



2025 iQ Windfoil & Wingfoil Triple Crown

May 10th & 11th

The Organising Authority is the Manly Sailing Club

The event will consist of Windfoil & Wingfoil Triple Crown Series

Round Two (2)

NOR and SAILING INSTRUCTIONS

[NP] denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1.

[SP] denotes a rule for which a standard penalty may be applied by the Race committee without a hearing or a discretionary penalty applied by the Protest committee with a hearing

1. Rules

- 1.1. The event will be governed by the 'Rules' as defined in the Racing Rules of Sailing - Windsurfing Competition Rules (WCR), except as modified by these Sailing Instructions.
- 1.2. The Yachting New Zealand Safety Regulations shall apply.
All sailors shall wear buoyancy vests, impact vests, or lifejackets in good repair properly secured about their persons and complying with YNZ minimum standard at all times while afloat.
- 1.3. [DP] A suitable protective helmet must be worn at all times while afloat.
- 1.4. [DP] Competitors racing on and competing in the International iQFoil Class shall comply with the current international iQFoil Class Association rules.
- 1.5. During long-distance races each sailor shall carry a flare and may also be asked to carry a tracking device and/or application associated with the sailors mobile phone.
- 1.6. **Wingfoiling Class** shall comply with the World Sailing Development rule "Appendix WF" as there are some subtle differences. This rule can be found at [https://www.sailing.org/tools/documents/DR2105AppendixWFWingfoilingRacingrulesJune2021-\[27358\].pdf](https://www.sailing.org/tools/documents/DR2105AppendixWFWingfoilingRacingrulesJune2021-[27358].pdf)
- 1.7. Appendix T, Arbitration, will apply

2. Sailing Instructions

- 2.1. The Sailing Instructions included in this document will be on the host clubs website . Printed copies will NOT be provided by the Organising Authority at the briefing.

3. Eligibility and Fees

- 3.1. The regatta is open to all windsurfing boards on foils and Wingfoil competitors.
- 3.2. Entry Fee is **\$100**
- 3.3. There will be no refund if entered competitors withdraw their entry after the entry deadline

- 3.4. Eligible boards and Wingfoil riders shall enter by completing the entry form online at www.manlysailingclub.org.nz , together with the required fee, by 1800 on the 7th May 2025
- 3.5. Late entries will NOT be accepted after 1800 on the 7th May 2025 that also means NO entries on the day of the event.
- 3.6. New Zealand iQFoil Class competitors shall be fully paid up members of a YNZ-affiliated Yacht Club, and be fully paid up members of Windfoil New Zealand Inc. New Zealand. For Olympic classes each crew shall comply with World Sailing Regulation New Zealand competitors must display a Windsurfing New Zealand registered sail number. International Competitors shall comply with the New Zealand equivalent or similar.
- 3.7. All competitors are recommended to have valid marine third party insurance for an amount not less than NZ\$1,000,000 (or equivalent) per incident. This cover must be extended to include racing cover.
- 3.8. Third party insurance can be purchased through the following link on Yachting New Zealand's website:
<https://www.yachtingnz.org.nz/overseas-regatta-and-transit-insurance-proposal>
- 3.9. For the iQFoil Class, the following must be provided upon registration: Proof of Age (if requested) Parental Permission – for those under the age of 18.
- 3.10. For the iQFoil Class All competitors in the Youth Class shall be under the age of 19 years on 31 December 2025.
- 3.11. For the iQFoil Class All competitors in the Junior Class shall be under the age of 17 years on 31 December 2025
- 3.12. **Wingfoil competitors** shall be fully paid up members of a YNZ-affiliated Yacht Club, and should be fully paid up members of Wingfoil New Zealand Inc. New Zealand.
- 3.13. **Wingfoil competitors** shall enter into their respective divisions:-
 - (a) Gold Fleet
 - (b) Silver Fleet
- 3.14. The Organising Authority is not responsible for verifying the status of Club membership, Association membership or Third Party Insurance, it is the Rider's responsibility to ensure that the correct information is provided when entering.

