



# Cycling Esports

## Rules and Regulations

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Version 2.0.5 – May 11, 2026

*Classification: Public*

### **SRC: Sunday Race Club**

A MyWhoosh Racing event occurring every Sunday, with a monthly team's final event.

**Effective Date: May 17, 2026**

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## 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 17, May 2026.

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. To ensure the principles of fair play and integrity, please note that we also maintain and enforce a Doping Control Programme designed to prevent any form of misconduct or prohibited advantage.

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](mailto: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.

### 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 ANY MYWHOOSH CYCLING ESPORTS EVENT OR SERIES, ALL PARTICIPANTS FURTHER ACKNOWLEDGE AND AGREE THAT MYWHOOSH MAY OPERATE AN ANTI-DOPING / INTEGRITY TESTING PROGRAMME IN CONNECTION WITH SUCH EVENTS WITH THE PROCESS DETAILED UNDER ANNEXURE J. PARTICIPANTS AGREE, AS A CONDITION OF ENTRY AND CONTINUED ELIGIBILITY, TO COMPLY WITH ANY TESTING, SAMPLE COLLECTION, RESULT VERIFICATION, LOCATION REPORTING, REMOTE NOTIFICATION, IN-COMPETITION TESTING, OUT-OF-COMPETITION TESTING, IN-HOME TESTING, AND RELATED ADMINISTRATIVE REQUIREMENTS COMMUNICATED BY MYWHOOSH OR ITS APPOINTED SERVICE PROVIDERS, INCLUDING USE OF ANY APPLICABLE ANTI-DOPING ADMINISTRATION SYSTEM WHERE REQUIRED BY MYWHOOSH.**

## PART I – TERMS: GOVERNANCE

- 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.
- 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

- 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.
- 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 that 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

- Race Control team has the authority to investigate any (suspected) violation of these MyWhoosh Rules & Regulations at any time. Some examples are:
  - Where a rider is selected for anti-doping / integrity testing, MyWhoosh or its appointed service provider may notify the rider remotely using one or more of the rider's registered contact methods, including email, SMS, telephone, or other method specified by MyWhoosh from time to time. Upon such notification, the rider must remain available at the rider's declared location, comply promptly with all instructions, present valid identification when requested, and cooperate fully with the collection process and related documentation.
  - MyWhoosh's appointed service provider may test selected athletes within 3 hours post-event (or within another reasonable timeframe communicated by MyWhoosh or its appointed service provider), and they must make themselves available. If an athlete is not in their logged location or does not comply with reasonable testing instructions following notification, they may be subject to Disqualification and may be treated as having committed a testing non-compliance / programme violation under these Rules.
  - 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.
- 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. For the avoidance of doubt, MyWhoosh retains sole authority to establish and administer any anti-doping / integrity testing programme applicable to MyWhoosh events, including determining the number and type of tests,

selection criteria, riders selected for testing, timing of testing, and any contractual, sporting, prize-related, or disciplinary consequences. Any third-party collection administrator, laboratory coordinator, or technical advisor appointed by MyWhoosh acts solely on MyWhoosh's instructions and does not independently determine who is tested, when they are tested, or what consequences apply.

- 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

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.
- 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, refusing, evading, obstructing, or otherwise not complying with anti-doping / integrity testing or sample collection requirements, including failing to remain available at a declared testing location after notification, failing to present identification, failing to provide a requested sample, tampering with any sample collection process, or unreasonably withholding or withdrawing any required acknowledgement or cooperation needed for MyWhoosh's testing programme. Such conduct may also result in public disclosure of the violation and any related sanctions in accordance with MyWhoosh's rules and applicable law.
- An adverse analytical finding, confirmed programme violation, refusal, evasion, tampering, or other material non-compliance in connection with MyWhoosh's anti-doping / integrity testing programme.
- 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:

#### (i) 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.

#### (ii) Doping:

- Presence of a banned substance.
- Use or attempted use of doping substances.
- Refusing or evading a test.
- Tampering with doping control.
- Assisting or covering up doping 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.

