SAILING INSTRUCTIONS

Sailingfast ILCA Welsh Open Championship
ILCA 4, ILCA 6, & ILCA 7

Saturday 4th & Sunday 5th July 2026

Hosted by Plas Heli - The Welsh National Sailing Academy and Events Centre
The Organising Authority (OA) is RYA Cymru Wales.

The following notation are used within this Sailing Instruction

Notation	Meaning
[NP]	that a boat may not protest another boat for breaking that rule. This changes
[DP]	the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification

1. RULES

1.1. The event is governed by the rules as defined by The Racing Rules of Sailing (RRS).
1.2. Boats shall comply with the Class Rules as posted on the ILCA website. [DP]
1.3. RRS Appendix T, Arbitration, will apply.
1.4. Appendix P, Special Procedures for RRS 42, will apply.
1.5. Rule 40.1 and 40.2(c) shall always apply on the water.
1.6. RRS 60.4(a)(2) is replaced with "(2) if it alleges a breach of a rule of Part 2 or RRS 31 and is from a boat that was not involved, and did not see the incident, or"
1.7. In the case of conflict between the Notice of Race and the Sailing Instructions, SIs will take precedence. This changes rule 63.5(c).
1.8. The following Rules have been changed RRS Race Signals, 30.4, 33, 60.1, 60.2(d), 60.4(a)(2), 61.2.(2), 61.4 (b) (1), 63.5(c), Appendix A4, AS, AS.1, AS.2.

2. CHANGES TO SAILING INSTRUCTIONS

2.1. Any change to the Sailing Instructions will be posted not less than 30 minutes before flag D is displayed, except that changes to the schedule of races will be posted before 19.00 on the day before it will take effect.

3. COMMUNICATION WITH COMPETITORS [DP]

3.1. Notices to competitors will be posted on the official noticeboard is located in the main hall at Plas Heli.
3.2. The Race Office is located within one of the training rooms off the main hall.

3.3. From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

3.4. Please join the event's WhatsApp group and community

https://chat.whatsapp.com/LQTFI6GfFtrFs9ZTa17jFV?mode=gi_t

4. CODE OF CONDUCT

4.1. Competitors and support persons shall place advertising provided by the organising authority with care, seamanship, in accordance with any instructions for its use and without interfering with its functionality

5. SIGNALS MADE ASHORE

5.1. Signals made ashore will be displayed on the balcony flag staff.

5.2. When the flag AP is displayed ashore, '1 minute' is replaced with 'not less than 20 minutes' in the race signal AP. This changes RRS Race Signals.

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

6. SCHEDULE OF RACES

6.1. Registration/check-in

Date	Open	Close	Location
04/07/26	08:30	09:30	Main Hall

6.2. The scheduled time of the warning signal for the first race each day is:

Date	Class	Time of first warning signal (not before)	Scheduled number of races per day	Max number of races per day
04/07/2026	All Classes	11:55	4	5
05/07/2026	All Classes	10:25	4	5

6.3. To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound signal at least 2 minutes before the first warning signal is made.

6.4. Each day succeeding races will be started as soon as practicable after the finish of the previous race.

6.5. On the last scheduled day of racing no warning signal will be made after 15:00. When starting multiple fleets, this time deadline may be amended to allow subsequent starts of the same race later than this deadline

6.6. Each day succeeding races will be started as soon as practicable after the finish of the previous race.

6.7. Other events

Date	Event	Time	Location
Saturday	Morning Briefing	10.00	Event hall
Sunday	Prizegiving	ASAP after racing	To be advised

7. CLASS FLAGS

7.1. The class flags for each class will be as follows:

Class	Class Flag	Intended Start Sequence (may change)
ILCA 7		1st Start
ILCA 4		2nd Start
ILCA 6		3rd Start

8. FORMAT OF RACING

8.1. It is intended that each class will sail in a single series of 8 races.

9. RACING AREAS

9.1. The diagrams in Appendix A shows the racing area and course options to be sailed with the order in which marks are to be passed and the side on which each mark is to be left.

