

NEISA Women's Team Race Championship for the Legler Trophy

Tufts University – Bacow Sailing Pavilion

Upper Mystic Lake, Medford, MA

April 11-12, 2026

Sailing Instructions

1 Rules

- 1.1 The Regatta will be governed by the current version of the Racing Rules of Sailing (2025-2028), including Appendix D, the prescriptions of US Sailing, and the ICSA Procedural Rules, except as modified by these sailing instructions.
- 1.2 RRS D2 will apply for all races.
- 1.3 US Sailing prescriptions for RRS 63 are deleted.
- 1.4 For the purposes of RRS rule 31, the flag on the mast buoy staff shall not be counted as part of the mark. Only contact with the buoy or staff shall incur a penalty.

2 Notices to Competitors

Notices will be posted on the official regatta notice board located on Techscore.

3 Changes to Sailing Instructions

Any changes to the sailing instructions will be announced orally and posted before the first race in which they are to take effect.

4 Schedule of Races

Saturday

Report Time	1030
Coach Meeting	1040
First Warning	ASAP
No Starting Signal After	1800 (sail-offs and re-sails can go beyond cutoff)

Sunday

Report Time	0930
First warning	1000
No Starting Signal After	1630 (sail-offs and re-sails can go beyond cutoff)

5 Format

The format will be determined by the regatta chair depending on time and conditions. The following possible formats are listed in order of preference:

- 5.1 A single round robin of all teams in attendance followed by a top eight and a top six.
- 5.2 A single round robin of all teams in attendance followed by a top eight and a final four.
- 5.3 A single round robin of all teams in attendance followed by a top eight.
- 5.4 A single round robin of all teams in attendance followed by a top six
- 5.5 A single round robin of all teams in attendance followed by a final four
- 5.6 A single round robin of all teams in attendance.
- 5.7 An alternate format determined by the regatta chair.

6 Boats & Equipment

- 6.1 420s and FJs will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way. Competitors have the option of rigging the mainsheet purchase either 3:1 or 4:1.
- 6.2 The standing rigging shall not be adjusted.

- 6.3 The penalty for infringing instruction 6.1 or 6.2 will be disqualification from all races sailed in contravention of these instructions.
- 6.4 Competitors shall report any damage or loss of equipment, however slight, to the boat repair committee immediately after arriving ashore or to the Race Committee on the water. The penalty for infringing this instruction, unless the Jury is satisfied that the competitor made a determined effort to comply, will be disqualification from the race most recently sailed.
- 6.5 Breakdowns will be decided using PR 20.
- 6.6 Breakdown consideration will not be given for the failure of knots (except at the head of the main when it was determined there was not an opportunity to check it), the loss of cotter pins and rings, or the loss of quick pins at the jib tack (except when it was determined that it was properly taped)

7 Racing Area

The racing area will be the Upper Mystic Lake.

8 Rotation

The rotation of boats will be in accordance with the posted rotation on Techscore.

9 Course and Marks

- 9.1 The course will be a Digital N.
- 9.2 All turning marks shall be mast buoys displaying purple flags.
- 9.3 The starting and finish lines will be between an orange staff on a committee boat at the starboard end of the line and a mast buoy displaying an orange flag at the port end.
- 9.4 For the purposes of RRS rule 31, the flag shall not be counted as part of the mark.

10 Starting System

The starting sequence may be rolling.

11 Protests

Protests shall be initiated in accordance with RRS D2 as modified by PR 24.

12 Scoring

RRS D3 and D4 shall be used, as modified by PR 25.

13 Safety

Competitors who require assistance from rescue boats should so signify by waving arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible. Starts will not be delayed to accommodate capsized boats

14 Coaching

PR 19 shall apply. All coaching will be from land or the docks of the Bacow Sailing Pavilion except in the event of a final-four or other round without an onshore rotation, when coaching may take place from a supplied power boat.

15 Drones

Drones are flown at the sole risk and responsibility of the operator in accordance with applicable laws governing drone use. Tufts grants no permission to fly drones and assumes no responsibility for drones flown in the regatta area.