



SAILING INSTRUCTIONS 2026-27

In effect from 31 August 2026 | Version 1.0

OFFICIAL CLUB DOCUMENT

These instructions apply to PSYC racing and events. Notices of Race or Event take precedence where specified.

1. RULES

- 1.1. Racing shall be conducted under the 2025-2028 Racing Rules of Sailing and the prescriptions and safety regulations of Australian Sailing as modified by the PSYC Sailing Instructions.
- 1.2. These Sailing Instructions, Notices of Race, Race Program, Courses and other relevant documents are version controlled and published on the PSYC website <https://www.psy.com.au/>.
- 1.3. If there is a discrepancy between a Notice of Race or Event and the Sailing Instructions, the Notice of Race or Event shall take precedence.
- 1.4. These Sailing Instructions incorporate all PSYC races and Events as published on the PSYC website <https://www.psy.com.au/>.

2. ELIGIBILITY

- 2.1. PSYC events are open to keel boats, trailer-sailers and multihull classes that have a current Equipment Audit Certificate for at least Category 7 or eligibility as defined in the relevant Notice of Race.
- 2.2. All boats participating in PSYC events, including non-competitive events, are required to have valid and current third-party liability insurance of at least \$10 Million which includes indemnity for the PSYC.
- 2.3. Offshore race entrants must have a valid Equipment Audit Certificate for at least Category 4 as prescribed by AS Special Regulations. A waiver is provided for:
 - 2.3.1. AS SR 4.18.1(b) (EPIRB not required) for coastal races.
 - 2.3.2. AS SR 4.24.1(c) and 2(b) (Storm Jib not required) as races are not conducted when a Gale Warning is current.
 - 2.3.3. AS SR 4.22.1 White hand flares are not required.
 - 2.3.4. AS SR 3.12.1 and 6 for boats without safety rails, provided the skipper and crew are tethered to the boat at all times.
- 2.4. Visiting boat owners and their crew:
 - 2.4.1. May sail three (3) races as guests and thereafter must pay race fees.
 - 2.4.2. Must have a current Equipment Audit Certificate of at least Category 7 for inshore races and if sailing in an offshore race, comply with the Ocean Races clause for offshore races.
- 2.5. RRS rule 46 requires that skippers and crew must be financial members of a club affiliated to Australian Sailing or register via SailPass to be insured for an event. Loss of points will apply if a boat is found to be in breach of this requirement, at the discretion of the Race Committee.

3. SPECIAL PROVISIONS FOR BOATS

- 3.1. All boats must carry a serviceable motor in an accessible position.
- 3.2. Boats must be fitted with a bilge pump of 25 mm diameter in lieu of a self-draining cockpit.
- 3.3. The PSYC burgee may be flown during racing and is encouraged.
- 3.4. All boats must carry a radio capable of transmitting and receiving on **VHF Ch77** in accordance with AS Special Regulation Part 1 3.25.1. and are required to keep the radio on and tuned to **VHF Ch77** prior to and during all PSYC organised events.
- 3.5. All boats are required to have a number on their mainsail (either class or registered number of the PSYC or another club).
- 3.6. Non-swimmers must wear a personal flotation device type 1 or 2 while participating in PSYC events.
- 3.7. Single handing sailors must always wear appropriate PFD while participating in PSYC events.



4. SPECIAL PROVISIONS FOR EVENTS

- 4.1. All races or events will be cancelled when a Gale Warning is posted for the Hunter Coast by the Bureau of Meteorology on its website at or after 0900hrs on the day of the race or event.
- 4.2. All races or events may be cancelled or amended when a warning of adverse conditions is posted for the Hunter Region by the Bureau of Meteorology on its website at or after 0900hrs on the day of the race or event.

5. THE RACE OFFICER

- 5.1. A Race Officer will be appointed for each race and event conducted by PSYC.
- 5.2. By default, the Race Starter is the designated Race Officer.
- 5.3. If no Race Starter is present, the Race Officer will default to a Race Committee member or other suitably qualified person.
- 5.4. The Race Officer will record log-on, finish times and incidents on the PSYC race sheet.
- 5.5. The Race Officer is authorised to select and alter the racecourse and shorten races.
- 5.6. The Race Officer may be on a competing boat.

