



Commodore's Front Up! Cup

Sunday 13 September 2026

SAILING INSTRUCTIONS



www.mhyc.com.au

SAILING INSTRUCTIONS

1.0 RULES

- 1.1 The races will be governed by the current versions of:
- the rules as defined in the Racing Rules of Sailing ("RRS")
 - the prescriptions and Special Regulations of Australian Sailing ("Special Regulations");
 - the Middle Harbour Yacht Club Requirements ("MHYC Requirements")
 - the Notice of Race (NoR),
- except as any of these are modified by these Sailing Instructions.
- 1.2 The attention of competitors is drawn to the MHYC Requirements which are referenced throughout the NoR and these SIs including their responsibilities under the applicable NSW Roads & Maritime legislation.
- 1.3 Fixed and retractable spinnaker poles and bowsprits will be permitted for the purpose of setting asymmetrical spinnakers. This amends RRS 50.2 and 50.3.
- 1.4 Boats with movable or variable ballast (within the meaning of those terms in the AS Special Regulations) may move that ballast for the purpose of changing trim or stability. This amends RRS 51.
- 1.5 RRS 52 does not apply the adjustment and operation of sails or the adjustment of movable appendages on any boat.
- 1.6 Each yacht is required to confirm the number of persons on board (POB) prior to the boat's start time. This must be provided by completing crew registration via SailSys or completing the POB register online.

2.0 NOTICES TO COMPETITORS

- 2.1 Notices to Competitors will be posted on the Official Notice Board which is located on the website – [Sailing > Keelboat Racing > Club Racing Noticeboard](#).

3.0 CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Changes to these sailing instructions, if any, will be posted not later than 2 hours prior to the display of the Course Board for the race.

4.0 SIGNALS

- 4.1 Signals made ashore will be displayed from the MHYC Race Management Vessel berthed near the B-Arm T-Head or the Clubhouse Flagmast.
- 4.2 Signals will be as follows:
1220 Hrs – Attention Signal & Course Number Displayed
1230 Hrs – Start Count-up Sequence Commences
- 4.3 The display of the course board and the start of the count-up sequence may each be accompanied by a sound signal.

5.0 THE COURSE

- 5.1 The Courses are as described in Appendix A.
- 5.2 Courses may be shortened prior to the Start at the discretion of the RC. Should Code Flag "S" be displayed with or prior to the display of the Course, the race will automatically be shortened and all yachts should proceed to the finish line after having rounded the mark indicated by an asterisk (*).
- 5.3 If a Committee Vessel displaying Code Flag "S" is stationed to the West or South of Grotto Point Lighthouse, AS Mark Edwards Beach shall be omitted (if applicable) and boats shall finish between the Committee Vessel and Grotto Point Lighthouse.
- 5.4 Courses may be shortened in accordance with RRS 32.
- 5.5 The attention of competitors is drawn to the NOR and those areas which are designated obstructions and prohibited areas in the vicinity of the Start and Finish lines, the Gowlland Bombora and the Sow and Pigs Reef. A boat shall not sail into an area designated a prohibited area.

6.0 DIVISIONS

- 6.1 Divisions may be formed or abandoned at the discretion of the Sailing Manager or their nominee.
- 6.2 Two-Handed and Non-Spinnaker entries may be included in any division.
- 6.3 For boats entered as non-spinnaker, only a mainsail and headsails as defined in RRS 50.4 shall be used. Headsails shall not be set flying. (No sail shall be set forward of a point of attachment of the permanent forestay).

7.0 HANDICAP PURSUIT RACE

- 7.1
- 7.7
- 7.8 The RC may at its absolute discretion review any boat's handicap where it is of the opinion that due to anomaly, error or circumstance, the handicap is deemed unfair or unreasonable.

8.0 THE START

- 8.1 The Start Line shall be as MHYC NOR 16 – Club House Start.
- 8.2 The RC or its nominee will allocate a Start Time in whole minutes to a boat as its starting signal. This will be displayed as time of day or as described in the event Sailing Instructions.
- 8.3 Boats may start once their allocated start time has been displayed on the race management vessel start clock. In the absence or failure of the start clock, competitors shall refer to GPS or Internet time.
- 8.4 A boat is racing from her Preparatory Signal which is 4 minutes before her allocated starting signal / Allocated Start Time.
- 8.5 A boat not racing shall stay outside of the Clubhouse pre-start area (see NOR 16.2 and 16.3). Attention is drawn to RRS 23.
- 8.6 Boats are advised that the RC may not record a boat that starts more than 5 minutes after their Allocated Start Time as starting.
- 8.7 There will be no recall signals. A boat recorded as OCS will be penalised 5 minutes plus the difference between her nominated start time and actual start time. This amends RRS 28.1 and 29.1.

9.0 THE FINISH

- 9.1 The Finish Line will be the Clubhouse Finish Line in MHYC NOR 17 unless shortened in accordance with SI 5.3 or 5.4.
- 9.2 Boats will be scored in the order of crossing the finishing line, including any penalties incurred under NOR 22.5, 22.6 & 22.7 and NOR 16 & 17 (if applicable)..
- 9.3 All times will be recorded in minutes and whole seconds. Boats with equal finishing times shall be scored as dead heated.
- 9.4 All results will be subject to the application of Alternate Penalties, if any.

