



Cycling Esports

Rules and Regulations

Version 1.0.3 - 31/3/2020



TABLE OF CONTENTS

SUMMARY	1
----------------------	----------

PART I – GOVERNANCE

1.1. Scope	2
1.2. Zwift Cycling Esports Commission	2
1.3. Zwift Performance Verification Board	2
1.4. Zwift Accuracy and Data Analysis Group	3
1.5. Disputes.....	3

PART II – RULES OF RACING

2.1. Scope	4
2.2. Eligibility	4
2.3. Data	4
2.4. Game	5
2.5. Equipment	5
2.6. Results	6

APPENDIX A – PERFORMANCE VERIFICATION	7
--	----------

APPENDIX B – SANCTIONS	10
-------------------------------------	-----------

APPENDIX C – CODE OF CONDUCT	11
---	-----------

APPENDIX D – IN REAL LIFE EVENTS	12
---	-----------



SUMMARY

This summary provides a quick reference to the general principles behind this ruleset.

Governance:

- These rules only apply to a small number of designated high-level events, not all Zwift racing.
- Disputes or complaints can be raised with legal@zwift.com, and are heard by an independent Arbitrator.

Rules of Racing:

- Register with ZwiftPower.
- Use your own Zwift account in your own name.
- Use your real height & weight, as measured in socks, shorts and jersey within 24 hours of each event.
- Calibrate your trainer and make sure your cadence sensor and heart rate monitor are working.
- Use the correct in-game virtual equipment.

Performance Verification:

- You may be asked to provide additional evidence to help verify your performance in an event.
- The protocols typically used are documented here so you know in advance what to expect.
- If there appears to be a problem, there is a second independent review before any decisions are made.

Sanctions:

- If your performance cannot be verified your result may be annulled.
- If you attempt to gain an unfair advantage you may be disqualified and receive a ban from future events.
- If you repeatedly break the rules, or bring the sport into disrepute, you may receive a permanent ban.

Code of Conduct:

- Be nice to others.
- Don't cheat.

PART I – GOVERNANCE

1.1. Scope

- 1.1.1. This ruleset governs races designated by Zwift as Zwift Cycling Esports events or series. It does not govern other events or series held on the Zwift platform.
- 1.1.2. This ruleset shall also incorporate the attached Appendices to this document, the Zwift Cycling Esports Dispute Resolution Rules and the Zwift Cycling Esports Anti-Doping Policy.
- 1.1.3. Where an event is held in conjunction with the UCI or a National Cycling Federation, the rulesets of the UCI or National Cycling Federation shall also apply. Where a rule in this ruleset conflicts with that of the UCI or National Cycling Federation, that of the UCI or National Cycling Federation shall take precedence.
- 1.1.4. Additional event or series specific rules may also be provided by an event organiser. Where a rule in this ruleset conflicts with such additional rules, that in this ruleset shall take precedence.

1.2. Zwift Cycling Esports Commission

- 1.2.1. The Zwift Cycling Esports Commission (hereafter “The Commission”) shall be responsible for maintaining, implementing and communicating this ruleset.
- 1.2.2. The Commission shall consist of the following.
 - a) The head of Zwift Cycling Esports
 - b) The chair of the Zwift Performance Verification Board
 - c) The chair of the Zwift Accuracy and Data Analysis Group
 - d) Any other members The Commission deems necessary to discharge its responsibilities.
- 1.2.3. The Commission shall have the power to modify or supplement these rules at any time. The latest version can be found at <https://zwift.com/p/eracing-rules>.

1.3. Zwift Performance Verification Board

- 1.3.1. The Zwift Performance Verification Board (hereafter “The Board”) shall be responsible for ensuring the integrity of results of Zwift Cycling Esports events and series.
- 1.3.2. The Board shall consist of the following.
 - a) A chair appointed by the head of Zwift Cycling Esports
 - b) A legal representative from Zwift
 - c) A technical representative from Zwift
- 1.3.3. The Board shall act as the decision making body on any matters regarding potential breaches of this ruleset.
- 1.3.4. The Board shall have the power to update the results of events, and apply further sanctions to riders, as set out in Appendix B (“Sanctions”).



