



SAILING INSTRUCTIONS

2023 ILCA 7 Masters World Championships

18–26 February 2023

Pattaya, THAILAND

*Organizing Authority: Royal Varuna Yacht Club (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 Appendix P, Special Procedures for Rule 42, will apply as amended in SI 16.
- 1.5 Appendix T, Arbitration, will apply.
- 1.6 In all rules governing this event:
 - 1.6.1 [NP] denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a).
 - 1.6.2 [DP] denotes a rule for which the penalty is at the discretion of the international jury.
 - 1.6.3 [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, 63.1 and A5.
- 1.7 Decisions of the international jury will be final as provided in RRS 70.5.
- 1.8 If there is a conflict between languages the English text will take precedence.

2. COMMUNICATIONS AND IMPORTANT LOCATIONS

- 2.1 Notices to competitors will be posted online on the official notice board (ONB).
- 2.2 The important locations:

	Location
Event website and Official Notice Board	https://2023ilca7masters.ilca-worlds.org/
Official Flagpole	By the Beach Bar
Race Office	Club House, 2 nd floor
Equipment Inspection	Main Tent next to main Clubhouse
Hearing Room	Club House, 2 nd 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.
- 2.4 For purposes of safety, support vessels shall monitor the race committee working channel (VHF 69) but shall not transmit on this channel except in the case of an emergency.

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.
- 3.2 The coloured bands will be issued at registration and if bands are lost or damaged spares will be available at the race office.
- 3.3 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. 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 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 upon payment of \$20 USD.
- 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 6 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.
- 6.2 **[DP] [NP]** A boat shall not leave the shore until flag D (with one sound signal) is displayed. The warning signal will be made not less than 60 minutes after flag D is displayed.

- 6.3 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP. This changes RRS Race Signals.

7. FORMAT OF RACING

- 7.1 The ILCA 7 Apprentice and ILCA 7 Master age categories will sail together as a single fleet.
7.2 The ILCA 7 Grand Master and Great Grand Master age categories will each sail as a single fleet.

8. SCHEDULE

- 8.1 Event Schedule:

Date	Event
Saturday, 18 February	0900-1200 & 1300-1800 Registration, Equipment Inspection
Sunday, 19 February	0900-1200 & 1300-1800 Registration, Equipment Inspection 1400 Practice Race Warning Signal 1800 Sailors & Coaches Meeting 1830 Opening Ceremony
Monday, 20 February	2 races back-to-back
Tuesday, 21 February	2 races back-to-back
Wednesday, 22 February	2 races back-to-back
Thursday, 23 February	Reserve day
Friday, 24 February	2 races back-to-back
Saturday, 25 February	2 races back-to-back
Sunday, 26 February	2 races back-to-back 1600 Last possible Warning Signal 1830 Prize Giving Ceremony

This changes NOR 8.1

- 8.2 The time of the first warning signal on racing days will be 1300.
8.3 12 races are scheduled over 6 days, with 2 races a day.
8.4 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.
8.5 On each day, succeeding races will be started as soon as practicable after the finish of the previous race.
8.6 On the last day of the championship, no warning signal will be made after 1600.

9. RACING AREAS

- 9.1 Addendum A shows the racing area. 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 B 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).

11. MARKS

- 11.1 Course marks 1, 1A, 2, 3s, 3p, 4s, 4p and 5 will all be inflatable buoys.
11.2 The colour and shape of the marks will be as follows:

Starting marks	Race committee vessels displaying orange flags
Course Marks 1, 2, 3S, 3P	Red Cylinders
Course Marks 4S, 4P	Black Cylinders
Course Mark 5	Orange Cylinder
Course Mark 1A	Pink Tear Drop
Finish Mark	Race committee vessel displaying a blue flag and a Pink Tear Drop
New Marks	Yellow Tetrahedron

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 and Fleet flags:

<i>Fleets</i>	<i>Fleet Flags</i>	<i>Start Sequence</i>	<i>Course</i>
ILCA 7 Great Grand Masters	Yellow ILCA flag	1 st Start	Outer
ILCA 7 Apprentices ILCA 7 Masters	Green ILCA flag	2 nd Start	Outer
ILCA 7 Grand Masters	Blue ILCA flag	3 rd Start	Inner

- 12.4 The starting line will be between the staffs displaying orange flags on the starting marks.
12.5 **[DP] [NP]** Boats whose warning signal has not been made shall avoid the starting area during start sequences for other fleets.
12.6 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.
12.7 Races will be started using either RRS 30.3 (U Flag Rule), or RRS 30.4 (Black Flag Rule).
12.8 RRS 30.4 (Black Flag Rule) is supplemented as follows:
12.8.1 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.
12.8.2 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, even if the race is resailed on a later date.

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 (as in SI 11). When new marks are already in use, the course may be further reset using the original marks.
13.2 Any action or no action by the race committee under this instruction will not be grounds for redress under RRS 62.1(a).

14. ABANDONING A RACE

14.1 Under RRS 32.1, the race committee may abandon the race because of a major wind shift or irregular winds or when the wind speed drops below 5 knots as measured by the race committee. Any action or no action by the race committee under this instruction will not be grounds for redress. This changes RRS 62.1(a).

15. THE FINISH

15.1 The finishing line will be between a staff displaying a blue flag on the race committee vessel at the starboard end and the course side of the finishing mark at the other end of the finish line, except when RRS 32.2 applies.

16. PENALTIES FOR BREACHES OF RRS 42

16.1 Appendix P will apply with the following changes:

16.1.1 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).

16.1.2 RRS P3 is replaced with “If a boat has been penalised for the first time under RRS P1.2 and the race is restarted or resailed the penalty is cancelled, but it is counted to determine the number of times she has been penalised during the event.

16.1.3 RRS P4 is replaced with “An action by the jury under RRS P1.2 shall not be grounds for a request for redress by a boat under RRS 60.1(b). 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”.

16.2 A boat that has either retired from or been disqualified in a race for a second or subsequent breach of RRS 42 shall not compete in that race if it is restarted or resailed. This changes RRS 36. For the purposes of this instruction a race is ‘restarted or resailed’ when it has the same race number as a previously abandoned or recalled race, even if the race is resailed on a later date. If she competes in that race, she shall be disqualified without a hearing and that score shall not be excluded (DNE) and the jury will consider calling a hearing under RRS 69.1(a).

Yellow Flag	Immediate penalty taken by boat	General Recall, postponement or abandonment	No action by boat	General Recall, postponement or abandonment
1 st flag	Two turns / 10% (SI 16.1.1)	Can restart	DSQ	Can restart
2 nd flag	Retire (RET)	Shall not restart	DNE	Shall not restart
3 rd + flags	Retire (DNE)	Shall not restart	DNE event	Shall not restart

17. TIME LIMITS AND TARGET TIMES

17.1 Time limits and target times in minutes are as follows:

Race Time Limit	Finish Window	Race Target Time
75	20	50

17.2 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.

17.3 Failure to meet the target time will not be grounds for redress under RRS 62.1(a).

18. HEARING REQUESTS, ENQUIRIES AND PENALTIES

- 18.1 Hearing request online forms are available on the event website. Protests and requests for redress or reopening shall be submitted online there within the appropriate time limit.
- 18.2 The protest time limit will be set by the international jury and posted on the official notice board. It may be different for each fleet.
- 18.3 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.
- 18.4 Hearings will be held in the Hearing Room.
- 18.5 In RRS 62.2(a) and 66.2(a) change 'On the last scheduled day of racing...' to 'On the last day of a series ...'.
- 18.6 To request correction of an alleged error in posted race or series results, a boat shall complete and submit an online scoring inquiry form available on the event website.
- 18.7 A list of boats that have been penalized for breaking RRS 42 will be posted after racing each day.
- 18.8 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(a), 60.2(a) and 60.3(a).
- 18.9 If a boat is sailed without a centreboard stopper, or with no mast retention line attached (class rule 3(b) xi), a scoring penalty of 30% of the score for did not finish rounded to a whole number (rounding 0.5 upward) will, without a hearing, be added to the boats score in the last completed race in which she was racing without a centreboard stopper or the retention line. However, she shall not be scored worse than DNF. This changes RRS 63.1 and RRS A5.
- 18.10 If a sail, top mast, or bottom mast has been changed prior to a race without the permission required by SI 5.5 the competitor will be disqualified without a hearing from the last completed race when the change was used. This changes RRS 63.1 and RRS A5.
- 18.11 Penalties for any other breach of class rules are at the discretion of the international jury and may be less than disqualification.
- 18.12 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 online system.

