2026 / 27 Technical Guide & Rules

PROVISIONAL

Round 1: September 22 – October 27, 2026
Round 2: November 17 – December 22, 2026
Round 3: January 12 – February 16, 2027
Round 4: March 2 – April 6, 2027

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2. SUMMARY

2.1. GOVERNANCE

2.1.1. These rules pertain solely to the Zwift Racing League and stated season.
2.1.2. Queries shall be raised by the Club Manager and/or Team Captain via email to WTRL at racecontrol@wtrl.racing

2.2. RULES OF RACING

2.2.1. Use your own Zwift account in your own name.
2.2.2. Register with WTRL.
2.2.3. Use your real height & weight, as measured in shorts and jersey within 24 hours of each event.
2.2.4. Spin down/calibrate your trainer and power meter. Make sure your cadence sensor and heart rate monitors are working.
2.2.5. Equip your team's chosen jersey BEFORE crossing any start line in any ZRL race..
2.2.6. We also recommend that you have a Strava profile that is connected to your Zwift & WTRL Profile. This aids with the recovery of results should any 'force majeure' events occur

2.3. PERFORMANCE VERIFICATION

2.3.1. When asked, you must provide performance verification data within the period required in the applicable technical guide or instructions.
2.3.2. You may be asked to provide additional evidence to help verify your performance in an event.
2.3.3. The use of any technique, device, software, intermediary application, or other method that manipulates, modifies or distorts data transmitted to Zwift, or artificially alters or enhances a rider's in-game performance, is prohibited.

2.4. SANCTIONS

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

3. GOVERNANCE

3.1. SCOPE

3.1.1. This ruleset governs the Zwift Racing League (ZRL) that is operated by WTRL on behalf of Zwift.

3.1.2. It does not govern other events and/or series managed by WTRL, or other racing events that take place on Zwift.

3.2. ZWIFT RACING LEAGUE COMMISSION

3.2.1. The Commission shall consist of the following:
a. Zwift.
b. WTRL .
c. Any other members The Commission deems necessary to discharge its responsibilities.

3.2.2. The Commission shall have the power to modify or supplement these rules at any time. The latest version can be found at Zwift Racing League - WTRL.

3.2.3. The Commission shall be responsible for ensuring the integrity of results at the community level events of the Zwift Racing League.

3.2.4. The Board shall act as the decision -making body on any matters regarding potential rule breaches.

3.2.5. The Board shall have the power to update the results of events, and apply further sanctions to racers, based upon but not limited to the following:
a. No Intent to Gain an Advantage
b. Intent to Gain an Advantage
c. Bringing the sport into disrepute

3.3. RACE AND PERFORMANCE DATA

3.3.1. Data for events and results processed by WTRL systems is sourced directly from Zwift's game data.

3.3.2. Participants must compete using Zwift / WTRL accounts registered in their own name and not shared with other users.

3.3.3. Participants WTRL Profiles and Zwift accounts must remain connected at all times.

3.3.4. WTRL recommends that all participants utilize a free Strava account and connect their WTRL profile to it. This may be used to verify data, performance and may also be used to allow automatic dual recording of performance data if and when required.

3.3.5. Participants shall be solely responsible for ensuring that any non -game verification data (e.g. dual recordings) is accurately recorded.

3.3.6. All information and data published on WTRL's website is subject to the Terms of Use. (Terms Of Service - WTRL).

3.4. QUERIES

3.4.1. Any queries regarding the conduct or performance of participants in the ZRL shall be submitted only by the Club Manager and/or Team Captain by email to via the WTRL Help & Support system. The status of all requests can also be tracked on this system.

3.4.2. Queries should be submitted no later than 24 hours after the race in question starts.

3.4.3. Results are defined as race data published on the WTRL website. Event data from any other source is not considered valid.

3.4.4. Your request should include:
a. Team Name & TRC
b. Links to the Zwift.com activity
c. Racer ID number
d. Event ID
e. Videos, imagery and other supporting evidence.

3.4.5. The outcome of queries against teams other than your own will not be published or posted back to the individual or team submitting the query.

3.4.6. WTRL and Zwift's decisions around queries are FINAL.

3.4.7. Should your query relate to any racer or race outside of the Zwift Racing League, please contact the relevant organizer or contact Zwift directly.

4. RULES & REGULATIONS OF RACING

4.1. SCOPE

4.1.1. This ruleset shall apply to and bind any individual who participates (whether personally, or through any other individual) in any event held in accordance with this ruleset.

4.1.2. All racers shall agree to both the WTRL (Terms of Service - WTRL) and Zwift Terms of Service (Terms of Service (zwift.com)) and may be disqualified from or lose eligibility to compete in the ZRL events by violating these terms, even if the violation takes place out-of-competition.

