

MIDDLE HARBOUR YACHT CLUB

CENTREBOARD HANDBOOK 2016-2017

www.mhyc.com.au



INCLUDES CHANGE TO SAILING INSTRUCTIONS #1

Lower Parriwi Road, The Spit Mosman, NSW 2088
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W: www.mhyc.com.au E: info@mhyc.com.au

BOARD OF DIRECTORS

Chairman: Andrew Hurt
Treasurer: Neil Padden
Directors: Kerry Burke
Phil Clinton
John McCuaig
David Naismith
Nigel Smyth
Greg Young

FLAG OFFICERS

Commodore: John McCuaig
Vice Commodore, Racing: Mike Gallagher
Vice Commodore, Cruising: Michael Mulholland-Licht
Rear Commodore: John Sturrock
Club Captain: Peter Lewis

SAILING COMMITTEE

Vice Commodore Racing: Mike Gallagher
Chief Special Regulations: Bill Allen
Principal Race Officer: Phil Yeomans
Sailing Manager: Carl Webster
Wednesday Divisions: Julie Hodder
Thursday Twilight Divisions: Harry Brigden
Cruising Division: Michael Mulholland-Licht
Centreboard Division: John Sturrock
No. 1 Inshore Division: Kerry Burke
Adams 10m Division: Geoff Charters
Open / IRC Division: Bob Cox
Offshore Division: Andrew Dally

STAFF DIRECTORY

General Manager	Karen Baldwin	Karen@mhyc.com.au
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Sailing Office

Sailing Manager	Carl Webster	Carl@mhyc.com.au
Sailing Administrator	Roger Wragby	Roger@mhyc.com.au
Youth Coach	Nick Connor	Nickc@mhyc.com.au
Sailing Development	Nicky Bethwaite	Nickyb@mhyc.com.au

Administration & Accounts

Reception	Kathryn Thorowgood	Reception@mhyc.com.au
Finance Manager	Helen Jackson	Helen@mhyc.com.au
Accounts	Lynda Mackillican	Lynda@mhyc.com.au

Marine Services

Marina Manager	Matt Pyne	Matt@mhyc.com.au
Tender Service	VHF 73	0450 275 554

Membership & Marketing

Membership & Marketing Coordinator	Pip Lodder	Pip@mhyc.com.au
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MHYC CODES OF BEHAVIOUR

When participating in any event at Middle Harbour Yacht Club, standards of behaviour apply. Failure to observe these standards may lead to suspension of club membership. The Code of Behaviour below is a guide to acceptable standards of behaviour.

- Act within the rules and spirit of your sport.
- Promote fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each person as an individual.
- Show respect and courtesy to all involved with the sport.
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Respect the decisions of officials, coaches and administrators.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- Display appropriate and responsible behaviour in all interactions.
- Display responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Do not tolerate abusive, bullying or threatening behaviour.

Sailors

- Give your best at all times.
- Participate for your own enjoyment and benefit.
- Play by the rules and show respect for other sailors, coaches and officials.

Coaches

- Place the safety and welfare of the sailors above all else.
- Help each person (sailor, official, etc.) to reach their potential. Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback.
- Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of young sailors.
- Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development.

Officials

- Place the safety and welfare of the sailors above all else.
- Ensure all sailors are included and can participate, regardless of their race, gender, ability, cultural background, sexuality or religion.
- Be consistent, impartial and objective when making decisions.
- Address unsporting behaviour and promote respect for other sailors and officials.

Administrators

- Ensure quality supervision and instruction for sailors.
- Support coaches and officials to improve their skills and competencies.
- Act honestly, in good faith and in the best interests of the sport as a whole.
- Ensure that any information acquired or advantage gained from the position is not used improperly.
- Conduct club responsibilities with due care, competence and diligence.

Parents

- Encourage your child to participate, do their best and have fun.
- Focus on your child's effort and performance, rather than winning or losing.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Help out the coach or officials at training and regattas, where possible.
- Model appropriate behaviour, including respect for other sailors and officials.

