

SAILING INSTRUCTIONS FOR THE REGIS TROPHY
Hosted by Boston University at the Harvard Sailing Center
September 13, 2025

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 SPECTATING

Sailors and coaches will be the only people allowed in the building or on the docks. All spectators must watch from the sidewalk.

3 NOTICES TO COMPETITORS

Notices to competitors will be posted on TechScore, and they may also be posted on a whiteboard outside the building near the docks.

4 CHANGES TO THE SAILING INSTRUCTIONS

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

5 SCHEDULE

Saturday 9/13/25

Report Time: 10:30am

Competitors' Meeting: 10:45am

First Warning Signal: 11:00am

6 BOATS

The regatta will be sailed in Harvard's fleet of Zim FJs and LP Z420s. Standing rigging settings shall not be adjusted. A Division will start in 420s and B Division will start in FJs. The fleets will swap after race 4.

7 RACING AREA

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

8 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 an 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.

9 MARKS

All marks will be pink or yellow balls with black bands around them.

10 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.

11 THE FINISH

The finish will be between two finishing marks or between a flag on the finishing boat and a finishing mark. On a Course W4 the finish will be the same as the starting line. On Course W3 and W5 the finish line will be between the windward mark and the offset mark.

12 PROTESTS

Protest forms are available online. Protests shall be delivered to the Race Committee within the posted protest time limit. In the event no time limit is posted ICSA procedural rule 30 will apply.

13 COACHING

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