35TH ATHENS INTERNATIONAL SAILING WEEK 2026

19 – 22 November 2026

SAILING INSTRUCTIONS (SIs)

Updated 18/11/2026: add 10.6

[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/15236/event

3.2 The race office will be located at

Event / Class	Club / Venue	Race office contact details
420	N.C. of Palaio Faliro	(+30) 210-9814835 info@nopf.com
Optimist	H.S.F.	(+30) 210-9404825 sports@eio.gr
TECHNO 293 TECHNO 293 PLUS	H.S.F.	(+30) 210-9404825 sports@eio.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, 20/11/2026	12:00	First Warning Signal
Saturday, 21/11/2026	TBA	Races
Sunday, 22/11/2026	TBA TBA	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 Girls Group 1		White	None
ILCA 4 Boys Girls Group 2		Yellow	Red/White
420		White	None
Techno 293 & bPlus		White	None

7.2 For the Optimist, Ilca 4 classes the ribbons shall be placed on the top of the sail. 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 <B> 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	Orange Robotic	none
ILCA 4- ILCA 6 MEN	Red	Red with black band
420	Yellow	Orange
Techno 293 & Techno 293 Plus	Orange Robotic	Yellow

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

10.3 The starting marks will be the Race Committee vessel and a mark with staff.

10.4 The finishing marks will be the Race Committee vessel and a mark with staff.

10.5 When using robotic marks, the position of any mark may be adjusted by up to +/- 10 degrees relative to the previous location, and up to approx. 200 meters to windward or leeward without signalling a change of course. This changes RRS 33.

10.6 When the robotic marks are used, routine movement of the marks will not be grounds for redress. This includes minor readjustments or marks returning to station after being pushed away by a boat. This changes RRS 61.1(a).

11. FORMAT OF RACING

11.1 The format consists of a single series (9 races).

11.2 For the Optimist Boys and Girls will race separately. For the Optimist Boys, ILCA 4 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:

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

7th	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	35	15	50	15
ILCA 4	35	15	50	15
420	35	15	50	15
Techno 293	20	10	30	15
Techno 293 Plus	20	10	30	15
ILCA 6 MEN	35	15	50	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*
ILCA4 / ILCA6 M	N.A.C. of Voula
Optimist / 420 / Techno 293	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	Orange - Yellow flags with 'RC'
Protest Committee	White flag with 'JURY', 'J' or 'IJ'
Media	Any flag with 'PRESS', 'MEDIA' or 'TV'

23. TRASH DISPOSAL

23.1 Trash may be placed aboard official or support person vessels.

24. PRIZES

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

25. RISK STATEMENT

25.1 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



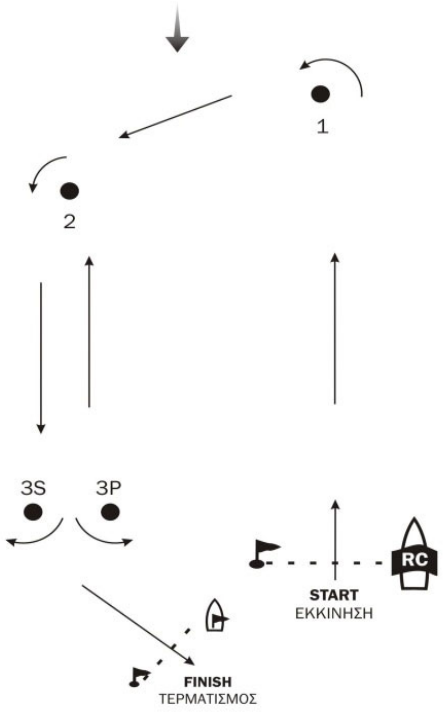
ADDENDUM B

RACE COURSES

Trapezoid Outer:

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

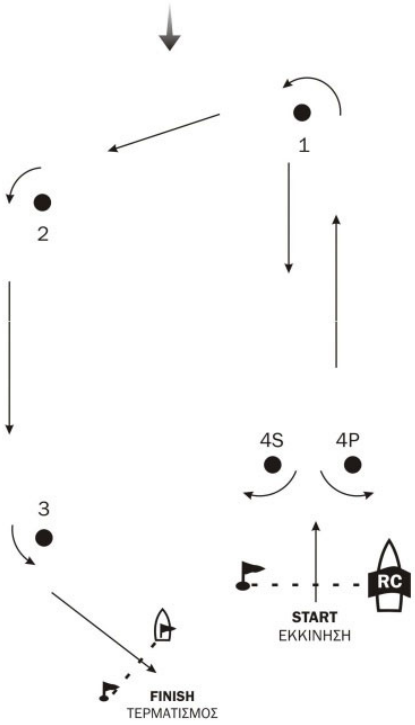
O3: S-1-2-*3s/3p* 2-*3s/3p* - 2-*3p* - F



Trapezoid Inner:

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

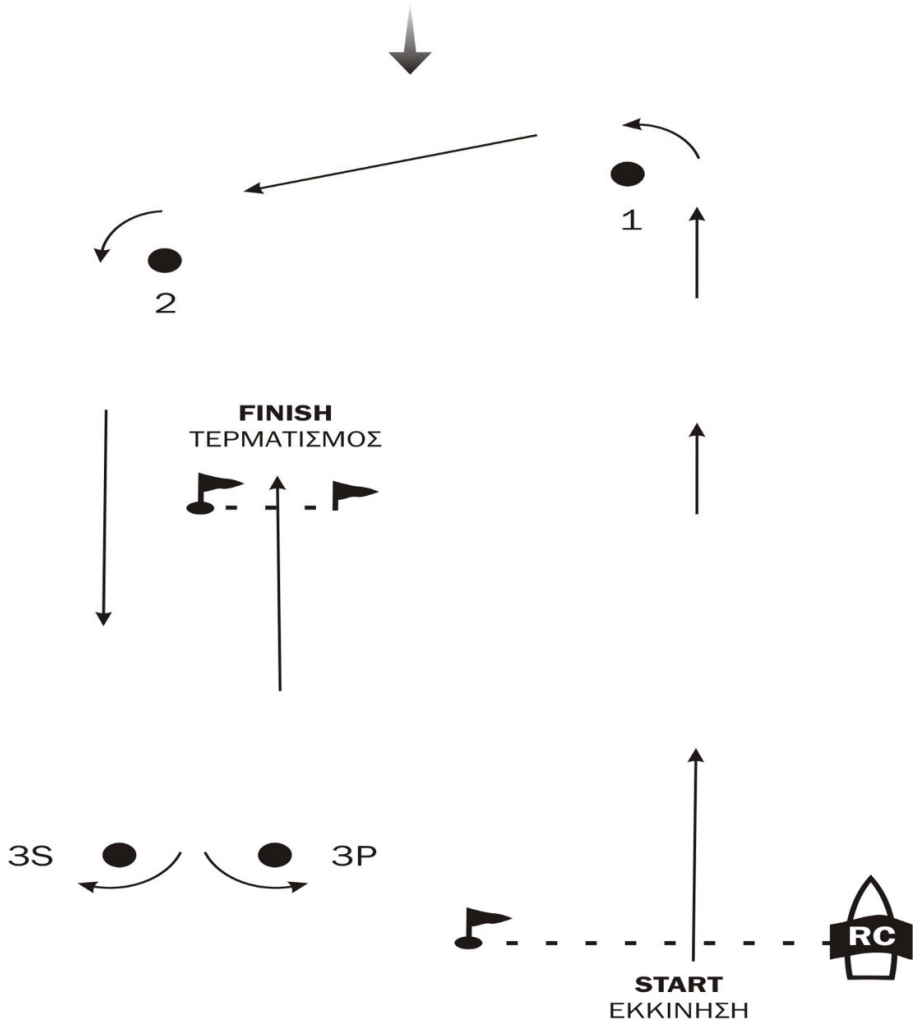
I3: S-1-*4s/4p* 1-*4s/4p* 1-2-3-F