4.1.3. It is the responsibility of everyone to review and understand this ruleset, and any additional event specific rules.

4.2. LEAGUES & FORMAT

4.2.1. Zwift Racing League is a Team competition.

4.2.2. The 2026/27 Season will consist of 4x 6 week Rounds, with each having a champion.

4.2.3. Both Open (men's and mixed gender teams) and Women's Leagues will be available.

4.2.4. Races will take place on Tuesdays.

4.2.5. Races will consist of Points Races, Scratch Races, Race of Truth and Team Time Trials.

4.2.6. Regions & Leagues are structured as follows:

OPEN & WOMEN'S COMPETITIONS			
Red (formerly APAC)	**Yellow** (Formerly Atlantic)	**Green & Blue** Formerly EMEA)	**Purple** Americas

4.2.7. League Regions are divided into several Leagues with a colour name allocated.

4.2.8. Leagues are divided into Divisions that consist of a combination of Divisions A, B, C & D. These are subdivided into Divisions 1,2,3 etc and Standard and Developing leagues if the numbers permit and your team has requested this.

4.3. DIVISIONS & PLACEMENT

4.3.1. Divisions will consist of a maximum. 15 teams.

4.3.2. Divisions require a minimum of 2 qualified teams to be viable. If a division is not viable, WTRL will seek to find a viable division for teams within 20 minutes of their selected league. If there is no viable division in that window, teams will see NO ALTERNATIVE IN WINDOW in My Teams and should edit their registration as soon as possible.

4.3.3. When a round begins with a **Team Time Trial (TTT)** and there are enough registered teams to create multiple divisions within a league category, teams will be **initially ranked based on their roster members** and **provisionally grouped** for **Race 1**.

4.3.4. Provisional groupings will include a **mix of high-, mid-, and lower-ranked teams.**

4.3.5. After Race 1, each team's **TTT time will be combined with their original ranking** to determine **final division assignments**. Including the **Race 1 TTT time** allows for **greater separation** between similarly ranked teams, resulting in **more competitive and balanced divisions** moving forward.

4.3.6. **Final league points for Race 1 are awarded based on**:

- the **division** a team is assigned to **after** Race 1, and

- the **time** they recorded **during** the TTT.

4.3.7. Each Division will have its own allocated event race start time that will remain consistent throughout the Round based on the time zone it is fixed to. Please be aware that seasonal clock changes occur and to take this into account when registering or organizing your team.

4.3.8. A team is not permitted to change its Competition, League or Division once registration has closed for a round nor are they permitted to request a division number changed. WTRL may allow a window for change after race 1 but after this expires, teams must race in the competition, league and division registered for and the division number assigned to them. **No exceptions.**

4.3.9. Racers must use the WTRL RacePass or Sign On/Sign Off buttons in My Teams to enter races. There is no other means to access them.

4.3.10. Racers are not permitted to race in other ZRL races apart from those associated with their teams.

4.4. SCORING

4.4.1. The ZRL is centered around teams of racers, there is no General Category (GC) League for individual racers and all races are team focused.

4.4.2. Please refer to the ZRL Rules & Scoring for full details of points available.

4.4.3. Team Time Trial:
a. Team time is taken on the 4th racer across the finish line (no exceptions) .
b. The team is awarded team points based on the finish time.
c. If a team fields an in eligible racer in a Team Time Trial, the team will be awarded 50% of the League points they will otherwise have earned.

4.4.4. Maximum points are awarded after each race to the team accumulating the highest total points in a Points Race or the fastest time in a Team Time Trial.

4.4.5. At the end of the ROUND, the team with the most League Points is declared the winner of the Division.

4.4.6. In the event Total League Points being tied at the end of a Round, teams are then ranked in the same way as the weekly rankings.
a. League Points
b. Total FIN Points
c. Total FAL Points
d. Total FTS Points

4.4.7. If a team's total points are still tied, the position of each tied team's best racer across the finish line shall determine the tied team's ordering, with the team with the higher placed racer placing higher.

4.4.8. The most up-to-date Points tables can be found on the WTRL website Zwift Racing League – WTRL.

4.5. REGISTRATION

4.5.1. Team registration can be made at www.WTRL.racing and will be valid for all Rounds in a Season.

4.5.2. Registration is open before each Round though teams are not permitted to register for a Round already in progress.

4.5.3. Captains of returning teams will receive an email invitation and instructions to confirm their register for the following Round.

4.5.4. Each teamis required to designate a Team Captain and at least 1 Team Manager.

a. Neither the Captain nor Manager are required to race for teams they manage.
b. A Team Manager may manage any number of Teams but may only physically race for 2 teams per league
c. A Team Captain may only captain 1 team but may race for up to 2 teams per league.