### 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.
- In case of doping, the following sanctions shall apply:
  - Disqualification – Results from a specific competition are canceled; Medals, titles, and prizes are taken away.
  - Ineligibility (Bans) – Athlete is banned from competition for a period.
  - Provisional Suspension – Temporary ban while the case is being investigated.
  - Financial Consequences – Fines or repayment of prize money.
  - Public Disclosure – Athlete's name and violation are publicly announced.

## PART II – TERMS: RULES OF RACING

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](#).

### Eligibility

- 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.
- 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.
- 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 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.
- 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

- 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

- 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's Data Privacy Notice, the most recent version can be found at
- [Privacy Policy – MyWhoosh](#)

### Creating an Account & Personal Details

- 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](mailto: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

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- 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 Esports events.
- **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 chest heart 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.

## Approved Equipment

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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 Pro 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 Pro 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

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- 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

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- Most pedal and crank-based power meters are allowed for secondary devices if they are unmodified and are using the factory slope. XCadey 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](mailto:racecontrol@mywhoosh.com). Wheel-on trainers and non-smart trainers are not allowed.

## Rider Responsibilities

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- 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

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- 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.

## Power Passport and Riders Categorization

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The MyWhoosh Power Passport (201C Power Passport 201D) 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.
- Should a rider receive notification from race control to redo their power passport test, this will need to be completed and submitted on the pre verification form at a minimum 24h before the next SRC event they take part in. Failure to comply will result in riders being withdrawn from any start sheet and deemed ineligible to race premium events until this request is fulfilled. Please bear in mind your PPT is your physiological blueprint we use for in race data comparison so this should be completed under race conditions and reflect your recent race performances.

## Rider Profile Verification

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- 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

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- 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 include further video testing, live verification, independent laboratory testing, blood screenings, urine sample collection, in-home testing, remote notification procedures, or a request to visit MyWhoosh headquarters or another designated location for further testing, equipment inspection, and verification. Riders must comply promptly and fully with such requests. MyWhoosh shall determine, in its sole discretion, the operational process, cost allocation, and consequences of non-compliance for each verification request.

## 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 behavior towards the other participants will not be tolerated.

**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 MyWhoosh's anti-doping, integrity, and sample-collection requirements applicable to the relevant event, as set out in these Rules and Regulations, the applicable Roadbook, supplementary rules, registration materials, athlete communications, and any written instructions issued by MyWhoosh or its appointed service providers. MyWhoosh may, in its

discretion, draw from recognized anti-doping standards, prohibited lists, collection protocols, and laboratory practices as reference points or operational benchmarks where appropriate, including applying the World Anti-Doping Agency (WADA) prohibited List in force at the relevant time as the reference list for prohibited substances and methods, unless expressly stated otherwise by MyWhoosh in writing for a specific event or programme. However, unless expressly stated otherwise by MyWhoosh in writing for a specific event or programme, MyWhoosh's anti-doping / integrity programme is administered as a private contractual and sporting integrity framework under these Rules and Regulations.

### Therapeutic Use Exemption (TUE)

- (a) Riders are expected to carry/possess documents supporting their Therapeutic Use of any medication or method that may be referenced under the Prohibited List at the time of event participation.
- (b) If a rider being tested needs to use a medication or method that may be prohibited under the reference Prohibited List, the rider during the time of testing may request a Therapeutic Use Exemption (TUE) from MyWhoosh.
- (c) How to apply: a rider should submit a request to [racecontrol@mywhoosh.com](mailto:racecontrol@mywhoosh.com) and submit the TUE request at the time of testing and include: (i) the diagnosis and medical background; (ii) the name of the medication/method, dosage, route, frequency, and expected duration; (iii) the treating physician's details; and (iv) supporting medical documents (for example tests and/or a medical letter).
- (d) Timing: riders should apply during the time of testing.
- (e) Review: MyWhoosh may appoint one or more medical reviewers (internal and/or external) to review the application and request further information.
- (f) Decision: MyWhoosh will notify the rider in writing whether the TUE is granted, denied, or granted with conditions (for example dose limits, reporting requirements, or an end date) shall be together with, or as part of, the final testing results notification, following completion of the applicable results management process.
- (g) Effect: where a TUE is granted, the rider will not be treated as having committed a programme violation for presence or use to the extent that the rider's conduct is consistent with the granted TUE.
- (h) Expiry / renewal: a TUE expires automatically at the stated end date (if any). A rider must reapply for renewals.
- (i) Review / challenge: a rider may request a review of a TUE decision within 24 hours from receipt of the TUE result stating reason for review. MyWhoosh shall use reasonable methods to decide the review in a reasonable timeframe, decision of which shall be final and binding.

