FRIENDSHIP CUP

SAILING INSTRUCTIONS

1. RULES
   1.1 The event will be governed by
       a) The ‘rules’ as defined in the Racing Rules of Sailing 2017-2020 (RRS) of World
          Sailing.
       b) The prescriptions and Special Regulations of Australian Sailing.
       c) The rules for the Handling of Boats (SI Appendix A), which also apply to any
          practice sailing. Class rules will not apply.
   1.2 The Organising Authority (OA) is the Lake Macquarie Yacht Club (LMYC) in conjunction
       with Newcastle Cruising Yacht Club (NCYC)
   1.3 The first sentence of RRS 44.1 is replaced with: ‘A boat may take a voluntary One-Turn
       Penalty when she has broken a rule of Part 2 (except rule 14 when she has caused
       damage or injury) or RRS 31 while racing.

2. COMMUNICATIONS WITH COMPETITORS
   2.1 The Race Frequency shall be VHF Channel 71. All vessels must carry a VHF radio
       monitoring this channel.
   2.2 Notices to competitors will be posted on the official noticeboard located at the sailing
       office located at the entrance to LMYC Clubhouse.
   2.3 Signals made ashore will be displayed from the flagstaff located on top of the Race
       Control Box located at the south western corner of LMYC marina.
   2.4 When code flag D is displayed ashore, competitors shall not leave the shore. If code flag
       D is displayed on the water, competitors are to immediately return to shore.
   2.5 When code flag D is removed, the next warning signal shall be no less than 30 minutes
       from the time code flag D is removed.
   2.6 Team Captains shall attend the briefing which will be at 0930hrs on Sunday 10th March
       2019 in the LMYC Clubhouse, unless excused by the OA.

3. AMENDMENTS TO SAILING INSTRUCTIONS
3.1 Amendments to the Sailing Instructions made ashore will be posted at least 60 minutes before the scheduled start of any race to be affected.

3.2 Amendments made afloat may be communicated either verbally or in writing.

**BOATS AND SAILS**

3.3 a) The event will be sailed in Force 24 class boats.
    b) The sails to be used will be allocated by the OA.

3.4 The sail combination to be used will be signalled from the Race Committee vessel with or before the warning signal. The signals shall have the following meaning:

<table>
<thead>
<tr>
<th>Signal</th>
<th>Sail combinations to be used</th>
</tr>
</thead>
<tbody>
<tr>
<td>No signal</td>
<td>Full sails (Main, jib &amp; symmetrical spinnaker)</td>
</tr>
<tr>
<td>Code Flag ‘T’</td>
<td>Main and jib only</td>
</tr>
</tbody>
</table>

3.5 A competitor shall not alter, reposition or add to the standard sailing equipment as supplied by the OA in accordance with Appendix A.

4. **IDENTIFICATION & ASSIGNMENT OF BOATS**

4.1 Boats will be identified by the bow number.

4.2 Boats will be allocated by the OA.

5. **CREW**

5.1 The total number of crew, including the helmsperson, shall be four (4).

5.2 Each crew member shall submit their Sailor Details on the Entry Form available from the Sailing Office.

6. **SCHEDULE OF RACES**

6.1 Racing will be held on Sunday, 10\(^{th}\) March 2019.

6.2 The warning signal for Race 1 will not be made before 1100hrs.

6.3 The warning signal for subsequent races will be made as soon as possible after the finish of the preceding race.

6.4 The last warning signal shall be made no later than 1500hrs.

7. **RACING AREA**

7.1 The intended racing area will be in the vicinity of Belmont Bay, Lake Macquarie.

8. **COURSE**

8.1 The courses shall be windward/leeward configurations with a leeward gate. The course length will be adjusted to provide an elapsed time of approximately 18 minutes.

