



2026 J70 EAST COAST CHAMPIONSHIPS

7-9 MARCH 2026

The Organising Authority is the Sandringham Yacht Club (SYC), in conjunction with the J70 Australia Class Association.

SAILING INSTRUCTIONS

The notation '[DP]' in a rule in the NOR and SI's means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification. This changes RRS 64.1.

The notation '[NP]' denotes that a breach of this rule will not be grounds for protest by boat. This changes RRS 62.1(a)

The notation '[SP]' denotes a rule for which a standard penalty will be applied by the race committee without a hearing. This changes RRS 63.1, Appendix A4 and Appendix A5.

1. RULES

- 1.1. In accordance with the J70 Class Rules and World Sailing Regulation 20.5.1, no advertising shall be displayed pursuant to World Sailing Regulation 20.3.2.
- 1.2. Spot checks may be conducted during the event to verify compliance with these rules and regulations.
- 1.3. If there is conflict in or between rules or regulations (other than RRS), in the Notice of Race or Sailing Instructions, the Sailing Instructions shall take precedence.
- 1.4. The prescriptions and special regulations of Australian Sailing Part 1 Category 7 will apply. All boats shall have a current, valid, completed Australian Sailing (AS) Special Regulations Category 7 Equipment Audit Form completed by the boat's Person in Charge. A template is available at:
<https://www.sailingresources.org.au/safety/equipment-auditing/>

2. NOTICES TO COMPETITORS

- 1.5. The Official Notice Board is located online with a link available on the regatta page: <https://syc.com.au/2026-j70-cup/>

3. CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted not less than 2 hours before the next scheduled start, except that any change to the schedule of races will be posted by 2000 hours on the day before it will take effect.

4. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed at the Ken King Centre flag pole, at the marina entrance.
- 4.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in Race Signals AP. This changes Race Signals AP.

5. SCHEDULE OF RACES

- 5.1. The Schedule of Events will be as per the Notice of Race.
- 5.2. Eight (8) races are scheduled for the series, with up to four (4) races each day
- 5.3. No Warning Signal will be made after 1500 on the last scheduled day of the regatta.

6. CLASS FLAG

The Class Flag will be a white flag with the J70 class logo.

7. RACING AREA

The racing area will be on Port Phillip, adjacent to Sandringham Yacht Club.

8. THE COURSES

- 8.1. All courses will be windward/leeward configuration.
- 8.2. Courses will be advised by displaying the appropriate numeral pennant (1-3).
- 8.3. Attachment A shows the courses and marks including the order in which marks are to be passed and the

- side on which each mark is to be left.
- 8.4. No later than the warning signal, the race committee vessel will indicate the course to be sailed by displaying the corresponding numeral pennant and the approximate magnetic compass bearing from the starting line to Mark 1.
- 8.5. In the event that either mark 2P or 2S is not in position, boats shall round the remaining mark to port.

9. MARKS

- 9.1. Marks 1, 2S and 2P will be yellow inflatable marks.
- 9.2. Mark 1a will be a pink inflatable mark.
- 9.3. The start and finish mark will be an orange inflatable mark.
- 9.4. The change mark as provided in clause 11 will be a yellow inflatable mark with a black band. In any subsequent change, the original marks shall be used.

