



Cycling Esports

Rules and Regulations

Version 2.0.10 – June 25, 2025



Cycling Esports Rules & Regulations

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Cycling Esports Rules & Regulations

SUMMARY.

MyWhoosh strives to continuously improve indoor cycling experience for its community and ensure fair racing. MyWhoosh Virtual Cycling Esports Rules and Regulations Version 2.0.5 (hereinafter “MyWhoosh Rules & Regulations”) will apply to all MyWhoosh racing events as of 20, February 2025.

To prevent cheating and ensure Fair Play, our platform employs cutting-edge technology and robust monitoring and analytics systems, in addition to our in-house human professional cycling experts.

All cyclists are required to always use verified smart trainers or power meters to provide accurate power and performance data. Random spot checks and post-race verification may be conducted to validate the authenticity of the submitted data.

Fair Play is of utmost importance to us. We expect all participants to compete with honesty, integrity, and respect for fellow cyclists. Any form of unsportsmanlike behavior, including harassment or abuse, will not be tolerated and may result in disqualification.

Some of the key Do’s and Don’ts you agree to abide when participating in any MyWhoosh racing event:

Code of Conduct & Fair Play

- Race hard and race fair.
- Do not cheat.
- Help build the community.

Governance

- Any cheating will result in an annulment to that event, a ban from MyWhoosh, and/or right to a claw-back of any previous cash prizes distributed.
- Please always communicate any issues regarding racing to racecontrol@mywhoosh.com.

Racing:

- Be who you say you are.
- Always use your correct details for weight, height, and age.
- Take all steps possible to ensure the smart trainer/smart bike, heart rate monitor, power meter is reading accurately and correctly.
- Connect smart trainer/smart bike, heart rate monitor, power meter to the MyWhoosh platform.
- Do not "Sandbag" to have your category downgraded.
- Read the most recently published Roadbook for every event.
- Promote the use of MyWhoosh through Teams Social Rides.



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Verification

- Follow the accurate process for equipment, weight, and height videos.
- Conduct the "MyWhoosh Power Passport Test" as requested.
- Support our dynamic categorization methodology.
- Be available to assist in validating your performances.
- If we cannot verify your result or believe you have attempted to or have gained an unfair advantage, we reserve the right to take further action, including post-race verification.
- Live verification in the MyWhoosh office may be requested at any time.

Communication of Results and Process

- Results are not official until the verification process by MyWhoosh has been completed and you have received written confirmation from us.
- We strive to have all official results within 72 hours of the event finishing.
- If, following the MyWhoosh verification procedures a material issue has been identified which constitutes a violation of any clause of the MyWhoosh Rules & Regulations, the corresponding race result, and/or any historic results for the same person may be annulled (meaning: the result(s) will no longer exist following the announcement).

BY PARTICIPATING IN THE MYWHOOSH VIRTUAL CYCLING COMPETITION, ALL PARTICIPANTS ACKNOWLEDGE THAT THEY HAVE READ, UNDERSTOOD, AND AGREED TO ABIDE BY THESE MYWHOOSH RULES AND REGULATIONS, INCLUDING THE CODE OF CONDUCT AND FAIR PLAY PRINCIPLES. PARTICIPANTS FURTHER ACKNOWLEDGE AND AGREE TO THE CONSEQUENCES OUTLINED HEREIN IN THE EVENT OF A BREACH. MYWHOOSH RESERVES THE RIGHT TO MODIFY THESE RULES AND REGULATIONS AS NECESSARY, WITH ANY UPDATES COMMUNICATED TO PARTICIPANTS IN A TIMELY MANNER.



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PART 1 – TERMS: GOVERNANCE

1. These MyWhoosh Rules & Regulations apply to any race organized by MyWhoosh as part of the MyWhoosh Cycling Esports events or series, such as Sunday Race Club or Major Series Events. A concise set of rules, for daily events and races, is provided in **Appendix F**.
2. Additional ruleset specific to a particular event or series may be supplied and found in the relevant Roadbook or in the supplementary rules ("Supplementary Rules"). If there is a conflict between current ruleset and the Supplementary Rules, these MyWhoosh Rules & Regulations will prevail.

MyWhoosh Cycling Esports Race Control Team

3. MyWhoosh is responsible for creating, maintaining, implementing, enforcing, and communicating this set of rules through the "Race Control team". The Race Control team is composed of the following MyWhoosh members:
 - MyWhoosh Events Manager
 - MyWhoosh Legal Department
 - MyWhoosh Data Analytics team
 - MyWhoosh Performance Verification team, which includes cyclist professionals and cyclists' coaches.
4. Race Control team has the authority to make changes or additions to these MyWhoosh Rules & Regulations at any time and by written notice. Please ensure you have read and agree to the most recent version before every race. The most up-to-date version of the MyWhoosh Rules & Regulations can be found at <https://mywhoosh.com/ruleset>.

Investigations of (suspected) violations

5. Race Control team has the authority to investigate any (suspected) violation of these MyWhoosh Rules & Regulations at any time. Some examples are:
 - If a rider's data for a MyWhoosh Cycling Esports event or series, inconsistent or otherwise showing discrepancy with their usual performance as per Strava, Training Peaks, Outdoor racing, other online platforms, or their MyWhoosh Power Passport, their results may be removed, and sanctions applied.
 - Failure to satisfactorily complete the full process of the "MyWhoosh Power Passport Test" will result in riders' entries not being accepted until the test requirements are fulfilled.

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- Riders reaching elite-level "world's best" performances will need to justify their results with cycling history and/or further verification or testing.
 - Riders who manipulate or exploit hardware, software, or connection issues to achieve an unrealistic, unfair, or inaccurate power signature will have their results invalidated and may face additional penalties.
 - Similarly, if a rider's primary and secondary data show significant inconsistencies that prevent proper verification, their results will be nullified, and further sanctions may be imposed.
 - If a rider fails the verification process, they will be annulled from that race, a reason supplied, and the rider is given an opportunity to rectify the issue before the next race.
 - If Race Control finds any other factor that invalidates a rider's performance or gives them an unfair advantage, their results may be removed, and further action taken.
6. During any formal investigation, a rider will be suspended from competition until investigation concludes. Once the investigation is completed, the rider will be informed of the findings and any applicable sanctions or steps to address the issue.
- Race Control team may request live streaming, live testing, or any other means to verify performances at any time.
 - Race Control team reserves the right to refuse entry to any participant.

