



A.S.D. InsiVela – LNI trieste

REGATA CRAL INSIEL

XXI Edition

Trieste, Saturday, 12 September 2026

Reserve date: Saturday, 26 September 2026

SAILING INSTRUCTIONS

All Sails and White Sails Regatta

ORGANIZING AUTHORITY AND VENUE

The Organizing Authority is the ITALIAN SAILING FEDERATION (FIV), which has delegated the organization to its affiliated Club:

Circolo Gruppo Vela L.N.I. Sez. di Trieste

Molo F.lli Bandiera, 9

Tel.: +39 040 301394

E-mail: trieste@leganavale.it

Website: www.lnitrreste.it

Secretariat opening hours: Tuesday to Friday 17:00–19:00; Saturday 10:00–12:00.

With the organizational support of:

ASD InsiVela

c/o Insiel S.p.A.

Via S. Francesco 43 – 34133 Trieste

Tel.: +39 329 0377160

Website: www.regatainsiel.it

Gulf of Trieste – Saturday, 12 September 2026 – Start at 11:00

1. RULES

The event will be governed by the following rules:

1.1 The Racing Rules of Sailing 2025–2028 (RRS) issued by World Sailing (WS), including the prescriptions of the Italian Sailing Federation (FIV).

1.2 The Regulations for National Sporting Activities organized in Italy 2026 – Section C.3 OTHER RACES.

1.3 The applicable laws and regulations governing recreational boating and navigation, and the requirements of the local Maritime Authorities.

1.4 Any other provisions issued by the Organizing Committee and the Race Committee.



1.5 This Notice of Race, these Sailing Instructions and any subsequent Official Notices.

1.6 In the event of a conflict between the Notice of Race and these Sailing Instructions, these Sailing Instructions, including any subsequent Official Notices, shall prevail (change to RRS 63.5(c)).

1.7 [DP] From the warning signal until the end of the race of the day, a boat shall not make voice or data transmissions and shall not receive voice or data communications that are not available to all boats, except to communicate with the Race Committee regarding her retirement, in case of an emergency, or to respond to communications specifically addressed to her by the Race Committee (change to RRS 41).

1.8 RRS 60.2, "Intention to Protest", for breaches of Part 2 rules or RRS 31, is changed as follows: "The protesting boat shall inform the Race Committee of the boat(s) she intends to protest at the finishing line immediately after finishing."

1.9 As an amendment to RRS 44.1, the two-turn penalty is replaced by a one-turn penalty (one tack and one gybe).

1.10 RRS 90.3(e) shall apply.

2. NOTICES TO COMPETITORS – OFFICIAL NOTICE BOARD

The Official Notice Board for the event will be available online on the RACING RULES OF SAILING website at:

<https://www.racingrulesofsailing.org/events/15558>

It may also be replicated on the physical notice board and, where appropriate, through other communication channels, which shall not constitute the Official Notice Board.

3. CHANGES TO THE SAILING INSTRUCTIONS

Any changes to the Sailing Instructions will be published before 09:00 on 12 September 2026.

4. SCHEDULE

The starting signal will be given at 11:00 on 12 September 2026.

5. RACING AREA

The regatta will take place in the Gulf of Trieste, in the areas indicated in Appendix 1 of these Sailing Instructions.

6. COURSES

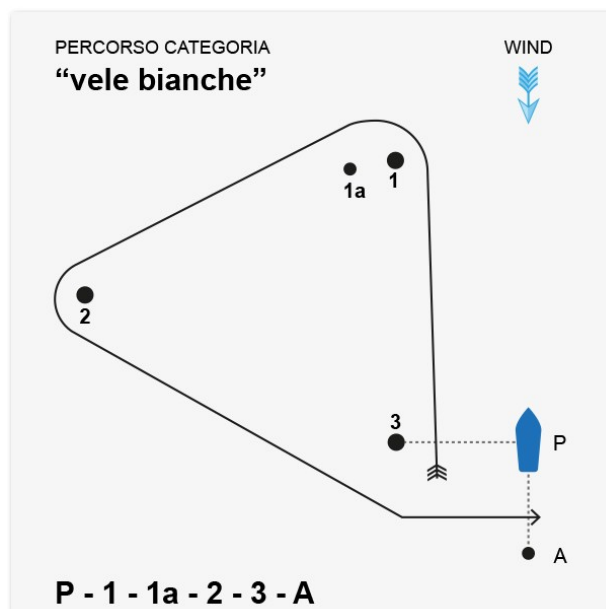
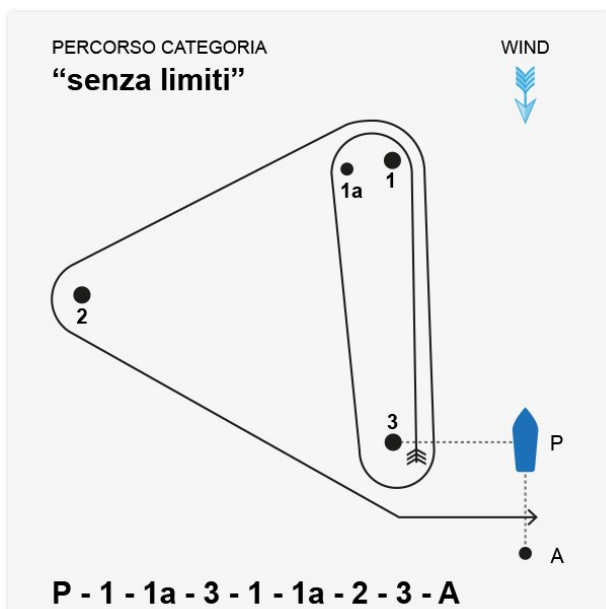
The diagrams below indicate the two different courses, for the All Sails and White Sails Categories, the order in which the marks are to be passed and the side on which each mark is to be left.

