



# SAILING INSTRUCTIONS

for

## 2025 SUNSTROKE SERIES

Thursday May 1<sup>st</sup> through September 4<sup>th</sup>, 2025

South Coast Corinthian Yacht Club

13444 Bali Way, Marina del Rey CA 90292

<https://www.sccyc.org>



### GENERAL INFORMATION

Series Chairman: Vincent Paternoster | Phone: 818-620-2043 | Email: [Vincent.paternoster@yahoo.com](mailto:Vincent.paternoster@yahoo.com)

### 1. RULES

- 1.1 This series will be governed by the rules as defined in the Racing Rules of Sailing (RRS).
- 1.2 The Organizing Authority (OA) is SCCYC.
- 1.3 Each entrant must meet the eligibility, entry and fee requirements as outlined in the Notice of Race.

### 2. NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be communicated via Email and/or Text messages. Competitors are strongly encouraged to register a cell phone number and check the box to accept text messages sent from RegattaNetwork. The Race Committee (RC) may make verbal notices while on the water.

### 3. CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the Sailing Instructions will be posted online, on the Regatta Network (RN) event page, by 1600 hours on the day it will take effect, except that any change to the schedule of races will be posted online by 1900 hours on the Thursday before it will take effect.

### 4. SCHEDULE OF RACING

- 4.1 The Starting Signal for the first race each evening will be at 1800 hours (i.e., first prep signal is at 1758) with five (5) races scheduled. The RC, at its discretion, may run fewer races.

### 5. CLASSES / CLASS FLAGS

- 5.1 Classes have been established for Lido 14, Snipe, Laser, and Coronado 15. Other dinghy classes desiring a start must contact the Series Chairman in advance.
- 5.2 Class flags are designated as follows: Coronado 15 - C15 insignia ; Lido 14 – L14 insignia; Class flags for other classes will be that class's insignia, or an alternative will be announced on the water by the RC.
- 5.3 The order of starts and class groupings will be determined on the water by the RC and communicated via class flags as part of the starting sequence (see SI 7.2)
- 5.4 Classes may be started together at the discretion of the RC, but they will be scored separately

### 6. RACING AREA

- 6.1 Racing will be inside Marina del Rey Harbor between the "No Sail" lanes of the entrance channel west of the UCLA boat dock.

### 7. COURSES

- 7.1 See the South Coast Corinthian Yacht Club 2025 Sunstroke Series Course Chart #10 (Unchanged from 2024)

### 8. MARKS

- 8.1 Windward and leeward marks will be yellow inflatable spar buoys and other mark will be red, yellow, or orange ball marks

### 9. OBSTRUCTIONS

- 9.1 Competitors may not sail in the area between the two lines of "No Sail" buoys and their respective jetties. The line between any two adjacent "No Sail" buoys is, for the purpose of safety, will be considered a continuing obstruction. A boat entering the no sail area *while racing* will incur a "two turns" penalty. This restriction applies at all times, not just while racing. Please help us maintain the safety of the regatta and stay out of the no sail area at all times.
- 9.2 Restricted Start/Finish Line: For Courses 2, 21, 2D, 3, and 4, boats should not pass between the RC boat and the "S" flag unless they are starting or finishing. Boats breaking this rule are subject to protest by the Race Committee and may be disqualified without a hearing. Boats may exonerate themselves by re-sailing the correct course, but not by doing penalty turns



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## 10. THE START

- 10.1 The Audible-Signal Racing System of RRS Appendix U will be used (This changes RRS 26) , except there will be no Warning Signal and the Starting Signal of one class will be the Preparatory Signal for the next. (i.e., 2 minutes rolling start sequence). This changes RRS Appendix U3.

