

34TH ATHENS INTERNATIONAL SAILING WEEK 2025

20 – 23 November 2025

SAILING INSTRUCTIONS (SIs)

[NP] Denotes that the breach of that rule will not be grounds for a protest or a request for redress by a boat. This changes RRS 60.1 and 61.1(a).

The notation '[SP]' in a rule of the sailing instructions (SIs) denotes a rule for which a standard penalty may be applied by the race committee or the technical committee without a hearing or a discretionary penalty applied by the protest committee with a hearing. This changes RRS 63.1 and A5.

1 RULES

- 1.1 As at NoR &2 (Rules).
- 1.2 If there is a conflict between the Notice of Race and the Sailing Instructions, the Sailing Instructions and the subsequent Official Notice shall prevail (this change RRS 63.5(c)(2)).

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the Sailing Instructions will be posted not later than two (2) hours before the scheduled warning signal of the first race of the day it will take effect, except that any change to the schedule of races will be posted by **20:00** hours on the day before it will take effect.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the official notice board (ONB) which will be located at:
<https://www.racingrulesofsailing.org/documents/12800/event>
- 3.2 The race office will be located at

Event / Class	Club / Venue	Race office contact details
420	N.C. of Kalamaki	(+30) 210-9829878 nokalamakiou@gmail.com
Optimist	H.S.F.	(+30) 210-9404825 sports@eio.gr
TECHNO 293 TECHNO 293 PLUS	N.C of Vouliagmeni	(+30) 210-8962416 nov@nov.gr
ILCA 4 & ILCA 6 (M)	N.A.C. of Voula	(+30) 210-8991189 info@naov.gr

- 3.3 On the water, the race committee intends to monitor and communicate with support persons on VHF radio channel

Event / Class	Radio Channel
420	VHF 72
ILCA 4 & ILCA 6 MEN	VHF 74
Optimist	VHF 69
Techno 293 & Techno 293 PLUS	VHF 68

- 3.4 [DP] While racing, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats

4 CODE OF CONDUCT

- 4.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials.
4.2 [DP] Competitors and support persons shall handle any equipment by the organizing authority with care, seamanship, in accordance with any instructions for its use and without interfering with its functionality.

5 SIGNALS MADE ASHORE

- 5.1 Signals ashore will be displayed on the flagpole located near to the boat park in each venue.
5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than <30> minutes' in Race Signals AP.

6. SCHEDULE OF RACES

6.1

Part 1 – Optimist, ILCA 4, ILCA 6 Men, 420 , Techno 293, Techno 293 Plus		
Friday, 21/11/2025	12:00	First Warning Signal
Saturday, 22/11/2025	TBA	Races
Sunday, 23/11/2025	TBA 19:00	Races Prize Giving

- 6.2 No more than four (4) races will be sailed in any scheduled day in each class.
6.3 On the last day of racing no warning signal will be given after 16:00.

7 CLASS FLAGS - RIBBONS

- 7.1 The class flags are:

Event	Class Insignia	Background	Ribbons
Optimist Boys Group 1		White	None
Optimist Boys Group 2		Yellow	Yellow/Black
Optimist Girls		Red	Red/White
ILCA 6 MEN		Green	None
ILCA 4 Boys		White	None
ILCA 4 Girls		Yellow	None
420		White	None
Techno 293 U15 & U13		White	Colour
Techno 293 Plus & U17		Cyan	None

- 7.2 For the Optimist class the ribbons shall be placed on the top of the sail. For the Techno 293 U15 & U13 the ribbons shall be placed to the top button. Ribbons will be provided from the race office of each venue.

8 RACING AREA

8.1 SI Addendum <A.> shows the location of the racing area(s).

9 COURSES

- 9.1 The diagram(s) in SI Addendum show(s) the course(s), including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.
- 9.2 The course signal will be displayed on Board at the stern of Race Committee Boat.