Sanctions

7. Race control team, in its sole discretion, may impose sanctions for any violations of the MyWhoosh Rules & Regulations. The following guidelines are generally followed by race control when determining the appropriate sanction. However, Race Control team reserves the right to apply different sanctions and acknowledges the professional standards and guidelines of the UCI, National cycling federations and bodies, and other competent bodies as a reference point for sanctions and procedures.

Annulment from Event or Stage – The following non-limitative examples may lead to an annulment from an Event or Stage:

- Inability to verify performance: this includes riders who lack historical riding data, either outdoors or on virtual platforms, and who are not able to validate their performances through a video-recorded testing protocol at MyWhoosh's first written request.
- Performances that do not align with rider history or MyWhoosh Power Passport expectations.
- Weight, Height, Equipment videos do not meet the requirements.
- Incorrectly calibrated or otherwise ineligible physical equipment.
- Failure to connect secondary power recording device.
- Malfunctioning equipment like smart trainers, power meter, cadence sensor, or heart rate monitor.



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- Bluetooth/Internet interference or dropouts that don't meet data sampling rate requirements.

Annulment and Disqualification from Event – The following non-limitative examples may lead to annulment or disqualification from an Event:

- Modifying weight or height during an event.
- Data Matching Primary and Secondary devices.
- Amending the "slope" or power readings from the primary or secondary device.
- Using different equipment than the equipment video supplied for the event.
- Exploiting disconnections/lag/dropout.
- Exploiting a bug in the MyWhoosh software.
- Deliberate actions to gain an advantage, such as the use of Sticky Watts or any other form of technique that gains an advantage.
- Two annulments in one event (stage racing).
- Failing to respond to Race Control team to provide data in a timely manner to assist with the performance verification process.
- Failing a doping test or unreasonably withholding consent for a doping test.
- False accusations of cheating or improper behavior by a competitor to MyWhoosh, competitors, or publicly on social media or other forums.
- Providing false, misleading, or incomplete information, data, or testimony to this Race Commission.
- Failure to accommodate requests for further testing such as travelling to MyWhoosh HQ.

The above listed examples of infractions are taken very seriously by Race Control team and will result in an annulment and/or a disqualification. Following any investigation, MyWhoosh reserves the right to ban riders from participating in one, several or all future MyWhoosh (Esports) events.

Banning from MyWhoosh - Examples are disparaging or otherwise damaging the image and goodwill of MyWhoosh and cycling sport, including for example: cheating:

- Use of any device or application that amends the signal to the MyWhoosh Platform.
- Tampering with Primary or Secondary sources with the intent of them reading higher numbers or power matching.
- Use of any power multiplier technology.
- Fabrication or modification of any data.
- Equipment modification or other external trainer control.
- Use of bots/simulated riders.
- Use of AI to manipulate data, simulate riding, disrupt a race, or gain an unfair advantage.



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- Identity fraud.
- Failing a doping test or unreasonably withholding consent for a doping test
- Abusive, threatening, or intimidating communication or behavior towards race officials or competitors.

Any action that results in the rider being banned from MyWhoosh events will be shared publicly and with the appropriate cycling governing bodies and federations.

8. Further Sanctions

Race control team has the authority to apply further sanctions to any racer found to be in violation of the following:

- Three or more annulled races out of the racer's last ten participated races.
- Five annulled races within the past 100 calendar days.
- Two disqualifications in the past 365 days.
- Joining or attempting to join a series while currently serving a disqualification ("DSQ") for that same series.
- Participating in any high-level esports race on MyWhoosh while serving a suspension, either from Race Control team or other reputable organizations in the cycling or esports community.

PART II – TERMS: RULES OF RACING

1. The MyWhoosh Rules & Regulations apply to and govern anyone who participates in an event organized according to these rules. All riders must also agree to the MyWhoosh Terms of Use which can be found at [MyWhoosh Terms of Use](#) : [Terms of Use](#)

Eligibility

2. Riders must meet all the requirements of the MyWhoosh Rules & Regulations before being eligible to race, including all requirements to validate their performance, identity, and equipment.
3. A rider must be eighteen years of age by the event start date to be eligible to participate in any MyWhoosh Cycling Esports event or series. This does not apply to any specifically designated "junior" racing events or for the general use of the MyWhoosh platform. For riders who are under the age of 18, parental or legal guardian consent is required. By registering for a Racing Event, the riders confirm that they have obtained the necessary parental or legal guardian consent.
4. Age Compliance and Payment: If a rider is determined to be in breach of applicable laws or regulations due to their age, the company reserves the right to refuse payment of any prize money. It is the



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responsibility of the participant and their parent or legal guardian to ensure compliance with all applicable laws and regulations regarding age restrictions and prize money eligibility.

5. The company shall not be held liable for any consequences, legal or otherwise, arising from the participation of a minor without proper parental or legal guardian consent or in violation of any applicable laws or regulations. Participants and their parents or legal guardians shall bear sole responsibility for any such non-compliance and its consequences.

Data

6. It is imperative that MyWhoosh collects all forms of data to validate results and rider performance. To ensure this happens, the following applies for all MyWhoosh Esports Events
 - At the end of each ride, riders should save their data by selecting "End ride," tapping the "MYWHOOSH" button, and hitting "UPLOAD."
 - For all MyWhoosh Cycling Esports events or series, riders must dual record their primary and secondary power and cadence data. The primary data should come from an approved smart trainer/bike, and the secondary data from an approved crank or pedal-based power meter connected to the MyWhoosh application in the SETTINGS menu.
 - Riders are responsible for ensuring proper device connections and avoiding signal interference or other sources of noise that could affect data recording.
 - MyWhoosh has the right to remove riders from a live race or invalidate their results if the rider fails to maintain a stable connection, cannot maintain a constant and reliable connection to the servers or local internet during an event, or if the rider's video streaming connection negatively impacts the broadcast as determined by MyWhoosh.
 - By participating in a MyWhoosh Cycling Esports event or series, individuals agree to provide additional data and respond promptly to queries sent to their registered email address when requested by MyWhoosh.

