



DÉFI WIND

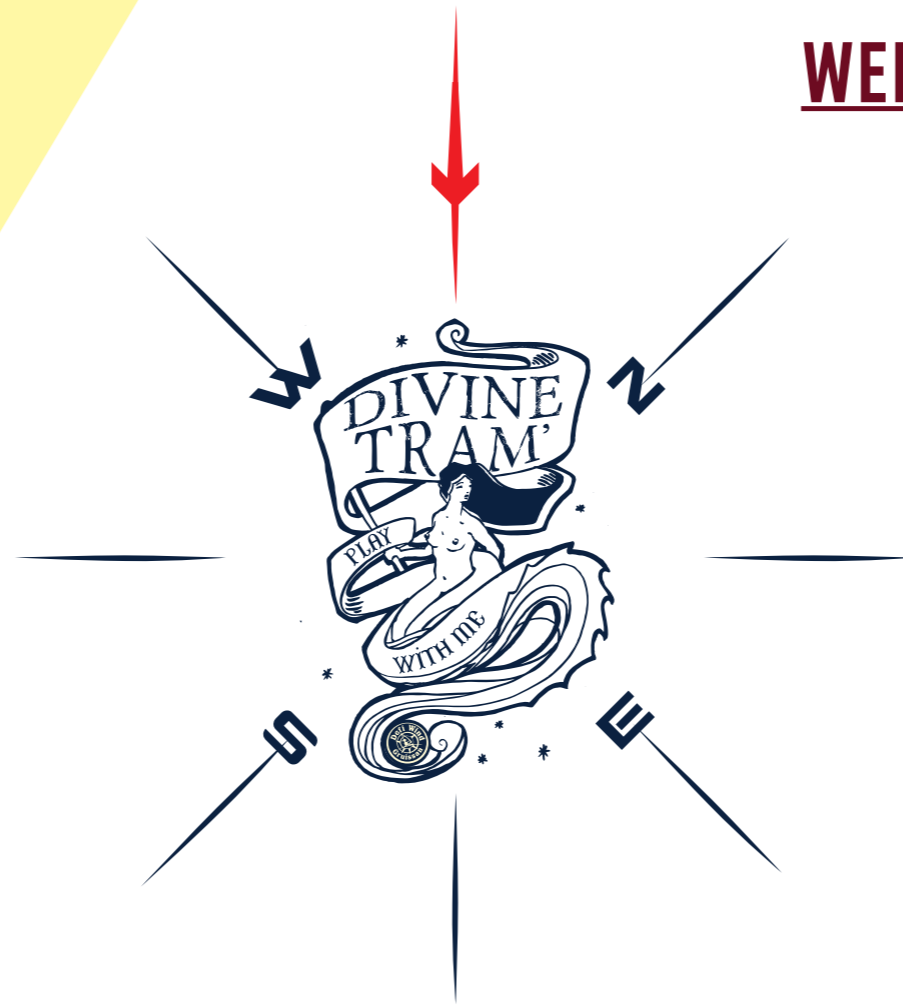


**RIDER BOOK
DEFI WING**

MAY 11.12.13

RIDER GUIDE 2026 - DEFI WING

WELCOME HOME



Le Defi Wing is not a race like the others.

It's a trajectory, a point of convergence.
Just one.
The same for everyone.

Hundreds.
Pros, amateurs, regulars, newcomers.
One single desire: to go for it, to the water.

Here, there are no categories in the effort.
No comfort.
No shortcuts.

Just wind.
The real kind.

The Tramontane decides.
And we deal with it.

And then there's everything else.

The sand.
The noise.
The village.
Reunions.
Glasses being raised.

A bit like a festival.
Except here...
the headliner is the wind.

You come to face it.
Her.
Others.
Yourself.

You come to hold on.
To let go.
To understand.

And sometimes... to endure a little too.
That's the game.

Because at the Defi Wing,
the celebration has a price.

A bit of fatigue.
A few aches.
Two or three hassles.

The cost of it, in a way.

But that's also why we come back.

The Defi Wing is that.



YOUR ARRIVAL AT DESTINATION: GRISSAN-PLAGE



Defi Wing Village

Set up temporarily across 10,000 m², it's all for you! Welcome home! The Welcome Desk, Organising Committee, First Aid Post, Technical Control Room, Partners' Area, Main Stage, Food and Drink Stalls, Bars, Dry Toilets and Party Zone are all waiting to welcome you.

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Gruissan Plage - Les Chalets

Just a few minutes' walk from the Defi site, Gruissan Plage - Les Chalets offers a convenient and pleasant environment for participants and their guests. Here you'll find essential shops and services to make your stay and organisation easier.