9.2. The Course and number of beats will be displayed on the committee.

9.3. The approximate bearing of mark 1 may be displayed on the Committee Vessel.

9.4. If only one gate mark is laid or remains on station, the remaining mark shall be rounded to port.

10. MARKS

10.1. Marks 1, 2, 3 and 4 will be orange 1.8m buoys with Plas Heli Logo

10.2. Mark 2A for ILCA 4 will be a red with black ring 1.6m dumpy buoy

10.3. Mark 5 will be a blue with black ring 1.6m dumpy buoy

10.4. The starting mark will be either an official vessel displaying an orange flag or a dan buoy displaying an orange flag.

10.5. The finishing mark will be either an official vessel displaying a blue flag or a dan buoy displaying a blue flag.

11. THE START

11.1. Races will be started by using RRS 26 with the warning signal made five minutes before the starting signal.

11.2. The Preparatory Signal will be either RRS 30.3 (U Flag Rule), or RRS 30.4 (Black Flag Rule).

11.3. When both starting marks are vessels, the starting line is between the two staffs, one on each vessel, displaying an orange flag. When one starting mark is a dan buoy, the starting line is between the staff displaying an orange flag on the signal vessel at the starboard end, and the course side of the dan buoy at the port end.

11.4. A boat that does not start within four minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS AS.1 and AS.2.

11.5. Boats whose warning signal has not been made shall remain a minimum of 50 metres from the start line during the start sequence of the previous fleets [DP]

11.6. Rule 30.4 (Black flag rule) is amended as follows: At the sole discretion of the Race Committee, they may display the last four numbers of the sail number, for brevity provided there is no ambiguity.

12. CHANGE OF THE NEXT LEG OF THE COURSE

12.1. To change the next leg of the course, the Race Committee will move the original mark.

12.2. Minor mark moves, up to approximately 150m in any direction, may be made without signalling the change. This changes RRS 33.

13. THE FINISH

13.1. The finishing line is either between the two masts displaying a blue flag on two official vessels, or between the mast displaying a blue flag on an official vessel and the nearby dan buoy displaying a blue flag.

13.2. The Race Committee may score boats based on their relative positions at a mark of the course or on a leg of the course as follows:

13.2.1. When an official vessel displays flag W with two sounds, boats still racing may be scored at their observed position on the race course.

13.2.2. When a boat is scored in accordance with this instruction, she shall be given a score for a place after all boats that have sailed the course and finished. This changes Appendix A4 and AS.

14. PENALTY SYSTEM

14.1. RRS Appendix P will apply with the following changes.

14.1.1. The penalty under RRS P2.2 is changed so that it will apply to any penalty after the first one.

14.1.2. RRS P2.3 will not apply.

14.2. The Race Committee will protest when it believes a boat has hit either of the starting marks and no penalty has been taken. [DP]

15. TIME LIMITS

15.1. The time limits and target times are as follows:

Time Limit	Mark 1 time Limit	Race Target Time	Finishing window
60 minutes	20 minutes	45 minutes	20 minutes

15.2. If no boat has passed Mark 1 within the Mark 1 time limit the race may be abandoned.

15.3. Failure to meet the target time will not be grounds for redress. This changes RRS 61.4 (b) (1)

16. HEARING REQUESTS

16.1. Boats intending to lodge a protest relating to a racing incident shall inform the finish committee vessel or Jury Boat upon finishing the race and receive acknowledgement.

16.2. Appendix T applies.

16.3. Hearing requests, requests for redress, or reopening shall be submitted to the race office.

16.4. The protest time limit is 60 minutes. This limit begins after the last boat of a class finishes the day's final race, or once the race committee signals the end of racing for the day.

16.5. The hearings will be heard in person unless otherwise advised.

16.6. A Hearing Schedule will be posted on the Official Notice Board as soon as possible after a protest has been lodged, but not later than 15 minutes after the end of Protest Time to inform competitors of hearings in which they are parties or named as witnesses.

