



## PERFECT CIRCLE SAILING

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# Definitions and Terminology

Version 4 – 7/9/10

## Points of Sail

### Close Hauled

Sailing as close into the wind the wind as possible, usually 30-45 degrees to the right or left of dead into the wind.

**Jib and Main Trimmers** set the trim to acceleration position when down speed, and high speed position when reaching target speed.

**Helm** adjusts the boat's course as the wind shifts direction to keep the tell tails flying correctly and the boat powered up.

### Close Reach

Sailing into the wind, but less than Close Hauled.

**Jib and Main Trimmers** adjust trim to keep the tell tails flying correctly as the wind shifts direction.

**Helm** holds the desired course.

### Beam Reach

Sailing with the wind approximately 90 degrees to the centerline of the boat.

**Jib and Main Trimmers** adjust trim to keep the tell tails flying correctly as the wind shifts direction.

**Helm** holds the desired course.

### Broad Reach (going downwind)

Sailing off the wind, with the wind approximately 45 degrees from dead downwind.

**Spinnaker and Main Trimmers** adjust trim to keep the sails at full power.

**Helm** adjusts the boat's course to hold the desired boat speed.

**Pole Trimmer** adjusts the pole position in concert with the helms turns.

### Dead Downwind (normally without a chute)

Sailing directly with the wind. The wind will be directly behind the boat and parallel to the centerline of the boat.

**Jib and Main Trimmers** adjust the sails all the way out.

**Helm** holds the desired course.

## Crew Actions

### Moving on the boat

One hand for you, and one hand for the boat. Always hold on to something.

### Adjusting a Line

**Look Up!** Always look at the object you are controlling when you adjust a line. Do not fixate on the line, it is the thing you are controlling (sail, pole, etc.) that is important.

# Maneuvers

## Starting

### Tack

Turning the bow through the wind, and re-trimming for speed.

### Jibe

Turning the stern through the wind, controlling the boom as it crosses the boat, and re-trimming for speed.

## Upwind

### Tack

Turning the bow through the wind, trimming for acceleration mode, then full speed mode.

### Bear Away Spinnaker Set

Turning from a Close Reach to a Broad Reach, and raising the Spinnaker.

### Jibe Set

Turning from a Close Reach to a Broad Reach, continuing thru Dead Downwind to the Broad Reach on the other tack, and raising the Spinnaker.

### Play 3 Set

Turning from a Close Reach to Dead Downwind, raising the Spinnaker, jibing the jib and main, continuing turn to the Broad Reach of the other tack, and setting the pole on that opposite tack.

## Downwind

### Jibe

Turning the Stern through the wind, jibing the Spinnaker, accelerating to target boat speed, then turning down to maintain that speed.

### Spinnaker Drop and Rounding

Raising the jib, lowering the Spinnaker, and rounding the downwind mark.

## Spinnaker Take Downs

### Port Side

Pull the Spinnaker down to port regardless of tack.

### Windward

Pull the Spinnaker down to windward of the forestay.

### Holland

Pull the Spinnaker down under the Jib, usually with a Holland Line.

### Leeward

Pull the Spinnaker down to leeward and aft of the jib.

## Finishing

### Cross the finish line

Note the finishing time, drop the Spinnaker, clean up boat, go collect your trophy.

# Knots – Basic Knots to know

Practice these knots so you can tie them quickly.

Bowline – frontwards, backwards, around your body.

Cleat Hitch

Figure Eight



## PERFECT CIRCLE SAILING

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## Rigging

- Mast - Large stick in center of boat used to hold sails.
- Shroud - Cables/rods on side of mast, used to hold mast up.
- Stays - Cables/rods in front or back of mast, used to hold mast up.
- Chain Plates - Attachment points for shrouds on deck of boat.
- Spin Pole - Pole that is attached to mast and protruding forward to hold tack of Spinnaker.
- After Guy - Line that holds the Spinnaker Pole in place from an aft position.
- Fore Guy - Line that hold the Spinnaker Pole in place from a downward position.
- Topping Lift - Line that hold the Spinnaker Pole in place from an upward position.
- Sheet - A line that controls the shape of a sail.
- Jib Sheet - The Sheet that controls trim of the Jib.
- Spin Sheet - The Sheet that controls the trim of the Spinnaker.
- Main Sheet - The Sheet that controls the trim of the Main.
- Traveler - A track that moves the attachment point of the main sheet left/right.
- Boom Vang - A device that hold the boom down or allows it to raise up.