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Gruissan Village

2 km further on, Gruissan Village, the heart of our town, offers a complete and lively experience with a wide range of shops, services and other activities.

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Port de Gruissan

Bustling with numerous shops. A Blue Flagcertified port that excels in sustainable development projects.



Parkings

Parking in the immediate vicinity of the Defi Wing site is tight. As is often the case during the event, it's first come, first served. The further the event progresses, the harder it becomes to park near the main site.

However, other parking areas are available near the water and provide quick access to the beach and activity zones.

We recommend planning your arrival in advance and making use of these alternative options.

Parking is free.



1 > BIB AND TRANSPONDER PICKUP

Dates and times for collecting race numbers:

Sunday 10 May : 2pm to 7pm

Monday 11 May : 8am to 12pm

- An **ID will be required** when collecting your items.
- The bib number and transponders are **strictly personal** and cannot be exchanged **under any circumstances**.
- In case of non-compliance, **you may be held liable**.

If you are unable to attend on these dates, **don't worry**.

It will still be possible to collect your bib later at the reception point, in the center of the Défis village.

MINORS:

The presence of a legal guardian or designated adult is mandatory both during the collection of items and throughout the entire competition.

TRANSPONDERS - KESAKO?

The transponder is used as the **official check-in/check-out tool** during races.

It also enables **automated rankings** through timekeeping.

WARNING:

Your transponder, which is linked to your bib, is subject to a mandatory deposit.
(A link will be sent to you by SMS and email 2 weeks before the event.)

2 > YOUR PROVISIONAL PROGRAM

Sunday 10 May

Race number collection > 2.00pm - 7:00pm

Monday 11 May

Race number collection > 8:00am - 12:00pm

Defieurs briefing on site > 1.00pm

First possible start > 2.00pm

Opening night > 8.00pm

Tuesday 12 May

Defieurs briefing on site > 9.30am

First possible start > 10.30am

Défi Wind Party > 8.00pm

Wednesday 13 May

Defieurs briefing on site > 09:30

First possible start > 10:30

Prize-giving ceremony > 16:30



The first information meeting will take place on Monday, May 11 at 1:00 PM.

This is a key moment not to be missed.

Essential practical information will be shared there.

In the following days, a daily briefing is scheduled every morning at 9:30 AM.

You will receive all updates regarding the day's conditions: wind direction and strength, possible changes, as well as the instructions to follow.

It is also during these briefings that a countdown may be launched.

At the end of this countdown (xx minutes), the rabbit boat will officially open the start line.

From 6:30 PM to 8:00 PM

Some brands will be waiting for you in the village for a happy hour at their stands.

From 8:00 PM onward,

the village completely changes its atmosphere and turns into a true party place.

Local artists, rider DJ sets, and live music take over until 1:30 AM.

Plenty of good vibes at this gathering, a key and unmissable moment of the Defi Wing

"Night and Day" experience...



LE SPOT

THE NAUTICAL CENTER

The Gruissan spot stretches from the Plage des Chalets, the main Defi site, to Port-la-Nouvelle, located about 10 km further south.

In general, the wind is always a bit stronger on the Port-la-Nouvelle side.

On average, you can expect about 5 extra knots, which can influence equipment choices and racing lines.

A race covers roughly 40 km of sailing.

The distance, the repeated tacks, and the intensity of the wind make it a demanding challenge.

A real Defi, in a way!

BASIC RULES

There will be no official start if the wind is below 15 knots.

Wearing a wetsuit, helmet, and flotation vest is mandatory for **FOIL**, and **VERY STRONGLY** recommended for fin racing.

Riders are identified by a numbered bib and a transponder provided by the organization.

RIGHT OF WAY RULES

Beyond the basic rules of priority (port-starboard), a "Defieur" must do everything possible to avoid a collision.

On the same tack, the rider who is overtaking must give way to the one being overtaken.

On opposite tacks, the rider on port tack (left hand forward) must give way to the rider on starboard tack (right hand forward).

At the Defi, beyond the rules of priority, common sense is the key principle. Wherever you are on the water, you will inevitably cross paths at full speed.

Anticipation is essential—stay alert.



MEMO / RULES OF THE GAME

- RACE RULES -



.REGISTRATION

Registration opening 2026 January 16th
800 entries availables

.MINIMUM AGE

At least 13 years old on May, 11th 2026.

.SPORT LICENCE / INSURANCE

During online registration, each participant must declare whether or not they hold a valid annual sports license explicitly covering the practice of Wingfoil (or related disciplines) in competition. Participants holding a compliant annual sports license must upload a copy of this license during the online registration process. The organization reserves the right to refuse any license that does not meet these criteria.

Participants who do not hold a compliant annual sports license must compulsorily subscribe to the temporary insurance provided by the organization by selecting the corresponding option during registration.

