



eRACING

Rules and Regulations

Version 1.0.2 - 7/24/2019

Changelog

Ver. 1.0.0 (6/11/2019).

Public release.

Added Changelog.

Ver. 1.0.1 (6/20/2019).

Clarified the scope of this ruleset (1.8).

Clarified that wheel-on trainers are only excluded from use as power-reporting devices but are not excluded from use if power is reported by an eligible power meter (12.4.1.1).

Ver. 1.0.2 (7/24/2019).

Expanded definition of unfair collusion to include knowingly colluding with ineligible riders. (15.4).

Expanded anti-doping (section 16) to extend doping suspensions or bans from other governing bodies to Zwift eRacing.

Clarified that racing results remain “pending” until completion of performance verification (19.2.19).

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Core Ruleset

1. Rules, Changes, and Organization

1.1. Responsibility

- 1.1.1. It is the responsibility of each rider to review and understand these rules and regulations before participating in any Zwift eRacing event.
- 1.1.2. By participating in any eRacing events on the Zwift platform, riders agree to the rules and regulations contained herein.
- 1.1.3. When an event is being held in partnership with any National Federation, riders also agree to the applicable rules of that Federation.
- 1.1.4. When Zwift eRacing rules and National Federation rules are in conflict, the National Federation rules take precedence.
- 1.1.5. Any questions about these rules should be directed to the Zwift eRacing Commission at legal@zwift.com prior to the start of the event.

1.2. Organization

- 1.2.1. The governing body of Zwift eRacing consists of the Zwift eRacing Commission, which includes the Performance Verification Board.

1.3. The Zwift eRacing Commission

- 1.3.1. The Zwift eRacing Commission [the Commission] is responsible for maintaining, implementing, and communicating this ruleset.
- 1.3.2. The Commission is overseen by the Zwift eRacing Commissioner who may organize the Commission at his/her sole discretion.

1.4. Decisions and Appeals

- 1.4.1. Riders have the right to appeal decisions by sending their case for appeal to the Zwift eRacing Commission at legal@zwift.com within 24 hours of the communication of a rule infraction or performance verification failure.

1.5. The Performance Verification Board

- 1.5.1. The Performance Verification Board will make recommendations to the Commission on all matters related to the validity of riders' in-game performances.
- 1.5.2. More details on the activity and organization of the Verification Board are included below.

1.6. Changes

- 1.6.1. The Commission reserves the right to modify or supplement these rules at any time. The latest edition of the official Zwift eRacing rules and regulations can be found at <https://zwift.com/p/eracing-rules>

1.7. Terms Apply.

- 1.7.1. In addition to these rules, all riders must agree to the Zwift terms and conditions found at <https://zwift.com/en/p/terms> and may be disqualified from or lose eligibility to compete in

Zwift eRacing events by violating these terms, even if the violation takes place out-of-competition.

1.8. Scope

- 1.8.1. This ruleset governs races designated as Zwift eRacing events or series.
- 1.8.2. The ruleset does not govern, nor is it intended to influence the governance of events or series held on the Zwift platform that are not organized by Zwift or designated as Zwift eRacing events.
- 1.8.3. The Commission will make a reasonable effort to clearly identify when these rules apply.

2. Code of Conduct

- 2.1. No foul language, negative or derogatory comments, association with any content that could be considered hateful, threatening, discriminatory, pornographic, meant to bully, intimidate or harass any user.
- 2.2. No negative comments directed at any other rider, team or third party. This includes any comments that may be interpreted as trolling, harassing or bullying.
- 2.3. Be helpful, courteous, friendly, and accessible.
- 2.4. Do not show hacked versions of the game, tell people how to hack the game, falsify your efforts in the game, or engage in other activities that undermine the integrity of Zwift eRacing racing.
- 2.5. Where relevant, please only use Zwift content or Zwift-licensed content. Do not use competitor material or unlicensed content that isn't yours. Do not use of content that infringes or violates someone else's rights or otherwise violates the law.
- 2.6. Do not gamble or pass on inside information on any races, including the ones in which you take part.
- 2.7. Additional Policies
 - 2.7.1. [Zwift Terms of Service](#)
 - 2.7.2. Any confidentiality obligations to which you are subject
- 2.8. A rider engaging in any form of unacceptable behavior may lose eligibility to compete in Zwift eRacing events at the discretion of the Commission.

Eligibility

3. Eligibility: Age

- 3.1. A rider must have reached sixteen years of age by the event date to be eligible to participate in any event comprising the Zwift eRacing series.
- 3.2. If a rider will reach sixteen years of age during an event series, he/she will be eligible to enter series events starting on the date of his/her sixteenth birthday.

