



# Western District

## Sea Cliff Yacht Club

42 The Boulevard, Sea Cliff, NY

Thursday, July 9th, 2026 postponed date

from Wednesday, July 8th, 2026 original date

## Sailing Instructions

- Sea Cliff Yacht Club is the Organizing Authority (OA) in partnership with the Junior Sailing Association of Long Island Sound.
- The notation '[DP]' in a rule means that the penalty for a breach of the rule may, at the discretion of the protest committee, be less than disqualification.
- The notation '[NP]' in a rule of the sailing instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

| Abbreviations: |                           |     |                                     |
|----------------|---------------------------|-----|-------------------------------------|
| PC             | - Protest Committee       | RC  | - Race Committee                    |
| OA             | - Organizing Authority    | SI  | - Sailing Instructions              |
| RRS            | - Racing Rules of Sailing | JSA | - Junior Sailing Association of LIS |
| NOR            | - Notice of Race          |     |                                     |

## 1 RULES

### 1.1 The regatta is governed by:

- a. the rules as defined in *The Racing Rules of Sailing*
- b. C420, ILCA and RS Feva Class Rules. While the JSA accepts the use of both "ILCA" and "Laser Performance" boats, as well as practice sails and equipment for such boats, such acceptance is limited to JSA-sponsored events only. (see <https://jsalis.org/laser-class> for further details.)
- c. the [Rules for JSA Events](#)
- d. the [JSA Code of Conduct](#)
- e. the US Sailing [Athlete Safety Handbook](#)
- f. RRS Appendix V1 Penalty at the Time of an Incident, and Appendix V2, Penalty Taken After a Race, will apply.
- g. Rule 60.4(a)(2) is changed as follows: (2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or
- h. RRS Appendix T, Arbitration will apply

### 1.2 The following RRS are changed:

- a. RRS 61.1(a) is added to as follows: "A boat intending to protest about an incident that occurs in the racing area shall notify the Race Committee (RC) finish boat of her intention as soon as possible after finishing, including (if possible) the boat identification number of the boat(s) being

protested. The boat shall not consult with instructors, coaches, or support persons, prior to such notification.”

## **2 CHANGES TO SAILING INSTRUCTIONS**

- 2.1** Any change to the SIs will be posted no fewer than 30 minutes before the Harbor Start on the day the change takes effect.
- 2.2** Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 1900 on the day before it will take effect.

## **3 COMMUNICATIONS**

- 3.1** Notices to competitors will be posted on the official notice board located on [ClubSpot Event](#).
- 3.2** [DP] While racing, from the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication not available to all boats.
- 3.3** [DP] Each coach and support vessel shall carry a VHF radio capable of communicating on all US channels.
- 3.4** [DP] All coaches and support vessels shall monitor VHF Channel 10. Support persons shall maintain silence on these channels unless safety-related communication with the race committee or safety patrol is necessary. Sea Cliff Yacht Club base can be reached on VHF channel 9 for operational and emergency support.
- 3.5** These Sailing Instructions, the NoR, results and other information will be available at [ClubSpot Event](#).

## **4 CODE OF CONDUCT**

- 4.1** [DP] Competitors and support persons shall comply with reasonable requests from race officials and shall comply with the JSA Code of Conduct (attached below).

## **5 SIGNALS MADE ASHORE**

- 5.1** Signals made ashore will be displayed from the floating dock of the Sea Cliff Yacht Club.
- 5.2** When flag AP is displayed ashore, ‘1 minute’ is replaced with ‘not less than 60 minutes’ in Race Signals AP.
- 5.3** [DP] Flag D with one sound means ‘Boats shall not leave the dock until this signal is made. The warning signal will not be made before the scheduled time or less than 60 minutes after flag D is displayed.’