4.5.5. The person registering the team, the captain and all managers have admin rights to the team and can add, delete, sign on/off riders at will.
4.5.6. All teams are required to select a team jersey that all racers in the team have access to and all racers should wear during each ZRL race for the season.
4.5.7. Team kits may be changed with permission from The Commission. Circumstances for a kit change include:
a. Multiple teams wearing the same kit in a division
b. Kit not accessible to all racers
4.5.8. Once registered you will receive an initial confirmation email containing important information relating to the preseason period and once the Round commences, the Team Captain will receive a weekly email with race information that they may share with their team.
4.5.9. All teams are required to have a minimum 4 racers confirmed with their team prior to registration closing for the Round they intend to race in. Note that teams with fewer than 3 confirmed racers, at the time of closure, may be automatically withdrawn from the competition.

4.6. WTRL RACEPASS

4.6.1. RacePass is a concept designed by WTRL to facilitate ensuring racers are linked to their race day team without the need for forms, name tagging or other means to identify and authorize access as well as to place the racers in the correct races and paddocks .
4.6.2. Each RacePass is Team specific and relates to a specific race of a specific competition and should be treated like an access card for racers to gain access to your team. Anyone who clicks it that our system then authorizes, will be a member of your race day team.
4.6.3. Team Captains will receive the event details and RacePass via email and all members of the team have access to the RacePass link via the Team Management page on WTRL's website.
4.6.4. On clicking a Race Pass link, confirmed Team Members will undergo brief verification by WTRL's AutoCat (ACE) system - > registered with the team for the race - > automatically signed up to the correct race and paddock for that team. This process takes 2 to 5 seconds.
4.6.5. Once a racer is signed up to the Zwift event, Autocat will periodically revalidate racers to ensure they are still within the scope of the division's power caps.
4.6.6. Racers attempting to join events with a RacePass link will not be permitted to sign-on if.
a. Racer has not accepted or declined a Team Invitation.
b. Racer 's performance is considered beyond the scope of the division they are trying to race in (unless approved through the 50% Race rule).
c. Racer has been removed from the team under a Code 6 (zMAP), Code 7 (zFTP) or Code 8 (over-category) disqualification in any previous race during the season.
d. Any racer not Opted In via their Zwift Profile Connections for ZwiftPower.
e. Any racer who has been banned or sanctioned.
4.6.7. If a Racer changes team, either they, the team 's captain or the team's manager should use the Remove racer from the event button in Team Management. They may then click the RacePass of the other team.
4.6.8. Team Car, Directeur Sportif (DS) and any other support crew are encouraged to spectate via Fan View.

4.6.9. We are committed to ensuring races have no more than 100 people present in each paddock to ensure all racers enjoy the best possible racing experience.
4.6.10. WTRL may restrict the maximum number of team members in the race paddocks to 6 if over-crowding becomes an issue.
4.6.11. Anyone added to the Team Support slot who clicks the RacePass will be signed up in the E paddock. You must remove yourself from this slot (enter 0 in the form box) . If you are planning to race with the team instead, you must then click the RacePass to be transferred to the correct Race paddock (A to D).
4.6.12. The Team Management portal allows everyone in the team to see event information, RacePasses, team members and stats for the Round. Note that not all stats will update prior to the start of Round.
4.6.13. Team Admins will have the ability during the 2026/27 season to select their race team and sign them all on without any need for the riders themselves to click a RacePass and/or sign themselves up via ZRL My Teams.

5. SQUADS, TEAMS & RACERS

5.1. ELIGIBILLITY – SQUADS & TEAMS

5.1.1. A Squad (roster) can comprise up to 10 nominated racers of which a minimum of 4 to a maximum of 5 racers can be selected each week to form the racing team in the event.
5.1.2. Racers may join a maximum of 2 teams per Round per League. Where a rider wishes to race for 2 teams in the same league, they should avoid racing for 2 teams in the same category and division number.
5.1.3. The ability to invite team members can be reached by using the ORANGE action button from ZRL My Teams (only visible to Team Admins) and then the Invite Team Members button.
5.1.4. Only a team's Admin personnel can invite team members. This includes Managers, Captain and Registerer.
5.1.5. A minimum of 4 racers must be invited and accepted to each team before registration closes.
5.1.6. New racers can be added at any time up to the maximum number of racers per Squad.
5.1.7. New racers must be added prior to participating in an event.
5.1.8. A racer can only be removed from a team by admin personnel or themselves if they have not raced for the team.
5.1.9. Once a racer has started at least one race for the team, they cannot be removed during the Round.
5.1.10. Teams must be made up of racers at or below the division category threshold the team is competing in. Divisions and racer limits are found on the WTRL website.
5.1.11. Women's Leagues will use women specific categories.
5.1.12. Open League's will use mixed categories.
5.1.13. To assist broadcasts of events, Teams are asked to identify themselves in -game by adding the [Team Name]* to the end of the individual racer 's Zwift profile so that it shows up on screen in. *E.g.: John Johnson [Team Name].
This is for ease of identifying racer 's during Live Broadcast coverage by Zwift Community Live.
5.1.14. Team Members MUST equip and wear the nominated Team Jersey BEFORE crossing the start line. Penalties will be enforced for riders who have not equipped the correct attire for any ZRL race.