4. Eligibility: Citizenship/Residency

- 4.1. The following eligibility rules apply to any Zwift eRacing event that has a citizenship or residency requirement.
- 4.2. All residents located in the geographies set forth in the supplementary race materials are welcome to compete in the virtual races constituting the eRacing event.
- 4.3. Any rider who receives an invitation to a live final will be required to submit proof of citizenship or residency. Documentation will be requested using the rider's Zwift account email address.
- 4.4. Riders are permitted to redact any sensitive information from scanned documents.
- 4.5. Any rider who cannot provide evidence of citizenship will not be eligible for invitation to the live final.
- 4.6. For any event that involves age and gender categories, a rider's age and gender for the purpose of Zwift eRacing must match that provided on the document proving eligibility.

5. Eligibility: Race License / Federation Membership

- 5.1. The following eligibility rules apply to any Zwift eRacing event that has a requirement for riders to hold a cycling federation license and/or membership.
- 5.2. To prove eligibility, riders may be asked to provide evidence that they hold the required federation license and/or membership. This membership and/or license must remain active during participation in both virtual races and any live final (if applicable).
- 5.3. Any rider who cannot provide evidence of holding the required membership and/or race license will lose eligibility and will not be included in the final results.
- 5.4. For any event that involves age and gender categories, a rider's age and gender for the purpose of Zwift eRacing must match the federation registered racing age and gender.

Data and Connections

6. Data and Connections: Zwift Power Registration

- 6.1. All riders must register with Zwift Power in advance of participating in any Zwift eRacing races. To register, riders must sign up for an account on Zwift Power (zwiftpower.com) and opt-in to data sharing through their Zwift account. More information on signing up for Zwift Power and opt-in is available [here](https://support.zwift.com/hc/en-us/articles/360006905992-How-to-fully-connect-to-Zwift-Power): <https://support.zwift.com/hc/en-us/articles/360006905992-How-to-fully-connect-to-Zwift-Power>

7. Data and Connections: Race Data

- 7.1. Riders must save any data generated by Zwift after a virtual race. This includes any Zwift-generated activity and log files.
- 7.2. After races, rider should choose “end activity” and save their ride (with either public or private visibility).

8. Data and Connections: Second Power Source

- 8.1. In addition to the power data recorded by Zwift, each rider is **strongly encouraged** to record a second source of power data.
- 8.2. Recording a second source of power data will, in many cases, streamline the performance verification process.
- 8.3. It is the rider’s responsibility to store this data. The Zwift eRacing Commission will request it when it is required for performance verification.
- 8.4. The second source of power data may be recorded using either a computer software application such as Golden Cheetah, or PerfPro or recorded using a head unit such as a Garmin.
- 8.5. The cadence reported by the second power source, as well as the riders heart-rate should also be recorded in the same file.

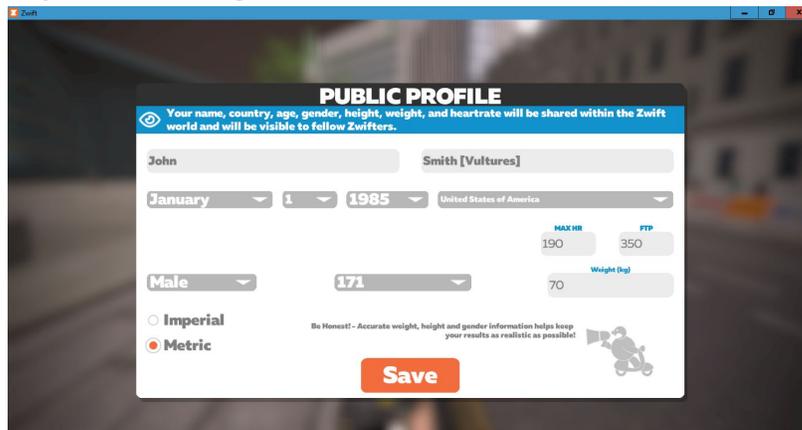
Game

9. Game: Account

- 9.1. Riders should use an account registered in their own name and not shared with other riders. An exception will be made in the Commission's sole discretion for account-sharing that makes up less than 5% of the account's cumulative time and is not used for the purposes of unlocking equipment or otherwise gaining an advantage in-game.

