

FLAMME ROUGE R A C I N G

presents the

FRR Tour Series Rules

Season 3

October to April 2024

V20240229.1

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 - Completed	FRF
Nov 25 – Dec 3rd	Tour Britannia - Completed	FRB
Jan 2 – 10 2024	Tour Watopia - Completed	FRW
Mar 2 – Mar 24 th	World Tour Triquetra	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.

Join the FRR Discord server to keep up to date with Information:

[FRR Discord Invite](#)

Key Updates

- Domestique rules
- Refined FRHC setting process using Combined Score refer to p.15
- SAP revised bonus times as tests have shown places 4 and 5 could have the same SAP so bonus aligned to reduce manual intervention – p.11
- Bonus point multiplier is reset for each edition of a Tour
 - Full Tourists will receive a **bonus multiplier boost** to cater for fatigue and having to compete with new riders joining – refer to p.19
- eGAP and SAP have now been resolved for Editions so we can have an Edition eGAP GC winner....
- Revised upgrade process
 - Classification is expected to group together similar powered riders, no matter what process we use.
 - We understand there are other variables in play that can affect the numbers used both ways – all of which have had discussion.
 - The upgrade process purpose is to try and ensure misclassified riders get placed correctly as soon as possible rather than to discourage riders from exceling to their potential. This will be the overriding rational for reviews and the movement in CS brings riders to the attention but will not necessarily move a rider
 - Regardless of numbers riders know themselves – if classification is placing you below where you know you really are then self upgrade if it's the other way then contact Race Control explain your rational and we can do a review

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.
 - Your **FRHC** will be calculated refer FRHC setting below
- Existing FRR rider's
 - Login and click on your name to open your Profile
 - Tick the Tours you may be entering SAVE and that is it!
 - Your **FRHC** will be calculated refer FRHC setting below

FRHC Setting

FRR uses 10 (7 for Women) classes to classify riders (refer to the FRHC table at the end of this documentation to see the FRR FRHC classes)

FRHC will be based off a riders '**Compound Score**' (CS) as shown in the **Zwiftracing.app** system.

At a high level the value is determined using a riders best 5min power over a rolling 90 day period and the weight of the rider in that race – having considered all race events.

Why 5min? – given what measures are available we feel this is the best indication of success in our Tour. We modelled CS across nearly 5,000 riders who have appeared in FRR and are happy that this broadly groups riders in the right place, but we do accept there will be exceptions where the numbers place riders incorrectly for various reasons.

We have loaded the current values, however these will only update if a rider opens their profile and saves – which is something that needs to be done before race passes are made available.

Riders may self upgrade – previously approved baseline's by Race Control are removed as the new metric is regrading riders.

Race Control will always review and adjust, where necessary, a riders' FRHC

baseline upon request, but these are expected to be in the minority.

- There is no option to downgrade

FRHC setting aim

The end result should be an FRHC class which the rider is competitive for GC.

FRHC Rider Reviews

FRR accepts that some riders may have exceptional circumstances or have data that drives the wrong FRHC, in those cases riders must contact Race Control for a review setting out the issues that have positioned them inappropriately.

From the review process 98% of riders will be positioned broadly where they should expect to be but that doesn't make the metric perfect.

We encourage riders to contact Race Control as raising a classification question may add weight to metric refinement – saying nothing will not help.

Fair Margin

- Fair margin is no longer used please refer to 'upgrades',

Rider Team

- A riders' default racing team will be their 'Club Team' as shown in their Profile and should in most cases align to their Zwiftpower Team.
- Riders without a Zwifit Team should choose FRR as their Team when registering an account AND on Zwiftpower join the FRR Club as this will enable the system to pick up base rider details.
- A rider can **LOAN** themselves to another Team by selecting this in their profile but all riders doing so must first clear this with the Team they are joining

Managers

- Want to manage your Club and Team then simply **CONTACT RACE CONTROL** to request the role and we will update your Profile and create new Clubs where required
- Team Managers become the first point of contact when issues are raised

Event Race Pens

Events offer 4 PENs.