Cycling Esports Rules & Regulations

1.4. Zwift Accuracy and Data Analysis Group

- 1.4.1. The Zwift Accuracy and Data Analysis Group (hereafter “ZADA”) shall be responsible for providing expert technical analysis of the performances of riders in events held under this ruleset.
- 1.4.2. ZADA shall consist of the following.
 - a) A chair appointed by the head of Zwift Cycling Esports
 - b) Any other members the chair deems necessary to discharge ZADA's responsibilities.
- 1.4.3. ZADA shall have the power to request information from riders to assist with their analysis, as set out in Appendix A (“Performance Verification”), and make recommendations to The Board as it sees fit.

1.5. Disputes

- 1.5.1. In the event of any dispute regarding decisions made under this ruleset, an initial request for an appeal to be heard pursuant to the Zwift Cycling Esports Dispute Resolution Rules shall be submitted to legal@zwift.com within 48 hours of the decision.

Note that, pursuant to Sections 2.15 and 2.16 of the Zwift Cycling Esports Dispute Resolution Rules, if the request is for an appealable dispute, the applicant shall be notified of this, and then have a further three days to submit a formal request to the independent Arbitrator.
- 1.5.2. Any complaints regarding the conduct or performance of participants of Zwift Cycling Esports event shall be submitted to legal@zwift.com within 48 hours of the end of the race.

PART II – RULES OF RACING

2.1. Scope

- 2.1.1. This ruleset shall apply to and bind any individual who participates (whether personally, or through any other individual) in any event held in accordance with this ruleset.
- 2.1.2. All riders shall also agree to the Zwift Terms of Service (<https://zwift.com/en/p/terms>) and may be disqualified from, or lose eligibility to compete in Zwift Cycling Esports events by violating these terms, even if the violation takes place out-of-competition.
- 2.1.3. It is the responsibility of each individual to review and understand this ruleset, and any additional event or series specific rules, and participation in any Zwift Cycling Esports event shall be deemed to indicate acceptance of them.

2.2. Eligibility

- 2.2.1. Unless explicitly authorized by Zwift, a rider shall have reached eighteen years of age by the event date to be eligible to participate in any Zwift Cycling Esports events or series. In no event or series shall a rider under eighteen years of age be eligible for any monetary prize.
- 2.2.2. Where an event is held in conjunction with the UCI or a National Cycling Federation, riders shall be required to submit evidence of their membership to Zwift on request.
- 2.2.3. Where an event uses a riders Nationality to determine eligibility, riders who are members of a National Cycling Federation, shall be considered to have the same Nationality as is recognized for them by the UCI. Riders who are not members of a National Cycling Federation shall select a Nationality based on either citizenship or residency and be required to submit evidence of this to Zwift on request.

2.3. Data

- 2.3.1. Riders shall register with Zwift Power in advance of participating in any Zwift Cycling Esports event, and opt-in to data sharing through their Zwift account.

Further information on Zwift Power is available here: <https://support.zwift.com/hc/en-us/articles/360006905992-How-to-fully-connect-to-Zwift-Power>
- 2.3.2. Riders shall save any data generated by Zwift by selecting “end activity” after finishing.
- 2.3.3. Riders shall be solely responsible for ensuring that race data is accurately recorded and stored, and that no signal interference or other noise source impedes the recording or storage of race data.
- 2.3.4. Riders whose Zwift client cannot, for whatever reason, connect to the Zwift servers for more than one consecutive minute during an event will have their result automatically annulled.
- 2.3.5. By choosing to participate in a Zwift Cycling Esports event or series, individuals shall agree that their image, power, heart rate, weight, height, racing history and other such data available to Zwift through their participation may be broadcast.
- 2.3.6. By choosing to participate in a Zwift Cycling Esports event or series, individuals shall agree to make available additional data, and respond to queries in a timely manner, when requested by ZADA or The Performance Verification Board, as set out in Appendix A (“Performance Verification”).
- 2.3.7. Riders whose data recorded for a Zwift Cycling Esports event or series are not consistent with their In Real Life performances submitted for performance verification, or who fail to submit the data required in a timely manner for performance verification, shall be subject to sanctions, as set out in Appendix B (“Sanctions”).



