**RTG Pivot Point, Balance & Modes**

(OR How to ‘Foot’ or ‘Point’ in the most efficient manner around the race course)

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|  | **Actions to Help Facilitate Modes** | **Point** | **Speed** | **Weather Helm** | **Notes** |
| **Aspect of Attack** | weight forward(1) | higher | slower | more |  |
| weight aft(1) | lower | faster | less |  |
| **Heel Angle** | to leeward(1)  (heeled up) | higher | slower | more |  |
| to windward(1)  (flatter) | lower | faster | less |  |
| **Sail Depth** | deep (powerful) | higher | faster | more | narrow/fine steering groove |
| flatter  (de-powered) | lower | slower | less | wider/easier steering groove |
| **Twist (Leech)** | twist in (tight leech)(2) | higher | faster | less |  |
| parallel |  |  |  |  |
| twist out | lower | slower | more |  |
| **Sheet (Angle of Attack)** | pulled in | higher | slower | less |  |
| let out | lower | faster | more |  |
| **Course Steered** | feather | higher | slower | less |  |
| foot | lower | faster | more |  |
| **Centerboard** | lower (down)(2) | higher | slower | less |  |
| higher (up)(2) | lower | faster | more |  |
| **Tuning** | looser shrouds |  |  | more | more sail depth = tight leech |
|  | tighter shrouds |  |  | less | less sail depth = looser leech |

(1) Relative to pivot point where everything is balanced.

(2) With regard to leech:

- To get leech to twist in: traveller as high as tolerable, sheet in, no backstay, no cunningham, less outhaul

- To get leech to twist out: traveller up, sheet out, backstay on, cunningham on, more outhaul

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| **High Point (Slower) Mode Tools** |  | **Foot (Faster) Mode Tools** |
| Aspect Attack: weight forward |  | Aspect Attack: weight aft |
| Heel angle: to leeward (heeled up) |  | Heel angle: to weather (flatter) |
| Sail Depth: deep |  | Sail Depth: flatter |
| Twist (Leech): in |  | Twist (Leech): out |
| Sheet (Angle of Attack): in |  | Sheet (Angle of Attack): out |
| Course Steered: feather |  | Course Steered: foot |
| Centerboard: lower (down) |  | Centerboard: higher (up) |
| Tuning: looser |  | Tuning: tighter |

NOTES:

1. **REMINDER**: Fundamentals must be achieved before focusing on subtle nuances. Must always have speed & flow over the foils, then subtly help the boat stay in high point, Best Speed, or low point mode based on strategic (e.g., better puffs, geographic, etc.) and/or tactical considerations (e.g., lanes, location of competitor boat or boats, etc.) of the race.
2. These are generally subtle activities to help the pivot point. Subtle upwind. More aggressive downwind.
3. Reality is an ever-changing dynamic, which means pivot point changes – WHICH MEANS YOU MUST ADJUST YOUR TOOLS TOO (see above).
4. Reality is each boat has its own nuances, which is why you need to test these principles and individual tools to evaluate how to apply them to your boats.