



SAILING INSTRUCTIONS

Open Hellenic National Championship

Pre – Worlds Regatta

ILCA 4

15 – 19 July 2023

Volos, GREECE

1. RULES

- 1.1 The regatta will be governed by the rules stated in the paragraph 1 of the NOR.

2. COMMUNICATIONS AND IMPORTANT LOCATIONS

- 2.1 Notices to competitors will be posted online on the official notice board (ONB) which can be found on the website: <https://www.racingrulesofsailing.org/documents/5400/event>
- 2.2 The important locations:

	Location
Official Notice Board	https://www.racingrulesofsailing.org/documents/5400/event
Official Flagpole	Nautical Club of Volos & Argonautes
Race Office	Nautical Club of Volos & Argonautes
Equipment Inspection	Next to Boat Park
Hearing Room	Nautical Club of Volos & Argonautes

- 2.3 **[DP]** While afloat, a competitor shall not carry equipment capable of transmitting or receiving voice or data, except of equipment provided by the organising authority.
- 2.4 For purposes of safety, support vessels shall monitor the race committee working channel VHF 72 but shall not transmit on this channel except in the case of an emergency.

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted no later than 2 (two) hours before the warning signal of the race on the day it will take effect, except of changes of the race schedule which can be posted by 2000 on the day before it will take effect.

4. SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at the official flagpole.
- 4.2 **[DP] [NP]** A boat shall not leave the shore until flag D (with one sound signal) is displayed. The warning signal will not be made earlier than 30 minutes after the flag D is displayed.
- 4.3 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP. This changes RRS Race Signals.

5. FORMAT OF RACING

- 5.1 The event consists of a single series. However, boys and girls will race separately.
- 5.2 Boys will be divided into 2 fleets as follows:
- 5.2.1 Boats will be assigned to fleets of, as nearly as possible, equal size.
- 5.2.2 Initial assignments will be made by the race committee and will be posted on the official notice board latest at 21:00 on the day before the first scheduled race.
- 5.2.3 If at the end of each racing day all fleets have completed the same number of races, the race committee will assign new fleets based on the achieved results. The assignments will be as following:



Rank in Series	Fleet Assignment
1 st	1
2 nd	2
3 rd	2
4 th	1
5 th	1
6 th	2
7 th	2
8 th	1
9 th	1
And so on	

If all fleets complete only one race in the total event, boats will continue racing with the same fleet the next day.

- 5.2.4 If at the end of each racing day, the fleets have not completed the same number of races, the race committee will assign new fleets as described in 5.2.3, as follows:

The series scores for the reassignment will be calculated for those races, numbered in order of completion, completed by all fleets. For the fleet that has completed more races, the most recent races will not be taken in consideration.

- 5.2.5 Fleet assignments will be based on the ranking available at 21:00 of that day regardless of protests or requests for redress which have not yet been decided.
- 5.2.6 If a fleet has not completed the same number of races with the other fleets by the end of a day, the fleet with fewer races will continue racing the following day until all fleets have completed the same number of races. All boats will thereafter race in the new fleets.
- If at the end of the event, a fleet has more race scores than the other, any extra races will be abandoned & cancelled so that all boats in the event have the same number of race scores.

6 SCHEDULE

6.1 Event Schedule:

Date	Event
15 July	1000-1800 Equipment Inspection, Stamping of sails. 2100 First assignments of fleets.
16 July	1200 Warning signal of the first race
17 July	TBA Warning signal of the first race of the day
18 July	TBA Warning signal of the first race of the day
19 July	TBA Warning signal of the first race of the day 1700 Last possible Warning Signal TBA Prize Giving Ceremony

- 6.2 Eight (8) races per fleet are scheduled.
- 6.3 The time of the first warning signal on the 16th of July will be 1200.
- 6.4 On Sunday 16/7 and on Monday 17/7 no more than two (2) races will be sailed per fleet each racing day. On Tuesday 18/7 and on Wednesday 19/7 no more than three (3) races will be sailed per fleet each racing day. Each day the succeeding races will be started as soon as practicable after the finish of the previous race.
- 6.5 On the last day of the championship, no warning signal will be made after 1700.

7 RACING AREAS

- 7.1 The racing area is defined as an area extending 100 meters beyond the entire course in which a boat would normally sail while racing.
- 7.2 **[DP]** Boats not racing shall avoid the racing area.

8 COURSES

- 8.1 Addendum A shows the course, including the order in which marks are to be passed, and the side each mark is to be left.



- 8.2 No later than the warning signal, the race committee signal vessel will display the approximate compass bearing of the first leg.
- 8.3 The course may be shortened to finish at a rounding mark, or a gate provided four or more legs have been sailed on an outer course and at least three or more legs have been completed on an inner course (excluding the leg between mark 1 and mark 1A).
- 8.4 The leeward gate may be replaced by a single mark, in this case the mark shall be left to port.

9 MARKS

- 9.1 Course marks 1, 2, 3s, 3p, 4s, 4p will all be inflatable Pyramid buoys.
- 9.2 Course marks 1A and 5 will be inflatable Conic buoys.
- 9.3 Course new marks will be inflatable Conic buoys.
- 9.4 The starting marks will be race committee vessels displaying orange flags.
- 9.5 The finishing marks will be a race committee vessel displaying a blue flag and a buoy with staff displaying a blue flag.
- 9.6 The colour of inflatable marks and laid marks will be as follows:

Mark(s)	Colour
Course Marks 1, 2, 3S, 3P, 4S, 4P	Yellow
Course Marks 1A, 5	Yellow
Course New Marks	Orange

10 THE START

- 10.1 To alert boats that a race or sequence of races will begin soon, the orange starting line flags will be displayed with one sound signal at least 5 minutes before a warning signal.
- 10.2 The warning signal for each succeeding race will be made as soon as practicable.
- 10.3 Start sequence and Fleet flags:

