

# FLAMME ROUGE R A C I N G

presents the

## ***FRR Tour Series Rules***

### **Season 3**

October to April 2024

V20230922.1

## SERIES OVERVIEW

### Series Aim

Our aim remains to provide the hardest and most rewarding series on Zwift, by organising a series of events using consecutive day stages, which are mixed Team based, starting in October through to March ending in our World Championship event in April.

Simply have **Fun - Register - Race .....** **FRR is the way!**

### Series 3

Tour Dates	Tour Event Schedule	Code
Oct 21- 29	Tour France	FRF
Nov 18 - 26	Tour Britannia	FRB
Jan 2 – 10 2024	Tour Watopia	FRW
Feb 17 – Mar 3 <sup>rd</sup>	World Tour	FWT
April 12th	World Championship	FWC

FRR reserves the right to amend rules and update schedules as feedback and constraints may dictate, changes will always be fully communicated.

# TOUR SERIES REGISTRATION

## Rider

- New Riders
  - Create your FRR account and complete the mandatory fields
  - To indicate to FRR and Team managers that you wish to Join each Tour by ticking the relevant box in the event section.  
**NO TICK = NO ENTRY**
  - If your club Team is not shown then contact race control we can add a Team, but to complete your entry simply choose the FRR Team.
    - If you are not part of a Team then choose the FRR Team which is the default shown.
  - Creating a new account will request sufficient information to calculate your FRHC (refer to the end of the rules to understand what this means and how it affects racing under FRR)
  - If the resulting FRHC appears incorrect (low or high) then please contact race control for a review
- Existing FRR rider's
  - Login and click on your name to open your Profile
  - Tick the Tours you may be entering
    - Loan Team
    - Legion Team

## Managers

- Want to manage your Club and Team then simply contact race control to request the role and we will update your Profile
- Once your manager role is created you will see additional Team management menu options when they are available

# TOUR SERIES RULES

## Event Basics

- All riders must have a registered FRR account and have ticked the relevant Tour Join box before Stage 1 completes of each Tour
  - New riders will not be able to join a Tour after stage 1 has completed
- Event links will be PRIVATE
  - Event links will be available on the FRR website for registered riders only
- 6-8 Stages for each Tour - POINTS or ITT
- Each stage will have 5 race times
  - Riders may race any event (first completed event will always count)
  - Event times are always quoted in UTC
- Each rider must have a Zwiftpower account
  - Riders must connect a smart trainer to race FRR events
  - ZPower riders will be excluded from the results
  - HRMs are always advised however we accept these do fail hence they are not made mandatory but we will look to compare results against past history where necessary
- FRR grades riders across 9 levels to determine a riders FRHC (Refer to rider classes later in the rules)
- Existing riders must ensure their Rider Profile within the FRR website is up to date which will in turn review and update their FRHC
  - FRR reserves the right to amend a riders FRHC at any time where it is found that the metrics to determine FRHC are sufficiently incorrect and thereby have placed a rider in the wrong FRHC class
    - Riders are not DQ'd simply upgraded
- Events are either POINTS or iTT based using a single PEN for all riders
  - ITT events are mass start BUT without draft
- Enforced bike frame for all riders
  - Riders may use their choice of wheelsets

## FRHC in RACE

All riders must amend their Zwift App name to include their FRHC – this is now mandatory – this improves the quality of the races and given that we operate out of one pen only it is important to know who you are racing against.

Simple add your FRHC to your lastname in the Zwift app before you race as you don't want to attract time penalties?

Ie. R Smith (GHT)

## FRHC Penalties

FRR can now check each race what a riders name looked like in race, hence we can detect and match a riders Profile FRHC to the riders name shown.

For riders who fail to show their FRHC a time penalty of 10% is added to the finishing and each segment raced.

So show your FRHC and your support to help make these the best racing events on the platform.

## Rider Team

- A riders default racing team will be their 'Club Team; as shown in their Profile
- Riders without a Zwift Team should choose FRR as their Team when registering an account

Riders have two further options to join a Team for FRR Tours, both shown in their Profile.

A rider can **loan** themselves to another Team by selecting this in their profile.