16.7. Notices of hearings by the race or protest committee will be posted to inform boats under RRS 60.2(d).

16.8. On the last scheduled day of racing, a request for redress based on a protest committee decision shall be delivered no later than 20 minutes after the decision was posted. This changes RRS 63.7(b).

17. SCORING

17.1. As per NOR 14

17.2. A competitor may submit a request to review a boats score at the race office.

18. SAFETY REGULATIONS [DP]

18.1. Competitors shall always wear personal buoyancy whilst afloat, except briefly while adjusting clothing or personal equipment Rule 40.1 applies.

18.2. A boat that retires from a race shall notify an official vessel / race committee

18.3. A safety tally system will be in operation. Tallies comprise of numbered rubber wristbands. Tally numbers will be advised at Registration.

18.3.1. The tally control point will be located at either the dinghy compound gate (tally out) or base of the sand dune ramp (tally in).

18.3.2. Competitors shall individually tally-out before racing by personally going to the tally control point and collecting their tally

18.3.3. Competitors shall individually tally-in immediately on returning to shore by personally going to the tally control point and returning their tally to the board. This must be done no later than 10 minutes after the last boat has come ashore.

18.3.4. The penalty for failing to tally-out or tally-in as instructed above will be five points added to the boat's series score non-excludable. Maximum penalty per day is five points This changes RRS 63.1 and AS.

18.4. Boats wishing to sail ashore before the end of the day's racing shall not do so unless authorised by an Official Vessel. The Official Vessel will instruct boats in the procedure for returning ashore.

18.5. Boats shall follow the instructions of the Official Boats. Infringements will be reported to the race committee, which may protest the boat. [NP]

19. REPLACEMENT OF CREW OR EQUIPMENT

19.1. Equipment protests will only be accepted from the Race Committee. This changes RRS 60.1. The fact that race officials may conduct inspections of a boat does not reduce the responsibilities of competitors set out in the Notice of Race

19.2. Substitution of damaged or lost equipment will not be allowed unless authorised by the Race Committee

19.3. Requests for substitution of equipment shall be made to the committee at the first reasonable opportunity via the race office.

20. EQUIPMENT AND MEASUREMENT CHECKS.

20.1. A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water or ashore, a boat can be instructed by an equipment inspector to proceed immediately to a designated area for inspection. A boat shall comply with any reasonable request made by an Equipment Inspector. [DP].

21. SUPPLIED BOATS

21.1. N/A

22. OFFICIAL VESSELS

22.1. Official vessels are defined as Committee Vessel, Finish Vessel, Mark Layers, Safety Vessel, Jury Vessel.

22.2. Official vessels will be identified as follows;

22.2.1. Safety Vessels - Orange Flag with a numeral text

22.2.2. Jury- Yellow flag text Jury

22.2.3. Course Safety Lead – Orange Flag with number 1 text

22.3. Competitors may place clearly labelled (name and sail number) spare equipment, food and drink on Safety vessels. Competitors shall not leave any bags or equipment on the Committee vessel, mark layer vessel or finish vessel. [DP]

23. BERTHING [DP]

23.1. Boats shall be kept in their assigned area of the dinghy park during the events from the start of their event until the completion of the final race.

24. RISK STATEMENT

24.1. See NOR 17

25. INSURANCE

25.1. See NOR 18

26. PRIZES

26.1. Prizes will be awarded as per NOR 19

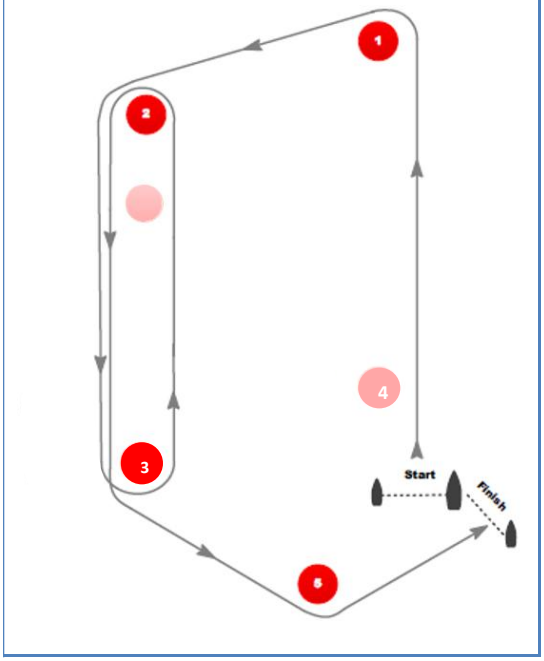
26.2. Other prizes may be awarded by the Organising Authority based on entry

