SAIL FREO

24 & 25 October 2026

SAILING INSTRUCTIONS (SIs)

ALPHA, BRAVO & CHARLIE COURSES

The Organising Authority (OA) is Fremantle Sailing Club (FSC)

AMENDED 24/10/26 NTC 2

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule.
The notation '[SP]' in a rule of the SIs means that the standard penalty for a breach of the rule may be applied by the Race Committee or Technical Committee without a hearing. This changes RRS A5.

1. RULES

1.1. The event is governed by the rules as defined in The Racing Rules of Sailing (RRS).
1.2. Australian Sailing Special Regulations Part 2 for Off The Beach Boats will apply.
1.3. Appendix T – Arbitration will apply.
1.4. Appendix B Windsurfing Fleet Racing Rules apply.

2. CHANGES TO SAILING INSTRUCTIONS (SIs)

Any change to the SIs will be posted at least two (2) hours before the scheduled time of the first race of the day it will take effect, except that any change to the schedule of races will be posted by 1800 on the day before it will take effect.

3. COMMUNICATION WITH COMPETITORS

3.1. Notices to competitors (NTC) will be posted on the Official Notice Board (ONB).

https://fremantlesailingclub.com.au/sail-freo/

3.2. Notices posted on the ONB will also be posted on the physical notice board, located at the Dinghy Clubhouse.
3.3. The Race Office is located at the Dinghy Clubhouse.
3.4. On the water, the Race Committee intends to operate on:

Alpha Course	Bravo Course	Charlie Course
VHF 74	VHF 72	VHF 77

4. CODE OF CONDUCT [DP]

RRS 69.1 applies to this regatta in addition to the FSC Codes of Conduct. Refer **Attachment A**

5. SIGNALS MADE ASHORE

5.1. Signals made ashore will be displayed at the official signal mast on the western side of the Dinghy Clubhouse.
5.2. When flag AP is displayed ashore, '1 minute is replaced with 'not less than 30 minutes' in the Race Signals AP.

5.3. [DP][NP] Flag D with one sound signal means' Boats shall not leave the shore until this signal is made. The warning signal will not be made before the scheduled time or less than 30 minutes after flag D is displayed.

5.4. Course racing area will be identified by the following flags:



(NN1 Alpha Course)



(NN2 Bravo Course)



(NN3 Charlie Course)

5.5. If Naval Numeral 1, Naval Numeral 2 or Naval Numeral 3 are displayed on shore, the flags above each apply to the designated course area only.

6. SCHEDULE OF RACES

6.1. Races are scheduled as follows

DATE	TIME	EVENT
Friday, 23 October	1600 - 1800	Registration / Regatta Office
	1800 - 1900	Volunteers / Coaches Event Induction
Saturday, 24 October	0830 - 0930	Registration / Regatta Office
	0830	Volunteers / Coaches Briefing
	0900	Competitors Briefing
	1030	1st Warning signal
	After Racing	Sail Freo Sundowner at Dinghy Clubhouse
Sunday, 25 October	0830	Volunteers / Coaches Briefing
	0900	Competitors Briefing
	1030	1st Warning Signal
	1530	No warning signal after 1530
	After Racing	Presentation of Prizes at Main Clubhouse

6.2. A maximum of four (4) races may be completed on any race day on Alpha and Bravo Courses.

6.3. A maximum of eight (8) races may be completed on any race day on Charlie Course.

6.4. No warning signal will be made after 1530 on Sunday 25 October 2026.

6.5. 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 (5) minutes before a warning signal is made.

7. CLASS FLAGS

7.1. The Class flags are:

Alpha

CLASS	FLAG	CLASS	FLAG
Optimist Open		Open Skiff Intermediate	
Optimist Intermediate		Hansa Liberty	
Open Skiff Open		RS Aero	

Bravo

CLASS	FLAG	CLASS	FLAG
29er		ILCA 6	
49er		ILCA 7	
505		OK Dinghy	
F18		Sharpie	
Nacra 15		Contender	
ILCA 4		Finn	

Charlie

CLASSES	FLAG	CLASS	FLAG
Wind Foil Senior		Wind Foil Junior (<=7m2)	
Wind Foil Youth (8.0m2)		Windsurfer LT	

7.2. Competitors in the Optimist and Open Skiff Intermediate fleets shall fly a pink-coloured streamer attached to the top of their sprit or mast. The streamer will be supplied by the OA. Optimist and Open Skiff boats not flying a pink-coloured streamer will be scored in the Open categories of their class, regardless of their appearance in a fleet start sheet.

