



2025 INTERNATIONAL OPTIMIST S.A. STATE CHAMPIONSHIPS

SAILING INSTRUCTIONS
Adelaide Sailing Club
December 6th – 7th 2025



SAILING INSTRUCTIONS for the International Optimist 2025 South Australian State Championships

ORGANISING AUTHORITY

The organising authority of the regatta is the Adelaide Sailing Club

The notation ['DP'] in a rule in the SI means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.

1 RULES

- 1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing (RRS).
- 1.2 Competitors in the Optimist Green Fleet will be governed by the Introductory Rules for Racing (IRR). All Green and Intermediate Fleet boats shall display the required coloured ribbon permanently fixed and free to fly from the top of the sprit. These ribbons will be provided. ['DP']

2. NOTICES TO COMPETITORS

- 2.1 All notices to competitors will be posted on the official noticeboard located adjacent to the changeroom entrance.

3. CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Changes to the Sailing Instructions will be posted before 0900 hours on the day it will take effect.
- 3.2 Changes to the schedule will be posted by 1800 hours the day prior to taking effect.

4. BOATS

- 4.1 All Green Fleet boats shall display a green ribbon permanently fixed and free to fly from the top of the sprit. These ribbons will be provided by the organisers.
- 4.2 All Intermediate Fleet boats shall display a pink ribbon permanently fixed and free to fly from the top of the sprit. These ribbons will be provided by the organisers
- 4.3 Competitors sailing in charter boats shall report any damage or loss of equipment, however slight, to the organizing authority's representative immediately after securing the boat ashore.
- 4.4 Failure or loss of chartered equipment shall not be grounds for requesting redress. This amends RRS 62.1.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed from the official flagpole located at the northwestern corner of the Club.
 - 5.2 When AP flag is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes.' This changes Race Signals.
 - 5.3 Boats shall not leave the shore without official notice of the Host Club.
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6. SCHEDULE OF RACES AND EVENTS

6.1 Daily Schedule

Date	Event	Time
6 th December 2025	Registration	0830hrs
	Briefing	0930hrs
	Open / Intermediate fleet racing round 1	1030hrs
	Green fleet racing round 1	1045hrs
	Open / Intermediate fleet racing round 2	PM
	Green fleet racing round 2	PM
7 th December 2025	Briefing	0900hours
	Open / intermediate fleet racing round 3	1000hrs
	Green fleet racing round 3	1015hrs
	Open / Intermediate fleet racing round 4	PM
	Green fleet racing round 4	PM
	Presentation	ASAP after racing and pack up

6.2 No warning signal will be made after 1500 hours on Sunday 7th December 2025

6.3 No more than 4 races can be sailed in a round. Green fleet will have no maximum.

6.4 A maximum of nine races are scheduled. Green fleet will have a maximum of 12 races.

7. CLASS FLAGS

7.1 Class Flags will bear the insignia of the IODA Class with background colours as displayed on the Notice Board.

8. COURSES

8.1 The courses for the regatta, including the order in which marks are to be passed, will be displayed in appendix 1. If only one mark in position at a gate then round it to port.

8.2 Open/Intermediate Fleets will sail together on a trapezoid course, and the Green Fleet will sail on the same course explained at briefing.

9. MARKS

9.1 Marks 1, 2, and 4 will be red inflatable triangular marks.

9.2 Marks 3p, 3s will be pink cylindrical marks

9.2 The starting mark will be a staff displaying an orange flag.

9.3 The finishing mark will be a staff displaying a blue flag.

10. THE START

10.1 Races will be started by using RRS 26 with the warning signal made **5** minutes before the starting signal.

Signal	Flag and Sound	Minutes before start
Warning	Class flag (1 short sound)	5
Preparatory	P or U or Black Flag (1 short sound)	4
One Minute	Preparatory flag removed (1 long sound)	1
Starting	Class flag removed (1 short sound)	0

10.2 The starting line will be between a staff displaying an orange flag on the Race Committee boat at the starboard end of the line and the start mark.



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- 10.3 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for the other races. [DP]
- 10.4 A boat that does not start within 3 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A4 and A5.

11. THE FINISH

- 11.1 The finishing line will be between a staff displaying a blue flag on the Race Committee boat at the port end of the line and the finish mark.

12. TIME LIMIT

- 12.1 Time limits and target times (in minutes) are as follows:

Race Target time (minutes)	Mark 1 Target Time (mins)	Race Time limits (mins)
45 - Open Fleet	12 - Open Fleet	80 - Open Fleet
35 - Intermediate	14 - Intermediate	70 - Intermediate Fleet
25 - Green	25 - Green Fleet	50- Green Fleet

- a. If no boat has passed Mark 1 within the Mark 1 Target Time, the race may be abandoned.
- 12.3 The Race Committee will set a course that will take approximately 45 minutes for the Open, approximately 35 minutes for the Intermediate and approximately 25 minutes for the Green Fleet. Failure to meet the target time will not be grounds for redress. This changes RRS 62.1.
- 12.4 Open Fleet Boats failing to finish within 15 minutes after the first boat sails the course and finishes will be scored Did Not Finish (DNF) without a hearing.
- 12.5 Intermediate and Green Fleet Boats failing to finish within a reasonable time after the first boat sails the course and finishes will be allocated scoring points relevant to their position at that time.