**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.**

**ANY DETAILED TESTING INFORMATION, LABORATORY DOCUMENTATION, AND RELATED PERSONAL OR HEALTH DATA SHALL BE HANDLED CONFIDENTIALLY, PROCESSED ONLY BY MYWHOOSH AND ITS APPOINTED SERVICE PROVIDERS ON A STRICT NEED-TO-KNOW BASIS, AND DISCLOSED PUBLICLY ONLY TO THE EXTENT REQUIRED BY LAW OR WHERE MYWHOOSH DETERMINES THAT PUBLICATION OF THE OUTCOME, SANCTION, DISQUALIFICATION, ANNULMENT, SUSPENSION, OR OTHER SPORTING CONSEQUENCE IS NECESSARY OR APPROPRIATE UNDER THESE RULES AND REGULATIONS.**

**WHERE A RIDER WISHES TO DISPUTE ANY TESTING-RELATED SPORTING DECISION MADE BY MYWHOOSH UNDER THESE RULES AND REGULATIONS, INCLUDING ANY DECISION RELATING TO PROVISIONAL RESULT STATUS, WITHHOLDING OF RESULTS, ANNULMENT, DISQUALIFICATION, SUSPENSION, PRIZE INELIGIBILITY, OR TEAM CLASSIFICATION, THE RIDER MUST SUBMIT A WRITTEN REQUEST FOR REVIEW TO MYWHOOSH WITHIN [2] CALENDAR DAYS OF NOTICE OF THE RELEVANT DECISION.**

**THE REQUEST MUST SET OUT THE GROUNDS OF CHALLENGE AND INCLUDE ANY SUPPORTING MATERIAL ON WHICH THE RIDER INTENDS TO RELY. MYWHOOSH MAY REVIEW THE REQUEST INTERNALLY AND MAY SEEK FURTHER INFORMATION FROM THE RIDER OR FROM ANY APPOINTED SERVICE PROVIDER. DURING THE REVIEW PROCESS, MYWHOOSH MAY MAINTAIN ANY PROVISIONAL SUSPENSION, WITHHOLDING OF RESULTS, PRIZE HOLDBACK, OR OTHER INTERIM SPORTING MEASURE ALREADY IMPOSED.**

**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.**

## APPENDIX B – PRE-RACE PROTOCOL

To ensure accurate measurement of power, height, weight, and equipment, and to support possible anti-doping / integrity testing, riders must follow the protocols outlined below, including providing a declared location when requested. 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. You can find the verification form [here](#).

### 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.

### MyWhoosh 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. It is the athlete's responsibility to ensure their power passport test result is aligned to their in race values. Failure to do this will lead to an ANL.

#### Full Protocol – MyWhoosh Power Passport Test Video

Hold your recording device so your full face is in shot and please move your head from left to right, right to left, and then up and down. Please ensure your face is clearly visible, not in direct, harsh light or darkness.

- 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.
- 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 weigh-in video.
- Stop the video. Upload the video on YouTube as "unlisted."