7.3. Competitors in the Wind Foil Junior fleet shall fly a pink-coloured streamer attached to the top of the mast.

8. RACING AREAS

SI Attachment B shows the approximate locations of the racing areas.

9. COURSES

9.1. **SI Attachment C** shows the courses, the order in which marks are to be passed, and the side on which each mark is to be left.

9.2. If only one gate mark is present, boats shall round the single mark to port.

9.3. Legs of the course will not be changed after the preparatory signal. This changes RRS 33.

10. MARKS

The marks are:

Alpha

MARKS	DESCRIPTION
1A	Red inflatable buoy
1, 2, 3,4s,4p & 5	Yellow inflatable buoys
Start/Finish	Orange Flag on a white float

Bravo

MARKS	DESCRIPTION
X1	White inflatable triangle buoy
1A	Yellow conical inflatable buoy
1	Red conical inflatable buoys
2	Green cylindrical inflatable buoy
3,4s,4p	Red cylindrical inflatable buoys
Start/Finish	Orange Flag on a white float

Charlie

MARKS	DESCRIPTION
1C, A	Green cylindrical inflatable buoy
1B	Yellow with red stripe inflatable buoy
2	Red inflatable buoy
1A, 3s, 3p	Orange Pimple buoys
Start/Finish	Orange Flag on a pink pimple buoy

11. THE START

11.1. Races will be started in a 3-minute starting sequence as described below. This changes RRS 26.

Minutes before starting signal	VISUAL SIGNAL	SOUND SIGNAL	MEANING
3	Class flag	1	Warning signal
2	P,U, Black flag	1	Preparatory signal
1	Prep removed	1 long	1 minute
0	Class flag removed	1	Starting signal

11.2. The starting line is between a staff displaying an orange flag on the Race Committee vessel at the starboard and the course side of the port-end starting mark.

11.3. [SP][NP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

11.4. [SP][NP] After starting a race, a boat shall not sail through the starting line in either direction while racing.

11.5. A boat that does not start within 3 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.

11.6. The starting signal for a class may be the warning signal for a subsequent class. Classes may be started in any order and combined with other classes.

11.7. When a General Recall is signalled, the warning signal for a new start for the first recalled fleet will be made at the starting of the last fleet in the original sequence. A General recall signal will be displayed for one (1) minute. This changes RRS 29.2 and Race Signals, First Substitute.

12. CHANGING OF THE NEXT LEG OF THE COURSE

Legs of the course will not be changed.

13. SHORTENING COURSE

RRS 32.2(a) applies.

14. THE FINISH

14.1. The finishing line is between a staff displaying a blue flag on the Race Committee vessel at the starboard end and the course side of the port end finishing mark. For Charlie Course, the finish line is off the starboard side of the Committee Boat (as per Attachment C: Course Diagrams - Charlie Course).

14.2. [SP][NP] Except when finishing, boats sailing through the finishing line in either direction, while Race Committee vessel is displaying a blue flag will incur a scoring penalty [SP] without a hearing.

15. When Flag ‘Q’ is displayed at the finish, another race will be started as soon as practicable.

16. PENALTY SYSTEM

16.1. RRS 44.1 is changed so that the Two-Turns Penalty is replaced by a One-Turn Penalty.

16.2. For breaches of the SIs the Race Committee may apply a standard penalty [SP] without a hearing. The SP for this regatta is 2 points for each breach. This changes RRS A5.

16.3. Appendix P5.1 applies if the Class Rules permit pumping, rocking and oooching when the wind speed exceeds a specified limit.

17. TIME LIMIT

Boats failing to finish within 15 minutes after the first boat finishes will be scored 'Did Not Finish'. This changes RRS 35 & A5.

17.1 For Charlie Course, time limits are in minutes as follows:

COURSES	TARGET TIME	TIME LIMIT	FINISH WINDOW
Course Racing	16	30	10

17.2 If no board sails the course and finishes within the Time Limit for the first board, the race will be abandoned.

17.3 Boards failing to sail the course within the Finishing Window, will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, A5.1, and A5.2.