POLICY FOR MHYC RIGGING DECK STORAGE RACKS

1. Racks are the property of the Club and are not transferable when boats are sold.
2. When new boats arrive they will be put on a waiting list if no rack is available – application forms are available at Reception.
3. Members are entitled to a rack spot for a twelve-month period from 1st October to 30th September (or part thereof).
4. Billing for rack spaces will be on a Term or Yearly basis. One month's notice of termination of agreement will be required.
5. Members who are registered for the season and have a rack space must use their vessel on a minimum of four scheduled race days. If a scheduled race day coincides with a class state championship, sailing in that event will count towards a scheduled race day if the vessel is representing MHYC. Failure to keep up this level of usage may result in loss of rack space.
6. At the beginning of September the Youth Sailing Office will write to each rack space holder asking if they want their rack space renewed for the following year. The renewal notice will accompany the new season centreboard registration form.
7. If a member, with a current rack space, is not signing up for the new season the rack space cannot be renewed and the member will only be allocated a rack space should there be any available after all centreboard registrations for the new season have been received. Renewal in this situation will be on a month-by-month basis. The member who has a rack space and is not registered to race with centreboard may lose that rack space to a member signing up for the sailing season and wanting a space.
8. Space allocation will be determined by MHYC Youth Sailing management in accordance with this policy and ratified monthly by the Centreboard Committee.
9. Members using their boats frequently (i.e. on average more than 2 times per week during the sailing season) may request a more convenient rack space. Such requests are to be made to the MHYC management on the appropriate form.
10. The Centreboard Committee may advise MHYC Youth Sailing management to relocate members' boats when usage is minimal. In such cases, MHYC management will advise the member(s) concerned of the decision of the Centreboard Committee to move their boat.

MHYC CENTREBOARD NOTICE OF RACE

EFFECTIVE FROM 1ST SEPTEMBER, 2016

The organising authority is Middle Harbour Yacht Club (MHYC).

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 The Australian Sailing Special Regulations Part 2 (Off the Beach Boats) shall apply unless changed by this Notice of Race or Sailing Instructions.
- 1.3 Class rules shall apply.
- 1.4 The 'Green Fleet' division shall be raced in accordance with the World Sailing Introductory Rules of Racing.

2 ELIGIBILITY AND ENTRY

- 2.1 The regatta is open to all boats of the International Optimist, International Cadet, International and Club 420 classes.
- 2.2 Eligible boats may enter by completing the online entry at <http://mhyc.com.au/sailing/centreboard-results>
- 2.3 Each participating boat shall be insured with valid Third Party Property insurance with a minimum cover of \$10,000,000.00AUD per incident or equivalent.
- 2.4 Casual entries will be accepted on race days up until 1230 hours upon payment of race fees.

3 FEES

- 3.1 Required fees are as follows:

<i>Class</i>	<i>Fee</i>
Optimist Green Fleet	\$160.00
Optimist Open Fleet	\$160.00
International Cadet	\$160.00
International 420	\$160.00

- 3.2 Casual entries shall pay an entry fee of \$20.00 per race day.

4 SCHEDULE

- 4.1 The schedule of races are as per the calendar as attached in Appendix A.
- 4.2 The scheduled time of the warning signal for the first race each day is 1345 hours.

5 MEASUREMENT

Each boat shall produce on request a valid measurement certificate.

6 SAILING INSTRUCTIONS

The sailing instructions will be available after 1600 hours on Thursday 1st September 2016 on the MHYC Website under Centreboard Racing.

7 VENUE

Racing shall be held in the waters of Middle Harbour and The Sound.

8 THE COURSES

The courses shall be windward/leeward/triangle courses as described in the sailing instructions.

9 SCORING

9.1 Five races are required to be completed to constitute a series.

- 9.2
- (a) When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.
 - (b) When from five to nine races have been completed, a boat's series score will be the total excluding her worst race score.
 - (c) When from 10 or more races have been completed, a boat's series score will be the total excluding her two worst scores.

10 RADIO COMMUNICATION

Except in an emergency, a boat that is racing shall not make voice or data transmissions and shall not receive voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

11 PRIZES

11.1 Season Prizes and Perpetual Trophies (where appropriate) will be awarded to first, second and third place winners at the race committee discretion dependant on the number of race entries.

