



LAKE  
MACQUARIE  
YACHT  
CLUB



# SAILING INSTRUCTIONS LAKE MACQUARIE REGATTA

**5th – 7th April 2025**



The Organising Authority (OA) is the Lake Macquarie Yacht Club (LMYC)  
in conjunction with the  
J/70 Australia Class Association Inc (J70ACA).

Under the authority of Australian Sailing  
Hosted by LMYC Ada Street Belmont NSW 2280

Scan to enter:



**Note:**

The notation '[DP]' in a rule in the NOR and SI's means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification. This changes RRS 64.1.

The notation '[NP]' denotes that a breach of this rule will not be grounds for protest by boat. This changes RRS 61.1(a)

The notation '[SP]' denotes a rule for which a standard penalty will be applied by the race committee without a hearing. This changes RRS 63.1, Appendix A4 and Appendix A5.

## **1 RULES**

- 1.1 Racing will be governed by the rules as defined in the 2025-2028 Racing Rules of Sailing (RRS).
- 1.2 The prescriptions and special regulations of Australian Sailing (AS), as may be amended [DP].
- 1.3 World Sailing's Equipment Rules of Sailing 2025-2028 (ERS) [DP]
- 1.4 The current International J70 Class Association (IJ70CA) Class Rules (J70CR) including Part III, Sections I.3 (Outside Assistance) and I.4 (Corinthian Division). [DP]
- 1.5 Bow numbers pursuant to IJ70CA J/70 Equipment Regulations (J70ER) Appendix A are required to be fitted for this regatta
- 1.6 In the event of conflict between any of the rules or regulations, other than RRS, the Sailing Instructions will prevail. This changes RRS 63.7.
- 1.7 The OA will include the Vakaros Atlas 2 RaceSense as required equipment for this event. Each boat shall either provide a working Atlas 2 at check-in for configuration with RaceSense. A set of instructions about the use of the electronic device will be posted on the Official Notice Board.
- 1.8 RRS Appendix T Arbitration will apply
- 1.9 The penalty for breaking a rule of Part 2 shall be a One Turn Penalty (one tack and one gybe in the same direction) except that for infringements within the Zone, as defined in the RRS, the penalty shall be a Two Turns Penalty (two tacks and two gybes in the same direction). This changes RRS 44.1.
- 1.10 All boats will sign on to the days racing by sailing past the stern of the race Committee Vessel (RCV) on starboard tack, and hailing the boat's sail number and persons on-board a MINIMUM of five minutes before the boats first warning signal [DP].

## **2 NOTICES TO COMPETITORS**

Notices to competitors will be posted on the Official Notice Board at the Sailing Office, which is located at the entrance to the club. Notices may also be posted on the LMYC website at <https://www.lmyc.com.au/amendments-notices/>.

## **3 CHANGES TO SAILING INSTRUCTIONS**

- 3.1 Changes to the Sailing Instructions shall be issued no later than two hours prior to the first warning signal of the day and no later than 1900 hours on the preceding day for a change in the schedule of a race.
- 3.2 Changes to Sailing Instructions shall be posted on the Official Noticeboard located at the Sailing Office.

## **4 SIGNALS MADE ASHORE**

- 4.1 Signals made ashore will be displayed from the Official Flag mast located at the front of the club.
- 4.2 When AP is displayed ashore "1 minute" is replaced with " not less than 30 minutes" in the race signal AP. This changes Race Signals AP.

## 5 SCHEDULE OF EVENTS and RACING

DATE	TIME	EVENT
Friday 4 <sup>th</sup> April	1000-1600	Crane available to launch
	1500-1700	Registration
Saturday 5 <sup>th</sup> April	0800-0900	Registration
	0900	Close of check in All boats to be launched
	0930	Competitors Briefing
Racing	1100	First warning signal
		Drinks on deck
Sunday 6 <sup>th</sup> April	0930	Competitors Briefing
Racing	1100	First warning signal
	1800	Regatta dinner LMYC
Monday 7 <sup>th</sup> April	0830	Competitors Briefing
Racing	1000	First warning signal
		Presentation of awards ASAP after last race

On the last scheduled day of racing, no warning signal will be made after 1400 hrs.

