Player Analysis Technology Approval Report

WHOOP (3.0, 4.0, 5.0 & MG)

Test code: PAT-25-025

Serial no: n/a

Software versions:
N/A

Firmware version:
50.35.1.0

Issue date: 19/12/2025

Objective: To test and evaluate WHOOP according to Rule 31 of the 2025 Rules of Tennis.

Result: Approved

SUMMARY

WHOOP 5.0 and WHOOP MG are screenless wearable sensors designed to be worn on the wrist or other supported positions. They continuously track biometric data and motion during training, competition, and recovery. WHOOP 3.0 and WHOOP 4.0 are also approved as PAT.

The device possesses haptic feedback capabilities, which must be demonstrably disabled by the player (See Data Processing and Communication) for use under the Rules of Tennis. **Permitted use is contingent on the disablement of haptic feedback. Inability to demonstrate this for WHOOP devices 4.0, 5.0, and MG will result in the player being prohibited from using the device.** Players must demonstrate either that haptic feedback is disabled, or that their WHOOP device is a WHOOP 3.0.

All data is stored locally on the device and periodically synced via Bluetooth with the mobile app, where coaching information can be viewed. All visualisation and interaction with the data is only possible via the auxiliary device; there is no user interface within the device itself.

Restrictions on the access by a player to WHOOP components during periods when coaching is and is not allowed are as follows:

COMPONENT	NO COACHING	COACHING
WHOOP device	Permitted	Permitted
Auxiliary device (e.g. smartphone)	Not permitted	Permitted

MAIN COMPONENTS

The main components of the system are described in Table 1 and depicted in Figure 1.

COMPONENT	FUNCTION(S)
WHOOP device (with strap)	Record, store, and transmit data
WHOOP charger	Charge device
Auxiliary device (e.g. smartphone)	Transmit and communicate data
WHOOP app	Process and communicate data
WHOOP server	Store and process data
whoop.com website	Communicate data

Table 1 - Components of the WHOOP system.

Figure 1 - Components of the WHOOP system:
a) WHOOP 5.0, b) WHOOP MG, c) Battery pack, d) smartphone app.
(WHOOP 5.0 and WHOOP MG are versions of the product, not to be worn together.)

DATA CAPTURE AND TRANSMISSION

The sensors used by the device are:

- Photoplethysmography (PPG) optical heart rate sensors
- 3-axis accelerometer and gyroscope
- Skin temperature sensor
- On-demand ECG sensing (approved regions only)

From these sensors, the following measurements can be made:

- Heart Rate (HR)
- Heart Rate Variability (HRV)
- Sleep stages and performance
- Recovery
- Activity strain metrics
- Blood oxygenation (SpO_2)
- Skin temperature
- Respiratory rate
- Blood pressure (only for the WHOOP MG)
- On-demand ECG and irregular heart rhythm notification (approved regions only)

The device is held against the wrist of the user using a fabric strap and clasp (Figure 2). The mass of the device is 26.5 g, including the fabric strap, and its dimensions are approximately 5 × 3 × 1 cm.

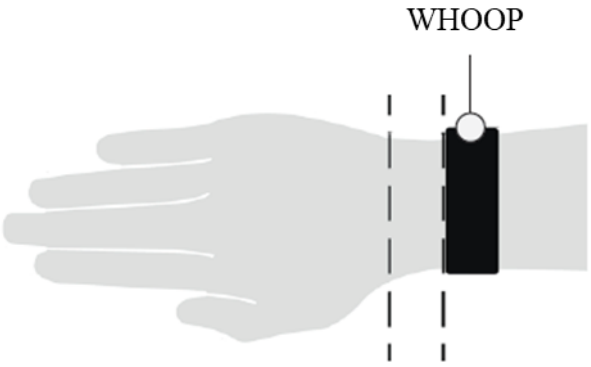

Figure 2 - WHOOP device worn on wrist.

Data is only transferred from a user's WHOOP device to their paired user account. Players can view their data through the companion app or online on the whoop.com website. Access to user accounts on both the companion app and the website require email and password verification.

The battery pack is designed to be used while the WHOOP device is worn. The battery pack sides over the top of the device and clicks into place to secure it. The battery pack is permitted to be used to charge the WHOOP device on court.

COMMENTS

Data is recorded whenever the device is worn on the wrist. The player does not have to activate a particular mode for data capture to commence.

