

SAILING INSTRUCTIONS

CO-ORDINATING AUTHORITY

EurILCA: European Region of ILCA

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Preamble:

EurILCA reminds us that sporting events are above all a space for exchanges and sharing open and accessible to all. As such, competitors and support persons are asked to behave in all circumstances, on land and on the water, in a courteous and respectful manner regardless of origin, gender or sexual orientation. from other participants.

1. RULES

- 1.1. The regatta will be governed by the *rules* as defined in the Racing Rules of Sailing.
- 1.2. The ILCA class rule 7(a) is restricted as follows: Only one person shall be on board whilst racing. The person shall be named on the entry form.
- 1.3. Competitors and support persons shall comply with any reasonable request from an event official.
- 1.4. If there is a conflict between languages the English text will take preference.
- 1.5. Races will be started with no less than 5 knots wind
- 1.6. Appendix P will apply. See SI 15.1
- 1.7. Appendix T will apply
- 1.8. In all rules governing this event:
 - 1.8.1. [NP] denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a).
 - 1.8.2. [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, 63.1 and A5.

2. NOTICES TO COMPETITORS

- 2.1. Notices to competitors will be posted on the official notice board (ONB) online at <https://www.upwind24.pl/regatta/europa-cup-poland-2025/notice-board>
- 2.2. The unofficial communication channel will be WhatsApp group: <https://chat.whatsapp.com/ES0zPlcyVRU7B7GeVNZ6NL>
- 2.3. Coaches' meeting will be held the first day of racing at 10:00 in front of the Race Office. Second and third day will be held 90 minutes before scheduled warning signal for the first race of the day.

3. CHANGES IN SAILING INSTRUCTIONS

- 3.1. Any changes to the Sailing Instructions will be posted before 09:00 on the day it will take effect.
- 3.2. The scheduled time of the races for each day shall be specified in a notice posted by 20:00 on the day before it will take effect.
- 3.3. Any reassignment of events or fleets to course areas will be posted before 09:00 on the day it will take effect, or if flag AP is displayed ashore, 30 minutes before flag AP for that class or fleet is removed.

4. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed at the official flagpole located on main square of Marina Puck.
- 4.2. **[DP][NP]** Flag D displayed with one sound means “The warning signal will be made not less than 45 minutes after flag D is displayed” No boat shall leave her berthing area until this signal is made.
- 4.3. 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.

5. BOATS AND EQUIPMENT

- 5.1. In the event of damage, boats and equipment may only be substituted with the written permission of the technical committee.
- 5.2. **[DP][NP]** If the damage occurs later than 90 minutes 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 any committee. The written permission of the technical committee shall be applied for before the end of Protest Time at the end of the day in which the substitution takes place.
- 5.3. **[SP][NP]** When ashore, boats have to be parked in the areas designated in the OA’s notice on the ONB.

6. FORMAT OF RACING

The event consists of a single series. However, the event may be split into fleets, and the single series be divided into a qualifying series and a final series in accordance with the Qualifying and Final Series Formats (see SI Addendum A).

7. SCHEDULE OF RACES

Event schedule:

Day	Time	Description
30.05	12:00	First warning signal (3 races)
31.05	11:00	First warning signal (3 races)
01.06	10:30	First warning signal (3 races – finals)
01.06	15:00	Later no more warning signals will be made

This changes NoR 6.1

8. CLASS FLAGS

- ILCA 7:** Fleet Class flag (white flag with ILCA logo)
- ILCA 6 Yellow/Gold:** Fleet Class flag (yellow flag with ILCA logo)
- ILCA 6 Blue/Silver:** Fleet Class flag (blue flag with ILCA logo)
- ILCA 4 Yellow/Gold:** Fleet Class flag (red flag with ILCA logo)
- ILCA 4 Blue/Silver:** Fleet Class flag (green flag with ILCA logo)

9. RACING AREAS

- 9.1. Addendum B shows the location of racing area.

10. THE COURSES

- 10.1. The SI Addendum C shows the courses, including 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 for each fleet, the race committee will display course signal.
- 10.3. No later than the warning signal, the race committee signal boat will display the approximate compass bearing of the first leg.
- 10.4. The course may be shortened to finish at any mark provided that 3 or more legs will have been sailed
- 10.5. When one gate mark is missing, the remaining mark shall be rounded to port.

