

SheSAILS@NCYC Development Regatta 2023

We are looking forward to welcoming you to join us on Newcastle Harbour for the 2023 edition of the SheSAILS@NCYC Development Regatta in the Club's fleet of Force 24 inshore keelboats.

The event brings together graduates of the Sailing Academy as well as other invited club teams to support their transition into the racing environment whilst creating friendships and comraderie to ensure that all competitors' sailing experiences are fun and rewarding.

Our twelve crews, over morning and afternoon sessions, will be supported by one of our Academy's Instructors – to encourage crews to swap roles (including helming) during the regatta – providing opportunities to develop skills in all areas.

The weekend is all about learning and development and not about winning!

Training Sessions - Saturday 4th March

Racing Sessions - Sunday 5th March

We are looking forward to another wonderful event!



NEWCASTLE CRUISING
YACHT CLUB

SAILING INSTRUCTIONS



Sailing Instructions

1 RULES

- 1.1 The event will be conducted by:
- The rules, as defined in the current Racing Rules of Sailing (RRS) of World Sailing;
 - The Prescriptions, Amendments and Special Regulations of Australian Sailing; and
 - This Race Document, except in the event of a conflict with the Notice of Race in which case the Sailing Instructions will take precedence.
 - RRS 44.2 is changed so that only one turn, including one tack and one gybe, is required

2 ENTRY & DAMAGES


- 2.1 Only teams invited by the Organising Authority (OA) will be eligible to compete.
- 2.2 Teams will be allocated by the OA and will be posted on the official notice board by 1700hrs on Thursday 2nd March.
- 2.3 Each crew member shall complete the online entry/registration process prior to racing.
- 2.4 Crew members may substitute as helmsperson for each race.
- 2.5 After the warning signal for a race, the helmsperson shall not leave the helm for the duration of that race, except in an emergency.
- 2.6 When a registered crew member is unable to continue in the event, the Race Committee may authorise a substitute, a temporary substitute or other adjustment.

3 COMUNICATION WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the door of the Academy barge and online event page <https://www.ncyc.net.au/inshore-racing/she-sails-development-regatta/>
- 3.2 Signals made ashore will be displayed from the flagstaff located on top of the Sailing Academy floating shed.

4 SUPPLIED YACHTS

- 4.1 The event will be sailed in Force 24 class yachts.
- 4.2 The sails to be used will be allocated by the Race Committee.
- 4.3 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:

Signal	Sail combinations to be used
No signal	Full sails (Main, jib & symmetrical spinnaker)
International Code Flag 'D' 	Main and jib only

- 4.4 Competitors shall not alter, reposition or add to the standard sailing equipment as supplied by NCYC.

5 IDENTIFICATION & ASSIGNMENT OF BOATS

- 5.1 Boats will be identified by the bow number.
- 5.2 Boats will be assigned by the OA.

6 SCHEDULE OF EVENTS

- 6.1 For each group, there shall be a maximum of four races (4)
- 6.2 Subsequent races will be started as soon as practical after the preceding race.
- 6.3 The full schedule for each group is attached in Appendix A and Appendix B.

7 RACING AREA

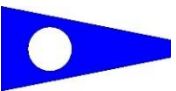
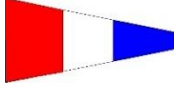
7.1 The intended racing area will be in the vicinity of Honeysuckle Hotel, in the Basin of Newcastle Harbour.

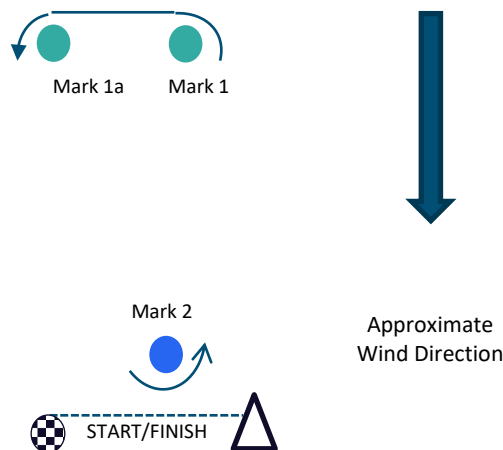
8 COURSES

8.1 The courses shall be windward/leeward configurations with a top clearing mark.

8.2 The course to be sailed will be signalled on the Start Boat prior to the Warning Signal.

8.3 The course descriptions are:

COURSE	SIGNAL	COURSE CONFIGURATION All Marks rounded to PORT
1		Start – 1 – 1a – Finish (Downwind)
2		Start – 1 – 1a – 2 – 1 – 1a – Finish (Downwind)
3		Start – 1 – 1a – 2 – 1 – 1a – 2 – 1 – 1a – Finish (Downwind)



9 MARKS

9.1 Mark 1 and 1a will be bluey green inflatable buoys.

9.2 Mark 2 will be a blue inflatable buoy.

9.3 The Start/Finish Mark will be a black & white inflatable buoy.

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 Handicap Start or Staggered Start may be used at the discretion of the OA and notification & handicaps will be communicated to crew verbally.

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 Finishing Window will be 10 minutes, that is, within ten minutes of the first boat to finish.
- 12.2** Boats not finishing within the time limit may be scored their actual place at the time limit. This changes RRS 35.

13 PROTESTS

- 13.1** Arbitration may be implemented as per Appendix T.
- 13.2** The Protest Time Limit will be 60 minutes after the last boat finishes the last race of the racing session.

14 SCORING

- 14.1** There will be a maximum of four (4) races on the Race Day.
- 14.2** The Low Point Scoring System of Appendix A5.2 of the RRS will apply.
- 14.3** No drops will apply.

15 MEDIA RIGHTS AND RESTRICTIONS

- 15.1** 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.

16 PRIZES

- 16.1** The Prizegiving Ceremony will take place in the NCYC Clubhouse following racing on Sunday 5th March.
- 16.2** Prizes will be awarded by the OA for various categories which may include most improved, best spinnaker set/drop, best team spirit, most improved crew work etc

17 DISCLAIMER

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 – Morning Group

<i>Saturday 4th March 2023</i>	08.30	Registration in the Clubhouse upstairs in <i>The Bridge</i>
	09.00 – 09.45	Crew Education – topics to be covered by the Instructor using Resources Kit (provided)
	09.45 – 10.30	Rigging and Spinnaker Training (ashore)
	10.30 – 12.15	Onwater Training
	12.15 – 12.30	Unrig and Sign Off

<i>Sunday 5th March 2023</i>	08.00	No registration – go straight to boats
	08.30	Rig and get onto water - practice
	09.30	First Warning Signal (up to 4 races)
	11.00	Latest Warning Signal
	11.30	Off the water, drop and tidy sails
	12.00 – 12.30	<i>Bubbles & Nibbles</i> Presentation in <i>The Foredeck</i>

APPENDIX B – Afternoon Group

<i>Saturday 4th March 2023</i>	12.30	Registration in the Clubhouse upstairs in <i>The Bridge</i>
	1.00 – 1.45	Crew Education – topics to be covered by the Instructor using Resources Kit
	1.45 – 2.30	Rigging and Spinnaker Training (ashore)
	2.30– 4.15	Onwater Training
	4.15 – 5.00	Unrig and Sign Off

<i>Sunday 5th March 2023</i>	1.00	No registration – go straight to boats
	1.30	Rig and get onto water - practice
	2.30	First Warning Signal (up to 4 races)
	4.00	Latest Warning Signal
	4.30	Unrig and pack up
	5.00 – 5.30	<i>Bubbles & Nibbles</i> Presentation in <i>The Foredeck</i>