5.2. ELIGIBILLITY - RACERS

5.2.1. The minimum age for Zwift Racing League is 16.

5.2.2. Racers and The Commission reserve the right to request government issued identification clearly showing the participants date of birth and may not allow the participant to continue until this documentation has been provided.

5.2.3. Racers must race in divisions at or above their race category and not below.

5.2.4. A “B” category racer can race for an Open Regular Division A or B team; they may not race in a Division C or D team.

5.2.5. A racer who races in a higher category team than their race category can move back down to a team in their category if they remain eligible for the lower category team and have not exceeded riding for a maximum of 2 teams in that league already.

5.2.6. A useful guide to understanding categories can be found here but note there are zFTP watt-based limits as well as zFTP W/kg bandings.

5.2.7. Racers found to be exceeding the limits by an undisclosed amount in any race and receive a Code 6, 7 or 8 disqualification will be removed from that team and will not be permitted to race with that team for the remainder of the Round. Racers receiving a Code 6, 7 or 8 are encouraged to consider riding for a team in a higher division or category.

5.2.8. Racers without a valid race category or recent race history are requested to participate in and finish a minimum of 2 x Zwift race events with a duration of at least 30 minutes each prior to Race 1 of the Round to achieve an accurate category. This helps both humans and computers determine the most suitable and competitive division to place a new team in.

5.2.9. Racers must have accurate height and weight entered in-to their Zwift profile, either through Companion app or Zwift.com.

5.2.10. Racers are not permitted to change their height, weight, or other biometric information from the point they enter the paddock to when they exit the race/save the activity.

5.2.11. WTRL may marginally fluctuate the absolute limit of a division to suit the racecourse . This is based on many individual factors but this limit is never published. Please abide by the published limits from the ZRL Rules page

5.3. CATEGORY UPGRADES

5.3.1. If a rider upgrades to a higher Pace Group Category than what their ZRL Division allows, they cannot race in that Division anymore — unless they qualify under the 3-Race Upgrade Rule (formerly the 50% Rule).

5.3.2. Category upgrades are **not permitted** in the DEVELOPMENT LEAGUES and therefore the 3-race-rule does not apply in DEVELOPMENT LEAGUES. Development Leagues have strict zMAP and zFTP limits.

5.3.3. A rider may continue racing with their current team for the remainder of the round only if:

- **a.** They complete 3 races in the round.
- **b.** They do not receive a Code 6, 7 or 8 DQ.
- **c.** They upgrade category after those 3 races.

5.3.4. Any rider continuing to race under the 3-Race Upgrade Rule is:

- **a.** Not permitted to race with another team in a Division whose category is below their new category.
- **b.** Is still subject to all zMAP and zFTP limits on their division and can still earn a Code 6 or 7 DQ.

6. PARTICIPANT EQUIPMENT REQUIREMENTS

6.1. POWER METERS

6.1.1. Where a Smart Trainer with a built-in power meter is used, the Smart Trainer MUST be connected directly to Zwift as the primary Power Source. A separate pedal-, crank-, spider- or hub-based power meter MUST NOT be used as the primary Power Source when the Smart Trainer is capable of measuring to a manufacturer-published accuracy of ±2% or better . The Smart Trainer must also be connected to Zwift for Resistance/Controllable. This requirement standardises power measurement at the trainer, after drivetrain losses, and is consistent with Zwift Esports equipment requirements.

6.1.2. Where a Smart Trainer has a manufacturer-published power accuracy worse than ±2%, a pedal-, crank-, spider- or hub-based power meter with a manufacturer-published accuracy of ±2% or better may be used as the primary Power Source instead.

6.1.3. ERG mode, or any other mode, application or device that automatically controls trainer resistance or power to maintain a predetermined power output, MUST NOT be used during a race. During racing, Zwift must have direct control of the Smart Trainer's resistance.

