FRR Super 6IX

What You need to know
RIDER

[Podcast Link - How to & Event Information](#)
[FRR Website link](#)
For Questions or support:
Email: rcontrol@flammerougeracing.com

REGISTER your interest in the Series
***

Existing account holders Login and Open their Profile by clicking on their name
Select **EVENT REGISTRATION** and follow the process
***

New Riders to FRR
First Create an FRR account, Login and Complete your Profile
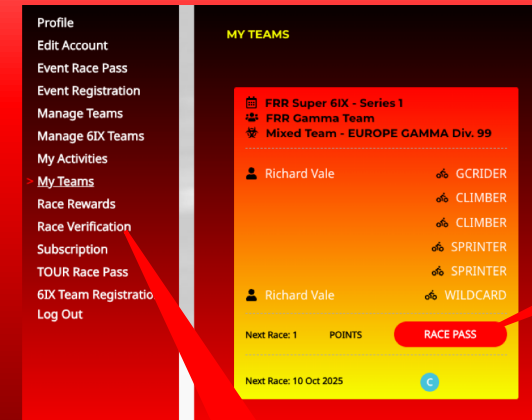Select **EVENT REGISTRATION** and complete the form
***

Your max 30day vELO level defines the League(s) you can compete within
Your *Racing Role* is determined by your *Club Team Manager*

***

How do I know I Am Selected for a Team ?
Login and Select **My Teams**
Selected Riders will appear on a Teamsheet (as shown)
Rider race Role(s) are shown
***
Teamsheets will display only if
a rider has the minimum number of races completed (three)
Up-to-date Race Verification record

Need help consult your Club for advice or message on the FRR Discord

Profile
Edit Account
Event Race Pass
Event Registration
Manage Teams
Manage 6IX Teams
My Activities
> My Teams
Race Rewards
Race Verification
Subscription
TOUR Race Pass
6IX Team Registratio
Log Out

MY TEAMS

📅 FRR Super 6IX - Series 1
👥 FRR Gamma Team
🚴 Mixed Team - EUROPE GAMMA Div. 99

👤 Richard Vale 🚴 GCRIDER
🚴 CLIMBER
🚴 CLIMBER
🚴 SPRINTER
🚴 SPRINTER
👤 Richard Vale 🚴 WILDCARD

Next Race: 1   POINTS   **RACE PASS**

Next Race: 10 Oct 2025   Ⓒ

Race Pass

Race Verifcation

VERIFICATION UPDATE REQUIRED

Maintaining an up to date Verification record is a condition for Team and Race Pass access.

Please visit your Profile and the section titled **Race Verification**... it will take you 5 seconds to complete.

** WARNING ** Sharing a Race Pass to avoid the process will result in resulting exclusion.

FRR Super 6IX

What You need to know as a Team Manager

Team Registration

Anyone who has an FRR account can Register a Club Team
Your *Profile Racing Team* defines your Racing Club

***

Existing account holders Login and Open their Profile
Select **6IX TEAM REGISTRATION**
Select where your Team will compete **REGION** and racing level **LEAGUE**
Teams can join any Region and appropriate League

***

Details Lock September 12th ahead of Team race roster selection

Why
Team League defines …
which riders appear in dropdown lists and,
which event race passes are shown

Left navigation menu:
Profile
Edit Account
Event Race Pass
Event Registration
Manage Teams
Manage 6IX Teams
My Activities
My Teams
Race Rewards
Race Verification
Subscription
TOUR Race Pass
6IX Team Registration
Log Out

6IX TEAM REGISTRATION

+ REGISTER MIXED TEAM   + REGISTER WOMENS TEAM

CLICK 6IX SERIES STRUCTURE

All riders can register a Team for their Racing Club, you will only be able to manage registration for Teams you have created.