APPENDIX A COURSE AREA AND DIAGRAMS

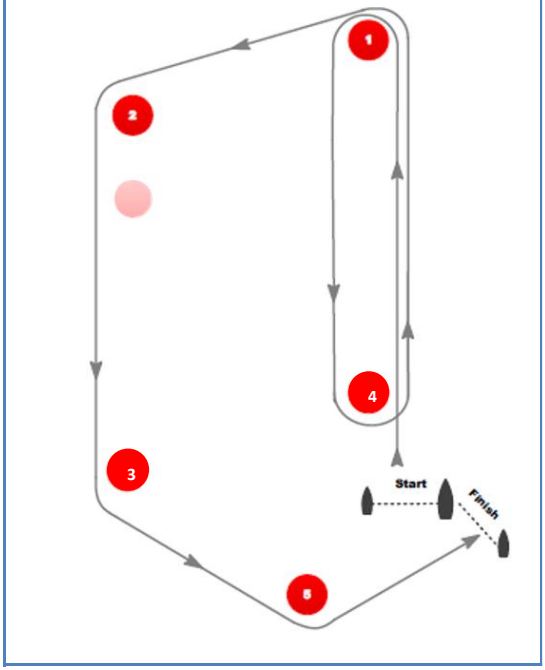
Course Area

Course Diagrams

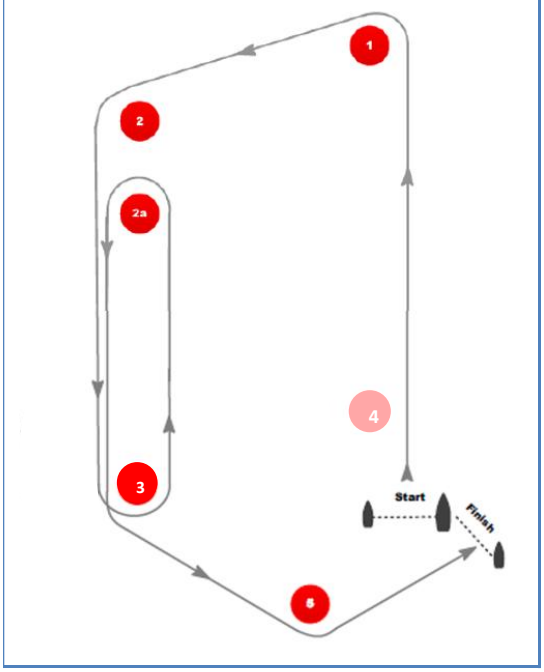
OX	Course: Outer with reaching finish
Signal	**Mark Rounding Order**
OX2	Start - 1 - 2 - 3 - 2 - 3 -5 - Finish
OX3	Start - 1 - 2 - 3 - 2 - 3 - 2 - 3 - 5 - Finish



IX	Course: Inner with reaching finish
Signal	**Mark Rounding Order**
IX2	Start - 1 - 4 - 1 - 2 -3 -5 - Finish
IX3	Start - 1 - 2 - 4 - 1 - 4 - 1 - 2 -3 -5 - Finish



OS	Course: Outer Trapezoid Shorter 2A
Signal	**Mark Rounding Order**
OX2	Start - 1 - 2 - 3 - 2A -3 - 5 - Finish
OX3	Start - 1 - 2 - 3 - 2A - 3 - 2A -3 - 5 - Finish



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