17.4 Failure to meet the Target Time will not be grounds for redress.

18. HEARING REQUESTS

18.1. The protest time limit (PTL) is 60 minutes after the last boat finishes the last race of the day or the Race Committee signals no more racing today, whichever is later. The PTL will be posted electronically on the official online notice board.

18.2. Hearing Request forms are available from the Race Office.

18.3. 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 named as witnesses. Hearings will be held in the Protest Room located at the Dinghy Clubhouse.

18.4. Boats intending to protest shall inform the Start or Finish Boat immediately after finishing by approaching the starboard side of the Race Committee vessel and hailing the protested boat's sail number and receiving acknowledgement from the Race Committee.

19. SCORING

Scoring shall be in accordance with the tables below:
Alpha & Bravo Courses:

RACES IN SERIES	8
Races to constitute a series	1
Discards after 6 races	1

Charlie Course:

RACES IN SERIES	16
Races constitute a series	1
Discards after 4 races	1
Discards after 8 races	2
Discards after 12 races	3

20. [DP] SAFETY REGULATIONS

20.1. A boat or board that retires from a race shall notify the Race Committee at the first reasonable opportunity. Promptly after returning to shore, the boat shall complete a Retirement Declaration form, which is available at the Race Office.

20.2. [DP] Race officials and race committee vessels may retrieve boat crews and return them to their boats for safety reasons. The sail number of a boat which receives outside help will be notified to the Start Boat with details of the incident and a hearing may be held (if required) to determine any penalty. This changes RRS 41.

20.3. Refer **ATTACHMENT D – SUPPORT PERSON VESSEL REGULATIONS WA**

21. SIGN ON/OFF

21.1. [SP][NP]Boats shall sign on before leaving the shore

21.2. [SP][NP]Boats shall sign off upon returning to shore before PTL expires.

22. REPLACEMENT OF CREW OR EQUIPMENT

22.1 [DP] Substitution of competitors will not be allowed without prior written approval of the Race Committee via the Online Notice Board and shall comply with any restrictions in the Notice of Race.

22.2 [DP] Substitution of skippers will not be allowed after close of Registration for the applicable class.

22.3 [DP] Substitution of damaged or lost equipment will not be allowed unless approved by the Race Committee. Requests for substitution shall be made to the Race Committee at the first reasonable opportunity via the Online Notice Board. When equipment is substituted during a series of races on the same day, the request shall be made before the protest time limit expires on the day via the online form.

23. TRASH DISPOSAL

Trash may be aboard official vessels.

24. PRIZES

Refer NoR

ATTACHMENT A - CODES OF CONDUCT

Sailor Code of Conduct

In addition to the FSC Code of Conduct, which applies to all members, all sailors shall:

- Participate for their own enjoyment and benefit, not to please others.
- Always maintain high personal behaviour standards.
- Conduct yourself in a professional manner relating to language, temper and punctuality, including social media and electronic forms of communication.
- Abide by the rules and respect the decisions of the officials, making all appeals through the formal process and respecting the final decision.
- Always communicate respectfully with officials, coaches, volunteers, parents, and fellow sailors. Disagreements should be handled calmly and, in a manner, appropriate to the situation such as training or competition.
- Control their temper. Verbal abuse of officials or volunteers and sledging other competitors, deliberately distracting or provoking an opponent, are not acceptable or permitted behaviours in sailing.
- Tolerate acts of aggression.
- Respect the talent, potential and development of fellow sailors.
- Refrain from making bullying, derogatory or demeaning remarks about other people, including through social media and electronic communication.
- Refrain from conduct that could be regarded as sexual or other harassment, including social media and online communication.
- Care for and respect the equipment provided to you by the Club or other sailors.