PEN A – Male only A+/A riders (CAP – DRA – CRP)

PEN B – Mixed GHT - HAB with a +2min start delay after PEN A

PEN C – Mixed BON - CAY with a +3min start delay after PEB A

PEN D – Mixed JLP – PEP – BEL with a +4min start delay after PEB A

All riders on course will see each other and will be able to communicate.

iTTs riders may use **ANY PEN**

Events timed at 0600 and 0230 will offer only PEN A for all riders to join as typically numbers are lower

By splitting out classes we aim to provide more appropriate race starts for all riders.

Event Pen Penalty

Any rider joining the wrong PEN will have their event time increased by 5mins plus the PEN delay time of where they should be have been.

Team Domestiques

Riders can join as Domestiques to assist other Team riders for any stage, for which we have 2 simple rules.

- Always join the PEN of your FRHC class and then wait for the rider you are helping
- Add DOM to your Companion App name as this let's others know you are acting as a helper to others

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
 - Minimum age for the Tour is 16 years old
- Event links will be PRIVATE
 - Event links will be available on the FRR website for registered riders only
- 8 Stages for each Tour - POINTS or ITT events
 - 21 Stages for the World Tour
 - World Tour split into 3 Editions of 7 Stages, each edition will be scored separately as a mini Tour
 - Points will be combined across all three editions to score and result the World Tour
- Each stage will have multiple race times
 - Riders may race any event (first completed event will always count)
 - Event times are always stated in UTC
- Each rider must have a Zwiftpower account AND have a registered ZWIFTPOWER TEAM showing on Zwiftpower...this will enable base details to be pulled automatically and avoid a rider categorised incorrectly.
 - **Riders without a Zwiftpower Team MUST join the FRR Zwiftpower Club as a placeholder**
 - Riders must connect a smart trainer to race FRR events
 - **Smart Trainers** must be the **Primary power source** for FRR Events where riders have an option
 - Power meter's may be used as a Primary source of power if they do not own a Smart Trainer or the Smart Trainer is not available
 - ZPower riders will not be able to join an event
 - 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 10 levels to determine a riders FRHC (Refer to rider classes later in the rules) 7 levels for Women
- 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
- Events are either POINTS or iTT based
 - ITT events are mass start BUT without draft riders may use any PEN to race an iTT event
- Enforced bike frame for all riders – Zwift AERO for POINTS events, Zwift TT bike for iTT events
 - Riders may use their choice of wheelsets

FRHC in RACE

All riders must amend their Zwift Companion App name to include their FRHC – this is now mandatory – this improves the quality of the events.

Simple add your FRHC to your LASTNAME in the Zwift app **before you enter a race** as you don't want to attract time penalties and amendments in the pen may not be passed to the event results.

le. 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 5% 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.

It is the riders' responsibility to know their FRHC and display it in race.

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 and gender – in all cases a winner must complete ALL stages:
 - **GC Total eGAP time**, based on a rider's total eGAP time, the rider who completes the Tour with the least amount of eGAP time shall be declared winner
 - **GC Total time**, based on a rider's total finish time, the rider who completes the Tour with the least amount of time shall be declared winner

- **Combined**, points shall be allocated based on a riders' eGAP for Finish Sprint and Climbs the rider with the most points across the three areas will be declared winner
- **Polka Dot is total points**, based on the points a rider earns for each event climb segment(s) the rider with the most points will be declared winner
- **Green jersey is total points**, based on the points a rider earns for each event SPRINT segment(s) the rider with the most points will be declared winner
- **Team Points Competition**
 - Three Team based competitions are run
 - **Mixed Team**
 - Best 8 scoring riders per team per stage to count
 - Best 4 men
 - Best 4 women
 - **Advice to Clubs** – Form collaborations using the LOAN option, Team managers will have the ability to set. Custom club name to reflect a collaborated Team which will reset after each Tour.
 - **Men Only**
 - Best 8 scoring riders per team per stage to count
 - **Women Only**
 - Best 6 scoring riders per team per stage to count
 - One Team per Club for each Team competition
 - Unlimited team riders per Team
- **World Tour only**
 - World Tour is split into 3 editions, each edition will score separately and operate like a mini Tour within the overall Grand Tour - as we recognise riders may not be able to complete all 21 stages.
 - Each Edition will offer individual competition awards to riders who complete all the stages of an edition
 - Editions will not run any Team competition
 - World Tour will combine all points from the editions to result, winners must complete all 21 stages

