

Proposal Template: Regulations, Constitution and Policies

rev: v1 26/06/2025

Proposal Number: CO-2025-007



Position:	Chair Match Racing Committee
Title of Proposal:	Increase the Maximum Average Crew Weight Limit in Women's Match Racing Events
Subtitle:	Update Policy H1 8.2 (g) to Reflect Current Athlete Profiles and Enhance Global Fairness.
Related proposals:	

Proposal:

8.2 Grade 5 – Open, Women and Youth
(g) The weight limit for women's events may be either: (i) a maximum average crew weight limit of 68 73 kg; or (ii) a maximum total crew weight limit of 'Y' (where Y = 68 73 kg x the number of standard crew members for the boat (X)) and the organizing authority may permit the boat to be raced with X, X-1 or X+1 crew members.

Current position:

8.2 Grade 5 – Open, Women and Youth
(g) The weight limit for women's events may be either: (i) a maximum average crew weight limit of 68kg; or (ii) a maximum total crew weight limit of 'Y' (where Y = 68kg x the number of standard crew members for the boat (X)) and the organizing authority may permit the boat to be raced with X, X-1 or X+1 crew members.

Reasons:

1. Reflecting Current Global Anthropometric Data Recent global health studies show that the average weight for women aged 18–45 has increased by 5–10 kg over the past three decades , with averages in many countries now well exceeding 70 kg . The current cap of 68 kg no longer reflects the typical body composition of the modern female athlete, particularly in strength-demanding sports such as sailing. See attached pdf for data.
2. Promoting Athlete Health, Fairness and Inclusivity During the last 4 years an increasing number of competitive teams have reported difficulties in assembling full crews under the current weight limit , especially when crew members are selected for skill, not just size. This unintentionally limits participation and disadvantages teams from regions with naturally larger average body sizes .
3. 5 kg Increase Strikes the Right Balance

We carefully considered different increase options; First considering and calculating the effect with **smaller increases** (e.g., to 70 or 71 kg), but after a **5 kg increase to 73 kg provides greater flexibility**, especially for **lighter crews**, who will now be better able to **utilize the +1 crew member rule** to their advantage. This **enhances competitive balance** across the fleet by making team configurations more adaptable to a variety of physiques.

4. Aligning with Sports Science

Elite female athletes often exceed 68 kg **due to muscle mass**. By increasing the limit to 73 kg, World Sailing would be aligning with **modern sports science, health data, and fairness principles** without materially favouring heavier teams or reducing the importance of skill.

5. Operational Impact

The proposed change requires **no significant operational adjustments** other than the updated wording in 27.2.3 Grading of Events regarding weight limit women's events, in NoR and at weigh-in. It maintains the integrity of the sport while promoting inclusion, broader participation and representation.