# Whitsunday Sailing Club



Off Beach Sailing Guide 2023



### Welcome

It is with great pleasure that I welcome you to the 2022 Off the Beach sailing season. This year we have incorporated a program that embraces our various learn to sail programs, for both juniors and adults, as well as a comprehensive race program on Sunday afternoons.

Australian Sailing (the peak body for sailing in Australia) has introduced a Central Queensland series, Sail CQ Club Challenge, and Whitsunday Sailing Club would like as many sailors as possible to attend and represent the club. You will see that when major regattas are conducted at other clubs on the North Queensland coast, there is no racing scheduled at Whitsunday Sailing Club.

The program is run with the assistance of volunteers, allowing us to offer sailing programs at a reasonable price. We are seeking volunteers and parental help to assist with various activities during the 2022 season. Please contact us if you are available to assist or if you have any questions or feedback. We would love to help you get out on the water.

Rupert King Off Beach Rear Commodore

#### **Contact Details:**

Off Beach Rear Commodore: Heather Sutton: Ph. 0447 105 588 heathersutton@hotmail.com
WSC sailing/training office: Ph. 0429 584 787 sailing@whitsundaysailingclub.com.au

WSC Commodore: Clayton Matthews: Ph. 0402 426 220 glue@whitsunday.net.au

### Contacts

### Sailing Committee

Clayton Matthews Heather Sutton Kevin Fogarty Ross Chisholm Jim Hayes Jenny Stratford Commodore
Rear Commodore Off beach
Rear Commodore Offshore
Sailing Officer
Committee Member
Committee Member (Sailability Rep)

### **Protest Committee**

Ross Chisholm; Rob Davis; Kev Fogarty; Jim Hayes; Tim Parker

### **Marine and Emergency Contacts**

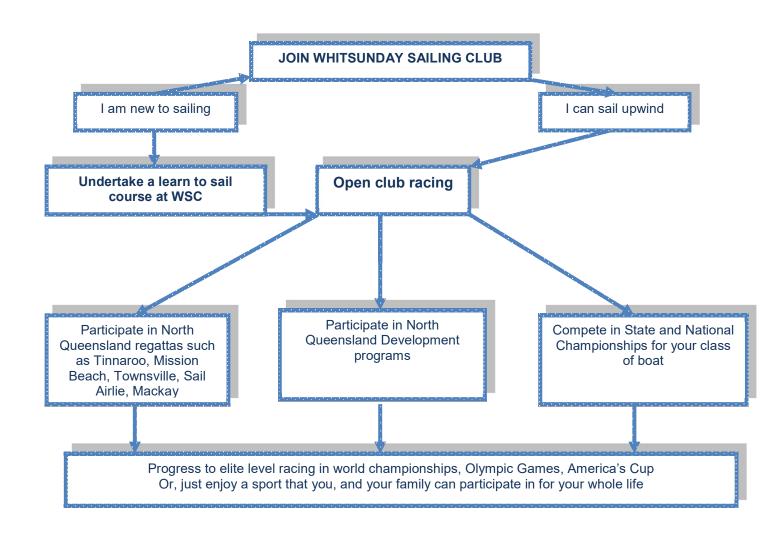
| Whitsunday Sailing Club                | VHF 73                        | 07 4946 6138 |
|--|-------------------------------|--------------|
| Volunteer Marine Rescue (VMR)          | VHF 16, 67, 81, 82            | 07 4946 7207 |
| AMSA Rescue Co-ordination Centre (RCC) | 1800 641 792                  |              |
| MSQ Airlie Beach                       | (07) 4841 4500                |              |
| Vessel Tracking Services (VTS) Mackay  | (07) 1300 645 022             |              |
| Water Police                           | General Contact               | 07 4967 7222 |
|  | Urgent Matters                | 07 4948 8888 |
| Bureau of Meteorology                  | Coastal Marine Warnings       | 1300 360 427 |
| Salvage Contractor                     | David Edge Marine Contracting | 0487 415 599 |