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

- Riders who are not full tourists for a Tour who set an events eGAP will have the time gap reduced to 1s. This maintains the fairness of eGAP for full tourists and the winners scoring position.
- iTT events will combine all riders by FRHC and rank them on their time recorded
 - iTT events will be MASS starts and NO DRAFT
 - iTT events will include segments as directed by the Schedule and Roadbook
 - iTT events enforce the Zwift standard TT bike frame for all riders
 - iTT events riders may start from ANY PEN

Segment Average Position (SAP)

- To mitigate eGAP positions that cannot be closed by direct competition the World Tour is introducing - Segment average Position (SAP) for bonus time.
- SAP is only applicable to Full World Tourists (FT) and full edition Tourists
- Top 5 riders of each FRHC and gender based on their average segment place for a stage, considering only designated climbs, will earn bonus seconds to reduce their overall Tour and/or Edition eGAP position.

SAP Ranking Position	1st	2nd	3rd	4th	5th
Bonus eGAP seconds	30s	20s	10s	10s	10s

eg.

Rider X finishes 6th fastest on segment S1 and 1st on segment S2 their average segment place is $((6+1)/2) = 3.5$ which for that race was good enough for 4th overall for their FRHC and gender – they earn 10s off their total Tour eGAP time

Is it important? Bonus will help close the eGAP regardless of where anyone raced.

SAP only works where there is less draft and more onus on the rider, hence sprints are not considered but we recognize some climbs are draftable.

SAP positions are further sorted by the total time taken to complete the segments with the last amount of time being the deciding factor when two riders with the same SAP are the same.

Scoring

- Points are scored based on a riders' time
 - Stage FINISH position within FRHC and GENDER
 - Segment (Sprint & Climb) position within FRHC and GENDER
 - Ranked by fastest time segment (FTS) recorded
 - Where a stage passes through the same segment multiple times we will only consider the riders 'fastest' time recorded for the purpose of scoring.
 - There will only be ONE set of points for each segment, regardless of how many times a stage passes through it
 - **Climb segments** are graded from CAT 1 to 5 (HC) (in a similar way as IRL) Points will be increased by the **'Climb Difficulty Rating' (CDR)** points multiplier as per the table in the points section. The harder the climb the more points you can win!
 - Points SCALE is the same for each FRHC rider level and GENDER

Bonus Points

Riders will earn bonus points on segments and finish points based on the number of stages they have completed.

Bonus points are calculated by multiplying the segment and finish points earned by the stage bonus multiplier that a rider has achieved. The bonus multiplier may have a boost value added depending on the number of stages completed by a rider.

The more stages a rider completes the more points they can earn for themselves and their Team.

Bonus point multiplier will reset each edition for the World Tour so all riders can compete equally in each edition, the additional 'boost value' will not reset.

Ie. Rider X and Y complete Stage 3

Rider X has completed 3 stages and has therefore earned a bonus multiplier of 1.2

Rider Y has completed their first stage and has a bonus multiplier of 0.

