

# SAILING INSTRUCTIONS

## 2026 ILCA 7 Masters World Championships

8-16 June 2026

**Kalamaki, Athens, GREECE**

Organizing Authority: Nautical Club of Kalamaki (Host) and  
the International Laser Class Association (ILCA)

### Change Log

Amendment 1, June 10<sup>th</sup>, 2026: SI 6.2, 6.3.

## 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(a).
  - 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://2026ilca7masters.ilca-worlds.org>.
- 2.2 The important locations:

	Location
Official Notice Board	<a href="https://onb.ilca.roms.ar/ilca6masters2026/">https://onb.ilca.roms.ar/ilca6masters2026/</a>
Official Flagpole	North to boat park
Race Office	Nautical Club of Kalamaki
Equipment Inspection	Nautical Club of Kalamaki under the tent
Hearing Room	Nautical Club of Kalamaki

- 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

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- 3.1 While racing in split fleets, each boat shall display a coloured band corresponding to the fleet to which she has been assigned (See SI 12.3). The band shall be placed on the bottom mast between the boom vang fitting and the boom.

### 4. CHANGES TO SAILING INSTRUCTIONS

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- 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

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- 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 EUR 20.
- 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

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- 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 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

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- 7.1 The event consists of a single series for each age category.
- 7.2 The entries will be split into the starting groups based on the age categories as follows:
- 7.2.1 The ILCA 7 Apprentice and ILCA 7 Master age categories will sail together as one starting group.

7.2.2 The ILCA 7 Grand Master age category will sail in their own starting group.

7.2.3 The ILCA 7 Great Grand Master and ILCA 7 Legend age categories will sail together as one starting group.

7.3 12 races are scheduled, with 2 races a day.

## 8. SCHEDULE

8.1 Event Schedule:

Date	Event
8 June	1500-1800 Registration, Equipment Inspection
9 June	0930-1200 Registration, Equipment Inspection 1400 Practice Race Warning Signal 1700 Skipper's & Coaches Meeting 1830 Opening Ceremony
10 June	2 races back-to-back
11 June	2 races back-to-back
12 June	2 races back-to-back
13 June	Reserve/Rest Day
14 June	2 races back-to-back
15 June	2 races back-to-back
16 June	2 races back-to-back 1600 Last possible Warning Signal 1930 Prize Giving Ceremony

This replaces NOR 9.1

8.2 The time of the first warning signal on the racing days will be 1200.

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.

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 will be as follows:

Marks	Description
Starting Marks	Race committee vessels displaying orange flags
Course Marks 1, 2, 3S, 3P, 4S, 4P	Yellow inflatable buoys
Course Mark 1A	Yellow inflatable buoy
Finish Mark	Race committee vessel displaying a blue flag and yellow stick buoy
New Marks	Orange inflatable buoy



## 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:

Fleets	Fleet Flags	Sleeve Colour	Start Sequence	Course
ILCA 7 Legends	White ILCA flag	White	1 <sup>st</sup> Start	Outer
ILCA 7 Great Grand Masters	Yellow ILCA flag	Yellow		
ILCA 7 Grand Masters	Blue ILCA flag	Blue	2 <sup>nd</sup> Start	Outer
ILCA 7 Masters	Red ILCA flag	Red	3 <sup>rd</sup> Start	Inner
ILCA 7 Apprentices	Green ILCA flag	Green		

- 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. 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 vessel at the Port end and the course side of the finishing mark at the other end of the finish line, except when RRS 32.2 applies.

## 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

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- 17.1 Hearing request forms are available on the Official Notice Board at ROMS:  
<https://onb.ilca.roms.ar/ilca7masters2026/>  
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 Request for redress, based on an alleged improper action or improper omission by the RC in scoring a boat UFD or BFD, without submitting the Scoring Inquiry first, will be considered invalid. This changes RRS 61.2.
- 17.8 A request for redress based on an incident identified in a scoring enquiry will meet the time limit if:
  - 17.8.1 The scoring enquiry was submitted within the time limit specified in RRS 61.2(b); and
  - 17.8.2 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.
- 17.9 A list of boats that have been penalized for breaking RRS 42 will be posted after racing each day.
- 17.10 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.
- 17.11 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.
- 17.12 If a competitor sails with GPS enabled watch or any electronic equipment not specifically allowed (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.
- 17.13 **[DP]** Penalties for any other breach of class rules are at the discretion of the international jury and may be less than disqualification.
- 17.14 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/ilca7masters2026/>. 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 is required to be completed to constitute the championship.