Mark "1" will be positioned, where possible, directly upwind, and the compass bearing will be displayed on the Race Committee vessel.

In the event of a shortened course, the finishing line will be between a mark and the Race

Committee vessel displaying the “S” flag of the International Code of Signals.

There will be no change of course.



7. MARKS

Marks 1, 1a, 2 and 3 will be YELLOW cylindrical marks.

The finishing mark will be an ORANGE cylindrical mark.

8. START

Starting signals will be made in accordance with RRS 26.

Signal	Time	Flag	Sound
Warning	-05	LNI pennant	1 sound
Preparatory	-04	P, U or BLACK flag displayed	1 sound
One minute	-01	P, U or BLACK flag removed	1 sound
Start	-00	LNI pennant removed	1 sound

The starting line will be between a staff displaying an ORANGE flag on the Race Committee vessel, to be left to starboard, and the YELLOW starting mark, to be left to port.

A starting-line control boat may be positioned.

Following an individual recall, the Race Committee will attempt to broadcast on VHF Channel 72 the sail number, bow identification number or name of any boat that has been identified as OCS (On Course Side).

The X-ray flag will be removed after 10 minutes (change to RRS 29.1).

The failure to make such a broadcast, the timeliness of the broadcast, or the order in which boats are notified shall not be grounds for a boat to request redress. This changes RRS 61.1.

Boats that have not started within 10 minutes of the starting signal will be scored DNS (Did Not



Start).

9. FINISH

The finishing line will be between a staff displaying a BLUE flag on the Race Committee vessel and the ORANGE finishing mark.

10. TIME LIMIT

The time limit for all boats shall be 4 hours from the starting signal, or in any event no later than 18:00.

The race may be shortened or abandoned in the event of insufficient wind.

11. SHORTENING OF COURSE

The course may be shortened for one or both fleets.

The course may be shortened at any mark by displaying the S flag.

If the S flag is displayed over a YELLOW flag, the shortening shall apply to the All Sails fleet.

If the S flag is displayed over a GREEN flag, the shortening shall apply to the White Sails fleet.

The display of the S flag alone shall apply to both fleets.

12. PROTESTS AND REQUESTS FOR REDRESS

Protests shall be submitted using the appropriate forms and sent to the Secretariat of the Organizing Club at:

trieste@leganavale.it

The protest time limit shall be:

90 minutes after the finish of the last boat in any participating fleet.

In addition to the requirements of RRS 61.1(a), the protesting boat shall immediately upon finishing report the sail number of the boat she intends to protest.

Within 30 minutes after the end of the protest time limit, a list containing the sail numbers/names of the protesting boats, protested boats and witnesses will be posted on the Official Notice Board and referred to on the website regatainsiel.it. Competitors are required to check this list.

Within the protest time limit, a list of boats that have started incorrectly will be published.

13. SCORING

As provided in Section 12 of the Notice of Race, for the purpose of scoring, only the real-time finishing order of all boats shall be taken into account.

14. FLAGS AND BOW IDENTIFICATION NUMBERS

All boats shall display the assigned adhesive bow identification numbers.

The bow numbers shall be collected from the premises of the Lega Navale Italiana – Trieste Section, according to the arrangements that will be published on the website:

www.regatainsiel.it



Boats without the assigned bow identification numbers shall not be permitted to race.

15. RADIO COMMUNICATIONS

The official working channel shall be VHF Channel 72.

A boat while racing shall not send or receive radio communications that are not available to all competitors.

This provision also applies to mobile phone communications.

16. TRASH DISPOSAL

Competitors shall minimise any negative environmental impact.

All waste shall be brought ashore and disposed of appropriately.

17. PRIZES AND PRIZE-GIVING

The prize-giving ceremony will take place on Wednesday, 16 September 2026 at 18:00 at the premises of the Lega Navale Italiana – Trieste Section.