10. THE START

- 10.1. The starting line will be between a staff displaying an orange flag on the race committee vessel at the starboard end of the line and either an orange inflatable mark or a staff displaying an orange flag on a race committee vessel at the port end.
- 10.2. To alert boats that a race starting sequence will begin soon, an orange flag will be flown from the race committee vessel with one sound signal at least five minutes before a warning signal is made.
- 10.3. The Vakaros RaceSense system will be used by the Race Committee and the relevant information will be available to all boats.
- 10.4. The visual identification of boats infringing RRS 29 and RRS 30 by the Race Committee is replaced with the electronic identification by the Vakaros RaceSense system. This changes RRS 29.1, 30.1, 30.2, 30.3 and 30.4.
- 10.5. A set of instructions about the use of the electronic device will be posted on the Regatta Webpage <https://syc.com.au/2026-j70-cup/>.
- 10.6. [DP] [NP] Each boat shall have a working Vakaros Atlas 2 configured for RaceSense at check-in, which shall be mounted on the aft side of the mast at all times while racing. Each boat shall either provide a working Atlas 2 at registration for configuration with RaceSense, or an Atlas 2 will be provided to any boat that does not have one available. Each boat shall have an active RaceSense Pass.
- 10.7. [NP] Any kind of failure of an Atlas 2, the RaceSense system or communication systems shall not be grounds for a request for redress by a boat, Race Committee and Protest Committee. This changes RRS 41(c), 61.1(a), 61.1(c), 61.4(b) (1) and 60.5 (b)
- 10.8. [NP] The Race Committee signals, procedures and radio communications will respect relevant articles inside these SIs.
- 10.9. If the RC displays a G (Golf) flag with one sound before the warning signal, SIs from 10.3 to 10.8 will not apply.
- 10.10. Boats subject to individual recall under RRS 29.1 or boats breaking RRS 30.3 (U Flag Rule) or RRS 30.4 (Black Flag Rule) may be broadcast on the VHF Channel using bow numbers as a courtesy.
- 10.11. A boat starting later than four (4) minutes after her starting signal may be scored DNS. This changes RRS Appendix A5.1 and A5.2.

11. CHANGE OF THE NEXT LEG OF THE COURSE

- 11.1. The race committee may change the position of the next mark in accordance with RRS 33.
- 11.2. In the event that the position of Mark 1 is changed, Marks 1 and 1a may be replaced by a new single Mark 1 and boats will round the new Mark 1 and proceed directly to Marks 2S/2P or the finishing line, as appropriate.

12. THE FINISH

The finishing line when viewed from the last mark of the course will be between a staff displaying a blue flag on the race committee vessel at the port end of the line and either an inflatable mark or a staff displaying a blue flag on a race committee vessel at the starboard end.

13. PENALTY SYSTEM

- 13.1. Appendix T, *Arbitration*, will apply. The arbitrator may be a member of any subsequent Protest Committee or may observe and give evidence to a Protest Committee.
- 13.2. The penalty for breaking a rule of Part 2 shall be a One Turn Penalty (one tack and one gybe in the same direction) except that for infringements within the Zone, as defined in the RRS, which shall be a Two Turns Penalty (two tacks and two gybes in the same direction). This changes RRS 44.1 and 44.2.
- 13.3. The protest committee may impose discretionary penalties other than disqualification for violations of Class Rules, including the International J/70 Class Rules (J70CR) and the J/70 Equipment Regulations (J70ER). However, in no case shall the penalty for such a violation be less than a ten percent (10%) scoring penalty calculated pursuant to RRS 44.3(c). This changes RRS 64.6.

14. TIME LIMIT

- 14.1. The time limit shall be 90 minutes from the starting signal.
- 14.2. Boats failing to finish within the time limit shall be scored Did Not Finish (DNF). This changes RRS 35.
- 14.3. Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Time Limit Expired (TLE) without a hearing, unless they subsequently retire, are penalized, or are given redress. The score for TLE is the number of finishers plus two points, but no worse than the score for DNF. This changes RRS 35 and is added to RRS A4, A5, and A10.

15. PROTESTS AND REQUESTS FOR REDRESS

- 15.1. Protest forms are available at the SYC Boating Office.
- 15.2. Protests shall be lodged at the SYC Boating Office within 60 minutes, taken from the finish time of the last boat to complete the last race of the day or when the race committee signals no more racing for the day, whichever is later. This changes RRS 60.3(b).
- 15.3. Protest notices will be posted on the Official Notice Board within 30 minutes of the expiry of the protest time limit or as soon as possible thereafter to inform competitors where and when there is a hearing in which they are parties to a protest.
- 15.4. [DP] Breaches of Sailing Instructions 19, 20 or 21 will not be grounds for a protest by a boat. This changes RRS 60.1. Penalties for these breaches may be less than disqualification if the protest committee so decides.
- 15.5. On the last scheduled day of racing a request for reopening a hearing shall be delivered:
 - a) within the protest time limit if the requesting party was informed of the decision on the previous day;
 - b) no later than 30 minutes after the requesting party was informed of the decision on that day.This changes RRS 63.7.

