

SAILING INSTRUCTIONS

2026 ILCA 4 Youth World Championship

1–9 August 2026
Aarhus, DENMARK

**Organizing Authority: Aarhus International Sailing Center (Host) and
the International Laser Class Association (ILCA)**

1. RULES

- 1.1 The event will be governed by the rules as defined in The Racing Rules of Sailing (RRS).
- 1.2 No National Authority prescriptions will apply.
- 1.3 ILCA class rule 7(a) is restricted as follows: "Only one competitor shall be on board whilst racing. The competitor shall be named on the entry form."
- 1.4 In accordance with ILCA class rule 22(e), the use of heartbeat monitor with no additional function or capability is permitted. The heartbeat monitor device shall comply with the class rule 22.
- 1.5 Appendix P, Special Procedures for Rule 42, will apply as amended in SIs 15.
- 1.6 Appendix T, Arbitration, will apply.
- 1.7 In all rules governing this event:
 - 1.7.1 **[NP]** denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1.
 - 1.7.2 **[SP]** denotes a rule for which the race committee or technical committee may apply a standard penalty without a hearing or a discretionary penalty may be applied by the international jury with a hearing. However, the race committee or technical committee may protest a boat if it considers a standard penalty is inappropriate. A boat that has been penalised with a standard penalty shall neither be protested by another boat for the same incident nor can another boat request redress for this committee action. This changes RRS 60.1 and A5.
- 1.8 Decisions of the international jury will be final as provided in RRS 70.3(a).
- 1.9 **[NP][DP]** All competitors and support persons shall follow any reasonable instructions given by a race official.
- 1.10 If there is a conflict between languages the English text will take precedence.
- 1.11 RRS 90.3(e) applies.

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 event website: <https://2026ilca4youth.ilca-worlds.org/>
- 2.2 The important locations:

	Location
Official Notice Board	https://onb.ilca.roms.ar/ilca4youth2026/
Official Flagpole	Sailing Center - balcony
Race Office	Sailing Center - ground floor
Equipment Inspection	Sailing Center - ground floor
Hearing Room	Sailing Center - first floor

- 2.3 **[DP]** While afloat, a competitor shall not carry equipment capable of making or receiving voice or data transmissions, except for equipment provided by the organising authority.

3. [DP] [NP] FLEET IDENTIFICATION

- 3.1 While racing in split fleets, each boat shall display a coloured band corresponding to the fleet to which she has been assigned. The band shall be placed on the bottom mast between the boom vang fitting and the boom. See NOR 7.7.
- 3.2 When the organizing authority supplies the ranking-coloured bib vests for event leaders (1st Yellow, 2nd Blue, 3rd Red) the competitors shall wear it when they are racing for that day.

- 3.3 A supplied bib vest shall be worn outside other clothing while racing. Competitors shall not deliberately cut or tear them.

4. CHANGES TO SAILING INSTRUCTIONS

- 4.1 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 that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

5. [DP] REGISTRATION, BOATS & EQUIPMENT INSPECTION

- 5.1 Each competitor shall register at the race office and complete all required registration and equipment inspection formalities before racing. A competitor that does not complete all required registration and equipment formalities will not be entered to the event under RRS 75.
- 5.2 Information on equipment inspection will be posted on the official notice board. Boats shall be presented with all equipment that shall be used in the event, with the bottom mast, boom and all control lines rigged and with the sail and top section derigged ready for inspection.
- 5.3 Equipment inspection will take place at the boat park according to the schedule posted on the official notice board.
- 5.4 Equipment inspection outside these times will only be possible at the discretion of the technical committee and on payment of 20 EUR.
- 5.5 Equipment, including wet clothing may be inspected at any time for compliance with the class rules and the sailing instructions according to the following procedures:
- 5.5.1 A competitor may be instructed by the technical committee, either ashore or on the water, to proceed immediately to the inspection area for inspection.
- 5.5.2 Until permission is given by the technical committee, a competitor once instructed to proceed for inspection, shall have no unauthorised contact with any support person, no person shall join or leave the boat, no equipment or other item shall be taken on or off that boat and the boat shall not leave the inspection area.
- 5.6 In the event of damage, hulls and equipment listed in NOR 7.2 may only be replaced with the written permission of the technical committee. If the damage occurs between 2 (two) hours before the first scheduled start on a racing day, and before the start of the last race of the day, provisional verbal permission shall be obtained from the technical committee, international jury or race committee and the written permission of the technical committee shall be applied for before the end of the protest time limit at the end of the day in which the replacement takes place.

