



2026 NSW & ACT METROPOLITAN CHAMPIONSHIPS
For ILCA 7, ILCA 6 and ILCA 4 CLASSES

14th and 15th March 2025

Manly Yacht Club

The Organising Authority is the ILCA NSW & ACT in association with Manly Yacht Club

SAILING INSTRUCTIONS

1. RULES

The Regatta will be governed by:

- a. The Racing Rules of Sailing;
- b. The Prescriptions of Australian Sailing;
- c. Part 2 of the Special Regulations of Australian Sailing; and
- d. The rules and by-laws of the International Laser Class Association (ILCA).

2. ELIGIBILITY AND ENTRY

- 2.1 Entries shall be lodged in accordance with NoR Clause 3.
- 2.2 All competitors shall complete registration with the Organising Authority.
- 2.3 All competitors shall be current financial members of a district of the ILCA and of a yacht or sailing club affiliated with a National Authority.
- 2.4 Eligibility for youth age groups shall be the age on 31st December 2026. Eligibility for all other age groups shall be the age on 14th March 2026

3. NOTICES TO COMPETITORS

Notices to Competitors will be posted on the official Regatta Notice Board of Manly Yacht Club (MYC). Notices may also be displayed and notified using the Australian Laser App. Information of which is [Here](#)

4. CHANGES IN SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted at least two hours before the first race on the day it will take effect, except that any change in the schedule of races will be posted by 1900 on the day before it will take effect.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on the MYC flag mast located on the western end of MYC clubhouse deck.

- 5.2 When flag AP is displayed ashore, “one minute” is replaced with “not less than 30 minutes” in race signal AP.

6. RACING SCHEDULE

- 6.1 The racing schedule follows:

Event	Day	Date	Time
Briefing	Saturday	14 Mar 26	1130 hours
Racing	Saturday	14 Mar 26	First Warning Signal at 1330 hours. 3 races back to back. Subsequent starts shall be made ASAP after the preceding race
Racing	Sunday	15 Mar 26	First Warning Signal at 1200 hours. 3 races back to back. Subsequent starts shall be made ASAP after the preceding race

- 6.2 A maximum of six races are to be conducted for the Championship.
6.3 No Warning Signal shall be made after 1530 hours Sunday 15 March 2026.

7. FLEETS

- 7.1. The ILCA 7 Class shall sail as one fleet.
7.2. The ILCA 6 Class shall sail as one fleet.
7.3. The ILCA 4 Class shall sail as one fleet.
7.4. The Race Committee may decide to change the fleet structures based on numbers. Any decision of the Race Committee regarding changes to divisions shall be communicated as a Notice to Competitors.

8. FLEET FLAGS

- 8.1. The ILCA 7 fleet flag will be a white flag with a red ILCA emblem.
8.2. The ILCA 6 fleet flag will be a green flag with a red ILCA emblem.
8.3. The ILCA 4 fleet flag will be a yellow flag with an ILCA emblem.

9. RACING AREA

The racing area will be Manly Cove and The Sound.

10. COURSES

See Attachment A.

11. MARKS

- 11.1. Mark 1 will be a orange inflatable pyramid cylinder.
11.2. Mark 1A will be a red cherry mark.
11.3. Mark 2 will be an orange inflatable pyramid cylinder.
11.4. Marks 3 will be an orange inflatable pyramid cylinder.
11.5. Marks 4 will be an orange inflatable pyramid cylinder.
11.6. The Start Mark will be a yellow inflatable buoy.
11.7. The Finish Mark will be a blue inflatable buoy.

12. THE START

- 12.1. The starting order for Race 1 will be the ILCA 4 fleet, followed by the ILCA 6 fleet, and followed by the ILCA 7 fleet. This may be amended for subsequent races by the Race Officer.
12.2. Succeeding fleets may be started any time after the preceding fleet.
12.3. The starting line will be between the flag mast displaying an orange flag on the race committee boat at the starboard end and the port end Start Mark.

- 12.4. Boats whose warning Signal has not been made shall avoid the starting area and all boats whose Warning Signal has been made.
- 12.5. A boat starting later than four minutes after her starting signal will be scored "Did Not Start". This amends rule A4.1.
- 12.6. Use of engines by a race committee boat to hold position shall not be an improper action of the race committee. Any effects will not be grounds for granting redress. This alters Rule 60.1 and 61.1.

13. CHANGE OF COURSE

To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position.