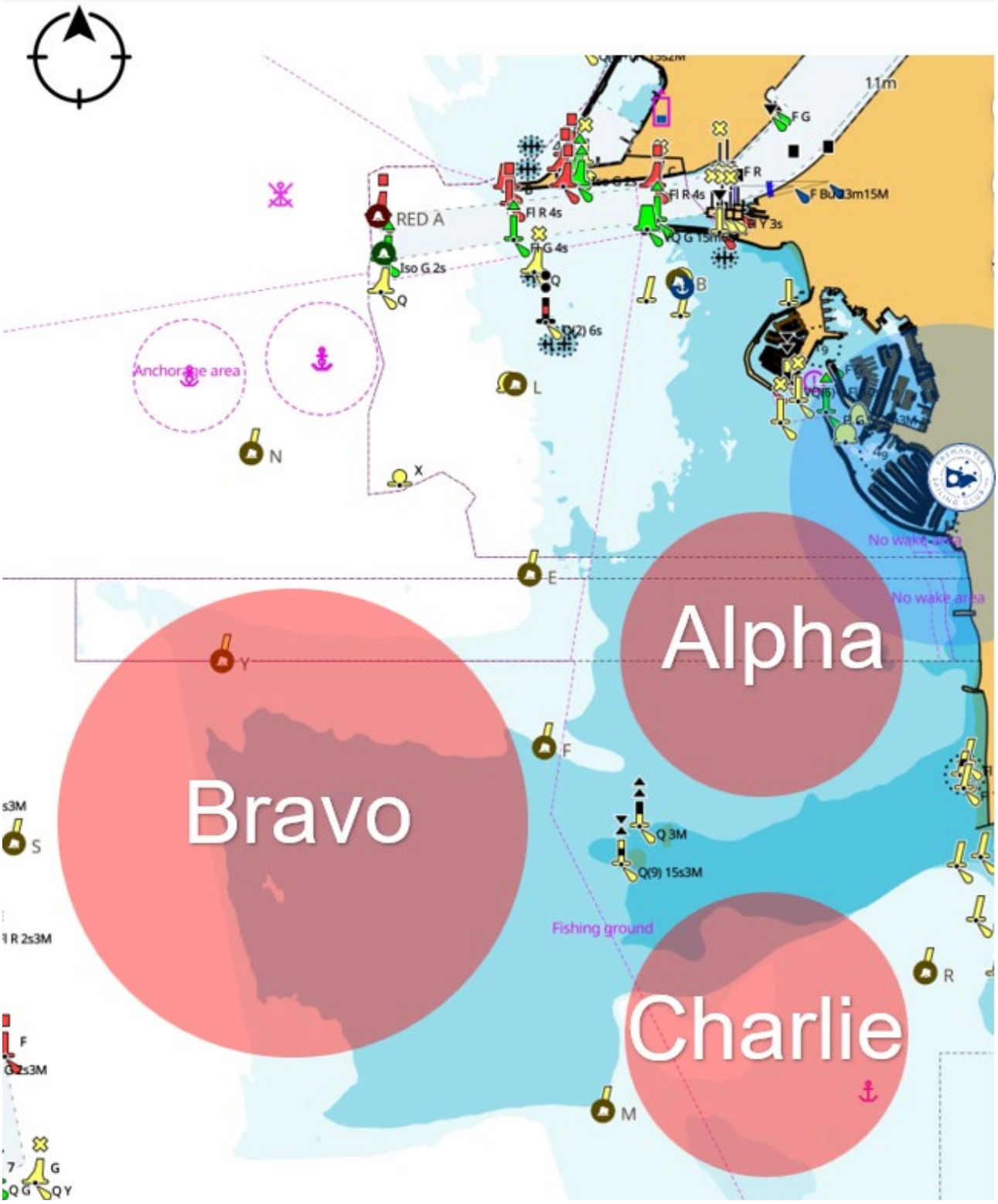
Parent/Guardian Code of Conduct

In addition to the **FSC Code of Conduct**, which applies to all members, as a parent/guardian of a sailor in any activity held by Fremantle Sailing Club, the Sailing Academy or the Dinghy Racing Section, you must meet the following requirements in regard to your conduct during any such activity.

Parents shall:

- **Remember that children participate in sailing for their enjoyment, not yours.**
- Encourage children to participate, not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Never ridicule or yell at your child or other children for making a mistake or losing a race.
- Show appreciation for good performances and skills displayed by all sailors.
- Appreciate and assist the efforts of volunteer coaches, officials and administrators. Without them, there would be no sport for your children to participate in.
- Respect officials' decisions and teach children to do likewise.
- Settle disagreements through the correct channels and in accordance with the Club Rules, without resorting to hostility, abuse, or violence. Don't take matters into your own hands.
- Understand the repercussions if you breach or are aware of any breaches of this code of behaviour.

