



SHETLAND RACE

SAILING INSTRUCTIONS

Shetland Race 17/6 – 23/6 2025

Organizing authority Vestland Seilkrets

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1 Rules

The race is governed by the current versions of:

- The rules as defined in the Racing Rules of Sailing (RRS) with the prescriptions of the Norwegian Sailing Federation (NSF)
- The International Regulations for Preventing Collisions at Sea (IRPCAS),
- WS the Equipment Rules of Sailing
- WS Offshore Special Regulations
- The updated rules for the Respite System NOR Rating
- These Sailing Instructions.

2 Race committee

The technical meaning of the word "Race Committee" only include the following persons during the race:

Race committee in Bergen			Race committee in Lerwick	
Chairman	Carl Olav Wickmann	+47 41326639	Chairman	Suzanne Shearer
Race Officer	Ulv K Hjellestad	+47 90064155		
		ulv@hjellestad.no		
Safety Officer	Frode T Haugland	+47 91676383		

In addition, the Race Committee will be officials at the Race Office in Lerwick, and officials directly connected to the starting- and finishing functions in Lerwick and Bergen.

All other persons supporting the total arrangement is not a part of the Race Committee in the technical meaning within a regatta.

Further details and other members of the organizing committee can be found on the race's web pages.

3 Advertisements

The race is classified in Category C in accordance with RRS Appendix 1 – WS

Advertising Code. The Organizing Authority will use sponsor advertising.

The advertising ensign shall be attached to the yachts aft.

Multimedia files can be delivered at race office via USB-stick.

4 Registration

Eligible competitors / boats are approved by the Measurement Committee, and have completed their registration at the Organizer, as described in the Notice of Race.

5 Insurance

All competing yachts must hold valid insurance coverage.

6 Changes in sailing instructions

Any change to the Sailing Instructions, after approval from the Jury, will be delivered written before start in Bergen or in Lerwick. This will be signalled by flag "L" hoisted outside the Race Office not later than 2 hours before Skippers meeting in Bergen or Lerwick.

7 Safety Regulations (separate document)

Competing boats shall have an overall length of 27' or more, (with exception of boats classified and authorized under the design specification of the Mini Transat 650), and constructed and equipped in accordance with WS Safety Regulations for Offshore racing, category 3 with life raft. All boats shall have fixed installed inboard motor. Motor, propeller shaft and propeller or sail drive shall be in proper functioning condition and be able to work immediately if it is needed by the situation.

8 Safety inspection

Entered boats shall be presented to safety control to the fixed time and place as decided by the Race Committee. This will be given with confirmation of entering the race after end of entering time.

Safety control shall be notified in the boats log: "Safety control Shetland Race 2025" with date and the controller's signature.

Any faults in accordance with this paragraph in the Sailing Instructions shall be notified in the boats log and shall be fixed before start.

Any boat can anytime be picked out to another or new control (see Safety Instructions § 2.02).

Noncompeting or boats disqualified in accordance to safety regulations, will on the leg Bergen - Lerwick, not be included in the Organizers safety program if they would sail to Shetland outside the competition Shetland Race 2025.

Such boats shall stay clear of the starting line during the starting procedure and shall not interfere with a boat that is racing. Boats disqualified which are close to the starting area, shall have their sails furled, maneuver by the motor and display their national flag.

Boats disqualified in accordance with safety regulations in Shetland, will be included in the Organizers safety program for the leg Lerwick - Bergen. Such boats shall act as boats disqualified in Norway (see above), and they shall report to the Organizer at arrival in Norway.

9 Crew limit / Crew list

- 9.1 Every entered boat shall have a crew of minimum 3 persons. This does not apply to "Double Handed" class where there is a minimum limit of 2 persons. For boats with displacement of 2200 kg or more, the NOR Rating-committee in VSK have given general dispensation from NOR Rating-rule 6.9 Crew Limits, § 2 "maximum number of crew members". I.e. these boats have no limits upward regarding number of crewmembers.
- 9.2 Any changes in the registered crew list before start in Bergen or in Lerwick shall be delivered written to the Race Committee before the start of skippers meeting.
- 9.3 If a boat has a missing, or faulty crew list, she will be deleted from the Competitors list.
- 9.4 During the races Bergen - Lerwick or Lerwick - Bergen is it not allowed to take onboard any new crewmember. Crew can be changed in Lerwick. If any crewmember is missing before start in Bergen or Lerwick, a written report shall be delivered the Race Committee at least 30 min. before the race starts in Bergen, or at the skippers meeting before start in Lerwick.