<i>Signal</i>	<i>Sound</i>	<i>Time before Start</i>
Attention	Series of short sounds	before the preparatory
Preparatory	2 long	2 minutes
	1 long, 3 short	1 minute, 30 seconds
	1 long	1 minute
	3 short	30 seconds
	2 short	20 seconds
	1 short	10 seconds
	5 short, 1 second apart	5-4-3-2-1 seconds
Starting	1 long	0

- 10.2 The RC will signal the class(es) starting and the course for that class at the Preparatory Signal (see SI 9.1) either by displaying such information on the RC Boat or by hailing
- 10.3 The starting line will be between a staff displaying an orange flag at the port end of the line (mark S) and an orange flag on the race committee boat at the starboard end of the line (mark F).
- 10.4 A boat that does not start within 2 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2

## 11. RECALLS

- 11.1 The RC will attempt to hail the sail numbers of OCS boats after the starting signal per Appendix U4
- 11.2 The failure of any boat to hear the hail, promptness of the hail, failure to hail any boats, or the order of boats hailed shall not be grounds for redress, per Appendix U5

## 12. THE FINISH

- 12.1 The finish line will be between Mark S (pin) and Mark F on the committee boat

## 13. HEARING REQUESTS

- 13.1 Protests shall be filed with the RC within thirty (30) minutes after the RC boat has docked. Protest forms will be available at SCCYC
- 13.2 Protests will be heard in approximately the order of receipt, as soon as practicable. However, at the discretion of the RC, protests may be heard at another date convenient to all parties.

## 14. SCORING

### 14.1 Nightly Class Scoring

- 14.1.1 Each evening's races will be scored as provided in RRS Appendix A using the Low Point System except that all scores will count, this changes RRS A2.1
- 14.1.2 Each class will be scored separately for the nightly results
- 14.1.3 Nightly Class Scoring will be available on regattanetwork under each night's event page (e.g. Sunstroke #4) a link will be made from the [sccyc.org](http://sccyc.org) [2025 Racing](#) page under "Results".
- 14.1.4 Scoring method:  
Boats that came to the racing area but did not finish = Finishers +1.  
Boats that did not come to the racing area = Finishers +2.

### 14.2 Series Class Scoring

- 14.2.1 Each Class Series will be scored as provided in Appendix A of the RRS using the Low Point System, counting each boat's final standing from each evening as a single score, excluding her worst five nightly scores.
- 14.2.2 See 14.1.4 above
- 14.2.3 Series Class Scoring will be available on the RN page for the Sunstroke Series (under "results")

### 14.3 Overall Series Scoring



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- 14.3.1 The Overall Series will be scored across all classes using the high point system. The winning boat in each class will receive a nightly score equal to the number of boats in their class that came to the starting area, the second-place boat in the class will receive the number of boats in the class that came to the starting area - 1, and so on. Boats that do not come to the starting area will receive zero points.
- 14.3.2 There will be 6 throw-outs for the Overall Series score.
- 14.3.3 The winner of the overall series trophy will be the boat with the highest total score.
- 14.3.4 In the event of a tie, the boat in the class that had the highest number of starters for the series will win, if both boats are in the same class, the boat with the highest Overall point total from the last night of the series will win.
- 14.3.5 Overall Series Scoring will be calculated either directly on RN, or offline using excel and posted as a document on RN under the series event.

## 15. PRIZES

- 15.1 Winners for each evening will be announced at SCCYC as soon as possible after racing. The number of boats competing that evening will determine the number of prizes awarded. Prizes may change from week to week, but some may include hats, and other Sunstroke swag, or drink tickets at SCCYC.
- 15.2 The weekly winner of each class will be required to conspicuously display a green ribbon from their boom the following week.
- 15.3 The series leader for each class will be required to display a yellow ribbon each week.
- 15.4 The class winner of each race day will receive a sticker that they are encouraged to display on their hull. These "helmet stickers" will accumulate throughout the season.
- 15.5 Prizes for the series will be awarded on the last evening, Thursday, September 2nd, or at an event to be scheduled. Prizes will include a perpetual trophy for each class, and the Overall Series winner.

## DISCLAIMER

*Competitors in this event are participating entirely at their own risk. See RRS 3, Decision to Race. By participating in this event, each competitor agrees to release the race organizers (organizing authority, host yacht club, race committee, protest committee, sponsors, and any others acting in an official capacity for this event) from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.*

**Check Regatta Network here**

**<http://www.regattanetwork.com/event/29255>**

