



Chaos Cup & Bedlam Point Cup

Incorporating the Cock of the Club Trophy

Saturday 10th January 2026

SAILING INSTRUCTIONS



www.mhyc.com.au

SAILING INSTRUCTIONS

1.0 RULES

1.1 The races will be governed by:

- the rules as defined in the Racing Rules of Sailing ("RRS");
- the Special Regulations of Australian Sailing;
- the Middle Harbour Yacht Club Safety Requirements;
- the MHYC Season 2025-2026 Notice of Race ("NoR"), except as any of these are modified by these Sailing Instructions.

1.2 The Sailing Office of MHYC shall be the Race Committee. This amends MHYC NOR 4.2.

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 Regs) may move that ballast for the purpose of changing trim or stability. This amends RRS 51.

1.5 RRS 52 does not apply to the adjustment and operation of sails or the adjustment of movable appendages on any boat.

1.6 A boat shall comply with the Special Regulations Part 1 for Category 7. An audited Special Regulations Form for the relevant Category (or higher) shall be submitted with the entry if not already held by MHYC.

2.0 NOTICES TO COMPETITORS

2.1 Notices to Competitors will be posted on the Official Notice Board which is the [Keelboat Racing Noticeboard](#) on the MHYC website.

3.0 CHANGES TO THE SAILING INSTRUCTIONS

3.1 Any changes to these Sailing Instructions will be posted no later than 2 hours prior to the display of the Course for the race.

4.0 SIGNALS

4.1 Signals made ashore will be displayed from the MHYC Race Official's Box on the North-Eastern perimeter of the Club premises.

4.2 Signals will be as follows:

1050 Hrs	Attention Sound Signal
1100 Hrs	Start Count-up Sequence Commences

4.3 The start of the count-up sequence may be accompanied by a sound signal.

5.0 THE COURSE

5.1 The Course is as follows:

1. Start MHYC
2. Fort Denison (P)
3. MHYC Yellow Inflatable Mark off Bedlam Point (P)
4. MHYC Pink Inflatable Mark in Abbotsford Bay (P)
5. Fort Denison (P)
6. Finish at MHYC

(P) denotes marks to be passed to Port (ALL marks of the course to be rounded or passed to port)

5.2 The course distance is approximately 21.5 nautical miles.

Bedlam point and Abbotsford Bay are on Chart AUS 200 at 33 50.600 S 151 7.600 E approximately. Additional detail is published on AUS 202 and 203.

Appendix A (Fort Denison & Prohibited Areas) and Appendix B (Bedlam Point & Abbotsford Bay) are attached to these Sailing Instructions for your information.

5.3 Courses may be shortened at the Abbotsford Bay mark for any division in accordance with RRS 32. If the "S" flag is displayed above one or more class flags, the shorten course shall apply only to those divisions. If the "S" flag is displayed alone, the shorten course shall apply to all divisions.

5.4 *Please note that:*

- *Fort Denison is passed to Port on the outward and return journeys.*
- *Competitors are reminded that they are not to enter the boundaries of any moorings or exclusion zones (note Circular Quay zone shown in Appendix A) anywhere throughout the harbour during the conduct of the race.*
- *All Cardinal Marks must be observed.*

6.0 DIVISIONS & CLASS FLAGS

6.1 Boats competing in this event will be allocated to the following Divisions:

Division 1 – Spinnaker (Chaos Cup) – Class Flag “D”

Division 2 – Non-Spinnaker (Bedlam Point Cup) – Class Flag “E”

6.2 Cock of the Club Teams will be formed by the Race Committee based upon entries. Three MHYC boats in the Spinnaker Division will comprise a team, with the winning team scoring the lowest aggregate overall placings. The composition and allocation of boats into teams shall not be subject to protest or constitute grounds for redress (amends RRS 60 and 61).

6.3 Divisional parameters may be constructed at the discretion of the Race Committee following receipt of entries. Allocation of boats to divisions will be published on the ‘List of Entrants’ pre-race. All competitors should check the Sailing Noticeboard to check their respective Divisions and Start Times.

6.4 The RC may form or abandon racing divisions at its discretion. The composition and allocation of boats into divisions shall not be subject to protest or constitute grounds for redress (amends RRS 60 and 61).