6.1.4. Exceptions may only be made where explicitly approved by WTRL in advance.

6.1.5. Division A & B racers MUST transmit power information to the game (Zwift). Suitable equipment includes:

a. Smart turbo trainer.

b. Smart bike.

c. Classic ‘dumb’ trainer with separate power meter.

6.1.6. Division C & D racers may use any equipment including ZPower (non-smart trainers) though a power meter or smart trainer is heavily recommended for racers to enjoy the most beneficial experience.

a. Racers on ZPower will be awarded 50% of points earned in the event.

b. Racers on ZPower may only make up 40% of the team during a Team Time Trial event.

6.1.7. Trainers and Power measuring devices must be maintained and calibrated as per the manufacturer's instructions. This may involve calibration before use each time.

6.1.8. Participants are responsible for ensuring that their power source is correctly paired and transmitting throughout the race.

6.1.9. All racers are encouraged to dual record power data for each race where they have the capability.

6.2. CADENCE

6.2.1. Participants are expected to transmit cadence data to Zwift while racing.

6.2.2. Cadence provided by a Smart Trainer, Smart Bike, power meter or separate cadence sensor is acceptable. A separate cadence sensor is NOT required where cadence is already provided by the participant's equipment.

6.2.3. Some Smart Trainers calculate or estimate cadence rather than measuring it directly. This is permitted and does not prevent a participant from racing.

6.2.4. Cadence is one of several data sources that WTRL may use for performance verification and race integrity purposes. Where unusual or abnormal performance data requires investigation, WTRL may place greater evidential weight on directly measured cadence than calculated or estimated cadence.

6.3. HEART RATE MONITORS

6.3.1. All racers are expected to wear a Heart Rate Monitor (HRM) and transmit heart rate data directly to Zwift while racing in ZRL Points and Scratch races. Heart rate data may be used for performance verification and race integrity purposes.

6.3.2. Division A participants MUST wear a transmitting HRM throughout all ZRL Points, Truth and Scratch races. Failure to transmit heart rate data will result in 0 Total Racer Points for the event.

6.3.3. Division B, C & D participants who do not transmit heart rate data directly to Zwift will receive a Code 18 and be awarded 50% of their Total Racer Points.

6.3.4. Where complete and valid secondary heart rate data is available and accepted by WTRL, the missing-HRM penalty may be waived.

6.3.5. HRMs are not required for Team Time Trial events.

6.4. DEVICE TRANSMISSION FAILURE

6.4.1. WTRL recognises that equipment or connection failures can occasionally result in missing results, power, heart rate or cadence data. Where sufficient independent data is available, WTRL may be able to verify the missing data and remove an associated penalty or disqualification.

6.4.2. Where a participant's race result is missing, WTRL can usually recover the result using data available directly from Zwift.

6.4.3. To assist with the verification of missing power, cadence or heart rate data, WTRL strongly recommends that all participants connect their Strava account through their WTRL Profile. See the (WTRL & Strava Integration Guide)

6.4.4. Secondary recordings from devices such as a cycling computer, watch or phone MUST be automatically uploaded from the recording platform/device to the participant's connected Strava account.

6.4.5. Manually uploaded activities cannot be accepted, as source activity files can be modified, cropped or otherwise manipulated before upload.

6.4.6. WTRL cannot accept FIT/CSV files, screenshots, images or links to third-party platforms as evidence of missing data, as their authenticity and integrity cannot be adequately verified.

6.4.7. The participant or a Team Manager MUST contact WTRL within 24 hours of race completion explaining the issue and confirming that secondary data is available through their connected Strava account.

6.4.8. TThe secondary recording must have commenced within a reasonable period of the corresponding Zwift activity and must cover the full duration of the race. WTRL systems will identify and programmatically compare the secondary recording with data received from Zwift to verify its authenticity, timing and consistency.

6.4.9. Where WTRL is satisfied that the secondary recording is authentic, has not been manipulated and verifies the missing data, any penalty Code relating solely to that missing data may be removed.

7. TEAM & RACER VERIFICATION

7.1.1. The Commission may randomly select any teams to verify their in game biometric data by means of a standard height and weight video.

7.1.2. The team (s) selected will be notified not less than 1 week before this is due.

7.1.3. Within the WTRL Team Management is our Verification system (PaVer). If you are required to go through any verification steps, you will see notification in Team Management and via email.

7.1.4. All height and weight verification videos MUST remain private. and should not be made public or posted to a public platform.

7.1.5. Videos should be saved to a private location (e.g., private YouTube or Dropbox account)
a. Height should be entered and maintained to the nearest 1cm (approx. ½ inch)
b. Weight should be entered and maintained to the nearest 100 grams / 0.1 kg (0.25 lb)

7.1.6. Videos submitted by male participants are reviewed by male verifiers of WTRL and female participants' videos are reviewed by female verifiers of WTRL.