6. SIGNALS MADE ASHORE

- 6.1 Signals made ashore will be displayed at the official flagpole. The location is stated in SI 2.2.
- 6.2 **[DP][NP]** A boat shall not leave the designated national area in the boat park until flag D (with one sound signal) is displayed. The warning signal will be made not less than 45 minutes after flag D is displayed.
- 6.3 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in the race signal AP. This changes RRS Race Signals.

7. FORMAT OF RACING

- 7.1 The event consists of an Opening series, where ILCA 4 Boys will be split into 4 fleets and ILCA 4 Girls will be split into 2 fleets and will sail a Qualifying series followed by a Final series. See SI Addendum A.
- 7.2 12 races are scheduled for each fleet over 6 days, with 2 races a day. If less than 6 races will be completed in the Qualifying series, the Final series may have more than 6 races sailed, to reach the total number of 12 races.
- 7.3 If 4 races have not been completed by the end of the third scheduled racing day the Qualifying series will continue until the end of the racing day in which a 4 Qualifying race is completed.
- 7.4 A Qualifying series race will not count until all Qualifying series fleets have completed that race.

8. SCHEDULE

8.1 Event Schedule:

Date	Event
1 August	0900-1300 & 1330-1830 Registration, Equipment Inspection
2 August	0900-1300 & 1330-1830 Registration, Equipment Inspection
3 August	0900-1300 Registration, Equipment Inspection 1400 Practice Race Warning Signal 1700 Coaches & Team Leaders' Meeting 1800 Opening Ceremony
4 August	2 races back-to-back, (Qualifying series)
5 August	2 races back-to-back, (Qualifying series)
6 August	2 races back-to-back, (Qualifying series)
7 August	2 races back-to-back, (Qualifying/Final series, if 4 races have been sailed)
8 August	2 races back-to-back, Qualifying/Final series)
9 August	2 races back-to-back, Qualifying/Final series) 1600 Last possible Warning Signal 1830 Prize Giving Ceremony

This replaces NOR 9.1

- 8.2 The time of the first warning signal on the racing days will be 1100.
- 8.3 The schedule may be changed to sail more than 2 races a day, when behind schedule. However, no more than 3 races a day will be sailed.
- 8.4 Each day succeeding races will be started as soon as practicable after the finish of the previous race.
- 8.5 On the last day of the championship, no warning signal will be made after 1600.

9. RACING AREAS

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

10. COURSES

- 10.1 Addendum C shows the course designations, including the course signals, the order in which marks are to be passed, and the side on which each mark is to be left.
- 10.2 No later than the warning signal, the race committee signal vessel will display the approximate compass bearing of the first leg.
- 10.3 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).
- 10.4 The leeward gate may be replaced by a single mark, in this case the mark shall be left to port.

11. MARKS

- 11.1 The colour and shape of the marks on **Racing area A (Alpha)** will be as follows:

Mark(s)	Description
Starting Marks	Race Committee vessels displaying orange flags
Course Marks 1, 2, 3S, 3P, 4S, 4P	Conical inflatable orange
Course Mark 1A	Cylindrical inflatable green
Finish Mark	Race Committee vessel displaying a blue flag and blue flag on sticky buoy
New Marks	Conical inflatable white

- 11.2 The colour and shape of the marks on **Racing area B (Bravo)** will be as follows:

Mark(s)	Description
Starting Marks	Race Committee vessels displaying orange flags
Course Marks 1, 2, 3S, 3P, 4S, 4P	Conical inflatable yellow
Course Mark 1A	Cylindrical inflatable green
Finish Mark	Race Committee vessel displaying a blue flag and blue flag on sticky buoy
New Marks	Conical inflatable white

- 11.3 When the robotic marks are used, routine movement, minor readjustment or marks returning to position after being pushed away by a boat will not be grounds for redress. This changes RRS 61.1(a).

