

Jeff Davis' Elements of the game, as it is played in One Design,

Short course racing, High school, and College

Boat Handling: In categories Light, Medium, and Heavy wind

- Tacks and Gybes- How much roll? Shifting gears with changing conditions.
- Mark roundings: Windward, offset, and leeward roundings.
- Ducking, 360's/720's, stopping, accelerating, and holding position
- Speed- upwind, downwind, and reaching
- Starts: Your basic tool kit of time and distance judgment, gathering a line sight, and being able to "slingshot" off the line at go.

Strategy: The geometry of the wind and the course. Are your actions predictive, reactionary, or patterned?

- Which end of the line is favored? Is it worth the risk of being stuck in a crowd?
- What is the favored tack to be on at the start? Which tack is taking you where you want to go?
- What is the favored side of the course? Pressure, current, and wind angle should all be considered.
- What is the favored gybe going downwind? Usually opposite of the favored tack.
- Laylines and gybe angles. Sail less distance. Make sure to add current and wind shifts into the equation.

Tactics: What you do with other boats that have the same strategy.

- Start line- Making, finding, or keeping a hole and protecting your hole so you have room to slingshot off the start line.
- Being out front so you have freedom to make choices
- Windward mark in a crowd: On the layline, defending against port tackers, being a port tacker.
- Position yourself for inside overlaps at the reach mark or the leeward mark.
- Risk management- How much do you risk on the final beat? Depends on how happy you are with your position around the leeward mark.
- Finish your race at the favored (downwind) end of the finish line.
- Never go back! Never sail any extra distance that you don't have to.
- Use the rules as the sword and the shield. Gain an advantage on your opponents, but most importantly protect yourself.