ATTACHMENT B – RACING AREAS

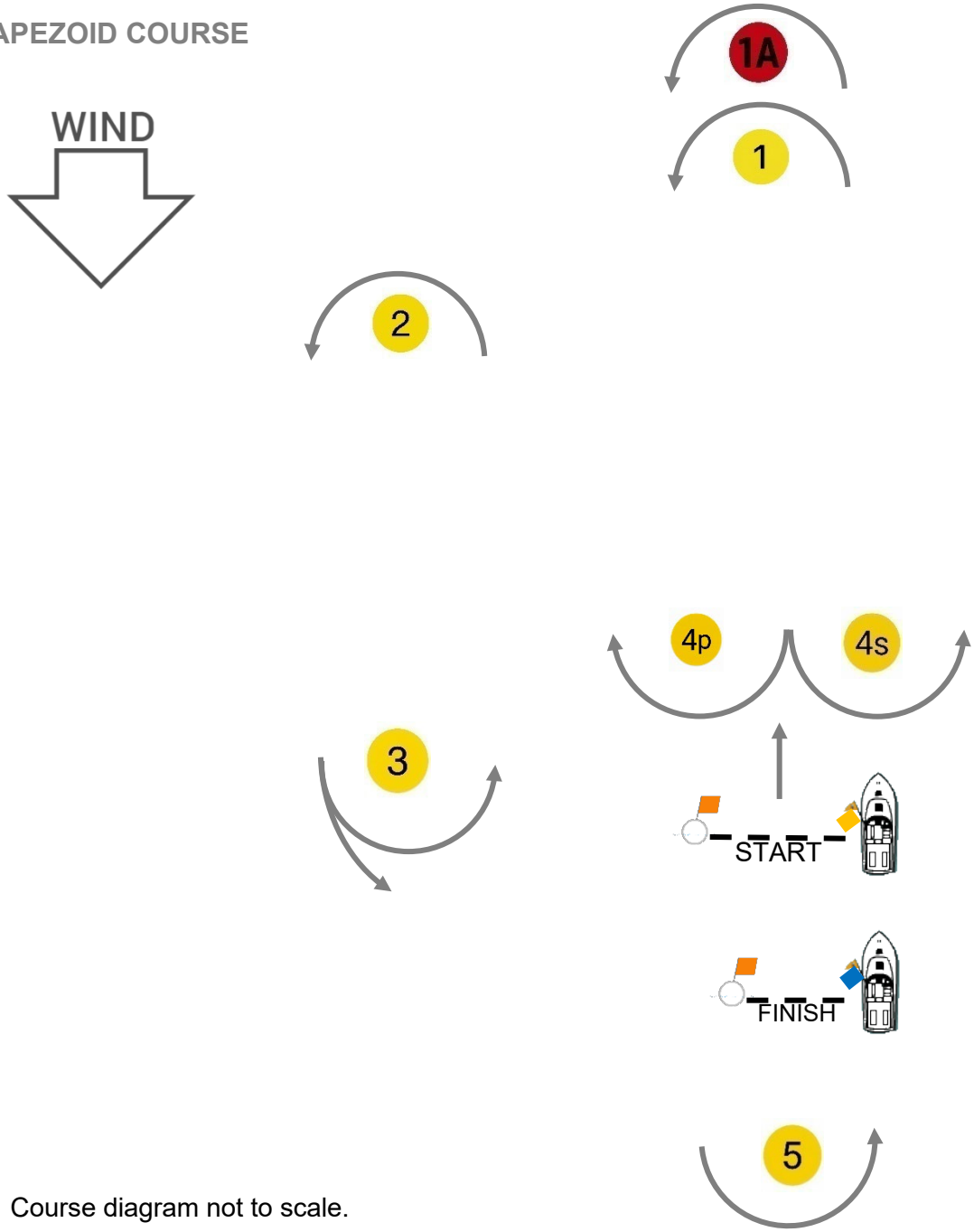


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ATTACHMENT C – ALPHA COURSE

Hansa Liberty	START – 1 – 2 – 3 – 2 – 3 – 5 – FINISH
Optimist & O'pen Skiff Intermediate	START – 1– 4s/4p – 1 – 5 – FINISH
Optimist & O'pen Skiff Open	START – 1– 2 – 3 – 2 – 3 – 5 – FINISH
RS Aero	START – 1A– 4s/4p – 1A – 5 – FINISH