FRR Super 6IX - Series 1
FRR Gamma Team
Mixed Team - EUROPE GAMMA Div. 99
Club: ART
Manager: Richard Vale
DRAFT   Edit

FRR Super 6IX - Series 1
FRR Gamma Womens
Womens Team - EUROPE GAMMA Div. 99
Club: ART
Manager: Richard Vale
DRAFT   Edit

FRR Super 6IX

What You need to know as a Team Manager

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Email: rcontrol@flammerougeracing.com

Team Race Selection

Managers must be logged into their FRR account
Select MANAGE 6IX TEAM

You will see Teamsheets for all* Teams Registered within your Club IF…
You have Registered a Team or you have the FRR Team Manager Role
*Clubs can spread the admin and react globally to change

***

Team Race - Rider & Role Selection
Select Edit on the Teamsheet to open the Team
You will see FIVE rider slots to select riders from the drop-down menu
Once these have been selected, then the Wildcard menu will activate
***

Roles are set in the system
Managers assign a Role to each rider on the Team Race Roster
The Wildcard Rider list will be built from the Riders given a Team Role
***
Riders are selectable IF…
They are Registered for the Series
The riders' Profile Racing Club is the same as the Teams' Club
Riders have completed the minimum number of Racing events (three)
Riders have not been selected by another Team for the current race*
*Riders may only race for one Team each race

Need help? Consult your Club for advice or message on the FRR Discord

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Race Pass

Race Passes show each Wednesday

Wildcard 'Race Challenge' will be shown on the Schedule Page

Wednesday – Team Roster/Role Selection Opens
Friday – Team Rosters/Roles Lock at Race Time
Monday – All Team selections reset*
Repeat each week
*allows riders to move Teams where racing class has changed

League Division Qualification Race
September 20th – Scratch Race
After Race results Division will change from 99

3

FRR Super 6IX

What riders can ride where
League Class Level

FRR Class	FRHC CODE	vELO	6IX League	Upgrade Limit Mixed	Upgrade Limit Women Only
CAPSAICIN	CAP	Diamond	Alpha		
DRAGON	DRA	Ruby	Alpha	1950	1300
REAPER	CRP	Emerald	Beta		
GHOST	GHT	Sapphire	Beta	1500	1000
HABANERO	HAB	Amethyst	Gamma		
BONNET	BON	Platinum	Gamma	1200	800
CAYENNE	CAY	Gold	Delta		
JALAPENO	JLP	Silver	Delta	900	600
PEPPERONCINI	PEP	Bronze	Epsilon		
BELL	BEL	Copper	Epsilon		

League Delta (Mixed)
Any rider up to 1200 on Open vELO rating

League Gamma (Womens)
Any rider up to 1000 on womens vELO rating

FRR Super 6IX
Key Questions & Answers

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What happens if my Team misses Qualification but registers before October 10th
Late Team registrations BEFORE October 10th will join the lowest Division for the League and Region selected

What happens if my Team registers AFTER October 10th
Teams registered after a round starts will only be able to join at the start of the next round in the lowest Division for that League and Region

Who can make changes to a Racing Club's Teams
Riders who have created Teams and Club managers will be able to see and manage Teams for a Club, this will help spread the workload and reduce reliance on Club resources

How many riders can a Team use
Team rosters are not limited in size, this allows for rider upgrades over the course of the series

How many Teams can a Racing Club Register
Clubs are not restricted on how many Teams they can register in a Region/League

What is the minimum number of Teams needed for a League and what would happen if the minimum is not reached
Divisions need at least 5 Teams. Teams registered for Leagues that do not meet the minimum will be offered a division in the next best option

How many riders must race each week for the Team to get points
A minimum of ONE rider needs to race for a Team to earn points.

Can a rider register at any time
Yes, new riders can register at any time (should have vELO)

Can a rider race multiple races each week
No, riders will be restricted to one 6IX race each week as they will be locked in their Team until the Monday after the Friday race

How is a riders' CLASS judged
For Mixed racing we use the 30 day Max vELO OPEN rating to define class, and for Women-Only racing, the Women's rating value

At what point does a rider upgrade and must move up a League
Rating upgrade points are shown in the rules under the 'Classification Rider' section. Ratings that exceed the value shown will not be selectable for Teams in Leagues where they are now too powerful

