Standard American for the ACOL player

Open 1 of a major - you promise at least 5 cards. You can support partner with 3.

Open 1 of a major and rebid that major, you promise at least 6 cards. You can support with 2.

If you do not have a 5 card major Nesting Pairs open your Better Minor

A bid of 1D or 1C promises a minimum of 3 cards in the suit and they simply bid whichever is their, quite literally, better minor. So either the longest in length, or if equal length, the stronger looking one!

1NT opener is 15 to 17. Take positive action in response with 8 points. Weakness takeout and Stayman work the same.

A rebid of 1NT with Standard American is weak, it is 12 to 14 flat hand. A jump rebid of 2NT shows 18 - 19 HCP and flat hand. So: 1C - 1H - 2NT = 18 to 19 HCP