

COMMENTS

The comments left by athletes, ex-athletes turned coaches have been transcribed below in full. They have not been modified and are presented by date received.

We have simply differentiated between comments left by women and those left by men for better understanding.

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- **WOMEN**

Comment #1

Keeping the class stable for more than 3 years is crucial for development of the class, also people are saying women's weight is a lot higher than it is, I have been pretty successful in the women's class with a weight between 65kg-70kg... after spending years and years trying to lose weight on RSX it was one of reasons I wanted to move to Iqfoil to not be on weight loss the whole time

Comment #2

I would be more up for a change of the senior board, in my opinion the youth one is way better and it's easier to control. I wouldn't change the sails.

Comment #3

I believe decreasing the sailsize will not decrease the ideal weight by more than 2-3 kg for women. 65-70 kg. I believe there will be an even greater physical demand for the sailors in particular on the cardio fitness. A change will be a change back towards what had in the rsx. Due to the high physical demand of the class with a smaller sail, I do not believe the transition for most youth will be easier, but I believe the sailors will be healthier

Comment #4

Problem is not only sail, also front wing 900 is too big and powerful

Comment #5

I'm not so confident to have a switch on a sail like 7.3 just because I would like to do a proper test, maybe doing a little trial race. Because about to change the sail in smaller I'm worried to do still less and less races with light wind conditions and so the range of minimum wind will grow at 10 knots

Comment #6

I think that a smaller sail is better, because the weights required by today's sails are very excessive and very out of reach for many people, which is why they stop sailing in this class.

Comment #7

It would be good to consider the topic of changing men sail and women sail in a different question. - the weight gain has not been crazy and unhealthy in the women like it has been in the men. - the access for youth is not easy, but it's normal as in every Olympic class. You can't pretend to have an easy transition when you go competing with some people that already do it for years. It was in the RSX. It still is in 49er where some guys sail on the FX on open events in their first year. Why don't we open the 8.0 category to men in the iQfoil games if we really want to help the transition ? That way some youth compete in their first year of senior (not in the European and world), and it help grow the iqfoil circuit. - the 8.0 is a really good sail in witch the men could have fun. We have no idea about the 7.2/7.3 (which is not even decided !), and the people most concerned will not be available to test in the next for month. It will be really ashame to change for a sail that doesn't have been properly tested (= tested in slalom and upwind races light wind wilñth some 8.0 around. - In regattas the women fleet is already struggling in the light airs. Boys always race first because we need more wind. With a 7 sail we will loose our abilities to go downwind in the very light : this mean the races will have to be extended in time to keep to interest (8 or 9 min downwind, 10 or 12 for MR). Do we agree to make longer races ? Otherwise it's not even an option to change sail sizes. - Having all the seniors in 8.0 would help a lot to develop the women fleet. Lots of women stops or don't even start because they are alone in the group. If we have the same sail we can have plenty of training partners. Share equipment in some clubs, federation. In that point it would be even better if mens get the 490 mast too. Will they break it more ? It should be checked before to choose. Maybe let a 6 months period where both mast are authorised on events for men's.

Comment #8

I would very much like the iQ sail size to change to 7.2/7.3 for the women. I am not naturally the ideal weight for the larger sail, just like most women and juniors. I have put in a lot of effort to gain 15kg and ever since I've reached this weight (which is still below the target) I have no energy and am always out of breath. I am sleeping much of the day and I don't feel healthy and lively as before. For this reason, I don't think I will continue 4 more years at this weight if the larger sail size is kept, I will prioritize my health.

Comment #9

I will love to switch to an smaller sail because I don't want to make big changes in my nutrition to take weight. That is very hard for me with my high and I want to stay in a healthy and not so heavy nutrition.

Comment #10

In my opinion the change in the size of the sails will increase the number of women taking part in the competition on account of the average weight particularly the weight of the female competitors. When taking about women, for them to comfortably sail on the current sail the

optimal weight is 70-75kg. This weight is hard to achieve for the majority of females who want to compete. It is especially difficult for shorter women. A new smaller sail will enable more women to be competitive and achieve better results in the regatta:)

Comment #11

Woman especially the younger woman 18-23 have body image issues with an 8m, only woman over 6 feet can easily get the weight. For more sailors to join in and stick with the class, it would be great to reduce the sail size.

Comment #12

As a women competing in 7m today in the U17 class, I really hope the 7.3 will be accept ! thank you to the class for allowing us to give our opinion!

Comment #13

I would like to test the new sail for knowing how it would be if there is a change

Comment #14

I would like to sail with the 7.2/7.3 rig, i think it would be much better

Comment #15

I think dropping down a sail size would allow us to compete purely with skill and not worry about getting heavy which could be unhealthy if you aren't tall.

Comment #16

Thank you for asking us riders! ❤️ one more thing: we had often marginal (light wind) conditions in course racing lately. Also slalom with huge wind drops. Us women on a 7.3 sail would miss out on fair racing if the RC keeps their mentality. This would have to change with a potential sail change in my opinion. Just to consider also for spectator outcome if we would race with 5-7kts slalom races on smaller sails. Not so fair and not great to watch. Thanks !

Comment #17

The girls usually can not with their rig with high winds

Comment #18

I Hope that the class will change

Comment #19

don't change please, i'm having too much fun in 8m2

Comment #20

I think for women is not such a big problem as for the men, if the weight goes down in men fleet probably a lot of them would come back! (and not as much for the women)

Comment #21

Most of girls are overweight to be faster. It's unhealthy and crazy. Sailing technique become less important, what matters is weight. Its not fair

Comment #22

With non doubt the sizes currently used 9.0 for man and 8.0 for woman, but board and foil size as well, are forcing all the athletes to increase their weight with health consequences. The class is responsible for it... Cerca su Google

Comment #23

In my opinion it is essential for the athletes' health to lower the size.

Comment #24

I think having smaller sails would be a great idea for increasing accessibility to the class. Many people struggle to maintain the weight or do not have the height suitable for the sails. Also, when the luff tube fills up with water it is very heavy on an 8m and 9m sail, so a smaller sail would help this.