4. Advertising

- 4.1. Sailors may be required to display advertising chosen and supplied by the Organising Authority.
- 4.2. Event lycra, if provided, shall be worn outside any other clothing or equipment at all times when afloat and during media interviews ashore.
- 4.3. Regatta lycra and stickers shall not be cut, trimmed or altered in any way.

5. Notice to Competitors

- 5.1. Notices to competitors will be posted on the Official Notice Board located online at www.manlysailingclub.org.nz
- 5.2. Any change to these Sailing Instructions will be posted on the Official Notice Board at least 60 minutes before the scheduled start of the first race affected, except that any changes affecting the first possible start of the next day's racing shall be posted not later than 2000hrs on the day before.

6. Signals Made Ashore

- 6.1. Signals made ashore will be displayed on the flagpole located on the front of The clubhouse.
- 6.2. Signals made over a class flag apply to that class only.
- 6.3. A boat shall not go afloat until flag D is displayed ashore. The warning signal will not be made before the scheduled time or less than 30 minutes after flag D is displayed.

7. Schedule of Event

- 7.1. **The daily schedule will be determined by weather forecast and conditions.**
- 7.2. Registration will be upstairs at Manly Sailing Club.
- 7.3. Equipment inspections may take place at any time during the event

7.4. Event Schedule and briefings

Date	From	To		Division
Sat 10th	0800	0930		Registration

Sat 10th	0930	1000	Briefing	All Competitors / Coaches
Sun 11th	0915	0930	Briefing	All Competitors / Coaches

7.4. Racing Windows/Schedule

Date:	Time of the First Warning Signal:	No Warning signal shall be made after:	Divisions:
Sat 10th	1100	1600	All Competitors
Sun 11th	1030	1500	All Competitors

- 7.5. There shall be a maximum of 4 Classic Course Races on any day. Races in other formats may be held in addition to the Classic Course Racing.
- 7.6. There may be up to **5** races sailed on any day for **WingFoil** competitors and up to **6** for **WingFoilers**.
- 7.7. To alert competitors that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound signal at least 2 minutes before a warning signal is made. No sound will be made when the flag is lowered.
- 7.8. On the last day of racing no warning signal will be made after 1500hrs.
- 7.9. The prize giving will be held as soon as reasonably possible after the completion of racing.

7. Format of Racing



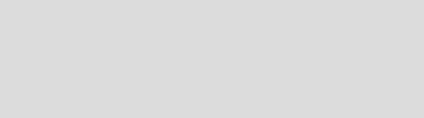



- 7.1. Racing will be a mix of windward/leeward, and Slalom courses. Refer to **Addendum B**
- 7.2. If conditions allow there will be a marathon race that will count towards a sailors score.

8. Equipment and Measurement [DP][NP]

- 8.1. Any board or equipment may be checked for compliance with these Sailing Instructions at any time.
- 8.2. A competitor may replace equipment that is damaged and beyond immediate repair, and thereafter get permission from Gary Hill "the Measurer" as soon as reasonably possible. The item will be sighted.
- 8.3. Penalties for a breach of class rules are at the discretion of the jury and may be less than disqualification.

9. Divisions and Class Flags

- 9.1. The class flag will be described as below and at the briefing.
- 9.2. For iQFoil Class there will be 7 scoring divisions: iQ Women, IQ Youth Women, iQ Men, iQ Youth Men, iQ Junior combined Men/Women, Open combined Men/Women, Silver Combined men/women
- 9.3. There must be a total number of 4 entrants to constitute a division
- 9.4. Silver fleet will display a yellow ribbon from the the end of the boom and will complete 1 lap of the course
- 9.5. Silver fleet will start in their chosen class and complete 1 lap of the course.
- 9.6. Junior fleet will start in their chosen class and complete 1 lap of the course.
- 9.7. Open fleet will race in their chosen class
- 9.8. For the Wingfoil Class there will be two divisions
 - Gold Fleet
 - Silver Fleet