Broadcast Data

7. By choosing to participate in a MyWhoosh Cycling Esports event or series, individuals agree that their image, power, heart rate, weight, height, racing history, and other data of such type available to MyWhoosh through their participation, may be broadcasted. In addition, participating individuals agree that such data may be distributed to and used by third parties for the purposes of the broadcast and subsequent distributions of the broadcast and derivatives thereof. Personal data shared with MyWhoosh will be processed in accordance with MyWhoosh' Data Privacy Notice, the most recent version can be found at [Privacy Policy - MyWhoosh](#)



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Creating an Account & Personal Details

8. Riders will take the following steps when creating their account and profile:
 - Riders must compete using an account registered in their own legal name and not shared with other riders. In-game profiles for riders must match their passport or other government-issued identification documents. Identification documents must be submitted to MyWhoosh upon request.
 - A rider may submit a request to race under an alias by emailing racecontrol@mywhoosh.com with a legitimate justification and reason, prior to the start of the event. MyWhoosh shall decide on the request within a reasonable time. The decision however remains solely with MyWhoosh, in its reasonable but sole discretion.
 - Riders must use an in-game weight and height as measured in real life in accordance with the weight and height measurement instructions given to the athletes and found in Appendix B ("Pre-Race Protocol").
 - Riders must use the most recent public release version of the game.

Connections

9. Your equipment must connect with Bluetooth the MyWhoosh application. You must connect an approved primary, secondary power meter and heart rate device to be eligible to race in MyWhoosh Esportsevents.
 - **Primary - Power/Controllable/Cadence** - SMART TRAINER / SMART BIKE (BLUETOOTH /Wi-fi/Direct Connect): All riders must ride on a Bluetooth, direct-drive smart trainer or smart bike. Smart Trainers/Bikes that do not record cadence are not eligible for MyWhoosh Esports events. Connection for Primary data is made on the Connect Devices Page.
 - **Heart Rate** - HEART RATE MONITOR (BLUETOOTH): All riders must ride with an approved chestheart rate strap connected to the MyWhoosh application. Optical watch or armband-type heart rate monitors are not eligible for MyWhoosh Esports events. Connection for Heart Rate is made on the Connect Devices Page.
 - **Secondary** - CRANK/PEDAL-BASED POWER METER (BLUETOOTH): Your secondary data source must record power and cadence data. This device must be connected to MyWhoosh directly in the SETTINGS menu. This data is used for performance verification purposes only.

The MyWhoosh application will not allow a rider to simultaneously use the primary power source for secondary power data capture as well. Different power-recording devices must be connected as primary and secondary devices.



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Approved Equipment

All equipment must be well-maintained and using the latest version of firmware. All smart trainers (if required) and power meters must be calibrated within 30 minutes of the start of the MyWhoosh.

Esports Event. This process will be tracked in our data capture and may result in an annulment if not completed.

From January 1, 2024, only the following Smart Trainer/Bikes will be approved for MyWhoosh Esports Events:

Category 1 and 2

- Wahoo: V5, V6, Move, Kickr Bike V1 and V2, Kickr Shift.
- Tacx: Neo, Neo 2T, Neo 3M, Neo Bike, Neo Bike Plus.
- Elite Justo and Justo 2

Category 3, 4, 5 and 6

- Wahoo: V5, V6, Move, Kickr Bike V1 and V2, Kickr Shift.
- Tacx: Neo, Neo 2T, Neo 3M, Neo Bike, Neo Bike Plus.
- Elite Justo and Justo 2
- Wahoo Kickr Core
- Jet Black Victory
- Elite Justo Avanti

Heart Rate

10. Only Chest Strap Heart Rate Monitors are allowed. We recommend using Polar, Wahoo, 4iii, Garmin, or other well-known brands. Optical sensors are not allowed under any circumstances.

Power Meters

11. Most pedal and crank-based power meters are allowed for secondary devices if they are unmodified and are using the factory slope. XCadex power meters are not allowed. All power meters must not be amended to read the same as the primary. An example is the Assioma power match process. This will result in an ANL and investigation.

If you are unsure about your equipment, please contact racecontrol@mywhoosh.com. Wheel-on trainers and non-smart trainers are not allowed.



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Rider Responsibilities

12. Riders will take the following steps as to their equipment settings and configurations:

- The Trainer gradient difficulty setting in the game must be set to at least 50%.
- All riders must use the default manufacturer slope settings on any power meter or trainer. Riders are responsible for ensuring accurate reporting of power, cadence, and heart rate data to the MyWhoosh application without signal interference or dropouts.
- Riders must not tamper with equipment, modify any recorded data, or use any mechanical, electronic, or other device that provides an unfair advantage or false result.
- Riders must complete all weigh-in, height, and equipment videos as instructed.
- Riders must have the ability to live stream to a provided link.
- Riders must compete in clothing that is acceptable for public live streaming.
- For new equipment that has not been previously utilized on MyWhoosh, it is mandatory to undergo the Power Passport test before participating in any MyWhoosh Esports Cycling events.

Racing Results

13. The following shall apply for the results of each Racing Event:

- The results of the race shall be considered provisional until all performance verification processes have been completed.
- If a rider is found to be deliberately cheating in any way, including but not limited to data manipulation, identity fraud, or if a rider cannot validate their performances or attend MyWhoosh HQ within an appropriate time frame, all of that rider's results will be annulled, including team contributions, and any payments will be redistributed to legitimate riders at MyWhoosh's discretion.
- When 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.
- If a rider contributed to a team result in the event or events in question, that contribution shall also be forfeited. The placing of that rider and/or team shall be taken by the next rider and/or team in the classification to ensure all placings are occupied.
- All benefits received by the rider and/or team, including prize money and symbolic objects (trophies, medals, jerseys, etc.), must be returned to MyWhoosh within one month. MyWhoosh will then redistribute the benefits according to the amended classification.