- Rider X won Sprint(50), Climb(60), Finish(80) points then apply the bonus
 - Bonus = Sprint 10pts, Climb 12pts, Finish 16pts
 - Total points (238) = Sprint(70), Climb(72), Finish(96)
- Rider Y won Sprint(70), Climb(80), Finish(85) points then apply the bonus
 - Bonus = Zero
 - Total points (235)

King or Queen Stage

- Where a Stage is noted as the '**King / Queen Stage**'
 - Segment points will be doubled

Results

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

Rider Upgrade - DQ - Penalty

Compound Score Assessment for upgrade

- Where it is found the rider CS value was incorrect – riders will be immediately reclassified, results will be regenerated as required
- All riders will lock their FRHC and CS value once they race a stage.
- World Tour Process
 - At the end of Edition 1 and Edition 2 the top 10 riders of each FRHC and gender will be reviewed to check for movement in CS value.
 - Riders whose CS have moved more than 25% into the next FRHC CS range will be **considered** for upgrade

Rider Male X classed GHT off a CS value of 1790 pre Tour

GHT CS range is 1600 – 1800

CRP CS range is 1800 – 2000 with a spread of 200

At the point of assessment - Male X has new CS value = 1900 which takes them into CRP class

Male x is 110 points into CRP range so $110/200 = 55\%$

Result = Rider considered for upgrade to next FRHC class

Upgrades are not penalized as there are sufficient stages remaining for positions to change

- 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 or their Zwiftpower history is aged/new and thereby has 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 direct to Race Control on Discord and/or email
 - No penalties are applied
- 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 verification as per the process highlighted in the rules

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
 - Riders are encouraged to join the FRR Discord server to ensure they receive updates throughout the Tour

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

Race Control will review initially and may then refer to FRR vada to perform further verification.

Riders may continue to race during verification

Climb Technique

Reminder that 'sticky watts' or micro bursting on hills will be flagged by riders so please do not employ these techniques in race. A good test if a rider is bursting and coasting is 'does the cadence drop and spike continually' when the activity is reviewed post event.

Riders found to be using these methods may be DQ'd or have time penalties applied

Segment smashing & rolling home

In previous Tours we implemented a time cut to discourage riders going hard in segments and finishing a long way behind equivalent riders in their class. We expect riders to compete, riders suspected of segment smashing will have a penalty of 50 pts applied to the stage.

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 **TEN(10)**, for **women** this is refined to **SEVEN(7)**, tier rider category system defined by a riders compound racing score (CS) metric as defined by the Zwiftracing.app CS metric [Zwiftracing App CS definition](#)

Power Check

For FRR we use the same CS metric but additionally we perform a power check.

We compare the riders 5min WKG against the riders best 20min WKG to check that the two power values are broadly inline with each other.

Riders whose 20min WKG is more than 90% of their 5min WKG are flagged and have their CS score recalculated using their 20min power values plus 15%.

FRHC Setting

The final CS value is then ranked within our own scale to create a riders class, the scale is evenly graduated, which increases towards the most powerful classes as power numbers widen.

The graduation between Men and Women is different due to the power numbers generally being lower for women therefore driving narrower ranges.

In FRR the class is called the **Flamme Rouge Heat Category (FRHC)**

- In all cases riders who consider their FRHC result inappropriate can contact Race Control stating their reason and race control will review

FRHC Name	FRHC CODE	MEN ZRapp Compound Score
CAPSAICIN	CAP	2300+
DRAGON	DRA	2000 - 2300
REAPER	CRP	1800 - 2000
GHOST	GHT	1600 - 1800
HABANERO	HAB	1400 - 1600
BONNET	BON	1200 - 1400
CAYENNE	CAY	1000 - 1200
JALAPENO	JLP	800 - 1000
PEPPERONCINI	PEP	600 - 800
BELL	BEL	below 600

FRHC Name	FRHC CODE	WOMEN ZRapp Compound Score
GHOST	GHT	1400+
HABANERO	HAB	1200 - 1400
BONNET	BON	1000 - 1200
CAYENNE	CAY	850 - 1000
JALAPENO	JLP	700 - 850
PEPPERONCINI	PEP	550 - 700
BELL	BEL	below 550

Rider Verification

During each Tour or event riders will produce high performance, it is the responsibility of Race Control to monitor performance and look to maintain a fair racing position across all classes – as this is not just applicable to the highest most powerful riders.