Comment #25

I could understand if it were changed from 8 to 7.3 for the youth girls (though I wouldn't agree with it) but not for the senior women. Instead I would suggest a maximum weight limit for categories that need it. I don't think that the weight of sails are an issue as I am only 15 and can compete with the 8m quite easily (I do a combination of youth and junior at the moment.)

Comment #26

If changing, an outline for sustainability impact and quality control needs to be released to prevent demand in excess of supply, thus driving prices up and leading to drops in quality as have been seen.

Comment #27

Thank you for taking consideration of the sailor's voice in this important decision

Comment #28

I would like 8.0 And 7.2 are autorised for U19 girls but I would like the 7.2 is must when it's over 23 knots Thanks you

Comment #29

I think you should drop the 9m for the men and stick with the 8m to the women

Comment #30

I believe the foil class - when developed - some of the things we are facing at the moment have not been expected/taken into account. I believe there should be some flexibility/adaptability with the current knowledge & what we see happening around us in the class. I believe the iQFoil in general is doing a great job, looking at future generations please keep on improving! For me the biggest concern is health, it is extremely tough with a smaller

size to get to a top weight in a healthy way- which is now the standards in the class. It is also not the way I feel that athletes should set the example. Changing the size of the sail would not necessarily mean that the weights drop a lot but mostly give more opportunities towards a healthy average weight. Currently I have seen men flying around on 8.0 in 5kn with their 90 kg so I don't think this is a problem. A proposal on the new sail sizes: make a proper test regatta after the Olympics? Maybe with the top 25 of the world ranking for example. Prototypes could be used for women. It can give real life feedback and be a good representation on some of the concerns athletes have (not fooling in light breeze for example). In this way the new size can be properly tested without having to make huge investments by the countries & we still get a good feedback.

Comment #31

I think that this change can really help for our sport to be more physically and can help for the people that tried to gain weight and didn't succeed. In the women it less than the boys but if you change for men so for sure also for women. In my opinion for women 7.5m² it's enough because the women are less strong than the men so in light wind it will may be a problem.

Comment #32

For me, The best sailors will always adapt to the new classes (look at rsx to iqfoil transitions) however, asking sailors to make a; 1) huge financial investments, especially the youth class as this will have a huge effect o the next generation is unfair when most normal families struggle to afford second hand gear that has been around for 3 years and 2) learning how to adapt to a new sail specification after just learning the current one is pretty unfair. I believe for the class to grow, you need to make the youth and senior equipment more similar so it is less of a financial jump for youth to compete at senior level (e.g, have the same booms)

Comment #33

I would love the change because I think it would be suitable for my body weight and if the worries is not being able to foil in light wind conditions the solution could be to increase the size of the front wing. Thanks :)

Comment #34

In the pass, be a good Sailor was be good in Tactic, Tecnic, Maneuves, trafic managment and Stars. Now, 90% of the results depend of 1 skill, your body size

Comment #35

my friends eat a lots to gain weight for having better performance in iqfoil, even they already eat till vomiting, they keep eating. This was so sick and not human. I was worried for their health! Is that really a need to have larger sail for older ages, upper classes?

Comment #36

If guys are racing with 8m , what will be the size for youth? I think it's important to have a step between youth and senior but 7m for youth seems also not

Comment #37

I think the question for the women about dropping a size in sails are a different case, comparing to the men who have had to gain much more weight than the girls. Most of the girls are still between 68-75 kg which is quite normal for almost everyone. I think the question is if we will manage to still be able to sail in 6-8 knots if we drop a size. Also if everyone needs to drop a lot in weight that it becomes unhealthy, because we need to be weigh less to be able to sail in lighter wind with smaller sail. I think the best option is to let the athletes try the proto types to see how it works in different conditions. I think it shouldn't be a too rapid decision, and by letting people test the sails it would be easier to have a more clear view of how it will work in progress. I think also it depends on how the format will be, if it will change as well and we sail more course in lighter wind or if it will stay the same.

Comment #38

As a parent of a youth boy, I am concerned regarding the expectation to rapidly gain weight in order to be competitive once they leave youth

Comment #39

with so much wind I have difficulty going with the 8, it would be better to use a smaller sail

Comment #40

a lot of u19 women are too short to comfortably sail with the boom so high, i'm suggesting to try to make a better range of height (so you could put the boom even lower in some extreme wind cases)

Comment #41

Hey! I really hope that they change the womans sail to smaller. This is just my opinion but i feel like a lot of iq foil women ara smaller and would benefit from the new sail and also i feel like a lot more would try out. Great questions!

Comment #42

Will smaller sails all athletes would get physically more athletic

Comment #43

I think we have too little information so make a decision, especially for the women.. First of all, I'm not convinced that the only consequence would be that the weight drops. If we keep having course races with 6-10 knots wind (like in Hauge, Lanzarote, Cadiz) then how do we know 7.2/7.3 m2 would work? Especially with big waves like we had in Cadiz. Or would we have to do more slalom and less course racing. Do we want more slalom with long waiting time in between the races?? So basically I believe we have to set the format first - how are we managing the format of racing at the competitions? Then we can talk about changing the equipment. Some factors have to be fixed, so we don't change several things at the same time. Second, why don't we test the new smaller sails first, so we know what works and what we can do with them? The men are able to test 8 m2, but let the women test 7-2/7.3 m2?

Then we have actual knowledge to make the decision.

Comment #44



Comment #45

Why can't we chance the board for senior women to a youth/junior board if we chance the sail size. So we make the sail smaller and the board aswell so it stays in balance.

Comment #46

I would be really excited if the sail sizes drop. As a small sailor it would be great to be able to compete in this awesome sport!

Comment #47

As a girl I do not want to get fat to have performance for competing.

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- **MEN**

Comment #1

Switch to 8mt 🙏🙏🙏🙏🙏🙏

Comment #2

MAKE IQFOIL CLASS GR8T AGAIN

Comment #3

I think if the class were to switch, it makes more sense for everybody to be on the 8m rather than switch both men and women.

