

Team Racing Definitions

Move	Where and When	Description	Example Situations	Occurrence
Pin/Tight Cover	Upwind, Same Tack	Preventing another boat from tacking or jibing upwind. Pinning another while on starboard tack is particularly effective.	In a 1-3 combination, 1 Pins 2 and sails them away from the finish line so the combination changes to a 1-2	Every close race
Loose Cover	Upwind, Same Tack	On the same tack upwind of your opponent, but allowing them to tack freely. This might be used to keep an opponent sailing in the same direction you want to go.	In a 1-2 combination, 1 might have a loose cover on 3 so they can finish the race quickly (before anything bad can happen).	Only when a team has a stable combination will they consider loose covering .
Pick	Upwind, Same Tack	When an opponent has a Loose Cover on a teammate, an upwind teammate can Pick the opponent off by bearing off and pointing at the opponent. The covered teammate tacks out when they realize the opponent can't tack and cover without fouling his teammate.	In a 1-3 combination when 2 is covering 3, 1 Picks 2 to convert to a 1-2.	In winning but unstable combinations.
High-Low	Reaches	On reaches when two teammates are behind an opponent, one teammate will sail High forcing the opponent to sail High . The other teammate sails Low and passes the opponent.	In a 1-5-6 combination, 5 sails High on 4 on the reaches and 6 sails Low passing 4. They now have a 1-4-6 which they can convert to a winning 1-4-5.	In races where one team has a stable combination
Max-Slow	Upwind, Reaches	Making your boat go as slow as possible in order to make an opponent go even slower. Upwind and Reaching Max-Slow involves overtrimming the main and letting the	In a 1-4-5, the 5 boat goes Max-Slow on 6 in order to separate the 5-6 pair from the rest of the race (which makes it harder to convert the 2-3-6 to a 2-3-4).	Every close race

		jib luff in an upwind position on your opponent.		
Passback	Upwind, Reaches	Slowing an opponent so that a teammate can pass. This slowing is often accomplished by going Max-Slow . This often involves sacrificing your position in the race.	In a 1-4-6 combination, 4 passes back 5 into last so the 1-4-6 is now a winning 1-4-5	Every close race
Speed Passback	Upwind, Reaches	Slowing an opponent so that a teammate can pass without sacrificing your own position. These are required when the boats are physically separated by small distances. Usually, there is no luffing of sails.	In a 1-3-5 combination, 1 must do a speed passback to turn the 1-2 before 4 can pass 1,2, or 3.	When boats are in close proximity
Peel the Banana	Upwind 2-3-6	In a 2-3-6 (which is losing), the 2 Pins 4 to one side of the course, while the 3 Pins 5 to the other side of the course. 6 sails up the middle into 2 for a winning 2-3-4.	1-4-5 versus 2-3-6	Several times during a regatta. Often in the championship rounds.
Balancing Pairs	Upwind	Keeping opponents on the same ladder rung of the course during windshifts.	In a 2-3-4 combination with 2 covering 5 and 3 covering 6, 2 and 3 must Balance Their Pairs to maintain their 2-3-4. If they do not Balance and the wind shifts the combination could change to a losing 2-4-5	Every 2-3-4
Mark Trap	Any mark	Stopping at marks to attack boats behind. This usually involves ensuring no opponents are entitled to room. By forcing opponents to sail around the trap, teammates can pass through the trap.	In a 1-4-6 combination, 4 will stop at the jibe mark and force the 5 to sail around while letting 6 through to convert to a 1-4-5.	Any unstable combination.
Sphincter	Any mark	Stopping at marks (Mark Trapping) to slow down	In a 1-2-3 combination, 3 stops at every mark and	1-2-3 and 1-2-4 combinations

		two or more opponents. Usually a boat Sphinctering will ensure it does not allow room to any opponents before stopping.	Sphincters the opponents so 1-2 can extend their lead. Unnecessarily Sphinctering is considered poor sportsmanship.	
Swoop	Upwind, Same Tack	This occurs when you are loosely covering someone upwind that you should be Pinning . To get into a tight cover position, you tack , jibe, and Swoop into a tight cover.	Self-explanatory	Rare
Legler'ing	Upwind, Reaches	Pulling your boom to windward while going Max-Slow . This creates a huge wind shadow that is hard for an opponent to escape from.	See the Max-Slow situation. Legler'ing is used for situations where Max-Slow is critical	Happens in lighter winds (when it is possible to pull the boom to weather).