10 MARKS

10.1 Mark(s) are

Event	Marks	New Marks
Optimist	Yellow	Orange
ILCA 4- ILCA 6 MEN	Red	Orange
420	Yellow	Orange
Techno 293 & Techno 293 Plus	Orange	Yellow

10.2 The following marks are rounding marks: <See Addendum B>.

10.3 Starting and finishing marks will be either Race Committee vessels or marks with staffs.

11. FORMAT OF RACING

- 11.1 The format consists of a single series (9 races).
- 11.2 For the Optimist and the ILCA 4 classes, Boys and Girls will race separately. For the Optimist Boys, boats will be divided in 2 fleets. The boats will be divided into fleets at the end of each day as follows:
- 11.2.1 Boats will be assigned to fleets of, as nearly as possible, equal size.
- 11.2.2 Initial assignments will be made by the race committee and will be posted on the official notice board until 20:00 on the day before the first scheduled race. For the purposes of scoring, scores for RRS A 5.2 (DNF, DSQ, BFD, etc.) will be calculated based on the number of boats assigned to the larger fleet.
- 11.2.3 If at the end of each racing day, all fleets have completed the same number of races, the race committee will assign new fleets based on the results. The assignments will be as following:

1 st	Group A
2 nd	Group B
3 rd	Group B
4 th	Group A
5 th	Group A
6 th	Group B
7 th	Group B
Etc.	Etc.

- 11.2.4 If at the end of each racing day, fleets have not completed the same number of races, the race committee will assign new fleets as described in 11.2.3, but as follows:
The series scores for reassignment will be calculated for those races, numbered in order of completion, completed by all fleets. For the fleets that have completed more races, the most recent races will not be taken in consideration. The fleet with the 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.

- 11.2.5 Fleet assignments will be based on the ranking available at 21:00 that day regardless of protests or requests for redress not yet decided.

12. THE START

- 12.1 The starting line will be between staffs displaying orange flags on the starting marks.
12.2 [NP], [DP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
12.3 A boat that does not start within <5> minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

13. CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1 To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

14. THE FINISH

- 14.1 The finishing line is between staffs displaying blue flags on the finishing marks.

15. PENALTY SYSTEM

15. RRS Appendix P will apply.

16. TIME LIMITS [AND TARGET TIMES]

- 16.1 The Target Time, Mark 1 Time Limit, Race Time Limit (see RRS 35), and the Finishing Window are shown in the table below.

Event	Target Time	Mark 1 Time Limit	Race Time Limit	Finishing Window
Optimist	50	25	70	15
ILCA 4	50	25	70	15
420	50	20	70	15
Techno 293	20	15	40	20
Techno 293 Plus	20	15	40	20
ILCA 6 MEN	50	20	70	15

- 16.2 If no boat has passed the first mark within the Mark 1 Time Limit, the race shall be abandoned.
16.3 Boats failing to finish within the Finishing Window will be scored DNF without a hearing. This changes RRS 35, A5.1, A5.2.

17. HEARING REQUESTS

- 17.1 For each class, the protest time limit is <60> minutes after the last boat in that class finishes the last race of the day or the race committee signals no more racing today, whichever is later. The time will be posted on the official notice board.
17.2 Hearing request forms are available on-line at the ONB.
17.3 Notice of protests by the Race Committee, the Technical Committee or the Protest Committee will be posted on the official notice board to inform competitors under RRS 60.2(a)(2).
17.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room, located at

Venue	Hearing Room
Techno 293 / Techno 293 Plus / ILCA4 / ILCA6 M	N.A.C. of Voula
Optimist / 420	H.S.F.

beginning at the time posted on the official notice board.

- 17.5 A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.

18. SCORING

- 18.1 If less than 4 races have been completed, a boat's series score will be the total of her race scores. When 4 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score. However, the score from any medal race will not be excluded. This changes RRS A2.1.
- 18.2 Each class event is valid if at least three (3) races are completed.
- 18.3 To request correction of an alleged error in the posted races or series results, a boat shall complete a scoring enquiry form available online at the ONB.

19. SAFETY REGULATIONS

- 19.1 [DP] A boat that retires from a race shall notify the race committee at the first reasonable opportunity. Promptly after returning to shore, the boat shall complete a retirement declaration form, which is available either at the race office of each venue or online at the ONB.

20. REPLACEMENT OF CREW OR EQUIPMENT

- 20.1 [DP] Substitution of competitors is not allowed without prior written approval of the race committee.
- 20.2 [DP] Substitution of damaged or lost equipment is not allowed unless authorized in writing by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.
- 20.3 Requests forms will be available online at the ONB.