12. THE START

- 12.1 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 is made.
- 12.2 The warning signal for each succeeding race will be made as soon as practicable.
- 12.3 Start sequence, Fleet flags and Fleet identification (sleeve) colours on **Racing area A (Alpha)**:

Fleets – Area A (Alpha)	Fleet Flags	Sleeve Colour	Start Sequence	Course
ILCA 4 Boys Yellow/Gold	Yellow	Yellow	1 st Start	Outer
ILCA 4 Boys Blue/Silver	Blue	Blue	2 nd Start	Outer
ILCA 4 Boys Red/Bronze	Red	Red	3 rd Start	Inner

- 12.4 Start sequence, Fleet flags and Fleet identification (sleeve) colours on **Racing area B (Bravo)**:

Fleets – Area B (Bravo)	Fleet Flags	Sleeve Colour	Start Sequence	Course
ILCA 4 Girls Yellow/Gold	Yellow	Yellow	1 st Start	Outer
ILCA 4 Girls Blue/Silver	Blue	Blue	2 nd Start	Outer
ILCA 4 Boys Green/Emerald	Green	Green	3 rd Start	Inner

- 12.5 The starting line will be between the staffs displaying orange flags on the starting marks.
- 12.6 **[DP][NP]** Boats whose warning signal has not been made shall avoid the starting area during start sequences for other fleets.
- 12.7 A boat starting later than 4 minutes after her starting signal will be scored did not start (DNS) without a hearing. This changes RRS A4 and A5.
- 12.8 Races will be started using either RRS 30.3 (U Flag Rule), or RRS 30.4 (Black Flag Rule).
- 12.9 RRS 30.4 (Black Flag Rule) is supplemented as follows:
- 12.9.1 Sail numbers will be displayed for at least 3 minutes. A long sound signal will be made when the numbers are initially displayed. A boat whose number is so displayed shall leave the racing area, defined in SI 9.1 before the new preparatory signal. If she fails to do so, she will be scored DNE.
- 12.9.2 For the purposes of RRS 30.4 a race is 'restarted or resailed' when it has the same race number as a previously abandoned or recalled race. In case there are split fleets, races are named Q1 to Qn for the Qualifying series and F1 to Fn for the Final series.

13. CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1 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 (described in SI 11).
When new marks are already in use, the course may be further reset using the original marks.
Any action or no action by the race committee under this instruction will not be grounds for redress under RRS 61.4(b)(1).

14. THE FINISH

- 14.1 The finishing line will be between a staff displaying a blue flag on the race committee finish and the course side of the other finishing mark.

15. PENALTIES FOR BREACHES OF RRS 42

- 15.1 Appendix P will apply with the following changes:
- 15.1.1 If a first penalty is signalled after a boat has crossed the finish line, the penalty will be a 10% Scoring Penalty calculated as stated in RRS 44.3(c).
- 15.1.2 RRS P4 is replaced with "An action by the member of the jury or its designated observer under RRS P1.2 shall not be grounds for a request for redress by a boat under RRS 61.1(a). The jury may initiate a redress hearing and may give redress for an action under RRS P1.2 by a member of the jury or its designated observer".

16. TIME LIMITS AND TARGET TIMES

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

Race Time Limit	Finish Window	Race Target Time
75	20	50

- 16.2 Boats failing to finish within the time stated in the Finish Window, after the first boat sails the course and

finishes will be scored Did Not Finish (DNF). This changes RRS 35, A4 and A5.

- 16.3 Failure to meet the target time will not be grounds for redress under RRS 61.4(b)(1).

17. HEARING REQUESTS, ENQUIRIES AND PENALTIES

- 17.1 Hearing request forms are available on the Official Notice Board at ROMS:
<https://onb.ilca.roms.ar/ilca4youth2026/>
Hearing requests shall be delivered there within the appropriate time limit.
- 17.2 The protest time limit will be set by and posted on the official notice board by the International Jury and may be different for each fleet.
- 17.3 Notices will be posted within 30 minutes of the protest time limit for each fleet to inform competitors of hearings in which they are parties or named as witnesses.
- 17.4 Hearings will be held in the Hearing Room.
- 17.5 In RRS 61.2(b)(2) and 63.7(b) change 'On the last scheduled day of racing...' to 'On the last day of a series ...'.
- 17.6 To request correction of an alleged error in posted race or series results, a boat shall complete a Scoring Enquiry Form available on the official notice board.
- 17.7 A request for redress based on an incident identified in a scoring enquiry will meet the time limit if:
- 17.7.1 The scoring enquiry was submitted within the time limit specified in RRS 61.2; and
 - 17.7.2 The request for redress is delivered as soon as reasonably possible after being notified of the race committee's response to the scoring enquiry. The response will be notified through the online system.
- 17.8 A list of boats that have been penalized for breaking RRS 42 will be posted after racing each day.
- 17.9 **[NP]** Only the technical committee may protest a boat for an alleged breach of the class rules, rules of RRS Part 4 Section B or RRS Appendix G. This changes RRS 60.1.
- 17.10 If a boat is sailed without a centreboard stopper, or with no mast retention line attached (class rule 3(b) xi), a 30% Scoring Penalty calculated as stated in rule 44.3(c) without a hearing will be added to the boats score in the last completed race in which she was racing without a centreboard stopper or the retention line.
- 17.11 If a competitor sails with GPS enabled watch or any electronic equipment not specifically permitted (Class rule 22), or with a sail, top mast, or bottom mast has been changed prior to a race without the permission required by SI 5.6 the competitor will be disqualified without a hearing from the last completed race where the breach occurred.
- 17.12 **[DP]** Penalties for any other breach of class rules are at the discretion of the international jury and may be less than disqualification.
- 17.13 All hearing requests, inquiries or declarations that are required by the notice of race or sailing instructions to be in writing and delivered to the race office, may be submitted using the regatta online management system (ROMS) <https://onb.ilca.roms.ar/ilca4youth2026/>. In case of any technical issues, paper forms will be available at the Jury room (hearing requests) and Race Office (all other forms).