TRAPEZOID COURSE



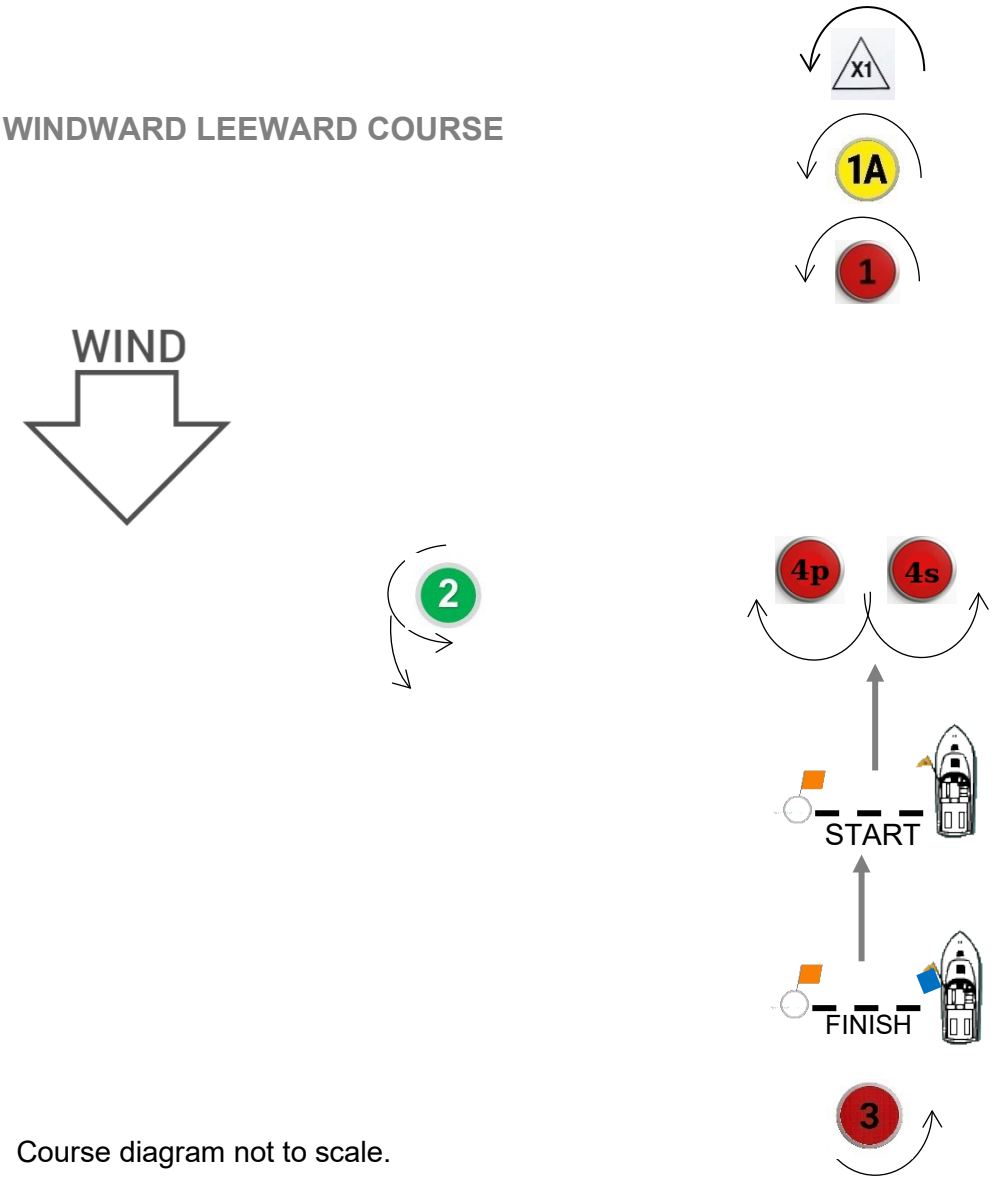
Course diagram not to scale.