Comment #4

Make IQ Foil Gr8t again:)

Comment #5

Reduce size also for u19 men, makes no sense to have 17/18 your old boys on same sail size as senior men

Comment #6

It's incredibly difficult for asian nations to get sailors over 90 kg. i myself am an exception. most asian guys are 170-175. and getting anywhere close to a weight of being competitive is very difficult

Comment #7

8m² for man will be more technical, comfortable for little guys, and i could spend more time sailing than in the kitchen. More sailing = more happiness 😊👉

Comment #8

Hey I just wanted to give you a perspective of somebody who had to gain 20+kilos in order to be competitive in the class- I had to go through a lot of issues doing this while also developing eating disorders , which I'm sure I'm not the only one who suffers from this as a result from the significant weight gain. In my opinion when people reach these kind of problems it means that there's something wrong with the attitude of the sport. Changing the sail size might not significantly change the weight again as once you're on the foil the weight only helps , but it will open up the possibility to have a wider range of weights. nowadays there is almost no limit to how heavy you can be because people can still have that opportunity with a bigger sail . A smaller sail would automatically put a limit to that too as being heavier is already making a challenge to get up on the foil, and would make the sport more competitive and fun to watch. Thanks for listening 🙏

Comment #9

Switching to the 8m for men will save this class as an Olympic class. The IQ foil is an amazing class that is doing so many things well. The biggest barrier to its continued success is the pathway for new sailors getting into the class, as well as retaining sailors who are already in it. Some will suggest that changing race formats will be enough to fix the weight issue, but this simply isn't true, even when we have raced in light winds mostly the same big guys do well. They don't lose in the light and they gain so much in the moderate-windy that it's still necessary to be 95-105kg to be competitive. Secondly people are suggesting that it's a waste of money invested in sails for testing and development. Firstly there are only a handful of guys in the fleet who can afford to buy so many sails that this will be an issue for. Second, the sails don't last longer than one peak regatta, so in 6 months time, the whole fleet will be on new sails anyway. So the change will have far less environmental and financial impact than they will try and have you believe.

Comment #10

Main 2 reasons why I would like the sail size to go to a 8m is to drop the weight of the class so we actually look like athletes 😂 and secondly to grow the class. If men drop to 8m when training we can invite the youths to race with us as the kit will be very similar and maybe the women if they stay on a 8m. This will make training 10x better with the amount of people on a start line and around the race course. Also, it would further inspire the youth/next generation to continue and compete on senior equipment as they will feel putting on the weight isn't such a barrier to entry and be competitive in the senior class. Finally, it will help financially the transition between youth and senior as now you will only be changing a board, boom and sail mast. This will also increase the size of the second hand market where we can actually sell used sails domestically rather than trying to sell abroad or just throwing them away which isn't very sustainable. This will intern help everyone financially as this is a very expensive

sport.

Comment #11

I would like to have the possibility to use the 9.0 and the 8.0 in the man youth and senior, because in my opinion, people who weigh more and only have 8.0 are less advantaged than lighter people.

Comment #12

I personally think to drop the sail size from 9,0 to 8,0 would be a step in the right direction to include a bigger bodyweight range for the riders. This would be good for people wich have struggles to gain more weight and to reach the 90 kg to be competitive. In my training group we discussed this several times and we all came to the conclusion that dropping the sail size is for a lot of us relevant to stay in the class.

Comment #13

I personally had a stomach lining health issue from the rapid weight gain needed to succeed in this class. It is a hugely unhealthy transition from the youths weight for the average person. You are asking them an almost impossible task of gaining on average 10-20kg, learn a new sail size and of course upgrade skill level, changing to the 8 meter for the men's would eliminate 2 of those factors making for a much smoother transition and a more competitive, bigger and most importantly healthier fleet. The weight range of the men's world championships 2024 top 7 was 95-100+ kg and that weight is always rising, staying with the 9 meter the future will be only very tall and + 100kg plus men, this is so niche it is in effect locking in the slow decline and death of the class.

Comment #14

I personally haven't enjoyed much of the racing and the Olympic qualification process as i constantly need to gain weight and feel bad all the time. Watching the class becoming easier and more accessible to guys 190cm and 95 kilos+ I don't see myself there. Another cycle under those circumstances would be too much for me mentally and that's why I think all guys like me will quit.

Comment #15

I think an 8m sail for the senior man would be perfect beacuse more young people would have a chanse to race with this big guys and also we wouldn't have a problem with weight

Comment #16

In the end the class gets more competitors. Furthermore the 8m rigg is cheaper and you so or so have to buy new sails and masts every season. People below a certain height otherwise will never get a certain speed to be competitive.

Comment #17

Good luck 😊

Comment #18

i think that this class don't give the oppurtunity to the shorter people to compete in high level and this is very sad

Comment #19

I'm never going to be 95kg (and I don't want to be), so will never be able to compete with the current 9m requiring such high weights. It is also just not that fun in strong winds. I already use the 8m as it's more fun and can still get up in less than 10knts

Comment

#20

I really believe that dropping the mens sail size from 9m - 8m is essential in the longevity of the IQFoil. The extreme weight required to compete at the top end of the 9m fleet is promoting unhealthy lifestyles for current athletes and those looking at getting into the international circuit. The optimum weight as it currently stands is not attainable for majority of the population without extreme over eating and limiting physical activity which is not something I see as conducive to be an "athlete". Many promising young sailors both male and female are being turned off joining the international fleet as they are not comfortable/ are not able to meet the competitive weight standard, which is a great shame. Lowering the sail size is the necessary step in ensuring the health of the competitors, the enjoyment of their sport, and the lifestyle it creates and future proofing it so that we will see the IQFoil stand the test of time.

Comment #21

I'm afraid to go on such a weight gain after seeing what it did to some of the seniors in my sailing centre. I'm afraid I will have a career full of injuries.

Comment #22

I know many people who are in my same situation and would like to continue to compete but due to fisical issues the trouble too much

Comment #23

It's important for the future of the sport, we need to make the gap from youth to senior is attainable for as many as possible.