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Power Passport and Riders Categorization

14. The MyWhoosh Power Passport ("Power Passport") is part of the verification process, and is made up from results from the MyWhoosh Power Passport Test, as well as the collection of the racer's ride and race history on MyWhoosh. It shows a power duration curve that MyWhoosh applies AI logic to predict maximum performances. The Power Passport also tracks historical heart rate to power to verify performances, weight over time, and a list of hardware used by the racer.

The following process shall apply in order to complete the categorization process for each Rider.

- New riders must submit a MyWhoosh Power Passport Test before their registration for any MyWhoosh Esports Events is accepted, this test will remain valid for three months.
- The MyWhoosh Power Passport Test must follow the rules set out in the appendix for the MyWhoosh Power Passport Test and be updated quarterly.
- Events will use dynamic categorization to create fair and competitive racing groups based on the available competitors. There are no set limits to each category, but athletes' MyWhoosh power passport and other data will be analyzed and used to group them with athletes of similar ability.
- Riders who have "sandbagged" the MyWhoosh Power Passport Test and then exceeded numbers outside of the MyWhoosh Power Passport Test parameters will be ANL for that event. The new numbers will then be used for categorization and expected power capabilities.
- Riders who exceed their expected capabilities from the MyWhoosh Power Passport Test will be asked to redo the MyWhoosh Power Passport Test and will be suspended from racing until they have redone the MyWhoosh Power Passport Test and achieved results that reflect their race result.
- New entrants with no prior MyWhoosh racing history will be placed in the appropriate category based on their MyWhoosh Power Passport Test. They won't be eligible to join a team, win prizes, or receive prize money until they complete two qualification rounds and qualify for the final race.
- Riders will be categorized following the previous month's final for the coming month to allow for team creation. Categories will only be changed if MyWhoosh deems there to be an error in categorization or if a rider performs outside of the expectations of their MyWhoosh Power Passport.



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Rider Profile Verification

15. Riders may be required to verify their "cycling" identity to MyWhoosh. To authenticate their identity and demonstrate their ability to perform at the level observed on MyWhoosh, riders may need to provide evidence of their racing and training cycling background. This additional verification process ensures the integrity of the competition. Examples of "cycling identity" verification include:
- Racing history (indoor or outdoor).
 - Training logs showing a detailed history from a recognized data platform (such as Training Peaks or Today's Plan) that aligns training levels with performance. Including power and heart rate data.
 - Strava profile that confirms power capabilities, results, or long-term training hours.
 - Any other relevant data that can substantiate the performance.

This data will be reviewed by the MyWhoosh Race Commission and World Tour Level coaches. Failure to produce satisfactory racing and training history may result in the annulment (ANL) of all results or disqualification (DSQ) from future MyWhoosh esports events.

Further Verification

16. All the points mentioned above, as well as in the appendix of the MyWhoosh Rules & Regulations, are part of the verification process. MyWhoosh reserves the right to request additional verification of a rider's performance, identity, weight, height or equipment at any time. This may involve further video testing, independent laboratory testing and blood screenings (including any doping related tests), or a request to visit the MyWhoosh headquarters for further testing equipment and verifications. The rider will be responsible for all costs associated with additional testing until they can prove their ability to perform at the claimed levels. Once satisfactory results are obtained and validated, MyWhoosh will reasonably reimburse all expenses related to the additional verification.



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APPENDIX A – CODE OF CONDUCT & FAIR PLAY PRINCIPLES

CODE OF CONDUCT

MyWhoosh is committed to fostering a friendly and fair environment that promotes enjoyable racing experiences. We expect all participants to conduct themselves in a manner that aligns with this goal. MyWhoosh would ask all users to:

- Spread the word about MyWhoosh to the wider cycling community.
- Encourage others, we are all cyclists!
- Race hard, race fair!
- Feedback to the MyWhoosh team any ideas or suggestions for improvement
- Engage with other MyWhoosh users on social media platforms with a positive attitude.

The following are actions and behaviors that will not be accepted and considered as serious breach of the MyWhoosh Rules and Regulations:

- Any actions, including the use of language, that may be perceived as threatening, discriminatory, abusive, or offensive to others.
- Attempting to gain an unfair advantage or assisting others in doing so.
- Deliberately mis-calibrating or tampering with equipment or software configuration.
- Submitting false or misleading information.
- Using mechanical or electronic devices that provide an unfair advantage, including motors, equipment signal-altering devices, smart trainer resistance control devices, devices broadcasting simulated data, or devices interfering with broadcast data.
- Using Power Match or similar functionalities to control the output of a smart trainer using data from another device.
- Exploiting connectivity issues or bugs in the MyWhoosh software.
- Engaging in gambling activities or sharing insider information for the purpose of gambling on races you participate in or have privileged information about.

By adhering to this code of conduct, we can cultivate a friendly and fair environment that promotes enjoyable and competitive racing experiences for all participants.

FAIR PLAY

Fair Play is an essential principle of every MyWhoosh Race Competition. Participants are expected to uphold the highest standards of integrity, sportsmanship, and ethical conduct throughout the competition. By participating in this event, participants agree to abide by the following Fair Play principles:

Respect for Competitors: Participants shall treat fellow competitors with respect, fairness, and dignity, both on and off the virtual cycling platform. Any form of harassment, discrimination, or disrespectful behaviour towards the other participants will not be tolerated.



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Adherence to Rules: Participants shall fully comply with the MyWhoosh Rules and Regulations, Roadbook and any supplementary terms and guidelines established for the Race Competition. This includes but is not limited to adhering to the designated race routes, using approved equipment, and following the instructions of event officials.

