Player Analysis Technology Approval Report

Oura Ring

Test code: PAT-26-038

Serial no: n/a

Software versions: Oura App v7.12.0 (iOS/Android; 14/04/2026)

Firmware version: Oura Ring 4 v2.11.0 (20/04/2026)

Issue date: 6th May 2026

Objective: To test and evaluate Oura Ring according to Rule 31 of the Rules of Tennis.

Result: Approved

SUMMARY

The Oura Ring is a wearable smart ring used with the Oura App on iOS/Android. The ring captures physiological and movement signals using optical, temperature and motion sensors, and the app processes these into health insights, scores and trends.

The device measures heart rate, heart rate variability, skin temperature variations, and 3D movement/acceleration. It also measures respiration rate and blood oxygen trends during sleep.

The Oura App is the primary user interface, providing daily and long-term views including Sleep, Activity and Readiness scores, alongside detailed graphs and trends. There is no feedback available through the Ring itself; all data is transferred via Bluetooth Low Energy connection to the user's phone, and subsequently to the Oura Cloud. Users can choose to share their high-level data within Oura Circles, or can use the Oura Enterprise Platform to share in-depth data with coaches and teams.

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

COMPONENT	NO COACHING	COACHING
Oura Ring wearable	Permitted	Permitted
Oura App	Not permitted	Permitted

MAIN COMPONENTS

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

Table 1: Components of the System.

COMPONENT	FUNCTION(S)
Oura Ring wearable ring	Captures physiological and movement signals using optical photoplethysmography PPG, temperature and 3-axis accelerometer sensors; stores and transfers recorded data.
Oura App (iOS/Android)	Receives ring data via Bluetooth, runs algorithms, and displays scores, insights, trends and activity details to the user.
Oura cloud services	Provide backup and advanced processing of data transferred from the app over encrypted internet connections.

Figure 1 - Components of the System: a) the Oura Ring; b) the Oura App, showing the home screen, the Vitals screen with the readiness scores, and the Habits and Routines screens.

DATA CAPTURE AND PROCESSING

The Oura system comprises a wearable ring that continuously captures physiological and movement signals, and a mobile application that processes the recorded data into user-facing health insights, scores and trends. The ring performs high-resolution data capture, while the Oura App provides feedback, guidance and longitudinal tracking. The device has a typical width of ~8 mm, thickness of ~3 mm and has a mass of 3.3 – 5.2g (dependent on ring size).

The Oura Ring wearable ring captures physiological and movement signals using a multi-wavelength optical photoplethysmography (PPG) subsystem, a digital skin-contact temperature sensor, and a 3-axis accelerometer. Raw optical, temperature and motion signals are transformed in the Oura App into user-facing physiological and activity metrics.

The device measures:

- Heart rate
- Heart rate variability

- Respiration rate during sleep
- Blood oxygen trends during sleep
- Skin temperature variations
- 3D movement and acceleration
- Activity duration
- Automatically detected activities including tennis.

The ring continues logging data offline until synchronisation is possible. Data processing occurs in the cloud once the data has been transferred to the app.

COMMENTS

Data are encrypted in transit and at rest. Bluetooth Low Energy (BLE) is used between the ring and phone, and HTTPS/TLS 1.2+ is used between the Oura App and cloud services. Oura maintains SOC 2 Type II and HIPAA-aligned controls to help protect user data.

User data may be subject to anonymisation, aggregation, and pseudonymisation where appropriate. Data is only shared with third parties with explicit user consent and under data-protection agreements requiring adequate safeguards.

DATA COMMUNICATION

The ring is used for data capture. Data is communicated to the player through the Oura App. There is no feedback available through the Oura Ring itself. The Oura App is the primary user interface through which users access daily summaries, detailed metrics and long-term trends.

The Oura App splits insights into “Today” (daily overview), “Vitals” (key biometrics), and “My Health” (long-term trends and features like Cardiovascular Age, Heart Health, Women’s Health, Metabolic Health).

The Oura App provides Sleep, Activity, and Readiness Scores, which can be used to balance training, recovery and matches, together with detailed graphs of sleep stages, resting heart rate, heart rate variability, temperature trends, stress, resilience, and daily movement, which are compiled into health metrics as well as activity details, including automatic activity recognition, including tennis.
Activity session details include:

- Type
- Steps
- Movement intensity
- Start time
- Duration
- Intensity
- Calories
- Route*
- Distance*
- Average pace*
- Heart-rate zones

*Where available through data from phone (user configurable opt-in)

Long-term trends and reports show how training, travel, and competition schedules affect sleep, readiness, stress, and heart health. For automatically detected tennis sessions, the app provides session duration, time of day, estimated intensity, calories, and heart-rate zones.

The Oura App on an auxiliary device is the route by which coaching-relevant information could be communicated to a player. As such, the requirements for reasonable measures to prevent communication during the playing of a point have been met.

Oura Circles is a social feature available in-app where Oura members can create small private groups to share high level scores (sleep, readiness, activity) with friends and family.

Oura Enterprise Platform (OEP) is a web-based platform designed for team, coaches and doctors where players are invited to share their Oura Ring data so it can be managed externally, supporting group level metrics, and allowing data exports for in-depth analysis. Once a wearer consents, deeper level metrics are shared with coaches, clinicians or research staff through the OEP, which sits on top of the Oura Cloud. The data available in the OEP are detailed below (all are available to the wearer as standard, the OEP allows these to be shared):

- Daily Activity
- Daily Cardiovascular Age
- Daily Readiness
- Daily Resilience
- Daily Sleep
- Daily SpO2
- Daily Stress
- Daily Symptom Radar
- Heart Rate
- Personal Info
- Ring Configuration
- Session
- Sleep
- Tag
- VO2 Max
- Workout

COMMENTS

There is no on-ring display of metrics or coaching information; instead, the Oura App is the user interface. On that basis, restricting player access to the auxiliary smartphone/app environment when coaching is not permitted would be the key control to prevent access to coaching information during play.

The ring features LED sensors on the inside of the ring that occasionally emit light, noticeable in the dark, though not while the ring is being worn in tennis conditions. There is no audible or haptic feedback on the ring.

ADDITIONAL INFORMATION

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28th April 2026

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