21. EQUIPMENT AND MEASUREMENT CHECKS

- 21.1 A boat or equipment may be inspected at any time for compliance with the class rules, notice of race and sailing instructions.
- 21.2 [DP] When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

22. OFFICIAL VESSELS

- 22.1 Official vessels will be identified as follows:

Official Vessel	Flag Identification
Race Committee	White flag with 'RC'
Protest Committee	White flag with 'JURY', 'J' or 'IJ'
Media	Any flag with 'PRESS', 'MEDIA' or 'TV'

23. [DP] SUPPORT TEAMS

- 23.1 Support boats shall not be positioned closer than 100 meters of any boat racing.
- 23.2 Support boats shall be positioned within the waiting area [<See Addendum C>](#) from the first warning signal of a race, until the last fleet of that race has started. However, they may abandon the waiting area temporarily to serve their competitors after a fleet has started, been postponed, or abandoned, until the warning signal of the next fleet to start is made.
- 23.3 In addition, support boats that are motoring above 5 knots shall remain at least 150 meters from any boat racing.

- 23.4 When a race committee or protest committee member indicates a support boat to move further from the course area, the mentioned boat shall do so immediately.
- 23.5 Support persons in the race course area, shall be able to communicate with the Race Committee via VHF Radio during racing. The radio channel for each course is mentioned in SI 3.3.
- 23.6 An alleged breach of any of these rules may be referred to the protest committee for a hearing. As a result of the hearing the protest committee may take action under RRS 62.3 and RRS 62.4 or exclude the person from the event or venue or remove any privileges or benefits for a specified period or for the remainder of the competition. Note also, action may be taken under RRS 69.2.

24. TRASH DISPOSAL

- 24.1 Trash may be placed aboard official or support person vessels.