## 6 CLASS FLAG (Warning Signal)

6.1 The class flag will be a white flag with J70 class logo.

## 7 COURSES

- 7.1 The courses to be sailed shall be indicated on the RCV prior to the warning signal by displaying the appropriate course flag as set out in Appendix A1, Appendix A2, with the approximate magnetic compass bearing from the RCV to the top mark (A1) displayed on the stern of the RCV.
- 7.2 A map showing the approximate locations of the course areas is included in Appendix B.
- 7.3 In the event that one of either mark Bs or Bp is NOT in place, boats shall round the single mark to port.

## 8 MARKS

The marks for all races shall be:

- 8.1 Yellow inflatable truncated marks 1250 mm high, 500 mm diameter at top and 1025 mm diameter at base with a **RED** band 300 mm wide with LMYC logo in the middle. (Appendix C)
- 8.2 Replacement mark will be a Yellow inflatable truncated mark 1250 mm high, 500 mm diameter at top and 1025 mm diameter at base with a **GREEN** band 300 mm wide with LMYC logo in the middle.
- 8.3 Start Pin A Dan buoy bearing an orange skirt with orange flag on top.
- 8.4 Finish Pin A Dan Buoy displaying a blue flag.

## 9 THE START

- 9.1 The RCV will be displaying the LMYC Race Committee burgee.
- 9.2 The start line will be between a mast displaying an orange flag on the RCV and the start pin mark at the port end.
- 9.3 Races will be started in accordance with RRS 26.
- 9.4 To alert boats that subsequent races will begin soon, an orange flag will be flown from the RCV with one sound signal at least five minutes before a warning signal is made.

- 9.5 An Inner Distance Mark (IDM) bearing a red flag may be laid near the RCV, and if laid, this mark shall be passed on the same hand as the RCV when starting.
- 9.6 The Vakaros RaceSense system will be used by the Race Committee and the relevant information will be available to all boats.
- 9.7 The visual identification of boats infringing RR29 and RRS 30 by the Race Committee is replaced with the electronic identification by the Vakaros RaceSense system. This changes RRS 29.1, 30.1, 30.2, 30.3 and 30.4.
- 9.8 A set of instructions about the use of the Vakaros system will be placed on the Official Noticeboard and the LMYC website under J70 regatta.
- 9.9 [DP] [NP] Each boat shall have a working Vakaros Atlas 2 configured for RaceSense at check-in, which shall be mounted on the aft side of the mast at all times while racing. Each boat shall either provide a working Atlas 2 at registration for configuration with RaceSense, or an Atlas 2 will be provided to any boat that does not have one available.
- 9.10 [DP] [NP] Competitors shall do their best to keep the system safe and active. They shall inform the Vakaros staff as soon as possible, on the water or ashore, about any problems encountered with the device.
- 9.11 [NP] Any kind of failure of an Atlas 2, the RaceSense system or communication systems shall not be grounds for a request for redress by a boat, Race Committee and Protest Committee. This changes RRS 41(c), RRS61.1, 61.4, and 63.2.
- 9.12 [NP] The Race Committee signals, procedures and radio communications will respect relevant articles inside these SIs.
- 9.13 (i) If the RC displays a G (Golf) flag with one sound before the warning signal, SIs from 9.6 to 9.12 will not apply, and the Race Committee will signal individual recalls in accordance with RRS 29.1  
(ii) Boats subject to individual recall under RRS 29.1 or boats breaking RRS 30.3 (U Flag Rule) or RRS 30.4 (Black Flag Rule) may be broadcasted on the VHF Channel 71 using bow numbers as a courtesy. The failure to make such a broadcast shall not be grounds for redress. This changes RRA 61.1(a) and 61.4(a)
- 9.15 A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS 35, A4 and A5.

## **10 THE FINISH**

- 10.1 The finish line shall be between the finish pin mark and the RCV displaying a blue flag.
- 10.2 For downwind courses (1, 2, 3 Appendix A1) the RCV will be on the port end of the line when viewed from Marks A1 and A2.
- 10.3 For upwind courses (4, 5, 6 Appendix A2) the RCV will be on the starboard end of the line when viewed from Marks Bp and Bs.
- 10.2 All boats that have finished shall keep clear of the finish line until all boats have finished racing. Attention is drawn to RRS 23

## **11 TARGET TIMES & TIME LIMITS**

- 11.1 The target time for the first boat to finish in each race will be 30 minutes.
- 11.2 Failure to meet the target time will not be grounds for redress. This changes RRS 61.1(a) and 61.4(b)(1)
- 11.3 Boats failing to finish within 10 minutes after the first boat sails the course and finishes, will be scored DNF. This changes RRS 35, A4 & A5.
- 11.4 Time limit for a race is 60 minutes.
- 11.5 Boats that are still racing at the closure of the finish window (but within the Time Limit) will be given an allocated place based on their position in the fleet at the time. This changes rules RRS 35, A4 and A5.