This temporary insurance is imposed by the organization and may not be replaced by any other individual insurance coverage

.MEDICAL CERTIFICATE

A medical certificate of suitability and fitness for the purpose of practicing competitive sailing. Signed and stamped, it has to be issued less than one year before the last day of competition.

.PARENTAL AUTHORIZATION

Mandatory form for minors (- 18).
A responsible adult will have to be identified in the parental authorization (legal guardian or supervisor).
Minors will have to be under the supervision of an adult during the whole contest period.

.REGISTRATION FEES

In case of non-participation and / or cancellation: Registration fees will NOT be REFUND. Once sent, the registration is considered as final.

During the first period the registration fees are fixed
During the second period of registration the participation fees are strongly increased.

.DEFINITIVE ADMISSION

An incomplete registration file will not be considered and systematically placed in the waiting list.
A complete file is a file that include all the information requested + all mandatory documents + registration fees.

.IDENTIFICATION OF PARTICIPANTS

The identification of the participants is established by assigning an unique and personal numbered bib.
The numbered bib is delivered by the organization and included in the registration fees.

.DISTRIBUTION OF THE NUMBERED BIB TO CONFIRM YOUR PRESENCE

The presence of each competitor is required in order to confirm your presence on the contest.
An identity document is required.

.PRIORITY SAFETY

Beyond the rules of priority, every rider has to do his best to avoid a collision.

Some official rules:

- On the same way, the one who "overtake" has to stay away from the one who is "overtaken".
- On different ways, the one who is "port side" (left hand in front) has to stay away from the one who is "starboard" (right hand in front)

.THE SIGN IN AND SIGN OUT, BEFORE AND AFTER THE RACE IS COMPULSORY

You have to sign or bip at the signature table before you start running. You have to sign or bip again when you are back, even if you have given up. This system allows us to know who is back and if we have to go and look for you in the water.

An outsider is NOT allowed to sign for you.

.THE RACE / THE WIND MINI

Two round trips crosswind of approximately 20 to 40 km. There is no maximum distance!
15 knts is the average wind to launch a official race

.THE LIMIT TIME

No limit time.
For the security of everyone, the organization can take the decision to stop the last participant.

.THE DISCARDS

Only one discard will be retained from 4 ran races and whatever the final number of races.

.THE START

It is a "rabbit start". You have to cross the line after the rabbit (the boat). The count of the starting procedure (H-xx') is announced on the beach. The rabbit goes from the bottom line (the offshore point), headed for the beach.

.THE ARRIVAL

It is judged by the arrival boat and a buoy just behind. You have to go between the back of the sail-boat and the buoy.

.THE JURY

It is the king, and will do its best for everyone to have fun, for the spirit of the Defi Wing to be expressed and for you to respect it.

.THE RACE AREA

It is located between the beach and the "curtain of safety buoys". It is formally forbidden to leave the race area.

.THE SAFETY BUOYS

We put a "curtain" of buoys offshore. They materialize the limit of the race area. If you cross this limit you will be disqualified. Do not hesitate using them as resting spot by hanging on them. It is a good way to stand by or to wait for a security boat without deviating.

.THE EQUIPMENT

- Wingfoiling gear is without restrictions
- Parawing: Central lines lenght 300cm MAX
- An isothermal wetsuit is compulsory for everyone (at least 3mm Shorty).
- You have to wear your numbered bib.
- Weightvest and Weightharness are stricktly forbidden.
- It is mandatory to wear a Helmet and Impact Vest

.CATEGORIES

MEN / (13 to 15 years old /16 to 18 / 19 to 39 / 40 to 59 / 60 and +)

WOMEN / (13 to 15 years old /16 to 18 / 19 to 39 / 40 and +)

SUPPORTS / WINGFOIL - PARAWING

.RANKING

- By Scratch
- By categories

- Points

First = 0.7 pts; Second & following up = place (2nd = 2 points,...)

AB: Abandon = Number of participants + 1

DNS: Do not start = Number of participants + 2

DSQ: Disqualified = Number of participants + 5

- PICTURE AND APPEARANCE RIGHTS

You give authorization to the Défi Wing organization for the use of your name in all media concerning the event as well as for broadcasting freely, during and after the competition: photographs, films, television, recordings and other reproductions of yourself taken during the Défi Wing.



THE RACE / SEQUENCE

CHECK-IN

Check-in allows the organization to know who is on the water, still racing, or already back. Above all, it is a safety feature.

Any person who has not checked in (Check-In) will be automatically disqualified.

Before launching, it is mandatory to pass under the check-in arch.
After each race, it is also mandatory to pass under this arch again.
In case of retirement, whatever the reason, passing under the arch remains compulsory.