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ATTACHMENT C – BRAVO COURSE

ILCA	Start – 1 – 4s/4p – 1 – 3 – Finish
OK Dinghy & Finn	Start – 1 – 2 – 4s/4p – 1 – 3 – Finish
29er/49er, 505, Contender	Start – 1A – 4s/4p – 1A – 3 – Finish
Sharpie	Start – 1A – 4s/4p – 1A – 3 – Finish
F18 & Nacra	Start – X1 – 4s/4p – X1 – 3 – Finish

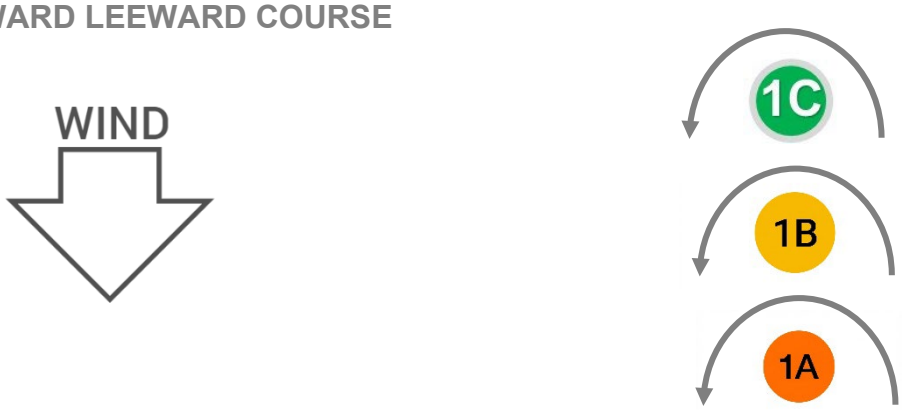
WINDWARD LEEWARD COURSE



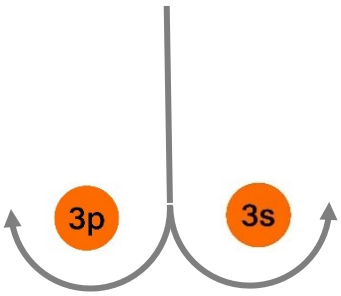
Course diagram not to scale.

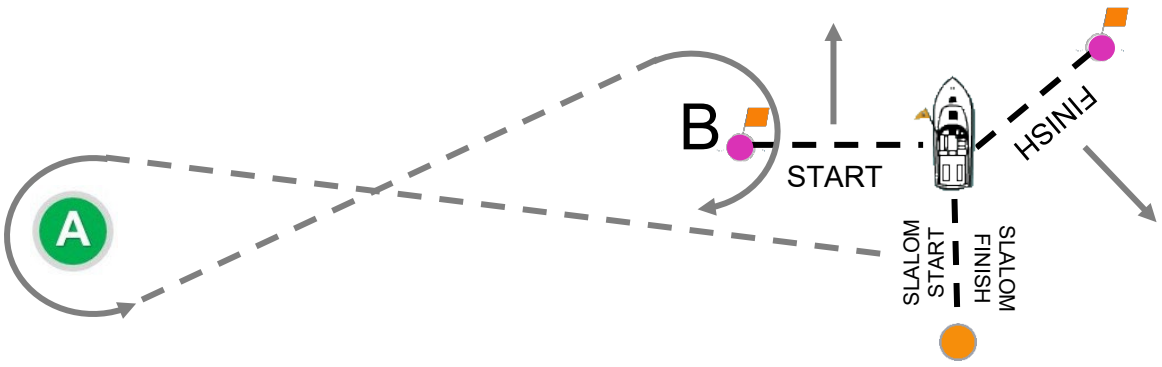
SAIL FREO 2026	
ATTACHMENT C – CHARLIE COURSE	
SIGNAL	NP1
LTs	START – 1B – 3s/3p – 1B – 3s – FINISH
IQFOiL 8m:	START – 1C – 3s/3p – 1C – 3s – FINISH
IQFOiL Jr:	START – 1A– 3s – FINISH
IQFOiL 8m SLALOM	START – A – B – A – FINISH
IQFOiL Jr SLALOM	START – A – FINISH

WINDWARD LEEWARD COURSE



Course diagram not to scale.





ATTACHMENT D – SUPPORT PERSON VESSEL REGULATIONS WA

These Support Vessel Regulations shall apply at all times while the boat is at the venue.

1. GENERAL

1.1. Support person vessels shall comply with local legislation, including the safety equipment to be carried. A copy of the regulations are available at WA Boating Rules and Regulations.