DATA PROCESSING AND COMMUNICATION

No coaching information is available on the device provided haptic feedback has been disabled. Access to data is via the WHOOP app or online dashboard (whoop.com). Data is transmitted from the device to a paired auxiliary device (smartphone) via secure Bluetooth Low Energy (BLE) communication.

Coaching information is available on an auxiliary device (e.g. smartphone). Information includes heart rate, heart rate variability, and estimated energy expenditure (kcal).

Disabling Haptic Feedback
There are three methods by which a player may receive haptic feedback through the device. **Permitted use of the device is contingent on the haptic feedback being disabled.** Players wishing to use the WHOOP device must be able to demonstrate the following to a tournament official on request.

Alarm

The alarm is accessed through My Day > Tonight's Sleep > Edit Alarm
The alarm toggle must be in the disabled state as shown in Figure 3b. The toggle in the bottom right must be on the left side and be grey (Figure 3).

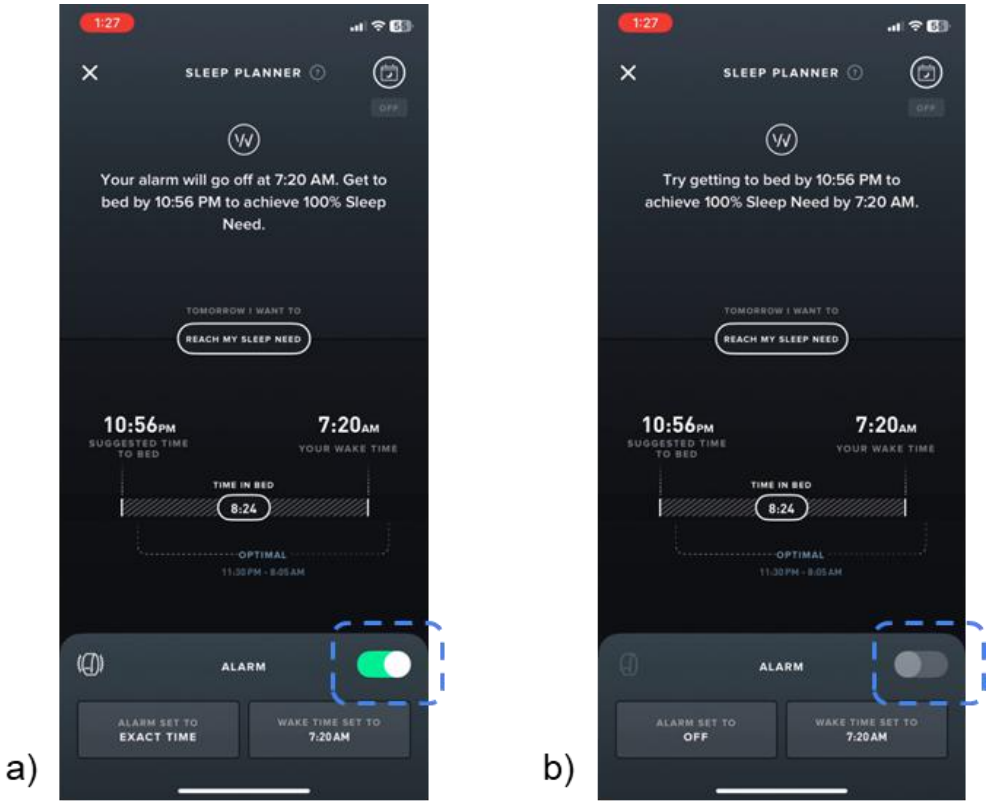

Figure 3 - a) PROHIBITED - Alarm is on. b) PERMITTED - Alarm is off.

Strength Trainer Screens

The Strength Trainer screens is prohibited due to the risk of receiving haptic feedback during the playing of a point. The WHOOP device is permitted for use providing these screens are not displayed when the app is opened. **Use of a WHOOP product in the strength trainer mode is a violation of the coaching rule.** These can be identified through the 'LIVE SESSION' and 'EXERCISES' tabs next to each other at the top of the screen (Figure 4)