Comment #24

I thing now the sailors don't Have healthy body and also not good advertising for IQFOILCLASS

Comment #25

First of all the whole premise of this change is being based on the falsehood that you need to be above 95kg to be successful in men class. Looking at Worlds 2024 and 2023 top 10 and top 20: Basti Koerdel always between 87-91, Nico Rena increasing from 87 to 91/93, Tom Arnoux bellow 90, Louis Pignolet bellow 90, Ellia Colombo bellow 90, Adrian Mestre 90-93, Yoav Omer bellow 90, Nacho Baltasar - i believe below 90, Yun Poliquen - also around

or bellow 90, Michal Polak - 90, Bernat Thomas - bellow 90 (a guess). All these guys are around or bellow 90kg and are consistently in Top 20 in the major events. That is a fact!! You don't need to be over 95kg to be competitive. Secondly, the change to 8m and 490 would be a massive cost to small federations like Lithuanian, where we are able to buy 1-2 sets of gear per year. After we already spent extra special budget from the ministry of sport to acquire V2 masts, we are going to get max 1-2 sails and masts per year for the next 2 years (lower budgets after olympics). Which means no chance to compete againts bigger federations. And the whole talk if cutting 530 mast 10cm is bullshit - we all know that it is not going to fit the 8m sail well and you will not be competitive with it so you will be forced to buy the 490cm. In small federations all the old sails and masts of top riders go to the lower ranked ones that just come from youth. So now we have enough equipment for 3-4 youths transitioning to senior (they are coming from formula foil equipment or one set of IQ foil youth kit that they bought themselves) that they can at the very least use for training. If we transition to 8m they have no equipment that can be supplied by the federation... Thirdly all the talk about environment and the first opportunity we get we go 'yeah - lets just throw out 2000+ 9m sails - who cares... 2000 530cm masts throw them out... a little break on environmental friendliness??? This means a massive increase in new equipment that will be needed to produce - you can spin it any way you like - but mark my word - there will be more equipment produced and mountains of it thown out... worst of it is - for no well defined reason - there is no benefits on the mens side from this. Easier transitioning from youth to senior — is what I hear being mentioned as a benefit. As far as I understand 80kg is a good weight for U19 men, 87 kg can get you a Top 10 result in senior worlds. On top of that you have 4 years in U23 to adapt. So 4 years to gain 7-10kg to be competitive in senior fleet... is that difficult. And already at the moment you have 3-7 U23 in Top 20 in the worlds some are even TOP 5. So how much easier do you need to make the transition. Sailing is a difficult sport where mental maturity, tactics, experience and much more are needed to combine for an overall result - much of that comes with age and therefore I don't see a problem with the current involvement of Youth in the top ranks of the class. As for the women side I obviously have much less knowldedge on that, but from the outside it does seem like they are struggling to put the weight on. And from lithuanian federation since we currently don't have any women sailing the change wouldn't be that costly financialy. From environmental standpoint if the women change to a smaller sail all their current equipment can still be transfered or sold to U19 boys and therefore there is less of an issue there too. So while I am neutral on the change of sail size for women I think it makes more sense there.

Comment #26

Surfers have to be big and muscular, the sport will be less cool if we get skinny

Comment #27

I believe the class should maybe not be altering the sails but rather the foils, allowing for more of a weight range. In the beginning of the class there was the idea of fin and 95+ fuselage. These faded out completely removing any bit of freedom with the foil. Maybe this should be revised and maybe an 800cm² wing should be allowed for the lighter sailors or a 105 plus fuselage instead of the 95+. These would also allow for better high wind racing and slalom racing.

Comment #28

From one side it's good to have a class for heavy weight people as the fin class was, from the other side, we will lose plenty of people because of the weight and on long term I think we will end up like fin class.... So I think it's a good way to switch to smaller sails.

Comment #29

It's a hard question to answer, because smaller sails would ensure a more dynamic battle if the winds are 6-9 m/s and it would also ensure that sailing could happen when there are strong winds. Only part where smaller sails would be bad, is when the wind speed is very light (about 4m/s), because if a competitor weighs more it automatically means that it's harder to start foiling, especially for senior sailors.

Comment #30

for health reasons no weight gaining is better 👍

Comment #31

In the old imco class, they are categorised into lightweight and heavy weight groups. Perhaps the iQfoil class could also add such groups to the men, women, youth and junior classes in order to further maintain fair racing in different wind conditions.

Comment #32

More brands on the market would also push the class forward in points of market pressure and get the stuff cheaper and higher quality. In former Laser Class (now ILCA) the system, which at the moment is in iQ Foil class in use (hidden monopoly on one brand) got changed by law so there are more producers and it pushed the class far forward.

Comment #33

8.0 for senior 🙏🙏🙏

Comment #34

I think it's best to go lower, considering how heavy you have to be now, and how much height impacts.

Comment #35

I think that in the senior men field we should have the choice between 9.0 and 8.0. In order to get some proper racing for everyone even in strong forecast. A bit like it was in the Techno class where they have the choice between the 8.5 and the 7.8 for the U19/U21.

Comment #36

I would drop just 0,5 m in both men and women, to ensure wind window and help with weight. 8m is too small as much as 7.3

Comment #37

I am very grateful to be able to complete this quest. From my point of view, the iQFoil class has become a class where only the heavy ones have the possibility of going fast while the

light ones are not at all competitive next to them. With a change of sail, the light ones can become a little more competitive and give more spectacle in the regattas.

Comment #38

Mast cutting is a bad idea for being a one design class

Comment #39

I think it is a mockery of the class does not seem stable and is it just that the majority don't make the Olympics and voting for something that suits them better. You not able to complain like this any other class to make a change. Will this same thing happen again in 4 years?

Comment #40

I am 97 kg and I'm all for the 8.0. I feel like I've seen these considerations play out in real time, both as a national team sailor and as a coach of the U17/U19 national team. I don't want to see any more training mates or young promising sailors quit the sport because they know they will never be big enough or because of the physical/psychological stress that comes with gaining this insane amount of weight (injuries, eating disorder..). Windsurfing is not big enough of a sport to have such extreme and specific physical requirements. Extremes are a part of elite sports as it should be, but I would rather have the extremes be in terms of fitness and agility. Why have this ideal size, when we have the option to make it accessible for a much wider part spectrum of body types? Think this would only make the class level higher which is great! And no - I don't think we will have trouble foiling. I sailed quite a bit of hours on the 8.0 when I was at my heaviest, and you can really pump effectively with that smaller sail:-)

Comment #41

Sharing the same equipment between youth, senior women, and senior men would be a real strength. It would make the seniors way more accessible for men and cheaper for everyone. You can even share coaches and courses. I know many people who have made themselves 20-30kg heavier than their natural weight to try and be competitive in the senior class. Even with this change, the optimum weight would still be significantly higher than the average weight of the average person or athlete.