10. Game: Name / Identity

- 10.1. Riders should use their real name when participating in Zwift eRacing events. "Aliases", "Handles", etc. are not permitted.
- 10.2. Each Rider must compete under his/her true identity and may not allow another rider to race under his/her identity.
- 10.3. A rider's team name should be placed in square brackets after the rider's last name and can be entered into the last name field in-game. For instance, John Smith riding for Team *Vultures* may use the name J. Smith [Vultures] or John Smith [Vultures].
- 10.4. *Figure: Name Entry and Team Tag*



- 10.5. Vulgar or otherwise inappropriate team names (which shall be determined by Zwift in its sole discretion) are not permitted and will result in disqualification from any event where they are used.

11. Game: Virtual Equipment

- 11.1. Each race in the series will designate the permitted in-game equipment in the race description and the supplemental race/series rules.

- 11.2. In the absence of further direction, for all races except those designated as time-trials, any equipment except time-trial bikes are permitted and power-ups may be used at any time.
- 11.3. Incorrect equipment use will result in a disqualification from the particular event where it was used.
- 11.4. In-game equipment that is unlocked or purchased must be earned solely by the effort of the rider. Except as set forth in Section 9.1 above, the use of another rider's effort, simulated data, or any other method for the purpose of earning in-game currency to purchase equipment is not permitted.

Physical Equipment

12. Physical Equipment : Virtual Races

12.1. Control

- 12.1.1. Riders are not permitted to use any application except Zwift to control their smart trainer resistance during Zwift eRacing events.

12.2. Firmware

- 12.2.1. Riders must always use the most recent public (not beta or testing) firmware for any equipment used in eRacing events.
- 12.2.2. It is the rider's responsibility to keep track of firmware updates for their equipment.

12.3. Power

- 12.3.1. To be included in the final results of any virtual race, a rider must have power reported to Zwift using either a power meter or smart trainer.
- 12.3.2. zPower and virtual power users as well as those using a trainer or power meter appearing on the exclusion list are not eligible to compete and will be removed from the final standings.
- 12.3.3. Riders should follow any manufacturer's specifications on maintaining the accuracy of their smart trainer or power meter including conducting prescribed spindown, zeroing, or other calibration or offset procedures before each race.

12.4. Excluded Equipment

- 12.4.1. Any "Wheel-On" Trainer
 - 12.4.1.1. While this excludes a wheel-on trainer from being used as the power reporting device, it does not exclude riders from using a wheel-on trainer to provide resistance while using an eligible power meter to report power to Zwift.
- 12.4.2. Elite Turbo Muin (Any Generation).

12.5. Cadence

- 12.5.1. To be included in the final results, riders must pair a cadence sensor or built-in cadence from their smart trainer or power meter, which must provide cadence data for at least 95% of the race (measured from rider's finishing time).

12.6. Heart-Rate

- 12.6.1. To be included in the final results, riders are required to wear a functioning heart rate monitor, which must provide heart rate data for at least 95% of the race (measured from rider's finishing time).

Doping and Cheating

13. Doping and Cheating: Equipment

13.1. Miscalibration / Tampering with Equipment

- 13.1.1. Riders are not permitted to tamper with or modify any trainer, power meter, heart rate monitor or cadence sensor in any way with the intention of producing inaccurate data.
- 13.1.2. Riders are not permitted to alter or attempt to alter data transmissions involving equipment used in Zwift racing or performance verification in any way.
- 13.1.3. The Commission retains the sole authority to make judgments about the likelihood that a rider has miscalibrated or tampered with any equipment.

13.2. Mechanical / Electronic Doping

- 13.2.1. Riders are not permitted to use any mechanical or electronic device that provides an unfair advantage in-race. This includes but is not limited to, electronic motors, devices which alter equipment signals (power meter, cadence monitor, or heart-rate monitor), devices which broadcast simulated rider data, or devices that interfere with broadcast data.
- 13.2.2. Electronic motors built into a trainer by the manufacturer for the purposes of simulating road conditions are permitted as long as they do not provide a performance advantage and are not tampered with in any way.
- 13.2.3. Riders found to be in violation of this rule will be subject to penalty determined by the Commission.

14. Doping and Cheating: Rider

14.1. Accurate Weight/Height

- 14.1.1. Each rider should use his/her accurate weight and height when racing in any Zwift eRacing competition. Accurate height is defined to be the rider's height taken at the time of the race absent cycling shoes. Accurate weight is defined to be the rider's weight taken at some point within 24 hours of the start of the race. The rider's weight should include a cycling kit and socks, but not shoes.
- 14.1.2. Any commercially available scale is acceptable for measuring weight. The scale should be placed on a hard even surface and zeroed or calibrated according to the manufacturer's specifications.
- 14.1.3. Riders are not permitted to alter their weight/height to gain an advantage in-race.

