



National Youth Regatta 2017

To be held at Grafham Water Sailing Club

from 23rd July to 28th July

Sailing Instructions

The notation '[DP]' in a rule in the SI means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.

1 RULES

1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.

1.2 Racing rules will be changed as follows:

- RRS 40 will apply at all times while afloat. Flag Y will not be displayed on shore. This changes RRS 40.
- RRS 41 Outside help - When a competitor in a Rookie fleet race is seen by a Patrol Boat crew to be significantly astern of the bulk of the fleet, a Patrol Boat crew may offer advice to enable the competitor to overcome a manifest problem or improve their sailing performance at the time. However, when the boat may have gained an unfair advantage as a result of such help, the race or protest committee may protest her or a competitor may request redress. This changes Rule 41. [DP]
- Each day while racing, the first, second and third boats in the overall series at the beginning of the day shall display coloured streamers attached to the top of the mainsail, or wear coloured bibs. The organizing authority will supply the streamers or bibs. [DP]

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located in the marquee.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 09:00 on the day it will take effect, except that any change to the schedule of races shall be posted by 19:00 on the day before it will take effect. Flag L will be displayed

4 SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on the flag poles along the shoreline near the clubhouse as follows:

- Course 1 Laser Radial, Laser 4.7 Flagpole 1
- Course 2 Topper, Slow Handicap (including Topper 4.2 and Optimist) Flagpole 2
- Course 3 Medium Handicap, Fast Handicap (including Laser Standard) Flagpole 3

No visual signals will be displayed on shore for Course 4 Rookie fleet.

4.2 Flag D with one sound means 'The warning signal will be made not less than 30 minutes after flag D is displayed'. Boats shall not launch until this signal is made.

5 SCHEDULE OF RACES

5.1 For all fleet racing except the Rookie fleet:

5.1.1 Dates of racing and number of races:

Monday 24 th July	Three races
Tuesday 25 th July	Three races
Wednesday 26 th July	No racing
Thursday 27 th July	Three races
Friday 28 th July	Two races

One extra race per day may be sailed in each fleet, provided that no fleet becomes more than one race ahead of schedule and that a maximum of three races are sailed back to back.

5.1.2 The scheduled time of the warning signal for the first race each day is 10:30. One or two races will be sailed back-to-back in the morning. The scheduled time of the warning signal for the first afternoon race each day is 14:00.

5.1.3 There will be a briefing for all competitors in the café at 09:30 on each racing day.

- 5.2 For Rookie fleet racing:
- 5.2.1 The schedule of races will be decided each day and announced at the Rookie fleet competitor briefing each morning.
- 5.2.2 There will be a briefing for all competitors in the marquee at 10:00 on each racing day.
- 5.3 The schedule for special races on Wednesday 25th July is:
- | <u>Races</u> | <u>First warning signal</u> | <u>Briefing in marquee</u> | <u>Details in Attachment</u> |
|-------------------------------|-----------------------------|----------------------------|------------------------------|
| Mount Haes Trophy Races | 10:30 | 09:30 | B |
| The Single Handed Trophy Race | 11:00 | 10:00 | C |
| The All Comers Pursuit Race | 12:00 | 11:00 | D |
- 5.4 To alert boats that a race of sequence of races will begin soon, the orange starting line flag will be displayed with multiple sound signals at least one minute before a warning signal is made.
- 5.5 For back to back races, the orange signal will be made as soon as practicable after the end of the previous race. Where more than one fleet will be sailing on the race area, the orange flag will be displayed throughout the start sequence for all fleets but will be removed if an extended postponement is anticipated.
- 5.6 Completed races will be numbered consecutively throughout the event. A starting penalty awarded under RRS 30.4 in a recalled start will apply to the next race to be completed, which may be the following day.
- 5.6 On the last scheduled day of racing no warning signal will be made after 14:00.

6 FLEET FLAGS FOR FLEET RACING

The fleet flags will be:

Fleet	Flag
Laser Radial	Red Laser logo on green background
Laser 4.7	Red Laser Logo on yellow background
Topper	Flag T
Slow Handicap*	Flag K
Medium Handicap*	Flag V
Fast Handicap*	Flag J
Rookie Fleet Topper	Flag R
Rookie Fleet Handicap	Flag F

*Assignment of classes to the Fast, Medium and Slow Handicap Fleets will be made after the closing date for entries and will be posted on the official Notice Board at least one hour before the first fleet race.