2022 Sailing Program

|       | Whitsunday Sailing Club Draft Program 2023 |       |   |           |          |          |                        |                   |           |                    |
|-------|--|-------|---|-----------|----------|----------|------------------------|-------------------|-----------|--------------------|
| DATE  |  | TIME  | EVENT                                   | Tackers 1 | ackers 2 | ackers 3 | Start Sailing<br>1 & 2 | Better<br>Sailing | CQ Series | School<br>Holidays |
| JANU  |  | TIME  | EVENT                                   | ⊥a        | ±        | Τa       | St<br>1.8              | Sa                | ပိ        | S H                |
| JANG  | 2000 00                                    | 10.00 | Opening Day (Season Opening)            |           |          |          |                        |                   |           |                    |
| FERR  |  | 10:00 | Opening Day (Season Opening)            |           |          |          |                        |                   |           | _                  |
| FEBR  |  |       | Whitemarks County From                  |           |          |          |                        |                   |           |                    |
|       | Saturday, 4 February 2023                  |       | Whitsunday Sports Expo                  |           |          |          |                        |                   |           | $\vdash$           |
|       | Sunday, 19 February 2023                   |       | Discover Sailing Day (High Tide Midday) |           |          |          |                        |                   |           | $\vdash$           |
|       | Sunday, 26 February 2023                   | 13:00 | Autumn Series                           | X         |          |          | X                      |                   |           |                    |
| MAR   |  |       |   |           |          |          |                        |                   |           |                    |
|       | Sunday, 5 March 2023                       |       | Autumn Series                           | Х         |          |          | Х                      |                   |           | ₩                  |
|       | Sunday, 12 March 2023                      |       | Autumn Series                           | Х         |          |          | Х                      |                   |           | ₩                  |
|       | Sunday, 19 March 2023                      |       | Autumn Series                           | Х         |          |          | X                      |                   |           | ₩                  |
|       | Saturday, 25 March 2023                    |       | Champion of Champions                   |           |          |          |                        |                   |           | ╙                  |
|       | Sunday, 26 March 2023                      | 13:00 | Champion of Champions                   |           |          |          |                        |                   |           |                    |
| APRI  |  |       |   |           |          |          |                        |                   |           |                    |
|       | Sunday, 2 April 2023                       |       | Autumn Series                           | X         |          |          | X                      |                   |           | ـــــ              |
|       | Wednesday, 5 April 2023                    |       | Training Camp                           |           |          |          |                        |                   |           | _                  |
|       | Thursday, 6 April 2023                     |       | Training Camp                           |           |          |          |                        |                   |           |                    |
|       | Friday, 7 April 2023                       |       | Good Friday / Training Camp             |           |          |          |                        |                   |           |                    |
|       | Saturday, 8 April 2023                     |       | Sail Airlie Regatta                     |           |          |          |                        |                   |           |                    |
|       | Sunday, 9 April 2023                       |       | Sail Airlie Regatta                     |           |          |          |                        |                   |           |                    |
|       | Monday, 10 April 2023                      |       | Sail Airlie Regatta                     |           |          |          |                        |                   |           |                    |
|       | Sunday, 23 April 2023                      | 13:00 | Airlie Cup                              |           |          |          |                        |                   |           |                    |
|       | Tuesday, 25 April 2023                     | 13:00 | ANZAC Day                               |           |          |          |                        |                   |           |                    |
|       | Saturday, 29 April 2023                    | 13:00 | Sail Tinnaroo / May Day Regatta (KBSC)  |           |          |          |                        |                   |           |                    |
| MAY   |  |       |   |           |          |          |                        |                   |           |                    |
|       | Sunday, 30 April 2023                      |       | Sail Tinnaroo / May Day Regatta (KBSC)  |           |          |          |                        |                   |           |                    |
|       | Monday, 1 May 2023                         |       | Sail Tinnaroo / May Day Regatta (KBSC)  |           |          |          |                        |                   |           |                    |
|       | Sunday, 7 May 2023                         | 13:00 | Airlie Cup                              |           |          |          |                        |                   |           |                    |
|       | Sunday, 14 May 2023                        | 13:00 | Mothers' Day                            |           |          |          |                        |                   |           |                    |
|       | Sunday, 21 May 2023                        | 13:00 | Airlie Cup                              |           |          |          |                        |                   |           |                    |
|       | Sunday, 28 May 2023                        | 13:00 | Airlie Cup                              |           |          |          |                        |                   |           |                    |
| JUNE  |  |       |   |           |          |          |                        |                   |           |                    |
|       | Sunday, 4 June 2023                        | 13:00 | Airlie Cup                              |           |          |          |                        |                   |           |                    |
|       | Sunday, 11 June 2023                       |       | Airlie Cup                              |           |          |          |                        |                   |           |                    |
|       | Sunday, 18 June 2023                       |       | Airlie Cup                              |           |          |          |                        |                   |           |                    |
| 29 Jı | ine - 2 July                               |       | Youth Week - RQYS                       |           |          |          |                        |                   |           |                    |
|       |  |       |   |           |          |          |                        |                   |           | 1                  |

