The hybrid POS implementation will be controlled by an on-chain contract. The drawback here is that messaging is expensive, but not a problem if the stake is big enough.

What is the plan for the full POS implementation, will it also be controlled by an on-chain contract?

The PREPARE and COMMIT messages seem to be replaced by a VOTE message. Will this change the messaging cost for the hybrid POS, or will it still require approximately the same number of messages?