14. THE FINISH

- 14.1. The finishing line will be between a flag mast displaying a blue flag on the race committee boat at the port end and the starboard end Finish Mark.
- 14.2. Use of engines by a race committee boat to hold position shall not be an improper action of the race committee. Any effects will not be grounds for granting redress. This alters Rule 60.1 and 61.1.

15. RETIREMENT

- 15.1. A competitor who retires from a race, either before or after finishing, shall:
 - a. notify the Race Committee aboard the race committee boat; and
 - b. sign off before the end of Protest Time.

16. TIME LIMIT

- 16.1. The race target time is 40 minutes. Failure to meet the target time will not be grounds for redress under RRS 61.4(b)(1).
- 16.2. The time limit for the first boat to complete the course and finish correctly in each fleet will be 90 minutes.
- 16.3. Boats failing to finish within 20 minutes after the first boat of the same fleet sails the course and finishes will be scored Did Not Finish without a hearing. This changes Rules 35, A4 and A5.
- 16.4. If no boat has rounded the first mark within 30 minutes from the start the race will be abandoned.

17. ARBITRATION

RRS Appendix T shall apply.

18. PROTESTS AND REQUEST FOR REDRESS

- 18.1. Protests shall be written on forms available from the race office. Protests shall be delivered there within the protest time limit.
- 18.2. The protest time limit is 60 minutes after the last boat has finished the last race of the day.
- 18.3. Notices will be posted within 15 minutes of the protest time limit to inform competitors of the hearings in which they are parties or named as witnesses. Hearings will be held in the protest room located in the clubhouse. The Protest Committee will hear protests in approximately the order of receipt and as soon as possible.
- 18.4. Breaches of Instructions 12.4, 20, 23 and 27 will not be grounds for a protest by a boat. This changes Rule 60.1(a). Penalties for these breaches may be less than disqualification if the protest committee so decides.

19. SCORING

- 19.1. Six races are scheduled, of which three completed races are required to constitute a series.
- 19.2. When four or more races are completed, the worst will be discarded.
- 19.3. All age and gender divisions will be awarded based on the ranking of competitors in the overall results.

20. SAFETY REGULATION, SIGNING ON AND SIGNING OFF

- 20.1. Competitors shall sign on each day and sign off before the end of protest time.
- 20.2. Sign on and off will be online via URL <https://tinyurl.com/lasersignonoff>. This can be access by clicking the link or scanning the Quick Response (QR) Code below.



- 20.3. Boats failing to comply with Instruction 20.1 shall receive a five point penalty (but no boat is to be scored worse than DSQ) in the race held closest to the indiscretion without a hearing. This changes Appendix A5.1.

21. REPLACEMENT OF EQUIPMENT

Substitution of damaged or lost spars, boards, sail or hull will not be permitted unless approved by the Race Committee. Requests for substitution shall be made in writing to the committee at the first reasonable opportunity.

22. EQUIPMENT AND MEASUREMENT CHECKS

A boat or equipment may be inspected at any time for compliance with the ILCA Class Rules and Australian Sailing Special Regulations, Part 2 Off the Beach Boats.

23. SUPPORT BOATS

Team leaders, coaches and other support personnel shall stay 100 metres outside areas where boats are racing from the time of the preparatory signal until all boats have finished or retired or the Race Committee signals a postponement, general recall or abandonment, unless exception is granted by express authority from the Race Committee.

24. RUBBISH DISPOSAL

No rubbish is to be dumped into the water. All rubbish is to be handed to official boats or taken ashore.

25. RADIO COMMUNICATION

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.

26. PRIZES

- 26.1. Prizes will be awarded to the winners of each Division.
- 26.2. Other prizes may also be awarded at the discretion of the Organising Authority.

27. HARBOUR SAFETY

- 27.1. Competitors shall comply with the Navigation Collision Regulations of NSW. These regulations permit ferries flying the orange diamond priority over sail. See Attachment B.

28. DISCLAIMER OF LIABILITY

RRS 3 states “the responsibility for a boats decision to participate in a race or to continue racing is hers alone”.

By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury.

Inherent in the sport of sailing is the risk of permanent, catastrophic injury by drowning, trauma, hypothermia, or other causes.

Competitors participate in this event entirely at their own risk. 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.

29. INSURANCE

Each participating boat shall be insured with a valid third-party liability insurance with a minimum cover of AUS \$10,000,000. Signing the entry and declaration form confirms currency of this insurance.