10 Minimum fuel

Every racing sailboat shall have a minimum amount of fuel to be able to make a course of 200 nautical miles under engine - this changes OSR 3.28.3 b).

11 Use of motor and motor driven pumps

Motor and motor driven pumps are only allowed for battery charging, drainage of keelson, to hoist an anchor and warping from ground. If a propulsion motor is used for this, a part of the transmission system between the gear and the propeller must stand still (locked). These restrictions are not a hinder for using a motor to rescue man overboard, or to give assistance (RRS 1.1 and 41), and neither to use it in any dangerous situation, but under such circumstances a full report shall be given in the Boat Declaration.

12 Responsibility / Safety

- 12.1 The skipper on board has the responsibility that the boat is equipped to go through the regatta, and the skipper alone takes the decision that the boat and crew are able to start and finish this regatta (see safety rules § 1.2).
- 12.2 The Race Committee or Vestland Seilkrets will not accept any liability for material damage or personal injury, or death sustained in conjunction with or prior to, during, or after the regatta.
- 12.3 A boat, which, during the race to or from Shetland, sails with crewmembers, which are under the influence of alcohol, can be protested for infringing Safety Rule § 1.02.

13 Skippers meeting

- 13.1 Bergen - Skippers meeting will be at Bergen Børs Hotel, Vågsallmenningen 1, 5014 Bergen. Tuesday 17th of June at 19.00 local time.
- 13.2 Lerwick - Skippers meeting will be in the Lerwick Boating Club, Saturday 21st of June at 14.00 local time.

14 Classes

- 14.1 Class grouping will be as presented in the start list.

Class	
Class 1	*Double Handed NOR Rating
Class 2	NOR Rating with spinnaker
Class 3	NOR Rating with spinnaker
Class 4	NOR Rating with spinnaker

*Requires documented proof of able yachtsmen on ocean-going Regattas for both crewmembers

15 Race schedule

- 15.1 Bergen - Lerwick, normal start.
Start north of Marstein Lighthouse Wednesday 18th of June. Warning signal at 12.55 local time.
- 15.2 Lerwick - Bergen, normal start.
Race start from Lerwick Harbour Saturday 21st of June. Warning signal at 16.55 local time.

16 The Courses

16.1 BERGEN – LERWICK

Start in the waters north of Marsteinen with west direction over the starting line. Sail west in the North Sea to Shetland with free entrance north or south of Bressay and to the finishing line in Lerwick harbour. Distance 194 nautical miles (See charts at the last pages). (SI § 32, 33 and 34).

LERWICK - BERGEN:

Start Lerwick harbour, and then sail south through Bressay Sound, out in the North Sea with Bard Head (the south point of Bressay) to be passed on port side. Continue over the North Sea and into the Korsfjorden and the finishing line at Marsteinen. Distance 194 nautical miles (See charts at the last pages). (SI § 36 and 37).

17 Starting lines

17.1 Bergen:


The starting line for the race Bergen - Lerwick is in Korsfjorden and will be between Marsteinen lighthouse (N060 07'52,69 E005 00'35,46) and Tekslo light (N060 09'19,29 E005 00'25,88).

A boat starts by crossing the line in direction from east towards west. (SI § 33)


17.2 Lerwick harbour:

The starting line in Lerwick harbour will be in Bressay Sound. (SI § 37 + Appendix 1)

18 Starting systems and signals

18.1 All classes start together using class flag "D" .

18.2 Races will be started using RRS 26 with an extra attention signal 10 min. before start.

Warning signal	5 min. before start	Flag "D" displayed	one sound
Preparatory signal	4 min. before start	Flag "P"  displayed	one sound
One minute signal	1 min. before start	Flag "P" removed	one long sound
Starting signal	0 min.	Flag "D" removed	one sound

18.3 During the starting procedure, if possible, the starter will hold an open line on VHF channel 8 and do count downs.

19 Rules after sunset

In the period between 20:00UTC evening and 03:00UTC The International Regulations for Preventing Collisions at Sea (IRPCAS) will apply, and not the ISAF RRS Part 2. In this period and under restricted view the lanterns shall be on.

20 Passing platforms in the North Sea

When passing platforms or other installations in the North Sea the boats shall keep a distance at least 500 m to the installations.