13. PENALTY SYSTEM

- 13.1 Green Fleet penalty system will be as per ISAF Introductory Rules for Racing
- 13.2 RRS 44.1 is changed so that the "Two Turn Penalty" is replaced by a "One Turn penalty" which includes one tack and one gybe under sail in the same direction and same movement. A boat that has taken a penalty, shall fill out a penalty acknowledgement form at the Regatta Desk within the protest time limit.

14. PENALTY SYSTEM

- 14.1 Boats intending to protest shall promptly notify the Race Committee of their intent as soon as they finish. They shall re-hail until they receive acknowledgement.
- 14.2 Protest forms are available at the Regatta Desk. Protests and request for redress or reopening shall be delivered there within the appropriate time limit.
- 14.2 The protest time limit is 45 minutes after the last boat has finished the last race of the Session.
- 14.4 Appendix T shall apply.
- 14.3 Notice of protest hearing time and place will be placed on official notice board no later than 30 minutes after protest time limit ends.
- 14.4 Notices of protests by the race committee will be posted to inform boats under rule 61.1(b).
- 14.5 A list of boats that have been penalized for breaking rule 42 will be posted on the Official Notice Board located at the Regatta Desk.
- 14.6 For the purpose of measurement rule protests (rule 64.3 (b)) the 'authority responsible' will be the appointed IODASA Measurer, Silas Nolan.
- 14.7 On the last scheduled day of racing a request for reopening a hearing shall be delivered no



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later than 30 minutes after the requesting party has been informed of the decision. This changes RRS 66.

15. SCORING

15.1 The Low Point System of Appendix A will apply.

(a) Three races are required to be completed to constitute a series.

(b) When fewer than 6 races have been completed, a boat's series score will be the total of her race scores.

(c) When 6 to 8 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

(d) When 9 races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.

15.2 A boat that did not start, did not finish, retired or was disqualified shall be scored points for the finishing place one more than the number of boats in the fleet. This changes RRS A5.2.

16. SAFETY REGULATIONS

16.1 All competitors shall wear personal flotation devices that are in good condition and are in accordance with the specifications issued or approved by a national authority or standards organization and branded in the country of origin or manufacture and in accordance with Class Rule 4.2 (a), properly secured at all times while on the water except when temporarily adding or removing clothing.

16.2 Attention is drawn to RRS Rule 1.2 and Rule 3.

16.3 A boat that retires from a race shall notify the Race Committee as soon as possible and shall fill in the relevant form available at the Regatta Desk.

16.4 For each Round of competition all boats intending to race that day must sign on at the Regatta Desk before leaving shore and sign off at the Regatta Desk when returned to shore. Failure to sign on or off may incur a penalty of 3 points for the first race of the round (failure to sign on) or last race of the round (failure to sign off).

16.5 Competitors who require assistance should blow a whistle or wave the paddle or one arm. The Race Committee reserves the right to assist competitors who, in its opinion, require assistance, regardless of the wishes of the competitor. This will not be grounds for seeking redress. This changes RRS 62.1(a).

16.6 Discretionary penalties will apply to RRS 41 'Outside Help'. Actions of the Race Committee in retrieving crews from the water and returning them to their boats may not be penalized

17. REPLACEMENT OF EQUIPMENT

17.1 Substitution of damaged or lost equipment will not be allowed unless approved in writing by the Race Committee. Requests for substitution shall be made to the Race Committee at the first reasonable opportunity.

17.2 Substitution of damaged equipment may be permitted provided that the relevant form has been filled in at the Regatta Desk and both the damaged and the substituting equipment have been inspected by the Measurement Sub-Committee.

17.3 If the substitution was made on the water between races, both the damaged and the substituting equipment shall be presented to the Measurement Sub-Committee after the end of the day's racing. In this case, the substitution is subject to the approval of the Race Committee given retrospectively.

18. OFFICIAL VESSELS

18.1 Official vessels will be identified by displaying the Adelaide Sailing Club burgee.

19. SUPPORT TEAMS

19.1 All coach boats shall sign on at registration.



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- 19.2 For the Open and Intermediate Fleets only, Coaches and other support personnel shall stay outside areas where boats are racing from the time of the warning signal for a division's race until all boats in all divisions have finished or the Race Committee signals a postponement, general recall or abandonment. Race Committee vessels may indicate to a coach or support boat to move further from the course area, in which case the mentioned boat shall do so immediately. Attention is drawn to paragraph 11 in the Notice of Race.
- 19.3 All Coach and support boats will be considered safety boats and may be directed by the Race Committee at any time to provide assistance to the racing fleet. For the Open and Intermediate Fleets Coach and support boats must request permission from the Race Committee to assist a competitor whilst racing.

20. RUBBISH DISPOSAL

- 20.1 Rubbish may be placed aboard official or support team vessels. Boats shall not put rubbish in the water.