|                                     |        |   | ackers 1 | ackers 2 | ackers 3 | Start Sailing<br>1 & 2 | יר<br>חקו         | CQ Series | ol                 |
|-------------------------------------|--------|---|----------|----------|----------|------------------------|-------------------|-----------|--------------------|
| DATE                                | TIME   | EVENT                                   | Tack     | Tack     | Tack     | Start<br>1 & 2         | Better<br>Sailing | co s      | School<br>Holidays |
| JULY                                |        |   |          |          |          |                        |                   |           |                    |
| Thursday, 6 July 2023               |        | Proserpine Dam Coaching Camp & Regatta  |          |          |          |                        |                   |           |                    |
| Friday, 7 July 2023                 |        | Proserpine Dam Coaching Camp & Regatta  |          |          |          |                        |                   |           |                    |
| Saturday, 8 July 2023               |        | Proserpine Dam Coaching Camp & Regatta  |          |          |          |                        |                   |           |                    |
| Sunday, 9 July 2023                 |        | Proserpine Dam Coaching Camp & Regatta  |          |          |          |                        |                   |           |                    |
| Sunday, 16 July 2023                | 13:00  | Spring Series                           |          |          |          |                        |                   |           |                    |
| Sunday, 23 July 2023                | _      |   |          |          |          |                        |                   |           |                    |
|                                     | _      | Ellis Beach Regatta (TBC)               |          |          |          |                        |                   |           |                    |
| AUGUST                              |        |   |          |          |          |                        |                   |           |                    |
| Sunday, 6 August 2023               | 13:00  | Spring Series                           |          |          |          |                        |                   |           |                    |
| Sunday, 20 August 2023              | _      | Spring Series                           |          |          |          |                        |                   |           |                    |
| Sunday, 27 August 2023              |        |   |          |          |          |                        |                   |           |                    |
| SEPTEMBER                           |        |   |          |          |          |                        |                   |           |                    |
| Sunday, 3 September 2023            | 13:00  | Spring Series                           |          |          |          |                        |                   |           | 1 !                |
| Saturday, 9 September 2023          | _      | Festival of Sails - MSC                 |          |          |          |                        |                   |           |                    |
| Sunday, 10 September 2023           | _      | Festival of Sails - MSC                 |          |          |          |                        |                   |           |                    |
| Monday, 18 September 2023           | _      | Queensland Youth Camp - Yeppoon         |          |          |          |                        |                   |           |                    |
| Tuesday, 19 September 2023          | _      | Queensland Youth Camp - Yeppoon         |          |          |          |                        |                   |           |                    |
| Wednesday, 20 September 2023        | _      | Queensland Youth Camp - Yeppoon         |          |          |          |                        |                   |           | $\vdash$           |
| Thursday, 21 September 2023         | _      | Queensland Youth Championship - Yeppoon |          |          |          |                        |                   |           | $\vdash$           |
|                                     | _      | Queensland Youth Championship - Yeppoon |          |          |          |                        |                   |           | $\vdash$           |
| Friday, 22 September 2023           | _      |   |          |          |          |                        |                   |           | $\vdash$           |
| Saturday, 23 September 2023 OCTOBER |        | Queensland Youth Championship - Yeppoon |          |          |          |                        |                   |           |                    |