### 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.

## Full Protocol – Weigh-In Video

### 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 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.
- 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.
- 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.
- Please submit any pre or post - race weigh-in submissions via the submission box via your MyWhoosh web profile
- 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

### Full Protocol – Height Video

#### 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.

#### 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

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Riders are requested to upload a new hardware video and send the un-listed Youtube link to MyWhoosh race control to register the device in their name.

### Full Protocol – Hardware Video

#### 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.

#### 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.

## Whereabouts / Declared Location (Pre-Race)

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To support fair play and allow for possible anti-doping / integrity testing, riders may be required to provide a declared location for the race.

(a) When to submit: Riders must submit their declared location before the event using the pre-verification form at the time of registration.

(b) What to provide (minimum):

- (i) the full address (or clear location description if an address is not available);
- (ii) a specific room/area where you expect to be during the event and immediately after the event;
- (iii) a reliable contact method linked to your account (for example phone number, email);
- (iv) any reasonable access instructions required for an in-home collection appointment, where applicable.

(c) Accuracy and updates: Riders must ensure that all declared location information is accurate and truthful.

Any rider who has registered for an event but does not intend to start or participate in the relevant Sunday race must notify the Race Control Team no later than 23:59 (GST) on the Friday preceding the event by emailing [racecontrol@mywhoosh.com](mailto:racecontrol@mywhoosh.com).

Where a rider's location changes, an updated notification must be submitted to Race Control at least 48 hours prior to the event. This notification must include all required details under subsection (b), including the revised location description and confirmed availability.

Failure to provide the required notification may be treated as a failure to cooperate with reasonable Race Control and integrity administration requirements. This may affect a rider's eligibility to start, the validation of results, and selection for anti-doping or integrity testing, and may result in further disciplinary action.

(d) Availability window: By submitting a declared location, the rider agrees to be available at that location during the event and for a reasonable period after the event if selected for testing and notified (including where notice is given on short notice).

(e) Confirmation on request: Race Control Team (or an appointed service provider) may ask a rider to confirm their declared location shortly before the event.

(f) If not provided / not available: If a rider does not provide a declared location when requested, provides a materially incorrect location, or is not available at the declared location following notification, this may affect eligibility to start, result validation, and/or may be treated as a testing non-compliance under these Rules.

## APPENDIX C – RACING EVENT RESULTS COMMUNICATION AND PROCESS

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

### Key Points

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- 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.
- Where a rider is subject to anti-doping / integrity testing, sample collection, or any related investigation, MyWhoosh may delay final confirmation of the rider's result, ranking, eligibility, prizes, team classification, or public status until the relevant process has concluded to MyWhoosh's satisfaction.
- MyWhoosh shall be responsible for the management of results in connection with any anti-doping / integrity testing conducted under these Rules and Regulations, including determining whether a rider's result, ranking, eligibility, prize entitlement, team classification, or public status should remain provisional, be withheld, be amended, or be confirmed as final.
- MyWhoosh may keep confidential the fact of selection for testing, the operational details of testing, any refusal or non-compliance, any laboratory or collection report, and any resulting investigation or decision, except to the extent disclosure is required by law, is necessary for administration of the event, prize process, or team classification, or is otherwise determined by MyWhoosh to be appropriate under these Rules and Regulations.
- Where applicable, MyWhoosh may receive, use, and rely upon only the outcome or status of a testing process, including a negative result, an adverse analytical finding, a refusal, a non-compliance, or another programme violation or equivalent status, and MyWhoosh shall not be obliged to receive, disclose, or publish detailed laboratory findings, medical information, or sample-analysis details except where required by law, necessary for the administration or enforcement of these Rules and Regulations, or permitted under MyWhoosh's applicable privacy documentation.

### Tiebreakers

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- 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.

## 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

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- 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

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- 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

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- Since all devices measure 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.
- 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

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- 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

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- 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.

## 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

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- 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

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- 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.