11. MARKS

- 11.1. Course marks 1, 2, 3s, 3p, 4s, 4p will be inflatable yellow pyramids.
- 11.2. Course mark 1a will be inflatable yellow cylinder.
- 11.3. The starting marks will be race committee vessels displaying orange flags.
- 11.4. The finishing marks will be a race committee vessel and yellow cylinder.
- 11.5. New marks will be inflatable red pyramids.

12. START

- 12.1. The starting line will be between two staffs displaying an orange flag on the starting marks
- 12.2. **[DP] [NP]** Boats whose warning signal has not been made shall sail at least 50 meters away from and to leeward of the starting line during the starting sequence for other races.
- 12.3. A boat starting later than 4 minutes after her starting signal will be scored DNS without a hearing. This changes RRS A4 and A5.
- 12.4. To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.
- 12.5. **Starting under Black Flag Rule**
RRS 30.4 is supplemented as follows: sail numbers will be displayed for at least 3 minutes. A long sound signal will be made when the numbers are initially displayed.

13. CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1. To change the next leg of the course race committee will:
 - (a) lay a new mark (described in SI 11.5),
 - (b) move the finishing line, or
 - (c) move the leeward gate.

14. FINISH

The finish 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 starboard end of the finish line.

15. TIME LIMITS AND TARGET TIMES

- 15.1. The length of the course will be set for a target time of 50 minutes. Failure to meet the target time will not be grounds for redress. This changes RRS 61.1(a).
- 15.2. Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored DNF without a hearing. This changes RRS 35, A4 and A5.

16. PENALTY SYSTEM

16.1. Appendix P will apply with the following changes:

- 16.1.1. If a first penalty is after a boat has crossed the finish line, the penalty will be a 10% Scoring Penalty without a hearing calculated as stated in RRS 44.3(c) but not more than a DSQ.
- 16.1.2. 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 61.1(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. Measurement Penalties

- 16.2.1. **[NP]** Measurement protests will only be accepted from the technical committee.
- 16.2.2. **[SP]** 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 A5.
- 16.2.3. **[SP]** If a sail, top mast, or bottom mast has been changed prior to a race without the permission required by SI 5.2 the sailor will be disqualified without a hearing from the last completed race when the change was used..

16.2.4. For any other measurement protest, the jury may apply an alternative penalty to disqualification.

16.3. Scoring and arbitration penalties

16.3.1. The scoring abbreviation for post-race penalty is ARB.

16.3.2. The calculation of a scoring penalty in a split fleet will be based on the number of competitors in the largest group.

17. HEARING REQUESTS

17.1. The Jury office is located at Marina Puck main building. The official jury notice board is located at <https://www.upwind24.pl/regatta/europa-cup-poland-2025/jury>

17.2. Protests shall be delivered by online system on <https://www.upwind24.pl/regatta/europa-cup-poland-2025/jury>

17.3. The protest time limit will daily be decided by the protest committee and posted on the official notice board and may be different for each fleet.

17.4. Notices will be posted on official jury notice board no later than 15 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Protest hearings will be held in the Jury office.

17.5. A list of boats that have been penalized under Appendix P will be posted on the official notice board.

17.6. A list of breaches and the associated standard penalties will be posted on the Official Notice Board. However, the race committee / technical committee may protest a boat when they consider the standard penalty to be inappropriate. This changes RRS A5.

18. [DP] EQUIPMENTS AND MEASUREMENT CHECKS

A boat and equipment may be inspected at any time for compliance with the class rules, as wet clothing rules at the discretion of the technical committee, race committee or protest committee.

19. [DP] [NP] SAFETY REGULATIONS

19.1. Competitors shall wear personal flotation devices at all times when afloat, except briefly while changing or adjusting clothing or personal equipment.

19.2. Competitors who require assistance from rescue boats should wave one arm with hand open. If no assistance is required, the arm should be waved with fist closed.

19.3. If considered necessary, a competitor may be ordered by a race organisation boat to abandon his or her boat and board a rescue vessel.

19.4. A boat that retires from a race shall notify the race committee as soon as possible.

19.5. When the race committee displays flag V with repetitive sounds, all official and support vessels shall monitor the race committee VHF channel 72 for instructions and assist in search and rescue operations.