| Saturday, 30 September 2023         |        | Townsville Sprint Series (TSC)          |          |          |          |                        |                   |           |                    |
| Sunday, 1 October 2023              | _      | Townsville Sprint Series (TSC)          |          |          |          |                        |                   |           |                    |
| Monday, 2 October 2023              | _      | Townsville Sprint Series (TSC)          |          |          |          |                        |                   |           |                    |
| Sunday, 8 October 2023              | _      | Summer Series                           |          |          |          |                        |                   |           | $\vdash$           |
| Sunday, 15 October 2023             | _      |   |          |          |          |                        |                   |           | $\vdash$           |
| Saturday, 21 October 2023           |        | Mission Beach Regatta                   |          |          |          |                        |                   |           | $\vdash$           |
| Sunday, 22 October 2023             | _      | Mission Beach Regatta                   |          |          |          |                        |                   |           | $\vdash$           |
| Sunday, 29 October 2023             | _      | Summer Series                           |          |          |          |                        |                   |           | $\vdash$           |
| NOVEMBER                            | 13:00  | Suffiller Series                        |          |          |          |                        |                   |           | -                  |
| Sunday, 5 November 2023             | 12:00  | Summar Sories                           |          |          |          |                        |                   |           | 1                  |
| Saturday, 11 November 2023          | _      |   |          |          |          |                        |                   |           | $\vdash$           |
|                                     |        | ABFOM                                   |          |          |          |                        |                   |           |                    |
| Sunday, 12 November 2023            | _      | ABFOM                                   |          |          |          |                        |                   |           |                    |
| Saturday, 11 November 2023          | _      | Sail Bowen Regatta                      |          |          |          |                        |                   |           |                    |
| Sunday, 12 November 2023            | _      | Sail Bowen Regatta                      |          |          |          |                        |                   |           |                    |
| Sunday, 5 November 2023             |        | Summer Series                           |          |          |          |                        |                   |           |                    |
| Sunday, 19 November 2023            |        | Summer Series                           |          |          |          |                        |                   |           |                    |
| Sunday, 26 November 2023            | 13:00  | Summer Series                           |          |          |          |                        |                   |           |                    |
| DECEMBER                            | 4.5    |   |          |          |          |                        |                   |           |                    |
| Saturday, 9 December 2023           |        | Presentation Night                      |          |          |          |                        |                   |           |                    |
|                                     |        | ub event                                |          |          |          |                        |                   |           |                    |
| Notoc                               | No Sai | ling                                    |          |          |          |                        |                   |           | -                  |
| Notes:                              | 12 Pag | or 2 diceard                            |          |          |          |                        |                   |           |                    |
| Autumn Series<br>Airlie Cup         |        | es, 2 discard<br>es, 3 discard          |          |          |          |                        |                   |           |                    |
| Spring Series                       | _      | es, 3 discard                           |          |          |          |                        |                   |           |                    |
| Summer Series                       |        | es, 3 discard                           |          |          |          |                        |                   |           |                    |