Attachment A
2026 ILCA NSW and ACT Metropolitan Championship
Sailing Instructions

INSTRUCTION 10 COURSES

10.1 The Course (as described in Table 1 below) shall be displayed on a board on the stern of the start boat, before or with the Warning Signal.

10.2 Marks 1, 2, 3, and 4 shall be rounded to port.

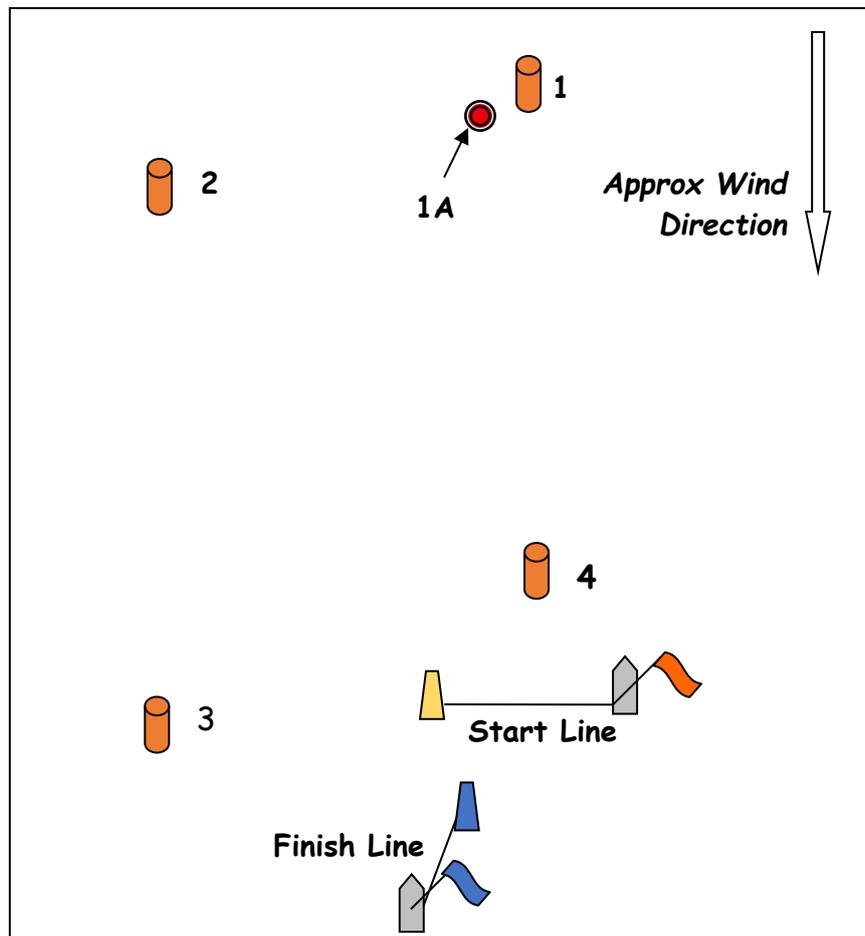
10.3 The indicative course layout is shown in Illustration 1. The diagram is approximate only, is not to scale, and does not override any other Instructions.

10.4

Course	Course Description
I2	Start – 1 – 1A – 4 – 1 – 2 – 3 – Finish
I3	Start – 1 – 1A – 4 – 1 – 1A – 4 – 1 – 2 – 3 – Finish
O1	Start – 1 – 2 – 3 – Finish
O2	Start – 1 – 2 – 3 – 2 – 3 – Finish
O3	Start – 1 – 2 – 3 – 2 – 3 – 2 – 3 – Finish

Table 1 – Courses and Course Descriptions

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Attachment B
2026 ILCA NSW and ACT Metropolitan Championship
Sailing Instructions

Safety: Shipping and Ferries

Sydney Harbour is a busy commercial port. Please adhere to the following safety regulations:

Ferry Priority Rules

Look out for ferries displaying an **orange diamond shape** (the 'priority over sail' signal).

- **The Rule:** This signal replaces the "power gives way to sail" rule. Sailing vessels **must** keep well clear.
- **Exclusions:** This does not apply at night or if the ferry is overtaking you.
- **Minimum Distances:**
 - **200m** from the bow.
 - **30m** from the sides or stern.
- **High-Speed Ferries:** Watch for an **all-round yellow flashing light**. These vessels travel much faster than they appear.

Shipping Channels

Sailing vessels must keep well clear of large ships within the shipping channels.

- These vessels have limited maneuverability.
- **Always** keep to the starboard (right) side and give way.