A rider can join forces with other riders from other teams to join the **FRR Legion** team

- Riders cannot change Team once they have started a Tour and completed a stage

## Competition & Scoring

- Each Stage has multiple race events, results will be combined together to form ONE Global race result by each FRHC ranked by eGAP (refer to below explanation)
- Individual competitions by FRHC
  - **GC Total time**, based on a rider's total finish time, the rider who completes the Tour with the least amount of time wins for each FRHC.
    - Rider must complete all stages for GC
  - **GC Points**, regardless of time the rider with the most amount of points won by FRHC will be declared the winner.
    - Rider must complete all stages for GC
    - Points total includes finish, sprint and climb
  - **Polka Dot is total points**, based on the points a rider earns for each event KOM segment(s)
    - Rider must complete all stages for GC Polka Jersey

- **Green jersey is total points**, based on the points a rider earns for each event SPRINT segment(s)
  - Rider must complete all stages for GC Green Jersey
- Individual competitions have no impact to Team standings
- Team Points Competition
  - One Team 10 per Club to reduce management
    - Managers may name their Team
  - Unlimited team riders per Team
  - Best 8 scoring riders per team per stage to count

### Event Resulting using eGAP

- FRHC winners in each event will receive maximum finishing points, all other riders will be ranked based on their event time gap (eGAP) to their event FRHC race winner.

All riders within each FRHC will then be combined and ranked based on their eGAP and points allocated as per the scoring schedule.

#### Example.

0600 GHT rider A wins 54min 30s second place rider X was 54min 40s – eGAP 10s

1030 GHT rider B wins 53min 21s second place rider Y was 53min 35s – eGAP 14s

Rider A and B each earn max finishing points for winning their class in their event

Rider X comes second as their event gap (eGAP) was 10 seconds

Rider Y comes third as their eGAP was 14 seconds

- iTT events will combine all riders by FRHC and rank them on their time recorded
  - iTT events will be MASS starts and NO DRAFT

### Scoring

- Points are scored based on a riders' time
  - Stage FINISH position within FRHC
  - Segment (Sprint & KOM) position within FRHC and GENDER
    - Ranked by fastest time
  - Points SCALE is the same for each FRHC rider level and GENDER

- Top 8 (EIGHT) point scoring riders for each team count each stage

### **Queen Stage**

- Where a Stage is noted as the '**Queen Stage**'
  - Segment points will be doubled
  - Riders will earn an additional 50 finishing points for completing the stage

### **Results**

- All official results will be on the FRR website
- Individual GC, Polka dot, Green jersey competitions
  - ONE Leaderboard for each FRHC
  - POLKA and SPRINT are additionally split by GENDER
- Team POINTS competition ranked by points
  - ONE Leaderboard for all Teams
- FRR will update the website Notice Board with result updates

### **Rider Upgrade or DQ or Penalty**

- Riders found to be in the wrong FRHC will be upgraded which will trigger a results regeneration for all the stages they raced
- A riders' FRHC will be set for the Tour event once they complete their third event and that event is closed
  - FRR reserves the right to amend a riders FRHC though at any time where it is found that the metrics to determine FRHC are sufficiently incorrect and thereby have placed a rider in the wrong FRHC class
    - In such cases results will be regenerated fully
    - Managers and riders may highlight classification errors when they see them
    - Riders are not DQ'd simply upgraded
- In exceptional cases a rider may be DQ'd, each case would be reviewed individually
- Rider's whose performance is in question may have a time penalty applied which would affect all segment and race finishing times. Rider's will be requested for additional information and where information is not provided or technology is appears to be incorrect then a penalty will be applied on a percentage basis.

ie. 10% extra time will be added to the Zwiftpower times

### **Results & Information**

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

### **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 an **EIGHT (9)** tier rider category system.

This is called the **Flamme Rouge Heat Category (FRHC)**

Recognised Racing Categories	FR Heat Category FRHC	FRHC CODE	FRHC Baseline Power Range W/kg
A+	CAPSAICIN	CAP	4.7+
A	DRAGON	DRA	4.4 – 4.7
A	REAPER	CRP	4.1 - 4.4
B+	GHOST	GHT	3.8 – 4.1
B	HABANERO	HAB	3.4 – 3.8
C+	BONNET	BON	3.1 – 3.4
C	CAYENNE	CAY	2.75 – 3.1
D+	JALAPENO	JLP	2.4 – 2.75
D	PEPPERONCINI	PEP	2.4 below

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

- Current Zwift Mixed Racing Category & Ladies Category (where need)
- Gender
- Weight (in Kilograms)
- Normalised Power value from FRR events only

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 within the FRHC generated.