21 Position and passing reports during the race

21.1 See §25

22 Finishing lines

22.1 Lerwick:

The finishing line for the race Bergen - Lerwick is in Lerwick harbour and will be the line from the signal mast on Lerwick Boating Clubs pier, towards the east end of molo on Maryfield Ferry Terminal (Bressay), i.e. if you take a bearing to the green radar pole a bit south on Maryfield Ferry Terminal, on 075 degrees without correction for deviation. The boat finishes by crossing the finishing line either from north or south, according to the chosen approach. (See SI § 16.1 and 35 + Appendix 1)

22.2 Korsfjorden:

The finishing line for the race Lerwick - Bergen is in Korsfjorden and will be between Marsteinen lighthouse (N060 07'52,69 E005 00'35,46) and Tekslo light (N060 09'19,29 E005 00'25,88).

A boat finishes by crossing the line in direction from west towards east (See SI § 38).

23 Passing the finish line

23.1 When passing the finishing line every boat shall record date and their own finishing time in Norwegian time (CEST - hour.min.sec). If possible, the boat shall notify the sail number on the competitor before and after over the finishing line.

23.2 After finishing in Lerwick please read other information in this program regarding arrival to Lerwick and the harbour regulations in Lerwick. Among others how the boat will be given harbour space. Remember to call up «Lerwick Harbour» once more over VHF channel 12.

24 Time Limits

Time limits are as follows (in hours after starting signal):

Bergen – Shetland: 50 hours

Shetland – Bergen: 50 hours

Boats failing to finish within the time limit will be scored Did Not Finish (DNF). This changes RRS 35.

25 Boats declaration / report to the race committee

25.1 Every boat shall deliver a written boat declaration after each race. The declaration shall contain date and time for finishing, and information regarding position / passing all mentioned points given under way.

25.2 At Shetland shall the declaration be delivered at the Race Office on Albert Wharf, Lerwick. Boats retiring from the race on the way to Shetland and then returns to Norway can send their declaration to the Race Officer address in Norway. Use Appendix 3

25.3 In Norway the declaration to be sent by email or MMS to Race Officer. Boats, which retire from the race on the way to Norway or goes to another harbour than Hjellevstad, can send their declaration to the Race Officer. (See SI § 2) Use Appendix 2

25.4 The time limit for delivering the Boat Declaration is the same as for lodging protest in Shetland (SI § 28.1) and in Norway (SI § 28.2).

25.5 If a boat has incidents during the race, which could be an infringement of some of the rules for the race, and then takes a scoring penalty, protests or other action, it shall be reported in the Boat Declaration.

26 Scoring penalty

- 26.1 RRS 44.3, Scoring Penalty will apply for the following infringements and actions:
- breach of a rule in RRS Part 2
 - OCS, RRS29.1 Individual recall =3% penalty.
 - missing delivered or filled Boat Declaration in accordance with SI § 2. = 5% penalty.
- 26.2 A boat that breaches a rule in RRS Part 2 and then takes a «Scoring Penalty» shall display and act in accordance with RRS 44.3(a) (yellow flag).

27 Retire from the race

- 27.1 A boat that retires from the race shall, if possible, report two times:
- As soon as the boat retires from the race.
 - As soon as possible, after the boat arrives in harbour or is secured in safety.
- 27.2 A report of retirement from the race shall contain:
- The boats sail number and name
 - Position or locality
 - Time for retirement / arrival in harbour
 - Reason for retirement and the condition for crew and boat
 - Destination in Norway or other country if report is given while retiring
- 27.3 A report of retirement from the race shall be given to:
- a) At the time the boat retires from the race:
Race Officer, via Kystradio Sør or Shetland Coast Guard.
 - b) When the boat have arrived harbour or is secured in safety:
Harbour Shetland: Race Office, Lerwick Boating Club or Shetland Race Finishing Line Control
Harbour Norway: Race Officer or Safety Officer.

28 Protests and request for redress

28.1 For the race Bergen – Lerwick

Protests shall be delivered to the Race Office in Lerwick (See SI § 31.2), within 3 hours after the boat finished the race, or arrived the harbour in Shetland after retiring from the race. If the finish or arrival after retirement is between 19:00 and 07:00 (local time) the protest shall be delivered the following morning before 10:00. The Race Office Letterbox can be used if the Race Office is not attended.

I Boats retired from the race Bergen - Lerwick and returning to Norway can send the protest to the Race Officer address in Norway within 24 hours after the boat has arrived harbour in Norway. In that case the skipper shall establish contact with the safety coordinator for Shetland Race 2025 in Norway (See SI § 27.3) to inform which boat(s) or action is protested.

II On the official Notice Board at the Race Office in Lerwick, the notices will be posted to inform competitors the time and place for hearings in which they are parties or named as witnesses. When the signal flag "B" is displayed from the signal staff on the pier for Lerwick Boating Club, it means that a notice for protests is on the Notice Board. Copies of protests can be delivered from the Race Office. It is the competitor's own responsibility to keep themselves informed about posted protests. The signal flag "B" will be lowered 3 hours after the time limit for boat with lowest NOR Rating.