Not checking in means the organization does not know where you are, which is not acceptable within the Défi Wind framework.

RABBIT START

The Défi Wind uses a "rabbit start" system, with a moving start line.

After the briefing, a countdown of approximately 60 minutes is launched.
At the end of this countdown, the rabbit boat starts from a buoy located downwind of the start line.
It sails upwind and creates an imaginary, moving start line between itself and an upwind point marked by a buoy or another boat.

The start is valid when the rider passes behind the rabbit boat.

The start is not from a standstill. You must arrive with speed, manage your timing, your line, and your velocity. Arriving too early leads to difficult positioning and heavy traffic manoeuvres. For a first participation, it may be better to arrive slightly later in order to start more cleanly.
The start is gradually built along the line before the fleet stretches out and organizes on the first leg.

Three starting zones are identified:

Lower line: experienced riders' zone, fast start with precise timing.

Middle line: safer zone, allowing a clean start and quick access to flatter water.

Upper line: near the beach, often less wind and a more irregular sea state.

DOWNWIND LEG & JIBES

Several routes are possible to reach the Port-la-Nouvelle buoy.
The choice depends on level, starting position, fatigue, and conditions.

A route along the beach is longer but generally more comfortable, with flatter water. However, sandbanks require attention.

A more direct offshore route is shorter but more physical, with more chop.

The jibe is a key moment. Arriving too fast and out of control increases risk. It is better to slow down slightly, stay in control, and ensure a clean maneuver. A wide, controlled jibe is often the winning option.

FINISH LINE

The finish line is marked by a sailboat and a buoy located a few meters behind it. Crossing must be done between these two markers.

After crossing the line, it is important not to slow down immediately. Other riders may still be arriving at full speed. You are required to continue for a few hundred meters before slowing down.

Rankings are established using the transponder, which must be worn throughout the race. Without it, no ranking can be recorded.

In case of abandonment or incomplete course, you must not cross the finish line under any circumstances to avoid classification errors.

CHECK-OUT

At the end of each race, it is also mandatory to pass again under the check-out arch.



KEY POINTS



- Catering
- Entertainment area

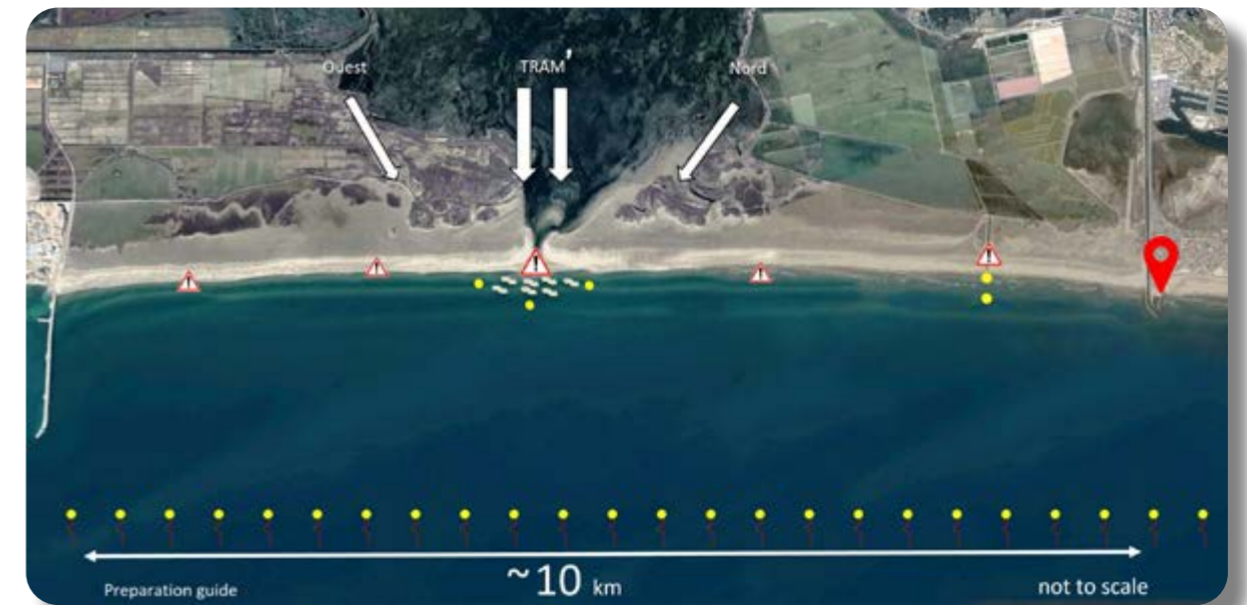
- Scene Briefing
- Exhibitors' Village

- Dry toilets

- Race computer
- Check-in

- Launching

- First-aid post





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