No Cheating or Foul Play: Participants shall not engage in any form of cheating, manipulation, or unfair advantage-seeking. This includes but is not limited to doping, unauthorized assistance, use of external software or tools, or any other actions that compromise the integrity of the competition.

Sportsmanship: Participants shall display good sportsmanship, showing respect for their fellow competitors, MyWhoosh, and officials. They shall accept both victory and defeat with grace, without engaging in unsportsmanlike conduct, taunting, or disrespectful gestures.

Fair Treatment of Equipment: Participants shall ensure proper care and maintenance of their equipment, using it in a manner that does not cause harm or disadvantage to themselves or others. Tampering with or sabotaging equipment is strictly prohibited.

Compliance with Anti-Doping Regulations: Participants shall comply with the anti-doping rules and regulations established by the Union Cycliste Internationale (UCI) and the World Anti-Doping Agency (WADA). The use of prohibited substances or methods, as defined by these governing bodies, is strictly prohibited, and may result in disqualification from the competition.

VIOLATION OF ANY OF THESE FAIR PLAY PRINCIPLES MAY RESULT IN DISCIPLINARY ACTION, INCLUDING BUT NOT LIMITED TO DISQUALIFICATION, SUSPENSION, AND FURTHER LEGAL CONSEQUENCES, AS DETERMINED BY MYWHOOSH.

BY PARTICIPATING IN THE RACE COMPETITION, PARTICIPANTS ACKNOWLEDGE AND AGREE TO ADHERE TO THESE FAIR PLAY PRINCIPLES, UNDERSTANDING THAT THEY CONTRIBUTE TO THE INTEGRITY, SPIRIT, AND ENJOYMENT OF THE COMPETITION.



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APPENDIX B – PRE-RACE PROTOCOL

To ensure accurate measurement of power, height, weight, and equipment, riders must follow the protocols outlined below. Riders are required to submit videos for the MyWhoosh Power Passport Test, height, and weight measurement, as well as a video showcasing the equipment you will be using for the event. These videos should be submitted within the specified time frames using our pre-verification form.

Video Recording Protocol – all videos

- Show athlete's face on the video and say your name.
- Show athlete performing a live internet search for the current time and date and display the results. Screenshots of mobile phone clocks or computer desktop clocks will not be accepted.
- Athletes should provide a full 360-degree rotation video of athlete's surroundings.
- Athletes and the process of being filmed must remain in the picture for the full duration of the video.
- Athletes should ensure the audio is ON and is not muted.
- Athletes should ensure that the videos are not edited or trimmed. The complete recording, without interruptions, including sound, is necessary.
- Further specific details are provided in each video process.

Failure to comply with the above requirements may result in registration refusal or immediate disqualification of the athlete's performance in the event for which the video was submitted.

My Whoosh Power Passport Test

To be eligible to race in any MyWhoosh Esports events, riders must video themselves completing the MyWhoosh Power Passport Test, found in Workouts – Testing on the MyWhoosh application. Riders must complete a height and equipment video at the start of the test and a weigh-in directly after the test is complete. The video stream must not be broken and must include all requirements in one video.

The MyWhoosh Power Passport Test results will be used for categorization and verification and will form a major part of a rider's MyWhoosh Power Passport. To remain a valid racer, this test needs to be conducted quarterly or at the request of MyWhoosh.

The full protocol of a MyWhoosh Power Passport Test video is as follows:

- Complete a Hardware and Height video before the MyWhoosh Power Passport Test
- Before performing the workout, we need to see rider's entire surroundings and equipment.
- Rider should ensure that the connected hardware is not linked to MyWhoosh or any other application.
- While on video, riders are required to show hardware connecting to MyWhoosh, including primary, secondary, and heart rate monitors.



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- Select the MyWhoosh Power Passport Test in Workouts – Testing.
- Ensure FTP in the app is a close estimate of current FTP as this sets the MyWhoosh Power Passport Test increments. Start the workout.
- During the workout, place the camera in a way that both the screen and rider are completely visible in the video.
- Save the ride and select upload.
- Complete a weight in video.
- Stop the video. Upload the video on YouTube as "unlisted."
- Finally, once the video has been uploaded, kindly contact racecontrol@mywhoosh.com with the date and time the test was completed, and video was uploaded.

WEIGH-IN VIDEO

The weigh-in video is a monthly requirement for MyWhoosh and needs to be conducted within 30 minutes of finishing the MyWhoosh monthly final event. The weight taken from this video will apply until the following monthly final. If a rider does not complete the monthly final or is racing MyWhoosh for the first time, the rider's weight at the completion of the MyWhoosh Power Passport Test will be used. The MyWhoosh Power Passport Test weight will be deleted once a rider completes a monthly final. The monthly final weight remains a rider's weight until they complete another monthly final. At any time, MyWhoosh may request further weight verification.

The full protocol for a rider measuring their weight is as follows:

Equipment

- Digital scales that read to 0.1kg (analog scales are no longer permissible).
- Known weight that exceeds 10kg, such as a gym plate or kettlebell, that has its weight clearly marked. Water bottles, bags of food, etc., are not acceptable.

Before starting the test:

- Set up scales suitable for measuring body weight in the middle of a room on a hard, even surface, with nothing nearby to hold on to.
- Make sure you are wearing appropriate clothing for a live stream.

During the test:

- Show the scales in the middle of an empty space, further than arm's reach from any tables, counters, or walls on a hard surface.
- Additionally, show the bottom of the scales.
- Zero the scales.

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- Show the zero reading.
- Place the weight (kg or lbs.) on the scales and show the reading.
- Take the weight off and show the zero reading. Lift the scale and show the backside.
- Stand on the scales yourself (without the weight) and show the reading.
- Show yourself freely standing on the scale, without support, either by turning the camera around and raising it up in the air or by showing your reflection in a mirror.
- Take yourself off and show the zero reading. Move the scale minimum 30 cm.
- Stand on the scales with the weight and show the reading.
- Take yourself off and show the zero reading.
- Stop recording.

