

# GKSS Match Cup Sweden 2026

## Nordea Women's Trophy

Grade 1 event

GKSS - Organizing Authority

**June 28 – July 4, 2026**

Marstrand. Sweden

### SAILING INSTRUCTIONS (SI)

#### 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 D.
- 1.3 Further to NoR 1.4, the RRS is changed as follows:
  - (a) When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 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.'
  - (c) Within a flight, when a visual signal is displayed over a numeral pennant, the signal applies to that match only. This changes Race Signals.

#### 2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the SI will be posted before 08.00 on the day it will take effect, except that any change to the schedule of races will be posted by 20.00 on the day before it will take effect.
- 2.2 Flag L over the numeral pennant of the most recent amendment will be displayed ashore on the day it will take effect until the boats have departed for the race course.
- 2.3 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

Refer to NoR 3.

#### 4 BOATS AND SAILS

- 4.1 Boats will be identified by colour, number or sponsor name
- 4.2 N/A
- 4.3 The sail combination to be used will be signalled from the RCV with or before the attention signal. The signals will have the following meanings:

<b><u>Signal</u></b>	<b><u>Sail combination to be used</u></b>
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No signal	Full main, jib and spinnaker
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K	Mainsail with one reef, jib and spinnaker
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D	Mainsail with one reef and jib
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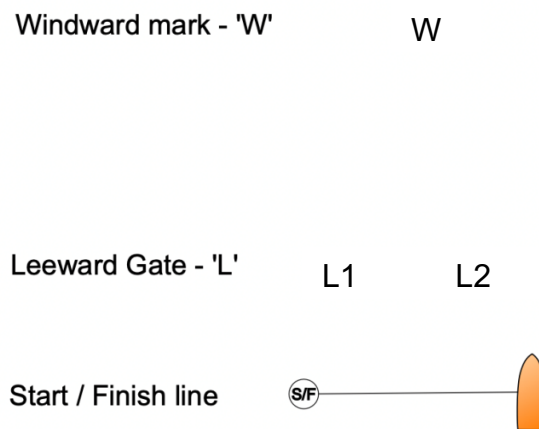
## 5 FLIGHTS AND MATCHES

Further to NoR 7:

- 5.1 The match pairing lists are detailed in SI Addendum A.
- 5.2 N/A
- 5.3 The RC may change the order of matches within a flight to allow starts to be brought forward to eliminate blank starts or to add a delayed match start to the end of a flight. The RC, or an umpire on behalf of the RC, will advise Competitors of any such change verbally.
- 5.4 Should SI 5.3 not be applied and a match cannot start at its intended time, the signals and starts of the following matches will remain as originally scheduled, leaving a blank start for the pair not starting.

## 6 COURSES

- 6.1 Configuration (not to scale)



- 6.2 Signals and Course to be Sailed  
Course signals will be displayed from the RCV bow at or before the warning signal.  
Mark W shall be rounded to starboard. In the event one gate mark is missing, the remaining mark shall be rounded to starboard.

<u>Signal</u>	<u>Course</u>
No Signal	Start - W – L1/L2 - W - Finish
S	Start - W - Finish
T	Start - W – L1/L2 - W – L1/L2- W - Finish

## 7 MARKS / STARTING AND FINISHING LINE

- 7.1 Mark L1 and L2 are a gate with an orange Robot mark with Stena Line print and an orange cylindrical mark. Mark W is an orange Robot mark with Stena Line print.
- 7.2 The replacement marks, as provided in SI 8, are yellow cylinders.
- 7.3 When looking up the course, the starting and finishing line is between a staff displaying an orange flag on the RC Vessel at the starboard end and the course side of the chequered Robot mark at the port end.

## **8 CHANGE OF THE NEXT LEG OF THE COURSE**

8.1 To change the next leg of the course, the RC will signal the colour of what mark is now ending the next leg.

RRS 33 and Race Signals is changed as follows:

- (a) A coloured flag or board with Flag C means: ‘The windward mark has been moved. Sail to a mark the same colour as the flag or board.’
- (b) When a change of course after starting only affects some matches, these will be designated by the appropriate numeral pennant.
- (c) One mark of the leeward gate or the finishing line may be moved without any signal to square the gate or line to the wind direction prior to boats being on that leg.
- (d) When a change of course is made for the first leg, the signal will be displayed from the RCV with the preparatory signal for each match affected. The preparatory signal will be followed by a series of repetitive sound signals.
- (e) When a change of course is signalled after the first leg it will be displayed from a vessel in the vicinity of mark L.