18. SCORING

- 18.1 A minimum of 4 (four) races are required to be completed to constitute the event.
- 18.2 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. If only one Final series race is completed it will not be excluded.

- 18.3 RRS A5.2 is changed so that those scores are based on:
- 18.3.1 In a Single fleet series, the number of boats assigned to compete, or
 - 18.3.2 In the Qualifying series, the number of boats assigned to the largest fleet, or
 - 18.3.3 In the Final series, the number of boats assigned to the fleet.
- 18.4 When a Qualifying/Final series is sailed:
- 18.4.1 The Qualifying series races and the Final series races will count for total points in the event.
 - 18.4.2 If no race in the Final series is completed, the overall ranking in the Qualifying series will be established and this shall count as the official result.
 - 18.4.3 Boats assigned to Gold fleet will be ranked higher in the event than competitors assigned to

Silver fleet and so forth.

- 18.5 U16 results will be determined by the series score in the overall competition and will be extracted from overall results without recalculation.
- 18.6 The scoring abbreviation for a penalty imposed under SI 15.1.1 and 17.10 will be SCP.

19. TITLES & PRIZES

- 19.1 Titles and prizes will be awarded according to the Notice of Race.

20. [DP] [NP] SAFETY

- 20.1 Rule 40.1 Personal Flotation Devices applies at all times afloat.
- 20.2 **[SP]** Check-out & Check-in:
- 20.2.1 When going out to race each competitor intending to race shall personally check-out against their name and/or sail number.
 - 20.2.2 On returning ashore, even after the display of AP/H, AP/A, N/H or N/A when no race has been completed after launching, each competitor shall personally check-in, against their name and/or sail number, as soon as reasonably possible.
 - 20.2.3 Check-out and Check-in shall be made via ROMS or at the Race Office.
 - 20.2.4 Failure to Check-Out will result in 1-point penalty for the next race completed even if no race is completed on the day of the infringement.
 - 20.2.5 Failure to Check-In will result in 1-point penalty for the last race completed even if no race is completed on the day of the infringement.
 - 20.2.6 Only one 1-point penalty for infringements of SI 20.2.4 and SI 20.2.5 will be applied by Race Committee without a hearing to any one race on the day. A competitor shall not be scored worse than a disqualified competitor. This changes RRS A5.
- 20.3 A competitor that retires from a race shall notify a race committee, safety or jury vessel as soon as reasonably possible and shall inform the race office immediately after returning to the shore.
- 20.4 Competitors not racing for any of the racing days shall inform the race office as soon as possible.
- 20.5 When the race committee displays flag V with repetitive sounds, all official and support vessels shall monitor the race committee VHF 72 channel for instructions and assist in search and rescue operations.
- 20.6 If a boat is abandoned, it will be marked with a hazard tape tied through the bow eye to signal that the competitor is safe.

21. OFFICIAL VESSELS

- 21.1 Official vessels will be marked as follows:

Vessel	Flag
Jury	Yellow flag with letters JURY
Race Committee	White flag with letter RACE COMMITTEE or the letters RC
Technical Committee	White flag with letters MEASURER
Press, Media	Yellow flag with letters PRESS
Official	White flag with letters OFFICIAL
Safety	Yellow flag with MARSHALL

- 21.2 Failure of an official vessel to fly an identifying flag shall not be grounds for redress by a boat. This changes RRS 61.1(a).
- 21.3 Actions by the official vessels, drones or helicopters shall not be grounds for redress by a boat. This changes RRS 61.1(a).