8.2 Mark 1 will be laid to windward of the start line.

8.3 If only one gate mark is in place, the mark shall be rounded to port.
8.4 The course descriptions are:

<table>
<thead>
<tr>
<th>COURSE SIGNAL</th>
<th>COURSE CONFIGURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Start – 1 – 1a – Finish (Downwind)</td>
</tr>
<tr>
<td>2</td>
<td>Start – 1 – 1a – 2 (P/S) – 1 – 1a – Finish (Downwind)</td>
</tr>
<tr>
<td>3</td>
<td>Start – 1 – 1a – 2 (P/S) – 1 – 1a – 2(P/S) – 1 – Finish (Downwind)</td>
</tr>
</tbody>
</table>

9. MARKS
9.1 Mark 1 and Mark 1a will be Blue drums with orange skirts.
9.2 The Gate will be Blue drums with orange skirts.
9.3 The Start/Finish Mark will be an orange Dan buoy type mark flying code flag ‘O’.

10. THE START
10.1 The starting line will be a straight line between the port end Mark and an orange flag on the Race Committee vessel.
10.2 Start signals will be made in accordance with RRS 26.
10.3 The Class Flag will be International Code Flag “F”.
10.4 A boat shall start not later than 5 minutes after the start signal.

11. THE FINISH
11.1 The starting/finishing line will be a straight line between the port end Mark and an Orange Flag on the Race Committee Vessel.

12. TIME LIMIT
12.1 The time limit for the first boat to complete the course will be 25 minutes. If no boat completes the course within this time, the race will be abandoned.
12.2 If a boat completes the course within the required time frame, boats not finishing within 10 minutes of the first boat shall be scored to match their position on the course at the time of the 10 minute expiry.

13. SCORING
13.1 The Friendship Cup will consist of a maximum of 10 races. The minimum number of races to constitute a series will be four (4).
13.2 The Low Point Scoring System of Appendix A of the RRS will apply.

14. MEDIA RIGHTS AND RESTRICTIONS
14.1 The conditions of entry include that competitors acknowledge that the OA owns all media rights to the event and may exercise those rights as it sees fit and that the OA has the unconditional perpetual right to publish and broadcast, for any purpose and in any media, photographs and video and audio recordings taken of boats and competitors during the event.

15. PRIZES
15.1 The Friendship Cup perpetual trophy shall be awarded to the first placed Club.
15.2 Prizes will be awarded to 1st place overall.
15.3 Other prizes may be awarded at the discretion of the OA.
15.4 The Prize Giving will take place in the LMYC Clubhouse as soon as possible after the last race.

16. DISCLAIMER
16.1 All those participating in the event do so at their own risk and responsibility. Competitors must acknowledge this prior to competing and release the OA and its sponsors and their respective officers, employees, volunteers and members from all liability by signing a form provided by the OA.

Specific attention is drawn to RRS Fundamental Rule 4, which states:
"The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."
APPENDIX A

TERMS AND CONDITIONS FOR BORROWING AN NCYC FORCE 24 BOAT

1. ORGANISATION
1.1 All skippers shall be current financial members of the NCYC.
1.2 The NCYC reserves the right to cancel this licence if it observes or has reason to believe the terms & condition of borrow are not being followed.

2. BOAT ALLOCATION and RULES
2.1 Boats and sails will be allocated by the NCYC.
2.2 The boats must be used as presented and no modifications may be made to the boat (including sponsor logos). Standing rigging tension has been pre-set and must not be altered. Sails as supplied must not be re-cut or altered.