Comment #42

Maybe use the Youth (85) board for the woman? I think the 7.x won't work well with the 95 board.

Comment #43

Can you consider a class with 2 sails? 8m and 9m for men and 8m and 7.3m for women

Comment #44

8m for mean would be amazingggggg

Comment #45

at the beginning with thought 9,0 will be too small in light winds for over 85 kg guys, but reality has proven that is not, and now ideal weight is 95+ kg for men and 70 kg for women. Dropping the size will probably tell 100 kg guys to stay around 90 kg and girls around 60 kg, opening the chances to a lot more healthy athletes to compete.

Comment #46

If the men switch to 8m this will for sure make me continue iQfoil. With the 9m I will not be able to become big enough for competitions. With the 8m I will go for the olympics.

Comment #47

I would just ask the class and starboard to be really good prepared for the gear transition. We have now still some problems to find and by the gear. If it will have a transition, starboard have to be prepared to increase their production in a near future. Moreover to help people to make their transition, starboard could lower prices just for a time.

Comment #48

I think it would be a big mistake to change the sail size of the class. The class have had such massive success with this current format where we can sail in absolute minimal conditions and super strong winds. A change in sail size would without a doubt mean a higher wind limit which goes back to the forever problem of windsurfing which is sitting on the beach and waiting for wind. I think also it is problematic to change the size of the sail when we have guys dedicated their life towards the sport and fit the class and then change everything. This would mean a lot of guys might have to stop and their sacrifices would have been for nothing. I strongly believe that the guys pushing for this change are the ones that are not performing well at the moment and would like to get rid of the big guys and then they believe they could have a shot. I think that they are wrong. We see many seniors who are 90 or even less who can make the medal race at world championships and do really good performances. I see no reasons to make any changes in such a successful class. Also I think it would be not fair to both the riders and the federation behind them who have made huge investments. The sustainability point is not the best as well in case of a change. So many 9.0 will be thrown out and everybody will have to start all over to buy new sails again.

Comment #49

I spend most of my time in the kitchen and not in the sea which makes me really unmotivated to keep going and be a fat 95 kilo which is what most of the time you need to make a top 3

Comment #50

It's not nice or healthy to have to gain a lot of weight to be competitive. Now the biggest one wins, not the best

Comment #51

I would change because then smaller people would also have a chance

Comment #52

Since I started competing when I was fourteen, my body weight has always been too high for the previous windsurfing classes like Bic Techno 293, RS:X U19 and RS:X senior. I'm 1.90cm tall and my body structure made weight more than 7 kg of the ideal competing weight. Even dieting and hours and hours of cardio I couldn't be on the weight. I struggled a lot on RS:X but anyway I was doing my best to be competitive. After the change to IQFOIL, I found a class that match perfectly with me. Now I'm 96kg with a very very low fat mass because I still taking care of my diet and I work hard on the gym. Every sport is not made for every people. As RS:X was not my class, IQ FOIL is not a class for 1,70cm 70kg men. I was also youth competitor, I had to change my body the most I could to fit in RSX. Now the sport has changed and is time for new generation to change their bodies for the senior class. Working hard on the gym and eating good. Things are not easy for anyone and trying to drop the size of the sail for make it easier for young generations I think is unfair and a bad idea. Anyway, if finally the class decides to switch to 8m. I won't quit and will still working to be competitive as I always did.

Comment #53

For me is best 8 mt Sail for all man

Comment #54

Arguments Against the Proposed 9m change :

1. **Light Wind Performance Concerns**: The most significant challenge facing foiling classes is the incapacity to foil and race in light winds. Exacerbating this issue with a smaller sail is illogical and counterproductive. It fails to address the fundamental problem of light wind performance and may hinder athletes' ability to compete effectively.
2. **Financial Impact on Athletes**: The investment made by nations, individuals, and retailers in the current equipment is substantial. Introducing a new sail and mast version for the 2028 cycle would impose significant financial burdens on athletes, affecting their ability to stay competitive and participate in events.
3. **Lack of Evidence for Inclusivity and Health Benefits**: There is no evidence to suggest that a smaller sail will lead to more inclusion or healthier athletes. Athletes like Nacho, Yun, and Louis have proven that being sub-90kgs does not hinder performance. Additionally, changing equipment does not address underlying issues such as weight and fitness concerns.
4. **Impact on Event Participation**: Introducing a smaller sail may lead to the forced inclusion of more slalom events at competitions. However, events already struggle to handle the current number of participants and heats. Increasing the workload with more slalom races could negatively impact the quality and organization of events.
5. **Environmental Impact**: Changing rig specifications would render existing 9m sails worldwide redundant, contributing to unnecessary waste and environmental impact. This contradicts sustainability efforts within the sport and raises ethical concerns about the disposal of still-functional equipment.
6. **Performance vs. Equipment Argument**: The argument for an 8m sail seems to stem from athletes underperforming and hoping for better chances at success. However, success

in windsurfing is determined by skill, strategy, and experience, rather than equipment specifications. Changing the rig size will not alter the fact that the best windsurfers will continue to excel regardless of sail size.

7. ****Optimizing Athlete Performance****: Athletes can address weight or size concerns through targeted nutrition, strength training, and sleep optimization. For example, transitioning from the optimum youth weight of 87kg to the senior weight of 91kg can be achieved over 4-6 months if done correctly. By consuming sufficient protein, engaging in structured strength training, and prioritizing quality sleep, athletes can safely increase muscle mass and enhance performance without the need for equipment changes. Overall, introducing the 8m sail poses numerous challenges and risks without providing tangible benefits for athletes or the sport as a whole. It's essential to carefully consider the implications and explore alternative solutions that prioritize inclusivity, sustainability, and athlete well-being.

Comment #55

Weight is a bit advantage in the iQ foil, dropping the sail size will make it possible for average sized people to make good results and everybody has a better chance, and will keep surfing. Almost everybody I have spoken to on Events agree that the 9m makes it impossible for average sized people to make good results

Comment #56

It will also better the sight of the class, because athletes will get less fat because of the weight restrictions and so the class will be looking more as an Olympic class

Comment #57

The switch to a smaller sail would mean that much more people would continue competing and some others would come back. The average size it is not that big, and we are forcing our body to unhealthy weights.