## 6 SCHEDULE OF RACES

6.1 Six or more races are scheduled.

6.2 The racing schedule is as follows:

| Day       | Date                   | Time                                                                                   | Activity                                               | Location                 |
|-----------|------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------|
| Tuesday   | July 6                 | 1600                                                                                   | Registration Deadline (Includes an optional lunch box) | <a href="#">ClubSpot</a> |
| Tuesday   | July 6                 | 2300                                                                                   | Registration Deadline (No lunch)                       | <a href="#">ClubSpot</a> |
| Tuesday   | July 7                 | 1800-2100                                                                              | Early Boat Drop Off                                    | Sea Cliff Yacht Club     |
| Tuesday   | July 7                 | 1900                                                                                   | Instructor & Competitor Meeting                        | Virtual                  |
| Wednesday | <a href="#">July 9</a> | 830                                                                                    | Instructor email check-in                              | WD@SeaCliffYC.org        |
| Wednesday | <a href="#">July 9</a> | 915                                                                                    | Harbor Start                                           | On the water             |
| Wednesday | <a href="#">July 9</a> | 945                                                                                    | 1 <sup>st</sup> Warning Signal- All Classes            | Start Area               |
| Wednesday | <a href="#">July 9</a> | 15 min after RC arrives on shore                                                       | RC Protest TL Expires                                  | Sea Cliff Yacht Club     |
| Wednesday | <a href="#">July 9</a> | 30 min after RC arrives on shore                                                       | Competitors' Protest TL Expires                        | Sea Cliff Yacht Club     |
| Wednesday | <a href="#">July 9</a> | 30 min after RC arrives on shore or 15 min after scores are posted, whichever is later | Request for Redress on Posted Scores TL Expires        | Sea Cliff Yacht Club     |

## 7 CLASS FLAGS

7.1 The class flags will be:

Club 420

Numeral One (white pennant with red circle)



Feva

Numeral Two (blue pennant with white circle)



ILCA 7

Numeral Three (red, white, and blue pennant)



ILCA 6

Numeral Four (red pennant with white cross)



ILCA 4.7

Numeral Five (yellow and blue pennant)



## 8 RACING AREA

8.1 The racing area will be in or just outside Hempstead Harbor

## 9 THE COURSES

9.1 The diagrams with the identifying letters below show the courses, including the approximate angle between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

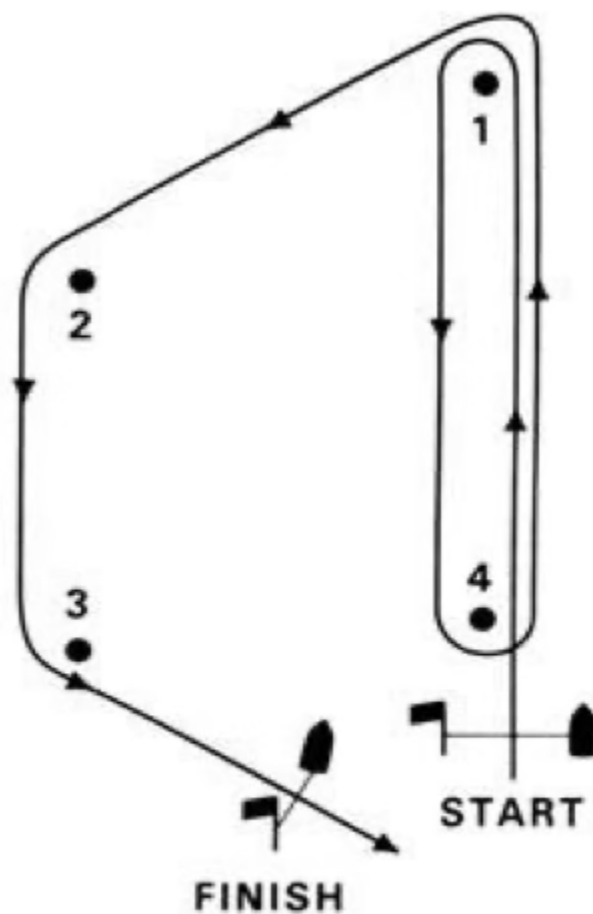
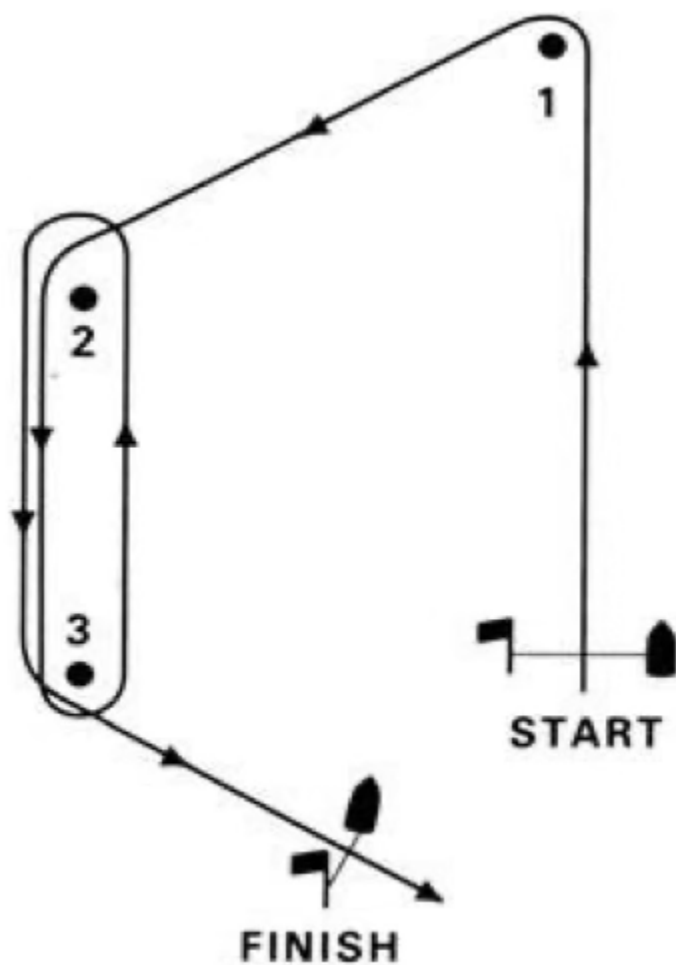
9.2 The identifying letter of the course to be sailed will be displayed from the RC signal boat before or with the warning signal for each class.