## Sails

### Names of Corners

- Head - The top of the sail, connected to the Halyard.
- Tack - The front corner of the sail, securely fastened (tacked) to the boat.
- Clew - The back corner of the sail, connected to the Sheet.

### Names of Sides

- Luff - The front side of the sail, between the Tack and the Head.
- Leach - The back side of the sail, between the Clew and the Head.
- Foot - The bottom of the sail, between the Tack and the Clew.

### Names of Sails

- Main - Primary Sail, Aft of the mast, connected to the boom
- Jib - A triangular front sail, connected to the forestay.
  - Light #1 A large Jib used in light air.
  - Heavy #1 A large jib used in heavier air.
  - #2 A midsized jib used in heavier air.
  - #3 A small jib used in heavy air.
  - Blade A very small jib used in very heavy air.
  - Jib Top a jib with a high cut foot used in reaching.
- Spinnaker
  - Symmetrical .5 oz, .75oz, 1.5oz – Tack and clew are interchangeable.
  - Asymmetrical – A Spinnaker that works more like a big jib.

## Using a Winch

- Always wrap lines clockwise around a winch, 1 to 4 wraps.
- Change direction of handle rotation to change speeds – to make it easier to grind.
- Always look up at the sail/pole you are controlling as you grind.
- Tail – take a strain on the line to provide enough tension for the winch to grab the line.
- Tail Jib Sheets, hand over hand in large increments.



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## Definitions

### Mast

Hold up sails, Bend to shape sails

### Shrouds

Hold up mast. Adjust to keep mast straight on both boards under load.

### Forestay

Hold up mast. Connect Jib Luff. Tension to shape Jib

### Backstay

Hold up mast.

#### Upwind

Tighten to increase tension on Forestay to shape Jib Luff.

#### Downwind

Loosen to move top of mast forward.

### Cunningham

Downhaul on the Main or Jib to increase luff tension.

### Fraculator

Hold Jib Head down

#### Downwind

Tension Jib Halyard to bend top of mast forward.

### Running Backstays (also called Check Stays)

Hold up the mast in high wind. Tension will pull the center of the mast back to shape Main.

### Jib Lead Car

This is an adjustable lead car for the jib sheets. Moving it forward will make the foot more full and the leech tighter. Moving it aft tightens the foot, and twists the leech spilling air and depowering the sail.

### Jib Halyard

Raise and Lower Jib.

### Spin Halyards, Port/Starboard

Raise and Lower Spinnaker. Normally crossed in mast so they can be jumped from the windward side of boat. The Port spin halyard is on the port side at the top of the mast, and on the bow. The Port spin halyard (if crossed) is on the starboard side at the base of the mast and in the cockpit.

### Shackles and J-Locks

Connect sheets and halyards to sails

### Jib Sheets

Control the shape of the Jib



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## Sheet Leads

### Fore/Aft

### Inboard/Outboard

Control the shape of the sail.

Moving aft puts more tension on the foot, allowing air to be spilled out of the top of the sail to de-power the sail plan.

Moving forward tightens the leach, allowing the pocket to become deeper and more powerful.

## Winches

### Always Clockwise

Always use for mechanical advantage.

## Snatch Blocks

Movable blocks for any purpose. A normal usage is to set an outboard sheet lead when off the wind.

## Tweakers

Adjust the shape of the spinnaker. Lower the guy for a better angle of the Spinnaker Pole, especially in high wind.

## Spinnaker Pole

Provide a Tack point for the Spinnaker.

## Sprit (Bow Sprit)

Provide a Tack point for the Spinnaker, normally asymmetrical.

## Topping Lift

Raise the Spinnaker Pole, and hold it up.

## Foreguy

Lower the Spinnaker Pole, and hold it down.

## Afterguy

Hold and adjust the Tack of the Spinnaker fore and aft. Also used to control the trim/shape of the Spinnaker.

## Spinnaker Sheet

Control the shape of the Spinnaker.



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