10.0 TIME LIMITS

- 10.1 The time limit for the first boat to finish will be 1530 hours on the day of racing. If the leading yacht finishes within the time limit, then the finish for other yachts will be recorded until 1600 hours.
- 10.2 A boat that does not finish within the time limit shall be scored DNF (amends RRS 35).

10.0 ALTERNATIVE PENALTIES

- 11.1 For an infringement of RRS Part 2, the Two-Turns Penalty (RRS 44.2) shall apply.
- 11.2 For an infringement of any other rule or requirement, the Scoring Penalties of RRS 44.3 shall apply.
- 11.3 The penalty shall be computed as a percentage of the number of entries in the relevant division.

12.0 ABANDONED RACES

- 12.1 Abandoned races will not be resailed at a later date.

13.0 PROTESTS

- 13.1 Protests shall comply with MHYC NOR 24.

14.0 ADVERTISING

- 14.1 Boats may be required to display bow and/or boom stickers provided by the RC.

15.0 RADIO COMMUNICATION

- 15.1 Yachts shall maintain a listening watch on VHF Channel 72 for the duration of the race.
- 15.2 Except in an emergency, while racing a boat shall neither make radio transmissions nor receive radio transmissions not available to all boats. This restriction also applies to mobile telephones.

16.0 PRIZES

- 16.1 Prizes shall be presented at a post-race presentation.

17.0 RESPONSIBILITY

- 17.1 Competitors participate in the MHYC Commodores Up Front Cup at their own risk. Special attention is drawn to RRS Fundamental Rule 3, which states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone".
- 17.2 The Organising Authority, Event Sponsors (if applicable), and their respective officers, employees, volunteers and members accept no liability for any injury, loss or damage that may be suffered by any competitor, and any liability for harm to persons that results from breach of an express or implied warranty that the MHYC Feature Race Program and all services relating thereto will be conducted or rendered with reasonable care and skill is excluded.
- 17.3 Neither MHYC, nor the event sponsor (if applicable), are responsible for the seaworthiness of a boat whose entry is accepted or the sufficiency or adequacy of its equipment.

APPENDIX A – COURSES

COURSE 1 (10.0nm / 8.8nm approx.)

- | | | | |
|--------|----------------------|------|----------------------|
| 1. | Start MHYC | | |
| 2. (x) | AS Mark Manly West | 6. * | AS Mark East Channel |
| 3. (x) | AS Mark Manly East | 7. | AS Mark Grotto Point |
| 4. | AS Mark Cannae Point | 8. | AS Mark Cannae Point |
| 5. | AS Mark Lady Bay | 9. | Finish MHYC |

COURSE 2 (11.0nm / 9.8nm approx.)

- | | | | |
|------|----------------------|--------|---------------------|
| 1. | Start MHYC | 5. (x) | AS Mark Point Piper |
| 2. | AS Mark Cannae Point | 6. (x) | Naval Mark N3 |
| 3. | AS Mark Shark Island | 7. | Finish MHYC |
| 4. * | Shark Island | | |

COURSE 3 (12.1nm / 9.5nm approx.)

- | | | | |
|-----|----------------------|--------|----------------------|
| 1. | Start MHYC | 5. (x) | AS Mark Grotto Point |
| 2. | AS Mark Cannae Point | 6. (x) | AS Mark Lady Bay |
| 3. | AS Mark East Channel | 7. | Finish MHYC |
| 4.* | AS Mark Rose Bay | | |

COURSE 4 (12.8nm / 8.4nm approx.)

- | | | | |
|--------|-----------------------|------|-----------------------|
| 1. | Start MHYC | 7 | AS Mark Cannae Point |
| 2. (x) | AS Mark Cannae Point | 8. * | AS Mark Lady Bay |
| 3. (x) | AS Mark Rocky Point | 9. | AS Mark Rocky Point |
| 4. (x) | AS Mark Edwards Beach | 10. | AS Mark Edwards Beach |
| 5. | AS Mark Manly West | 11. | AS Mark Cannae Point |
| 6. | AS Mark Manly East | 12. | Finish MHYC |

COURSE 5 (13.4nm / 11.9nm approx.)

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|------|----------------------|--------|---------------------------|
| 1. | Start MHYC | 6. (x) | Fort Denison (P) |
| 2. | AS East Channel | 7. | AS Mark Shark Island |
| 3. | AS Mark Shark Island | 8. | Shark Island |
| 4. | Shark Island | 9. | AS Mark Chowder Bay North |
| 5. * | Naval Mark N3 | 10. | Finish MHYC |

COURSE 6 (14.6nm / 12.0nm approx.)

- | | | | |
|--------|--------------------|----|--------------------|
| 1. | Start MHYC | 5. | AS Mark Manly West |
| 2. (x) | AS Mark Manly West | 6. | AS Mark Manly East |
| 3. (x) | AS Mark Manly East | 7. | Finish MHYC |
| 4. * | Naval Mark N3 | | |

Notes:

- All Marks are to be rounded or passed to Starboard except those suffixed (P) which shall be rounded or passed to Port.
- If Code Flag "S" is displayed prior to or with the warning signal all yachts should proceed directly to the finish after having rounded or passed the mark prefixed *
- Division 2 boats shall omit each mark prefixed (x)
- If a Committee Vessel displaying Code Flag "S" is stationed to the West or South of Grotto Point Lighthouse, boats shall finish between the Committee Vessel and Grotto Point Lighthouse.
- Races may be shortened in accordance with RRS 32.