Course TR1 Trapezoid Course – 1, 2, 3, 2, 3, Finish

Course TR2 Trapezoid Course – 1, 4, 1, 2, 3, Finish

TR 1

TR 2



## 10 MARKS

10.1 Original marks will be orange inflatable tetrahedrons.

10.2 New marks as provided for in SI 12, CHANGE OF THE NEXT LEG OF THE COURSE, will be yellow inflatable tetrahedrons.

- 10.3** The starting line will be between an orange flag displayed by a race committee signal boat at the starboard end, and an orange flag displayed on a race committee pin boat anchored at the port end.

## **11. THE START**

1. Races will be started using *Appendix U*, “Audible-Signal Racing System” and changed as follows: U3 (signals): Audible signals shall govern and the following supplemental visual signals will be used: The class flag of the class to start will be hoisted with the warning signal and will be dropped at the start. If either RRS 30.1 (the “I flag rule”), RRS 30.2 (the “Z flag rule”), or RRS 30.3 (the “U flag rule”) is in effect, the appropriate flag will be displayed with or before the warning signal and will be dropped one minute before the start.
2. The starting line is between a staff displaying an orange flag on the signal vessel at the starboard end and the course side of the port-end starting mark.
3. A boat that does not start within 2 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A5.
4. Classes will start in the order shown in SI 7 unless modified by the Race Committee. If there is more than one class, after the start of the preceding class, the Race Committee will begin a new starting sequence.
5. A series of short sounds will be used to call attention just before each warning signal.
6. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
7. The following instructions shall govern recalls of OCS boats:
  1. When an individual recall is signaled, the RC will attempt to hail the sail numbers of all boats that are OCS. This changes RRS 29.1. If any part of a boat’s hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. Failure to hail her number, failure of her to hear such a hail, or the order in which boats are hailed will not be grounds for a redress for request. This changes RRS 62.1(a).
  2. If code flag “I” and/or “Z” and/or “U” or the black flag has been displayed, the RC will attempt to hail the sail number(s) of boats on the course side of the starting line **during the minute** before her starting signal.
  3. Failure of the RC’s amplification system, the order of the hails, or failure of a boat to hear her number hailed shall not be grounds for a boat to request redress. This changes RRS 62.1.

## **12 CHANGE OF THE NEXT LEG OF THE COURSE**

- 12.1** 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.
- 12.2** If the weather mark is changed, no offset mark shall be used.

## **13 THE FINISH**

- 13.1** The finishing line is between a blue flag displayed on the RC finish vessel on its port side and a round yellow inflatable at the starboard side of the line.
- 13.2** Flag A displayed while boats are finishing means ‘No more racing today’.

## **14 TIME LIMITS**

**14.1** The Race Time Limit (see RRS 35), and the Finishing Window are shown below.

| <u>Class</u> | <u>Race Time Limit</u> | <u>Finishing Window</u> |
|--------------|------------------------|-------------------------|
| All Classes  | 60 Minutes             | 20 Minutes              |

**14.2** The Finishing Window is the time for boats to finish after the first boat sails the course. Boats starting but failing to sail the course within the Finishing Window, and not subsequently retiring, penalized or given redress, will 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 finishing place of the last boat that sailed the course within the Finishing Window and was not penalised under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.2 and A10.

## **15 HEARING REQUESTS**

- 15.1** Protest and scoring inquiry forms are available location.
- 15.2** if a competitor believes their posted score is incorrect, they may file a scoring inquiry and/or request redress. The RC will post responses to scoring inquiries on the official notice board.
- 15.3** The protest time limit is 30 minutes after the RC signal boat docks, which shall be posted promptly on the official notice board.
- 15.4** 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 location.

