

FLAMME ROUGE

R A C I N G

presents the

FRR *Race Series Rules*

Season 1

4th September 2021 to April 2022

V20211020.1

SERIES OVERVIEW

Series Aim

Provide a series of week/multi week long Team based multi stage events starting September through to the end of March, with each Tour up to 8 weeks apart.

Series 1

Tour Dates	Tour Event Schedule	Status
Sept 4 th – 12 th	Tour Zwift France	Completed
Nov 13 th - 21 st	Tour Britannia	Registration Open
Jan 2 – 9 th 2022	Tour Watopia	Scheduled
March 12 – 27 th 2022	Tour International	Scheduled

Tour Rules

Event

- Each Team must pre-register using the race management (RM) web site, before the closing date for each Tour
 - Team managers must create all Teams before the registration closing date this will allow FRR Time to determine the League format
 - If there are sufficient Teams in a time zone - Leagues will be Zone specific (Min 8 Teams per Zone per CAT)
 - If there are insufficient Teams within a time zone a League for the Zone will not be run, FRR will review with the registered Teams and confirm before Stage 1 whether results can be merged into one League
 - Team managers will have an additional week to add riders to their rosters
- Single riders can register and FRR will find a Team for riders or we may form FRR teams, either way riders can race
- Flammerougeracing can be emailed at rcontrol@flammerougeracing.com for further information or clarification of rules
- Results will be provided by Zwiftpower, the results platform, for review by FRR race Control
- All events will use a private event **TourPass®** link which will be made available within the RM
- All Events will run A to D categories for mixed Teams

- Ladies may race a mixed category below their Zwiftpower mixed CAT level, as per in real life rules (Strong riders consider staying in CAT – just race where you are being fair to yourself)
- Teams may consist of riders from any race category, only **THREE** riders on a Team roster can be from a different CAT to that of the Team
- Team must be registered for the Category that equates to the majority of the riders registered if a Team is unsure as to which division should be registered to please ask race control. Race control will also review all teams to ensure Teams are in the right division given their riders. I.e.
 - 5Cs, 3 Bs = C Division
 - 4 As, 2 Bs, 1C= A Division
 - 4 Cs, 1 B, 2 Ds = C Division
- Events will enforce the same bike however wheelsets can be changed by riders
 - ZWIFT* AERO for Points races
 - ZWIFT* TT for iTT

*Community events can now not use branded bikes
- Each Tour consists of 6 stages
 - Stage one and two will be on the same day and will run consecutively, stages will be scheduled to allow for a minimum of 15 mins switch over
 - Each stage may use different riders from the Team squad
- Each Points Stage will use neutralised starts between (2-3.5wkg depending on CAT) referred to as **KMZ®** (Kilometer Zero) each PEN will have a race controller who will ensure riders group up, and at a predefined distance/time the race will begin

Stages

- Stages will have two time Zones, APAC and EMEA
 - Stages on the same day must be ridden in the same time zone, Teams cannot ride the TTT in APAC and Points in EMEA
- Staggered starts will be used for each category
- Powerups will not be available
- TTT stages may use up to 6 Team riders of which a minimum of 3 riders must complete the course with the Team time taken from the 3rd rider to finish
- POINTS stages may use up to 6 riders from the registered squad
- LADIES may race a mixed category below their Zwiftpower mixed CAT level
- Points stages will use KMZ neutralised starts

- Riders may race in either time zone, **your race your way**, refer to points section for further clarification on this feature
 - Points will be combined for a Team wherever you race
 - Riders may race in only one stage zone, rides riding 2 zones for the same stage will be DQ'd from the second event AND their Team will be penalised 50 points