Comment #58

I think it would increase accessibility to the sport for the future Olympic generation and wouldn't need them to gain a lot of weight just to be competitive. I think it would also gain interest in the sport and more recognition in world sailing with more athletic and technical skill needed to be the best.

Comment #59

I think dropping the sail down is going to be extremely more healthy for young athletes like me trying to gain weight as quickly as possible to be the fastest I can on a 9m and I believe more people would race iQ as an example my sister really wants to be competitive on the women's rig but doesn't want to gain too much weight, if the sail drops the numbers of females would increase same as men. Thank you

Comment #60

I stopped competing in the iQ foil 2 years ago. Now I am focusing on slalom windsurfing. I have no opinions on what happens in the iQ world because it's not the kind of windsurfing

where I compete in.

Comment #61

The biggest reason to drop the sail size and the benefits it would offer its a more smooth transition from Youth to Senior fleet and therefore making the class more approachable and for sure even more competitive because the fitness factor will increase significantly.

Comment #62

Making 8m for men and youth would be a great idea. I have friends with youths about to transition and they are wrongly focused on weight gain to be able to handle a 9m sail. This is not a good message for young people's health. Secondly, it would make the transition from youth to senior muhh chi more affordable and mean less people will drop away as they can't afford a full set of new kit for 9m adult kit. So in summary - it's a great idea to drop a sail size.

Comment #63

to compete in 9.0 when under 180, you need to be overweight.

Comment #64

Je trouve le support trop fragile pour le prix. Mais génial !!

Comment #65

What you are trying to do here is the same if some basketball players were arguing about lowering the ring so shorter players can be competitive. Rules are the rules

Comment #66

Stop the medal races!

Comment #67

Keep us foiling in low wind, it is so important for windsurfing that we can sail in low wind!!! With a smaller sail size this advantage will to some extent be given up. Waiting a weekend to 5 days on the beach, is not fun for us, and then we again become a laughing stock for other boat classes, where we are now sailing between 18 to 30 knots speed from 3m/s wind until 14m/s (at which wind all other boat classes have given up)

Comment #68

I think that is important to keep a class that people who stay behind 70-90 kg can be competitive. Now we have a class that a little group of people take advantage It.

Comment #69

9 m are impossible to sell or really really cheap , with Smaller size it will be easier

Comment #70

8.0m² is a good sail

Comment #71

I support the size down in the sail for the men, I think it will be better for the class and competitors all around

Comment #72

I think the 8m is a great sail size we will just have to start racing when there is just a little more wind and we can go up to more wind with the 8m it's also financially a better choice also so people from youths don't have to massively renew their collection

Comment #73

For me a male athlete is often about 75-85 kg. This weight is to light to perform on the 9.0 sail. It's the same for the women, a women athlete is not often 80kgs. The weight is the reason why many people give up. And nobody would be to heavy if the sails are 1meter smaller :)

Comment #74

Also I propose the changing of the aluminium mast with the carbon mast this one is more easy to control with all conditions and mostly with waves and the aluminium mast has also structural problems.

Comment #75

Far better to drop a foil size!

Comment #76

I think that Sails should be smaller because in this way shorter people with Less body weight could compete with people that (only for genetic reasons) are 190 cm tall.

Comment #77

Does the proposal only include the change in sail size or is it also considering making changes to the characteristics of the foil or the type of circuits?

Comment #78

I think the class should move down sizes for both men and women as it would mean racing is more about skill and less physical attributes - I don't want to have to gain 20kg before I start as a senior, and I think it levels the playing field for people of all heights. This is especially the case for the women's fleet where I know people think it can be unhealthy/undesirable to gain weight in order to keep up with the leaders in races. This could deter people from continuing to senior fleet as it is a much bigger commitment than youth. Also, if senior men and youth boys both use 8m, there will be many more sails in circulation, price will drop and the class will be more accessible for more people and become more popular as a result.

Comment #79

I suggest we kick kiting and windsurfing out of the Olympics in favour of wingfoiling with two men and two women going to the games. This will ensure bigger fleet racing and therefore more media. It may be in future we split the wing class into two weight categories (but race them all together at the games)

Comment #80

the equipment is extremely expensive and it deteriorates to fast

Comment #81

The competitor weight goes down! More fitter competitors stay in an compeed ! Chances goes eaquel

Comment #82

I think it should be 8.0m for both male and female with a change down to 7.0m to be allowed for the lighter sailor's

Comment #83

IQ sails right now don't make 4 months of use in good shape. So it won't be any problem to change and leave de 9mts back. Any ways right know are a lot of 9 meters un useful. The smaller sails would mark a growth on the class over emerging nations and countries where windsurf it's not as popular, it's a lot easier for an athlete to be 80-85 kg than 95kg. INCLUSIVE CLASS The athletes would be more fit and athletic. The equipment would be lighter and easier to transport. Especifically if the sail changes in Colombia at least would have 5 new sailors.

Comment #84



Comment #85

would definitely like men to move to the 8m2 sail, as i am lighter and shorter guy, this would make balance out the skill and speed. Heavier guys are faster and therefore require a little less skill and physical form but if you make the sail 8m2, lighter guys can compete. This is solely my opinion.

Comment #86

All the old sails would become useless and the class would/should probably change the foils as well then, which would end up costing even more.

Comment #87

As long as you keep the class flexible but accessible to everybody, I guess the best way to go is not put barriers to entry to newcomers, especially if they are smaller or lighter. My guess sail size paradigm should align to a kg/m2 ratio or something,

Comment #88

A lot of young men and women stop windsurfing because of the body weight With dropping

the sail size, all sailors could be at least try. In my opinion, the 8m2 (with a 490 to avoid throwing away old women sails) is the perfect combo for senior men

Comment #89

I do find the idea Interesting because it would completely change the raking pool because of different body builds per set. But this will probably get a lot of backlash from older competitors, but more positive sides from the lighter competitors coming from youth to senior. Furthermore an idea would be to have s choice to use both or have the racing committee per day choose the sail. This would make it more trickier and challenging for training as competitions.