19. SCORING

- 19.1 A minimum of 4 (four) races are required to be completed to constitute the championship.
- 19.2 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

- 19.3 Where competitors in several age categories start together the age category results will be extracted and calculated separately.
- 19.4 The scoring abbreviation for a penalty imposed under SI 18.9 will be SCP.

20. TITLES & PRIZES

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

21. [DP] [NP] SAFETY

- 21.1 Rule 40.1 Personal Flotation Devices applies at all times afloat.

- 21.2 **[SP]** Check-out & Check-in, if applied by organizing authority:
- 21.2.1 When going out to race each competitor intending to race shall personally check-out against their name and/or sail number.
 - 21.2.2 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.
 - 21.2.3 Check-out and Check-in will be next to the general announcement board on the veranda.
 - 21.2.4 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.
 - 21.2.5 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.
 - 21.2.6 Only one 1-point penalty for infringements of SI 21.2.4 and SI 21.2.5 will be applied by the 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 63.1 and A5.
- 21.3 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.
- 21.4 Competitors not racing for any of the racing days shall inform the race office as soon as possible.
- 21.5 When the race committee displays flag V with repetitive sounds, all official and support vessels shall monitor the race committee VHF 69 channel for instructions and assist in search and rescue operations.
- 21.6 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.

22. OFFICIAL VESSELS

- 22.1 Official vessels will be marked as follows:

Vessel	Flag
Jury	Black flag with J in white
Race Committee	Yellow flag with RC logo
Technical Committee	White flag with M in black
Press, Media	Green flag with PRESS in black
Medical Boat	White flag with red cross
Security	Yellow flag with black number

- 22.2 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).
- 22.3 Actions by the official vessels or helicopters shall not be grounds for redress by a boat. This changes RRS 62.1(a).

23. SUPPORT VESSELS

- 23.1 Support persons shall comply with the Support Vessel Regulations. See Addendum C.
- 23.2 Coaches and support persons shall pay a fee of \$100 USD upon registration.
- 23.3 There will be a coach meeting at the veranda 2.5 hours before the first scheduled warning signal of the first race each day.
- 23.4 **[NP] [DP]** On racing days, boats shall not be towed unless the race committee displays flag T or with the verbal permission of the race committee. When under tow, boats shall not exceed 6 knots of speed.