6. RANKING AS A RACE ENTRANT/STARTER/FINISHER

- 6.1. To be accepted as an Entrant in a race or series, a boat must:
 - 6.1.1. Comply with the safety regulations clause of these instructions,
 - 6.1.2. Be a visiting boat and comply with the eligibility clause above.
- 6.2. To be accepted as a Competitor in a race, a boat must Log-on with the Race Officer via **VHF Ch77** prior to the race preparatory signal.
 - 6.2.1. Logging on via WhatsApp or other phone app-based method may be accepted at the discretion of the race officer
- 6.3. To be accepted as a Starter in a race, a boat must cross the start line while sailing in the direction of the first mark after her starting signal.
- 6.4. It is mandatory that boats leave their radios ON tuned to **VHF Ch77** during all PSYC events.
- 6.5. Logging-Off is not required.

7. NOTICES TO COMPETITORS

- 7.1. The results of races and series will be posted on the PSYC Club Website.
- 7.2. Notices regarding amendments or addendums to these Sailing Instructions, Notices of Race or Race Program, will be posted on the PSYC Club Website and/or communicated via **VHF Ch77** or other means before the warning signal (RRS Rule 90.2c).

8. SIGNALS MADE ASHORE

- 8.1. Signals made ashore will be displayed on the PSYC signal mast near the Soldiers Point boat ramp.
- 8.2. When flag Y is displayed ashore, (Personal Floatation Devices to be worn) RRS Rule 40 applies whilst the flag is displayed.

9. RACES

- 9.1. The race schedule is published in the PSYC Sailing Program or as specified in Notices of Race
- 9.2. At least three boats must intend racing, regardless of division or location, for any racing to be conducted.
- 9.3. To be a point scoring race, there must be at least three Competitors in that race.
 - 9.3.1. Boats may be awarded average points if they complete the course in a race that has insufficient starters.
- 9.4. Abandoned races may be rescheduled.
- 9.5. Races will not be started more than 60 minutes after the scheduled starting time.
- 9.6. In all cases one race completed constitutes a Series.



10. CLASS FLAGS

10.1. All boats will race in fleets and if Divisions are used, this will be advised by the Race Committee and posted on the PSYC Start Finish line flagpole as follows:

10.1.1. White Flag will signify a combined divisions start.

10.1.2. Division 1 will be signified by a yellow flag; boats are encouraged to display a yellow class flag from the backstay or an equivalent visible position.

10.1.3. Division 2 will be signified by a green flag; boats are encouraged to display a green class flag from the backstay or an equivalent visible position.

11. THE RACE AREA, COURSES AND MARKS

11.1. Rounding marks and Courses are published on the PSYC website (<https://www.psy.com.au/race-management/>).

11.2. The course to be sailed will be notified by the code flag/s designated for each course and flown from the PSYC signal mast located on the shore at the Start/Finish line for races starting at Soldiers Point, or from a committee boat or other start line locations. Courses may also be advised by the Race Officer via **VHF Ch77** for clarification, course change or if signal flags are not readily visible.

11.3. All navigation markers must be obeyed according to rules published in the current NSW RMS Boating Manual and its amendments.

11.4. When sailing East or West, pass SOUTH of all starboard channel markers between West Bank and Shoal Bay. West Bank and Manton Bank navigation marks will also be passed to the SOUTH.

11.5. Marks detailed in the PSYC Course Sheets are to be left to STARBOARD unless denoted by (P), in which case they should be left to PORT.

11.6. Boondabah Island includes the area between the Isolated Danger mark (marking Fly Rock), boats are not permitted to pass between the isolated danger mark and the island.

11.7. Boats must stay to the North of the yellow 'Shallow Water' warning marks (3) adjacent to the Anchorage Marina break wall.

11.8. Areas bound by moorings are designated as obstructions.

11.9. While racing, boats that sail between moorings or moored boats and the shoreline will be disqualified.

11.10. Boats entering or crossing prohibited areas will be disqualified. (e.g. the licensed Jet Ski area to the NORTH of the channel mark off Nelson Bay harbour).

11.11. If a mark is missing, the race may be abandoned or changed as communicated by the Race Officer on **VHF Ch77** during the race.

