

**SAILING INSTRUCTIONS FOR THE REGIS BOWL AT HARVARD/BU**  
**September 15-16, 2018**

**1 RULES**

Regattas will be governed by the rules as defined in *The Racing Rules of Sailing*, *The ICSA Procedural Rules*, *the Rules of the Collegiate Dinghy Class*, and *the NEISA Rules and Regulations Manual*.

**2 NOTICES TO COMPETITORS**

Notices to competitors will be posted on the official notice board in the downstairs lobby.

**3 CHANGES TO THE SAILING INSTRUCTIONS**

Any change to the sailing instructions will be posted 15 minutes before it will take effect.

**4 Schedule**

Saturday 9/15/18

Report Time: 10:30am  
Competitors' Meeting: 10:45am  
First Warning Signal: 11:00am

Sunday 9/16/18

Report Time: 9:30am  
First Warning: 10:00am  
No start after: 3:00pm

**5 BOATS**

Boats shall be rigged as provided. A-division will start in the Harvard Fleet; B-division will start in the BU Fleet. The divisions will switch fleets on Sunday, unless there is no racing on Saturday. The BU Fleet will launch from and haul out at the MIT docks. Teams will be given time to rig the BU boats after the competitor's meeting. On both fleets standing rigging settings shall not be adjusted.

**6 RACING AREA**

All races will take place in the Lower Basin of the Charles River between the Mass Ave and Longfellow Bridges.

**7 COURSES**

Courses will be announced by the Race Committee prior to the start of each race. They are likely to be W3, W4, and W5 with and offset mark and a gate separate from the start and finish lines. Diagrams of the courses and any modifications may be posted on the official notice board.

**8 MARKS**

All marks will be red or yellow balls.

**9 THE START**

The starting line will be between a staff displaying a flag on the starting boat at the starboard end and the course side edge of the port end starting mark.

**10 THE FINISH**

The finish will be between two finishing marks or between a staff displaying a flag on the finishing boat and a finishing mark. On a Course W4 the finish may be to the starboard side of the Race Committee Signal Boat.

**11 PROTESTS AND REQUESTS FOR REDRESS**

11.1 Protest forms are available at the Notice Board. Protests shall be delivered there within the posted protest time limit. In the event no time limit is posted ICSA procedural rule 30 will apply.

**11. Coaching**

All coaching will take place at the Harvard or MIT docks. The Race Committee will not delay racing to allow for coaching except when waiting for scores before the final set, if time allows.