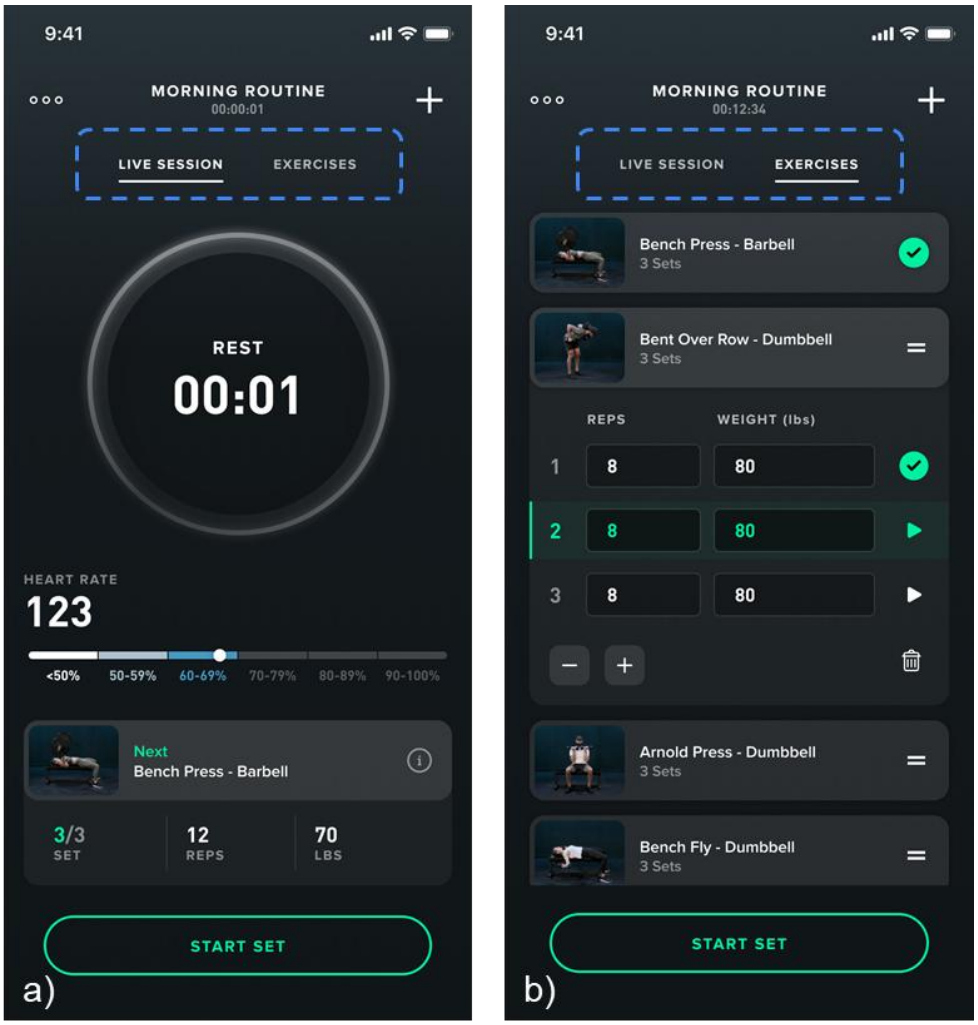

Figure 4 - PROHIBITED – Use of the device is only permitted if neither of these screens are shown on the app. Players should be expected to demonstrate this.

Live Activity Screens

A Player can enter Live Activity mode, but only if the *Strain Target* is turned OFF (Figure 5b). Figure 5c shows the screen displayed in the app if a Live Activity has been started. If a player's app shows this screen, they must exit and demonstrate that the *Strain Target* is turned OFF as in Figure 5b. Figure 5a shows the prohibited Live Activity setup screen which presents a risk of haptic feedback during the playing of a point. **Use of a WHOOP product with the *Strain Target* ON is a violation of the coaching rule.**

If Live Activity mode is used, one of the screens in Figure 5 will be displayed in the WHOOP app when it is shown to an official. If Live Activity mode is used, permitted use of the device is contingent on the *Strain Target* being turned OFF.