7.0 HANDICAP PURSUIT RACE

7.1 The race shall be a Handicap Pursuit Race per MHYC NOR 22 with a Count Up start sequence.

7.2 In races or divisions designated non-spinnaker, only a mainsail and headsails as defined in Equipment Rules of Sailing (ERS) shall be used. Headsails shall not be set flying. (No sail shall be set forward of a point of attachment of the permanent forestay.)

7.3 Start numbers will be based on time correction factors (TCFs). A boat’s TCF shall be determined by the RC or its nominee. A TCF may be adjusted after each race.

7.4 Boats shall notify the MHYC Sailing Office not later than 2 days prior to a race of any change, addition or alteration to a boat’s hull appendages, equipment, sail inventory or skipper/crew that may affect its performance. At the discretion of the RC, a boat that fails to comply may be either disqualified after a hearing or have its results retrospectively adjusted by applying a new TCF based on the boat’s performance.

7.5 The TCF, and a boat’s start number based on it, shall not be subject to protest or constitute grounds for redress (amends RRS 60 and 61).

7.6 When only one boat starts and sails the course within the time limit, the RC shall not abandon the race (amends RRS 32).

8.0 THE START

8.1 The Start Line shall be as MHYC NOR 16.0, Clubhouse Start.

8.2 The RC will allocate a starting time in minutes to a boat for each race. A boat shall not start before the Starters Board has displayed its designated start time.

8.3 Numbers will be displayed by the digital clock commencing with the number ‘00:00’ or manually at 1 minute intervals and will commence with the number ‘0’.

8.4 There will be no recalls. Any yacht deemed to have started prematurely and that has not returned and started correctly shall be penalised 5 minutes plus the difference between her starting time and starting number, applied to her finish time. (This amends RRS29.0)

9.0 THE FINISH

- 9.1 The Finish Line shall be as MHYC NOR 17.0, Clubhouse Finish.
- 9.2 A boat's finish time shall be used for the calculation of its racing division results. The boat with the earliest finish time (after application of scoring penalties, if any) will be scored first.
- 9.3 All times will be recorded in minutes and whole seconds. Boats with equal finishing times shall be scored as a dead heat.
- 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 boats to finish the course will be 1700hrs. However, if the leading yacht finishes within the time limit, then the finish of other yachts will be recorded until 1730 hours.
- 10.2 The time limit at the Abbotsford Mark is 90 minutes after the leading boat rounds this mark. After 90 minutes, the Committee Vessel (CV) will sound one long blast and make a broadcast on VHF Channel 72 to advise that the Abbotsford Mark time limit has been reached. The CV will then collect the marks and return to MHYC.
- 10.3 A boat that does not finish within the time limits shall be scored DNF (amends RRS 35).

11.0 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. 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 not re-started on the scheduled race day will not be re-sailed.

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 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.
- 15.2 Yachts shall maintain a listening watch on VHF Channel 72 for the duration of the race.

16.0 PRIZES

- 16.1 A presentation of trophies and prizes will take place at the Middle Harbour Yacht Club following the race (subject to protest schedule).
- 16.2 Perpetual Trophies will be awarded as follows:
 - The Chaos Cup: The first boat to cross the finish line from the Spinnaker Division after the application of penalties, if applicable.
 - The Bedlam Point Cup: The first boat to cross the finish line from the Non-Spinnaker Division after the application of penalties, if applicable.
 - Cock of the Club: The team of three MHYC boats with the lowest combined aggregate score in the Spinnaker Division.
- 16.3 Additional Prizes may be awarded as follows:
 - First three placegetters in each Division
 - First boat to round the Abbotsford Bay Mark
 - Last boat to finish