After the test:

- Upload as an unlisted video to YouTube.
- Please note that weight measurement videos must not be shared publicly. Publication of weight measurement videos or otherwise sharing them with third parties is a violation of these rules.
- Send the link to the video to MyWhoosh using the pre-verification form provided in the applicable registration form, technical guide, or race instructions.
- Weight as shown in the weight recording video must be entered into the MyWhoosh application and used in-game.
- The weight used will be the whole number shown on the digital scales. For example, 74.1kg or 74.9kg will be 74kg in-game.

HEIGHT VIDEO

A height video is required as part of the MyWhoosh Power Passport Test protocol and will be updated quarterly.

The full protocol for a rider measuring their height is as follows:

Before starting the test:

- Set up a standard tape measure against a solid, vertical surface such as a wall or doorframe.

During the test:

- Stand against the vertical surface.
- Show yourself marking the tape measure (using a pencil or piece of tape) at the same height as the top of your head.
- Show the marking to highlight your measured height.
- Step back to show the entire tape in the picture.
- Stop recording.



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After the test:

- Upload as an unlisted video to YouTube.
- Please note that height measurement videos must not be shared publicly. Publication of height measurement videos or otherwise sharing them with third parties is a violation of these rules.
- Send the link to the video to MyWhoosh using the pre-verification form provided in the applicable technical guide or race instructions.
- Heights must be entered in the applicable form in centimeters to the nearest 1 cm. The same height must be entered into the MyWhoosh application and used in-game.

HARDWARE VIDEO

An equipment video is required as part of the MyWhoosh Power Passport Test or any time your equipment changes. Any changes from the MyWhoosh Power Passport Test must be approved by MyWhoosh Race Control team and it is mandatory to undergo another MyWhoosh Power Passport Test to validate the equipment.

The full protocol for a rider showing us their hardware and equipment is as follows:

During the test:

- Ensure your devices are not connected to MyWhoosh or any other connection before you start the test.
- This video should cover all the equipment you use for MyWhoosh Esports Cycling events. This includes both your primary data sources (such as smart trainer or smart bike, heart rate monitor and power monitor) and your secondary power source (such as your pedal or crank-based power meter).
- You should make a full 360-degree rotation video showing all angles of the smart equipment.
- You should clearly display the serial number of the device you are using. If the device serial number is not visible on the device itself, it may be found in the mobile app that accompanies the device like a power meter.
- You should then open up MyWhoosh, log in to your profile, and pair your devices to MyWhoosh (both your primary and secondary devices). Once this is done, you can open up a free ride, workout, or event and pedal for a while, and show that MyWhoosh is reading all the data (primary and secondary power, cadence, heart rate) from your equipment.
- In case you are using new equipment that has never been used on MyWhoosh earlier (you may be a new user, or you may be switching equipment) it is mandatory to undergo the Power Passport test prior to participating in MyWhoosh Esports Cycling events.
- All these steps should be clearly visible in the video.



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After the test:

- Upload as an unlisted video to YouTube.
- Videos of the equipment must not be shared publicly. Publication of equipment videos or otherwise sharing them with third parties is a violation of these MyWhoosh Rules & Regulations
- Send the link to the video to MyWhoosh using the pre-verification form provided in the applicable technical guide or race instructions.

APPENDIX C – RACING EVENT RESULTS COMMUNICATION AND PROCESS

MyWhoosh is committed to providing quick, accurate, and consistent results for any Cycling Esports Events.

Here are the key points:

- Provisional results will be shared with competitors as soon as possible after the event, but please note that these results are subject to change until officially posted.
- Performance verification will be conducted promptly to ensure timely posting of final results.
- The expected timelines for provisional and final results will be communicated in the technical guide before each event or series.
- MyWhoosh reserves the right to suspend or ban competitors from future events or series in accordance with the MyWhoosh Rules & Regulations.
- Provisional and final results will be published on the Results page and may also be communicated directly with competitors and teams.

Regarding tiebreakers:

- Every effort will be made to avoid tie results between competitors.
- The finish time recorded on the MyWhoosh servers will be the primary tiebreaker, down to tenths of a second.
- If the servers show the same finish time for multiple competitors, the official broadcast stream from MyWhoosh Headquarters will be used as the "photo-finish" camera angle.
- The leading edge of the virtual bicycle wheel will be used to determine the finish position.
- If there is a clear visual representation of different finish positions but the finish times are the same, the riders will receive different finish positions but the same finish time.
- If neither the servers nor the visual representation can differentiate between finish positions, other tiebreakers specified in the event-specific technical guide may be used.
- If no valid tiebreaker can be determined, a tie will be awarded, and any prizes will be divided among the tied competitors.



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APPENDIX D – MYWHOOSH PERFORMANCE VERIFICATION PROGRAM

The MyWhoosh Performance Verification Program is a collection of data analytics tests and human monitoring and intervention by professional cyclist experts, that run hand-in-hand to determine PASS/FAIL result.

The following tests are just examples of the arsenal of tests and processes we have put in place:

DATA ALIGNMENT TEST

- The Data Alignment test ensures that a single person is competing in the event.
- The Data Alignment test makes comparisons between the primary and secondary devices that are used for competition to determine whether the devices have produced enough valid data to prove that they were used by a single person for the performance.

POWER COMPARISON TEST

- The Power Comparison Test examines the relationship between primary and secondary power and heart rate data received during the competition in order to make a determination as to whether or not the discrepancies found between valid, matched pairs of primary and secondary data fall within the expected window of offset for a given device model and also relative to observed historic offset of the individual.
- Strive to maintain consistency in the configuration of your racing environment and how you maintain your equipment. If possible, avoid taking your bike off the trainer between races or adjusting the trainer position. Perform a trainer spin down and power meter zero offset following a 10min+ warm up period of riding prior to every race. Never interfere with the manufacturer's recommended procedure for trainer spin down or power meter zero offset. After you have spun down or zeroed your devices, do not make any adjustments to the device position prior to the race or during the race. Doing so would require an additional calibration sequence to ensure accurate readings. Invest in the highest quality power measurement device possible. Manipulating your device to align power readings will most often trigger Power Comparison Tests failure versus simply using your device the way it came from the factory, even if the difference between the two seems large to you.