Why is Race Verification important
First steps in collective race responsibility, we ask riders to confirm BIO, setup and ensure their Zwift account matches. Resulting will check and highlight differences. Riders who do not complete verification will have Race Passes hidden. All entries are date and time stamped so think twice before sharing to avoid the process – as it will be your Team that incurs penalties

FRR – Season 5
6IX Schedule Overview

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SEASON 1 Team QUALIFICATION – SEP 20
APAC – 0700UTC EUROPE – 0930UTC US EAST – 1100UTC US WEST – 1300UTC

SEASON 1 Friday Local Time	
APAC – Sydney 1915 EUROPE – London 1830	US EAST – New York 1900 US WEST – Calgary 1900

Season 1 – 6IX

Round 1		Race	1	2	3	4	5	Promotion / Relegation After Race 5
		Date	Oct 10	17	24	31	Nov 7	

New Teams	Round 2	Race	1	2	3	4	5	Promotion / Relegation After Race 5
By Nov 21		Date	Nov 21	28	Dec 5	12	19	

New Teams	Round 3	Race	1	2	3	4	5	Promotion / Relegation After Race 5 for Season 2
By Jan 16		Date	16	23	30	Feb 6	13	

Key Dates
6IX Rider Registration OPEN now
6IX Team Registration OPEN now

Sep 13 - 6IX Team Selection Opens
Sep 20 - 6IX Team Classification
Oct 10 - 6IX Race 1

Mar 7 - Conference Finals
Mar 14 - World Finals

Conference Finals
7th March
NS – 0700UTC / EW – 1400UTC

World Finals
14th March – 1900UTC

FRR – Season 5
Team Registration is OPEN

6IX Team Qualification Race Saturday September 20th Makuri – 3 Village Loop – 3 laps – 34km – *NO HUD*			
APAC 0700UTC	EUROPE 0930UTC	US EAST 1100UTC	US WEST 1300UTC
Scratch Race Combined Finish position – Team first 3 riders to finish			

SEASON 1 Friday Local Time	
APAC – Sydney 1915 EUROPE – London 1830	US EAST – New York 1900 US WEST – Calgary 1900

Race events for 6IX Round 3 will be revealed December

Race	6IX Round 1 October 10th to November 7th
1	Royal Pump Room – Points – 28km
2	Navig8 – Points – 34.6km
3	Ocean Lava Cliffside – CITT – 28km *Team Combined Time iTT – first 3 Team riders*
4	Innsbruckring – Scratch – 27km
5	Richmond Worlds 2015 – Points – 33km – *NO HUD* *Promotion / Relegation after Race* *Top 3 / Bottom*

Race	6IX Round 2 November 21st to December 19th *New teams join lowest Division*
1	Shisa Shakedown – Points – 38km
2	Bologna – Scratch – 24.6km – *NO HUD*
3	Greatest London Flat – CITT – 31km *Team Combined Time iTT – first 3 Team riders*
4	Yorkshire Double Loop – Points – 30km
5	Everything Bagel – Points – 35km *Promotion / Relegation after Race* *Top 3 / Bottom 3*

FRR – Season 5

Tour Schedule
Rider Registration OPENs
2 weeks before Stage 1

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Stage	Tour France September 27th to October 5th 308km – 1,900m 0500 - 0930 – 1200 – 1730 – 1830 – 0030 (UTC) At weekends only 1730 will run at 1600 UTC
1	Three Musketeers – 38km – 208m
2	Casse Pattes – 35km – 200m
3	Paris (iTT) – 25km – 150m *Rest day (Tuesday) after Stage 3*
4	Douce – 36km – 160m
5	Tire Bouchon – 43km – 360m
6	Bon Voyage (iTT) – 27km – 150m
7	Sacre Bleu – 56km – 300m
8	Knights of Roundtable – 55km – 360m **QS**
	Registration Opens 2 weeks before Stage 1

Tour	Dates	Terrain
France	Sep 27 – Oct 5	Flat - Rolling
Britannia	Nov 8 – 16	Rolling
Watopia	Jan 2 - 11	Hilly - Mountain
World	Feb 14 – 22	Rolling - Hilly
	Registration Opens 2 weeks before Stage 1	

Summer Series
Weekend Warrior Racing

Triquetra under Review…