Fleet and Class Flags	Division	Equipment
	iQFOil Male ≥19y @ 31 Dec 2025	IQ Class Regulation 8M
	Open Men and Women	Board: Max Width 100.5 Foil: 1 mast any size 2 fuselage any size 2 front wings any size 2 back wings any size Sails: Any three sails Men max 9M Women max 8M
	iQFOil Youth Male (<19y at 31 Dec 2025)	IQ Class Regulation 8M
	iQFOil Women (≥19y @ 31 Dec 2025)	IQ Class Regulation 7.3M
	iQFOil Youth Female (<19y at 31 Dec 2025)	IQ Class Regulation 7.3M
	iQFOil Junior (<17y at 31 Dec 2025) iQFOil Youth (<19y at 31 Dec 2025)	IQ Class Regulation 7M, 6M, 5M

10. Racing Area

10.1. The Race Area will be on the waters off The Manly Sailing Club Club known as the Polkinghorne Bay. The Race Area will be indicated at the daily briefing.

11. Courses

11.1. The diagrams in Addendum B show the 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.

11.2. The map in addendum A shows the approximate course locations

11.3. The Race Committee will determine the race format and the courses at their discretion.

11.4. If more than one race format and/or if more than one course option is prescribed for the day's racing, no later than one minute before the warning signal the Race Committee signal vessel shall display the course to be sailed on a white board or flag.







12. Marks

12.1. The starting marks, finishing marks, and marks on the course will be described at the daily briefing.

13. The Start

13.1. The starting line will be between a staff displaying an orange flag on the starting vessel at the starboard end and the port-end starting mark.

13.2. The following start sequence will be used for the Windfoiler divisions





Minutes before starting signal	Visual Signal	Sound Signal	Means	
5	Orange Flag		one long	Race about to start
3	Class Flag displayed		one	warning
2	U or Black flag displayed		one	Preparatory
1	U, or Black flag removed		one long	one minute
0	Class flag removed		one	start
2	Orange flag removed		none	start closed

13.3. A boat starting later than 2 minutes after their starting signal will be scored Did Not Start "DNS" without a hearing. his changes the DPS

13.4. Black flag as a preparatory signal to be used.

- When, at the warning signal, the course to the first mark is approximately ninety degrees from the true wind then,
- When at the starting signal the race committee identifies a board on the course side of the starting line, the race committee shall signal a general recall.
- The Race committee will identify the board and she shall be disqualified without a hearing, even if the race is abandoned. The race committee shall hail or display her sail number, and she shall leave the course area immediately. If the race is restarted or re-sailed, she shall not sail in it.

13.5. **Wingfoilers** shall use the same Start procedure with the following class flags.

Minutes before starting signal	Visual Signal	Sound Signal	Means	
5	Orange Flag		one long	Race about to start
3	Class Flag displayed		one	warning
2	U or Black flag displayed		one	Preparatory
1	U, or Black flag removed		one long	one minute

0	Class flag removed	 	one	start
2	Orange flag removed		none	start closed

14. Change of Course

14.1. Any changes to the courses will be described in the daily briefing.

15. The Finish

15.1. The finishing line will be between a staff displaying a blue flag on the finishing vessel at one end and the orange buoy at the other end.

15.2. A finish position will be given to Silver fleet competitors if the finish time widow has passed. The position will be taken from the last mark rounding.

16. Target Times and Time Limits & Rest Periods [NP]

Course	TARGET TIME	FINISH WINDOW	TIME LIMIT
Slalom	6 min	4 min	8 min
Course	16 min	6 min	23
Marathon	60 min	30 min	90 min

17. Penalty System

17.1. Racing rule 44.1 and App P 2.1 will be changed to a penalty consisting of, upwind, one tack and downwind one gybe (360 degrees) to be done continuously and as soon as possible after the infraction or

17.2. Alternatively, a competitor may elect a Scoring Penalty in lieu of completing a One-Turn penalty (B44.4 WCR). The penalty will be 2 points.