28.2 For the race Lerwick - Bergen

Protests can be delivered to the Race Office at Bergens Seilforening, within 3 hours after the boats finish, or arrival after retirement. When finishing, or arrival to Marstein after retirement, between 19:00 and 07:00 the protest shall be delivered within the following morning at 10:00. If the Race Office is not attended, the letterbox at Bergens Seilforening can be used. It is recommended that protests are communicated to the race committee immediately after arrival.

Boats that retire from the race Lerwick – Bergen and arrives other harbour or places than Marsteinen / Hjeltestad shall inform about protests to the Race Officer through the Safety Officer for Shetland Races 2025 in Norway (See SI § 2) within 3 hours after boats arrival. Sail number and name of the protestor and protestee must be reported. The written protest must be delivered the Race Office at Bergens Seilforening, or posted to the Race Officer within 24 hours after the protest was reported

29 Scoring

29.1 Calculating corrected time:

The regatta is divided in 2 separate races,
Norway – Lerwick
Lerwick – Norway.

In all races will corrected time be calculated after the method "Time on time – weather routing".

29.2 Scoring system:

The Low Point scoring system of RRS Appendix A will apply.

30 Prizes

There are several prizes in the Shetland Race 2025.

For each race there are prizes to 1/3 of the yachts in each class.

All skippers and crew will receive a Shetland Race pin.

Prize giving for the race Bergen – Lerwick is at Mareel on Friday night 20th of June.

31 Race offices

31.1 Race office in Bergen:

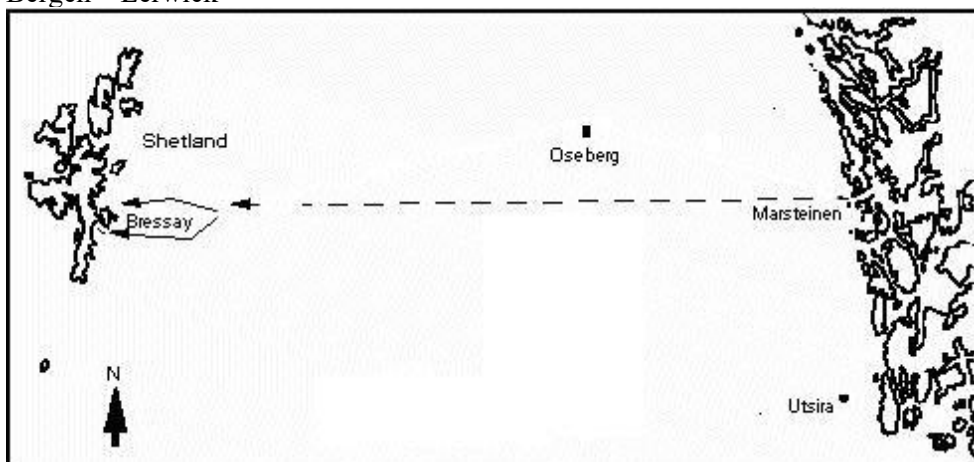
Before the race Bergen - Lerwick: Bergen Harbour
at Visit Bergen, Strandkaiaen 3, 5013 Bergen Tuesday.
The official Notice Board will be placed outside the Race Office.
The Race Office is open: Tuesday 17th of June 16:00 - 18:00
After the race Lerwick - Bergen: At Bergens Seilforening.
Information is also available on the Office web site <http://shetlandrace.no/>.

31.2 Race office in Lerwick:

Lerwick Boating Club, 12a Commercial Street, Lerwick.
Telephone: +44 1595 696954 FAX: +44 1595 696954
Official Notice Board is in the clubs ground floor. Service Office is in the harbour.