Fleets	Fleet Flags	Start Sequence	Course
ILCA 4 Boys Blue	Light Blue flag	1 st Start	Outer
ILCA 4 Boys Red	Red flag	2 nd Start	Outer
ILCA 4 Girls	Yellow flag with rhombus	3 rd Start	Inner

- 10.4 The start line will be between the staffs displaying orange flags on the start marks.
- 10.5 **[DP]** **[NP]** Boats whose warning signal has not been made shall avoid the start area during the start sequences of the other fleets.
- 10.6 A boat starting later than 4 minutes after her start signal will be scored DNS (did not start) without a hearing. This changes RRS A4 and A5.
- 10.7 Boys red fleet: a hazard tape provided by the OA shall be placed on the top of the sail.

11 CHANGE OF THE NEXT LEG OF THE COURSE

- 11.1 A change of the next leg of the course will first be attempted by changing the position of the original marks. When this is not possible the course will be reset using one or more new marks. Any action or no action by the race committee under this instruction will not be ground for redress under RRS 62.1(a).

12 THE FINISH

- 12.1 The finishing line is between staff's displaying blue flags at the finish marks, except when RRS 32.2 applies.

13 PENALTIES FOR BREACHES OF RRS 42

- 13.1 Appendix P will apply.

14 TIME LIMITS AND TARGET TIMES

- 14.1 Time limits and target times are in minutes as follows:

Race Time Limit	Finish Window	Race Target Time
75	20	50



- 14.2 Boats failing to finish within the time stated in the Finish Window after the first boat sails the course and finishes will be scored DNF (Did Not Finish). This changes RRS 35, A4 and A5.
- 14.3 Failure to meet the target time will not be grounds for redress under RRS 62.1(a).

15 HEARING REQUESTS, ENQUIRIES AND PENALTIES

- 15.1 Hearing request forms will be available on the Official Notice Board at <https://www.racingrulesofsailing.org/documents/5400/event>. Hearing requests shall be delivered there within the appropriate time limit.
- 15.2 For each fleet, the protest time limit is <60> minutes after the last boat in that fleet finishes the last race of the day or the race committee signals «no more racing today», whichever is later. The time will be posted on the official notice board.
- 15.3 Notices will be posted within 30 minutes after the protest time limit for each fleet to inform competitors of hearings in which they are parties or named as witnesses.
- 15.4 Hearings will be held in the Hearing Room.
- 15.5 A list of boats that have been penalized for breaking RRS 42 will be posted on the official notice board.
- 15.6 Only the technical committee or protest committee may protest a boat for an alleged breach of the Appendix G. This changes RRS 60.1(a), 60.2(a) and 60.3(a).
- 15.7 **[DP]** Penalties for any other breach of class rules are at the discretion of the protest committee and may be less than disqualification.
- 15.8 In case of any technical issues, paper forms will be available at the Race Office.

16 SCORING

- 16.1 A minimum of 3 (three) races are required to be completed to constitute the championship.
- 16.2 A boat's series score will be the total of her race scores excluding her worst score(s) as follows:

Races	Discards	Comments
1-3	0	No discard
4 or more	1	One worst score excluded

- 16.3 For the boy's fleets, scores will be based on the number of boats assigned to the largest fleet in that series. This changes RRS A4.2.

17 TITLES & PRIZES

- 17.1 Titles and prizes will be awarded according to the notice of race.

18 [DP] [NP] SAFETY

- 18.1 Rule 40.1 Personal Flotation Devices applies at all times afloat.
- 18.2 A boat that retires from a race shall notify a race committee, as soon as reasonably possible and shall inform the race office immediately after returning to the shore.
- 18.3 Competitors not racing for any of the racing days shall inform the race office as soon as possible.
- 18.4 When the race committee displays flag V with a long sound signal, all official and support vessels shall monitor the race committee VHF 72 channel for instructions and assist in search and rescue operations.

19 OFFICIAL VESSELS

- 19.1 Official vessels will be marked as follows:

Vessel	Flag
Jury	White flag with black letters JURY
Race Committee Course	White flag with black letter A
Technical Committee	Black flag with white letters M
Press, Media	Orange flag with black letters PRESS
Security	Red flag with white letters SECURITY

- 19.2 Failure of an official vessel to fly an identifying flag shall not be grounds for redress by a boat. This changes RRS 62.1(a).
- 19.3 Actions by the official boats, drones or helicopters shall not be grounds for redress by a boat. This



changes RRS 62.1(a).

20 SUPPORT VESSELS

- 20.1 From the time of the warning signal for the first fleet to start, until all boats in all fleets are no longer racing, support boats shall stay outside the area where boats are or will be racing and shall not be closer than 100m to any boat racing.
- 20.2 During any start sequence, support boats shall stay at least 100 meters below the start line and its extensions, from the time of the warning signal until all boats have left the start area, or the Race Committee signals a postponement, general recall or abandonment.
- 20.3 When a race committee or jury member indicates to a support boat to move further away from the course area, the mentioned boat shall do so immediately.
- 20.4 Team leaders, coaches and other support persons shall wear Personal Floatation Devices at all times other than for brief periods while adding or removing clothing. While the boat engine is operating they are required to wear the Quick Stop / Kill Cord.

21 TRASH DISPOSAL

- 21.1 Trash may be placed aboard support or official vessels.

ADDENDUM A – COURSE DIAGRAMS

OUTER (dashed line): Start - 1 - 2 - 3s/3p - 2 - 3p - 5 - Finish
INNER (solid line): Start - 1 - 1a - 4s/4p - 1 - 2 - 3p - 5 - Finish