11.2 Prizes will be awarded as follows:

- 3 or less boats 1st Place Only
- 4 or less boats 1st and 2nd Places Only
- 5 or less boats 1st, 2nd and 3rd Places Only

11.3 Prizes will be presented at the presentation afternoon on Sunday 9th April 2017.

12 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organising authority 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.

13 INSURANCE

Each participating boat shall be insured with valid Third Party Property insurance with a minimum cover of \$10,000,000.00AUD per incident or equivalent.

14 FURTHER INFORMATION

For further information contact the MHYC Sailing Office

Direct Phone 02 8969 3112

Email sailing.manager@mhyc.com.au

MHYC CENTREBOARD RACING CALENDAR

CLUB RACING CHAMPIONSHIP

Sunday 16 th October	Club Championship Race 1
Sunday 6 th November	Club Championship Race 2
Sunday 4 th December	Club Championship Race 3
Sunday 5 th February	Club Championship Race 4
Sunday 12 th March	Club Championship Race 5
Sunday 2 nd April	Club Championship Race 6

SPRINT SERIES

Sunday 11 th September	Sprint Series Race 1&2
Sunday 23 rd October	Sprint Series Race 3&4
Sunday 30 th October	Sprint Series Race 5&6
Sunday 13 th November	Sprint Series Race 7&8
Sunday 20 th November	Sprint Series Race 9&10
Sunday 11 th December	Sprint Series Race 11&12
Sunday 19 th March	Sprint Series Race 13&14
Sunday 26 th March	Sprint Series Race 15&16

CLUB RACING NON POINT SCORE

Sunday 12 th February	Non-Point Score Race 1
Sunday 19 th February	Non-Point Score Race 2
Sunday 26 th February	Non-Point Score Race 3



MHYC SAILING INSTRUCTIONS

EFFECTIVE FROM 1ST SEPTEMBER, 2016

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- 1.2 The Australian Sailing Special Regulations Part 2 (Off the Beach Boats) shall apply unless changed by this Notice of Race or Sailing Instructions.
- 1.3 Class rules shall apply.
- 1.4 The 'Green Fleet' division shall be raced in accordance with the World Sailing Introductory Rules of Racing.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board outside the MHYC Office, as well as being posted on the MHYC Website.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 1100 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on the MHYC Starters Tower flagpole.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.
- 4.3 Flag D with one sound signal should mean boats shall not leave the beach until this signal is lowered.

5 SCHEDULE OF RACES

- 5.1 The schedule of races shall be as per NOR Appendix A.
- 5.2 A competitors briefing shall be held each race day at 1300 hours outside the Youth Sailing Office.
- 5.3 The scheduled time of the warning signal for the first race each day is 1345 hours.
- 5.4 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

6 CLASS FLAGS

Class flags will be:

<i>Class</i>	<i>Flag</i>
Optimist Green Fleet	White flag with Optimist class ensign
Optimist Open Fleet	White flag with Optimist class ensign
International 420	White flag with 420 class ensign
International Cadet	White flag with Cadet class ensign

7 RACING AREAS

Racing shall be held in the waters of Middle Harbour and The Sound.

8 COURSES

- 8.1 The diagrams in Attachment A show the courses, including the order in which marks are to be passed, and the side on which each mark is to be left.
- 8.2 No later than the warning signal, the race committee signal vessel will display a numeral pennant to signify the course to be sailed.

9 MARKS

- 9.1 Marks 1, 2 and 3 will be yellow inflatable buoys.
- 9.2 Mark 1A will be an orange inflatable buoy.
- 9.3 The starting and finishing marks will be an orange inflatable buoy.

10 AREAS THAT ARE OBSTRUCTIONS

- 10.1 The area of water between the registered moorings and the adjacent shoreline inside Sydney Harbour including the Bombora or Dobroyd Head, Sow and Pigs and Naval Waters shall be considered a continuing obstruction for boats that are racing.
- 10.2 All navigational marks shall be passed on their designated side.

11 THE START

- 11.1 The starting line will be between a staff displaying an orange flag on the starting mark at the starboard end and the course side of the port-end starting mark.
- 11.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 11.3 A boat that does not start within 5 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A4 and A5.