32 Map (course westbound)

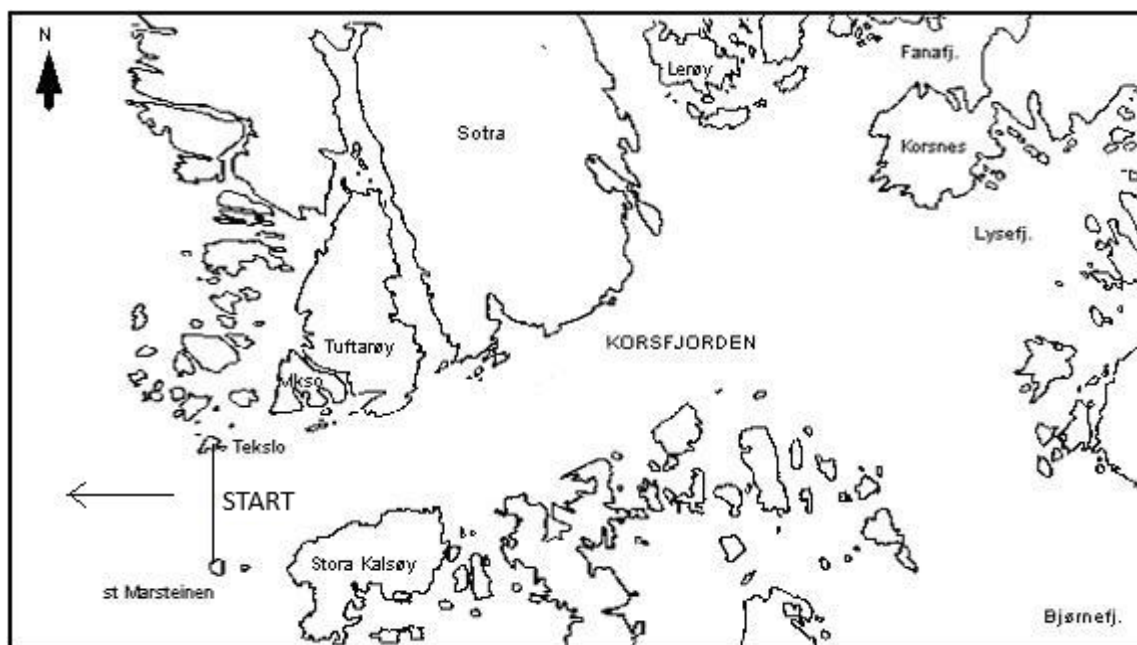
Bergen – Lerwick



Navigation after sea chart 301, North Sea, sea chart 559, North Sea northern part, or equivalent.

33 Map (start in Korsfjorden):

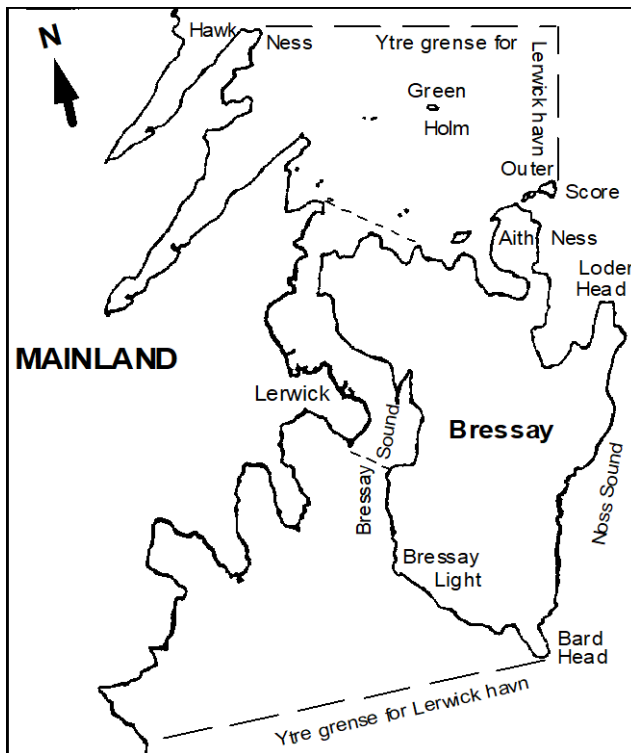
START IN KORSFJORDEN,



Navigation after sea chart 21 or Sjøkartverkets boat sport chart for the same waters.

34 Map (Outer boarder for Lerwick harbour):

Outer limit for Lerwick harbour



Navigation after Approches to Lerwick map no. 3291.

The outer borderlines are shown on the official Sea Chart no. 3291.

On the south the border is in a straight line from Bard Head with bearing approx. 260° against the headland The Skeo on the Mainland.

On the north the border is a line straight north (W 001° 04' 00'') from the east side of the island Outer Score and to crossing a line straight east (N 060° 13' 46'') from the headland Hawk Ness on the Mainland.