## START SAILING AND ENJOY A SPORT FOR LIFE



# Off the Beach Racing Sundays - Coached Racing

Off the Beach racing at Whitsunday Sailing Club is conducted on Sunday afternoons, with racing scheduled to start at 1315Hrs (1:15PM). Racing is conducted for all off the beach classes, with competitors of all age groups participating. It is advisable for competitors to arrive at the club between 11:00 and 12:00.

The season is split into a number of sub-series to encourage competitors to participate as and when they are available. This enables a competitor who is not always available to participate and still feel part of the competition.

Typically, classes sailed include:

Opti Tackers O'pen Skiff A Class Catamarans

Optimist Laser (all rigs) Sailboards

RS Quest Tasar OTB Catamarans(Mixed)

Whitsunday Sailing Club can offer a limited range of boats for hire, either on a daily or series basis. These can generally be arranged on the day; however it may be preferable to finalise hire arrangements in advance. Conditions Apply.

Prior to racing, there is a daily briefing where the course and weather conditions are discussed, as well as a few rules or tactical issues are covered in detail.

Racing generally entails a series of 3 short races per day. This enables competitors to practice starting and close boat on boat competition. There is a brief period between races when competitors can refresh, rehydrate and discuss performance with other competitors or coaches.

Upon return to shore, boats are packed away, then time to relax and debrief.

### **Fees**

Race entry fees have been held to a minimal cost of \$5.00 per crew member per day for own boat. In addition, for club owned boats, a hire fee is applicable as follows:

Tacker - Daily Rate \$15.00; Term Rate: \$120.00

O'pen Skiff - Daily Rate \$20.00; Term Rate \$160.00 including race fees

Laser - Daily Rate \$25.00; Term Rate \$175.00 including race fees

RS Quest - Daily Rate \$30.00; Term Rate \$240.00 including race fees

Hobie Wave. - Daily Rate \$30.00; Term Rate \$200.00 including race fees

Term rate refers to Queensland School Terms. To enter, race entry envelopes are available at the club. Competitors complete all details, enclose the required race entry fee, and deposit the sealed envelope in the slot provided at the desk.

### Volunteers and Parental Assistance

In an effort to minimise costs to competitors and families, Whitsunday Sailing Club Off the Beach programs are primarily run by volunteers. As such, the Off the Beach Committee is looking for assistance from parents, friends or interested parties who can offer assistance with tasks such as:

Safety Boat driver (requires boat licence)

Safety Boat assistant

On Shore Assistant / Beach Master

**Boat Maintenance** 

Race Management

Data Input / Results

### 2023 OFF THE BEACH NOTICE OF RACE

#### 1. Rules

All Races will be governed by:

- 1.1 The rules as defined in *The Racing Rules of Sailing* (RRS),
- 1.2 The Prescriptions and special regulations of Australian Sailing (AS), Part 2 For Off the Beach Boats
- 1.3 The Notice of Race
- 1.4 The sailing instructions
- 1.5 Competitors are reminded of the provisions of fundamental rule 4 (DECISION TO RACE) which states "The responsibility for a boats decision to participate in a race or to continue racing is hers alone".

### 2. Eligibility and Entry

- 2.1 Races are open to all Off the Beach classes, where the boat is registered at an AS affiliated club, and competitors hold a current AS Sailor ID. Competitors who are not current members of an AS affiliated club may apply for a SailPass membership which provides daily membership of Whitsunday Sailing Club.
- 2.2 Entries may be accepted from eligible boats until one hour preceding a race. Entry shall be by lodgement of a completed entry form and full payment for the event (see clause 3 below). To be eligible to enter a race a boat shall lodge or have held on file at WSC the following documentation:
- An audited compliance form 2021 2024 Special Regulations Part 2 Off the Beach Boats;
   and
- Copy of current insurance policy endorsed for racing and having a minimum Public Liability cover of \$10 million.
- 2.3 A boat failing to comply with clauses 2.1 and 2.2 may be scored DNC without a hearing. This amends rule A5.
- 2.4 Note: for club owned boats, clause 2.2.2 is covered by existing documentation.