15. Doping and Cheating: Disruption / Unfair Advantage

15.1. Race Disruption

- 15.1.1. Riders are not permitted to disrupt or conspire to disrupt the race or impede the performance of other riders. Acts in violation of this rule include but are not limited to:

- 15.1.2. Attempting to remove a rider from an event by disconnecting him/her from the Zwift servers in some way or by “flagging” the rider without cause.
- 15.1.3. Inappropriately distracting other riders
- 15.1.4. Tampering with or interfering with the normal operation of another rider’s equipment.
- 15.1.5. The Commission retains the sole authority to make judgments about the apparent intent of actions that may be interpreted as race disruption.

15.2. Disconnecting / Lag

- 15.2.1. Riders are not permitted to voluntarily disconnect from the Zwift server for any length of time for the purpose of altering the outcome of a race.
- 15.2.2. The Commission retains the sole authority to make judgments about the cause of any disconnection and the explicit or apparent intent in connection therewith.
- 15.2.3. A rider whose Zwift client cannot be reached by the Zwift servers for one minute or more (consecutive, not cumulative) will be disqualified from the event whether or not this affects the outcome of the race.

15.3. Bots / Simulated Riders

- 15.3.1. Riders are not permitted to use bots, simulated riders either in-competition or out-of-competition for any reason.
- 15.3.2. This includes the use of simulAnt or any other ant+ or Bluetooth data simulation software or device as well as any other means of controlling a rider in-game in any way except the use of a human rider.

15.4. Unfair Collusion

- 15.4.1. Riders are not permitted to collude or attempt to collude with another rider who is knowingly cheating or ineligible to race to gain an unfair advantage.
- 15.4.2. Unfair advantage through collusion may include but is not limited to actively and knowingly cooperating with a rider who is using inaccurate weight or a miscalibrated power source, teams entering ineligible riders in races to aid eligible riders- for instance cooperating with non-resident teammates in a national championship race.
- 15.4.3. Riders are not in violation of this rule if they gain an advantage through collusion (either passive or active) with another rider who was not known to be cheating or ineligible to race.

15.5. Hacking / Game Modification

- 15.5.1. Riders are not permitted to modify their own or another rider’s game or gameplay experience in any way. This includes but is not limited to, altering game data files, and altering memory values.
- 15.5.2. Riders are not permitted to use any methods to gain access to game elements that are not publicly available.
- 15.5.3. Riders are not permitted to impede the normal operation of another rider’s game client or Zwift servers.
- 15.5.4. Riders are not permitted to use third-party applications that provide an unfair advantage in racing.
- 15.5.5. Riders are not permitted to alter or attempt to alter data transmissions involving Zwift clients or servers in any way.

16. Doping and Cheating: Anti-Doping

- 16.1. For races or series that are held jointly with another governing body or national cycling federation, the anti-doping policy of that body will apply.
- 16.2. Competition suspensions or bans for any cycling discipline by an organization who is a signatory of the World Anti-doping Code or in cooperation with a signatory of the World Anti-doping Code will extend to Zwift eRacing.
- 16.3. The Zwift eRacing Commission reserves the right to implement an anti-doping program in the future.

Live Races

17. Additional Live Race Rules

17.1. Virtual Rules Apply

- 17.1.1. Where applicable, all rules which apply to virtual events will also be understood to apply to live race events.

17.2. Invitation

- 17.2.1. Riders who qualify for (and are invited by Zwift or the applicable race organizer to) the live final plus an additional set of alternate riders will receive a request for documentation verifying any citizenship, national cycling federation membership, race license, identity requirements, and any performance validation data that is needed by the verification board. This request will be sent to the riders' Zwift account e-mail.
- 17.2.2. Riders will have three business days from when the request email is sent to provide the requested documentation to the Commission. Riders who fail to send the requested documentation within that time period will forfeit their invitation to the live final. In this case, an invitation may be sent (in the Commission's sole discretion) to the next eligible alternate.
- 17.2.3. Once all documentation has been verified, the rider will receive an official invitation with further information about the live final event. The rider will have three business days from the time the invitation is sent to accept the invitation.
- 17.2.4. If a rider declines the invitation or fails to accept by the deadline, the invitation may be sent to the next eligible rider.

17.3. Travel and Accommodation

- 17.3.1. Riders are responsible for making their own travel and lodging arrangements for the live final unless otherwise directed in either the supplementary race material or by e-mail from the Commission.