## **16 SCORING**

- 16.1** When fewer than six (6) races have been completed, a boat's series score will be the total of her race scores. When six (6) to ten (10) races have been completed, a boat's series score will be the total of her race scores excluding her worst score. When eleven (11) or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.
- 16.2** One race is required to be scored to constitute a series.

## **17 SAFETY REGULATIONS**

- 17.1** [DP] [NP] Two hours before the first warning signal, all coaches shall check in boats via email, [WD@SeaCliffYC.org](mailto:WD@SeaCliffYC.org). Email shall include boat class, sailor's name and sail number.
- 17.2** Before the first warning signal, all boats shall confirm attendance by sailing on starboard tack or towing past the stern of the anchored finish boat and hailing their sail number until acknowledged by a committee member.
- 17.3** Each competitor and instructor/coach shall wear a US Coast Guard approved personal flotation device while on the water in accordance with JSA Rule 2.1.
- 17.4** [DP] If a boat retires from a race or for the day, the sailor shall notify an RC boat before leaving the race area or have their coach notify the RC on the VHF channel. If this is not possible, the sailor (or their coach) shall notify a staff member immediately after retiring.

## **18 EQUIPMENT AND MEASUREMENT CHECKS**

- 18.1** [NP] A boat or equipment may be inspected at any time for compliance with Class and JSA rules.
- 18.2** When instructed by a race official on the water, a boat shall proceed to a designated area for inspection.

## **19 REPLACEMENT OF CREW OR EQUIPMENT**

- 19.1** [DP] Substitution of competitors is not allowed without prior written approval of the RC.
- 19.2** [DP] Substitution of damaged or lost equipment is not allowed unless authorized by the RC. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

## **20 [DP] [NP] SUPPORT TEAMS**

- 20.1** Instructors, coaches, and spectators shall stay at least 100 yards outside the racing area. Coaching is not permitted after a general recall.
- 20.2** Support teams, including all support persons and support person vessels, shall comply with the JSA Support Team Regulations attached to this document.

**21 [NP] [DP] TRASH DISPOSAL**

- 21.1** Competitors and support persons shall not intentionally put trash in the water. This rule applies at all times while afloat. Trash may be placed aboard support or RC boats.

**22 PRIZES**

- 22.1** Prizes will be awarded to the top three finishers in the ILCA 7, 6 and 4.7, C420 and RS Feva Divisions. Equal prizes will be awarded to helm and crew positions. The top finishers will be considered for JSA Season Series Awards.

**23 [NP] [DP] DRONE USAGE**

- 23.1** Drones are not allowed at the event unless they are authorized by the Organizing Authority (OA). Content from OA authorized drones should not be used for coaching during the event. If the content is used for coaching (or other similar purposes) it shall be made available to all competitors at the same time and not during competition hours. Further, the content shall be made available to the JSA for promotional purposes by promptly emailing said content to [news@jsalis.org](mailto:news@jsalis.org)."

**24 RISK STATEMENT**

- 24.1** 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.**

***I agree to be bound by all rules that govern this event.***

Regatta Chairmen:  
Principal Race Officer:  
Chief Judge

Keith Maler & Henriette Rohl  
Henriette Rohl 718-757-7419  
Eric Johnson

Questions: [WD@SeaCliffYC.org](mailto:WD@SeaCliffYC.org)

**Sea Cliff Yacht Club**  
42 The Boulevard  
Sea Cliff, NY 11579  
Phone: 516-671-7374  
VHF Channel 9

## **Junior Sailing Association of Long Island Sound Code of Conduct**

### **Introduction**

The JSA Code of Conduct applies to all JSA Sailors, Parents, Coaches and anyone present in support of a sailor or an event (“Support Person”) when attending JSA Sanctioned Events. It applies from the time one arrives at the event to the time of departure, and it applies to conduct both on and off the water. The Code is intended to prescribe appropriate behavior for every aspect of participation in a JSA event. It is not intended to establish a set of rules.