DATA INTEGRITY TEST

- Since all devices measures and handle data differently, we must normalize the data that is received from various devices to perform accurate analysis. Dropped signals, wireless transmission interference, misaligned timestamps, corrupt and duplicate data points; these are examples of common occurrences that can interfere with the quality of data in virtual races. We did this test to ensure that the data we receive meets our standards of integrity and can be accepted for the post-race verification.



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- Ensure that all of your data source devices are only paired to a single data capture device. Your smart trainer must always be paired for primary power, controllability, and cadence. Your power meter must always be paired for secondary power and cadence. Do not utilize any type of data bridge, pass through, or power match feature from your device. Turn off any unnecessary devices that transmit or capture wireless data.

HARDWARE

- We maintain a database with descriptive details about all hardware that is used in the racing events. This allows us to accurately accommodate and adjust post-verification criteria whenever someone changes their equipment.
- The Data Source Hardware test is a straightforward method of confirming that the hardware used to create performance data is permitted for use.

RELATIVITY

- The Relativity Test decides as to whether a rider's performance falls within a probable range of what is expected from the rider based on their historic data.
- MyWhoosh can make highly accurate analysis and predictions about the capabilities of an individual based on the history of performance data.
- Riders who are new to MyWhoosh and have not accumulated enough historic performance data are at higher risk of Relativity Test failure whenever they produce an outstanding race result. Over time, with more rides on MyWhoosh, the Relativity Test's predictions will become increasingly mature, and the risk of failure is reduced.
- If you're great at a certain type of effort, maybe a sprint, or power climb, or time trial; make sure you record some rides on MyWhoosh that demonstrate your capabilities. You can ride on MyWhoosh any way you'd like and have fun being as strong as you can. If you show us how strong you are by riding on MyWhoosh with validated equipment, the Relativity Testing model will adjust to accommodate your unique strengths. Sometimes we are asked if someone can submit data from other platforms or from outdoor rides to prove their ability. We do not accept any data other than MyWhoosh data as a valid and trusted reference for the Relativity Test.
- Never adjust the default slope, multiplier, or sync settings defined for your power meter or smart trainer. When applicable, perform a spin-down and zero offset calibration for both the smart trainer and power meter prior to every race and according to the manufacturer's recommended procedure.



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APPENDIX E – IN VENUE EVENTS

MyWhoosh may designate some Cycling Esports events as being held “In Venue” where riders all compete at the same physical geographical location, or across a 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 MyWhoosh to attend.
- All riders are subject to verification of past performances and eligibility.
- If riders fail to respond to invites or requests for information in a timely manner, MyWhoosh 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 may be supplied with a trainer, display, computer, and sensors which they must use in the event.
- Riders need only to 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 MyWhoosh (in its sole discretion) to be appropriate for the racing event.
- All equipment calibration, selection of in-game settings and other such actions will be performed by MyWhoosh.



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APPENDIX F - NON ESPORTS RACING AND GENERAL MYWHOOSH RULESET

These MyWhoosh Rules & Regulation apply to MyWhoosh Esports events such as SRC and MWC. However, the Code of Conduct and Fair Play applies to all participants of the MyWhoosh races and events.

- Race hard and race fair.
- Do not cheat.
- Help build the community.
- Spread the MyWhoosh good word to other riders.
- Use your real weight and height and other physical properties.
- Calibrate your trainer accordingly.



Cycling Esports Rules & Regulations

APPENDIX G – RESULTS VALIDATION, PRIZE MONEY, AWARD PROCESS AND PAYMENTS

Result Validation: MyWhoosh shall undertake a thorough verification process to validate the race results and determine the winners of each Racing Event. This validation process may take up to 60 days from the official MyWhoosh announcement of the results of each Racing Event. Participants acknowledge and agree to patiently await the finalization of the result validation process.

MyWhoosh will publish provisional and official results [here](#).

•**FINISH TIMES:** All finish times and positions will be taken exclusively from the MyWhoosh servers, regardless of what the in-game imagery may show on your local device.

TIES:

•**GC:** In the unlikely event two or more competitors receive the same finish time from the server, then the video feed from MyWhoosh Headquarters will be used as the photo finish to break any ties and assign correct finish positions, while maintaining the same finish time for each rider. In the event that the video feed is unclear, riders will be given the same finish position for that stage, and both will receive the prize money.

•**Sprint/KOM Classifications:** If there is a tie in the Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the general classification standing.

•**VERIFICATION:** All results and performances are subject to post-race verification and no results shall be deemed final until all post-race verification measures have been fulfilled.

•**REMOVAL OF RESULTS:** If a rider has their result and/or race(s) annulled or disqualified for any reason, their finish time shall be removed from their individual and their team overall classifications.



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Payment Validation and Candidate ID Verification: To be eligible for the prize money payout, each Candidate must undergo a prior validation and verification process conducted by MyWhoosh. This process may include verifying the candidate's identity, bank account information, and other relevant details. Candidates must fully cooperate and provide accurate information as requested within the specified timeframe. Failure to comply may result in disqualification and forfeiture of any payment of prize money.

Prize Money Payout: Upon successful completion of the result validation and candidate verification process, MyWhoosh will initiate the prize money payout to the winners. The payout will be made to the candidate's verified bank account provided during the verification process. Participants acknowledge and agree that MyWhoosh holds no liability for any delays or issues related to the payout process that are beyond their control, such as delays caused by financial institutions or other external factors.

Tax and Other Liability Disclaimer: Participants understand and agree that any prize money awarded to them may be subject to applicable taxes, duties, or other financial obligations as per the laws and regulations of their respective jurisdictions. MyWhoosh shall not be responsible for any tax liabilities or other financial obligations incurred by the participants because of receiving the prize money. Participants acknowledge and agree that they are solely responsible for complying with their own tax, financial, and other regulatory requirements.