24. TRASH DISPOSAL

24.1 Trash may be placed aboard support or official vessels.

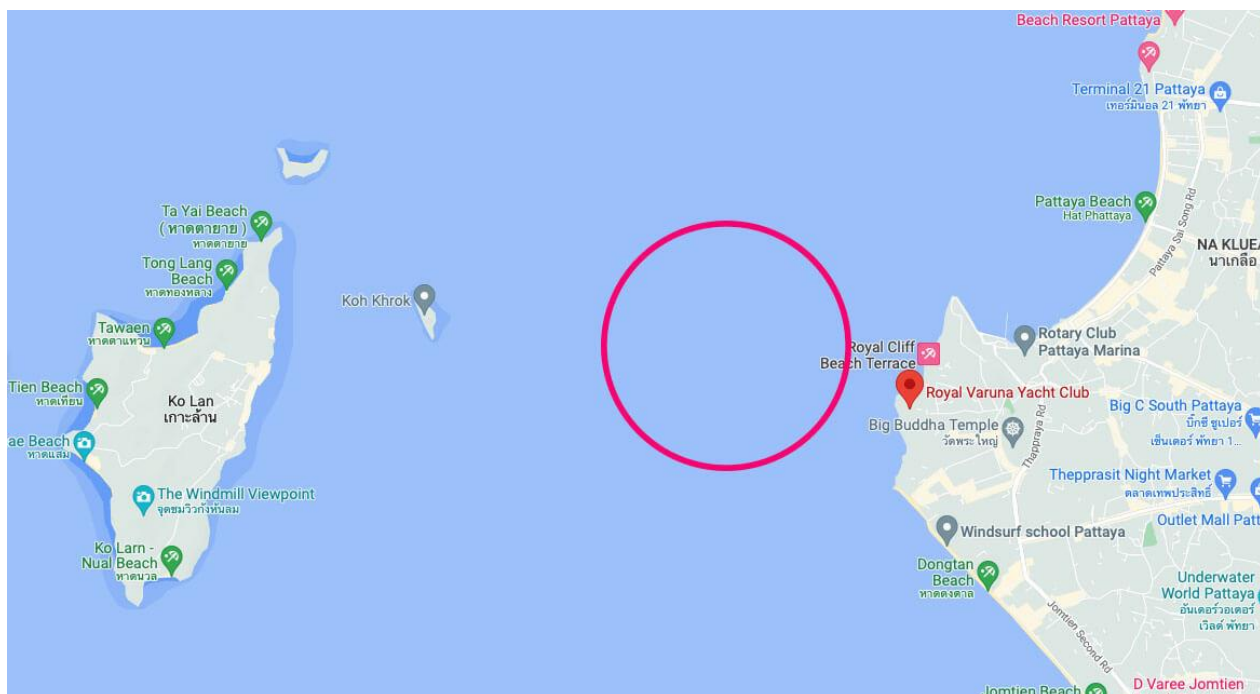
25. DISCLAIMER OF LIABILITY

25.1 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.

26. [DP] COVID STATEMENT

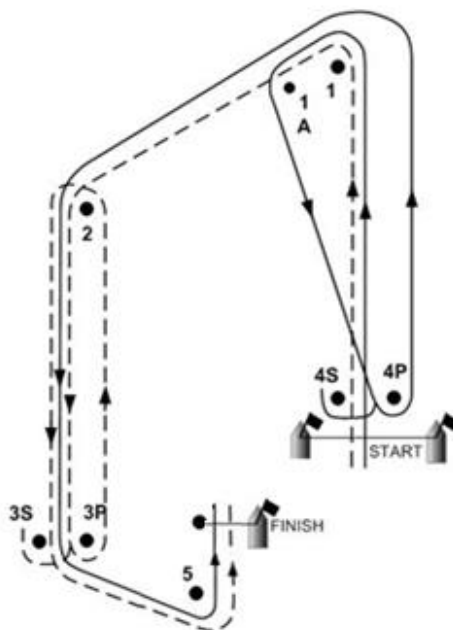
26.1 By participating in the event, each competitor agrees and acknowledges that they are responsible for complying with any regulations in force from time to time in respect of COVID-19 and for complying with the COVID-19 procedures of the organizing authority published on the official notice board.