19.6. Competitors not racing for any of the racing days shall inform the race office as soon as possible.

20. SCORING

20.1. When less than 4 races have been completed, a boat's regatta score will be the total of her race scores.

20.2. When 4 or more races have been completed, a boat's regatta score will be the total of her race scores excluding her worst score.

20.3. To request correction of an alleged error in the posted races or series results, a boat shall complete and deliver to race office a scoring enquiry form.

21. OFFICIAL VESSELS

21.1. Official vessels will be marked as follows:

Vessel

Protest Committee

Race Committee

Technical Committee

Press, Media

Flag

White flag with black letters JURY

White flag with black letter with letter A or B

White flag with black letters TC

White flag with black letters MEDIA

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- 21.2.** Failure of an official vessel to fly an identifying flag shall not be grounds for redress by a boat. This changes RRS 61.4(b).
- 21.3.** Actions by the official boats shall not be grounds for redress by a boat. This changes RRS 61.4(b).

22. [DP] ACCREDITED TEAM AND SUPPORT PERSONS/ VESSELS

- 22.1.** Accredited vessels are the vessels having filled the accreditation form. They are the only vessels authorized to go afloat and approach sailing area and sailors. Team and support vessels shall, at all times when afloat, be clearly identified by the country name, national letters or national flag of the team they represent.
- 22.2.** Each support vessel shall carry at least three hazard warning tapes for the purposes of marking abandoned boat. The tape is available from the race office.
- 22.3.** Each support vessel is required to carry a VHF radio capable of transmitting and receiving all international ship-to-ship channels.
- 22.4.** VHF Channel 72 will be used as communication channel between Race Committee and coaches/ team leaders on the water.
- 22.5.** Support vessel movement
Except when participating in rescue operations support vessel shall stay outside the racing area during a race, that is from the time of the first warning signal until all boats have finished or the race committee signals a postponement or abandonment of all fleets without the intention to start a next race soon (orange down).
- 22.6.** Support vessel drivers and crews shall wear a personal flotation device or other adequate personal buoyancy securely fastened at all times when afloat except briefly while changing or adjusting clothing or personal equipment. Wet suits and dry suits do not constitute adequate personal buoyancy. When the support vessel engine is running Support vessel drivers shall be connected to a device that will stop the engine if the boat driver falls out the boat or is otherwise not in control of the boat
- 22.7.** 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 regulations apply.
- 22.8.** Support vessels shall comply with local harbour and marina regulations, including speed limits.
- 22.9. Accomplishments**
If an accredited vessel does not comply with this instruction, or its crew has an incorrect behaviour, the accreditation may be suspended, cancelled, and/ or no more issued in next Europa Cup of the series. That decision may be made by the Jury with the EurILCA Representative.

23. INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover per event as stated in the NOR.

24. LIABILITY

The host sailing club, the National Authority and EurILCA, their officers, members and volunteers do not accept liability for loss of life or property, personal injury or damage caused by or arising out of the EurILCA Europa Cup Regattas and competitors take part in the Regattas entirely at their own risk. The establishment of the Notice of Race and the Sailing Instructions in no way limits or reduces the complete and unlimited responsibilities of a competitor being solely and entirely responsible for the management of a boat he or she is sailing. A competitor must be of good health and a competent sailor capable of sailing an ILCA dinghy in strong winds. It is the responsibility of each sailor to decide to participate in a race or to continue racing.

25. RIGHTS TO USE NAME AND LIKENESS

By participating in this event, competitors automatically grant to the organizing authority, the Media services providers and the event sponsors the right, in perpetuity, to make, use, and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without

compensation for the purpose of news reporting, regatta documentary, advertising to promote the regatta, the national or the international class association or sailing, and advertising where the above pictures/video recordings/etc. are shown in the context of sailors/participants competing in Europa Cup Regattas.