Team

- Teams must be associated to registered Zwiftpower Teams
- Team managers can register multiple Teams for any category
- Each Team can register up to **8 riders** per team to form their Event Roster
 - Teams **may replace 2 riders** having raised this with race control for review and approval
 - Teams may have 3 riders whose Zwiftpower category is HIGHER than the FRR Team category
 - For ladies – their FRR Team category is determined by where they will race (if their mixed CAT is B but will race in 'C' for a 'C' Team then they will not be one of the three higher category riders if they race in 'B' then they would be counted)
 - All Team riders must have a Zwiftpower account
 - Zpower riders are excluded
 - Riders are advised to complete 10 Zwiftpower race events before stage 1 to categorize themselves correctly to prevent penalty points being awarded which will penalize your team
- Team Managers may select ONLY TWO A+ riders in an A category Team roster, however ONLY ONE A+ rider may ride in a Stage
- Teams are restricted to 3 riders whose Zwiftpower mixed category is higher than that of the Team category
- Teams will be disqualified from a Stage if more than 6 riders from a Team start a race

Riders

- Riders can only race for one team per Tour event per League
- Riders may race in either time zone, **your race your way**, finishing points are category specific – the higher you race the more points you can win
 - Points will be combined for a Team wherever you race

- Riders may race in only one stage zone, riders riding 2 zones for the same stage will be DQ'd from the second event AND their Team will be penalised 50 points (Clearly the events wouldn't be hard enough if you can do 2!)
- Riders are Team locked once they start a Tour event stage for a Team
- Riders exceeding the Zwiftpower 20min Wkg boundary within a stage will be disqualified, taking into account the 95% rule
- Riders will NOT be protected by Zwiftpower Watt boundaries. (eg. If a rider can produce wkg in excess of their category they are encouraged to race in a higher category or risk disqualification)
- Riders suspected of amending biometric values to gain advantage will be disqualified and banned from competing in all FRR events
- Riders in categories A and B must use a HRM, failure to do so may result in disqualification
 - Should a riders HRM fail during a stage Team Managers must raise an appeal to race control
 - Riders in 'A' should additionally have 'cadence' registered within their statistics results to help authenticate higher efforts as greater performance will always require greater clarity and riders should expect this

Points

- Riders compete for KOM, SPRINTER and finishing position points
 - FASTEST through an intermediate (FTS)
 - FIRST through an intermediate (FOL)
 - Stage finishing position (FIN)
 - **DOUBLE intermediate points will apply on Stage 6**

Category Peloton Level of Competition

- Each racing category must have a **minimum of 20 riders** in the starting peloton to qualify for full intermediate points in the race.
 - This ensures no matter where a rider performs their race there is sufficient competition for the category to earn points
 - Finishing points are not affected as these are already different by race category

Race Category Point Structure

Teams may be registered using riders of a different category, the points structure is simple and fair. The higher you race the more points you can win

Rider Stage Multiplier

- FRR hope riders will compete in all Stages, part of the event is coping with fatigue build up similar to that experienced in real life for multi stage events. Riders who complete multiple stages will earn a point multiplier – the more stages you do the higher your multiplier
 - 2 Stages = Total points won x 1.2
 - 3 Stages Total points x 1.3
 - 4 Stages Total points x 1.4
 - 5 Stages Total points x 1.5
 - 6 Stages – Bonus 50pts (It's double points on the final stage already)

Your Race Your Way

- A rider may race in either time zone for a stage and will earn points for their Team based on;
 - **Peloton level of competition**
 - **Category specific point structure**
 - **Rider Stage multiplier**
- Stages will have two time Zones, APAC and EMEA
 - Stages on the same day must be ridden in the same time zone, Teams cannot ride the TTT in APAC and Points in EMEA
- Refer to the Stage schedule to understand which segments are in play each lap
- TTT stages, team time to be taken from the 3rd rider to finish the course
- iTT stages, mass starts NO DRAFT, Teams awarded finishing points based on course finishing time – fastest to....
- Teams will be awarded League points based on the total rider points won each stage
 - In the event of a tie on total points places will be decided by most FIN, FOL, then FTS
- Riders must complete stages within a time limit of the declared winner of their category, the time limit will be calculated at the end of each stage
 - Each stage has a rated difficulty level from 1 to 5 (5 being very difficult)
 - Each stage time limit will be based on the difficulty of the stage and the finishing time of the declared winner – we would all category racers to complete events within 15 to 30% of the final declared winning time
 - Riders who fail to complete within the cut off will lose all contributing points to the overall Team total for that stage but will not attract penalty points
 - TTT/iTT stages have no time cut off or intermediate points