## **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.

## 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.

**ANTI-DOPING / INTEGRITY HOLDBACK:** MyWhoosh may suspend, delay, condition, withhold, offset, or claw back any prize money, award, benefit, title, or team-related benefit where a rider is selected for anti-doping / integrity testing, fails to comply with testing or related instructions, is under investigation, is subject to an adverse analytical finding or equivalent programme violation, or where MyWhoosh otherwise reasonably determines that payment should not be released until verification and integrity checks are completed.

**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.

**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.

For c1 riders, riders will be able to lose a maximum of 1kg from their previous weigh in on record with us. The maximum a rider in c1 may lose per month is 2kg (one month constitutes 4 SRC events).

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 of 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.

## APPENDIX I – DATA PRIVACY

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

By participating in MyWhoosh organized racing events, you acknowledge and agree that MyWhoosh may collect, use, store, review, disclose, and otherwise process personal data relating to your participation in accordance with applicable data protection laws, MyWhoosh's Privacy Policy, and these Rules and Regulations. Such personal data may include identification data, contact details, age, weight, height, heart rate and other performance data, equipment data, video submissions, verification materials, whereabouts / declared testing location information, anti-doping / integrity testing records, sample-collection documentation, declarations regarding medications or supplements, and other data reasonably required for race administration, result validation, anti-cheating, anti-doping / integrity testing, prize administration, dispute handling, and protection of competition integrity.

MyWhoosh may appoint service providers, including anti-doping / sample-collection administrators, laboratories, technology providers, and other processors, to process such data on MyWhoosh's behalf and in accordance with MyWhoosh's instructions and applicable law. Access to such data will be limited to personnel and service providers with a legitimate need to know for the relevant purposes.

We assure you that your personal data will be processed confidentially and protected using appropriate technical and organizational measures. 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.

Personal data will be retained only for as long as necessary for the purposes described above, including verification, integrity and anti-doping processes, prize administration, contractual enforcement, dispute resolution, legal claims, regulatory compliance, and any mandatory retention period under applicable law or applicable anti-doping privacy standards. Personal data may therefore be retained for longer than the duration of the relevant event or your MyWhoosh account.

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](mailto:support@mywhoosh.com)

Participation in esports racing events is voluntary; however, certain personal data processing is necessary for eligibility, verification, competition administration, anti-cheating controls, anti-doping / integrity testing, and prize administration. If you do not provide requested information or do not cooperate with required processing that is necessary for those purposes, you may be deemed ineligible to participate, may have your result withheld or annulled, and/or may be ineligible for prizes or rankings.

For the avoidance of doubt, where a rider is subject to an adverse analytical finding, refusal, non-compliance, programme violation, disqualification, annulment, suspension, ban, or other sporting consequence under these Rules and Regulations, MyWhoosh may process, use, and disclose the relevant outcome or status in accordance with applicable law, MyWhoosh's Privacy Policy, and these Rules and Regulations. Any decision by a rider's employer, professional team, club, federation, sponsor, league, organizer, or other third party to impose its own disciplinary, contractual, sporting, or employment-related consequences shall be a matter solely for that third party under its own rules, policies, and contractual arrangements. MyWhoosh shall not be responsible or liable for any such third-party decision or consequence.

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](#).

## APPENDIX J – ANTI-DOPING / INTEGRITY TESTING PROCESS

The following Anti-Doping / Integrity Testing Process outlines the procedural steps MyWhoosh may apply when administering its private anti-doping and integrity programme. This appendix serves as an operational reference for riders to understand the stages involved when a sample is collected, analyzed, investigated, and adjudicated. Unless expressly stated otherwise by MyWhoosh for a specific event or programme, this process operates under MyWhoosh's private contractual framework and is not governed by the World Anti-Doping Code, though MyWhoosh may draw on recognized international standards and processes as reference points where appropriate.

### 1. Testing

MyWhoosh or its appointed service provider may conduct anti-doping / integrity testing at any MyWhoosh Cycling Esports event or series.

