



ZWIFT COMMUNITY
RACING 
LEAGUE

In Partnership with  **ZWIFT**

Rule and Regulations

Version 3.0.1 18/03/2021

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SUMMARY

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

Governance:

These rules only apply to the Community level of the Zwift Racing League.

Queries can be raised by the Club Manager and/or Team Captain via email to racecontrol@wtrl.racing.

Rules of Racing:

- Use your own Zwift account in your own name.
- Register with WTRL.
- Register with ZwiftPower.
- Use your real height & weight, as measured in shorts and jersey within 24 hours of each event.
- Spin down/calibrate your trainer and power meter. Make sure your cadence sensor and heart rate monitor are working.
- Use the correct in-game virtual equipment.

Performance Verification:

- You must provide performance verification data within the time period required in the applicable technical guide or race instructions.
- You may be asked to provide additional evidence to help verify your performance in an event.

Sanctions:

- If your performance cannot be verified your result may be annulled.
- If you attempt to gain an unfair advantage you may be disqualified and receive a ban from future events.
- If you repeatedly break the rules, or bring the sport into disrepute, you may receive a 6-month ban.

Premier Division:

Rules and regulations for the Premier Division of the Zwift Racing League are the sole responsibility of Zwift.

All queries relating to the Premier Division should be addressed to the Charlie Issendorf, Race Director at Zwift eSports, charlie@zwift.com.

PART I – GOVERNANCE

I.1 SCOPE

- 1.1.1 This ruleset governs the community level races designated by WTRL and Zwift as the Zwift Racing League (ZRL). It does not govern the Zwift Racing League Premier Division or other events and/or series managed by WTRL held on the Zwift platform.

I.2 ZWIFT RACING LEAGUE COMMISSION

- 1.2.1 The Zwift Racing League Commission (hereafter “The Commission”) shall be responsible for maintaining, implementing and communicating this ruleset.
- 1.2.2 The Commission shall consist of the following.
- a. WTRL
 - b. The head of Zwift Cycling eSports
 - c. Any other members The Commission deems necessary to discharge its responsibilities.
- 1.2.3 The Commission shall have the power to modify or supplement these rules at any time. The latest version can be found at <https://wtrl.racing/zwift-racing-league>.

I.3 PERFORMANCE VERIFICATION BOARD

- 1.3.1 The Zwift Racing League Performance Verification Board (hereafter “The Board”) shall be responsible for ensuring the integrity of results at the community level events of the Zwift Racing League.
- 1.3.2 The Board shall consist of the following.
- a. WTRL
 - b. Assistance from ZADA for Division A1 teams
- 1.3.3 The Board shall act as the decision-making body on any matters regarding potential rule breaches.
- 1.3.4 The Board shall have the power to update the results of events, and apply further sanctions to riders, 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

I.4 DATA

- 1.4.1 Data for events and results processed by WTRL systems is sourced directly from Zwift’s game data.
- a. Participants must compete using Zwift / WTRL / ZwiftPower accounts registered in their own name and not shared with other users.
 - b. Participants shall be solely responsible for ensuring that any non-game verification data (e.g., dual recordings) is accurately recorded and stored.

- c. Race files from sources other than Zwift will not be accepted as results.
- 1.4.2 All information and data published on WTRL's website is subject to the Terms of Use. (<https://www.wtrl.racing/terms-of-service.php>).

I.5 QUERIES

- 1.5.1 Any queries regarding the conduct or performance of participants in the community level events of the ZRL shall be submitted only by the Club Manager and/or Team Captain to racecontrol@wtrl.racing or the dedicated online form, available during the dedicated timeframe to submit queries. It is much easier for us to deal with a single email from a Club Manager and/or Team Captain than multiple emails from team riders. Help us to help you faster!
 - a. Queries to be submitted via the dedicated online form during the dedicated timeframe - 12 hours after the results status being listed as Final on the Team Management page on the WTRL website. Amendments to results on queries received outside this timeframe will not be made, no exceptions.
 - b. Results are defined as race data published on the WTRL website. Event data from any other source is not considered valid.
 - c. Include in your email query the required primary information:
 - a. Team Name
 - b. Links to the Zwift.Com Activity
 - c. Rider ID number
 - d. Event ID

Screenshots will be accepted as secondary evidence.