## **9 OBSTRUCTIONS**

The following areas are designated as obstructions.

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.

(a) 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.

(b) The areas shown in the diagram in addendum F, marked by yellow and/or red buoys, are restricted areas that also are designated as obstructions. While racing, no part of a boat’s hull shall enter these areas.

## **10 BREAKDOWN and TIME FOR REPAIRS**

10.1 Before the attention signal of a flight or within two minutes of finishing or within five minutes of changing into a new boat, whichever is later, a boat may display a green flag to signal breakdown or damage to the boat, her sails or injury to her crew and request a delay to the next start. She shall proceed as soon as possible to a position just to leeward of the RCV and remain there, unless otherwise directed.

10.2 The time allowed for repairs will be at the discretion of the RC.

10.3 After the attention signal of a flight, a match will not be postponed or abandoned due to breakdown unless the breakdown signal was displayed as required by SI 10.1.

10.4 Except when RRS 61.4 (b) (2) or (3) applies, failure to effect repairs in the time allowed, or breakdowns after the attention signal shall not be grounds for redress. This changes RRS 61.

## **11 TIME LIMIT**

11.1 A boat that does not Finish within 5 minutes after her opponent has Sailed the Course has retired from that race.

## **12 RISK STATEMENT**

Refer to NoR 14.

## SI ADDENDUM A – LIST OF ELIGIBLE SKIPPERS and PAIRING LIST/KNOCK-OUT TABLE

	Skippers	Country	SailorsID	WS ranking
1	Pauline Courtois	FRA	FRAPC 14	1
2	Anna Östling	SWE	SWEAO15	2
3	Lea Richter	DEN	DENLO1	3
4	Julia Aartsen	NED	NEDJA07	4
5	Martina Carlsson	SWE	SWEMC12	7
6	Lindsey Baab	USA	USALB54	8
7	Julia Dámodio	FRA	FRAJD71	9
8	Caroline Bayless	USA	USACB312	14

## SI ADDENDUM B – HANDLING of BOATS

### 1 GENERAL

[NP] Other restrictions or instructions may be given to the boats verbally by the RC or via an umpire. Flag 3rd substitute is not required.

### 2 [NP] PROHIBITED ACTIONS

Except in an emergency or in order to prevent damage or injury, or when directed by an umpire otherwise, the following are prohibited:

- 2.1 Any additions, omissions or alterations to the equipment supplied.
- 2.2 The use of any supplied equipment for a purpose other than that intended or specifically permitted.
- 2.3 The replacement of any equipment without the sanction of the RC.
- 2.4 Modifying or sailing the boat in a manner that it is reasonable to predict that damage, or significant further damage, would result.
- 2.5 Moving equipment from its normal stowage position except when being used.
- 2.6 Boarding a boat without prior permission.
- 2.7 Taking a boat from its berth or mooring without having paid the required damage deposit or having permission from the RC, or, on race days, while ‘AP’ is displayed ashore.
- 2.8 Hauling out a boat or cleaning surfaces below the waterline.
- 2.9 Marking directly on the hull or deck with permanent ink, using duct tape or using any tape that leaves a residue.
- 2.10 Using a flattener as a reef or using a reef line as an outhaul.
- 2.11 Cross winching foresail sheets.
- 2.12 Omitting any headsail car or turning block before sheeting onto a winch.
- 2.13 Adjusting or altering the tension of standing rigging, excluding the backstay.
- 2.14 Using a winch to adjust the mainsheet, backstay or vang.
- 2.15 N/A
- 2.16 Radio transmission and using a mobile telephone while racing, except to report damage, or to communicate with the RC, or in an emergency.
- 2.17 N/A
- 2.18 The use of the shrouds (including any inner shrouds) above the lower bottle screw (turnbuckle) to facilitate tacking or gybing, or to aid the projection of a crew member outboard is prohibited.
- 2.19 N/A
- 2.20 Having the bowsprit extended, except when in the process of setting, flying or taking down the spinnaker. The bowsprit shall be fully retracted at the first reasonable opportunity after taking down the spinnaker. A boat that does not retract the bowsprit fully may be warned and given an opportunity to correct the error.
- 2.21 Extending the bowsprit before getting on the new leg of the course, after entering the zone of a rounding mark without a spinnaker set.
- 2.22 A breach of SI B 2.18, 2.20 or 2.21 is subject to action by Umpires in accordance with RRS C8.2. This changes RRS C6.2 and C8.2.

