

Hydration Testing and Weigh-In Procedure

2025 UCI Cycling Esports World Championships

Introduction

The weigh-in procedure document, including a body weight measurement and hydration testing, is in support of the official policy located here. [LINK]

The procedure sets out the requirements for participation in the 2025 UCI Cycling Esports World Championships. These requirements are based on hydration testing and weigh-in policy, which seeks to prevent unhealthy weight-cutting practices while ensuring all riders compete on a level playing field. All procedures will be administered by a neutral medical team, with the primary focus on athlete well-being and fair competitions.

Hydration Testing Protocol

Method: All athletes must prove euhydration at the time of their official weigh-in by submitting to a urine specific gravity (USG) test using a calibrated handheld refractometer.

Hydration Criterion: For the purposes of the Championships, urine specific gravity < 1.020 will be defined as a euhydration status.

Testing Procedure: Athletes will provide a witnessed urine sample under the supervision of a trained official of the same gender.

- A sample of urine will be placed on the refractometer prism, and the specific gravity reading will be taken and recorded.
- The measurement of specific gravity will be performed in duplicate, on the same urine sample, and with the same refractometer. In case of divergent results ($<$ and ≥ 1.020), a third measurement will be performed. The pass/fail status of two out of three measurements shall be the determining factor.
- Pass or Fail: If USG is < 1.020 , the athlete is considered hydrated and passes the hydration test. If USG is greater than or equal to 1.020 , the athlete has failed the hydration test. In a fail scenario, no weight will be recorded at that time, and the athlete must rehydrate and repeat the test at a later time.

Weigh-In Schedule and Procedures

A weigh-in cannot be completed and is not valid until the athlete passes the hydration test.

Weigh-ins will be conducted using a calibrated digital scale on a hard, flat surface. Riders will weigh in privately, with appropriate clothing to ensure accuracy (cycling shorts, jersey, and socks, no shoes). A set of identical model scales will be used for all weigh-ins to maintain consistency and checked for consistency.

Below is the tentative schedule and procedure for weigh-ins:

Thursday 13 November

Rider Information Seminar

Details: All riders will be required to attend a mandatory rider information seminar, which will take place on Thursday, November 13, 2025, at a time to be confirmed by the UCI. The session is designed to ensure that every athlete understands the health and safety principles underlying the weigh-in and hydration procedure.

The seminar will cover the following topics:

- **Definition of Unhealthy Weight-Cutting:** An explanation of what constitutes dangerous or manipulative weight-loss practices, including rapid dehydration, excessive fluid restriction, sauna use, and the use of diuretics or laxatives.
- **Health Risks of Repeated Weight Cutting:** A review of the short- and long-term consequences of engaging in weight-cutting behaviors, including impaired performance, increased injury risk, hormonal disruption, cognitive decline, and cardiovascular strain.
- **Hydration Testing Protocol:** A walkthrough of the urine-specific gravity (USG) test used to assess hydration status, including how to interpret results, why proper hydration is required before weigh-in, and how hydration status reflects an athlete's overall readiness to race safely.
- **Weigh-In Procedure Overview:** A detailed explanation of the scheduled weigh-in process, including retesting opportunities, minimum allowable race weight policies, the use of weight data in the virtual platform, and how the UCI ensures fairness and transparency.

Athletes will be provided with educational materials summarizing key points, and medical officers will be available to answer questions and offer guidance. This seminar is an essential component of the event's commitment to athlete welfare and fair competition, and attendance is required for weigh-in eligibility.

Riders will be given access to voluntary hydration testing ahead of the race day weigh-in to become familiar with the process. The results of any hydration test will be shared only with the athlete and will only be given a "pass" or "fail" with no specific values shared with the athlete.

Saturday 15 November Hydration Test & Race Weigh-In

Details: All athletes must check in ~4 hours prior to race start for weigh-in at the time and place indicated in the technical guide for the Championships. Each athlete completes the hydration test. If urine specific gravity < 1.020 (pass), the athlete proceeds immediately to an official pre-race weigh-in. The rider's weight is measured and entered into the in-game athlete profile.

Medical Oversight

All aspects of weigh-ins and hydration testing will be overseen by medical officers to ensure integrity, fairness, and athlete safety. This team will be assembled by the UCI and race organizers

Neutral Supervision: The medical officers have no affiliation with any competitor or national federations. Weigh-ins will be conducted with at least one UCI official present to witness the reading. All measurements will be documented and signed off by the medical official and the athlete for transparency.

Compliance and Sanctions

Opportunities to Comply: Every athlete will be given ample opportunity to comply with the weigh-in and hydration requirements.

Sanctions for Noncompliance: Sanctions will apply in case of refusal to provide a urine sample, refusal to step on the scale at the appointed time, attempting to falsify or manipulate a sample, confirmed utilization of unhealthy weight-cutting measures, deliberately ignoring instructions from the medical officers, and other such behaviours or actions undermining the present Hydration Testing and Weigh-In Procedure.

If an athlete or team engages in such behaviour, the UCI Commissaire reserves the right to impose penalties, including but not limited to immediate disqualification and removal from the start list.

Confidentiality and Fairness: The medical officer will handle all personal health information with confidentiality. Results of hydration tests and weights will be communicated to the athlete in private. Every athlete is treated equally, irrespective of status or nationality. In case of any disputes, the UCI Commissaire will review the case, and reasonable verifications may be carried out upon request. The guiding principle is that the health of the riders and the integrity of the competition come first.

In case of any disputes, the Commissaire will review the request, and may allow a re-test to ensure fairness.