18. Scoring at Each Event

18.1. 5 races are required to constitute a series.

18.2. When fewer than 5 races have been completed, a board's score will be the total of her race scores.

18.3. When from 6 to 8 races have been completed, a board's score will be the total of her race scores excluding her worst score.

18.4. When 9 or more races have been completed, a board's score will be the total of her race scores excluding her two worst scores.

18.5. A course race will be scored as a single race in a series

18.6. A sprint slalom race will be scored as a single race in a series.

18.7. A marathon will be scored as two races in a series The score for any marathon race shall not be excluded. This changes DPS appendix A

19. Safety

19.1. Competitors shall, within 30 minutes of departing or coming ashore, sign-on each time they leave the shore to enter the course and shall sign-off each time they come ashore from the course. The Sign On/SignOff sheets will be on the ground floor of manly Sailing Club

19.2. Competitors not leaving shore for the day's races shall notify the Race Committee as soon as possible.

19.3. A Competitor that retires from a race shall notify the Race Committee as soon as possible.

19.4. Failure to comply with Safety rules will result in a penalty point. [SP].

20. Official Boats including Support and spectator.

20.1. Official boats will be as described at the briefing.

20.2. All support vessels shall keep at least 100m from the racing area whilst boats are racing.

20.3. Sufficient personal flotation devices for each crew member must be carried or worn in all support vessels at all times in accordance with New Zealand Maritime Law.

21. Radio Communications

21.1. Except in an emergency, a board shall neither make radio transmissions while racing nor receive radio communications not available to all boards. This restriction also applies to mobile telephones.

22. **Drug Testing**

22.1. Competitors are reminded of the World Sailing rules and regulations concerning the use of banned methods and substances, which are contained in the World Sailing Anti-Doping Code. Drug testing may take place during this event.

23. **Prizes**

The following prizes for the event may be given at the discretion of the Organising Authority:

- 1st / 2nd / 3rd 8M men
- 1st / 2nd / 3rd 7.3M women
- 1st / 2nd / 3rd 8M Youth men
- 1st / 2nd / 3rd 7.3M Youth women
- 1st / 2nd / 3rd 7,6,5 Junior Women and men combined
- 1st Open Man
- 1st Open Women
- 1st / 2nd / 3rd NZ masters/Grand Master
- New Zealand National Champions will be recognised in accordance with Yachting New Zealand Regulations 4.5.4

Wingfoil Class Prizes will be awarded in both Gold and Silver Fleets

24. **Disclaimer of Liability**

24.1. Competitors participate in the event entirely at their own risk. See RRS Rule 4, Decision to Race. The Organising Authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.

25. **Media Rights, Cameras and Electronic Equipment**

25.1. By entering the event, competitors automatically grant Yachting New Zealand, and the Organising Authority and their sponsors, the right in perpetuity to make, use and show from time to time at their discretion, any motion pictures, still pictures and live, taped or filmed television and other reproductions of them or their equipment, taken during the period of the regatta, for the said regatta as defined in the Notice of Race and Sailing Instructions in which he/she participates without compensation.

26. **Protests and request for redress**

- 26.1. Please note clauses 1.6, 17.2, and the 'Scoring Penalty' system being offered.
- 26.2. Protest forms are available at the Race Office, located upstairs Manly Sailing Club. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 26.3. DP][NP] Competitors retiring from racing after finishing shall notify the Race Office before the end of the protest time limit.
- 26.4. The protest time limit is 60 minutes after the last board has finished the last race of the day or the Race Committee signals no more racing today, whichever is later.
- 26.5. Notices will be posted within 15 minutes of 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, located in the clubhouse. Hearings may start before the scheduled time with the agreement of all parties.
- 26.6. Breaches of rules in the Sailing Instructions marked [NP] will not be grounds for a protest by a board. **This changes RRS 60.1(a)**. Penalties for breaches marked [DP] are at the discretion of the Race Committee and may be less than disqualification if they so decide