3. PROHIBITED ITEMS and ACTIONS
3.1 Any additions, omissions or alterations to the equipment supplied.
3.2 The use of any equipment for a purpose other than that intended.
3.3 The use of sails other than what is provided by the NCYC.
3.4 Sailing the boat in a manner that it is reasonable to predict damage would result.
3.5 Boarding a boat without prior permission.
3.6 Taking a boat from its berth without having paid the event entry fee and damage deposit.
3.7 Detaching the towline from the bow of the boat.
3.8 Hauling out a boat or cleaning surfaces below the waterline.
3.9 Using a flattener as a reef.
3.10 Attaching lines to the fabric of spinnakers.
3.11 Perforating sails, even to attach tell tales.
3.12 Adjusting or altering the tension of standing rigging.
3.13 Using a winch to adjust the mainsheet.
3.14 Cross winching headsail car sheets.
3.15 Omitting any headsail car or turning block before sheeting onto a winch.
3.16 Hiking off winch handles.
3.17 Cutting any cords or ropes.
3.18 The use of electronic instruments other than compass and watches.
3.19 Sailing with the spinnaker head above the main gooseneck as the boat passes through head to wind.
3.20 Putting permanent marks on the boats or sheets.
3.21 Using side stays to facilitate roll-tacking.
3.22 Leaving any rubbish or personal items on-board after racing.
3.23 Hiring a boat while under the influence of alcohol or drugs.
3.24 Smoking while on the boat.

4. PERMITTED ITEMS and ACTIONS
4.1 Taking a bag on board containing.
   (a) basic hand tools
   (b) adhesive tape
   (c) line (elastic or otherwise of 4mm diameter or less)
   (d) telltale material
   (e) hand held compass
   (f) shackles and clevice pins
4.2 The use of the contents of the bag to:
   (a) prevent fouling of lines, sails and sheets
   (b) attach tell tails
   (c) prevent sails being damaged or falling overboard.
   (d) mark control settings
   (e) make minor repairs.
5. MANDATORY ITEMS and ACTIONS
The following shall be mandatory:
5.1 To complete a written damage form before leaving a boat and submitting it to the NCYC, even if no damage or loss is recorded.
5.2 At the end of each sailing day:
   (a) rolling, 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) placing the boat covers back on and hosing down the boats at the end of each session
5.3 At the end of each day the crew shall clean the boat, remove all rubbish and remove all tape marks.
5.4 Compliance with any regulations, including speed restrictions and navigation marks, while leaving or returning to the berth or mooring.
5.5 Infringement of items 5.1, 5.2, 5.3, 5.4 and 5.8 will be considered as damage and the cost of rectification will be deducted from the damage deposit.
5.6 Wearing an approved buoyancy aid at all times while on-board the boats.
5.7 Borrower must carry and monitor a handheld VHF radio on Ch 80 at all times while on-board.
5.8 Borrower must collect and carry a yellow safety bag packed with first aid kit, navigation lights, torch, knife and whistle. The bags must remain dry by hanging on the hook located inside and above the hatch opening.

6. EQUIPMENT LIST
SAILS and EQUIPMENT
- Mainsail 1
- Jib 1
- Spinnaker 1
- Spinnaker sheet 2
- Tiller extension 1
- Flags: Red Flag 1
- VHF Handheld Radio 1
- Bucket, Nav Lights, First Aid Kit 1
- Paddles 2
- Boat Hook 1
- Anchor with line to mast base 1
- Boat Cover 1
- PFDs 1 Per Person

8. DAMAGE DEPOSIT
8.1 The damage deposit is $1000 (inc. GST) per boat and a credit card number shall be held.
8.2 An initial damage deposit of $1000 (inc. GST) shall be secured before the first race. The damage deposit is the limit of liability of each skipper for each incident. However, if the damage is between two boats where both boats are severely damaged and require insurance claims to repair the damage, the skipper who has been penalised may be required to pay the damage deposit for both boats (as instructed by the Protest Committee).
8.3 In the event that a deduction from the damage deposit is decided by the NCYC it may require that the deposit be restored to its original amount before the skipper will be permitted to continue in the series.

9. SAFETY EQUIPMENT
9.1 Safety equipment;
- Bucket
- Set of 2 x paddles
- Emergency knife and torch
- Anchor attached to mast base
- Portable navigation lights
- First aid kit
- Sound signalling device

Each boat competing under this borrowing agreement from the NCYC will be AS Special Regulation Category 7 compliant.