7 RACING AREAS FOR FLEET RACING

The fleet racing areas will be:

- Course 1 Laser Radial, Laser 4.7 East end
- Course 2 Topper, Slow Handicap Central area
- Course 3 Medium Handicap, Fast Handicap West end
- Course 4 Rookie fleet Central area

8 THE COURSES FOR FLEET RACING

- 8.1 For all fleet racing except the Rookie fleet, the diagram in Attachment A show's the course, the order in which marks are to be passed, and the side on which each mark is to be left.
- 8.2 For Rookie fleet racing, the course will be advised at the daily briefing, from a selection of trapezoid, windward/leeward or triangle courses.
- 8.3 Legs of the course will not be changed after the preparatory signal. This changes RRS 33.

9 MARKS FOR FLEET RACING

9.1 Marks 1, 2, 3 and 4 will be inflatable pillar buoys:

	<u>Colour</u>	<u>Band on Mark 1</u>
• Course 1 Laser Radial, Laser 4.7	Yellow	Blue & white chequered
• Course 2 Topper, Slow Handicap	Blue	Yellow
• Course 3 Medium Handicap, Fast Handicap	Orange	Blue & white chequered

9.2 Marks for the Rookie fleet will be advised at the daily briefing and will be orange dan buoys with coloured flags.

9.3 Starting and finishing marks will be a committee vessel at the starboard end of the start and finish line and an orange dan buoy with an orange flag at the port end of the start and finish line.

10 AREAS THAT ARE OBSTRUCTIONS

10.1 The prohibited area at the west end of the lake is an obstruction. Its boundary is a line of small yellow buoys forming its eastern boundary.

10.2 Each fishing boat and an area extending 20 metres in any direction from the fishing boat is an obstruction.

10.3 A safety boat in close attendance to a craft or competitor in difficulty is an obstruction.

11 THE START

11.1 The starting line will be between a mast displaying an orange flag on the starboard end committee boat and the course side of the port end starting mark.

11.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races. [DP]

11.3 The warning signal for a subsequent start shall be displayed not less than one minute after the previous start.

11.4 For all fleet racing except the Rookie fleet, a boat that does not start within 5 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A4 and A5.

12 CHANGE OF THE NEXT LEG OF THE COURSE

After the start, marks will not be moved during a race except that the port end starting mark may be moved closer to the starboard end committee vessel to become the port end finishing mark, without any signals. This changes RRS 33.

13 THE FINISH FOR FLEET RACING

13.1 The finishing line will be between the mast displaying an orange flag on the starboard end committee vessel and the course side of the port end finishing mark.

13.2 To signal that the race is to be finished, Flag S will be displayed on the starboard end committee vessel.

13.3 Each boat will finish when it next passes through the finishing line to complete the lap that it is sailing after S has been displayed on the starboard end committee vessel. The first boat to finish may not necessarily be the leading boat of that fleet.

13.4 After finishing, boats shall keep clear of the finishing line and of all boats that are continuing to race.

14 PENALTY SYSTEM

Appendix P will apply, except that RRS P2.3 will not apply and RRS P2.2 is changed so that it will apply to any penalty after the first one.

15 TIME LIMITS AND TARGET TIMES FOR FLEET RACING

15.1 The time limit for all fleets is 90 minutes.

15.2 The target time for each race is 45 minutes, except for the Rookie Fleet who will be advised of a target time at the daily briefing. Failure to meet the target time will not be grounds for redress. This changes rule 62.1 (a).

15.3 The Mark 1 time limit is 20 minutes. If no boat has passed mark 1 within the Mark 1 time limit the race will be abandoned.

15.4 In handicap races, In order to minimise excessive delays between races, the race committee may award a finishing position or corrected time (that is not better than those that have finished) to boats that are still racing 20 minutes after the first boat finishes. This will be signalled by displaying Flag W from a Race Committee vessel or RIB. In single class fleets, Flag W may be displayed from a Race Committee vessel or RIB at any time after the first boat in the fleet has sailed the course and finished. This changes Rules 62, A4 and A5.