17.4. Equipment

- 17.4.1. For the live final event, a trainer, display, computer with integrated Bluetooth or ANT+ (or ANT+ or Bluetooth dongle), fan, wheel block, cassette, and keyboard will be supplied to each rider. Riders must use the provided trainer, computer with integrated Bluetooth or ANT+ (or ANT+ or Bluetooth dongle), and display. Computers or devices with integrated displays - e.g. tablets or notebook computers - shall also be allowed.
- 17.4.2. Information about the trainers that will be used at the event will be sent to riders with the official invitation. It is the responsibility of the rider to ensure that his/her bike is compatible with the live event trainers. Zwift will guarantee that all trainers will have OEM adapters to fit the following frame-hub standards: 130mm quick-release, 135mm quick-release, 142x12mm through-axle.
- 17.4.3. Riders will be asked to provide their cassette information (number of gears as well as maximum and minimum cog size and SRAM/Shimano or Campagnolo) to the Commission

before the live event. Zwift eRacing will ensure that the appropriate cassette is equipped on the rider's designated trainer.

- 17.4.4. Riders should bring their own nutrition, cycling kit, shoes and all other equipment and supplies needed for the event.
- 17.4.5. Calibration of trainers and other equipment used during live events will be carried out by Zwift staff. Riders are not permitted to calibrate their own trainer.
- 17.4.6. Riders are not permitted to change any computer, game, or equipment settings or equipment pairing options except preference settings that are explicitly permitted to be changed by the rider in the attached schedule.

17.5. Weigh-In

- 17.5.1. The official weigh-in for the live race will occur no more than 24 hours and no less than 8 hours before the event. If a rider is unable to attend the official weigh-in because of travel arrangements or other conflicts, weigh-in may be conducted at the event itself.
- 17.5.2. During weigh-in, each rider's weight and height will be measured and entered into the Zwift application. Riders who refuse to have their weight or height measured will be excluded from the event.
- 17.5.3. Riders are not permitted to change their weight or height at any time between the weigh-in and the official end of the live race event. (Furthermore, riders will not be permitted to change any rider profile data following the weigh-in.)
- 17.5.4. Riders must wear a cycling kit and socks (but not shoes) for the weigh-in. This kit does not need to be the same kit worn during the live race.

17.6. Live Race Attire

- 17.6.1. Riders must wear a cycling kit for the live race- this includes a cycling jersey or base layer and cycling shorts or bibs. The kit (including style and content) must be appropriate for broadcasting to an audience of all ages. The Commission shall have the right to prohibit the use of any cycling kit for any reason in its sole discretion.
- 17.6.2. Additional clothing or accessories must be "reasonable indoor cycling attire". Costumes, masks, or other outfits that distract from the sporting nature of the event are not permitted (except with Zwift's prior written consent).
- 17.6.3. Additional requirements and rules for attire will be included in race specific rules and communication.

17.7. Warmup

- 17.7.1. Rider's will be given time to prepare their equipment and warm-up before the beginning of a live race or after any significant break between races in a series.

17.8. Broadcast

- 17.8.1. By choosing to participate in a live event, riders understand that their image, power, heart rate, weight, height, racing history, and other data available to Zwift through the rider's participation may be included as part of the live stream.
- 17.8.2. This agreement is in addition to the terms of service relating to data-sharing on Zwift Power.

Performance

18. Performance Verification Board

18.1. Purpose

- 18.1.1. The Performance Verification Board will make recommendations to the Commissioner on all matters related to the validity of riders' in-game performances.

18.2. Structure

- 18.2.1. The Verification Board will consist of a chairperson and as many reviewers as he/she deems necessary.
- 18.2.2. The chairperson will be selected by the Commissioner. The chairperson will serve for one year but may be reappointed without term limits.
- 18.2.3. The chairperson will act as the liaison between the reviewers, the Commissioner, riders, and the community at large. Communication between riders being verified and the reviewers will be carried out solely by the chairperson. The chairperson will also assign verification cases to reviewers and have the final determination in all cases.
- 18.2.4. The board members will be chosen by the chairperson with help from the Commissioner if requested. The members will serve for one year but may be reappointed without term limits.
- 18.2.5. Reviewers and the chairperson will be individuals with enough experience in cycling power data analysis to be proficient in determining the validity of rider data.
- 18.2.6. Reviewers will serve anonymously (with respect to riders being reviewed but not to the Zwift eRacing Commission) to avoid conflict of interest.
- 18.2.7. Should the chairperson vacate his or her position, Zwift will choose an interim chairperson to serve the remainder of the term.
- 18.2.8. Should a reviewer vacate his or her position, the chairperson or Zwift may choose an interim reviewer to serve the remainder of the term.
- 18.2.9. The Commissioner reserves the right to re-appoint the chairperson or reviewers at any time for any reason.