12 CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position.

13 THE FINISH

The finishing line will be between a staff displaying an orange flag on the finishing mark at the starboard end and the course side of the port-end finishing mark.

14 TIME LIMITS AND TARGET TIMES

- 14.1 For all classes the time limits and target times are as follows

<i>Time Limit</i>	<i>Mark 1 Time Limit</i>	<i>Target Time</i>
90 minutes	30 minutes	45 Minutes

If no boat has passed Mark 1 within the Mark 1 time limit the race will be abandoned. Failure to meet the target time will not be grounds for redress. This changes RRS62.1.

- 14.2 Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.

15 PROTESTS AND REQUESTS FOR REDRESS

- 15.1 Protest forms are available at the Youth Office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 15.2 For each class, the protest time limit is 90 minutes after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is later.

- 15.3 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or names as witnesses. Hearings will be held in the protest room advised to the competitors.
- 15.4 Notices of protests by the race committee will be posted to inform boats under RRS 61.1(b).
- 15.5 Breaches of SIs 11.2, 11.3, 17, 18, 20, 21, and 24 will not be grounds for a protest by a boat. This changes RRS 60.1(a).
- 15.6 On the last day of the scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.

16 SCORING

- 16.1 Five races are required to be completed to constitute a series.
- 16.2
 - (a) When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.
 - (b) When from five to nine races have been completed, a boat's series score will be the total excluding her worst race score.
 - (c) When from 10 to 15 races have been completed, a boat's series score will be the total excluding her two worst scores.
 - (d) When from 16 to 20 races have been completed, a boat's series score will be the total excluding her three worst scores.
 - (e) When from 21 to 25 races have been completed, a boat's series score will be the total excluding her four worst scores.
 - (f) When 26 or more races have been completed, a boat's series score will be total score excluding her five worst scores.

17 SAFETY REGULATIONS

- 17.1 All skippers shall SIGN ON before racing each day and SIGN OFF at the earliest possible time after the completion of racing (but not later than the end of protest time). The Sign On/Off Facility will be available outside the Youth Office from 1200 on the day of racing. The skipper of a boat that retires or does not intend to continue racing is required to SIGN OFF immediately on return to shore. Boats failing to sign on/off shall be scored DNC without a hearing. This changes rule 63.1, A4 and A5.

18 REPLACEMENT OF CREW OR EQUIPMENT

- 18.1 Substitution of competitors will be allowed without prior approval of the race committee.
- 18.2 Substitution of damaged or lost equipment will not be allowed unless authorised by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

19 TRASH DISPOSAL

Trash may be placed aboard support or official boats.

20 RADIO COMMUNICATIONS

Except in an emergency, a boat that is racing shall not make voice or data transmissions and shall not receive voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

21 COACHING

- 21.1 Any person may provide assistance to Green Fleet competitors with prior approval from the club coach.
- 21.2 Coaching will, where available, be provided during the racing by the club coach or their nominated representative. This will be available to all competitors to promote the improvement of sailing skills.
- 21.3 Coaching of such competitors doesn't constitute grounds for protest under RRS 41.

22 PRIZES

- 22.1 Season Prizes and Perpetual Trophies (where appropriate) will be awarded to first, second and third place winners at the race committee's discretion dependant on the number of race entries.
- 22.2 Prizes will be awarded as follows:
 - 3 or less boats 1st Place Only
 - 4 or less boats 1st and 2nd Places Only
 - 5 or less boats 1st, 2nd and 3rd Places Only

23 DISCLAIMER OF LIABILITY

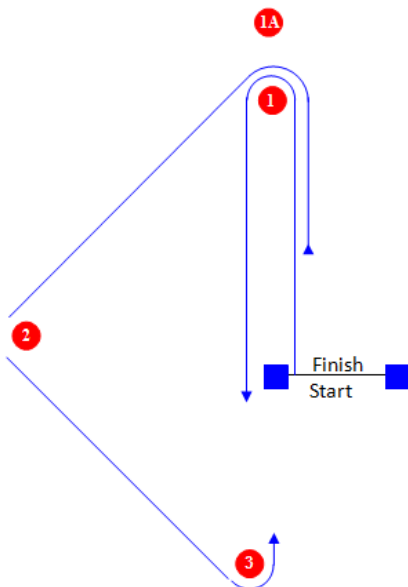
Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organising authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

24 INSURANCE

Each participating boat shall be insured with valid Third Party Property insurance with a minimum cover of \$10,000,000.00AUD per incident or equivalent.