Of course there will always be exceptions to the rule and when these present themselves then the worst case is an upgrade to a new level.

New riders to FRR who we do not have prior history will initially be graded higher on a sink or swim basis

### 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.

FRR will verify entry and will pay particular attention to top performers when resulting to ensure they are in the correct FRHC category.

### **Note on Race Performance**

When reviewing race performance riders are not upgraded because they simply exceed the baseline class WKG shown in the table earlier.

In order to be considered for upgrade we follow this process:

Take 95% of the 20min WKG

Add fair margin to the FRHC class baseline (can be between 0.2 – 0.4)

Review 95% WKG and consider results in excess of the base line fair margin value

eg. BON rider showing 3.9 would show 3.7 at 95% ... add 0.2 fair margin to set a review target of 3.6wkg

ITT stages are not reviewed in the same way, we want and expect riders to push as hard as they can therefore only performances that are truly way out of class would be considered for upgrade.

In both cases reviews are made by a human and are fair, reasonable and consistent.

### **Rider Review**

Team managers and riders can raise rider reviews to Race Control at any time, in doing so we look at every request and make a decision based on the rules, common sense and fairness.

The process is simply...

- Review the riders key FRHC details that set their FRHC
  - Update if they are incorrect and recalculate their Class – did it upgrade them?
- Review the riders performance on course set considering their overall and 20 min WKG taking into account the overall course difficulty – was their effort over the calculated boundary for their FRHC?

## FINISHING POINT SCORING

Rider Stage Finishing Position Points	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
	100	98	97	96	95	94	93	92	91	90
	11-15 16-20	21-25 26-30	31-35 36-40	41-45 46-50	51-55 56-60	61-65 66-70	71-75 76-80	81-85 86-90	91-95 96-100	101-110 111-120
	88	84	80	76	72	68	64	60	56	50
	86	82	78	75	70	66	62	58	54	45
	121-130 / 131-140		141-150 / 151 - 160		161-170 / 171 - 180		181-190 / 191-200			201+
	40 / 35		30 / 25		20 / 15		10 / 5			1

All winners of their FRHC within their event will be awarded 1<sup>st</sup> place points.  
All other riders will be ranked by their eGAP and will be awarded points from 2<sup>nd</sup> onwards.

## SEGMENT POINT SCORING

### FTS Scoring – KOM & SPRINT

All riders will have an opportunity record their 'fastest' time through each segment in a race, all riders will receive at least 1 point for their effort based on the scale below.

Segment points are split awarded by FRHC and Gender.

FTS Points	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
	50	48	47	46	45	44	43	42	41	40
	11-13	14-16	17-19	20-22	23-25	26-28	29-31	32-34	35-37	38-40
	38	37	36	35	34	33	32	31	30	29
	41 - 121								122+	
	28 – 2pts								1	

## Team Stage POINTS

Teams are ranked by the SUM of Total points (Finish + Segment) earned by the top **EIGHT** riders of each Team each stage regardless of FRHC

TEAM LEAGUE POINTS	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Total all Team Rider points to rank TEAM for League points	50	48	47	46	45	44	43	42	41	40

TEAM LEAGUE POINTS	11 – 15 <sup>th</sup>	16 – 20 <sup>th</sup>	20 – 25 <sup>th</sup>	26 – 30 <sup>th</sup>	31 – 40 <sup>th</sup>	41 – 50 <sup>th</sup>	51 – 60 <sup>th</sup>	61 – 70 <sup>th</sup>	71 – 80 <sup>th</sup>	81 – 90 <sup>th</sup>	91+
Total all Team Rider points to rank TEAM for League points	38	36	33	30	26	24	22	20	16	14	10