 - d. Investigation and outcome of queries against teams other than your own will not be published or posted back to the individual or team submitting the query.
 - e. WTRL and Zwift's decision around queries are FINAL.

PART II – RULES AND REGULATIONS OF RACING

2.1 SCOPE

- 2.1.1 This ruleset shall apply to and bind any individual who participates (whether personally, or through any other individual) in any event held in accordance with this ruleset.
- 2.1.2 All riders shall agree to both the WTRL (<https://www.wtrl.racing/terms-of-service/>) and Zwift Terms of Service (https://support.zwift.com/en_us/terms-of-service-HJt7VBYyH) 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.
- 2.1.3 It is the responsibility of each individual to review and understand this ruleset, and any additional event specific rules.

2.2 FORMAT

- 2.2.1 Regular Season events consist of 8 races which take place every Tuesday from the commencement of the season and consist of the following.
 - a. 5 Points Races and 3 Team Time Trials for a total of 8 events across 8 consecutive weeks
- 2.2.2 Playoff invites will be extended to the top 2 teams in Divisions B1, C1 & D1 from each League to compete for World Championship title. Playoffs will commence over 2 days and consist of the following.
 - a. 1 Points Race and 1 Team Time Trial.
 - b. Participants must have raced a minimum 4 ZRL events for the team they are representing in playoffs.
 - c. Dates will be confirmed during the Season
- 2.2.3 Premier League Playoff invites will be extended to the eligible top 2 teams in Division A1 from each League to compete for a place in the Premier League the following season.
 - a. Eligible teams are from Clubs not already represented in Zwift Racing League Premier Division. Non-eligible teams will be replaced with the next eligible team in Regular Season placings.
 - b. A maximum of 14 Men's and 8 Women's teams will compete for Premier Division places.
 - c. Mixed gender teams are not eligible for Premier Division currently.
 - d. Subject to passing ZADA verification ([Zwift-Cycling-Esports-Ruleset-v1.0.5.pdf](#)) and approval by Zwift eSport's Race Director.
 - e. Winning teams will receive a custom in-game kit.

2.3 LEAGUES AND DIVISIONS

2.3.1 Community level Leagues will consist of the following leagues.

- a. Asia-Pacific
 - i. (APAC)
- b. Europe-Middle East-Africa
 - i. (EMEA) Women's only divisions
 - ii. (EMEA-N) North
 - iii. (EMEA-E) East
 - iv. (EMEA-S) South
 - v. (EMEA-W) West
- c. Americas East
 - i. (AMERICA-E) East
- d. Americas West
 - i. (AMERICA-W) West

2.3.2 Community level Divisions will consist of Divisions A, B, C & D.

- a. A minimum 5 to a maximum 20 teams per division (where possible).
- b. Where there are 4 or less teams in a Division 'Culling' may be enabled. Teams will start in their respective pens (EG: Division D in D start pen etc.) BUT will be able to see and race with at least the Division above during the event.
- c. Full points will be available for each division regardless of culling.

2.3.3 Each Division will have its own allocated event and start time.

- a. Riders must use the WTRL RacePass to enter event and correct start pen. Any rider gaining access in any other way will not receive a result.

2.3.4 Promotion and Relegation.

- a. Team(s) will only be relegated to another Division of the same category (e.g., top 2 teams of Division B3 up to Division B2 and bottom 2 teams of Division B2 to Division B3).
- b. Winning team(s) from the Division A1 playoff will be promoted to the Premier Division, pending ZADA verification.

2.4 POINTS SYSTEM

2.4.1 The ZRL is centred around teams of riders, there is no General Category (GC) League for individual racer and there are no iTT events.

2.4.2 Points Races: Allocation of points

- a. All rider points are totaled up and converted to League points
- b. Finish position points (FIN)
- c. Intermediate points for predesignated intermediates and laps.
 - i. Fastest Through Segment (FTS): points awarded to the top 10 times through the intermediate segment(s). (e.g.: race has 1 sprint segment on a 3-lap course, the times from all 3 laps are combined and the top 10 times are awarded points).
 - ii. First Across the Line (FAL): points awarded to the top 10 riders across the intermediate finish line each lap.