12. STARTING AND FINISHING

12.1. The PSYC Start/Finish line is the transit between the PSYC signal mast located near the Soldiers Point boat ramp and the pole at the water's edge and bound to the North by the Isolated Danger mark and Boondabah Island.

12.2. The start line transit will be the alignment of the two course-side edges of the poles.

12.3. In races where the club's start line is being used, signals made ashore will be displayed on the PSYC signal mast located in the vicinity of the Soldiers Point boat ramp car park.

12.3.1. If the club start line is not attended, a boat shall start as per the Notice of Race for that event or as directed by the designated Race Officer and report its finish time via WhatsApp.

12.4. For races starting from a nominated start boat, vessel or vehicle, the start may be conducted via Flags and Sound, or via **VHF Ch77**.

12.5. A gate start format may be utilised.

12.6. The course to be sailed may be advised via **VHF Ch77** at the Warning Signal or any time prior and may be amended up to the Warning Signal.

12.7. A boat starting later than 15 minutes after her starting signal will be scored DNS.

12.7.1. The starting time limit does not apply to pursuit races.

12.8. For races not finishing at Soldiers Point, or if the club finish line is unattended, a boat shall take its own finish time and notify the Race Officer as soon as possible after they finish and within 30 minutes of official sunset.



- 12.8.1. Failure to notify a finish time within 30 minutes of official sunset on the day of the race will result in a DNF being recorded for the boat.
- 12.9. For races starting or finishing at a nominated mark (e.g. when the course has been shortened) and unless otherwise defined in a Notice of Race or other document, the Start/Finish line shall be between the nominated Start/Finish mark and a committee boat or additional laid mark.
- 12.10. If there is no committee boat or additional laid mark, the Start/Finish line shall be a transit perpendicular to the rhumb line between the nominated Start/Finish mark and the previous (if finishing) or next (if starting) mark.
- 12.10.1. In this case, the nominated Start/Finish mark is not considered a mark of the course.
- 12.10.2. If the line is a finish line, the line is bounded by the nominated mark and a 3-boat length zone on the course side of the nominated mark.
- 12.11. Start/Finish lines may be amended by the Race Officer during the race.
- 12.12. PSYC start procedures will be in accordance with the RRS system, Part 3, Rule 26, as follows:

SIGNAL	FLAG AND SOUND	MINUTES TO START
WARNING	Division or White Flag, One Sound	5
PREPARATORY	Preparatory (P) Flag, One Sound	4
ONE MINUTE	Preparatory Flag Removed, One Long Sound	1
STARTING	Division or White Flag Removed, One Sound	0

MINUTES SIGNAL FLAG and SOUND to START

WARNING Division or White Flag, One Sound 5

PREPARATORY Preparatory (P) Flag, One Sound 4

ONE MINUTE Preparatory Flag Removed, One Long Sound 1

STARTING Division or White Flag Removed, One Sound 0

13. STARTING INFRINGEMENTS

13.1. Boats 'On Course Side'

- 13.1.1. When at the starting signal any part of the hull of one or more boats is on the course side of the start line (OCS), the Race Officer may signal OCS with a single sound signal and/or announcement on **VHF Ch77** and/or fly a designated flag.
- 13.1.2. Boats deemed OCS at the starting signal may not restart and must continue sailing.
- 13.1.3. A time penalty of 5 minutes plus the time OCS will apply to boats OCS.

13.2. General Recall (RRS Part 3 Rule 29.2)

- 13.2.1. When there are either unidentified premature starters or an error in starting procedure, the Race Officer may signal a General Recall by displaying the First Substitute Pennant and may draw attention to this signal by two short consecutive sound signals and/or announcement on **VHF Ch77**.
- 13.2.2. The Warning Signal (5 min) for the restart will be made one minute after the First Substitute Pennant is lowered. One sound signal may be made on such lowering, and/or announcement on **VHF Ch77**.

14. POSTPONEMENT

- 14.1. The Race Officer may elect to postpone the start for any reason by flying the Answering Pennant in accordance with RRS Part 3 Rule 27.3.
- 14.2. The Warning Signal (5 min) for the start of the race will be made one minute after the Answering Pennant is lowered. One sound signal may be made on such lowering, together with a radio call on **VHF Ch77**.

