at the BYC Awards Night. Keepers will be presented to the 2nd and 3rd place finishers.

12. RUST CUP REGISTRATION INFORMATION

To be submitted to the Volunteer RUST Cup Scorer at rustcupscorer@byc.ca:

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Skipper Information

First Name:
Last Name:
Phone Number:
Cell Phone Number:
Email Address:
Yacht Club Affiliation:

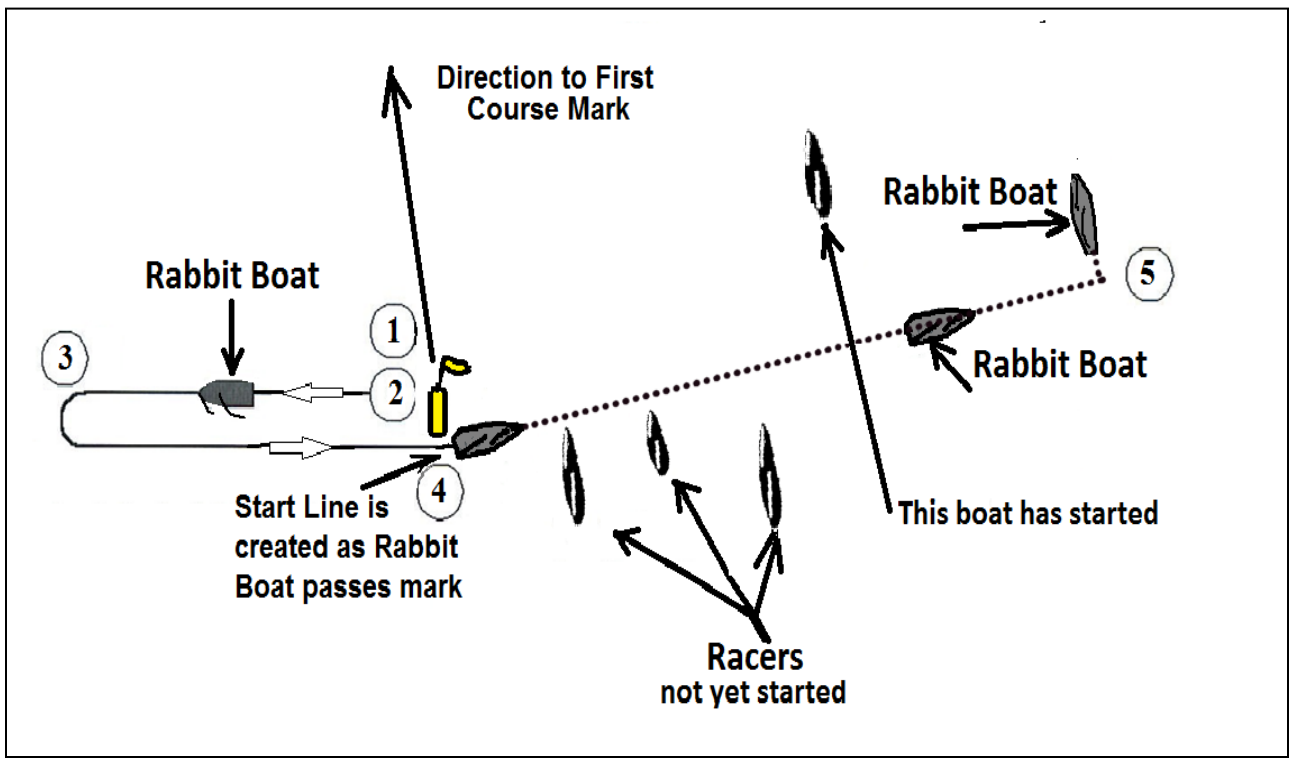
Vessel Information

Boat Class or Design name: (include any design variants which will assist in identifying the correct initial NHC handicap number for the boat):
Sail Number:
Current Handicap System & Number (if available):

Certification

By providing and submitting the above information to the RUST Cup Volunteer Scorer, the above named Skipper certifies compliance with RRS J1.2 (12) and that:

- a. the boat is already registered for racing in a Series or Event, at one of the Clubs participating in Club or Interclub Races held on Lac Deschenes;
- b. safety requirements as specified by the relevant yacht club have been met; and
- c. proper marine insurance for racing is in force for the named vessel.



Position	Signal	Minutes before Starting signal	Sound	Rabbit's Actions
	Warning Signal		5 short sounds (to attract attention)	In the immediate vicinity and on the course side of the start mark for ~1 minute
1	Beginning of "Starting Sequence"	5	5 prolonged sounds	
2	Preparatory	4	4 short sounds	From the start mark, proceed directly away from the start mark for 2 minutes
		3	3 short sounds	
3		2	2 short sounds	Tack or jibe; sail directly back to the start mark
		1	1 short sound	
4	Start (beginning of "Starting Period")	0	1 prolonged sound	Pass the start mark, leaving it close abeam to port, then sail a close-hauled port-tack course for the windward mark, or a course 90 degrees from the direction to the first mark, if a reach. This is the start time for the race.
5	End of "Starting Period" & "Starting Sequence"		1 prolonged sound	At the end of the "Starting Period", alter course towards the first mark (see Note).
<p>Note: Approximate "Starting Period Duration" = the number of starters multiplied by six seconds (i.e. five boats at 6 seconds = 30 seconds). A longer period of up to 10 seconds per boat may be used, depending on conditions & the number of starters. The Starting Period Duration will be hailed or broadcast on VHF Channel 06 when feasible; otherwise racers can use this paragraph to estimate the Starting Period Duration.</p>				

1. The starting line is the line between the Port-end starting mark & the Rabbit (in effect, the wake of the Rabbit). A boat starts when it crosses the starting line. Boats crossing an extension of this line, i.e. beyond the Rabbit Boat, have not started. See para. 5 below.
2. Once the Rabbit "Starting Sequence" above has commenced, RRS Abandonment/ Postponement Signals no longer apply: i.e.: 3 short sounds for Abandonment, 2 short sounds for Postponement.
3. After starting, all boats shall maintain their current starboard tack until the Rabbit has altered course towards the first mark, unless sailing into a hazard or obstruction.

4. Once the Rabbit Boat has completed its alteration towards the first mark it relinquishes all authority & responsibility for the race, and reverts to the status of competitor only. Exceptions are noted at section 1c of this SI.
5. A boat failing to start properly (e.g.: OCS) may start by sailing to the approximate position the Rabbit altered towards the first mark, making a 360 degree turn, and resuming its first leg.
6. All times are approximate. The absence of sound signals shall be disregarded.
7. A boat making contact with or interfering with the Rabbit prior to the Rabbit's alteration towards the first mark is disqualified & shall retire.