Comment #90

If the u19 set stay te same I am happy

Comment #91

I think it may be a good compromise to make a 8.5 sail for senior men. Then it would be easier for everybody for those who need to gain some weight for optimal result and also for those whos wheight right now is good for the 9.0. Can not really comment about women don't know what is the situation for them.

Comment #92

Feels like a waste if all 9 metres become obsolete

Comment #93

I don't want to get fat to win

Comment #94

I put my life in to the sport try my best for 3 years. From the start of the iq foil I gained from 63 kilos to 87 and its steel not close to enough. The target weight of the class is getting heavier and heavier with the time and I don't see it stops any time soon. It's not the sport that I fall in love to any more. I sail less time then I'm eating and 95 kilos is to heavy for a 176 centimeters tall guy like me. I see this problem in all the classes not only on the senior the youth guys in a bigger problem than us.

Comment #95

"For me, it would also be necessary to add weight categories in IQ foil. Example: Less than 70 kg More than 70 kg" Best wishes

Comment #96

Glad you are considering smaller sail sizes, and appreciate asking the sailors opinion about this.

Comment #97

The sail sizes should definetely be smaller

Comment #98

No more eat pasta go fasta!

Comment #99

I think the most part of the fleet are struggling to keep a weight high and many of them will never reach this goal and they will not be able to compete on top level

Comment #100

I stop iq foil sailing cause of body weight

Comment #101

As an athlete from the Dominican Republic and a coach of most of the USA youths team I am coming from having 15 kids to a just 3 kids because they don't want to continue as they don't think they will make it to be heavy enough to become competitive. So we we are thinking in future we should bring smaller sail to make us athletes lose weight. And grow the sport..

Comment #102

Change the racing format (wind limits for windward/Leeward Course): I strongly believe adapting the racing format such that windward leeward races still occur in ~6-8 knots avg wind speed would have a better effect, there's nothing wrong with the sail sizes or design, but the reaching / downwind only nature of light air means the lower weight limit looses all opportunity to have their size advantage. If the format remained the same: I feel it's okay for the men to remain on the 9.0, current world champion nico renna is <100kg and to get to ~90kg to be competitive at the highest level is not un-realistic for most men around 6ft. - however for the women to be getting to 75/80kg to be competitive is almost a health risk for an avg height of 5'3". Look at the avg sail size difference between the men and women in the pwa - they are generally on at least 2 sizes smaller than the men. Additionally, the racing is still adapting, as foiling/faster tacks become more prominent the racing is shifting slowly away from the biggest person wins, of course in breeze heavier people across all classes have an advantage, its just taking some time for the lighter people to build techniques that give them an advantage in the lighter air.

Comment #103

The reduction of sail size is important for the growth of the class and the health of the athletes. The current sizes limit those who want to jump in and compete because bulking up by 20kgs+ is unhealthy. We are seeing significant numbers drop out or chose not to start (and move to Wing foiling) due to the need to be 100kg to be competitive. The fleet can only benefit from ensuring the equipment is sized to ensure the majority of competitors can be competitive at average weights for males and females.

Comment #104

Windsurfing has always been a sport known for promoting a healthy image, where athletes' physique and fitness can be compared to top athletes in other sports. However, since the change to the foil era, I am disappointed to only see our athletes, both male and female, being overweight. This unfriendly image will surely have a significant impact on overall

participation numbers if it continues. I earnestly request the iQFOiL class to carefully consider the direction of future development.

Comment #105

Personally I feel that the class is too dependant on body weight and genetics. Even if someone can foil tack through every tack and is extremely skilled at 80kg, they can't hope to keep up with someone significantly heavier at 100kg due to the weight being a major reason for speed and success in the class. Dropping the sail size would hopefully reduce this issue as more people are forced to be closer to the same weight.

Comment #106

Smaller size of sails (both for men and women) will increase the lower wind range for light wind days which is the biggest disadvantage and will for sure jeopardise the class ability to set races in all wind conditions. 9.0m² is not an issue in strong winds but 8.0 is an issue in marginal low wind. The sailors weight will not cover this gap.

Comment #107

I think the 8m could be a super idea in the way that at the moment we are spending more time in the gym than on the water and it's a shame for this sport where we suppose to be in the water !! For the growth and the durability of the class it's important to adjust the sail in order to don't loose a big part of the fleet that are super good sailors and just don't have the good size. Because I think it's harder to become good sailors than big sailors. Let's change the sail if we don't want to become a small and heterogenous class drive by the weight like in kite. We still need to try to sail with the 8m but am sure it could works.

Comment #108

redefining the class is a good thing. will bring more to the fold. go for it

Comment #109

I am open to drop the size

Comment #110

You have to drop the sails size. All the iq foilers are fat as fuck

Comment #111

Please make the boards more strong I'm wasting to much money

Comment #112

Change the design of the sail so that water goes out easier at uphaul.

Comment #113

Please make the sail sizes smaller, there are many people that can't get big enough for the 9.0, meaning that they leave the sport after youth.

Comment #114

As long as the smaller sail is tested to support a lower ideal body weight then I support it

Comment #115

Currently the optimal weight for the men is too high. The class would grow if the optimal weight for the men was in the 75-80 kg range

Comment #116

It would be much more fair to switch to 8 for men

Comment #117

I Think a 8.5 m² for the men would be a great solution

Comment #118

If the class want to reduce the weight of the fleet, the problem is not the size of the sail, is the size of the front wing, there is the problem, 900cm is too big, with less cm² in the front wing you will reduce more the weight. Right now we can say that the ideal weight of a male iqfoil is 95kg, if the sail is reinforced to 8m, it may be lowered by a maximum of 5kg, and it will be noticeable with little wind only, since from 13-14 kts it will be better weighing 95 than for example 85kg, you can clearly see it in the youth iqfoil who are in the top 5, they are 8m and weigh a lot. The easiest way to reduce the weight of the fleet is to change the front wing since 900cm² requires a lot of weight to transform the power that the foil has into horizontal speed. The ideal would be a 700cm² wing since it can fly perfectly with little wind and not so much weight is needed. It can be clearly seen in the wingfoil mode, that with little wind they carry 700cm² and fly with 7 kts, an iqfoil would fly sooner since the profile of windsurf sail is better than that of wing kite. When I finished the Tokyo games I weighed 70kg, in the RSX the ideal weight was 72.5kg and I had to gain up to 94kg and I stopped surfing for health reasons, since a sport that requires being fat to do better is not a sport. may it last long. I am neither in favor nor against changing the sail, since I have stopped sailing, I only know that if the iqfoil class really wants to reduce the weight of the fleet, changing the sail size is not the way to go. What to do next, you have to change the front wing for a smaller one. I write this letter because it is hard to see many young people who are very talented stop sailing just because they have to weigh 95kg, and that can be easily solved by changing the front wing.