16. SCORING

- 16.1. Scoring will be as per the Notice of Race.

17. [DP] REPLACEMENT OF CREW OR EQUIPMENT

- 17.1. Substitution of damaged or lost equipment will not be allowed unless authorised by the race committee. Requests for equipment or crew substitution shall be made in writing to the SYC Boating Office at the first reasonable opportunity.

18. EQUIPMENT AND MEASUREMENT CHECKS

Boats may be weighed and have their sails measured at any stage throughout the regatta and be inspected for outboard and safety equipment.

19. SUPPORT BOATS

- 19.1. Coaches and other support personnel must remain at least 100m outside the start area, the course and all racing areas from the time of the first warning signal each day until racing has been concluded for the day.
- 19.2. Competitors shall have no communication with, and boats shall not be tied to, coach or support boats from the first warning signal each race day until racing has been concluded for the day.
- 19.3. If called upon by the race officer, support boats must assist in an emergency as directed and must maintain a watch on VHF Channel 77 pursuant to RRS 37.

20. HAUL-OUT RESTRICTIONS

Haul-out restrictions apply for the regatta as per the Notice of Race.

21. RADIO COMMUNICATION

- 21.1. All boats shall carry a VHF radio capable of receiving and transmitting marine VHF channels. Boats shall use the radio to report retirement from racing and may use the radio to request assistance in an emergency. No transmissions of any other nature are permitted by competing boats during each racing day from the first warning signal until the end of the last race of the day.
- 21.2. The race committee may use VHF channel 77 to advise of general matters relating to the racing.
- 21.3. The use of mobile/cell phones or any device capable of sending and/or receiving external electronic communication and/or connecting to the internet is prohibited after the warning signal until the boat has completed its day's racing, except as provided in SI 21.1 or in an emergency threatening the safety of any member of the crew or the flotation of the boat.

22. BOW NUMBERS

- 22.1. Bow numbers will be supplied by the OA in accordance with the J70ER 6 and J70ER Appendix A as shown in Attachment B.
- 22.2. Bow numbers shall be displayed from the close of check in through the end of the event. It is the responsibility of the competitor to ensure that the bow numbers remain on the boat and obtain replacements as necessary.

23. TROPHIES AND PRIZES

Trophies and prizes will be awarded as per the Notice of Race.

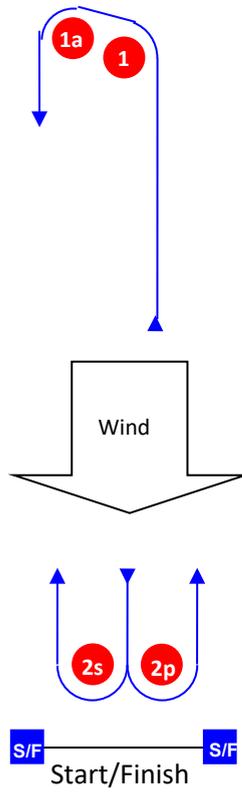
24. DISCLAIMER OF LIABILITY

- 24.1. All those taking part in races conducted by SYC do so at their own risk and responsibility. SYC, the Australian J70 Class Association and the Victorian J70 Class Association are not responsible for the seaworthiness of a boat whose entry is accepted or the sufficiency or adequacy of its equipment.
- 24.2. Sandringham Yacht Club, its staff, officers and volunteers accept no responsibility whatsoever for loss or damage to boats or equipment or personal injury or death associated with races conducted by the Club.
- 24.3. Competitor attention is drawn to RRS Fundamental Rules 3.