Testing may occur:

- In-competition, including immediately post-event.
- Using urine, dried blood spot (DBS) and/or venous blood samples, or other integrity-based testing methods deemed appropriate by MyWhoosh.
- Riders must comply fully and immediately with all testing instructions, including identity verification, location availability, and cooperation during sample collection.

#### 1A. Authority to Test and Selection

(a) MyWhoosh may require a rider to submit to anti-doping / integrity testing at any time and place, in-competition or out-of-competition, including immediately post-event and/or by in-home collection.

(b) Testing selection may be random, targeted, performance-based, intelligence-led, and/or otherwise determined by MyWhoosh in its reasonable discretion.

(c) MyWhoosh may appoint service providers (including Sample Collection Personnel and laboratories) to carry out operational aspects of testing. MyWhoosh remains responsible for programme decisions under these Rules and Regulations.

#### 1B. Anti-Doping / Integrity Programme Violations

For the purposes of these Rules and Regulations, an anti-doping / integrity programme violation may include any of the following (whether attempted or completed):

(a) Presence of a prohibited substance, its metabolites or markers in a Sample.

(b) Use or attempted use of a prohibited substance or prohibited method.

(c) Evading, refusing, or failing to submit to Sample collection after notification.

(d) Tampering or attempted tampering with any part of anti-doping / integrity testing or sample collection (including interfering with tamper-evident materials, documentation, or transport).

(e) Possession of a prohibited substance or prohibited method, unless the rider establishes a reasonable justification (for example a valid prescription and/or authorization).

(f) Trafficking or attempted trafficking of a prohibited substance or prohibited method.

(g) Administration or attempted administration of a prohibited substance or prohibited method to another person.

(h) Assisting, encouraging, aiding, abetting, conspiring, covering up, or other complicity in a programme violation.

(i) Intimidation, threats, retaliation, or unreasonable interference directed at any person involved in reporting, investigating, collecting, analyzing, or deciding any programme matter.

#### 1C. Proof and Evidence

(a) MyWhoosh may establish relevant facts and violations by any reasonable and reliable means (for example laboratory results, admissions, documents, communications, data analysis, witness statements, expert review, and other integrity evidence).

(b) For "presence" cases, the rider is responsible for what is found in the rider's Sample. MyWhoosh does not need to prove intent, fault, negligence, or knowing use in order to assert a "presence" violation.

(c) If a rider fails to cooperate with reasonable requests during results management or a hearing (including failure to attend an interview/hearing after reasonable notice), MyWhoosh may draw reasonable inferences from that non-cooperation.

## Practical Doping Control Guidance

This appendix is intended to help riders understand how anti-doping / integrity testing may work in practice. MyWhoosh may draw on parts of the WADA International Standard for Testing and Investigations (ISTI) as an operational reference point, but the programme under these Rules is designed to be practical for Cycling Esports.

### Notification and Reporting

- (a) If a rider is selected for testing, MyWhoosh or its appointed service provider may notify the rider using the rider's registered contact details (for example email, SMS, telephone, or another method MyWhoosh specifies).
- (b) Riders should expect that advance notice may be limited (including immediately post-event or on short notice) and riders must remain available and follow instructions once notified.
- (c) The notification will normally include, where appropriate, the type of sample requested (urine, dried blood spot (DBS) and/or venous blood), the reporting requirements (in-person or in-home/remote), and any documentation or identification requested.

### Rider Rights and Responsibilities

- (a) Rights: a rider may ask to see collector identification/authorization, ask reasonable questions about the steps being taken, request that a representative be present, and record reasonable notes/concerns for the documentation.
- (b) Responsibilities: once notified, a rider must remain available, present valid identification when requested, cooperate with sample collection and related documentation, and must not evade, refuse, obstruct, or tamper with the process or any collection materials.
- (c) Reasonable delays: a short, reasonable delay may be permitted for genuine needs (for example cool-down, locating identification, or an urgent personal matter), provided the rider remains available and follows the collector's instructions.