7.1.7. Some elements of the Zwift Racing League may require all participants to verify . This would usually be required for any Season Final or Playoff race. Verifying hundreds of people does take considerable time and we ask you to ensure that any dates, dials or number videoed are easily readable.

7.1.8. If a team is selected to verify, they will only be required to submit their verification once in any Round.

7.1.9. If a racer or team is exhibiting unusual results or above average or normal performance for their history, WTRL may request to verify your racing.

7.1.10. This generally involves comparing dual recordings (if available) and/or comparing metrics against other races performed on your trainer.

7.1.11. Should any form of verification checks be required, WTRL will reach out via email to both the racer in question and the Team Manager.

8. RACE SPECIFIC RULES

8.1. POINTS RACES

8.1.1. Points Races are a mass start.
8.1.2. All teams within the same division will start from the same paddock (usually Paddock 1 at the applicable paddock location) to ensure all teams race the same distance.
8.1.3. All legitimately earned in-game equipment may be used, with the exception of TT bikes.
8.1.4. Each race will feature designated PowerUps distributed at specific locations throughout the course.
8.1.5. PowerUps may be randomly selected from the PowerUps designated for that race or may be a specific PowerUp awarded at a specific location.
8.1.6. Refer to the ZRL Race Schedule for race-specific details, including available PowerUps. at https://www.wtrl.racing/zwift-racing-league/schedule/ for more details.
8.1.7. Each Team Member's individual Racer Points are combined to determine the team's total score and ranking within its division.
8.1.8. The team with the highest combined Racer Points will be awarded the maximum League Points available for that race.
8.1.9. Intermediate and segment times are recorded by Zwift. Only times recorded by Zwift will be used for points scoring.
8.1.10. A team that has the minimum required number of Team Members confirmed on its roster but fields only three (3) racers will be ranked below all teams within the division that field the required minimum number of racers, regardless of points scored. Teams fielding three racers will then be ranked against each other by their total Racer Points.
8.1.11. Teams with two (2) or fewer starting riders will not be awarded League Points.
8.1.12. Where teams are otherwise tied, ranking will be determined by total rider points, finish points, FAL points and FTS points in that order.
8.1.13. Teams are responsible for ensuring that no more than five (5) riders cross the start line. If more than six riders start, the team will normally receive a Code 9 disqualification. Points are non-transferable.
8.1.14. In exceptional circumstances, a team may appeal a Code 9 decision. At WTRL's discretion, and on a one-time leniency basis per season, the team's result may be adjusted rather than disqualified. In such cases, the highest-scoring rider(s) will be removed from the results until five riders remain, and those six riders' scores will form the team's official total.

8.2. RACE OF TRUTH

8.2.1. Race of Truth events follow the Points Race rules and scoring format except where specifically stated otherwise.
8.2.2. TT bikes are not permitted and will be disabled in-game. This ensures that riders do not gain an equipment advantage through TT bike upgrades that may not be equally accessible to all participants.
8.2.3. Draft is disabled for all participants.
8.2.4. TT bikes are not permitted and will be disabled in-game to limit the significant performance advantage that upgraded TT equipment can provide in draftless racing.

8.3. SCRATCH RACES

8.3.1. Rules mirror those of Points Races but there are no segments/intermediate points.

8.3.2. Points are only available at the finish line.

8.4. TEAM TIME TRIALS

8.4.1. All ZRL Team Time Trials (TTTs) use the WTRL Team Time Trial conveyor start system.

8.4.2. Each team will be allocated a Row Number and a specific start time. Start details will be available through ZRL Team Management and will also be displayed in the Zwift Companion event header once the rider is signed up.

8.4.3. All racers MUST join the start paddock before their team's allocated start time. Zwift will automatically release the team's Row at the allocated time. Racers who are not present and ready when their Row is released may miss their team's start.

8.4.4. Rows are released at one-minute intervals. In most cases, the highest-ranked team within the division will start first. WTRL reserves the right to alter the start order where necessary.

8.4.5. In exceptional circumstances, WTRL may permit a team to start at a different time within the same race. Any alternative start time must be authorised by WTRL.

8.4.6. Racers may use any permitted in-game bike, including TT bikes. TT bikes provide draft to other racers during WTRL Team Time Trial events.

8.4.7. DRAFTING OTHER TTT TEAMS IS FORBIDDEN.

Teams and individual racers MUST NOT deliberately draft from, pace, assist or interfere with another team. Deliberate interference with, or gaining an advantage from, another team may result in the entire team's result being annulled. See the Overtaking/Overtaken procedures below.