Cycling Esports Rules & Regulations

2.4. Game

- 2.4.1. Riders shall compete using an account registered in their own name, and not shared with other riders. An exception shall be made 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.
- 2.4.2. Riders who are members of a National Cycling Federation shall use an in-game name that matches that used for their National Cycling Federation membership. Riders who are not members of a National Cycling Federation shall use their name as it appears in their passport or equivalent identity document and be required to submit evidence of this to Zwift on request.
- 2.4.3. Riders who are competing as a member of a team shall append their team name in square brackets to the end of their name as follows: "Rider Name [TEAM]"
- 2.4.4. Riders shall use an in-game weight and height as measured In Real Life within 24 hours of the start of the event. Measurements shall be made when clothed in socks, cycling shorts and cycling jersey.
- 2.4.5. Riders shall use the most recent public release version of the game.
- 2.4.6. Riders shall not use the following in-game virtual equipment unless event or series specific rules explicitly permit it.
 - a) Zwift concept bicycles (e.g. Concept Z1 / "Tron" bicycles)
 - b) Time trial bicycles or helmets (except in time trial races)
 - c) Disc wheels (e.g. Zipp Super9)

2.5. Equipment

- 2.5.1. Riders shall compete using a power meter or smart trainer, paired together with a cadence sensor and heart rate monitor.

Note that, to assist with performance verification, it is very strongly recommended that riders record a second source of power data in addition to the primary source used to pair with the game. The second source may be recorded using either a computer software application (such as Golden Cheetah or PerfPro) or using a cycling computer. When recording a second power source, it should also be configured to record the rider's cadence and heart rate.
- 2.5.2. Only direct-drive smart trainers and smart bikes that have been certified by Zwift shall be permitted in Zwift Cycling Esports events – a current list of these is maintained at: <https://zwift.com/hardware>.
 - a) Wheel-on trainers and non-smart trainers shall only be used if the Zwift software is paired with a Zwift certified power meter.
 - b) The Elite Turbo Muin (any generation) shall not be used in any race.
- 2.5.3. Riders shall be responsible for ensuring that accurate cadence and heart rate data is recorded for at least 95% of the rider's race time.
- 2.5.4. Riders shall not attempt to tamper with equipment, modify any data recorded or otherwise use any mechanical, electronic or other device which provides an unfair advantage or false result.
- 2.5.5. Riders shall be responsible for following any manufacturer's specifications on maintaining the accuracy of their equipment, including but not limited to, conducting a spin-down, zeroing or other calibration or offset procedure for power meters or smart trainers immediately prior to an event.
- 2.5.6. Riders shall use the most recent publicly available (not beta or testing) firmware for any equipment.



Cycling Esports Rules & Regulations

2.6. Results

- 2.6.1. The results of a race shall be considered provisional until all performance verification processes have completed, and the time limit for any disputes to be raised has elapsed.
- 2.6.2. Where a result is annulled, or a rider is disqualified or receives a ban, all related results, classifications, points, prizes, trophies, medals, jerseys or other such awards achieved in the event or events in question shall be forfeited.
 - a) Where such a rider contributed to a team result in the event or events in question, that contribution shall also be forfeit.
 - b) The placing of such a rider and/or team shall be taken by the next rider and/or team in the classification, such that all placings are occupied.
 - c) All benefits received by the rider and/or team, in particular any prize money and symbolic objects (trophies, medals, jerseys etc) must be returned to the event organiser within one month, who shall then redistribute it according to the amended classification.
 - d) The rider and/or team shall be automatically banned from Zwift Cycling Esports events if the benefits have not been returned within one month of notification, and this shall remain in force until such time as they are returned.

APPENDIX A – PERFORMANCE VERIFICATION

Zwift Cycling Esports events are very reliant on hardware. The Performance Verification Process ensures that issues with hardware do not give a rider an unfair advantage, even when there is no intent to gain one.