### **Commitment**

I promise:

- I will use my best efforts to learn and follow the Racing Rules of Sailing.
- I will be honest, fair, courteous, respectful and a good sport, whether I am winning or losing.
- I will treat competitors, coaches, regatta officials, parents, hosts and all others with respect, even if I believe that person is wrong.
- I will comply with the reasonable requests of any regatta official, team coach and/or parent chaperone that may be associated with an event.
- I will respect the rules and conditions of the regatta, the Host Club or sailing venue.
- I will follow all regulations governing the operation of support craft.
- I will not use another's property without permission, steal or damage another's property.
- I will not hit, abuse, bully, make fun of or call anyone names.
- I will not swear or curse.
- I will not abuse my equipment in anger.
- I will follow all safety procedures and instructions given by race officials, regatta hosts and other responsible adults. I will promptly notify a race official, coach or responsible adult if another person is in danger.
- I will not engage in any conduct that endangers the health or safety of another competitor.
- I will not use alcohol, tobacco, or any drugs that were not prescribed specifically for me.
- I will respect the grounds of the sailing venue and the waters on which I sail, by being responsible for my items and disposing of my trash responsibly.
- I will demonstrate “Corinthian Spirit”, meaning I will place good sportsmanship, fair play and respect for the rules above winning.

### **Enforcement of the Code**

It is expected that a Sailor and his/her support group enters an Event understanding the Code. First and foremost, compliance with this Code is mandatory and, if words or actions result in a breach of the Code, the expectation is that the Sailor will report him or herself to the Organizing Authority. Alternatively, a breach of the Code may be reported by peers or others in attendance who have witnessed such an incident.

### **Handling of Code Violations**

When necessary, enforcement may take the form of disciplinary action as outlined by the RRS, the US Sailing SafeSport Handbook, and the US Sailing Regulations and Bylaws.

If an incident is brought to the attention of the Organizing Authority, Event Host and/or the Protest Committee alleging that a competitor has violated this Code, the Protest Committee shall notify the competitor and conduct

a hearing that meets the requirements of Part 5, Section B of the RRS. Under such circumstances, the competitor has the right to voluntarily withdraw from the event rather than proceeding with a hearing. If the Protest Committee decides that the competitor has violated the Code and is not exonerated, it may:

- a. remove some or all of the competitor's event privileges or benefits,
- b. disqualify the competitor's boat from the race or races sailed nearest in time to that of the incident, or
- c. disqualify the competitor's boat from all races in the event and exclude the competitor from the event or venue.

Further action may be determined by the Protest Committee if warranted including considering calling a hearing under RRS 69.2(b) or remanding it to the US Sailing Review Board or SafeSport.

Under such circumstances, the Host Club Event Chair shall take disciplinary action within 48 hours and shall notify the Chair of the JSA regarding the action.

#### Scoring

When a competitor withdraws from part of an event pursuant to the Code, the scores of all completed races shall stand for the purposes of determining the seeding of subsequent rounds or stages in the event. However, that competitor's boat/team will no longer be eligible to compete in the event, shall be removed from the final event scores, and each boat/team with a worse finishing place in the event shall be moved up one place. The same scoring applies if a boat is disqualified from the remaining races in an event.

#### Parents, Coaches & Support Persons

Parents, Coaches and Support Persons are expected to adhere to the Code and the Commitments listed above. It is expected that any violation of the Code and/or Commitments will be reported to the Organizing Authority, Event Host and/or Protest Committee and will be addressed as outlined under "Handling of Code Violations" above.

The actions that a Protest Committee may carry out for Support Person misconduct are defined in RRS 64.4. They include:

- a. issue a warning;
- b. exclude the person from the event or venue or remove any privileges or benefits, or
- c. take any other action within its jurisdiction as provided by the rules.

The protest committee may also penalize a competitor for the breach of a rule by a support person by changing the boat's score in a single race, up to and including DSQ, when the protest committee decides that:

- a. the competitor may have gained a competitive advantage as the result of the breach by the support person, or
- b. that the Parent, Coach or Support Person has committed a further breach after the competitor has been warned by the protest committee that a penalty may be imposed.

# JSA Support Team Regulations

In addition to the procedures specified in the SUPPORT TEAMS section of the Sailing Instructions, the JSA requires support persons who communicate with race officials by VHF radio to use these protocols:

- Hail the RC and identify yourself by using your Name, your Club/Organization, and your Role (coach, parent, etc.)
- Say your message.
- Receive response
- Acknowledge the response
- Do not argue with the RC if you disagree with its response.
- End the communication by thanking the RC volunteers for their service.

Communications that do not include a support person's identity, or are argumentative and abusive, may be subject to penalties as described in the JSA Code of Conduct.

Support Persons are reminded:

- a.) RRS 4.1(b) states: "A support person by providing support, or a parent or guardian by permitting their child to enter an event agrees to accept the rules."
- b.) RRS 4.2 states, "Each competitor and boat owner agrees, on behalf of their support persons, that such support persons are bound by the rules."
- c.) RRS 60.3 states: The Protest Committee may call a hearing, if any support person has broken a rule.
- d.) RRS 64.5 Decisions Concerning Support Persons may include a warning, exclusion from the event venue or worse, and may include penalties against their sailors.