25. INSURANCE

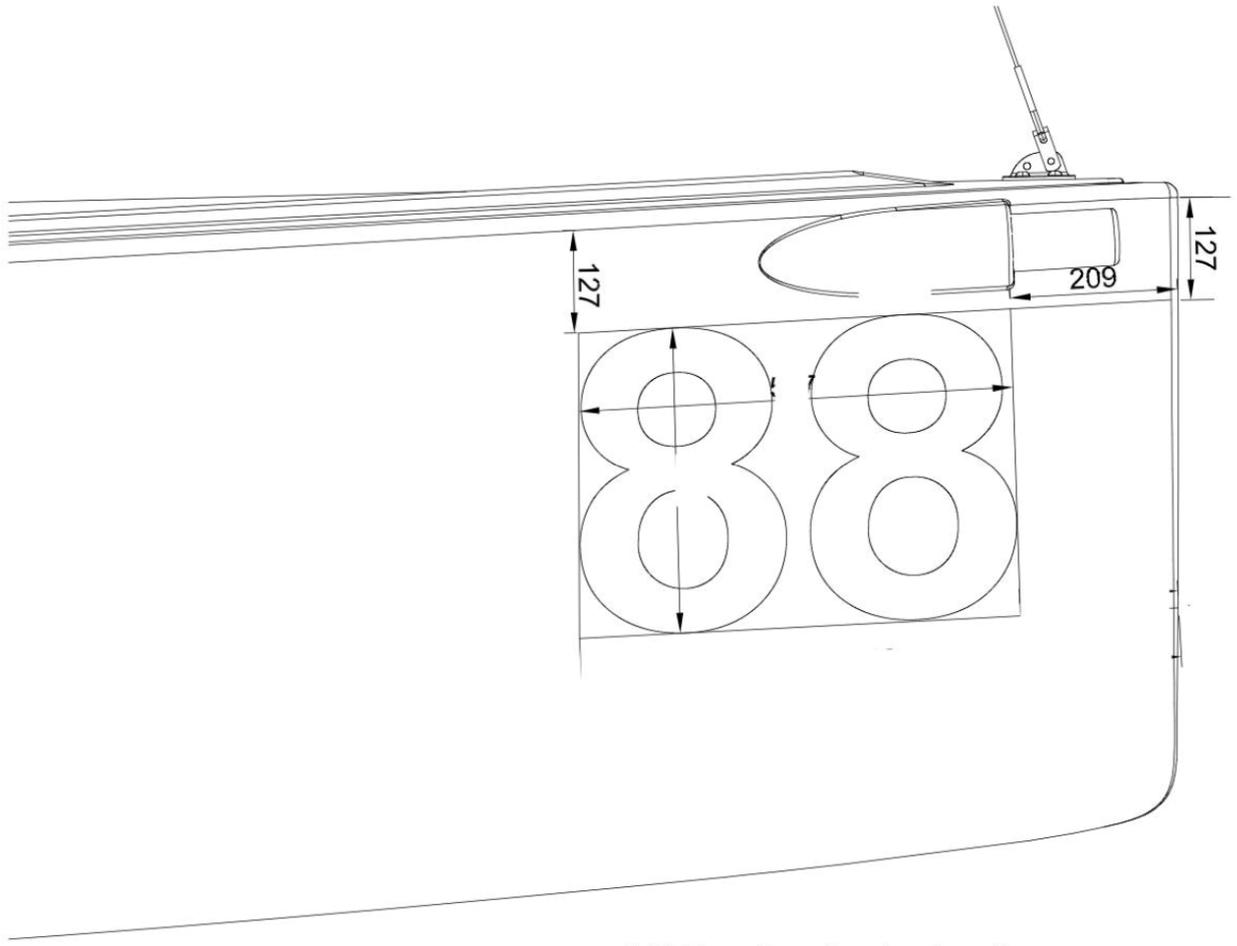
All boats competing shall be covered by current Third Party Property Liability Insurance and Third Party Personal Liability Insurance of not less than \$10,000,000 (ten million) for each incident. All insurance cover shall be maintained for the period of racing.

ATTACHMENT 1 — COURSES



Signal	Mark Rounding Order
1	Start – 1 – 1a – Finish
2	Start – 1 – 1a – 2s/2p – 1 – 1a – Finish
3	Start – 1 – 1a – 2s/2p – 1 – 1a – 2s/2p – 1 – 1a – Finish

ATTACHMENT 2 — BOW NUMBERS



J/70 Class Bow Number Location