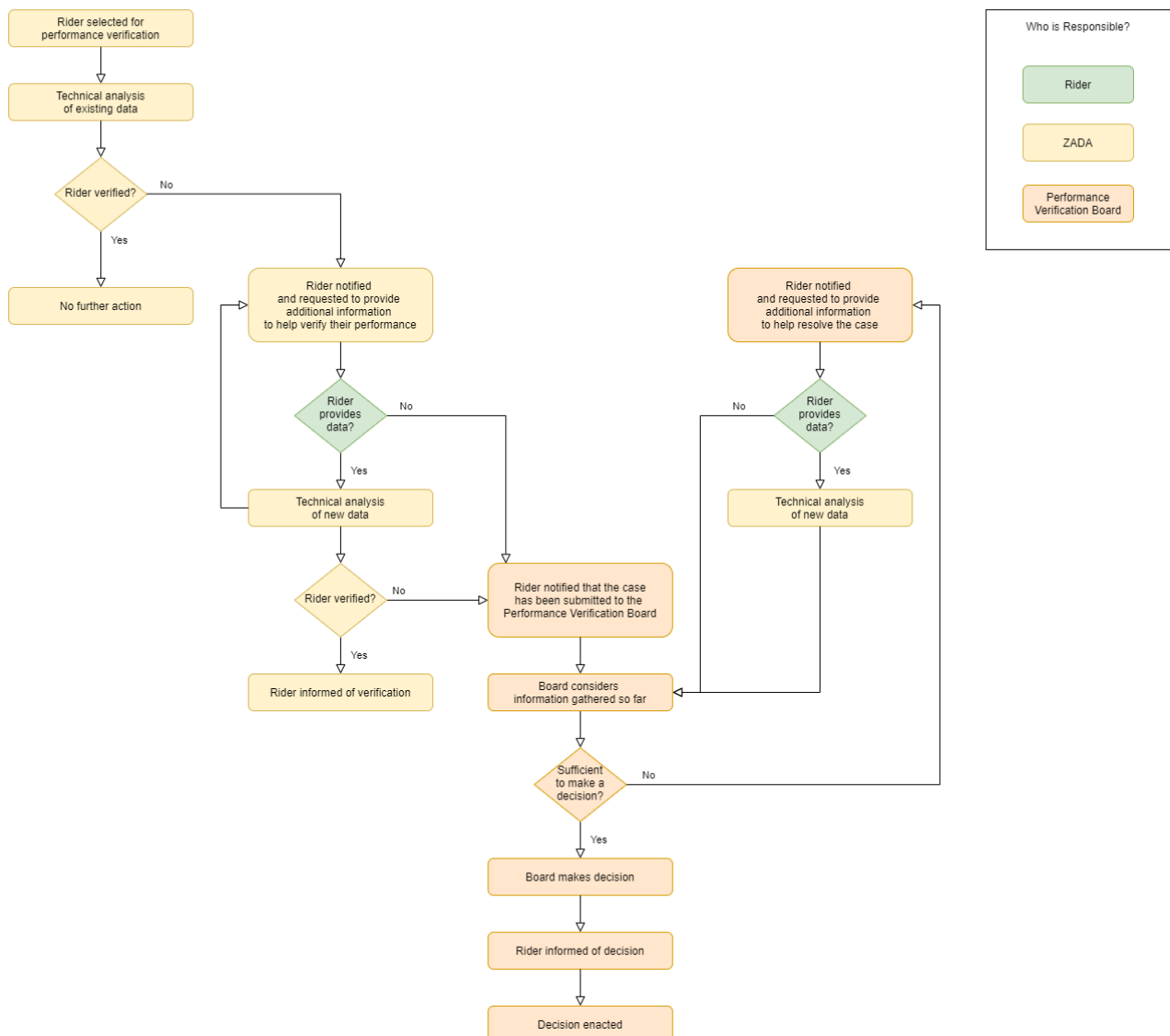
Overview

Performance Verification is a collaborative process between:

- The rider, who supplies data.
- The Zwift Accuracy and Data Analysis Group (“ZADA”), who provide expert analysis of that data.
- The Zwift Performance Verification Board, who make decisions about that data.

An overview of how these interact is shown below.