16 PROTESTS AND REQUESTS FOR REDRESS

- 16.1 A boat that has taken a penalty under RRS 31 or 44.1 or retired during or after finishing the race shall complete an acknowledgment form in the Race Office within the protest time limit.
- 16.2 Protest forms are available at the race office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit
- 16.3 Boats intending to protest another boat shall inform a race committee boat in the vicinity of the finishing line, as soon as possible after finishing. If the boat is unable to finish and is returning to shore, the intention to protest shall be notified to the race office as soon as possible after returning ashore. This intention must be acknowledged at the time, by the race committee boat or at the desk, for the protest to be deemed a valid protest. This changes rules 61.1 and 61.3.
- 16.4 The protest time limit will be displayed on the official notice board and is 30 minutes from the last boat of that fleet coming ashore.
- 16.5 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 a protest room at the sailing club or event campsite at times published on the event notice board and at the campsite. The location of hearings on the final day will be posted on the official notice board
- 16.6 Notices of protests by the race committee, technical committee or protest committee will be posted to inform boats under RRS 61.1(b).
- 16.7 A list of boats that, under SI 14, have been penalized for breaking RRS 42 will be posted.
- 16.8 On the last scheduled day of racing a request for reopening a hearing shall be delivered:
- a) Within the protest time limit if the requesting party was informed of the decision on the previous day;
- b) No later than 15 minutes after the requesting party was informed of the decision on that day. This changes RRS 66.
- 16.9 On the last scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2.

17 SCORING FOR FLEET RACING

- 17.1 To calculate the overall results for a handicap fleet, the number of laps completed and the total elapsed time will be recorded for each boat and the average lap time calculated and adjusted using the appropriate Portsmouth Yardstick (PY) number.
- 17.2 The PY number will be the number currently published in the RYA PY Scheme. Boats without PY Numbers or racing with different configurations to class rules will be allocated a Regatta Number by the Race Committee which may be amended at any time during the regatta and previous results corrected accordingly.
- 17.3 For single class starts, results will be calculated based on finishing position and number of laps completed.
- 17.4 One race is required to be completed to constitute a series.
- 17.5 A boat's series score will be the total of her race scores, excluding the following:
- Up to 5 races completed - no excluded scores
 - 6 to 8 races completed - exclude worst score.
 - 9 or more races completed - exclude two worst scores.
- 17.6 To request correction of an alleged error in posted race or series results, a boat shall complete a scoring enquiry form, available from the race office. Requests should be made as soon as possible after results are posted and within 24 hours of the race finishing. On the final day all enquiries must be made within 30 minutes of the racing results being posted.

18 SAFETY REGULATIONS

- 18.1 A tally system will be in operation. The tally board will be located at the west exit of the marquee.
- 18.2 All competitors shall, in person, tally out before going afloat and tally in immediately after coming ashore, including at lunch times.
- 18.3 While tallied out competitors shall wear a numbered wristband on their right wrist or arm. [DP]
- 18.4 If a competitor is not intending to launch for the next session, tally staff shall be informed as soon as possible by the competitor or team manager. [DP]
- 18.5 Failure to tally out, or to tally in before the end of the protest time limit, shall result in the boat concerned scoring a 10 point penalty provided that her race score does not become worse than DSQ, without a hearing. A penalty for failure to tally out shall be applied to the first race of the day and a penalty for failure to tally back in shall be applied to the last race of that day. This changes RRS A4 and A5.
- 18.6 A boat that intends to retire and/or leave the race area shall notify a race committee or patrol boat as soon as possible. [DP]

19 REPLACEMENT OF CREW OR EQUIPMENT

- 19.1 Substitution of competitors will not be allowed without prior written approval of the race committee. [DP]
- 19.2 Substitution of damaged or lost equipment will not be allowed unless authorised by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity. [DP]
- 19.3 A competitor will not be allowed to change boats or sail numbers unless authorised by and at the discretion of the race committee. Requests shall be made in writing to the race committee at the first reasonable opportunity. [DP]

20 EQUIPMENT AND MEASUREMENT CHECKS

- 20.1 A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions.
- 20.2 The protest committee may give a discretionary penalty for breaches of Class Rules, which may be to award no penalty.

21 SUPPORT BOATS

Coach and support boats will not be permitted. [DP]

22 TRASH DISPOSAL

Trash may be placed aboard official boats. [DP]

23 RADIO COMMUNICATION

Except in an emergency, a boat that is racing shall neither make voice or data transmissions while racing and shall not receive voice or data communications not available to all boats. This restriction also applies to mobile telephones.