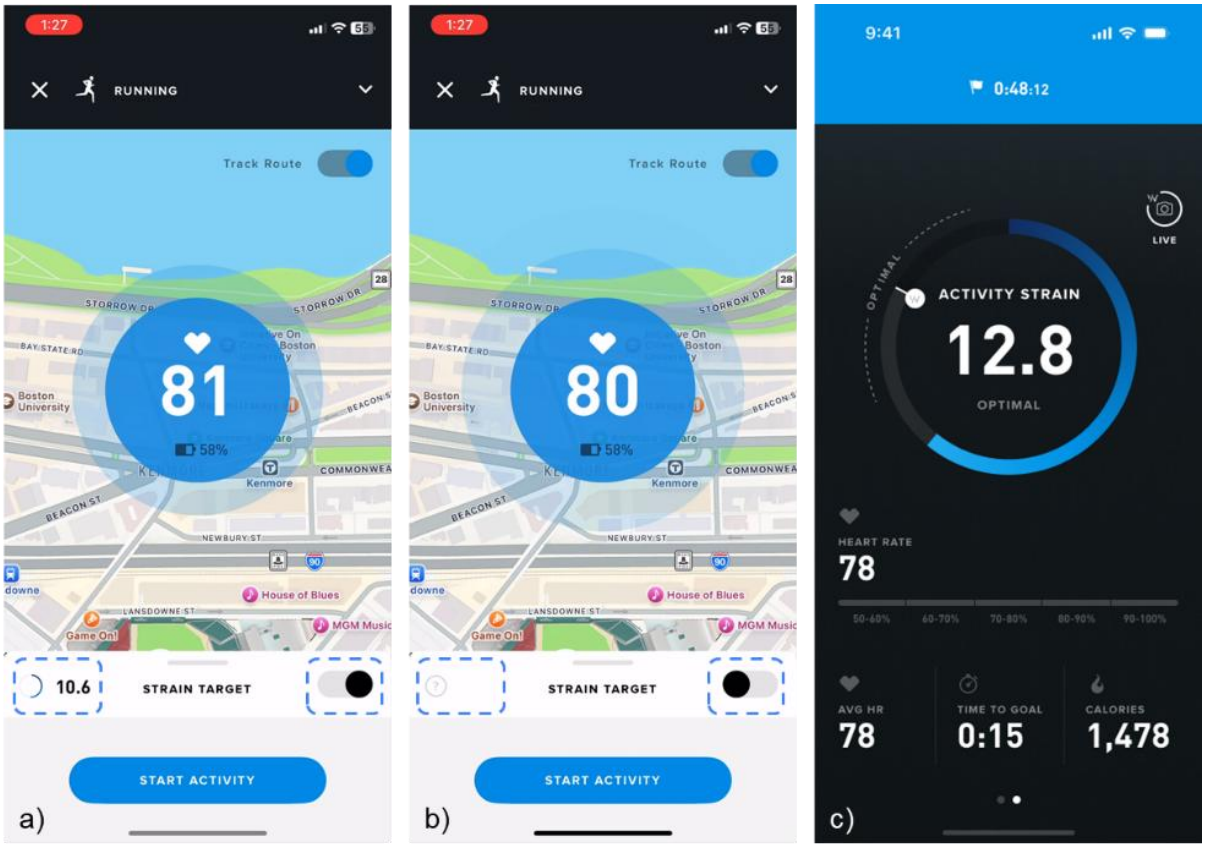

Figure 5 - Live Activity Screens. a) PROHIBITED - Strain Target is toggled ON and a number is visible in the bottom left of the screen. b) PERMITTED - Strain target is turned OFF. c) Live Activity started.

Identifying WHOOP Versions

There are four versions of the WHOOP device that have PAT Approval:

- WHOOP 3.0
- WHOOP 4.0
- WHOOP 5.0
- WHOOP MG

The model can be identified on the underside of the device (Figure 6). Players must demonstrate either that haptic feedback is disabled, or that the device is a WHOOP 3.0.

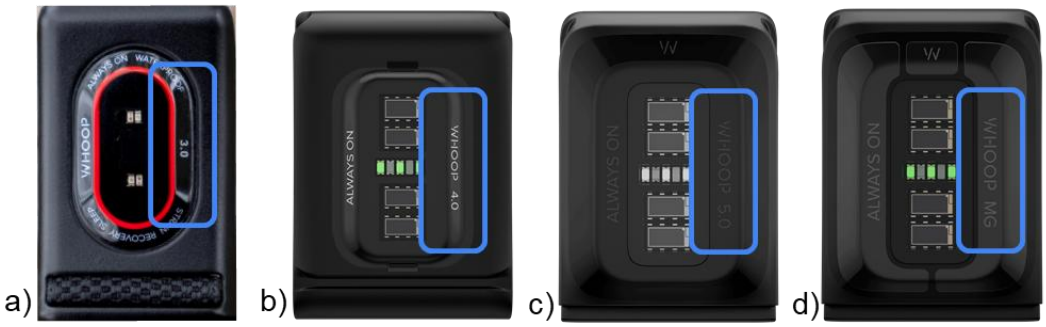

Figure 6 - Identification of version numbers on the underside of the device for identification. a) WHOOP 3.0, b) WHOOP 4.0, c) WHOOP 5.0, d) WHOOP MG.