Zwift Performance Verification Process



Common Protocols

To help set expectations, ZADA typically use the following protocols when requesting additional data from a rider to help verify their performance. To increase the speed of verification of races, riders are encouraged to submit this information to ZADA in advance of racing in a Zwift Cycling Esports event, and normally will only be requested to renew it every 6 months.

ZADA reserves the right to ask for any additional reasonable information relevant to verifying a riders performance, using additional protocols as required, providing that these do not create an undue burden on riders, and have a reasonable prospect of helping to determine the outcome of the verification process.

Failure to provide any such information reasonably requested by ZADA may result in disqualification.

Communication:

- Communication via email using zada@zwift.com
- All data requested by ZADA to be submitted by the rider within 72 hours of the request being sent.

As standard, riders are requested to provide the following:

- A link to the rider's public Strava data.
- TCX or FIT files recording the rider's best 5sec, 1min, 5min and 20min efforts, conducted on a significant gradient (5% or more) that includes both power and heart rate data. Files may be from different rides, but all must have been made within the last 12 months.
Note that guidance for exporting files from Strava can be found at: <https://support.strava.com/hc/en-us/articles/216918437-Exporting-your-Data-and-Bulk-Export#TCX>
- Makes, models, firmware and calibration information (such as slope settings for power meters) and a photo of the hardware used by the rider.
- Proof of the rider's age.
- Video recording of the rider measuring their height and weight.

Additionally, riders may be requested to perform a longer test in either a ZADA approved lab, outdoors with a power meter (with all efforts conducted on a significant gradient of 5% or more), or as a livestreamed indoor ride dual-recorded with an independent power meter. The standard protocol for such a test is as follows:

- 20min warm-up
- Video calibration of power meter
- 5min easy
- 1min @ 90-100rpm, 65% FTP
- 1min easy
- 1min @ 90-100rpm, 75% FTP
- 1min easy
- 1min @ 90-100rpm, 85% FTP
- 5min easy
- 15sec peak sprint
- 5min easy
- 5min @ 80-95rpm, max effort
- 5min easy
- 20min @ 80-95rpm, max effort (*)
- 10min easy
- 1min max effort
- 10min easy

(*) If conducting this test outdoors, and a long enough gradient is not available to complete a 20min effort, this may be shortened to the length of the available gradient, provided that the effort is at least 10min long.



Cycling Esports Rules & Regulations

For livestreamed indoor rides, the following additional steps are required:

- Before starting the test:
 - Request a Zwift Workout file which uses the above test protocol from zada@zwift.com
 - Import the workout file into Zwift using the following instructions: <https://zwift.com/news/11792-importing-and-sharing-custom-zwift-workouts/>
 - Set up the camera to simultaneously show you, your bicycle, your trainer and the Zwift screen throughout.
- During the test:
 - Start streaming from the point of login. In particular, your stream must include the pairing screen and selection of power meter, trainer control, cadence and heart rate.
 - Set up Zwift to record the power from the trainer, and a separate cycle computer to record from a separate power meter (usually, powercranks / pedals).
 - Set up both Zwift and the cycle computer to record cadence and heart rate, but these can be from the same sensor for each.
 - Record and stream calibration of trainer and powermeter after the warmup.
 - Select the downloaded Zwift Workout.
 - Turn Erg mode off and ignore the effort numbers; just deliver your best performance.
 - Complete the riding protocol as described above.
 - Stop streaming after you have logged out.
- After the test:
 - Send the two FIT files (from Zwift and your cycle computer) and a link to the stream to zada@zwift.com for verification.

APPENDIX B – SANCTIONS

Any breaches of this ruleset may be subject to sanction at the sole discretion of the Performance Verification Board. To help set expectations, The Board typically use the following guidelines when determining a sanction to apply. The Board reserves the right to apply different sanctions and recognise other sanctions applied by the UCI, National Cycling Federations or other such competent bodies.