19. Performance Verification Procedures

19.1. Verification

- 19.1.1. The Commission reserves the right to request verification of any performance regardless of past rider review by any performance verification body including the Verification Board itself.
- 19.1.2. For each case, the Verification board will make a recommendation to the Commission. The determination of the Commission will be binding and conclusive in all respects.

19.2. General Procedures

- 19.2.1. Riders may contact the performance verification board using the e-mail: zada@zwift.com.

- 19.2.2. It will be understood that the Verification Board may ask the rider for any reasonable data which will aid in verification including but not limited to outdoor ride data, video weight verification, live-streamed calibration and performance tests.
- 19.2.3. The chairperson and reviewers are free to determine any verification protocol which is fair, non-discriminatory, does not create an *undue* burden for riders, and will result in reliable decisions.
- 19.2.4. The chairperson will be in charge of requesting all data from riders and communicating the verification procedure.
- 19.2.5. It will be understood that the Verification Board may ask the rider for any reasonable data which will aid in verification including but not limited to outdoor ride data, video weight verification, live-streamed calibration and performance tests.
- 19.2.6. Riders under review will initially be asked to submit a link to their public Strava profile, Age, Weight, Height, Indoor Power Meter Type, Outdoor Power Meter Type (including slope information), Trainer Make/Model and Firmware.
- 19.2.7. The chairperson will request any additional information that is needed, assign two reviewers to analyze the case and set a report deadline for these reviewers.
- 19.2.8. Riders have 72 hours from the time of the chairperson's request to submit the required data. The chairperson may extend the deadline for requests that involve additional burden on the rider.
- 19.2.9. Failure to meet the deadline for submitting requested information will result in disqualification from the race for which verification was requested. If the race is part of a series, the disqualification will extend to all races in the series (including retroactively).
- 19.2.10. For events or series in which riders accrue points for their team, any points a disqualified rider has earned for his/her team will be forfeited.
- 19.2.11. Reviewers are free to reject a case that they believe they cannot consider fairly either due to a conflict of interest, time commitments, or any other reason.
- 19.2.12. Reviewers will deliver a report to the chairperson by the stated deadline including a suggested decision in the case as well as a brief analysis of the data supporting this decision.
- 19.2.13. The chairperson will make the final decision on each verification case after considering the reviewer reports. If required, the chairperson may request a third report be prepared by a reviewer not originally assigned to the case or request the rider provide additional data or perform a field test (see protocols below).
- 19.2.14. In the event a field test is required for verification, the chairperson will provide a deadline no sooner than 48 hours from the time of the request.
- 19.2.15. If a rider fails performance verification his/her disqualifications will remain in place and the rider may be subject to future disqualifications for exceeding performance levels for which he/she failed verification.
- 19.2.16. Riders may be subject to additional sanctions if the Verification Board discovers evidence that a rider has fabricated performance data for the purpose of verification.
- 19.2.17. Board members and the chairperson of the Verification Board are not permitted to compete in Zwift eRacing events.
- 19.2.18. The determination of the Verification Board will be binding and conclusive in all respects.
- 19.2.19. Racing results will remain as "pending" until performance review has been completed for all riders selected for verification.

19.3. Types of Review

- 19.3.1. Two types of reviews are available for races. In races with “performance limits”, riders are subject to performance verification if they exceed thresholds outlined below. In races with automatic and selected review, riders finishing in the top three places plus two selected riders (possibly random) will be subject to performance verification.
- 19.3.2. The Commission will determine which type of review is appropriate for each event.

19.4. Performance Limits

- 19.4.1. For races with performance limits, a rider exceeding any of the following limits in watts per kilogram (raw, not rounded) during a virtual race, as recorded by Zwift Power, may be disqualified at the discretion of the Commission and until the rider’s performance has been cleared by the Verification Board.
- 19.4.2. Men’s Performance Limits- Standard
 - Best 20 Minute Power: 5.2 wkg.
 - Best 5 Minute Power: 6.1 wkg.
 - Best 1 Minute Power: 9.8 wkg.
 - Best 5sec Power: 20.9 wkg
- 19.4.3. Women’s Performance Limits- Standard
 - Best 20 Minute Power: 4.5 wkg.
 - Best 5 Minute Power: 5.3 wkg.
 - 1 Minute Power: 7.9 wkg.
 - Best 5sec Power: 16.3wkg.
- 19.4.4. A rider exceeding extrapolated limits for durations not explicitly stated above may be disqualified at the discretion of the Commission and until the rider’s performance has been cleared by the Verification Board. These extrapolated limits will be based on standard models of performance.