15. SHORTENING AND ABANDONING

- 15.1. The course may be shortened by the Race Officer by displaying the Code Flag 'S' at the PSYC signal mast with accompanying sound signal and/or via **VHF Ch77** at any time prior to any boat crossing the finish line after starting.



- 15.2. Boats will then finish when they next cross the finish line or mark advised by the Race Officer.
- 15.3. If a Code Flag Numeral '1' is displayed below the Code Flag 'S', all boats shall sail to the next designated mark for the nominated course, pass it on the required side and then proceed directly to the finish. This signal will also be accompanied by a sound signal and a radio message to clarify which mark is "the next designated mark for the nominated course."
- 15.4. If the Code Flag 'S' is displayed from a committee boat at a rounding mark, boats will finish between the mark and the Committee boat.
- 15.5. The race may be abandoned by displaying Code Flag 'N'.

16. PENALTY SYSTEM

- 16.1. The two-turn penalty at RRS 44.2 is amended from 720 degree to a 360-degree turn penalty for short duration races which are defined as courses under 6nm or advised by the Race Officer or the Notice of Race.
- 16.2. If a boat is in immediate danger, or to get clear after grounding or collision with another boat or object, a boat may use force applied by the crew of either boat and/or any equipment including a propulsion engine provided that the boat does not gain an advantage in the race. The boat involved will take a one turn penalty (360 degrees) to be completed as soon as possible after the engine has stopped. This changes Rule 42.3g.

17. TIME LIMITS

- 17.1. The time limit for all races is as noted in the Notice of Race or official sunset, whichever is earlier.
- 17.2. If no boats finish within the time limits, the race committee shall abandon the race.

18. PROTESTS AND REQUESTS FOR REDRESS

- 18.1. Protests shall be written on Protest Forms available at the clubhouse and shall be delivered to the Vice Commodore or Race Officer within 90 minutes of the boat finishing. The Vice Commodore shall extend the time if there is good reason to do so in accordance with RRS 61.3.
- 18.2. An independent arbitrator will be appointed to all protests and requests for redress prior to the conduction of a Protest Hearing in accordance with RRS Appendix T.
- 18.3. A protest may not necessarily be heard on the day that it is lodged.

19. SCORING, HANDICAPPING AND PRIZES

- 19.1. Results and scoring of races and series is at the sole discretion of the Race Committee.
- 19.2. Individual race series/events will be scored using a PSYC specific Performance Handicapping System (PHS).
 - 19.2.1. Other handicapping methods may be added to PHS at the discretion of the Race Committee.
- 19.3. The Club Championship will be calculated using results from the Spring and Autumn Pointscore Series, the Inshore/Offshore Series and the Commodore's Trophy Series only.
 - 19.3.1. Points will be awarded based on the number of boats beaten in each race by a competitor.
 - 19.3.2. All races in the noted series will count (i.e. no drops).
 - 19.3.3. If a boat is registered in a series but fails to compete in any races, they will be deleted from the series results and the DNC scores of other boats recalculated.
- 19.4. Handicaps will be maintained by the Race Committee and are continuous with the same series in the previous year when possible.
 - 19.4.1. A boat without a handicap will be allocated one by the designated handicapper or Race Committee.
 - 19.4.2. If a boat has no racing history with the club, their handicap will be estimated and adjusted manually by the Race Committee for 3 races (any series) before they can earn points in a series.
- 19.5. A boat that sail less than 33% of races in a series will be classed as a 'guest' in that series so that their results do not affect the remainder of the fleet
- 19.6. PSYC skippers/boats that miss a club race due to participation in another sailing event, may be awarded average points in the following circumstances:



- 19.6.1. If the skipper or boat is representing PSYC in an endorsed interclub event or invitational (e.g. NSW Sailing League)
- 19.6.2. If the skipper is representing PSYC at a meeting or has been rostered to support club activities (e.g. acting as onshore Race Officer)
- 19.6.3. If a boat has participated in more than 50% of conducted races in a series.
- 19.6.4. Travel and preparation days taken prior to an event will not be awarded average points.
- 19.6.5. The average will be calculated at the end of the series and will include races for which they are DNS or DNF.
- 19.7. Decisions regarding handicapping, prizes, awarding average points and others relevant to club racing are at the discretion of the Race Committee and are intended to promote fair and equitable racing.