## **12 PROTESTS AND REQUESTS FOR REDRESS**

- 12.1 Protest and Request for Redress forms are available at the LMYC reception desk.
- 12.2 The protest time limit is 1 hour after the last boat has finished the last race of the day.
- 12.3 Protests will be heard as determined by the Protest Committee following the race/s unless advised otherwise by the Protest Committee Chairperson.

- 12.4 Notices of protest by the Race Committee or Protest Committee will be posted to inform boats under RRS 63.1(a)(1)

### **13 ABANDONMENT OF RACES & RETIREMENT OF COMPETITORS**

- 13.1 Abandonment of a race due to adverse weather shall be at the discretion of the Race Committee per RRS 27.3 and 32.1.
- 13.2 A boat retiring before, during, or after a race shall notify the Race Officer of its intention to do so by calling the RO at the earliest opportunity on the VHF (CH 71) or on mobile 0411 652 533. The boat will then be scored RET.
- 13.3 [SP] Any boat retiring from a race and failing to advise the RO will be scored DNC without a hearing. This changes RRS 35 and A5.1

### **14 PROHIBITED AREAS**




- 14.1 A Boat shall not pass between any permanent mooring, whether occupied or not, and the nearby shoreline.
- 14.2 Unoccupied permanent moorings are obstructions for the purpose of RRS 19.2(a & b) and are prohibited areas. Boats moored to permanent moorings are continuing obstructions for the purpose of RRS 19.2(c).
- 14.3 A boat shall not come into contact with a permanent mooring or a boat moored on a permanent mooring. A boat that does so shall complete a one-turn penalty in compliance with RRS 44.2 (Changes RRS 44.1). If the incident resulted in any damage whatsoever, it shall be reported to the RC. If required, an incident report shall also be provided to Transport for NSW.
- 14.4 All Cardinal navigation marks shall be passed on their safe waterside.
- 14.5 [NP][SP] For the on-water safety of junior sailors, the Belmont 16s Club will raise a 900mm x 900mm pink flag on its race control vessel when their start and finish lines are in active operation. Any boat sailing through the active line will incur a DPI equal to 25% of starters without a hearing..

Issued under the authority of the Race Committee.

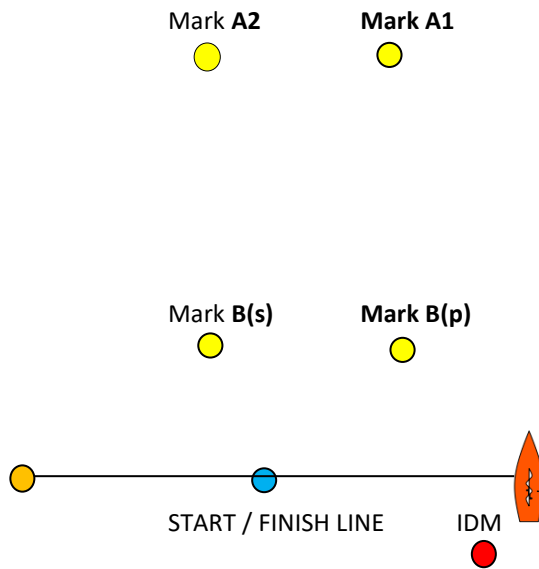
S Ford LMYC Rear Commodore

15<sup>th</sup> March 2025


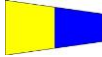

# APPENDIX A1

<b>Numeral 1</b>		Start – A1(p) -A2(p) -Finish
<b>2</b>		Start –A1(p) -A2(p) -Gate B(p) or B(s) – A1(p) -A2(p) –Finish
<b>3</b>		Start - A1(p)-A2(p) -Gate B(p) or B(s) - A1(p)-A2(p) – Gate B(p) or B(s) – A1(p)- A2(p)-Finish

(p) = Port rounding, (s) = Starboard rounding.