- 2.4.3 Team Time Trial: team time is taken on the 4th rider across the finish line (no exceptions) and the team is awarded team points based on the finish time.
- a. Any rider disqualification during a Team Time Trial for power or category infringements will cause the entire team being disqualified from the event and awarded 0 point and potentially penalty points.
- 2.4.4 End of Season points tie: In the event of a tie at the end of the season, final league standings will be decided as such.
- a. League Points and then by Total Points (the sum of FIN, FTS and FAL totals). If there is still a tie after League Points and Total Points have been added the team who places higher in the final race will be awarded the higher placing.
 - b. Division A1 teams in playoff will race under Premier Division rules in place under Zwift Esports which is League points and then based on highest place in final race.
- 2.4.5 Points tables can be found on the WTRL website <https://www.wtrl.racing/zwift-racing-league/>

2.5 REGISTRATION

- 2.5.1 Captains to returning teams will receive an email invitation and instruction on how to register for the following season.
- 2.5.2 New teams can register at <https://wtrl.racing/zrl/ZRL-registration/>
- a. Club Managers can be linked to multiple teams
 - b. Team Captains can only be linked to one team and will receive all team related correspondence to send on to teammates as well as being the main point of contact between their team and WTRL.

2.6 RACE PASS

- 2.6.1 The RacePass is a team specific event sign on link that is used to identify which team an individual is racing for. Team Captains will receive the event details and RacePass via email and also have access to the RacePass link via the Team Management page on WTRL's website.
- 2.6.2 When a rider clicks the RacePass link they are taken through the WTRL website and identified by the Zwift ID number stored in their WTRL account along with what team they are in, updating our race database accordingly. They are then forwarded on to the Companion App or Zwift.com event sign-on page automatically where all they only need to select the correct start pen.
- 2.6.3 Riders attempting to join events with a RacePass link will not be permitted to sign-on if.
- a. Rider's name has not been nominated on the teams Squad list.
 - b. Rider's race category is ABOVE the division limit (unless approved through the 4-event race rule).
 - c. Rider has been asked to upgrade (UPG) in any previous race during the season.
 - d. Any rider with an incorrect Zwift ID number stored with WTRL is advised to update with correct Zwift ID prior to participating in any event.

- e. Riders who have been banned or sanctioned riders or Premier Division riders attempting to access a community level event will receive an onscreen warning and will not be taken to the Companion App or Zwift.com event to sign on.
- 2.6.4 Riders changing teams who have already clicked the RacePass for the initial team they were assigned to must now click on the RacePass for the new team they will be representing otherwise they will NOT be identified as part of the new team.
- 2.6.5 Team Car, Directeur Sportif (DS) and any other support crew entering racer-designated start pens must NOT leave the pens under any circumstances. If you do, you will be placed in the race with your team.
- 2.6.6 Team Captains/Managers can access the team management section on the WTRL website to see exactly who has signed up for each team.
- 2.6.7 Anyone attempting to bypass using the RacePass link and attempting to join an event will be immediately disqualified.