### Representative / Interpreter

- (a) A rider may have a representative present where reasonably possible (for example a coach, family member, team representative, or another adult). The representative may observe and support the rider but must not interfere with the collector's instructions.
- (b) If a rider requires an interpreter, the rider should inform MyWhoosh or the collector as soon as reasonably possible and MyWhoosh will try to accommodate this where practicable.

### Collection Location and Facilities (Including In-Home)

- (a) Where an in-person collection location is used (a Doping Control Station (DCS) or similar set-up), it must be clean, suitably private, and allow for:
- (i) an administrative area for identification checks and completion of documentation;
  - (ii) an appropriate sample collection area that protects privacy while permitting the required level of observation;
  - (iii) secure handling, packaging and storage of Samples and associated documentation.
- (b) Where an in-home collection is conducted, the Sample Collection Personnel may request that the Rider confirms the room/location is suitable and follows reasonable set-up instructions to support privacy and the integrity of the Sample Collection Session.
- (c) References in this Appendix J to collection of a Sample include collection of urine, Dried Blood Spot (DBS) and Venous Blood Samples, as applicable.
- (d) Nothing in this Appendix J changes any timing requirement stated elsewhere in this Agreement (including any requirement expressed by reference to "3 hours post-event"); Appendix J describes process and location requirements only.

### Tamper-Evident Materials and Sample Security

- (a) Sample collection should use single-use, sealed, tamper-evident collection materials (including urine kits, DBS kits, and venous blood collection materials).
- (b) Samples should be labelled using unique sample identifier code(s) and sealed/packaged in the rider's presence, with the rider given a reasonable opportunity to check kit integrity and confirm sample code(s).
- (c) The rider should raise any concerns promptly so they can be noted in the documentation.

### Sample Collection – Urine

- (a) Where a urine sample is requested, the rider will be asked to select a sealed collection vessel and sample kit.
- (b) The collector will provide instructions on handwashing and the steps to provide the sample, including the level of observation required.
- (c) The process will include direct observation by Sample Collection Personnel of the same gender as the rider. This is to protect the integrity of the Sample. Direct observation may require the rider, when instructed, to adjust clothing so the observer has a clear view of the urine leaving the body. This may include raising top clothing to around the chest, lowering bottom clothing to around mid thigh, and raising sleeves to around the elbow.
- (d) MyWhoosh and its service providers will aim to conduct the process respectfully and professionally, and to limit exposure to what is reasonably necessary. There is no general option to be excused from providing a requested Sample on the basis that the procedure is uncomfortable. If a rider refuses or does not complete the collection process as instructed, this may be treated as a refusal / evasion / testing noncompliance under these Rules and Regulations.
- (e) A rider may have a representative present where reasonably possible in accordance with this Appendix J.
- (f) If a rider is unable to provide a sample immediately, the rider must remain available and follow instructions until the requirement is completed.
- (g) The sample will be handled, divided/sealed and labelled in accordance with the collector's instructions and documented using the sample identifier code(s).

### Sample Collection – DBS

- (a) Where a DBS sample is requested, DBS will be collected using sterile, single-use materials and an approved DBS card/device.
- (b) The collector will clean the collection site and collect the required blood spots according to the device instructions.
- (c) The DBS card/device will be dried (if applicable), packaged and sealed using tamper-evident materials, and documented using the sample identifier code(s).
- (d) The collector may provide basic aftercare instructions (for example applying pressure/bandaging).

### Sample Collection – Venous Blood

- (a) Where a venous blood sample is requested, it will be collected by appropriately trained personnel using sterile, single-use materials.
- (b) The collector will clean the collection site, collect the required volume into appropriate tube(s), and apply basic aftercare (for example pressure/bandaging).
- (c) The tube(s) will be labelled with the sample identifier code(s) and sealed/packaged using tamper-evident materials, with key steps completed in the rider's presence where practicable.
- (d) If the rider feels unwell or has a medical concern, the rider should inform the collector promptly so reasonable steps can be taken (for example pausing or re-positioning), without compromising the integrity of the process.

