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***FRS - Race Series Rules***

Season 1

May 11 – Jun 15 2022

V20220504.1

# RACE SERIES OVERVIEW

## Event Setup

- Event links will be OPEN on Companion
- 6 events with best 4 results to count
  - 4 Points races
  - 1 CRIT style race
  - 1 ITT
- Each race will have 4 race time options (refer to schedule)
- Riders may race any event (first completed event will count)
- Each rider must have a Zwiftpower account
  - ZPower riders will be excluded from the results
- ONE racing PEN for all riders
- 7 rider levels
- KMZ will not be in operation for the Race Series
- Enforced bike frame for all riders
  - Riders may use their choice of wheelsets

## Results

- All official results will be on the FRR website
- To be included in the official results a rider must have a completed FRR profile
- A completed FRR profile will set a riders FRHC racing category
- Existing riders are requested to update their profile, FRR will update all riders FRHC on May 8th
- FRR has 7 FRHC racing levels (Refer to FRHC section)
- Riders will have their FRHC set by FRR from their race data
- There will be ONE Global League for each FRHC
- FRR will update the website notice board with result updates

## Scoring

- All official results will be on the FRR website only
- Race finish points plus segment points = Rider's League Points
- For Race 6 – ITT

- Finish points are DOUBLE
- No segments are in play
- All race event times will be merged by FRHC to make one race result
- ALL segments are in play, except in race 6
- Finish Points are scored against the clock
  - Each course has a baseline time allocated by rider category
  - Each rider level receives additional time to complete the course called the 'buffer' time
  - Points are determined by subtracting your time taken from the baseline plus buffer time for your I(Refer to point section example)
  - The faster you ride the more points you win (1 point = 1 second)
- Segments are scored against the clock
  - Each segment has a baseline time allocated
  - Each rider level receives additional time to complete KOM's called the 'buffer' time
  - There is no buffer time for SPRINT segments
  - Points are determined by subtracting the time taken from the baseline segment time plus buffer time (Refer to point section example)
  - The faster you ride the more points you win (1 point = 1 second)

### **Rider Upgrade or DQ**

- Riders found to be in the wrong FRHC will be upgraded and their revised finishing position updated
- In exceptional cases a rider may be DQ'd, each case would be reviewed individually

### **Results & Information**

- All official results and tables will be via the FRR website under **Race Series**
- All race control communication will be via the 'Notice Board'

### **Race Control Challenges**

- All rider challenges and issues must be raised to race control using the [rcontrol@flammerougeracing.com](mailto:rcontrol@flammerougeracing.com) email address please include as much information as possible including Zwiftpower ID numbers

### **Tech Issues**

- Riders who fail to complete a stage due to technical issues will not be awarded rider points, sadly we cannot help with technical issues

## Flamme Rouge Rider Levels

To smooth the racing field FRR uses a **SEVEN** tier rider category system.

This is called the **FR Heat Category (FRHC)**

Recognised Racing Categories	FR Heat Category FRHC	FRHC CODE	FRHC Power Range W/kg
A+	CAPSAICIN	CAP	4.6 +
A	REAPER	CRP	4.2 - 4.6
B+	GHOST	GHT	3.8 – 4.2
B	HABANERO	HAB	3.4 – 3.8
C+	BONNET	BON	3.0 – 3.4
C	CAYENNE	CAY	2.7 – 3.0
D	JALAPENO	JLP	2.7 or below

FRHC requires the following information to assess a rider and determine their category

- Current Zwift Mixed Racing Category
- Gender
- Weight (in Kilograms)
- Normalised Power value

FRR uses the information above to produce a WKG value which compensates for light/heavier riders, gender, racing experience and adds headroom to try and ensure riders can perform at their max and it is the only exceptions that may require upgrade.

### Note on Normalised Power

FRR uses NP as the basis for power assessment, on the basis that a rider who is competitive will register their numbers at some point whether in a sprint or climb and as such cannot hide their power behind 20min efforts.

## SCORING

### Race Finishing Points

Each course has a baseline time plus a buffer time, points are determined for each rider by subtracting the rider's time to complete a race from the baseline time plus the buffer time.

- ie. Race 1 (base line time = 60mins, buffer time = +2mins)
- CRP Rider time has +4mins giving event time of 64mins.
  - Rider completes 63:10.25mins = 49.75 points (approx. 50seconds inside the rider level event time)

**Race 6 – iTT will be awarded DOUBLE Finishing Points as there are no segment points for this race**

### Race Segment Points

No points are awarded for first across the line.

#### FTS Scoring – KOM & SPRINT

All riders will have an opportunity record their 'fastest' time through each segment in a race.

Each segment has a baseline time set (KOM's have a buffer time for each rider level)

Points are determined for each rider by subtracting the rider's time to complete a segment from the baseline time plus the buffer time (KOMs only).

- ie. Watopia Sprint (baseline time 40 seconds)
- Rider time 22.25 seconds = 17.75 points
- Zwift KOM (baseline time 1 min 45 seconds +20seconds buffer time)
- GHT rider has 2min 45seconds to complete segment
  - Rider completes segment in 2min 10seconds = Points earned 35
  - Riders who do not complete a segment within the baseline time will be awarded 1 point

### League Positions

Riders are placed in their League based on, but best 4 events from 6 to count.

TOTAL FINISHING POINTS **plus** TOTAL SEGMENT points

## RACE SERIES SCHEDULE

Refer to website schedule for baseline and buffer times these will be updated before each event

Date	Race No	Format	Baseline Time	Buffer Time	Course
11MAY	1	POINTS	53mins	+2mins	MAKURI ISLANDS – ALL NIGHTER – 32KM Finish Alley Sprint on second lap
18MAY	2	POINTS	52mins	+2mins	CASSE PATTES – 36KM Finish Aquaduct KOM on second lap
25MAY	3	CRIT CHASE	40mins	+2mins	RICHMOND ROLLERCOASTER Reverse UCI followed by 3 laps of reverse fan flats
1JUN	4	POINTS	52mins	+2mins	ROYAL PUMP ROOM 8 – 34KM Finish second lap at 34.2km top of the climb out of Richmond
8JUN	5	POINTS	52mins	+2mins	Three Little Sisters – 1 lap
15JUN	6	ITT	36min	+2mins	INNSBRUCKING - 3 laps <b>NO DRAFT</b>

## SEGMENT Baseline Times

Refer to website schedule for baseline and buffer times these will be updated before each event

Segment	Baseline Time (Seconds)	Buffer Time (Each FRHC)
SPRINTS all races	40	Zero
Makuri Islands - Rooftop – 1.9km	180	+30seconds
France – Casse Pattes – Aquaduct – 0.4km	40	+10seconds
France – Casse Pattes – Petit – 2.7km	360	+30seconds
Richmond – 23 <sup>rd</sup> street Reverse – 1.1km	120	+30seconds
Richmond – Reverse Libby Hill – 0.7km	120	+30seconds
Yorkshire – KOM Forward – 1.2km	180	+30seconds
Yorkshire - KOM Reverse – 1.2km	180	+30seconds
Watopia – Hilly Forward – 0.9km	120	+30seconds
Watopia – Titans Grove – 2.6km	220	+30seconds
Watopia – Volcano – 3.8km	420	+30seconds