19.5. Disqualification and Appeal

- 19.5.1. The Commission reserves the right to request verification of any performance regardless of past rider review by any performance verification body including the Verification Board itself. Performances that do not exceed any of the limits above, but that are otherwise deemed suspicious by the Commission or the Verification Board may also be subject to further verification.
- 19.5.2. Riders exceeding previously verified levels of performance to a significant degree may be subject to further verification at the discretion of the Commission.
- 19.5.3. As with rule infractions, riders have the right to appeal decisions made by the verification board by sending their case for appeal to the Zwift eRacing Commissioner at legal@zwift.com within 24 hours of the communication of a performance verification failure.

19.6. Power Verification- Dual Recording

- 19.6.1. As outlined in section 8, riders are **strongly encouraged** to record a second source of power data. Providing a second source of recorded power data will, in many cases, streamline the performance verification process.

- 19.6.2. The reviewers will analyze the both sources of data to confirm that the power readings are accurate.

19.7. Power Verification- Outdoor Rides/Field tests

- 19.7.1. When the rider has sufficient data from outdoor rides and races as evidence of indoor performance, the reviewers will analyze Strava ride data links and .fit files.
- 19.7.2. Data should be as recent as possible, but reviewers will only look at training and race data from the last 12 months.
- 19.7.3. Ideal data includes maximal efforts over a variety of durations (5 second, 15 second, 1, 2 ,5 and 20 minute) conducted on a significant gradient (5% or more) that includes both power and heart-rate data.
- 19.7.4. The reviewers will analyze the data using several techniques and software that are designed to confirm that the power readings are accurate. These techniques include comparison to baseline controls such as other riders' performances on the same segments and physics modeling.
- 19.7.5. A public Strava account with outside riding data is highly recommended to speed up the process.
- 19.7.6. Rider might be asked to conduct a field test outside.
- 19.7.7. The outdoor field test consists of a filmed powermeter calibration check, and one or more peak-power tests performed on climbs with specific gradient performed and recorded with a headunit. The file will be shared with the performance verification board.
- 19.7.8. The Verification Board will provide specific instructions to the rider on how to record the calibration process and what protocol to follow in executing the peak-power efforts.
- 19.7.9. In all instances, the test will take less than one hour and not require any specialized equipment. Minimally, riders should be able to conduct the performance test using the equipment normally use when recording power data outdoors along with a cellphone for video recording.

19.8. Power Verification- Third-Party Lab Tests

- 19.8.1. Peak power testing conducted by a third party is sufficient for verification.
- 19.8.2. Only recent lab data will be accepted- no more than 180 days from the data of the beginning of the review.
- 19.8.3. The lab must have no relationship with the rider that would lead to a conflict of interest.
- 19.8.4. Ideal lab data will consist of a variety of critical power tests- for instance, 20, 5, 1 minute as well as 5, and 15 second critical power data as well as heart-rate data. When possible, two sources of power data should be used.
- 19.8.5. The reviewers will analyze the lab data to ensure it provides evidence of the rider's ability to produce power consistent with race performance.
- 19.8.6. Riders submitting lab data will, in most cases, be asked to provide weight and height verification videos (see below).

19.9. Power Verification- Streamed Performance Test

- 19.9.1. When the rider does not have sufficient evidence from outdoor rides/races or lab tests, he/she may be asked to conduct a streamed performance test.

- 19.9.2. The streamed performance test consists of an equipment calibration check, and one or more peak-power tests performed during a live/streamed video shared with the Verification Board.
- 19.9.3. Two sources of power measurement *must* be used during live/streamed performance testing.
- 19.9.4. The review board will provide specific instructions to the rider on how to video or stream the test and what protocol to follow in executing the peak-power efforts.
- 19.9.5. In all instances, the test will take less than one hour and not require any specialized streaming equipment. Minimally, riders will be able to conduct the performance test using the equipment they use for Zwift along with a cellphone capable of streaming video.
- 19.9.6. The streamed performance test will not be shared publicly and will be viewed only by the Verification Board and the Commission.