Indemnification: By participating in any Racing Event and accepting any prize money, participants agree to indemnify and hold harmless MyWhoosh, its affiliates, partners, sponsors, and officials from any claims, liabilities, damages, or expenses arising from or related to the prize money award and payout process, including tax obligations and other financial liabilities.

APPENDIX H – Athlete Health and Responsible Weight Management

Weigh in process for **Sunday Race Club (SRC)**

- **Category 1 Riders:** Weekly pre-event weigh in (30 – 50 min before start):

Maximum in game weight loss will be capped at **1.0 kg per week**.

- **All Other Categories:** Monthly 30 min* post Final event weigh in:

Maximum in game weight loss will be capped at **2.0 kg per month**.

If riders weight changes more than set limits, they will not be ANL, however the weight reduction will be capped as per above. An example – A rider was 68kg in March and April weigh in is 65kg. The rider will have a maximum weight reduction of 2kg, race weight for May will be 66kg. Rider weight reflected in game will only decrease as per limits. The weight caps are in place to promote gradual, sustainable changes and to help reduce riders feeling the need to manipulate weight in unsafe ways, such as dehydration or "sweat outs," which are considered both unhealthy and against the spirit of fair play to achieve in game performance improvements.

Racers can apply to have a weigh cap increase in extenuating circumstances via race control. Any female requests will be forwarded directly to a female member of the race control.

As part of our code conduct any rider found to be:

- Promoting unhealthy weight loss methods (e.g. public posts, private chats, content creation)

or

- Engaging in extreme or unsafe practices to artificially reduce weight,

may be subject to **sanctions**, including disqualification from events, suspension, or removal from MyWhoosh esports racing programs.

*All riders in categories 2-6 are required to submit their weigh in taken within 30min of the rider finishing SRC finals under the correct heading within 2h of the finals event finishing on the pre verification form. **Should a rider not submit a post SRC finals weigh in video within this time frame, then they will be ANL from SRC finals.**



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APPENDIX I - DATA PRIVACY

Collection of Personal (Health) Data Before, During and Post Racing Events.

By participating in MyWhoosh organized racing events, you hereby expressly and unequivocally consent to the collection, processing, and storage of your personal data, including health data such as heart rate, in accordance with the EU General Data Protection Regulation (GDPR), the UAE Federal Data Protection Law, and other applicable data privacy laws and regulations. This consent is given for the sole purpose of conducting and successfully operating the events, including race-verification, anti-cheating measures, and maintaining an orderly administration of any MyWhoosh Racing Event.

We assure you that your personal data will be treated with the utmost confidentiality and will be securely stored. Access to your personal data will be limited to authorized personnel who have a legitimate need to access it for the purposes mentioned above. Personal data collected, including health data, will be retained for a minimum period of 3 years from the conclusion of the event, regardless of whether you have deleted your MyWhoosh account or not. After this period the personal data will be securely deleted and disposed of in accordance with applicable data protection laws and regulations.

Participation in the esports racing events is voluntary, and by providing your consent, you acknowledge and understand the purposes for which your personal data, including health data, will be collected, and processed.

You have the right to access, rectify, and delete your personal data, as well as the right to restrict or object to its processing. If you wish to exercise any of these rights or have any concerns regarding the collection, processing, or storage of your personal data, please contact us at support@mywhoosh.com

Please note that by participating in the events, you acknowledge that the personal data you provide may be transferred to and processed in jurisdictions outside of your country of residence. We will ensure that any such transfers comply with applicable data protection laws and regulations, and appropriate safeguards will be implemented to protect your personal data.

By accepting these MyWhoosh Rules and Regulations and providing your consent, you agree to the collection, processing, and storage of your personal data, including health data, as described herein. Further terms and details can be found at [Privacy Policy - MyWhoosh](#) .



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GLOSSARY

Annulled or annulment: A rider that has their result removed due to a violation of the MyWhoosh Rules and Regulations or has their result removed due to a failure in performance verification.

Competition or Racing Event: The Virtual Cycling Competition events organized by MyWhoosh where professional cyclists compete online for prize money.

Code of Conduct: A set of guidelines that outline expected behavior and standards of ethics for participants in the MyWhoosh Racing Events. The Code of Conduct promotes integrity, respect, honesty, and sportsmanship throughout each race and competition.

Disqualified or disqualification: A rider that has their result removed due to an identified violation of the MyWhoosh Rules and Regulations or has their result removed due to a failure in performance verification, with an intent to gain an advantage, will be marked as disqualified.

Fair Play Principles: Fundamental principles that emphasize fairness, equal opportunities, and respect for all participants in the MyWhoosh Racing events. These principles are established by MyWhoosh and comply with the principles of major cycling governing bodies, such as the Union Cycliste Internationale (UCI).

Anti-Cheating Measures: Rigorous procedures and techniques employed by MyWhoosh to prevent and detect any form of cheating or unfair advantage-seeking behavior by participants. These measures ensure a fair and level playing field for all participants.

Anti-Doping Measures: Regulations and guidelines in place to prevent the use of banned substances or methods that enhance performance unfairly.

Prize Money: The monetary rewards and incentives offered to participants based on their performance in the MyWhoosh Virtual Cycling Competition.

Claw-back: The act of reclaiming or retrieving previously awarded prize money from participants in the event of a breach of the Competition's Rules and Regulations.

Breach or Violation: Any violation or non-compliance with the Rules and Regulations, including the MyWhoosh Code of Conduct and Fair Play Principles.

MyWhoosh: MyWhoosh Technology Services LLC, an Abu Dhabi, UAE based company, offering a global virtual cycling and esports platform.



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SRC: Sunday Race Club, a MyWhoosh Racing event occurring every Sunday, with a monthly team's final event, and as further outlined in the most recently published Roadbook.

MWC: MyWhoosh Championship, is an annual major stage race, typically held over a period of seven days, and as further outlined in the most recently published Roadbook.

-----END OF RULESET-----



www.mywhoosh.com