24 PRIZES

- 24.1 Trophies will be awarded as posted on the notice board. Where Class Trophies are awarded in Handicap fleets, the class winners will be the highest placed boats within the overall handicap results for the fleet. If a class in the Handicap fleet is to be scored separately, details will be posted on the official notice board.
- 24.2 The Team Trophy will be awarded to the eligible Team, as prescribed in the Notice of Race, with the highest six scores, including the Rookie fleet, counting in each team. Scores will be worked out from the final overall fleet results using this system; e.g. a fleet of 25 boats, 1st place receives 25 points, 2nd place receives 24 points, 3rd receives 23 points etcetera.

25 RISK STATEMENT

Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone".

Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- a. They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- b. They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- c. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
- d. Their boat is in good order, equipped to sail in the event and they are fit to participate;
- e. The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
- f. The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.
- g. It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or the event and to attend any safety briefing held for the event.

26 INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £2,000,000 or the equivalent.

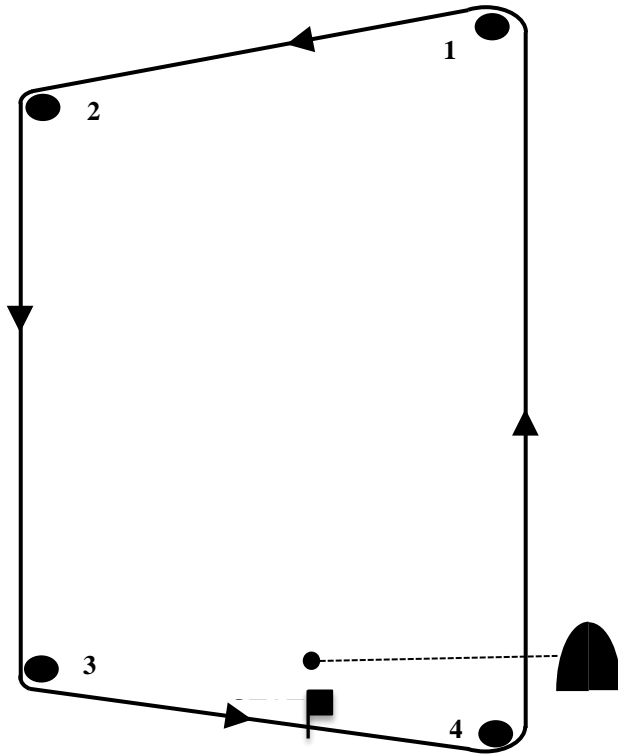
Attachment A: Diagram of Courses

Attachment B: Instructions for Mount Haes Trophy Races

Attachment C: Instructions for Single Handed Trophy

Attachment A: Diagram of Courses

Course for fleet racing excluding Rookie fleet.



Marks sequence 1,2,3,4 to port
Pass through Start/Finish line each lap to windward
Finish when crossing line from 4 after S is displayed on Committee Boat

Start/Finish line

Attachment B - MOUNT HAES TROPHY RACES

B1 RULES

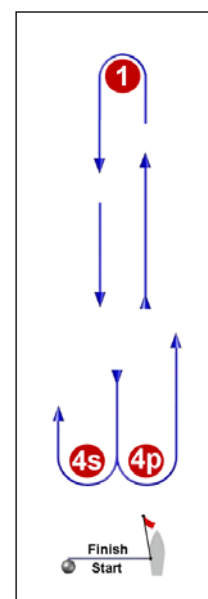
- The overall Regatta Sailing Instructions will apply except where changed by these Supplementary Instructions
- The series will be sailed as a knock-out competition in dinghies provided by the Organising Authority.
- Each Team will be entitled to entries as defined in the Notice of Race to a maximum of 36 entries. If places are available, the Organising Authority may award 'wild card' entries to achieve the maximum entry.
- If umpires are used, details of protest procedures and umpiring rules will be explained at the briefing. The decisions of the umpires will be final