1.2. Life jackets (minimum Level 50) must be worn by all persons onboard and Kill cords must be used by the driver when motor is operating.

1.3. Support person vessel drivers must hold a Power Boat Licence.

1.4. All support person vessels are required to carry a working VHF radio to monitor the advised frequency.

1.5. Support vessels must have a current insurance policy with a minimum value of $5,000,000 for public liability insurance.

1.6. At all times, the registered driver(s) of a support vessel shall comply with directions given by a Race Official. This includes assisting in rescue operations when instructed to do so. RRS 37 - When a race committee displays code flag “V” with one sound, all boats and official and support vessels shall monitor the race committee communication channel for search and rescue instructions.

1.7. All support person vessels shall keep to leeward of the start line and its extensions between the preparatory signal and the start signal and more than 50 metres clear of any competing boat or mark of the course, between the start signal and the finish of the last boat, except when asked by the race committee to enter the course area or assist competitors.

1.8. Support boats shall not leave any device, piece of equipment, buoy, marker or similar item permanently in the water. Temporary use of floating objects is allowed for current measurement. These objects shall be removed as soon as the measurement has been taken.

1.9. Support boats shall take particular care to minimise their wash when transiting the course areas. Support boats shall not interfere with boats racing or official boats or create a wake that affects boats racing.

1.10. If an identifying number is supplied by the Organising Authority, it shall be clearly displayed on the support vessel at all times.

1.11. The Organising Authority may change these regulations at any time. Any changes will be posted on the Official Notice Board.

1.12. Penalties may apply to competitors that are associated with a support vessel that breaches any of these conditions.

1.13. All coaches and support teams must sign on with Fremantle Tower before departing the marina and sign off with FSC Tower upon returning to the marina.

2. RACE AREA RESTRICTIONS

2.1. Support boats shall not be positioned on the course:

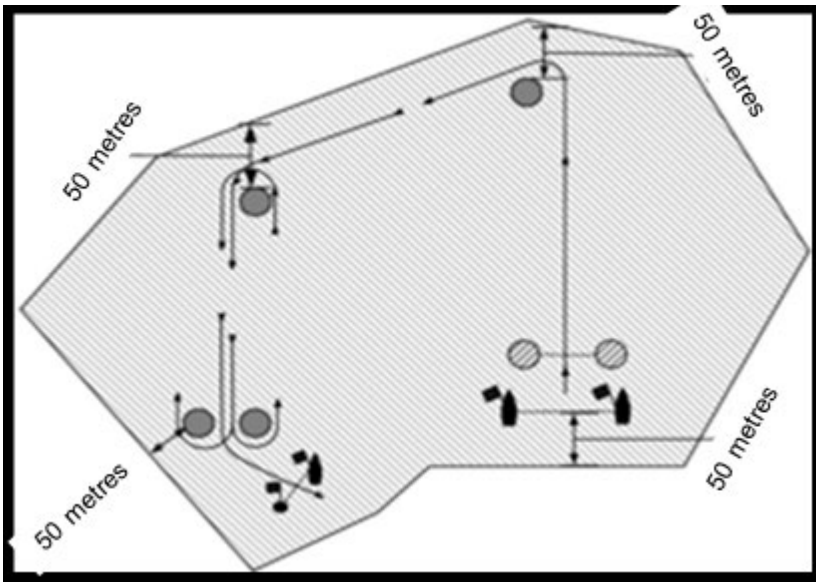
a. Closer than 50 metres of any boat racing
b. Within 50 metres of the starting line, its extensions and marks of the course from the time of the preparatory signal until all boats have left the starting area, or the Race Committee signals a postponement, general recall or abandonment.
c. Between any boat racing and the next mark of the course.
d. Between the inner and outer trapezoid courses when boats are racing on both courses.

e. Within 50 metres of any mark of the course while boats are in the vicinity of that mark.
f. Within 50 metres of the finishing line and marks while boats are finishing.

2.2. In addition, support boats that are motoring above 5 knots shall remain at least 150 metres from any boat racing.

2.3. Below is a diagram of race area restrictions.

Trapezoid Course



Race Management Identification Flags

ROLE	FLAG
Jury	Black J on a white background
Mark Boats	Black RC on a white background
Coach	Black C & Number on a yellow background
Medic	Code Flag M
Support Boats	Black S & Number on a blue background