### 3. Race Entry Fees

- 3.1 Race entry fees have been held to a minimal cost of \$5.00 per crew member per day
- 3.2 To enter, race entry envelopes are available at the club. Competitors complete all details, enclose the required race entry fee, and deposit the sealed envelope in the slot provided at the desk.

### 4. Schedule

- 4.1 The race schedule for each series is as published in the Whitsunday Sailing Club 2023 Off the Beach Sailing Guide and on the WSC website (www.whitsundaysailingclub.com.au/off-beach-racing-home)
- 4.2 Up to 4 races may be sailed on each scheduled racing day.

### 5. Sailing Instructions

Sailing Instructions for the series are published in the Whitsunday Sailing Club 2023 Off the Beach Sailing Guide and on the WSC website (www.whitsundaysailingclub.com.au/off-beach-racing-home).

### 6. Venue

The venue for all races is Whitsunday Sailing Club, Airlie Point, Airlie Beach.

### 7. Courses

Courses will be Triangle, Windward / Leeward or Trapezoid courses as described at a briefing prior to racing each day.

### Scoring

- 8.1 The Scoring System, RRS Appendix A will apply, except that "A boat that did not come to the starting area shall be scored points for the finishing place three more than the number of boats that came to the starting area." This changes RRS A9.
- 8.2 For each series, 4 races are required to be completed to constitute a series.
- 8.2.1 When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.

- 8.2.2 When 6 10 races have been completed, a boat's score will be the total of her race scores excluding her worst score.
- 8.2.3 When 11 or more races have been completed, a boat's score will be the total of her race scores excluding her two worst scores.

### 9. Prizes

Prizes will be awarded at the completion of each series.

### 10. Disclaimer and Liability

Competitors participate in the series entirely at their own risk. See rule 4, decision to race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior, during, or after the regatta

### 11.Insurance

Each participating boat shall be insured with valid third party liability insurance with a minimum cover of \$10M per incident or equivalent.

### 2023 OFF THE BEACH SAILING INSTRUCTIONS

#### 1. Rules

All Races will be governed by:

- 1.1 The rules as defined in *The Racing Rules of Sailing* (RRS),
- 1.2 The Prescriptions and special regulations of Australian Sailing (AS), Part 2 For Off the Beach Boats
- 1.3 The Notice of Race
- 1.4 The sailing instructions
- 1.5 Competitors are reminded of the provisions of fundamental rule 4 (DECISION TO RACE) which states "The responsibility for a boats decision to participate in a race or to continue racing is hers alone".

### 2. Notices to Competitors

The official Notice Board will be an on line notice board on the Whitsunday Sailing Club's Website (https://whitsundaysailingclub.com.au/official-notice-board/). Notices to competitors will be posted on the official notice board. Hard copy may also be posted upstairs in the clubhouse and advised at the daily briefing.

### 3. Changes to Sailing Instructions

- 3.1 Any changes to the sailing instructions will be posted not less than two hours before taking effect, except that any change in the schedule of races will be posted by 1900 hours on the day before it will take effect
- 3.2 Separate sailing instructions may be issued for special events in accordance with rule 90.2.
- 3.3 Verbal Changes to Sailing Instructions may be made on the water with code flag "L" on display.

### 4. Signals Made Ashore

4.1 Signals made ashore will be displayed in the lower area of the Sailing Club. Repeats of these signals may be displayed on the race committee boat.

#### Entries

5.1 Boats may enter in accordance with the Notice of Race.

### 6. Divisions

6.1 There may be up to four (4) divisions (1, 2, 3 and 4) dependent upon the number of entries.

| Division   | Class Flag |
|------------|------------|
| Division 1 | White      |
| Division 2 | Purple     |
| Division 3 | Pink       |
| Division 4 | Gold       |

- 6.2 Boats will be allocated to divisions at the discretion of the Sailing Committee. Details will be advised at weekly briefing.
- 6.3 If fewer than six boats in total are nominated the race may be abandoned.