Verification will be performed by the **FRR vada group** (FRR Virtual anti doping agency) formed from experienced trusted riders from within the Zwift community and who compete and contribute to FRR events.

FRRvada will recommend one of three options to race control.

- No action required
- Time sanction
- Event removal/ban

All information submitted will remain confidential and race controls decision will be final.

Verification can take place at any point and the process is as follows:

1. Race Control contacts riders and Team Manager via email/Discord
2. Riders may be requested to provide:
 - Height and weight video to verify their BIO details
 - Zwift setup video including smart trainer, pedals etc..
 - Strava and Zwift accounts if private must be granted access to Race Control and .fit files made available for requested events
 - Rider may be asked to give their consent to Zwift via email, which Race Control has started, to allow Zwift to confirm to Race Control the Smart Trainer used for the Tour events in question
 - Rider photo ID may be requested to further assure the person in a submitted video is the rider with the request
3. Riders will be given a suitable amount of time (normally 24 hrs) to review and provide the information requested.
4. Riders who fail to cooperate within the time set will have time penalties applied to remove any impact on fellow riders (since we have no ability to prevent a rider from competing) and post Tour excluded from entering future events.
 - FRR Jersey holders will have those Jerseys removed

FINISHING POINT SCORING

All winners of their FRHC and GENDER within their event will be awarded 1st place points.

All other riders will be ranked by their eGAP and will be awarded points from the scale below, riders will earn at least 1 point for their effort.

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
400	396	394	392	390	388	386	384	382	380
11 - 100	4pts will separate each group of 10 riders								
101 – 200	10pts will separate each group of 10 riders								
200 – 300	20pts will separate each group of 10 riders								
301+	40pts min each rider								

iTT events have double finish points

SEGMENT POINT SCORING

FTS Scoring – CLIMB & SPRINT

All riders will have an opportunity record their ‘fastest’ time through each segment in a race, all riders will receive at least 20 points for their effort based on the scale below.

Segment points are awarded by FRHC and Gender.

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
200	198	197	196	195	194	193	192	191	190
11 - 100	2pts will separate each group of 10 riders								
101 – 200	5pts will separate each group of 10 riders								
200 – 300	10pts will separate each group of 10 riders								
301+	20pts min each rider								

Climb Difficulty Rating

Climb Difficulty Rating (CDR)	1	2	3	4	5 (HC)
Point multiplier X	1	2	3	4	5

ie.

Aqueduct CDR=1 winner receives $200 \times 1 = 200\text{pts}$

Leith Hill CDR=3 winner receives $200 \times 3 = 600\text{pts}$

Edition Stage Bonus Point Multiplier

Stage	1	2	3	4	5	6	7
Multiplier Applies to Finish & Segment points	0	1.2	1.3	1.4	1.6	1.8	2

The multiplier will allow riders who cannot ride all stages to compete with full Tour riders and vice versa – ensuring rider engagement to contribute to a Team score.

The multiplier resets for each edition of a Tour.

Bonus Multiplier Boost

Completed Stages	1 - 7	8 - 10	11-14	15 - 18	19-21
Additional value to add to the edition multiplier	0	0.1	0.2	0.3	0.4

For riders who complete more than an edition the above 'boost' will be added to their stage multiplier since full tourists or riders who do more than a single edition will be more fatigued than new riders joining and as such their position within the points scale could change.

Team Stage POINTS

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

Mixed League the **TOP 8** will be defined by the **TOP 4 MEN** and **TOP 4 WOMEN** within a Team.

TEAM LEAGUE POINTS	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Total all Team Rider points to rank TEAM for League points	200	197	195	193	191	190	189	188	187	186
Points decrease by 1pt every place from 11 th to n Teams will get a minimum of 20 points 176 th and below										

King / Queen Stage

- Where a Stage is noted as the 'King / Queen Stage'
 - Segment points will be doubled