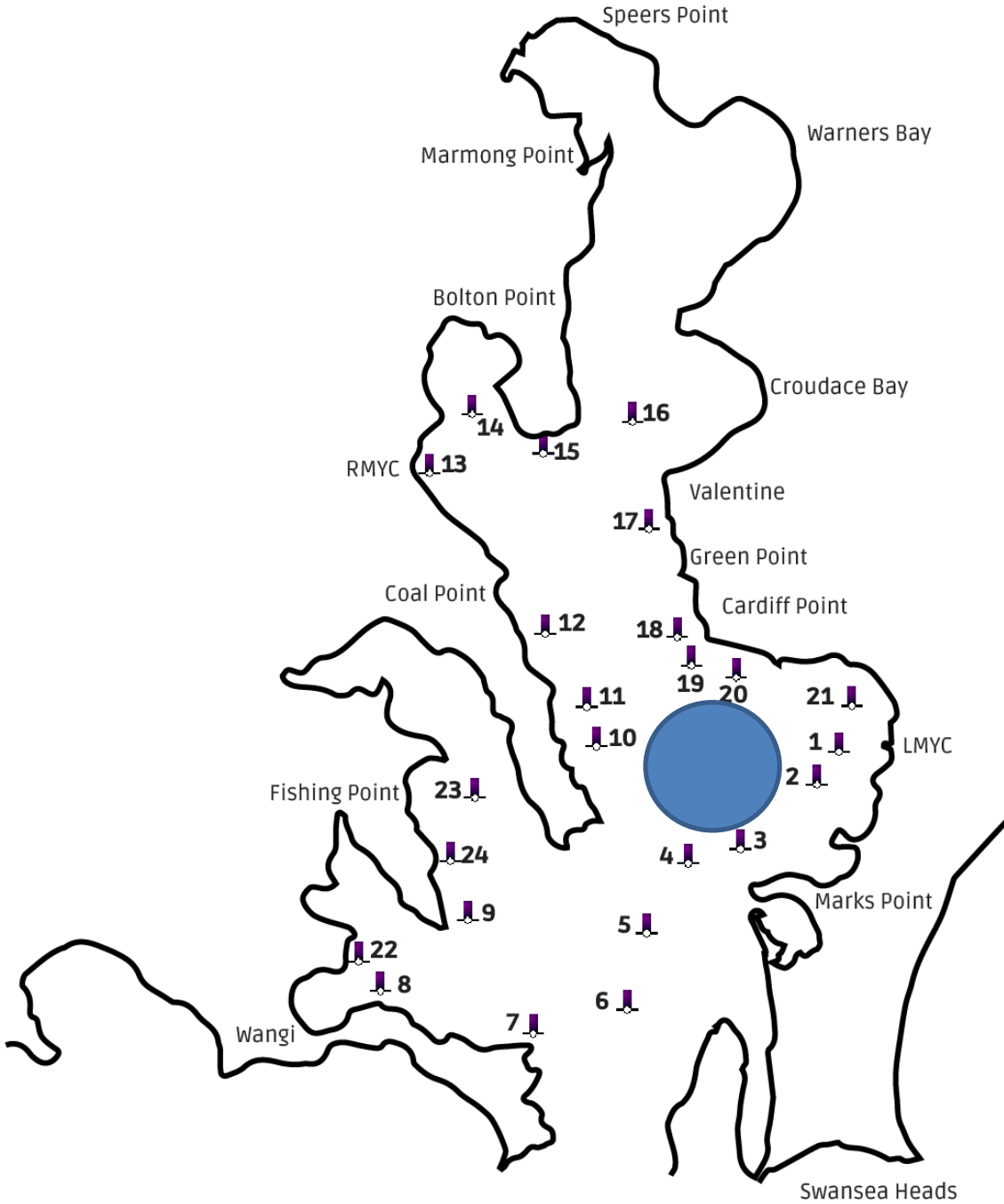


# APPENDIX A2

<b>Numeral 4</b>		Start – A1(p) -A2(p) – B(p) or B(s)- Finish
<b>5</b>		Start –A1(p) -A2(p) -Gate B(p) or B(s) – A1(p) -A2(p) –B(p) or B(s) – Finish
<b>6</b>		Start - A1(p)-A2(p) -Gate B(p) or B(s) - A1(p)- A2(p) – Gate B(p) or B(s) – A1(p)-A2(p)- B(p) or B(s) - Finish



# APPENDIX B





# APPENDIX C