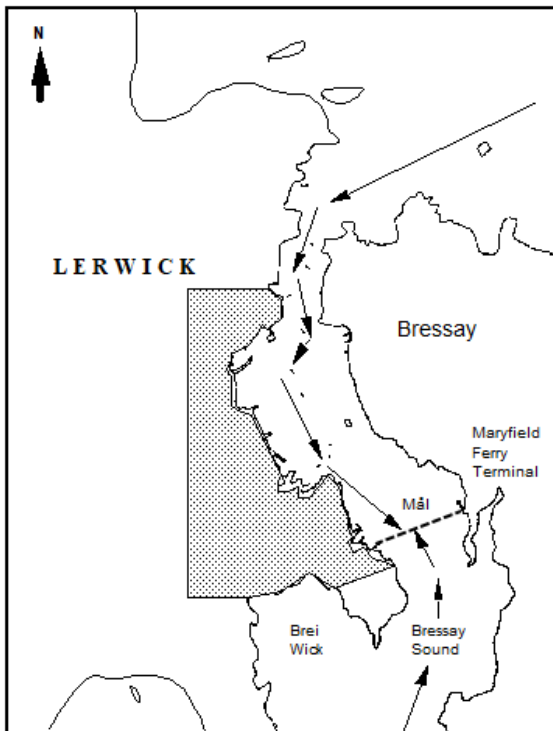
Note!

When boats are approaching the outer border for Lerwick harbour they shall call Lerwick Harbour on VHF channel 12.

Lerwick Harbour Authority has a radar which cover both the southerly and northerly entrance to Lerwick from the outer parts and into the inner harbour.

35 Map (Finish Lerwick):

Finish Lerwick



Navigation after 'Approaches to Lerwick', map no. 3291, 3290. Chart for the finishing area in Lerwick harbour. The finish can be by crossing the finishing line either from south or from north.

On the chart is the seaward approach from north and from south.

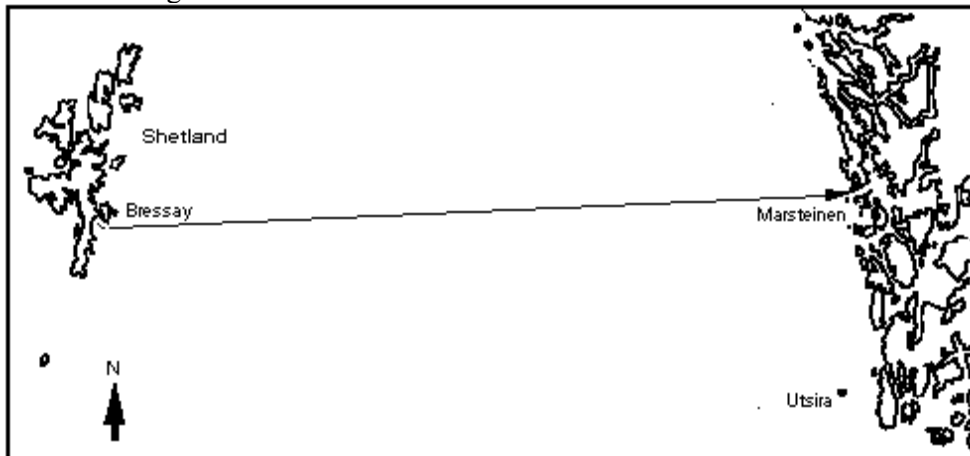
The approach arrows from north show the commercial approaching course and are not an expression of bounded sailing course.

Each skipper can choose, on his own responsibility, how the boat shall sail approaching the finishing line.

Ref Appendix 1: Special print from Lerwick Boating Club

36 Map (course eastbound):

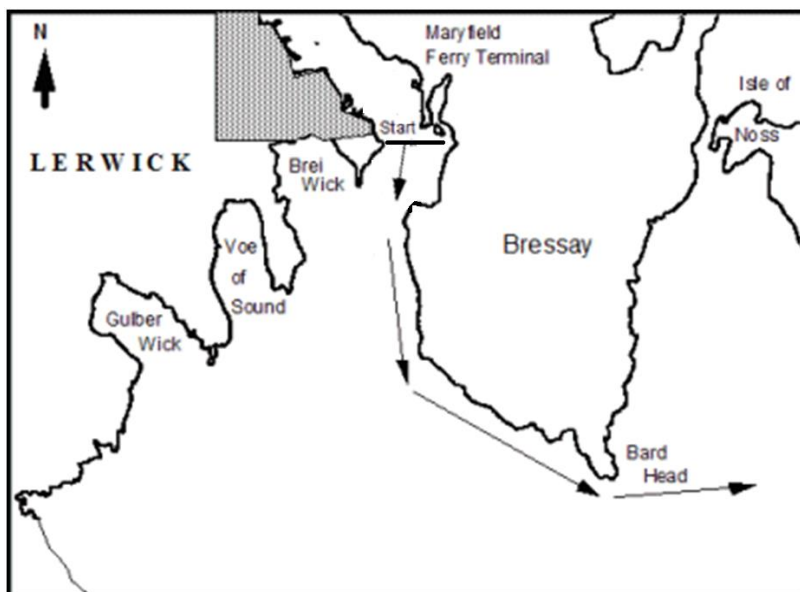
Lerwick - Bergen



Navigation after the Sea Chart 301, North Sea, Sea Chart 559, North Sea northern part, or equivalent.