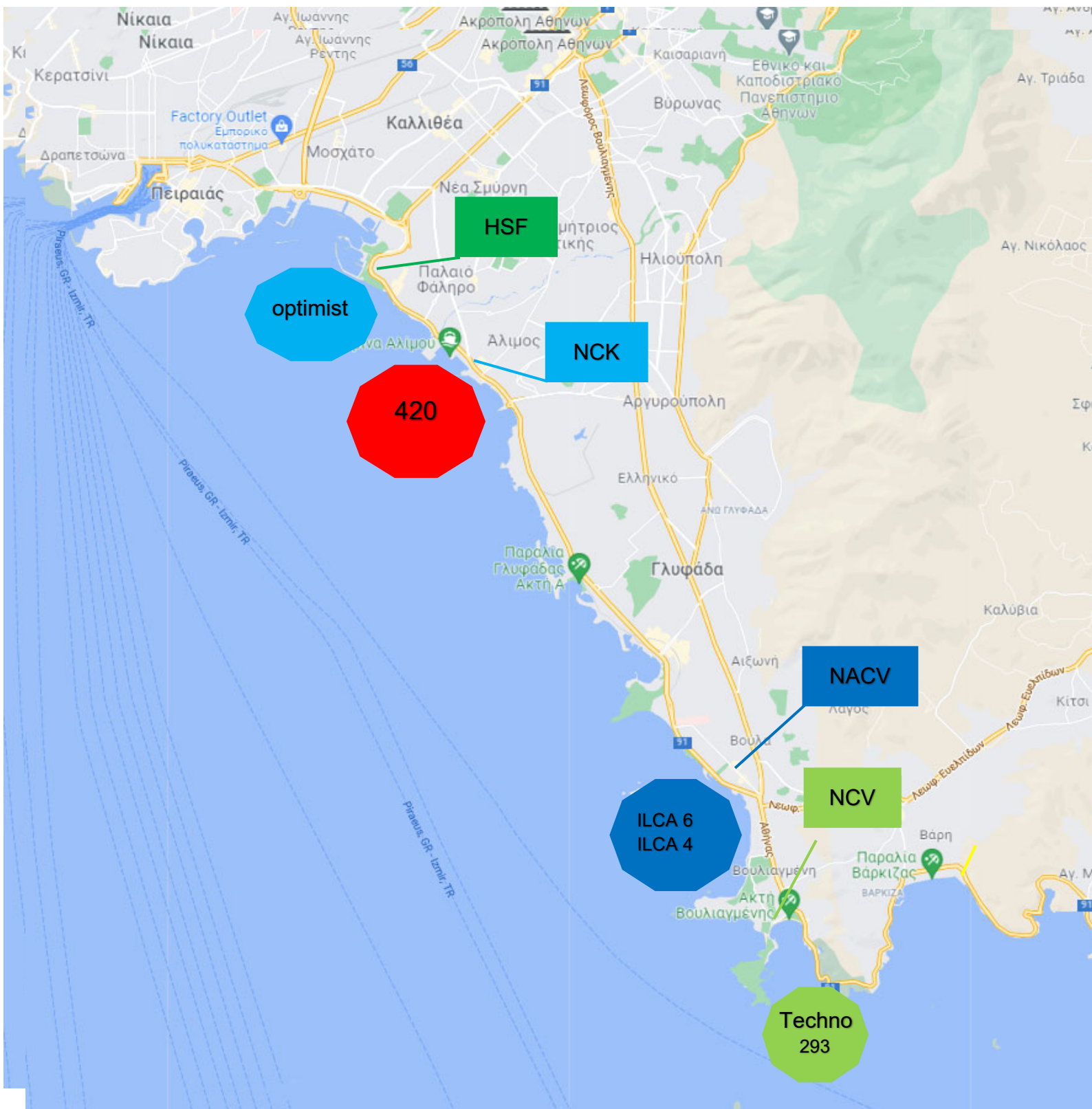
25. PRIZES

- 25.1 Prizes will be awarded to the best three (3) boats of each class event.

26. RISK STATEMENT

- 26.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race 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, boat 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 or death by drowning, trauma, hypothermia or other causes.**

ADDENDUM A COURSE AREAS

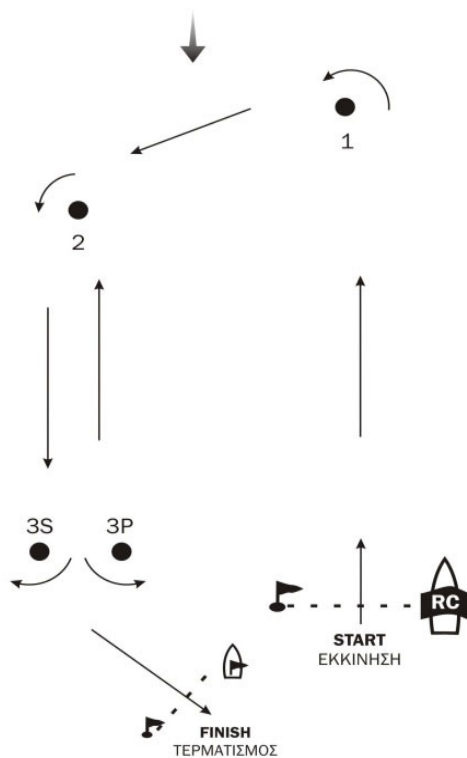


ADDENDUM B RACE COURSES

Trapezoid Outer:

O2: S-1-2-3s/3p - 2-3p - F

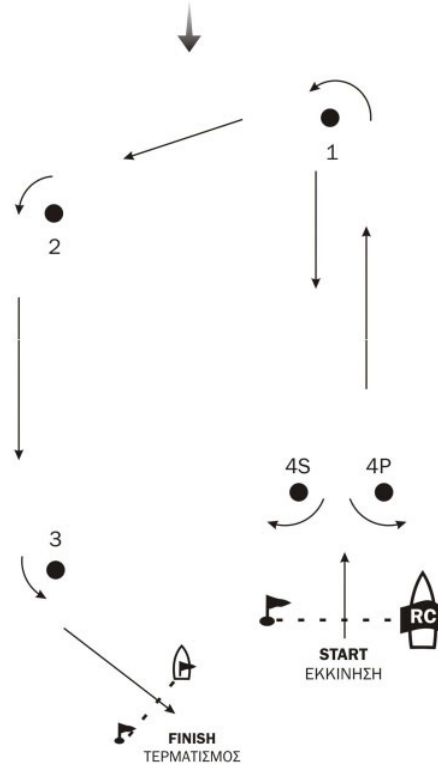
O3: S-1-2-3s/3p 2-3s/3p - 2-3p - F



Trapezoid Inner:

I2: S-1-4s/4p-1-2-3-F

I3: S-1-4s/4p 1-4s/4p 1-2-3-F



Trapezoid Outer: Marks 1-2-3s/3p will be rounding marks

Trapezoid Inner: Marks 1-2-3-4s/4p will be rounding marks

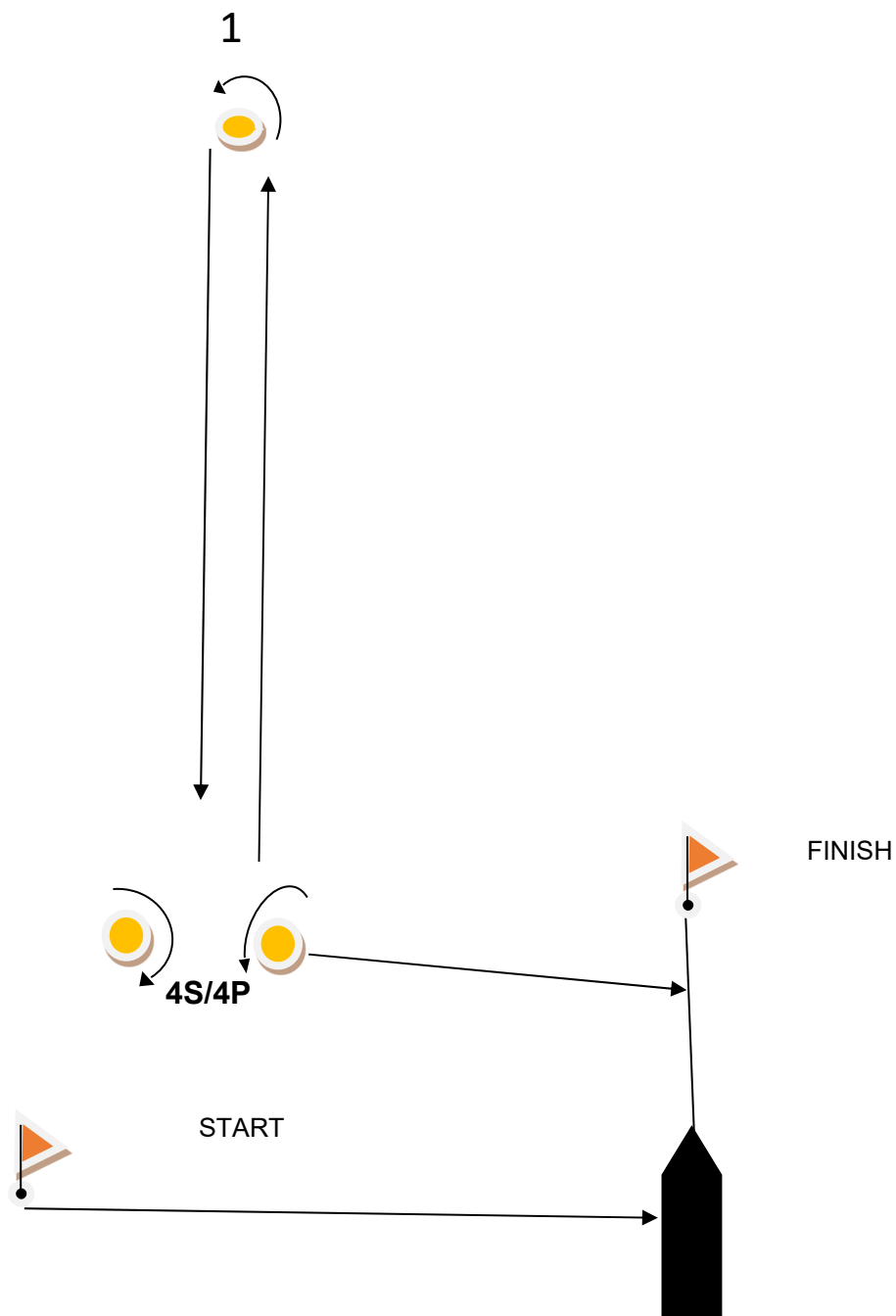
The diagram illustrates the layout of a 100m sprint race. At the bottom, the **START** (ΕΚΚΙΝΗΣΗ) is marked with a flag and a dashed line. At the top, the **FINISH** (ΤΕΡΜΑΤΙΣΜΟΣ) is marked with two flags and a dashed line. Two lanes are shown, labeled **3S** and **3P** at the start. Lane **3S** is on the left, and lane **3P** is on the right. Arrows indicate the direction of the race from start to finish. A large arrow points down from the top of the diagram towards the start line. A curved arrow points from the start line towards the finish line. A curved arrow points from the start line towards the finish line. A curved arrow points from the start line towards the finish line.

Marks 1-2-3s/3p will be rounding marks

COURSE: WINDWARD/LEEWARD

Signal. Mark Rounding Order

- L2. Start – 1 – 4s/4p – 1 – 4p -Finish
L3. Start – 1 – 4s/4p – 1 – 4s/4p – 1 – 4p -Finish



Marks 1-4s/4p will be rounding marks

ADDENDUM C

Waiting Area