19.10. Weight Verification

- 19.10.1. A weight verification may be requested from a rider for the purpose of establishing accurate weight or in the approval process.
- 19.10.2. The weight verification procedure will proceed as follows:
 - 19.10.2.1. The rider will take a video with a cell phone of the scale placed in the middle of a room on a hard, even surface.
 - 19.10.2.2. The rider will first show his/her face on the video.
 - 19.10.2.3. The rider will then show a newspaper, television broadcast or other media showing the current date.
 - 19.10.2.4. The rider will then show the scale placed on a hard surface in the middle of a room with nothing nearby to hold on to.
 - 19.10.2.5. The rider will zero the scale and place the marked weight on the scale clearly showing the scale reading.
 - 19.10.2.6. The rider will zero the scale and weight his/herself clearly showing the scale reading.
 - 19.10.2.7. The rider will zero the scale and pick up the weight clearly showing the scale reading of the combined weight.
- 19.10.3. Weight verification videos will not be shared publicly and will be viewed only by the Verification Board and the Commission.

19.11. Height Verification

- 19.11.1. A height verification video may be requested from a rider for the purpose of establishing accurate height in the approval process.
- 19.11.2. The height verification procedure will proceed as follows:
 - 19.11.2.1. The rider will take a video with the camera facing a solid, vertical surface such as a wall or door-jamb.
 - 19.11.2.2. The rider will first show his/her face on the video.
 - 19.11.2.3. The rider will then stand against the vertical surface and show appear fully in-frame.
 - 19.11.2.4. The rider will mark the top of his/her head against the surface using pencil or tape.

- 19.11.2.5. In the same shot, the rider will measure the height of the marking using a standard retractable tape measure, lock the tape measure, and show the measurement of the locked tape measure on camera.
- 19.11.3. Height verification videos will not be shared publicly and will be viewed only by the Verification Board and the Commission.

Additional Rules

20. Additional Rules: National Federation Events

- 20.1. The following apply any event that is being held in partnership with any National Federation.
- 20.2. In addition to these rules, riders are subject to any rules and standards imposed by the Federation.
- 20.3. In instances where there is a conflict between these rules/standards and the rules/standards imposed by a national federation, the national federation rules take precedence.
- 20.4. Each rider's in-game name must match the name on his/her National Federation membership.
- 20.5. Sanctions for violating National Federation rules may extend to Zwift eRacing.
- 20.6. Additional sanctions may be imposed by the National Federation for violating any of the rules in this document.

21. Additional Rules: Communication with Commission / Verification Board

- 21.1. Riders are expected to conduct themselves in a professional manner with communicating with the Commission or Verification Board. Abuse of an eRacing official will be subject to sanction.
- 21.2. Riders are expected to provide timely and accurate information to eRacing officials. Any rider found to purposefully mislead or lie to an official will be subject to sanction and riders may be disqualified from a race.
- 21.3. Riders found to have fabricated or modified data submitted to the Verification Board will be subject to sanction.
- 21.4. Riders have 48 hours to respond to any queries made by the Commission or the Verification Board. Failing to do so may result in sanction.

Sanctions

21. Sanctions

Violation	Sanction
Ineligible Physical Equipment	Event result nullified.
Incorrect Virtual Equipment	
Ineligible Rider	
Out-of-date Firmware	
Other Equipment Violation No Intent to Gain Advantage	
Failed Performance Verification No Intent to Gain Advantage	
Disconnection/Lag (Unintentional)	
Disconnection/Lag (Intentional)	First violation: disqualification from event or series. Second violation: one year ban from eRacing events. Third violation: lifetime ban from eRacing events.
Race Disruption	
Incorrect Rider Height/Weight	
External Trainer Control	
Use of Bots / Simulated Riders In-competition.	
Use of bots, simulated riders, other rider's effort, or other means of earning or unlocking equipment.	
Unfair Collusion	
Lying to or Misleading Race Officials.	
Use of Another Rider's Account for Racing	
Fabrication or Modification of Data Submitted to Verification Board	
Equipment / Data Modification or Tampering or Inaccurate Settings with Intent to Gain Advantage	
Mechanical / Electronic Doping	
Identify Fraud	
Abuse of Race Officials	

Failure to provide data (or respond in a timely manner) to race officials or the Performance Verification board.	Disqualification from event or series. Additional sanction at discretion of Commissioner.
Violation of Terms-of-Service.	Sanctions at Discretion of Commission.
Violation of Code-of-Conduct.	
Violation of National Federation Rule/Standard.	
Live Race - Incorrect Attire	Rider Removed from Event / Result Nullified.