The first three boats in each Category and Class with at least 5 finishers, the first two with 4 finishers, and the first boat with 3 finishers will be awarded.

Cral Insiel Challenge Trophy – Awarded to the Sailing Clubs achieving the three best placings. In the event of a tie, subsequent positions will be taken into consideration. The Sailing Club affiliation must be indicated at the time of entry.

Dorian Reggente Challenge Trophy – Awarded to the overall winner of the Classic Fibreglass Boats – White Sails Category.

Brunetto Rossetti Challenge Trophy – Awarded to the overall winner of the Classic Wooden Boats – White Sails Category.

Cristina Davanzo Challenge Trophy – Awarded to the overall winner of the White Sails Category.

InsiVela Challenge Trophy – Awarded to the overall winner of the All Sails Category.

Centenary Trophy – Awarded to the overall winner among competitors registered for the event “Italia: cibo vino mare”, organized by the Italian Community “Dante Alighieri” of Isola d’Istria.

18. SAFETY REGULATIONS

Boats retiring from the race shall notify the Organizing Committee as soon as possible by VHF on Channel 72.

Outboard engines raised at the stern and anchors deployed at the bow are not permitted. Failure to comply shall result in disqualification.

19. DISCLAIMER OF LIABILITY

As stated in Fundamental Rule 3, “The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.”

Accordingly, competitors acknowledge that sailing activities fall within the scope of Article 2050



of the Italian Civil Code and that all competitors shall hold a valid federation membership providing personal accident insurance coverage, including death and permanent disability.

Foreign competitors shall comply with any requirements of their respective MNA and shall hold personal accident insurance, including coverage for death and permanent disability, in accordance with FIV regulations.

(See Section 16 of the Notice of Race.)

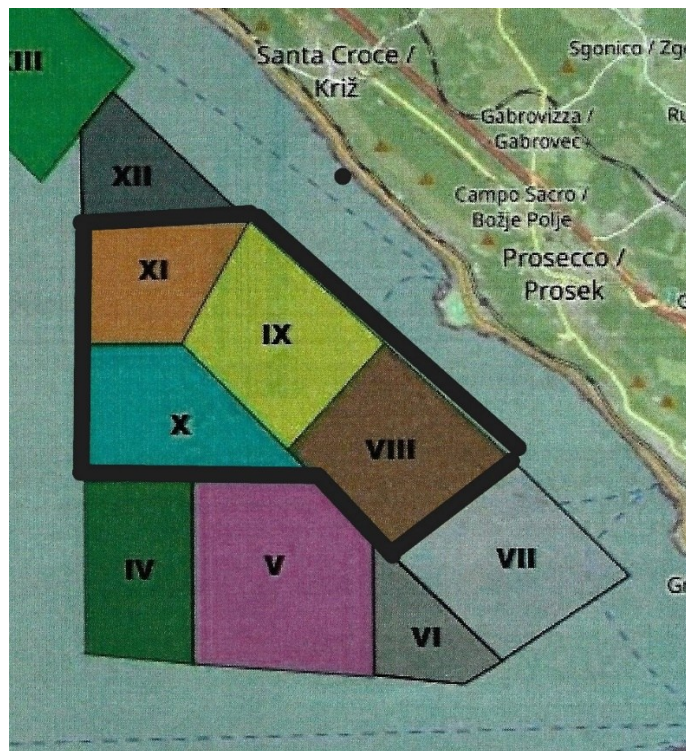
20. INSURANCE

Each participating boat shall hold valid third-party liability insurance (RCT), including an extension covering sailing races, with a minimum coverage of €1,500,000.00 per event, or the equivalent amount in another currency.

At the time of entry, such coverage shall be demonstrated by submitting an appropriate original official insurance certificate.

THE RACE COMMITTEE

APPENDIX 1 NAUTICAL AREAS



Area nautica		Latitudine	Longitudine
VIII	Barcola Nord	45° 40',43 N	013° 42',20 E
		45° 41',12 N	013° 43',50 E
		45° 41',22 N	013° 41',10 E
		45° 42',00 N	013° 42',13 E
IX	Grignano Est	45° 41',22 N	013° 41',10 E
		45° 42',00 N	013° 42',13 E
		45° 42',00 N	013° 40',00 E
		45° 42',90 N	013° 40',72 E
X	Miramare	45° 41',00 N	013° 41',40 E
		45° 41',00 N	013° 38',97 E
		45° 42',00 N	013° 40',00 E
		45° 42',00 N	013° 38',97 E
XI	Grignano Ovest	45° 42',00 N	013° 40',00 E
		45° 42',90 N	013° 40',72 E
		45° 42',90 N	013° 38',97 E
		45° 42',00 N	013° 38',97 E