

SheSAILS@NCYC Development Regatta 2025

We are excited to welcome you to join us on Newcastle Harbour for the 2025 edition of the SheSAILS@NCYC Development Regatta in the Club's fleet of Force 24 inshore keelboats.

This will be our 9th event! It brings together graduates of the Sailing Academy as well as other invited club development teams in a supported transition into the racing environment. We're aiming to also create friendships and comraderie to ensure that all competitors' sailing experiences are fun and rewarding.

You and your crew mates will be supported by one of our Academy Instructors – who will encourage you to swap roles (including helming if you feel confident) during the regatta – providing opportunities to develop skills in all areas.

The weekend is all about learning and development . . . and not about winning! Enjoy, have fun and challenge yourself!

Training Sessions - Saturday 1st March

Racing Sessions - Sunday 2nd March

We are looking forward to another wonderful event!



NEWCASTLE CRUISING
YACHT CLUB



NEWCASTLE CRUISING
YACHT CLUB



SAILING INSTRUCTIONS



Regatta Support Team

SheSAILS Ambassadors

Mary Holley

Race Officer

Alyson Gearing

Start Boat Crew

Sharon Lovell, Tim Lees,
Ron Calman, Helen Logan

Mark/Support Boat

Andrew Omotosho
Neal Kibble, Robert Logan

*Thank you to all of the wonderful volunteers who have
given their time to make this regatta happen!*

*We would also like to sincerely thank Paul Slattery
for providing his boat Maho Beach as the start boat for our event.*

Sailing Instructions

1 RULES

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

2 ENTRY & ELIGIBILITY


- 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 29th February.
- 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 COMMUNICATION WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the 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
International Code Flag 'D' 	Main and jib only
No signal	Full sails (Main, jib & symmetrical spinnaker)

- 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 & CONDITIONS

- 7.1 The intended racing area will be in the vicinity of Honeysuckle Hotel, in the Basin of Newcastle Harbour.
- 7.2 Racing will be postponed or cancelled if the Race Officer records consistent readings of wind gusts of 18-knots or more.
- 7.3 Racing may be postponed or cancelled at a lower wind strength than stipulated in 7.2, if the combination of sea, swell, wind direction and wind conditions is deemed too dangerous by the Race Officer

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:

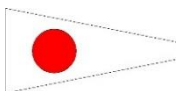
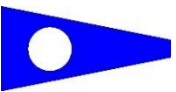
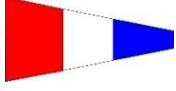
COURSE	SIGNAL	COURSE CONFIGURATION All Marks rounded to PORT
1		Start – 1 – 1a – 2 – Finish (upwind)
2		Start – 1 – 1a – 2 – 1 – 1a – 2 – Finish (upwind)
3		Start – 1 – 1a – 2 – 1 – 1a – 2 – 1 – 1a – 2 – Finish (upwind)




Diagram – Not to scale

9 MARKS

- 9.1 Mark 1 and 1a and 2 will be bright blue inflatable buoys.
- 9.2 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 4th 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 1st March 2025</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 Instructors using Resources Kit (provided)
	09.45 – 10.00	Rigging and Spinnaker Training (ashore)
	10.00 – 12.15	On-water Training
	12.15 – 12.30	Unrig and Sign Off

<i>Sunday 2nd March 2025</i>	08.30	No registration – go straight to boats. 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 1st March 2025</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 Instructors using Resources Kit
	1.45 – 2.00	Rigging and Spinnaker Training (ashore)
	2.00– 4.15	On-water Training
	4.15 – 4.45	Unrig and Sign Off

<i>Sunday 2nd March 2025</i>	1.00	No registration – go straight to boats. Rig and get onto water - practice
	2.00	First Warning Signal (up to 4 races)
	3.30	Latest Warning Signal
	4.00	Off the water, unrig and pack up
	4.45 – 5.30	<i>Bubbles & Nibbles</i> Presentation in <i>The Foredeck</i>

2024 *SheSAILS@NCYC* Development Regatta

CREW ALLOCATIONS

Morning Crews

Team 1	Team 2	Team 3
Greg/Ken S Leisa O'Connor Jill Matthews Louisa Brown Isabelle Ruffat	Bella/Bella Dana Hawkins Leisa Neilson Kristy Duffy Janette Rush	Alyson/Tom F Catherine Wilson Barbara Dworak-Bahan Caitlin Lumeau Alison Wolstenholme
Team 4	Team 5	
Tom S/Tom S Leesha Doecke Jane Frances Melissa Gavenlock Lesley Brookman	Jack O/Jack O Fiona Miller Danielle O'Brien Roberta Pegorer Lara de Moraes Kathy Johns	

2024 *SheSAILS@NCYC* Development Regatta













CREW ALLOCATIONS

Afternoon Crews

Team 1	Team 2	Team 3
Jack O/Jack O Maria Bowering Sarah Jeffries Rebecca McLeod Heidi Strohschon	Bella/Bella Tracey Iles Annie Croft Donna Gillies Alice Nolan	Greg/Tom F Christine McMillan Deanne Johnson Victoria Alfonso



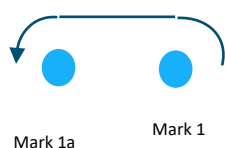
Start Sequence

	FLAG		SOUND SIGNAL
5 minutes to start CLASS FLAG "F" Flag			
4 minutes to start "P" Flag			
1 minutes to start			
At start			

Other Signal Flags

	FLAG	SOUND SIGNAL
Individual Recall "X" Flag		
General Recall "First Substitute"		
Postponement "Answering Pennant"		

Sailing Courses



Approximate
Wind Direction



Diagram – Not to scale



Windward/Leeward with a clearing mark

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

Some other examples of courses you may come across

Windward/Leeward	Triangle	W/L with Gate

Top 5 Rules

1. Port & Starboard

Rule 10 – “On Opposite Tacks”

When boats are on opposite tacks, a port-tack boat shall keep clear of a starboard-tack boat.

2. Windward Boat Keep Clear

Rule 11 – “On the Same Tack, Overlapped”

When boats are on the same tack and overlapped, a windward boat shall keep clear of a leeward boat.

3. Keeping Clear while Changing Course

Rule 13 – “While Tacking”

After a boat passes head-to-wind, she shall keep clear of other boats until she is on a close-hauled course.

Rule 16.1 – “Changing Course”

When a right-of-way boat changes course, she shall give the other boat room to keep clear.

Sydney to Hobart 2017 – Wild Oats vs Comanche

4. Buoy Room

Zone – The area around a mark within a distance of three hull lengths of the boat nearer to it. A boat is in the zone when any part of her hull is in the zone.

Rule 18.2 – “Giving Mark Room”

When boats are overlapped the outside boat shall give the inside boat mark-room

Rule 18 – When Rule 18 Applies

Rule 18 applies between boats when they are required to leave a mark on the same side. However, it does not apply;

(a) Between boats on opposite tacks on a beat to windward

(b) Between a boat approaching a mark and one leaving it

5. Avoiding Collisions with other boats

Rule 14 – “Avoiding Contact”

A boat shall avoid contact with another boat if reasonably possible. However, a right-of-way boat or one entitled to room;

(a) Need not act to avoid contact until it is clear that the other boat is not keeping clear or giving room, and

(b) Shall be exonerated if she breaks this rule and the contact does not cause damage or injury

Thank you!

We wish to thank the many supporters and sponsors of our
SheSAILS@NCYC events

BONVILLA
E S T A T E



MARINE
OUTLET

Don't forget to tag us in your photos!

#SheSails #NCYC

@SheSails

@SheSAILSatNCYC