## 2. Laboratory Analysis

Collected samples will be securely transported to a qualified laboratory or designated testing facility. Laboratories and Sample Collection Personnel are presumed to have conducted their work in accordance with applicable standards and procedures, unless there is evidence of a material departure that could reasonably have caused the Adverse Analytical Finding (AAF) or other adverse result. If a rider establishes a material departure that could reasonably have caused the adverse result, MyWhoosh may still rely on the result if it reasonably establishes that the departure did not cause the adverse result. MyWhoosh may request additional analysis and/or re-analysis of a Sample where reasonably required for results management or integrity purposes, including where analytical methods evolve over time.

The laboratory will:

- Conduct analysis in accordance with accepted analytical methods.
- Examine samples for the presence of prohibited substances or prohibited methods, based on the prohibited list or integrity standards adopted by MyWhoosh for the relevant event.

## 3. Adverse Analytical Finding (AAF)

If the laboratory identifies:

- A banned substance,
- A prohibited method, or
- Any indicator inconsistent with clean sport or integrity requirements,

The sample result is recorded as an Adverse Analytical Finding (AAF). An AAF triggers formal case management and further review by MyWhoosh and its appointed experts.

## 4. Notification

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The rider will be formally notified of:

- The AAF or integrity violation,
- The substance or finding in question,
- The rider's rights and obligations during the results management process,
- Any immediate consequences, including potential provisional suspension.

Notification may occur via email, SMS, telephone, or any other registered contact method.

## 5. Provisional Suspension

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Upon notification of an AAF or integrity-based violation, MyWhoosh may apply a provisional suspension, meaning:

- The rider is immediately banned from competition,
- Pending completion of the results management, review, and hearing process.

A provisional suspension helps preserve competition integrity while the case is investigated.

## 6. Results Management

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The rider must cooperate fully with MyWhoosh and any appointed service provider in connection with any investigation, results management process, or hearing. This may include responding promptly and honestly to reasonable questions, attending remote meetings/interviews when requested, and providing relevant information and materials reasonably requested by MyWhoosh (for example race files, device/app logs, calibration history, and related communications). A failure to cooperate, providing false or misleading information, or destroying or concealing relevant information may be treated as a separate breach and/or an aggravating factor when determining consequences.

Following notification, MyWhoosh will:

- Conduct a thorough investigation of the case,
- Review laboratory documentation, sample-collection data, and any supporting information,
- Seek additional information from the rider if required,
- Determine whether an anti-doping or integrity rule has been violated.

The rider must cooperate fully, and failure to do so may be treated as an additional breach.

## 7. Hearing

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Before a final decision is issued, the rider will have the opportunity to:

- Present evidence,
- Provide explanations,
- Submit relevant documentation,
- Be heard by Race Control or MyWhoosh's designated review panel or decision-making authority.

The hearing may occur in writing, remotely, or in another format determined by MyWhoosh.

## 8. Decision

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After completing the results management and hearing process, MyWhoosh will issue a formal written decision, which may include:

- Disqualification of results,
- Annulment of past results,
- Suspension or period of ineligibility,

- Financial consequences,
- Reallocation or claw-back of prizes,
- Public disclosure where applicable.

Sanctions will be determined based on the evidence, intent, severity, and applicable MyWhoosh Rules & Regulations.

## 9. Appeal

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Riders may appeal the final decision. Where applicable, and only for cases MyWhoosh designates as eligible, riders may submit an appeal to:

- MyWhoosh's internal appeals channel as notified in the decision notice, or
- The Court of Arbitration for Sport (CAS), if MyWhoosh specifies that CAS jurisdiction applies to the relevant event or programme.

Riders must adhere to all deadlines, procedural rules, and filing requirements communicated in the decision notice and appeal instructions.

## 10. FAQs

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For more information, click [here](#) to access the MyWhoosh SRC Anti-Doping & Integrity Testing FAQ.

## 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, 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.

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

[www.mywhoosh.com](http://www.mywhoosh.com)