MHYC SAILING INSTRUCTIONS

APPENDIX A- COURSES



Course 1

Optimist Green

Start – 1 – 3 - Finish

Optimists Open

Start – 1 – 3 – 1 – 3 - Finish

International Cadets

Start – 1A – 2 – 3 – 1A – 3 - Finish

International 420s

Start – 1A – 2 – 3 – 1A – 3 – 1A – 2 – 3 - Finish

All marks to Port

Course 2

Optimist Green

Start – 1 – 3 - Finish

Optimists Open

Start – 1 – 3 – 1 – 3 - Finish

International Cadets

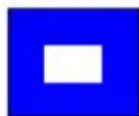
Start – 1 – 2 – 3 - Finish

International 420s

Start – 1A – 3 – 1A – 2 – 3 - Finish

All marks to Port

Preparatory Signals



↑ • ↓ —

P Preparatory signal.



↑ • ↓ —

I Rule 30.1 is in effect.



↑ • ↓ —

Z Rule 30.2 is in effect.



↑ • ↓ —

Black flag.
Rule 30.3 is in effect.

Recall Signals



↑ •

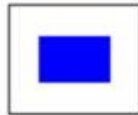
X Individual recall.



↑ • • ↓ •

First Substitute General recall.
The warning signal will be made 1 minute after removal.

Shortened Course



↑ • •

S The course has been shortened. Rule 32.2 is in effect.

Changing the Next Leg



C The position of the next *mark* has been changed:



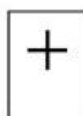
to starboard;



to port;



to decrease the length of the leg;



to increase the length of the leg.

Other Signals



↑ •

L Ashore: A notice to competitors has been posted.
Afloat: Come within hail or follow this boat.



M The object displaying this signal replaces a missing *mark*.



↑ •

Y Wear a personal flotation device.



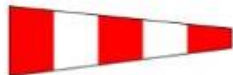
(no sound)

Blue flag or shape. This race committee boat is in position at the finishing line.

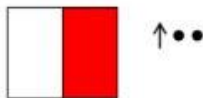
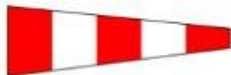
RACE SIGNALS

The meanings of visual and sound signals are stated below. An arrow pointing up or down (\uparrow / \downarrow) means that a visual signal is displayed or removed. A dot (\bullet) means a sound; five short dashes (-----) mean repetitive sounds; a long dash (—) means a long sound. When a visual signal is displayed over a class flag, the signal applies only to that class.

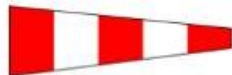
Postponement Signals



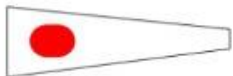
AP Races not started are *postponed*. The warning signal will be made 1 minute after removal unless at that time the race is *postponed* again or *abandoned*.



AP over H Races not started are *postponed*. Further signals ashore.



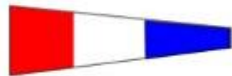
AP over A Races not started are *postponed*. No more racing today.



Pennant 1 $\uparrow \bullet \bullet \downarrow \bullet$



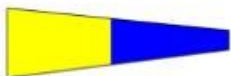
Pennant 2 $\uparrow \bullet \bullet \downarrow \bullet$



Pennant 3 $\uparrow \bullet \bullet \downarrow \bullet$



Pennant 4 $\uparrow \bullet \bullet \downarrow \bullet$



Pennant 5 $\uparrow \bullet \bullet \downarrow \bullet$



Pennant 6 $\uparrow \bullet \bullet \downarrow \bullet$

AP over a numeral pennant 1-6 *Postponement* of 1-6 hours from the scheduled starting time.

Abandonment Signals



N All races that have started are *abandoned*. Return to the starting area. The warning signal will be made 1 minute after removal unless at that time the race is *abandoned* again or *postponed*.



N over H All races are *abandoned*. Further signals ashore.



N over A All races are *abandoned*. No more racing today.