Tier 1: No Intent to Gain An Advantage

- Examples include, but are not limited to, the following:
 - Incorrect virtual equipment
 - Incorrectly calibrated or otherwise ineligible physical equipment
 - Malfunctioning cadence sensor or heart rate monitor
 - Incorrect attire in a In Real Life event
 - Unable to verify performance
- Sanctions include, but are not limited to, the following:
 - If the issue is identified before an event has started: Rider not permitted to start
 - If the issue is identified after an event has started: Event result annulled

Tier 2: Intent to Gain An Advantage

- Examples include, but are not limited to, the following:
 - Race disruption
 - Incorrect rider height / weight
 - Exploiting disconnection / lag / dropout behaviour
 - Exploiting bugs in Zwift software
 - Failing to provide data (or respond in a timely manner) to the performance verification process
- Sanctions include, but are not limited to, the following:
 - First violation: Disqualification from event or series.
 - Second violation: One year ban from Zwift Cycling Esports events.
 - Third violation: Lifetime ban from Zwift Cycling Esports events.

Tier 3: Bringing the sport into disrepute

- Examples include, but are not limited to, the following:
 - Fabrication or modification of any data
 - Equipment modification or other external trainer control
 - Use of bots / simulated riders
 - Identity fraud
 - Abuse of race officials
- Sanctions include, but are not limited to, the following:
 - First violation: One year ban from Zwift Cycling Esports events.
 - Second violation: Lifetime ban from Zwift Cycling Esports events.

APPENDIX C – CODE OF CONDUCT

Zwift firmly believes in fair competition conducted in an environment that enables people to enjoy racing. Any participant engaging in conduct that is unsporting or otherwise inconsistent with this aim shall be subject to sanction under this ruleset. Such behaviour includes, but is not limited to, the following:

- Taking any actions, including use of language, that could be considered as threatening, discriminatory or otherwise could be deemed abusive or cause offence to others.
- Attempting to use, showing others how to use, or colluding with another person who is using, any method to gain an unfair advantage, such as:
 - Disrupting a race, including inappropriately reporting, distracting or otherwise impeding the performance of other riders.
 - Using in-game equipment that has not been earned solely by the in-game effort of the rider.
 - Deliberately mis-calibrating or otherwise tampering with equipment or software configuration such as in-game height or weight.
 - Submitting false or misleading information.
 - Use of mechanical or electronic devices that provide an unfair advantage, such as motors, devices that alter equipment signals, devices that control the smart trainer resistance, devices that broadcast simulated data or devices that interfere with broadcast data.
 - Use of bots or other means of simulating riding.
 - Exploiting connectivity issues or bugs in the Zwift software.
 - Modifying the Zwift software, data files or memory values, or otherwise using methods to gain access to game elements, or alter game play, beyond the normal operation of the game.
 - Altering data transmissions between Zwift clients and servers.
- Gambling, or passing on information to others for the purpose of gambling, on any races you take part in, or have inside information on.

Additionally, riders and any other individuals who have been invited by Zwift to participate in any Zwift Cycling Esports events or series must not conduct themselves in a way that is inconsistent with representing the Zwift brand in their actions in relation to the events or series. Such behaviour includes, but is not limited to, the following:

- Breaching any confidentiality agreements.
- Using any material that is unlicensed or relates to any competitor of Zwift.

APPENDIX D – IN REAL LIFE EVENTS

Zwift may designate some Cycling Esports events as being held “In Real Life” where riders all compete in the same physical location, or across a small set of locations. Details of these events will be defined in event specific regulations, but to help set expectations, the following general principles will apply.

Prior to the event:

- Selected riders will be invited by Zwift to attend.
- All invites are subject to verification of past performances and eligibility.
- If riders fail to respond to invites or requests for information in a timely manner, Zwift may choose to offer their place to another rider.
- Unless otherwise notified, riders will be responsible for their own travel and accommodation.

At the event:

- Riders will be supplied a trainer, display, computer and sensors which they must use in the event.
- Riders need only supply their own bicycle, clothing and nutrition. It will be the responsibility of riders to ensure that:
 - their bicycles are compatible with the trainer provided.
 - their clothing is suitable for broadcasting to an audience of all ages - riders may not be permitted to participate if the clothing worn is not considered by Zwift (in its sole discretion) to be appropriate.
- All equipment calibration, selection of in-game settings and other such actions will be performed by the event organisation.