ADDENDUM A – CHART SHOWING RACING AREA



ADDENDUM B – COURSE DIAGRAMS

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



ADDENDUM C – SUPPORT VESSEL REGULATIONS

C1. GENERAL

- 1.1 This Support Vessel Regulations (SVR) shall apply from first day of registration until the end of prize giving ceremony.
- 1.2 For the purposes of these regulations, a support vessel includes any vessel that is under the control or direction of a person who is or may provide physical or advisory support to an athlete, including the gathering of data that may be used at a later time.
- 1.3 The organizing authority may inspect vessels at any time to ensure that they comply with these regulations, and the person responsible for the vessel shall facilitate such inspection.
- 1.4 The organizing authority may change these regulations at any time. Any changes will be posted on the official notice board.
- 1.5 Support vessels and designated drivers shall be registered at the race office either before leaving the venue by water for the first time or by 18:00 on the day before the first race of a competitor that it is supporting, whichever is earlier.
- 1.6 Each support vessel driver shall confirm registration of their vessels and submit the names and sail numbers of the boats they are supporting at the race office before the end of registration.
- 1.7 Each vessel shall be insured with valid third-party liability insurance with a minimum coverage of \$1,500,000 USD (or equivalent) per incident.
- 1.8 Only the registered person may be a designated driver.
- 1.9 The person registering the support vessel shall sign to confirm that:
 - 1.9.1 he / she holds a valid insurance certificate showing proof of third-party liability coverage as required by SVR 1.7;
 - 1.9.2 the designated driver has a motorboat driving license recognized by a national authority appropriate to that vessel;
- 1.10 Support vessels shall be marked as follows:
 - 1.10.1 The three-letter NOC code shall be clearly displayed on both sides of the vessel in strongly contrasting colours at all times while afloat;
 - 1.10.2 The minimum height for the letters shall be 200mm. The letters will not be provided by the organizing authority;
 - 1.10.3 A Support Vessel Numbered Flag, if supplied by the organising authority, shall also be clearly displayed on the support vessel.

C2. SAILING VENUE

- 2.1. Only support vessels that are registered will be allowed into the sailing venue.
- 2.2. When not in use, support vessels shall be appropriately berthed at the sailing venue in the allocated areas for support vessels for the entire time that these SVR apply.

C3. SAFETY

- 3.1. Support vessels shall carry on board:
 - 3.1.1. Life jackets / buoyancy aid for all passengers and the driver;
 - 3.1.2. First-aid kit;
 - 3.1.3. VHF radio;
 - 3.1.4. Device for making a sound signal;
 - 3.1.5. Compass;

- 3.1.6. Adequate anchor and tackle for conditions and depth;
- 3.1.7. Tow rope (minimum 15m long and 10mm thick);
- 3.1.8. Operational engine kill cord (also known as a safety lanyard or automatic engine immobilizer);
- 3.1.9. Knife.
- 3.2. The kill cord and Life jacket shall be used at all times when the engine is running.
- 3.3. Support persons are responsible for overseeing the safety of their support vessels on the water, including knowledge of who is afloat and ensuring their safe return to the venue.
- 3.4. At all times, the registered driver(s) of a support vessel shall comply with directions given by a race official. In particular, this includes assisting in rescue operations when requested to do so.

C4. GENERAL RESTRICTIONS

- 4.1. The registered driver(s) of a support vessel will be responsible for the control of the vessel at all times and will be held responsible for any inappropriate behaviour, dangerous actions or improper practices, or actions affecting the fairness or safety of competition.
- 4.2. Support vessels 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.
- 4.3. Support vessels should take particular care to minimize their wash when transiting the course areas.

C5. SUPPORT VESSEL ZONE

- 5.1. Support vessels shall not be positioned:
 - 5.1.1. Closer than 100 meters of any boat racing;
 - 5.1.2. Within 100 meters of the starting line and marks from the time of the preparatory signal until all boats have left the starting area, or the race committee signals a postponement or abandonment;
 - 5.1.3. Between any boat racing and the next mark of the course;
 - 5.1.4. Between the inner loop and outer loop trapezoid courses when boats are racing on both courses;
 - 5.1.5. Within 100 meters of any mark of the course while boats are in the vicinity of that mark;
 - 5.1.6. Within 100 meters of the finishing line and marks while boats are finishing.
 - 5.1.7. When any boat is racing from mark 5 to the finish, coach/ support boats shall stay out the area from 100 meters below mark 5 to 100 meters above the finish line.
 - 5.1.8. When boats are finishing coach/support boats shall stay more than 100 meters outside and to windward of the starboard end of the finish line until all boats in all fleets have finished.
 - 5.1.9. In addition, support vessels that are motoring above 5 knots shall remain at least 150 meters from any boat racing.