ADDENDUM A – QUALIFYING & FINAL SERIES FORMATS

1. COMPETITION FORMAT

- 1.1.** Where a fleet is bigger than 80 boats, (or close to 80 at discretion of the Race Committee) it can be split into groups.
- 1.2.** The organising authority will divide the boats in the split fleet(s) into groups of, as nearly as possible, equal size.
- 1.2.a.** When in a fleet there is a presence of at least 40 girls or ladies' group can be constituted,
- 1.2.b.** Each appropriate Fleet will be split into 2 groups called Yellow and Blue or in 3 groups called Yellow, Blue and Red; or in 4 groups with the Green group.
- 1.2.c.** Boats will be possibly reassigned to groups each day after racing based on the overall available results. Reassignments will be made as follows:

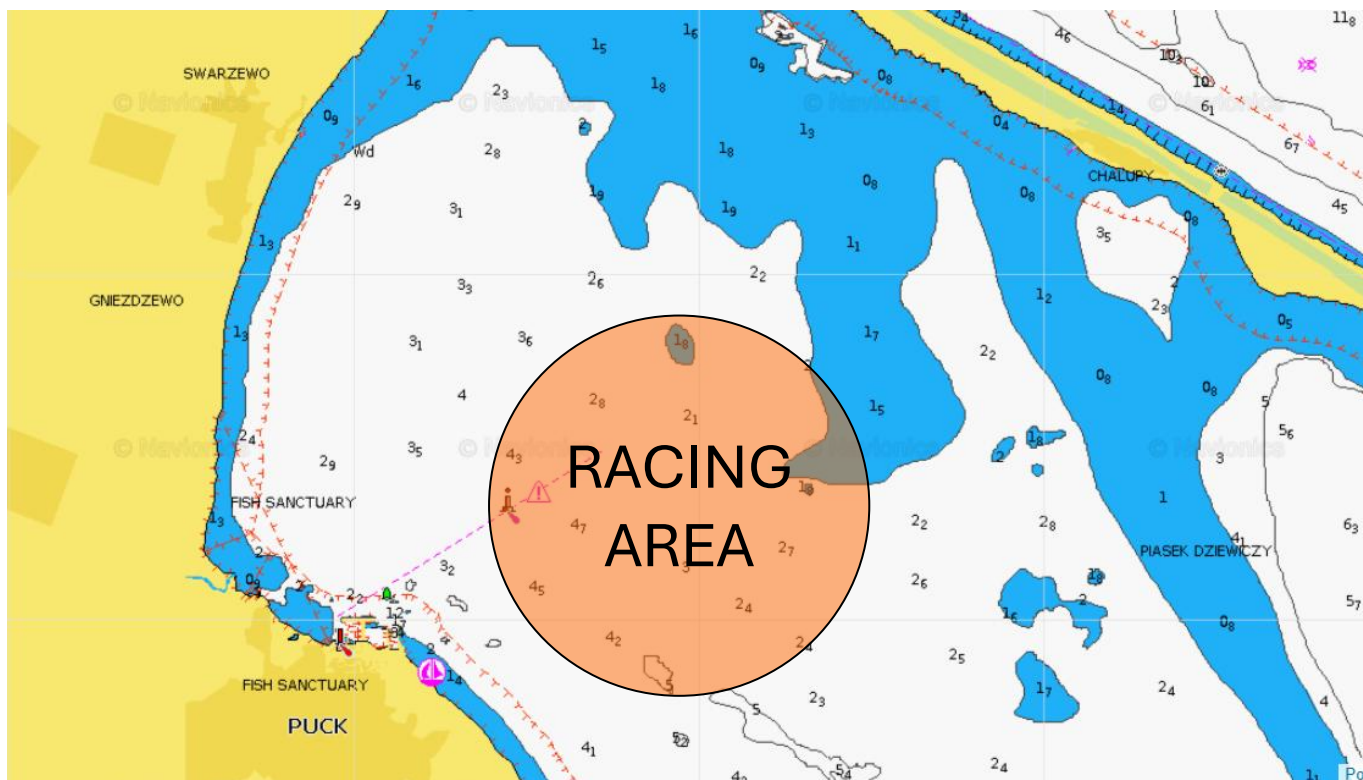
	2 fleet format	3 fleets format
Rank in Series	Fleet Assignment	Fleet Assignment
1 st	1	1
2 nd	2	2
3 rd	2	3
4 th	1	3
5 th	1	2
6 th	2	1
7 th	2	1
8 th	1	2
9 th	1	3
And so on		