### Racing Area

Racing will be conducted within Pioneer Bay.

#### 8. Courses

- 8.1 Courses will be described at a competitor's briefing to be conducted prior to racing. Briefings will take place in the race office, located in the downstairs sailing office. Selection of course configuration will be at the discretion of the race committee.
- 8.2 Numeral flags may be displayed on the Race Committee vessel indicating the number of laps for each division.

### 9. Marks

Marks will be orange or yellow inflatable buoys. Should an inner distance mark be laid in the vicinity of the committee vessel, the inner distance mark will be considered to be an extension of the committee vessel.

### 10. The Start

- 10.1 Unless otherwise advised at the competitor's briefing, the start sequence for all races will be in accordance with RRS 26, with the warning signal made 5 minutes before the starting signal. Subsequent Divisions warning signal will be the start signal of the preceding division.
- The Starting line will be an imaginary line between the Flag mast or console on the committee vessel displaying a club burgee at the starboard end and the port end starting mark.
- 10.3 Unless described at the competitors briefing, the direction of rounding the windward mark will be indicated prior to or with the warning signal. A Green flag indicates starboard rounding. A red flag indicates Port rounding.

#### 11. The Finish

The finish line will be an imaginary line between the flag mast on the committee vessel and the nearby finishing mark. The committee vessel may display a blue flag when on station for the finish.

#### 12. Time limit

12.1 The time limit for Club Championship races will be

| Race          | Target Time Time Limit |         | Finishing Window |  |
|---------------|------------------------|---------|------------------|--|
| Sprint Series | 20 Mins                | 40 Mins | 15 Mins          |  |
| Series Races  | 40 Mins                | 80 Mins | 30 Mins          |  |

12.2 Boats finishing later than the finishing window after the first boat in the class / Division sails the course and finishes, or the expiry of the time limit, whichever is later, will be scored DNF without a hearing. This changes rules 35, A4 and A5.

### 13. Scoring

- 13.1 The Scoring System, RRS Appendix A will apply, except that "A boat that did not come to the starting area shall be scored points for the finishing place three more than the number of boats that came to the starting area." This changes RRS A5.
- 13.2 For each series, 4 races are required to be completed to constitute a series.
- 13.3 When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.
- 13.4 When 6 10 races have been completed, a boat's score will be the total of her race scores excluding her worst score.
- 13.5 When 11 or more races have been completed, a boat's score will be the total of her race scores excluding her two worst scores.
- 13.6 To qualify for the Club Championship Series, a boat must start a minimum of (5) races total during the season.

13.7

### 14. Protests

Protests must be in writing and submitted to the WSC office and received no later than 60 minutes after the last boat in the protesting boat's division finishes. Protest forms are available from the sailing office.

### 15. Prizes

- 15.1 For each series, prizes will be awarded for 1st, 2nd and 3rd in each division.
- 15.2 Additional prizes may be awarded at the discretion of the race committee.

### 16. Liability

Competitors participate in a race entirely at their own risk and are responsible for the seaworthiness of a boat whose entry is accepted and for the sufficiency and adequacy of its equipment. Neither the Whitsunday Sailing Club Ltd, their servants nor volunteers shall accept liability or responsibility whatsoever for death or any personal or material damage sustained by participants before, during or after a race, see RRS 4, Decision to race.

### 17. Incident Reports

A skipper involved in an incident involving significant injury or collision is required to lodge an incident report with Maritime Safety Queensland

### 18. Retirements

Any boat retiring from a race shall use all available means to promptly advise WSC race committee of such retirement.

### 19. Sign on / off

Competitors shall fill in details required on the Sign On / Off sheets before and after sailing. Failure to comply may lead to disqualification without a hearing. This changes rule A5.