22. SUPPORT VESSELS

- 22.1 Support persons shall comply with the Support Vessel Regulations. See NOR Attachment 3.

23. TRASH DISPOSAL

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

24. DISCLAIMER OF LIABILITY

- 24.1 Competitors participate in the event entirely at their own risk. See RRS 3, Decision to Race. The organising authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.

ADDENDUM A – QUALIFYING & FINAL SERIES FORMATS

A1. INTRODUCTION

- 1.1 This addendum applies when boats are divided into fleets to sail a qualifying series and a final series.

A2. QUALIFYING SERIES

- 2.1 For the qualifying series boats will be assigned to fleets of, as near as possible, equal size and ability.
- 2.2 Initial assignments will be made by a seeding committee appointed by the organizing authority and will be posted by 2000 on the last day of registration.
- 2.3 In the qualifying series boats will be reassigned to fleets after each day of racing. If all fleets have completed the same number of races, boats will be reassigned based on their ranks in the series. If all fleets have not completed the same number of races the series scores for reassignment will be calculated for those races, numbered in order of completion, completed by all fleets.
- 2.4 Reassignments will be made as follows:

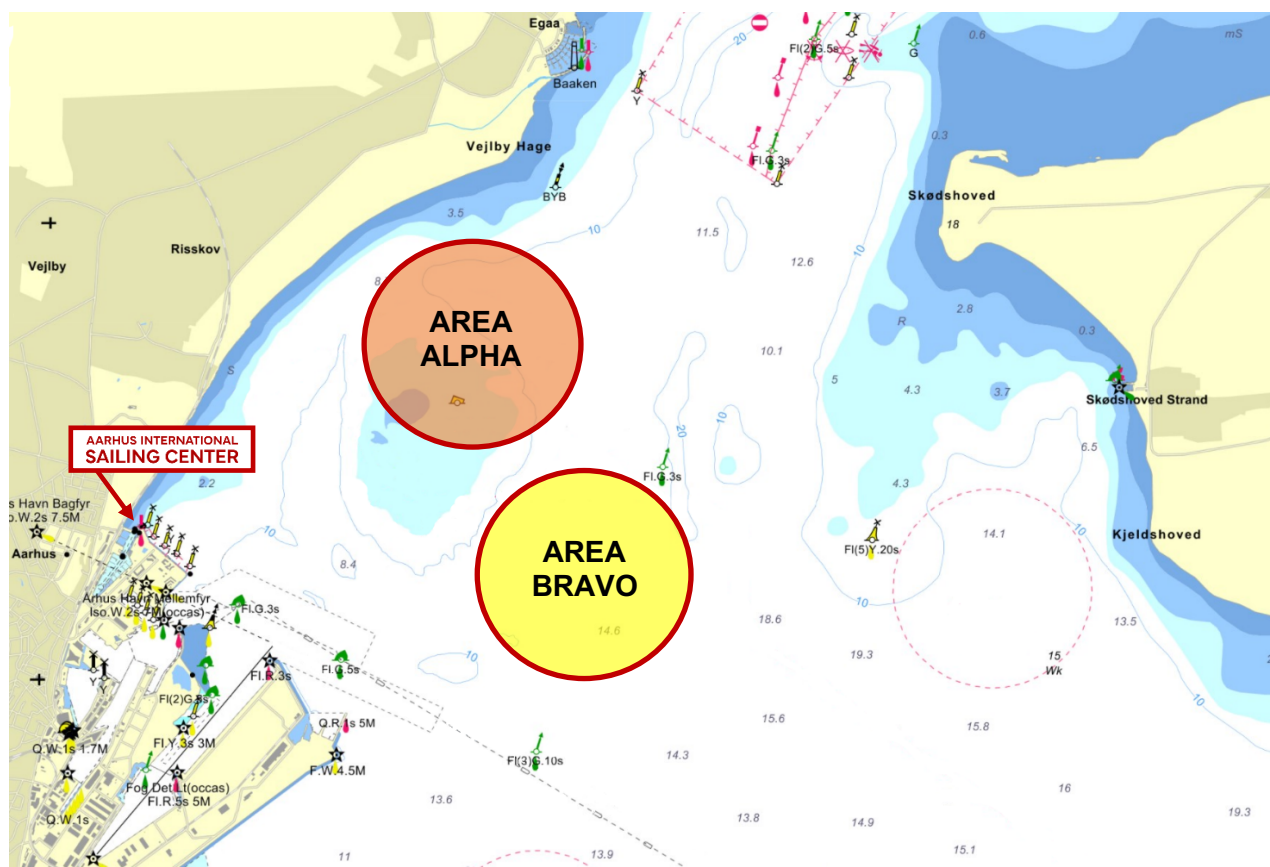
	2 fleets format	3 fleets format	4 fleets format
Rank in Series	Fleet Assignment	Fleet Assignment	Fleet Assignment
1 st	Yellow	Yellow	Yellow
2 nd	Blue	Blue	Blue
3 rd	Blue	Red	Red
4 th	Yellow	Red	Green
5 th	Yellow	Blue	Green
6 th	Blue	Yellow	Red
7 th	Blue	Yellow	Blue
8 th	Yellow	Blue	Yellow
9 th	Yellow	Red	Yellow
And so on			