PART III – SQUADS, TEAMS AND RIDERS

3.1 ELIGIBILITY – SQUADS AND TEAMS

- 3.1.1 A Squad (roster) can be comprised of up to 12 nominated riders of which a minimum of 4 to a maximum of 6 riders can be selected from each week to form the Team racing in the event. **A Squad nomination form will be available on the WTRL website.**
- A minimum of 4 riders must be nominated for the Squad before registration closes.
 - New riders can be added at any time up to the maximum of 12 riders per Squad.
 - New riders must be added prior to participating in an event.
 - Riders cannot be dropped from the Squad to free up space or if they have been asked to upgrade (UPG) within their first 4 events. Once the riders name is nominated for the Squad it is there for the entirety of the season.
- 3.1.2 Teams must be made up of riders at or below the division category threshold* the team is competing in. Divisions and rider limits are found on the WTRL website (<https://wtrl.racing/zwift-racing-league/>)
- *E.g.: A "B" category rider can race for a Division A or B team; they may not race in a Division C or D team.*
 - Women's Leagues will use women specific categories.
 - Men's/Mixed League's will use men's/mixed specific categories.
- 3.1.3 Teams fielding riders who perform above the division limits will have,
- Rider's points annulled in Point Race.
 - Team points annulled in Team Time Trial.
- 3.1.4 Teams are required to select an in-game Team Kit at the start of the season and maintain use of the same kit throughout. Deliberately changing team kit or race names to confuse opponents would be considered as against the fair spirit of the competition and may result in a points deduction or disqualification.
- There will be an option on the Team Management page to indicate which kit your team is using.
- 3.1.5 Teams are asked to identify themselves in-game by adding the [Team Name] * to the end of the individual rider's Zwift profile.
- *E.g.: John Johnson [Team Name]*
 - This is for ease of identifying rider during Live Broadcast coverage by Zwift Community Live.

3.2 ELIGIBILITY - RIDERS

- 3.2.1 Riders must race in divisions at or above their race category and not below.
- A "B" category rider can race for a Division A or B team; they may not race in a Division C or D team.
 - A rider 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 already.

- 3.2.2 Riders without a valid race category or a recent race history are strongly encouraged to participate in and finish a minimum of 3 race events on Zwift lasting a minimum of 20 minutes in duration prior to Race 1 of the Season to achieve an accurate category.
- 3.2.3 Riders must have accurate height and weight entered in-to their Zwift profile, either through Companion app or Zwift.com.
- 3.2.4 Riders are not permitted to change their height, weight or other biometric information from the point they enter the pen to when they exit the race.
- 3.2.5 Riders must have a fully registered ZwiftPower.com account that has enabled the sharing of rider data with ZwiftPower from your Zwift Profile Connections.
- 3.2.6 Rider improvement is expected during the series and a rider whose race category upgrades in ZwiftPower prior to completing (finished) 4 events in the ZRL will need to race for a team in a Division matching their upgraded race category.
 - a. Riders who receive a category upgrade in ZwiftPower may continue racing within the same Division if they have completed 4 events.
 - b. Riders are still subject to the divisions power limits which include WTRL fluctuation limits*
- 3.2.7 *WTRL fluctuation limit's definition – WTRL uses the traditional ZwiftPower category limits and MAY apply an additional fair margin considered acceptable for the type of course the event has taken place on. This additional margin is not publicised as to do so would allow riders to potentially and deliberately race outside of the traditional limits.
- 3.2.8 Division A riders MUST transmit power data from a recognized smart trainer or power meter to the game (Zwift) or points will be annulled. Please see Section 3 for additional information on equipment requirements.

3.3 EQUIPMENT REQUIREMENTS

- 3.3.1 Division A riders MUST transmit power information to the game (Zwift). This can be done by using a,
 - a. Smart turbo trainer.
 - b. Smart bike.
 - c. Classic 'dumb' trainer with separate power meter.

Not transmitting power to the game will result in points being annulled.
- 3.3.2 Division B, C & D riders may use any equipment that transmits power to the game (Zwift) including Zpower.
 - a. Riders on Zpower will be awarded 50% of points earned in the event.
 - b. Riders on Zpower may only make up 40% of the team during a Team Time Trial event.
- 3.3.3 All riders are encouraged to dual record power data and upload to ZwiftPower.com.
 - a. Dual recording is the capture of power data from 2 separate power meters.
 - b. **This is a recommendation, NOT a requirement.**
 - c. Each week at least 2 Division A1 teams will be selected for ZADA verification which will require dual power recording.
- 3.3.4 Division A riders MUST wear a heart rate monitor (HRM) that transmits data to the game (Zwift). Not transmitting HRM data to the game in a Points Race will result in points being annulled.
 - a. HRMs are not a requirement for Team Time Trial events.