B2 SCHEDULE & FORMAT OF RACES

- Round 1 will be a single race consisting of six heats, with six boats in each heat. Boats will be allocated to heats by a draw. The first two boats in each heat will qualify for the semi-finals.
- Semi-final A will be a single race between the winners of Heats 1, 2 & 3 and the second boats in Heats 4, 5 & 6
- Semi-final B will be a single race between the winners of Heats 4, 5 & 6 and the second boats in Heats 1, 2 & 3.
- The Final will be a single race between the first three boats from each Semi-final.
- The winner of the Final race will be awarded the Mount Haes Trophy

B3 THE COURSE

- The course for the Heats & Semi-finals will be: Start, 1, 4s/4p, 1, Finish
- The course for the Final will be: Start, 1, 4s/4p, 1, Finish
- Marks 1, 4s & 4p will be blue buoys and the pin end of the start/finish line will be a dan buoy with an orange flag.
- If there is only one mark at 4s/4pte, it shall be rounded to port.



B4 THE START

- The warning flag for each race will be Flag R and the Warning signal for Heat 1 is scheduled for 10:30.
- Races will be started by using Rule 26 ie 5, 4, 1, GO
- The warning signal for all subsequent races will be as soon as possible after the last boat has finished the previous race and new crews have been given a reasonable amount of time to board their boat. The warning signal will be preceded by a series of short sound signals
- It is each crew's responsibility to be ready to take over a boat once the previous heat has finished and be ready for the next heat.
- A boat starting later than 2 minutes after her starting signal will be disqualified and must retire from the race area immediately.

B5 OTHER INSTRUCTIONS

- Teams will be allocated to individual boats in the order that they are drawn in Round 1. Allocation of boats for the Semi-Finals & Final will be in accordance with Instruction B6 – Mount Haes Race Schedule
- Weather permitting, on-the-water change-overs will be made between races.
- If time permits there will be a break between the Heats and Semi-final and Final

Attachment B6: Mount Haes Race Schedule

Heat 1	Team 1	Boat A	SEMI-FINAL A		
	Team 2	Boat B			
	Team 3	Boat C			
	Team 4	Boat D			
	Team 5	Boat E			
	Team 6	Boat F			
Heat 2	Team 7	Boat A	Winner Heat 1	Boat A	FINAL
	Team 8	Boat B	Winner Heat 2	Boat B	
	Team 9	Boat C	Winner Heat 3	Boat C	
	Team 10	Boat D	Second Heat 4	Boat D	
	Team 11	Boat E	Second Heat 5	Boat E	
	Team 12	Boat F	Second Heat 6	Boat F	
Heat 3	Team 13	Boat A	SEMI-FINAL B		
	Team 14	Boat B			
	Team 15	Boat C			
	Team 16	Boat D			
	Team 17	Boat E			
	Team 18	Boat F			
Heat 4	Team 19	Boat A	1 st Semi-Final A	Boat A	FINAL
	Team 20	Boat B	2 nd Semi-Final A	Boat B	
	Team 21	Boat C	3 rd Semi-Final A	Boat C	
	Team 22	Boat D	1 st Semi-Final B	Boat D	
	Team 23	Boat E	2 nd Semi-Final B	Boat E	
	Team 24	Boat F	3 rd Semi-Final B	Boat F	
Heat 5	Team 25	Boat A	Winner Heat 4	Boat A	SEMI-FINAL A
	Team 26	Boat B	Winner Heat 5	Boat B	
	Team 27	Boat C	Winner Heat 6	Boat C	
	Team 28	Boat D	Second Heat 1	Boat D	
	Team 29	Boat E	Second Heat 2	Boat E	
	Team 30	Boat F	Second Heat 3	Boat F	
Heat 6	Team 31	Boat A	SEMI-FINAL B		
	Team 32	Boat B			
	Team 33	Boat C			
	Team 34	Boat D			
	Team 35	Boat E			
	Team 36	Boat F			

Attachment C: Single Handed trophy

The overall Regatta Sailing Instructions and courses relating to the Topper Fleet will apply except that:

- a) The Trophy series will be sailed as a single race in Topper Dinghies using the standard 5.3 sail or the 4.2 sail but no handicap allowance will be made for either rig.
- b) Each team will be entitled to entries as defined in the Notice of Race.

Attachment D: All Comers Race

1. BRIEFING

A competitors' briefing will take place in the Marquee at 11:00. The warning signal for the Pursuit Race Start will be at 11:00. The **Start Schedule** for classes will be posted on the Official Notice board no later than 09:30 Wednesday 25th July.