17.0 RESPONSIBILITY

17.1 Competitors participate in the MHYC Feature Race Program 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".

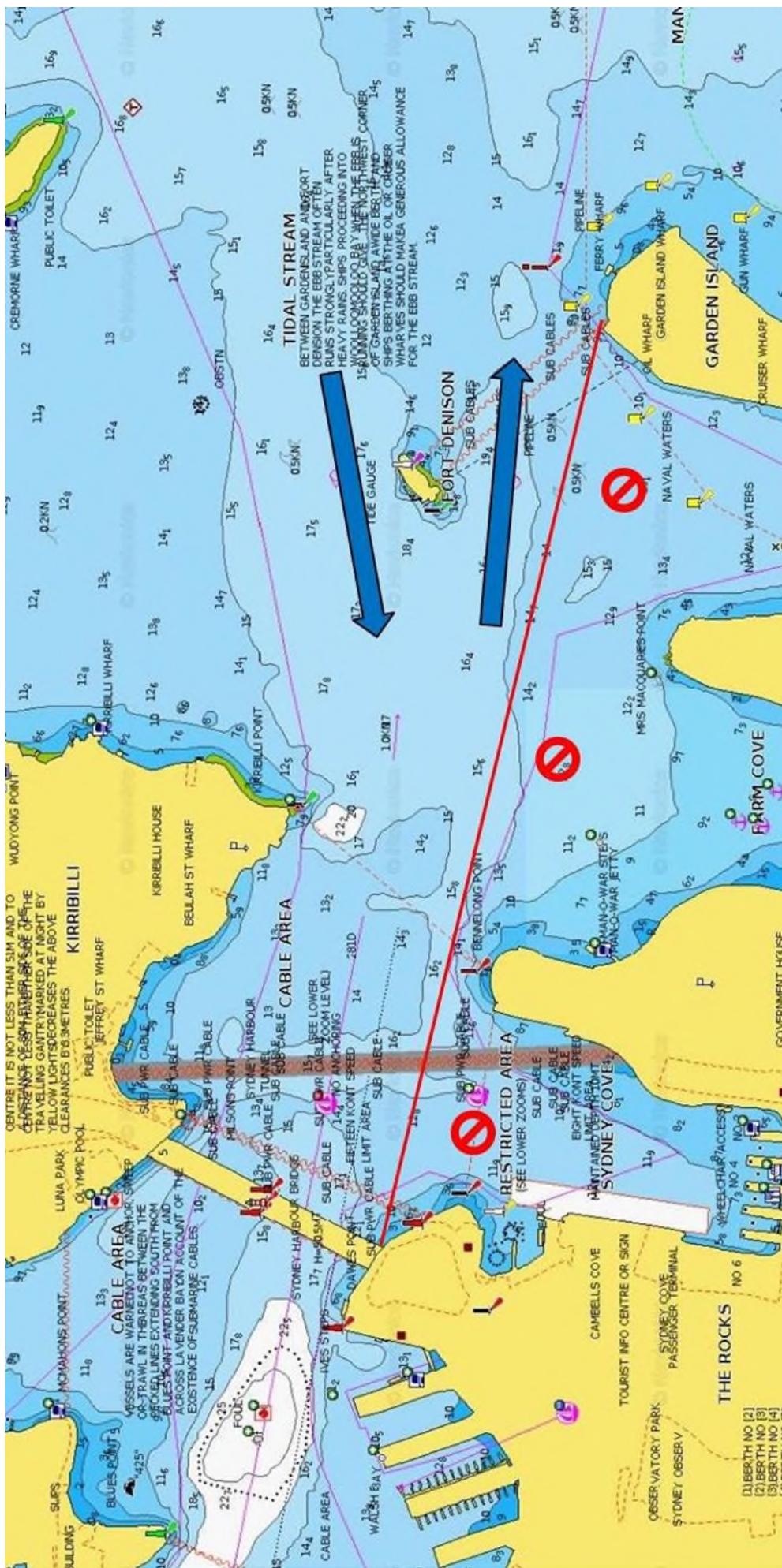
17.2 The Organising Authority, Event Sponsors (if applicable), and their respective officers, employees, volunteers and members accept no liability for any injury, loss or damage that may be suffered by any competitor, and any liability for harm to persons that results from breach of an express or implied 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.

18.0 ADDITIONAL INFORMATION

Organising Authority – Middle Harbour Yacht Club
75 Lower Parriwi Road,
The Spit, Mosman 2088
PO Box 106 Seaforth NSW 2092
Telephone: (02) 9969 1244
Email: sailing@mhyc.com.au
Website: www.mhyc.com.au

Appendix A – Fort Denison & Prohibited Areas



Appendix B – Bedlam Point & Abbotsford Bay