- 3.3.5 Division B, C & D riders are advised but not required to wear a HRM and transmit data to the game (Zwift).
 - a. Riders not transmitting HRM data will be awarded 50% of points earned in the event.
 - b. HRMs are not a requirement for Team Time Trial events.
- 3.3.6 Heart rate monitor data must be transmitted to the game (Zwift).
 - a. HRM data from any source other than in game will not be accepted under any circumstance. This includes but is not limited to, fit files, cycling computers, watches or prior race history results.
- 3.3.7 Power Meter Zero-offset – please refer to your owners manual for recommended frequency and methods.
- 3.3.8 Smart Trainer Callibration / Spin Down – wheel on trainers require tire pressure checks before every use and should be warmed up for 10 minutes before a spin down is performed before EVERY race. Please refer to the user manual for all other smart trainers to determine the recommended frequency. Most are bi-weekly (every 2 weeks) or if picked up and moved. There are some that self calibrate and do not require frequent spin downs.

3.4 TEAM AND RIDER VERIFICATION

- 3.4.1 Each week The Board may randomly select teams from each Division to provide height and weight video per rider up to 12 hours pre and 12 hours post race.
 - a. Team Captains will be notified via email with all necessary requirements.
 - b. All Height and weight verification videos MUST remain private. and should not be made public or posted to a public platform.
 - c. Videos should be saved to a private location (e.g., private YouTube or Dropbox account)
 - d. Links to the videos are to be submitted to verification@wtrl.racing and will be accessible to WTRL, Zwift and ZADA. Videos submitted via email will not be made public.
 - e. **Height** should be entered and maintained to the nearest **1cm** (approx. ½ inch)
 - f. **Weight** should be entered and maintained to the nearest **100 grams / 0.1 kg** (0.25 lb)
 - g. Some teams may be asked more than once during the random selection process, this should not be interpreted as any suspicion from The Board.
 - h. Height does not need to be submitted more than once in any 6 month period.
- 3.4.2 ZADA will carry out random verifications on Division A1 teams.
 - a. Teams will be notified in advance.
 - b. This may include dual recording requests in addition to height and weight video.
- 3.4.3 Division A1 team(s) will be required to complete and satisfy all ZADA requirements prior to being officially promoted to the Premier Division of the Zwift Racing League.
<https://www.zwift.com/p/zwift-cycling-esports-rules>

PART IV– RACE SPECIFIC RULES

4.1 POINTS RACE SPECIFIC RULES

4.1.1 Points Race event specific rules.

- a. Each Division will have a mass start from the designated category start pen.
- b. Culling will be enabled where Divisions have 4 or less teams (see 2.3.2 b for full details)
- c. The community level Leagues have no restrictions on in-game equipment (bike/wheels/helmets)
- d. Pre-designated Power Ups will be awarded. Available Power Ups will be published on the Course Schedule section on the WTRL website. (<https://www.wtrl.racing/zwift-racing-league/#schedule>)

4.2 TEAM TIME TRIAL RACE SPECIFIC RULES

4.2.1 Team Time Trial (TTT) event specific rules.

- a. Team Captains will receive the event details, team start delay and RacePass via email and also have access to the RacePass link via the Team Management page and the start delay on the My Registered Teams section on WTRL's website.
- b. *Start Delays*; Teams must always comply to their start time. WTRL is now **MILLISECOND** accurate for teams leaving the pen. Any team leaving early will incur a minimum 30 second penalty on top of any time correction.
- c. The 'Team Finish Time' will be taken from the 4th rider to cross the finish line, no exceptions to this rule.
- d. TT bikes are not permitted.
- e. There are no Power ups in the TTT. '
- f. Riders 'dropped' from their team must NOT draft off other riders or interfere with other teams in any way. If a team catches a dropped rider the same rules listed below apply.

Drafting off any rider outside of your TTT team is strictly prohibited. Over taking another team is a fine art that involves BOTH teams to quickly adjust their riding styles.

- g. **OVER TAKING TEAM (passing)** is expected to significantly increase their power as soon as they are near or in the draft of the team ahead of them and maintain this power to create a significant lead.
- h. **OVER-TAKEN TEAM (being passed)** is expected to decrease their power/speed once they are aware of being overtaken (riders at back of line should communicate being overtaken to the front riders). DO NOT fight the passing team as they have made up a significant time difference to catch you up.