Comment #119

in my opinion, moving to a 8m to achieve a weight drop. wouldn't be the solution, the reason why weight is beneficial is cause % white we do more racing in high wind as slalom takes to long and we barely get more than 3/4 races on a day . if you than race the next day in 15 knots and do 6 races, the light wind days are effecting our results significantly les. also I suspect that the 8.0 will make it harder for us to get racinging done in general in the lighter wind days, something we struggle with already. making it a 9.0 could create a threat to the class and its ambitions to be a olympic class for ever. next to that I recon that making people vote with out doing a open trial , as in a event . seems a bid weird people are voting of speculations and hope, perhaps we should all race first on a 8 before radical decisions are made that could potentially harm the class and its future

Comment #120

Before the vote, everybody needs a test to understand.. The bad thing is only for the Girl with 7,3 and the light wind

Comment #121

Many amazing athletes have stopped racing due to the weight problem. The shorter athletes look like they are on an eating competition. Olympic class is very far away from windsurfing.

Comment #122

I believe both men and women should sail on 8 m sail

Comment #123

8 m is the best for speed and fun

Comment #124

For me personally I don't mind, I feel like I have good physical attributes for both sails. But when I look at the impact a change like this can make it's quite scary. As a class we have the best high wind performance, but the worst low end performance. Changing to a smaller sail in theory should make the low end performance worse. We also might have to do more slalom races, which is also bad for the class as it takes lots of time to complete races which could be an issue at the Olympics. I think the 8 meter should be properly tested in an event with all the top guys. Also the weight issue is not necessarily true, the youth ISAF world champion weighed 93kg at the event, the senior world champion weighed 95kg. I know there is a bigger range in both fleets, but no one knows if it will actually take the weight down. And let's say it does I don't think it will change the average weight in more than 5kg. Is that a big enough difference to make such a big change? The financial cost of these changes impacts athletes a lot, for me personally I have good funding behind me. But as a young sailor having to buy so much kit in the last few years+ changing the mast to a newer one. And then next year having to buy new masts and sails is a big financial drain. It could kick out more athletes from the sport. Overall I think both options are good, I just think the decision is happening too quickly and not enough testing and trials have been done.

Comment #125

If it stays with the 9.0 I can't see any longevity in the class. Personally I already stopped my preparation for the Olympics due to this fact because I can't maintain weight over 85 kilos and statistically speaking I have almost no chance in the top 10 even if I do everything else right. I speak with a lot of athletes that will stop the class or they won't even get in it. There are a lot of countries that can't get easily in the class so if you have a closer range of athletes (90-100 kg) I can't see the IQ after 2028 because you're leaving a large amount of athletes out of the game.

Comment #126

Before we talk about body size, youth continuing in the class etc. we have to make sure that the class stays Olympic. I think everyone can agree with that. As I already mentioned when

you look at all the olympic classes we are the one that struggles the most in light wind and at the same time can still sail in the strongest breeze. It feels like a very illogical thing to downsize the sail taking away more from our low end capabilities which is already the worst of all olympic classes. If we are the only class that can not sail the olympic final due to marginal winds I don't see an olympic future for IQ Foil. For me this supersedes all other arguments in this discussion that are mostly used to achieve personal gains. (e.g. small guys voting for the 8 because they think they will do better with a smaller sail and the other way around)

Comment #127

Please, change from 9m2 to 8m2. Thank you!

Comment #128

From my point of view, I have sailed in both youth and senior classes and the change of sail from 8m to 9m is crazy (it is unnecessary to increase the size of a sail that is already large at 8m). It becomes even **HARMFUL TO YOUR HEALTH TO HAVE TO GET 95 KG OF BODY WEIGHT** and at the same time have agility and cardio...

Comment #129

So many sailing classes are stunted by body size. For this to truly democratize performance Sailing, we have to have more options for gear. At the top end people are spending a ton of money either way so adding sail or foil sizes would not make a real difference. Anyone making the argument that we are saving money this way is foolish. The amount of testing that goes on and the equipment budget needed is still astronomical despite district one design rule. again, adding equipment options could actually mitigate gear cost because smaller sailors could find gear that works better and would require less testing.

Comment #130

Good if they make the switch, we will look like athletes again instead of full time McDonald eaters 😊

Comment #131

Secondo me le femmine junior che passano a youth devo avere una vela più piccola quindi devono avere una vela che va in progressione

Comment #132

If you want to decrease the sail size, maybe consider dividing the group in heavy and light weight comps.

Comment #133

Never used the 9m so not easy to know if it is good or not to drop the size. I just think it will be more accessible and less expensive for the young to participate to senior competition if the sails is the 8m!

Comment #134

I think that a 8,5 m2 also can be a nice size

Comment #135

I think its sad that so many talented riders are dropping out because of the weigth. If we go down to 8 m2 then the level will raise

Comment #136

I Think if the sail size will be reduced the lower limited for foiling will be High than now. And we will have longer periode on the Beach. To be Big will always be good as long you are technical good and are able to foil

Comment #137

Creo que se debería subvencionar más por partes de las instituciones gubernamentales al IQFOIL youth y senior , además de que el material senior sea más accesible

Comment #138

make some change on the foils ?

Comment #139

I love you

Comment #140

You need to weight to much to be able to compete it is fucked up

Comment #141

the sail is too big for athletes and we must become really fat in order to be competitive.

Comment #142

Heavy weight riders which sail 9 meter sails aren't sailor athletes. They are weight lifters and NO athlete sailors.

Comment #143

I am sailing 7m2 now and I am looking forward to get bigger sails, more speed :). Its easy to eat and grow up when the top weight not is low.

Comment #144

It's super important to be able to race effectively in higher winds.