20. SAFETY REGULATIONS

- 20.1. A boat that retires from a race, suffers damage, or loses a crew member overboard shall notify the designated Race Officer as soon as possible.
- 20.2. Boats taking part in non-competitive events sponsored by the PSYC must comply with Maritime Safety Act 1998, Marine Safety (General) Regulations 2009 safety requirements and the International Rules for the Prevention of Collisions at Sea.

21. CHANGE TO SAILS AND/OR EQUIPMENT

- 21.1. Alterations or additions to a competitor's sail wardrobe, or alterations or removal of equipment must be notified to a member of the Race Committee prior to competing in club races. Failure to do so may result in a percentage penalty or disqualification.

22. EQUIPMENT AND MEASUREMENT CHECKS

- 22.1. A boat or equipment may be inspected at any time for compliance with the class rules, sailing instructions and Equipment Audit regulations. On the water, a boat can be instructed by a Race Committee member to proceed immediately to a designated area for inspection.

23. ADVERTISING

- 23.1. All races shall be sailed under the prescriptions provided in Australian Sailing Rule Book Appendix 1 - ISAF Advertising Code. However, the PSYC Board and Race Committee reserve the right to prohibit offensive or inappropriate advertising on boats entered in PSYC races.

24. NIGHT LIGHTING

- 24.1. Navigation lights are compulsory after sunset in accordance with the International Rules for the Prevention of Collisions at Sea and the NSW Waterways Regulations.

25. ASSISTANCE TO VESSEL/PERSON IN DISTRESS

- 25.1. Fundamental Rule 1.1 in the Racing Rules of Sailing 2025-28 (RRS) and the International Convention for Safety of Life at Sea 2009 (SOLAS) and International Rules for Prevention of Collisions at Sea (COLREGS) and the NSW Marine Safety Act 1998 and General Regs 2009, make it the responsibility of all skippers to respond to calls for assistance by another boat or person in distress.
- 25.2. A skipper or Support Boat responding to a vessel or person in distress may record the time of response and the time of return to the race for the purpose of requesting Redress.
- 25.3. A Request for Redress must be lodged as soon as possible after the boat finishes. An adjustment to the boat's elapsed time for the race may be made in the calculation of results.

26. RADIO COMMUNICATION

- 26.1. A boat shall neither provide nor seek outside assistance by any means while racing nor receive such communications unless available to all boats.



27. DISCLAIMER OF LIABILITY

- 27.1. All those taking part in PSYC races do so at their own risk and responsibility. The PSYC is not responsible for the seaworthiness of a boat, the sufficiency or adequacy of its equipment or the competency of its crew.
- 27.2. The PSYC reserves the right to refuse entry to any boat at any time.

28. ACCIDENT OR INCIDENT

- 28.1. In the case of an accident or incident under the AS Racing Rules of Sailing 2025-28, International Convention for Safety of Life at Sea (SOLAS), International Rules for Prevention of Collisions at Sea (COLREGS), Marine Safety Act 1998 (Marine Safety (General) Regulations 2009 and Maritime Services Act No. 47 1935 (Sec. 30G), a skipper/owner must:
- 28.1.1. stop the vessel following an accident,
 - 28.1.2. if the accident results in injury or damage effecting seaworthiness, provide any assistance necessary,
 - 28.1.3. provide details of the boat licence, registration, address and any distinguishing numbers of the vessel,
 - 28.1.4. provide the above details to any NSW Maritime Officer, and
 - 28.1.5. if the accident involves death, injury or damage exceeding \$100, report the accident to the NSW Maritime or Water Police and the Race Officer or Vice Commodore within 24 hours.
 - 28.1.6. Penalties for failure to comply are significant.
 - 28.1.7. The International Rules for the Prevention of Collisions at Sea apply when a boat is not racing and between sunset and sunrise. They also apply between a racing and non-racing boat.

29. FURTHER INFORMATION

For further information please contact:

Vice Commodore Club Captain Port Stephens Yacht Club Port Stephens Yacht Club Email –
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