21. PRIZES

- 21.1 Prizes will be awarded as per NOR 16.

22. RISK STATEMENT

- 22.1 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.**

23. INSURANCE

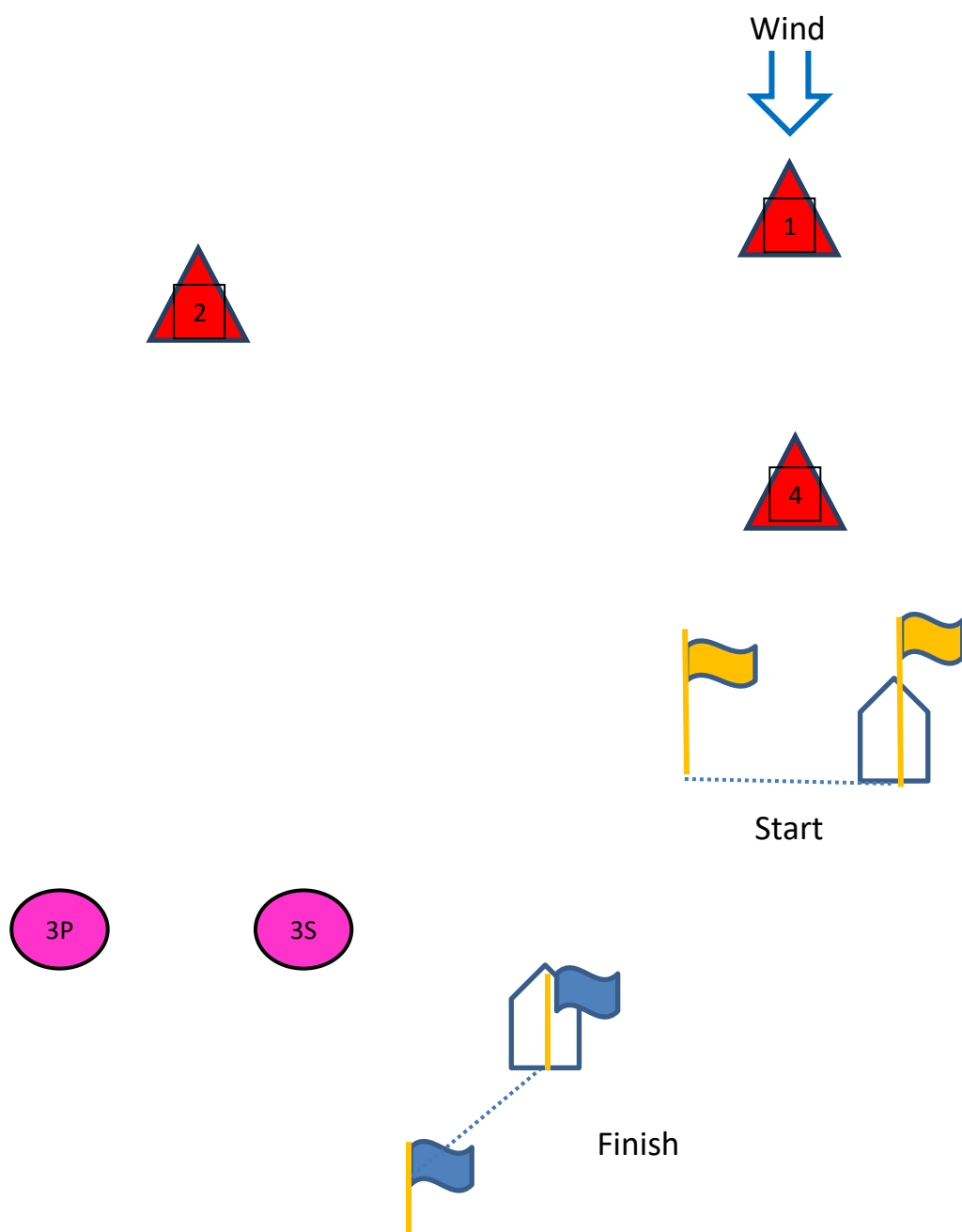
- 23.1 All boats shall have third party insurance cover of not less than \$AUD 5,000,000. (Recommended \$AUD 10,000,000 or the equivalent thereof in any other convertible currency) for any accident. All owners / competitors who sign the entry forms are deemed to have made a declaration that they hold such cover. Owners / competitors not holding this cover shall withdraw their entry. The skipper of each boat must be able to display proof of cover if requested to do so.

APPENDIX 1: COURSES - REFER ATTACHED and/or REGATTA NOTICE BOARD [Optimist State Championship 2025](#)

FURTHER INFORMATION: Matthew Young, IODASA President - mattyyoung@senet.com.au

ANY AMMENDMENTS, ADDITIONS OR ALTERATIONS PRIOR TO THE EVENT WILL BE POSTED ON [Optimist State Championship 2025](#) AND ON THE REGATTA NOTICE BOARD.

Open/Intermediate/Green Fleet Course



Green Fleet Course S-1-2-3—F
Intermediate Fleet Course S-1-4-1-2-3—F
Open Fleet Course S-1-2-3P/3S-2-3-F