



Player Analysis Technology Approval Certificate

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)
Oura Ring 5 v1.3.1 (21/04/2026)

Issue date: 28th 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. This PAT Approval Report covers the Oura Ring 4, the Oura Ring 4 Ceramic, and the Oura Ring 5.

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