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

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

OPTIMIST COURSE: IODA

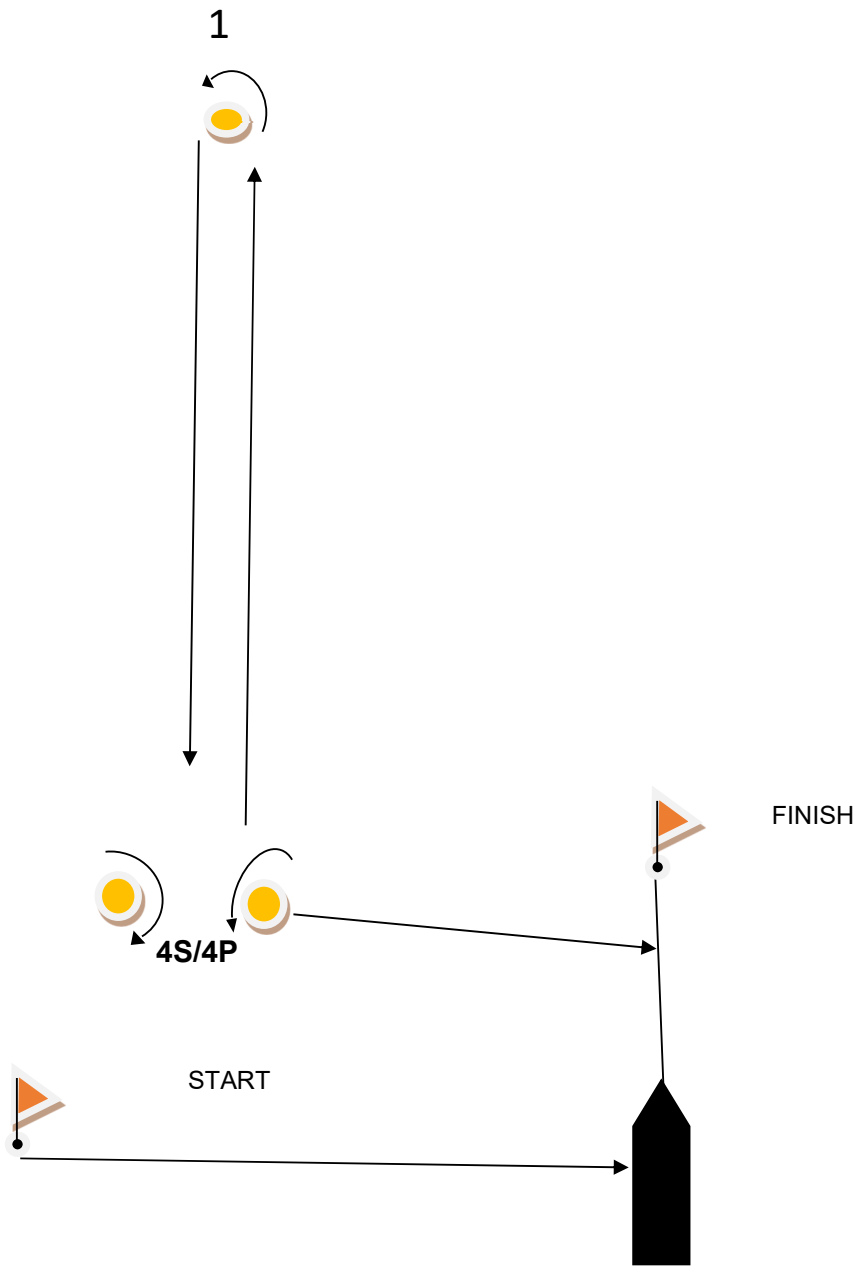


Εκκίνηση (Start) - 1 - 2 -3S/3P - Τερματισμός (finish)

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