FLAMME ROUGE 1 RACING

presents the

FRS - Race Series Rules

Season 1 - 3
S1 - May 11 – Jun 15
S2 - Jun 22 – Jul 27
S3 – Aug 3 – Sep 7

V20220801.1

RACE SERIES OVERVIEW

Event Setup

- Event links will be OPEN on Companion

- 6 events with best 4 results to count, races are noted as POINTS or ITT and each series will look to use different features to vary the races

  - Series 3 – All events to count – please refer to catch-up events

- Each race will have 4 or 5 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

Virtual Peloton

- Each stage is split into 5 events to cater for all riders across the World, when we produce Leaderboards we group together all riders by FRHC regardless of when they raced into the virtual peloton to form the global League or Leaderboard

- For Series 3 the GC, Polka dot and Green jersey Leaderboards will operate this way

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
  - Series 3 is GC time based for selected segments or routes, refer to the Series schedule or poster
  - GC will be ranked on least to most time
  - A Polka and Green jersey Leaderboard will also be calculated from the top 10 rider times per KOM and Sprint by FRHC across the virtual peloton
- ALL segments are in play, unless the schedule states otherwise
- Series 1 & Series 2 only
  - 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 l(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 <mark>Race</mark>

- 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 email address please include as much information as possible including Zwiftpower ID numbers

Catch-up Events

FRR runs 2 'Bimble' events each week, Monday 1900GMT and Wednesday 1700GMT – we will use these events to hold catch-up races while the series is in progress. Each week the Bimbles will be set to the previous weeks course. Riders who need to use this option must contact race control so we can pull the relevant results across.

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

- o Current Zwift Mixed Racing Category
- o Gender
- o Weight (in Kilograms)
- o 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 – Series 1 & 2

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 Segment Points – Series 1 & 2

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 – Series 1 & 2

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

TOTAL FINISHING POINTS plus TOTAL SEGMENT points

SCORING – Series 3

GC time based for the specific segments as shown on the schedule.

All events count, refer to catch-up process.

GC Leaderboard

Riders are ranked according to the time it taken them to complete the segments in play for each race.

Polka Dot / Green Jersey Leaderboard

For each Stage we will group all riders by FRHC for each segment to award the top 10 fastest rider's points from 10 for fastest to 1 point.