- Drafting any team other than your own is strictly forbidden in all ZRL Team Time Trials.
- Riders must draft only their own teammates. Any attempt to sit on the wheel of another team—whether intentional or “accidental”—is a rule violation.
- Dropped riders may not latch on to a passing team under any circumstances. This includes attempting to use another team to regain speed, close a gap, or recover.
- If you are a dropped rider, you MUST be seen to slow down when overtaken by another team.
- Being overtaken is not an excuse to draft. Refer to specific protocols for overtaking and overtaken teams below..
- Drafting another team can result in TEAM time penalties or TEAM disqualification, depending on the severity and impact.

8.4.8. A racer who becomes separated from their team may only rejoin by legitimately catching their team from behind. A dropped racer MUST NOT wait or position themselves elsewhere on the course in order to rejoin the team on a subsequent lap or later part of the course. This includes, but is not limited to:

- Waiting on a circuit for the team to complete a lap and return.
- Waiting at the foot or top of a climb for the team to return on a subsequent lap.

- Waiting near the start paddocks or elsewhere on the course to rejoin on a subsequent lap.

8.4.9. Deliberately repositioning or waiting to rejoin a team in this manner is considered unsporting conduct and may result in the entire team being disqualified.

8.4.10. The Team Finish Time is determined by the fourth (4th) team racer to cross the finish line. At least four racers must therefore record a valid finish for the team to record a Team Finish Time. There are no exceptions to this requirement.

8.4.11. Where the annulment of an individual racer's TTT result affects the team's result, the team will receive 50% of the League Points it would otherwise have been awarded.

8.5. TTT Overtaking Rules: OVERTAKING TEAM

8.5.1. **Give a heads-up:** Wherever possible, use **in-game public chat** to alert the team ahead that you are approaching for an overtake. A simple “Team X passing” can go a long way to ensure a clean pass.

8.5.2. **Group before passing:** Your team must be tightly grouped before reaching the tail of the team you are about to pass. Scattered riders cause confusion and increase the risk of unfair drafting or collisions.

8.5.3. **Surge to pass:** Just before reaching the back rider of the team you're overtaking, **all team members should increase their power output** significantly. This creates a clear speed differential to **avoid sticky draft**, which can otherwise pull your riders into the other team.

8.5.4. **Maintain through the pass:** Hold this elevated speed until **all** of your team members are fully past the last rider of the other team.

8.5.5. **Resume pace after clearing:** Once your team is clear, you may return to your intended TTT pace.

8.5.6. **If drafted:** If the overtaken team sits in your draft after a clear pass, **you must issue at least 3 visible warnings** via in-game chat (e.g. “Team X: please do not draft us”) before reporting a breach.

8.6. TTT Overtaking Rules: OVERTAKEN TEAM

8.6.1. **Do not interfere:** A team has covered considerable ground to catch up - do not fight them. You do **not need to slow down**, but you must **not increase speed** in response to the approaching team or attempt to block their pass.

8.6.2. **No sitting in draft:** Once overtaken, your team must **not attempt to draft** behind the overtaking team. Any such drafting is a violation of TTT rules and may result in penalties.

8.6.3. **No leapfrogging:** If the overtaking team slows down after passing, your team must **not attempt to re-pass** them for **at least 1km** to allow separation.

9. RESULTS PUBLICATION

9.1.1. WTRL will publish results after each race at www.WTRL.racing.

9.1.2. Race times are taken directly from Zwift servers.

9.1.3. Results will include:

a. Racer names, flags, represented teams, power overviews, race times and detailed scoring information.

b. Segment tables detailing intermediate times and scores for FTS and FAL.

c. League Tables detailing scoring and information.

d. Basic racer stats can also be found in Team Management.

9.1.4. In almost all cases, results will be publicly visible a few minutes after the racer completes their race, but results can take up to 1 hour to populate at times.

9.1.5. Results are marked provisional while any requests are investigated and are marked final once all investigations and any verification is complete.

10. CODE OF CONDUCT

10.1.1. Zwift & WTRL firmly believe in fair competition conducted in an environment that enables people to enjoy racing and the social element that it brings . Any participant engaging in conduct that is unsporting or otherwise inconsistent with this aim shall be subject to sanction under this ruleset.

10.1.2. Racers are encouraged to exhibit the highest possible sportsmanship and behave respectfully towards their team members , competitors, supporters, WTRL , Zwift and any other individual or organization involved with the Zwift Racing League.