37 Map (start Lerwick):

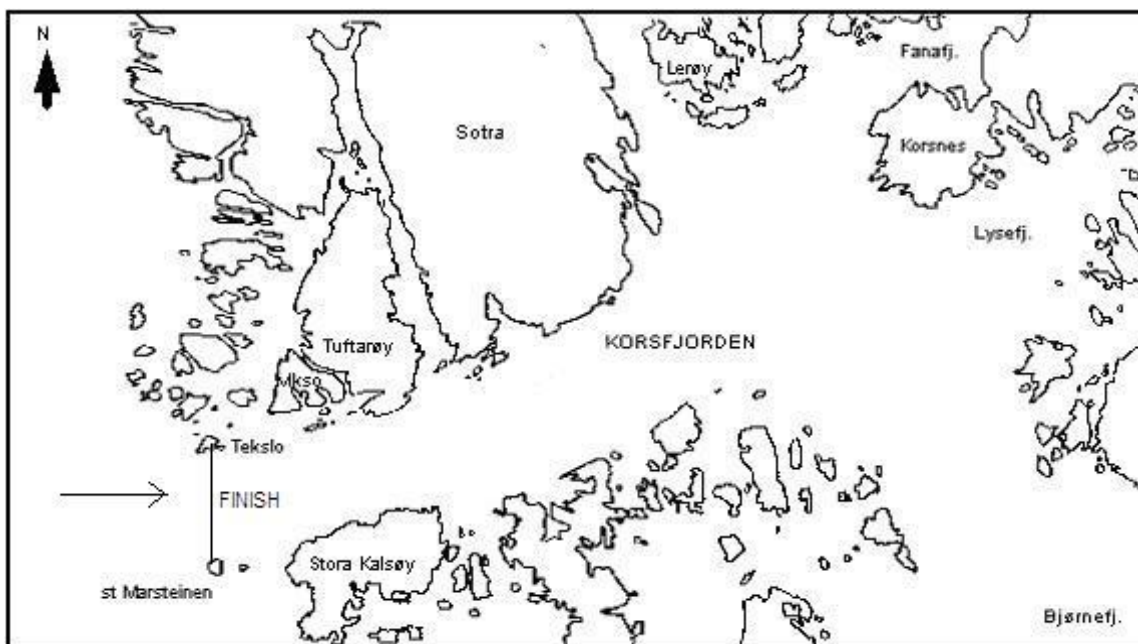
Start Lerwick



Navigation after 'Approaches to Lerwick', map no. 3290, 3291.
Ref Appendix 1: Special print from Lerwick Boating Club