27. **For further information please contact:**

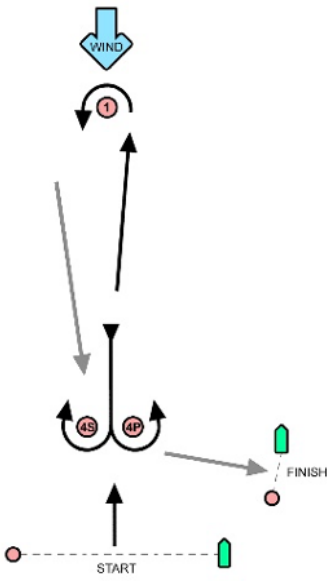
Harold Bennett

vicecommodore@manlysailingclub.org.nz

0274 958 178

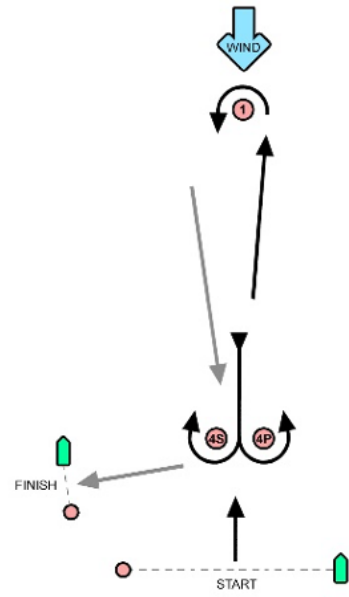


ADENDUM B - Courses



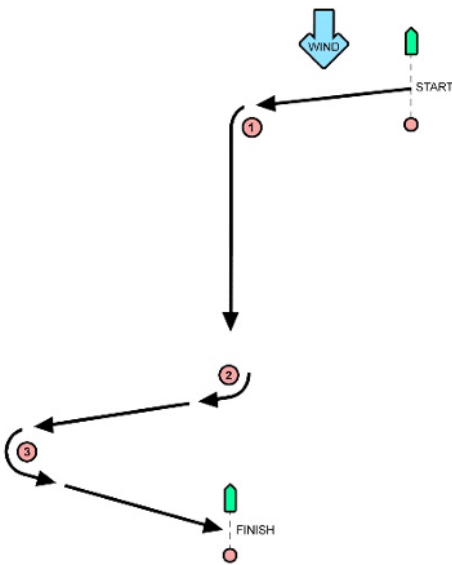
WL2P

Start,1, 4S/4P,1 4S/4P Finish



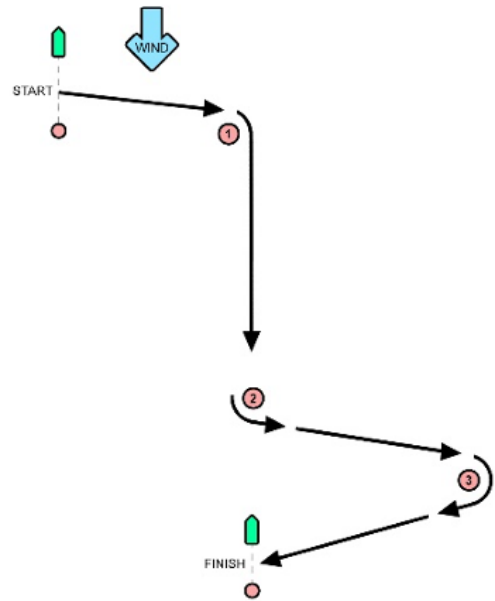
WL2S

Start,1, 4S/4P,1 4S/4P Finish



SL1S

Start,1,2,3, Finish



SL1P

Start,1,2,3, Finish

If a marathon race is to be held then the course will be explained at the briefing