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

18.3 Where competitors in several age categories start together the age category results will be extracted and calculated separately.

18.4 The scoring abbreviation for a penalty imposed under SI 15.1.1 and 17.11 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 Competitors not racing for any of the racing days shall inform the race office as soon as possible.

20.3 When the race committee displays flag V with repetitive sounds, all official and support vessels shall monitor the race committee channel stated in SI 2.4, for instructions and assist in search and rescue operations.

20.4 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	White flag with black letters JURY
Race Committee	Yellow flag with black letters RC
Technical Committee	Blue flag with black letters M
Press, Media	Orange flag with letters PRESS
Coaches	Green flag with yellow number
Safety	Red flag with white letters SAFETY

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.

22.2 Coaches and support persons shall pay a registration fee of €100 EUR upon registration.

22.3 There will be a skippers & coaches meeting at the tent 2 hours before the first scheduled warning signal of the first race each day.

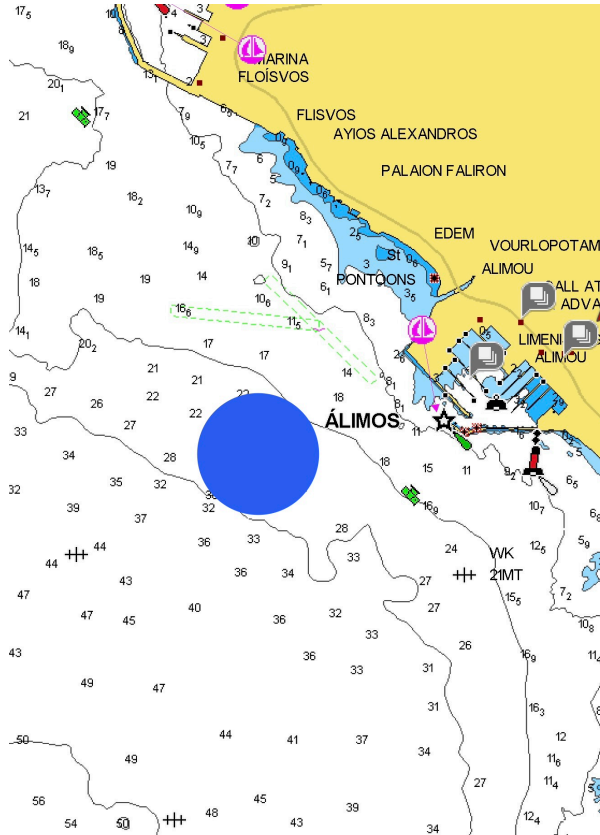
## 23. TRASH DISPOSAL

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.

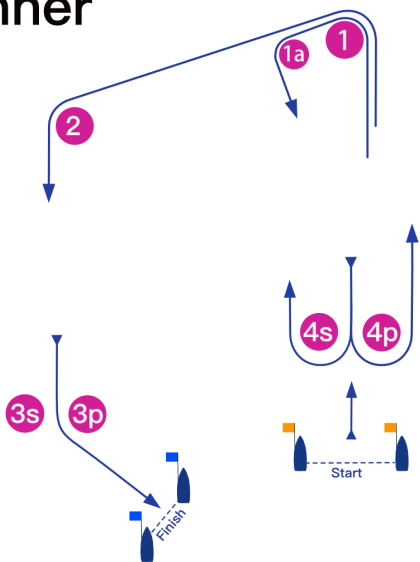
## ADDENDUM A – CHART SHOWING RACING AREA



## ADDENDUM B – COURSE DIAGRAMS

A trapezoid course will be used with inner and outer loops. The target time for the first boat in each race will be 50 minutes. This replaces NOR 14.1.

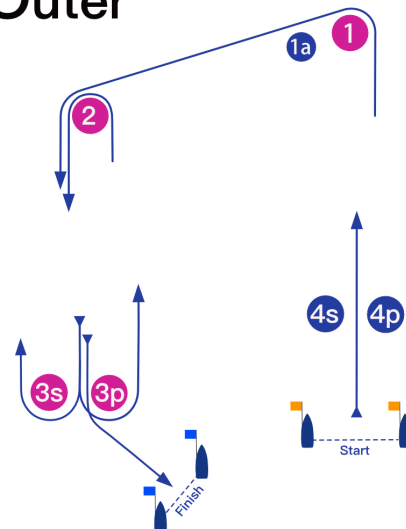
### Inner



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