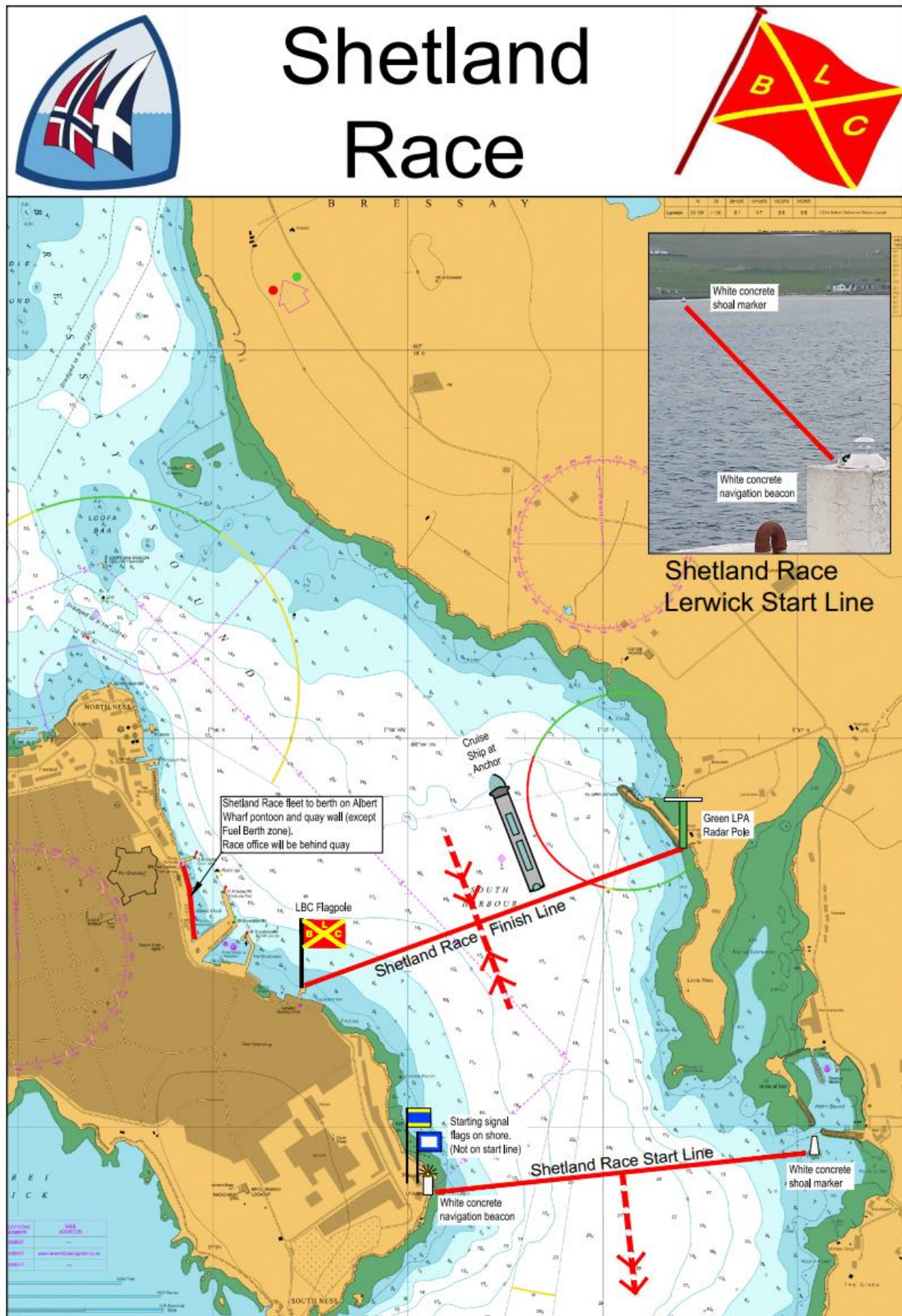
38 Map (Finish Korsfjorden):

Finish Korsfjorden



Navigation after Sea Chart 21, or Sjøkartverkets Boat Sport Chart on the same waters.

Appendix 1



Appendix 2

Passing report Eastbound (LEG 2)



SCAN / PHOTO
and
SEND E-MAIL
See § 2

Shetland Race 2025

Declaration form - Position reporting and finishing line.

This declaration must be filled out by all yachts and be delivered as described in the Sailing Instructions.

Yachts *not* finishing the race shall follow the procedure as described in the Sailing Instructions.

Report immediately if you choose to retire from the race!

Yacht name: _____

Sail number: _____

Skipper name: _____

Leg: Shetland (Lerwick) - Bergen (Marsteinen)

Note! All times to be given as Norwegian Daylight Saving Time (Norsk sommertid)

Reporting point	Yacht passed		Sign
	Date	Time	
Greenwich Meridian 0°	.06.2025	(hrs:min)	
4° East	.06.2025	(hrs:min)	
Finishing - Marsteinen	.06.2025	(hrs:min:sec)	

I hereby declare to have skippered the yacht stated above during Shetland Race 2025 and that all applicable rules and regulations were followed during the race.

Date: _____

Signature: _____

[illegible]

Appendix 3

Passing report Westbound (LEG 1)



TEAR OUT
and
DELIVER TO
RACE SERVICE OFFICE,
LERWICK HARBOUR

Shetland Race 2025

Declaration form - Position reporting and finishing line.

This declaration must be filled out by all yachts and be delivered as described in the Sailing Instructions.

Yachts *not* finishing the race shall follow the procedure as described in the Sailing Instructions.

Report immediately if you choose to retire from the race!

Yacht name: _____

Sail number: _____

Skipper name: _____

Leg: Bergen (Marstein) - Shetland (Lerwick)

Note! All times to be given as Norwegian Daylight Saving Time (Norsk sommertid)

Reporting point	Yacht passed		Sign
	Date	Time	
4° East	.06.2025	(hrs:min)	
Greenwich Meridian 0°	.06.2025	(hrs:min)	
Finishing - Lerwick	.06.2025	(hrs:min:sec)	

I hereby declare to have skippered the yacht stated above during Shetland Race 2025 and that all applicable rules and regulations were followed during the race.

Date: _____

Signature: _____

[illegible]