10.1.3. The following is a list of behaviors that may result in investigation and penalty:

a. Behaviors associated with cyber -bullying, bullying, harassment, stalking, and trolling are not acceptable in any form. Action will be taken against perpetrators which may result in a racer ban and/or team disqualification from the competition.

b. Any actions, including use of language, which could be considered threatening, discriminatory, or otherwise
deemed abusive or cause offence or undue mental upset to any individual.

c. Attempting to use, showing others how to use, promoting, or colluding with another person/people/team, any method to gain an unfair advantage.

d. Disrupting a race, including inappropriately reporting, distracting or otherwise impeding the performance of other racers.

e. Using in -game equipment that has either not been earned solely by the in -game effort of the racer or has not been authorized by Zwift because of a current sponsorship deal or other such association with the equipment manufacturer.

f. Deliberately mis -calibrating or otherwise tampering with equipment or software configuration such as in-game height or weight.

g. Submitting false or misleading information.

h. Use of mechanical or electronic devices that provide an unfair advantage, such as motors, devices that alter equipment signals, devices that control the smart trainer resistance, devices that broadcast simulated data or devices that interfere with broadcast data.

i. Use of bots or other means of simulating riding.

j. Exploiting connectivity issues or bugs in the Zwift software.

k. Utilizing techniques that exploit a networked game such as ‘Sticky Watts’.

l. Modifying the Zwift software, data files or memory values, or otherwise using methods to gain access to game elements, or alter game play, beyond the normal operation of the game.

m. Altering data transmissions between Zwift clients and servers mechanically or via scripts and software.

10.2. INVESTIGATION PROCEDURE

10.2.1. WTRL will only investigate performance related infringements within Zwift Racing League races. Other events may be used for supporting evidence if required.

10.2.2. Any form of abusive behaviour in any ZRL race or utilizing any WTRL or Zwift owned/provided domain will be investigated.

10.2.3. If the Race Director or WTRL feel that a team or racer may be in breach of the rules the following will apply:

10.2.4. For simple out -of-category or power related offences :

a. Racers are automatically issued with a Cod e 7 or 8 disqualification. This annuls all racer points in a Points Race and in a Team Time Trial race, would cause the teams League Points to be halved. Note the latter is a rule amendment - previously the team scored 0.

b. Racers may appeal this automatic decision with WTRL but MUST provide supporting evidence of their case.

10.2.5. For suspected offences detailed in the Code of Conduct:

a. WTRL may freeze the result of the suspected team (s) or racer(s).

b. WTRL will contact the racer or racers in question, including team managers, to advise what we are investigating, why and what has been found.

c. Racers will have 24 hours in which to respond with their case including any supporting information they feel is pertinent to the investigation.

d. WTRL maintains a history file on all investigations which is shared with Zwift.

10.3. PENALTIES

10.3.1. The general procedure is as follows:

a. First Infringement: After investigation, Racer will receive a warning and their results annulled for that race.

b. Second -Infringement: Racer will be removed from the Round with specific Round results annulled.

c. Third Infringement: Racer will be removed from the season, all previous ZRL Season results annulled and not permitted to return to any ZRL race for that Season.

10.3.2. If a team or racer is found to have deliberately breached the rules, penalties may include (but are not limited to):

a. Annulment of racer/team results for that race.

b. Subtraction of league points.

c. Removal of racers or teams from the Round.

d. Removal of racers or teams from the Season.

e. Temporary removal of individual (s) from WTRL social media groups.

f. Temporary disqualification of all results within ZwiftPower.

g. Temporary in -game shadow ban that will impact the Zwift -users' experience.

11. RISK MITIGATION

11.1.1. On rare occasions, racers may experience technical difficulties with their software , cycling equipment, weather, children/pets, internet, or power suppliers. This is considered 'force majeure' and usually occurs beyond anyone's control. Example scenarios include:
a. A high proportion of racers are unable to access the start paddocks and miss their race.
b. Game updates .
c. A racer is not issued with a result by the Zwift Platform because of internet disconnect or latency.
d. Delays to data availability or processing.

11.1.2. In the event of 'force majeure' , WTRL will do all that it can to assist and ensure fairness. This may include:
a. Recovery of lost results.
b. Rearranging a race to suit as many teams in the division as possible. This may include racing after the Round at the usual time.
c. Notifying teams of any delay to results via our website , ZRL Noticeboard, email, and social media with an ETA for when services will be available again.

11.1.3. Where an issue affects multiple people, WTRL will communicate via our public domains and for
individuals or smaller groups, teams will be contacted by email.

11.1.4. Any decision made / solution provided by WTRL, or the Zwift Race Director will be final.

12. SUMMARY OF AMENDMENTS

From prior season:

- Squad and team size amendments
- Race of Truth defined
- Equipment parameters
    - Smart Trainers and when other power measuring devices can be used.
    - Cadence & HRM requirement clarifications