**3 PERMITTED ITEMS**– only the following are permitted:

3.1 Taking on board the following equipment:

- (a) Clothing and personal items suitable for the conditions and time on the boat.
- (b) Food and drink suitable for the conditions and time on the boat.
- (c) basic hand tools
- (d) adhesive tape
- (e) line (elastic or otherwise of 4 mm diameter or less)
- (f) marking pens
- (g) telltale material
- (h) hand held compasses, watches, timers and small personal video devices such as GoPro
- (i) Mobile phone
- (j) shackles, halyard clips, and clevis pins
- (k) velcro tape
- (l) bosun's chair
- (m) spare flags
- (n) Items to make a spinnaker sheet catcher at the bow.
- (o) Items with the approval of the OA, Race Committee or Umpires.

3.2 Changing the number of mainsheet purchases.

**4 MANDATORY ACTIONS** – the following are required:

- 4.1 The completion of a written damage report before leaving a boat and submitting it to the RC, even if no damage or loss is recorded. Reports shall include any evidence of matters which could cause damage or disadvantage to the boat in future matches. When boat swaps are carried out on the water, the report should be made verbally to the RC as soon as possible.
- 4.2 At the end of each sailing day:
  - (a) folding, bagging and placement of the sails as directed
  - (b) leaving the boat in the same state of cleanliness as when first boarded that day
  - (c) releasing backstay tension
- 4.3 At the end of the final day for a particular boat, cleaning the boat (cabin and decks), removing all trash and removing all tape and marks.
- 4.4 Any request to alter, in any way, the equipment on a boat shall be in writing and worded to permit a yes/no answer.
- 4.5 Complying with any regulations, including speed restrictions and navigation marks, while leaving or returning to the berth or mooring.
- 4.6 N/A
- 4.7 A breach of items 4.2 and 4.3 will be considered as damage and the cost of rectification will be deducted from the damage deposit.

## **SI ADDENDUM C – EQUIPMENT LIST**

The following non-fixed items, provided by the OA, are to be carried on board at all times in their designated place while sailing. Any loss shall be reported on the daily damage report.

### **SAILS and SAILING EQUIPMENT**

Mainsail and set of battens

Small headsail

Spinnaker

Two winch handles

Two spinnaker sheets

Two headsail sheets

Tiller extension

Genoa cars

Sail bags and covers

### **SAFETY GEAR**

Bucket and lanyard

Tow line

Bilge pump

### **TOOLS**

Any supplied tools

### **MOORING LINES and FENDERS**

Four fenders

## SI ADDENDUM D – DAMAGE PENALTIES

### Match Racing Penalties for Damage resulting from contact between boats

Appendix C6.6 and C8.7 permits the umpires or protest committee to decide the penalty when a boat breaks RRS 14. This document explains how damage will be assessed and gives general guidance on the appropriate penalty. When the protest committee has good reasons to do so, it may apply a different penalty.

Damage will be divided into 3 levels as shown in the following table:

Level	Extent	Effect
Level A Minor Damage	- Does not significantly affect the value, general appearance or normal operation of the boat.	Boat may race without repair although some minor surface work may be required after the event. Repairs should not normally require more than 1 hour of work.
Level B Damage	- Affects the value and/or general appearance of the boat	The damage does not affect the normal operation of the boat in that race but may need some (temporary) work before racing again. Requires more than 1 hour of work but should not normally require more than 3 hours of work.
Level C Major Damage	- The normal operation of the boat is compromised and its structural integrity may be impaired.	The boat will need some repair work before racing again. Requires more than 3 hours of work.

### Point Penalties - to be applied without a hearing (this amends RRS C8.7);

Level	Round Robin	Knock Out
A	None	None
B	Half point	Three quarters of a point
C	One point	One point

When both boats break RRS 14, they should both receive a points penalty. If a competitor requests a hearing when a points penalty is imposed, the protest committee may decide (in the hearing) to give a greater penalty.

### Deductions from Damage Deposits

The assessment of damage level is only for the purpose of points penalties, and is not linked to any deductions from the competitor's damage deposits.

Any points penalty will be based on the assessment of damage level made on the water. Subsequent assessments of the damage level after closer inspection, whether the level turns out to be higher or lower, will have no effect on the points penalty given on the water.

**SI ADDENDUM F – COURSE LIMITS**