Use on Court

Figure 7 shows the steps a player must undertake to use WHOOP on court.

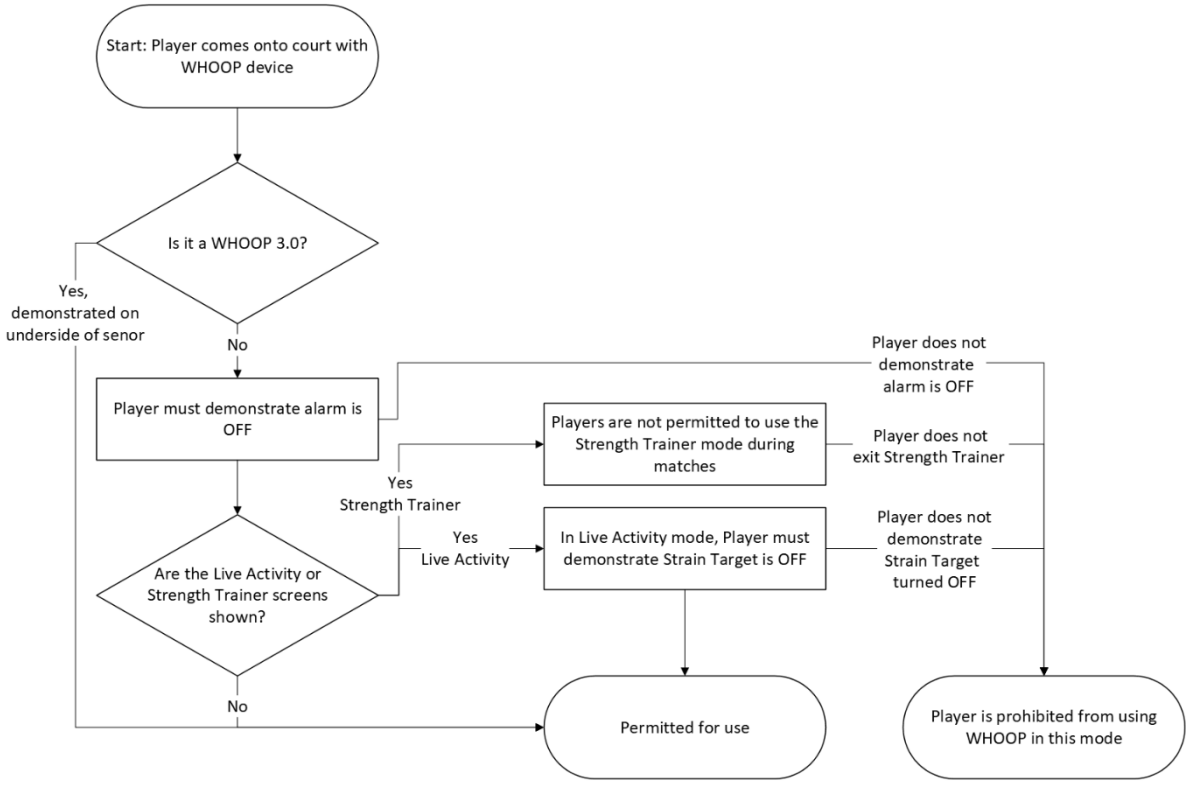

Figure 7 - Flowchart for how a player is expected to demonstrate the necessary requirements to use WHOOP .

COMMENTS

The WHOOP 3.0 does not have haptic feedback capabilities; as such, users of this product are not required to demonstrate the steps above to limit haptic feedback, providing they can demonstrate the WHOOP 3.0 version on the underside of the device (Image).

The strength trainer is prohibited for use due to the risk of haptic feedback being received by the player in this mode. The Live Activity mode may only be used if the player demonstrates that the Strain Target toggle is OFF

Coaching information is available through the WHOOP app and website. Therefore, players must not have access to auxiliary devices with the app or internet connection when coaching is prohibited.

ADDITIONAL INFORMATION

Client:
WHOOP
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Date received: 5 December 2025

Report prepared by: Tom Hewson
Report authorised by: Jamie Capel-Davies
Revision number: 0

Please note:
Approval does not attempt to, nor does it in fact, establish the accuracy or reliability of data or fidelity of its transmission.