2. CLASS FLAGS

Individual Class Flags will not be used – classes will start in accordance with the **Start Schedule** and the **Board Numbers** displayed on the Committee Boat.

3. RACE AREA

The race area will be the west end of Grafham Water.

4. THE COURSE

The Course will be displayed on the Official Notice board no later than 12:00 on Wednesday 25th July. There will be no limit to the number of laps to be sailed. The duration of the race will be a fixed time of 120 minutes (2 hours) after the first scheduled start.

5. MARKS

5.1 Starting marks will be the staff displaying an orange flag on race committee vessel at the starboard end and any attachments, and an orange dan buoy flying an orange flag at the port end.

5.2 The course marks will be explained at the Briefing

5.3 See 'The Finish' for finishing marks

6. THE START

6.1 Rule 26 is deleted. Starting will be as shown in the table below. Times shall be taken from the SOUND signals; the absence or timing of a visual signal shall be disregarded.

Note that in each case the starting signal for a class is when a Board Number is displayed.

Min	Signal	BoardNumberdisplayed	Flag	Sound
- 6	Attention	Yellow	Orange	Multiple
- 5	Warning	0	Up	One
- 4	Preparatory	1		One
- 3		2		One
- 2		3		One
- 1	Preparatory removed	4		One long
0	First Start	5		One
+ 1	Next Start	6		One
+ 2	Next Start	7		One
+ 3	Next Start	8		One
Etc	For each subsequent start			
	Last Start		Orange	Down

6.2 **Board Numbers** (showing a count up from 0) will be displayed on the Race Committee vessel. The relevant **Board Number** for each class will be shown on the **Start Schedule**. Subsequent signals will be given at one minute intervals and classes will start when their **Board Numbers** shown in the **Start Schedule** is displayed.

6.3 The Race Committee vessel for the start (*described at the Briefing*) will be located towards the leeward end of the first beat.

6.4 Boats shall keep clear of the starting area (a minimum of 50m in any direction from the start line) until after the starting signal of the previous start

6.5 There will be no time limit for boats starting after their scheduled start up to the time of finish of the first boat.

7. Recalls at the start

7.1 Rule 29.1 *Individual Recall* is amended such that Flag "X" will be displayed for a maximum of 30 seconds.

7.2 After Flag X is displayed, boats shall return to the correct side of the course ROUND THE ENDS of the start line. Failure to return correctly will result in DISQUALIFICATION without a hearing. This amends Rule 30.1 and Rule 63.1.

7.3 To signal a general recall, the race committee shall display the First Substitute flag with 2 sounds signals for one minute. Each boat shall return round the ends of the starting line and then restart immediately. The start sequence will not stop. This change RRS 29

8. CHANGE OF NEXT LEG OF THE COURSE

Marks will not be changed after the leading boat has passed them for the first time.

9. THE FINISH

9.1 A boat's finishing position is its position relative to all other competitors at the time of the finish signal.

9.2 The race will finish at the time as specified on the **Start Schedule** and is calculated from when **Board Number 5** is displayed. The course will not be shortened. Rule 32.2 is deleted.

9.3 A race committee vessel will motor along the course close to the leading boat throughout the race.

9.4 At the prescribed finish time, **two long sound signals** will be made and a blue flag will be displayed by the Committee Boat, and the lead boat RIB.

After the finish time, boats shall not overtake others but shall remain in their relative positions and continue to sail the course to the next rounding mark until finished without passing another boat.

9.5 The finish line will **either** be:

a) Between two race committee vessels, flying blue flags, motoring contrary to the direction of the race leaders. In order to be awarded a finish place, boats shall pass between these two race committee vessels. This finish method will record all boats between the lead boat's position and the previous mark after the finish signal.

OR

b) Between a nearby mark of the course and a staff displaying a Blue flag on a finishing boat. This finish method will record all other competitors as they reach the next mark of the course. So far as possible, a sound signal may also be made by each finishing line boat to indicate the recording of subsequent finishers.

NOTE: each finisher should try make a record of the boat immediately in front and behind at the prescribed finish time for verification and signing off declaration (See below).

9.6 At and after the finish signal, boats shall remain as near as possible to the straight line between the marks or obstructions delineating the leg of the course which they are sailing.