By creating a significant difference between both team's power/speed it lessens the chance of riders being caught in the 'sticky draft' which is a dynamic game feature of Zwift.

Teams found to not be compliant with passing rules may result in having points annulled.

All riders of the TTT Team are subject to Division limits weather they complete the race or part there of and any rider whose results are annulled for exceeding limits will cause the entire TTT team results to be annulled thus earning 0 points.

TTT specific results warning symbols.

- ▲ Detected early leaving team, but penalty pending upon review.
- 🕒 Jumped start, penalty has been applied.

4.3 PLAYOFF SPECIFIC RULES

- 4.3.1 Playoff Specific Rules for all eligible Division A1 teams for the Championship Playoffs will be expected to comply with the following.
- a. Eligible Teams must have competed in all 8 events of the current Regular Season
 - b. Teams must nominate a 12 rider Squad
 - ii. Nominated riders must have completed (finished) a minimum of 4 events (50%) in the current Regular Season.
 - iii. A minimum of 60% of the nominated riders must be on the Squad racing in the Premier Division for the next season (if promoted).
 - c. Trainer as primary power source with difficulty set at minimum of 50%
 - d. Dual Power recording from secondary power source
 - e. Heart Rate Monitor (HRM) worn and transmitting data to the game.

PART V – CODE OF CONDUCT


5.I CODE OF CONDUCT

- 5.1.1 Zwift & WTRL firmly believe in fair competition conducted in an environment that enables people to enjoy racing. Any participant engaging in conduct that is unsporting or otherwise inconsistent with this aim shall be subject to sanction under this ruleset. Such behaviour includes, but is not limited to, the following:
- a. Behaviors associated to cyber-bullying, bullying, harassment, stalking and trolling are not acceptable in any form. Action will be taken against perpetrators which may result in a rider ban and/or team disqualification from the competition.
 - b. Taking any actions, including use of language, that could be considered as threatening, discriminatory, or otherwise could be deemed abusive or cause offence to others.
 - c. Attempting to use, showing others how to use, or colluding with another person who is using, any method to gain an unfair advantage, such as:
 - i. Disrupting a race, including inappropriately reporting, distracting or otherwise impeding the performance of other riders.
 - ii. Using in-game equipment that has either not been earned solely by the in-game effort of the rider or has not been authorized by Zwift as a result of a current sponsorship deal or other such association with the equipment manufacturer.
 - iii. Deliberately mis-calibrating or otherwise tampering with equipment or software configuration such as in-game height or weight.
 - iv. Submitting false or misleading information.
 - v. 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.
 - vi. Use of bots or other means of simulating riding.
 - vii. Exploiting connectivity issues or bugs in the Zwift software.
 - viii. Utilizing techniques that exploit a networked game such as 'Sticky Watts'.
 - ix. 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.
 - x. Altering data transmissions between Zwift clients and servers.


PART VI – RESULTS TABLE SYMBOLS DECODER


 No heart rate monitor data has been transmitted from your equipment to the game

- 0 points in A division.
- 50% points in all other divisions.

 No power data has been transmitted from your equipment to the game resulting in Zwift estimating your power (ZPower)

- Zero points in A division
- 50% points in all other divisions.

 TTT specific - Detected early leaving team, but penalty pending upon review.

 TTT specific - Jumped start, time penalty has been applied.

DNQ – Does Not Qualify is issued to teams who have not met the minimum rider requirements for the event

DQD – Disqualification is issued to teams who have breached the league requirements.

REG – Registration is issued to rider who is not fully registered with Zwiftpower and/or WTRL.

- Check that you have agreed to sharing your data within your Zwift profile and that you have setup and linked your Zwiftpower and/or WTRL accounts correctly.

TMT – Too Many Teams is issued to a rider has exceeded the 2-team limit per Season

UPG – Rider's race category has been Upgraded and rider should now race in a higher division.

- A single rider in a TTT can cause the complete team to score zero points as the whole team has benefited.

WKG – Ride has completed the 4 event stages requirement in a season but has exceeded the limits of the division.

- 0 points for the rider.
- These riders can continue to the race the following week with their team but will again receive the WKG if they exceed the division limits.