- 2.5 Reassignments will be based on the ranking available at 2000 that day regardless of protests or requests for redress not yet decided.
- 2.6 If all fleets have not completed the same number of races by the end of a day, the fleets 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.
- 2.7 If four races have not been completed on the last scheduled day of the qualifying series, the qualifying series will continue until the end of the racing day in which a fourth qualifying race is completed.
- 2.8 If at the end of the qualifying series some qualifying series fleets have more race scores than others, any extra races will be abandoned & cancelled so that all boats in the qualifying series have the same number of race scores.

A3. FINAL SERIES

- 3.1 Boats will be assigned to final series fleets based on their ranks in the qualifying series.
- 3.2 There will be the same number of fleets in the final series as there were in the qualifying series.
- 3.3 The final series fleets will be, as nearly as possible, of equal size but so that the Silver fleet is not larger than the Gold fleet and the Bronze fleet (where it exists) is not larger than the Silver fleet and the Emerald fleet (where it exists) is not larger than the Bronze fleet. Boats with the best qualifying series ranks will race all final series races in the Gold fleet; boats with the next best qualifying series ranks will race in the Silver fleet; boats with the next best qualifying series ranks will race in the Bronze fleet (where it exists); and boats with the next best qualifying series ranks will race in the Emerald fleet (where it exists).
- 3.4 Any recalculation of qualifying series ranking after boats have been assigned to final series fleets will not affect the assignments except that a redress decision may promote a boat to a higher fleet.
- 3.5 Different final series fleets need not complete the same number of final races. Boats assigned to Gold fleet will be ranked higher in the event than competitors assigned to Silver fleet and so forth, except for a boat disqualified from a final series race under RRS 6, or 69.

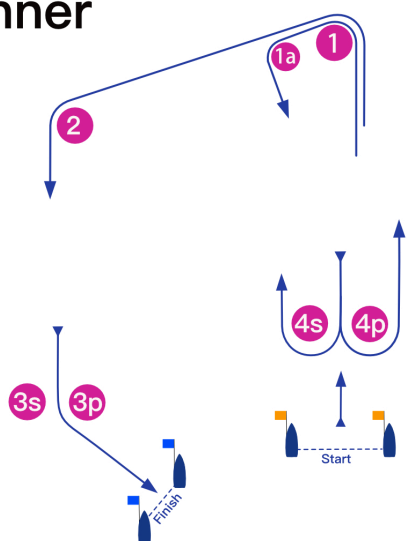
ADDENDUM B – CHART SHOWING RACING AREA



ADDENDUM C – COURSE DIAGRAMS

Fleet Racing

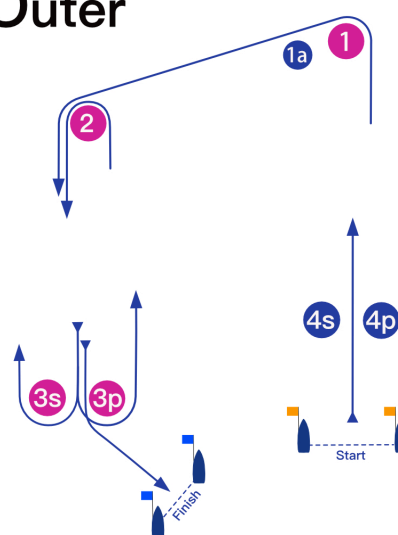
Inner



Course:

Signal	Mark Rounding Order
I2	Start - 1 - 1a - 4s/4p - 1 - 2 - 3s/3p - Finish

Outer



Course:

Signal	Mark Rounding Order
O2	Start - 1 - 2 - 3s/3p - 2 - 3s/3p - Finish