



*ILCA
2025/26 South Australian
Metro's*

*Adelaide Sailing Club
01 and 02 November 2025*

1 RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing (RRS)*
- 1.2 The *Australian Sailing Special Regulations Part 2 – Off the Beach Boats* will apply.
- 1.3 RRS 41 is changed as follows: A boat may receive outside help where the Race Committee deems that the vessel and its crew require assistance to right a capsized vessel to continue racing. This changes Rule 41, RRS.
- 1.4 Appendix T, Arbitration, will apply.
- 1.5 [NP] All competitors and support persons shall follow any reasonable instructions given by a race official.

2 NOTICE TO COMPETITORS

- 2.1 Notices to competitors will be posted on the [electronic official notice board](#).
- 2.2 Lodgment of scoring enquiries, penalty declarations. Hearing request shall be submitted through the [electronic official notice board](#)

3 ENTRY / REGISTRATION

- 3.1 Registration for the ILCASA Metros 2025 event shall be via <https://www.salaser.com/events/320266>
- 3.2 The entry fee will be:-
 - \$65 Both Days Round 1 & Round 2
 - \$35 Saturday only
 - \$35 Sunday only
- 3.3 Competitors may register up to and including on the day. Unregistered participants will be invoiced.



4 CHANGES TO SAILING INSTRUCTIONS

- 4.1 Any change to the sailing instructions will be posted before 0900 on the day it will take effect.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed at the Adelaide Sailing Club flag pole, located at the north west corner of the Club House.

6 SCHEDULE

- 6.1 Six races are scheduled for the series. Three races are scheduled for each day at the Race Officers discretion. The Race Officer may run 1 more race than scheduled each day.

- 6.2 No warning signal will be made after 1600 on Sunday 02 Nov

Date	Time	Activity
<i>Saturday 01 Nov</i>	<i>1300</i>	<i>Earliest First Start Sequence</i>
<i>Sunday 02 Nov</i>	<i>1200</i>	<i>Earliest First Start Sequence</i>
<i>Sunday 02 Nov</i>	<i>As early as possible post racing</i>	<i>Presentations</i>

Note the ASC Mariners Bar/Canteen will be open Saturday (Bar) after racing

7 CLASS FLAGS

- 7.1 The ILCA4 flag is a red ILCA insignia on a yellow background.
The ILCA 6 flag is a red ILCA insignia in a green background
The ILCA 7 flag is a red ILCA insignia on a white background.
- 7.2 The race office may combine class starts.

8 RACING AREA

- 8.1 The racing area is on the Gulf of St Vincent in the vicinity of Adelaide Sailing Club.



9 COURSES

- 9.1 The planned course will be windward leeward gate course.
- 9.2 Competitors are to check the courses displayed on the Adelaide Sailing Club course board located at the clubhouse.
- 9.3 The course diagram and initial start sequence will be displayed on the downstairs course board at least 1 hour prior to the first start for the day.

10 THE START

- 10.1 Races will be started using RRS 26.
- 10.2 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.
- 10.3 The warning signal for each succeeding race will be made as soon as is practical.
- 10.4 The starting line is between staffs displaying starting sequence flags on the committee boat and the course side of the port-end starting mark.
- 10.5 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 10.6 A boat that does not start within 10 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. RRS A5.2 applies.

11 THE FINISH

- 11.1 The finishing line will be between a staff displaying a blue flag on the race committee vessel and a buoy displaying a blue flag except when RRS 32.2 applies.

12 PENALTY SYSTEM

- 12.1 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

13 TARGET & TIME LIMITS

- 13.1 The target time for each race is 40min.
- 13.2 The Finishing Window, 15 **minutes** is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, maybe be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS A5.2 and A10. **Alternatively** at the Race Officers discretion, boats failing to finish within the Finishing window, maybe given an On Course Finish.



13.3 Failure to meet the Target Time will not be grounds for redress.

14 SAFETY

14.1 Boats must sign on before leaving the shore and sign off as quickly as practicable upon returning to shore.

14.2 Sign On Sign off shall be made *manually*.

14.3 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 at the nomination point.

15 SCORING

18.1 The low point scoring systems, Appendix A of the RRS will apply.

18.2 Two (2) races are required to be completed to constitute a series.

(a) When fewer than 4 races have been completed, a boat's series score will be the total of her race scores. This changes RRS A2.1.

(b) When from 4 races have been completed, a boat's series score will be the total of her race scores excluding her worst score. This changes RRS A2.1.6

16 PRIZES

Only South Australian residents shall be eligible for Laser Class Cubes and Perpetual Trophies.

16.1 Prizes will be given as follows:

PERPETUAL TROPHYS

ILCA 4 Trophy	1 st ILCA 4 Overall
ILCA 6 Trophy	1 st ILCA 6 Overall
Rose Bowl	1 st ILCA 7 Overall

Where numbers met

- ILCA4 - 1st 2nd 3rd
- ILCA 6 - 1st 2nd 3rd
- ILCA 7 - 1st 2nd 3rd

Other prizes awarded at ILCASA discretion.



17 RISK STATEMENT

- 17.1 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.

18 INSURANCE

- 18.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of \$10M per incident or the equivalent.