- 1.3.** The notice of groups will be posted on the official notice board as soon as possible before the first race of the day. The starting signal will be made no earlier than 60 minutes after the time of the posted notice.
- 1.4.** If all groups of a split fleet have not completed the same number of races by the end of a day, the groups with fewer races will continue racing the following day until all groups have completed the same number of races.
- 1.5.** If at the end of the regatta some groups of a split fleet have more race scores than others, scores for the most recent race(s) will be excluded so that all groups of that fleet have the same number of race scores. That S.I. will be applied also at the last day to define the groups for finals, see next S.I.
- 1.6.** When at least 4 races were sailed for all groups, the following days the fleet will be divided in Gold and Silver fleets (and bronze and emerald if in case) and raced in "finals" format. See NOR 7.3. Different final-series groups need not have completed the same number of races.

2. GROUPS IDENTIFICATION

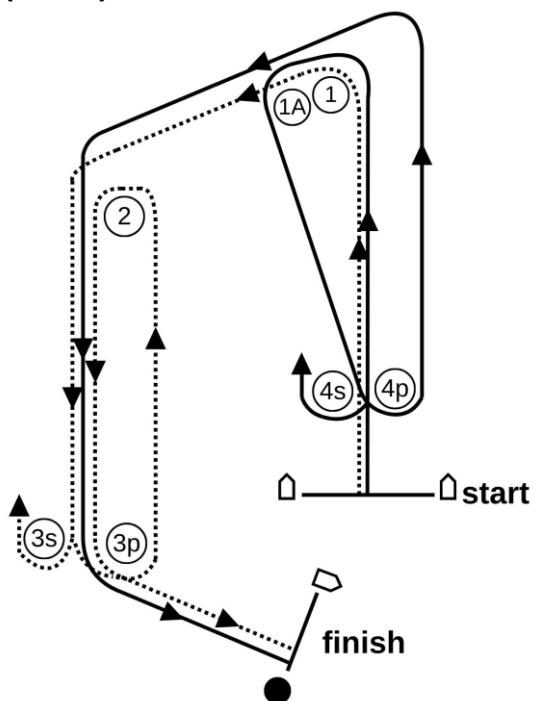
- 2.1.** If a fleet is split into groups, each competitor in that fleet will be issued with a coloured band corresponding to the allocated group. The band shall be placed around the lower mast between the gooseneck and boom vang fitting.
- 2.2.** In case of finals both flags and coloured bands / Flag will be as per gold=yellow; silver=blue; and bronze=red; emerald=green.

ADDENDUM B – CHART SHOWING RACING AREAS



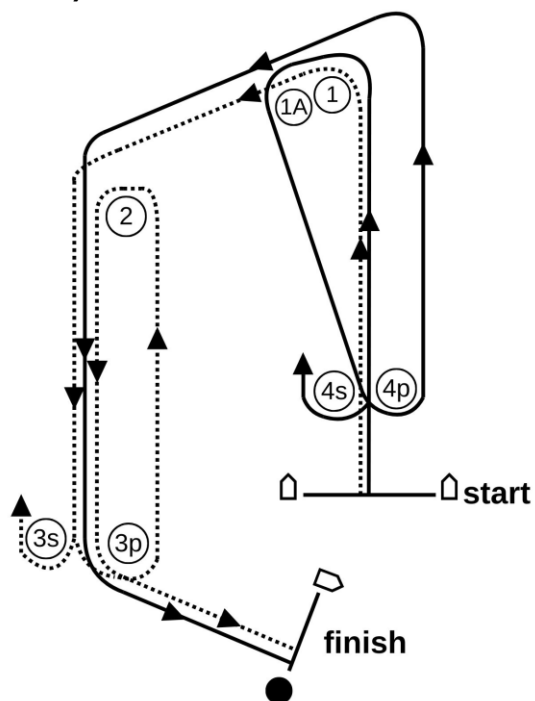
ADDENDUM C – COURSE DIAGRAMS

O (outer)



Signal	Mark rounding order
O2	Start - 1 - 2 - 3s/3p - 2 - 3p - Finish

I (inner)



Signal	Mark rounding order
I2	Start - 1 - 1A - 4s/4p - 1 - 2 - 3p - Finish