

FLAMME ROUGE R A C I N G

presents the

FRR World Championship

World Trophée

Rules

2023

V20230201.1

SCHEDULE

Both Stages will be run on February 11th 2023

Stage	Course
1	<i>Bologna – iTT – 8km</i> <i>1900 / 1901 UTC</i>
2	<i>Whole Lotta Lava - Scratch</i> <i>CAP – DRA – CRP – GHT – HAB – 4 laps 54km</i> <i>BON – CAY – 3 laps 42km</i> <i>1935 UTC</i> <i>JLP – PEP – 2 laps 28km</i> <i>1940 UTC</i>
<i>FRHC Winner</i> <i>Each class of rider will have their own race where final positions will be determined by the lowest combined time to complete both stages.</i>	

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

EVENT REGISTRATION

- All riders must register by February 4th 2023 - 2359GMT
 - New riders must create their account profile and ensure they tick the 'World Trophée' event box
 - Existing FRR registered riders must ensure their profile has the 'World Trophée' event box ticked
- All riders must ensure their Profile and key rider details are correct as of the registration closing date – this is the date that will be used for checking the best NP of a rider
- Junior riders must contact race control so they can be assessed and placed correctly

Rider key FRHC details

- Gender
- Mixed Zwift Category
 - 'Almost' riders must use the higher category
- Ladies Zwift Category
- Weight (in kilograms)
- Normalised Power (NP)

Normalised Power

FRR uses NP as the basis for power assessment. When entering the NP Value within the rider's Profile rider's must

- Select the highest NP value since **December 1st**
- Do not consider the following types of events:
 - TTT or iTT events
 - Events less than 30km in length
 - Events that are 'sprint fests' or 'short climb' events
 - Ignore ZRL races 3 (Jan 24th) & 4 (Jan 31st)
 - New riders must have a minimum of 10 races showing in Zwiftpower before Stage 1
- Contact Race Control if you are unsure or want to request a review or you not have an event that meets the NP selection criteria

Weight / CAT Changes

Riders whose weight or racing category changes in the week leading up to the event must update their Profile – this will trigger a FRHC update and your classification may change.

If your class changes you will need to exit the event already entered for Stage 2 and then return to the Schedule page and select the new event pass shown.

It is the rider's responsibility to ensure they are the right class given the rules and they are in the right race for stage 2.

Riders who race in the wrong class race (lower than their class) will be disqualified.

Riders whose weight changes by more than 2kg between registration close and stage 1 should prepare a weight verification video in the event that they finish in a podium position.

Videos must show the following and be continuous:

- Recording before stage 1 begins on the 11th February
 - o Verified by Local news website showing the current date and time
- Your Zwiftpower Profile page showing your URL and Zwiftpower ID number
- Riders must be in cycling kit – socks / shorts / top (No shoes)
- Scales at turn on
- Weight in kilograms

Race control will request videos at their discretion – riders do not need to send video's in advance.

Rider Performance Verification / Upgrade / DQ

Riders do not need to dual record to verify their performance, however please be aware of the following.

- Riders who have previously raced in FRR events and,
 - o have been requested to provide alternative power results but have refused or the alternative is judged by the FRR Race Review Group (FRRG) as not valid will be disqualified
 - o have been challenged and FRR has received sufficient performance verification will not be subject to further verification requests unless performance is substantially increased as judged by the FRRG
 - o Riders who are found to have entered incorrect details that has classified them incorrectly (normally too low) may be upgraded to the correct level following a review by the FRRG

Event Format

Two stages back to back.

ZPower riders will be removed from results

Stage 1

- iTT and will have at least 2 race times starting at 1900 to cater for larger numbers.
- 4 PENS will be used in each event using autocat

- Join any race any pen you are allowed to it does not matter
- Riders will only see riders from their pen
- Mass start for each pen with NO DRAFT
 - Standard Zwift TT bike assigned
 - Riders may choose their own wheelset
- Zwiftpower UPD/WKG rejections will be reversed post event
- Riders have up to 35 minutes to complete Stage 1
- The time taken to complete the event as shown on Zwiftpower will be taken to define a rider's position within their FRHC class

Stage 2

- Scratch race, there are no segments, no bonuses just the overall time to complete the event as shown on Zwiftpower.
- Each FRHC class will have their own race
 - Event maybe split by gender if there are sufficient ladies (Min 20)
- 2 PENS will be used
 - PEN A for men/mixed
 - PEN E for Ladies only (Min 20 ideally for a viable race)
 - Riders will only see riders from their pen
 - JLP/PEP events will get an additional 5mins to complete Stage 1
- Mass start for each pen
 - Standard Zwift AERO bike assigned
 - Riders may choose their own wheelset
- The time taken to complete the event as shown on Zwiftpower will be taken to define a rider's position within their FRHC class

Rider Class Identification

- All riders are requested to enter their race class after their name in Zwift
 ie. J Smith (HAB)
 - This helps riders to be aware of their class and,
 - Provides the rider with a check that their class is the same as the race title

Zwift Event Pass

- All event passes are 'private' and will not appear on the Zwift Companion app
- Event passes are only shown under menu option 'World Event Pass' which can be found under the main menu option 'World'
- Event passes will show to all riders who have updated and SAVED their profile from 1st February.
- Stage 2 will only show one option for a rider (1935) that equals their FRHC class
 - 2 PENS will be used.
 - PEN A for men/mixed
 - PEN E for Ladies only (Min 20 ideally for a viable race)

Event Podium

For each FRHC class the order will be determined as follows:

- Shortest combined time for completing Stage 1 and Stage 2
- Timing goes down to hundredths
- In the event of a tie then the tied rider who completes stage 1 in the best time shall be deemed as the overall winner of their class

Resulting Process

- Stage 1 starts 1900
- 1926 first results will be taken (subject to Zwiftpower availability)
 - Assumption that all class leaders will have completed stage 1 within 25mins
- First results uploaded to FRR site ahead of Stage 2 start
 - Leading riders will know time gaps before starting stage 2 (all subject to Zwiftpower updating on time)
- Stage 2 starts 1935 (JLP/PEP 1940)
- Stage 2 completes, Stage 1 will be fully reprocessed to capture all riders
- Stage 2 will be fully processed once ALL riders from a class have completed the event
- Results set to provisional status
- FRR Race Review Group will review results and make any rider requests within 2 hours of race completion
 - Riders have 24hrs to provide the requested information, failure to do so will result in disqualification
- Results will finalise 2200UTC February 12th

- All riders finishing in the top 10 places in both stages for all classes will be fully reviewed by the FRRG – additional riders will be reviewed if riders in the top 10 are upgraded or DQ'd – our expectation is to verify the top 10 of each class

Results & Information

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

Race Control Challenges

- All rider challenges and issues must be raised to race control using the [Race Control](#) 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 included in resulting, sadly this is a side effect of virtual racing

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 assess a rider and determine their category

- Current Zwift Mixed Racing Category & Ladies Category (where need)
- 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.

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

When entering the NP Value within the rider's Profile the selection criteria must consider the following:

- Select the highest value since **December 1st 2022**
- Do not consider the following types of events:
 - TTT or iTT events
 - Events less than 30km in length
 - Events that are 'sprint fests' or 'short climb' events
 - Ignore ZRL races 3 (Jan 24th) & 4 (Jan 31st)
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- Contact Race Control if you are unsure or want to request a review or you not have an event that meets the NP selection criteria

Note on Race Performance

When reviewing race performance riders are not disqualified because they exceed the baseline class WKG...

The review process considers the following:

- Take 95% of the whole 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.