Team Bonus Points

- Riders compete for SPRINTER and KOM points and these are tracked throughout the series and displayed on the leaderboard
- At the end of the Series the top 10 sprinters and climbers will earn 'Team bonus points', refer to the Stage Points scoring section.
- Team bonus points will be added to the overall Team League points position to finalise the League positions.
- Only the Top 3 riders from each Team may earn Bonus points, where a Team has 4 or more riders in the top 10 the points will pass down to the next rider of another Team

Penalty Points

- Riders who are disqualified will have all points deducted from their Team final race score
- Additionally, a rider who has been disqualified and has won intermediate points will have those points further deducted from the Teams total score as a penalty on the basis that the rider has unfairly denied other race riders the opportunity to earn intermediate points for their team

Race Control

- Team managers must raise appeals to race results using the race control section in the RM
- Team Managers must raise all appeals within 6 hours of race completion (subject to available statistics on the results platform)
- Race control will aim to resolve all appeals within 48 hrs, subject to the continued availability of the results platform, Zwiftpower
- Race control decision is final

Results & Information

- All official results and tables will be via the FRR website
- Each Category will have ONE division for each Tour event

Upgrades

- Riders who upgrade before or as a result of STAGE 3 will earn 50% of the stage points, all points will be rounded UP to whole points
- Riders who upgrade after stage 3 will earn full points
- Riders that upgrade category during the series may continue to compete in the division of their original category

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
- In the unlikely event that a Team fails to get a 3rd rider to complete the TTT stage the Team will be placed last within their category

And finally remember to enjoy the racing, respect the rules and have fun....



STAGE POINT SCORING – Intermediates

Category Race Peloton Size

To be awarded full intermediate points the race category peloton must consist of at least 20 riders.

Race categories that do not have the minimum number of riders will have intermediates points halved, rounded up to the nearest point.

Intermediate - SPRINT Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
First Over Line (FOL)	10	8	6	4	4	3	3	2	2	1
Fastest Time (FTS)	10	8	6	4	4	3	3	2	2	1
Team Bonus (Overall)	10	8	6	4	4	3	3	2	2	1
Note. Zwift limits races to 8 Prime segments refer to the Stage notes for segments in play and the laps Team Bonus – Top 10 ‘sprinters’ will earn bonus League points for their Team, the leaderboard will show the standings – the points will applied after the final stage										

Intermediate - KOM Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
First Over Line (FOL)	20	16	13	10	10	8	8	6	6	5
Fastest Time (FTS)	20	16	13	10	10	8	8	6	6	5
Team Bonus (Overall)	10	8	6	4	4	3	3	2	2	1
Note. Zwift limits races to 8 Prime segments refer to the Stage notes for segments in play and the laps Double intermediate points will be applied to the Stage 6 Team Bonus – Top 10 ‘climbers’ will earn bonus League points for their Team, the leaderboard will show the standings – the points will applied after the final stage										

STAGE POINT SCORING – Finishing POINTS

Rider Stage Finishing Position Points Division A	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
	50	46	43	41	40	39	38	37	36	35
	11- 20 th	21- 30 th	31- 40 th	41- 50 th	51- 60 th	61- 70 th	71- 80 th	81- 90 th	91- 100 th	101+
	30	25	20	15	12	10	8	5	2	1

Rider Stage Finishing Position Points Division B	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
	45	41	38	36	35	34	33	32	31	30
	11- 20 th	21- 30 th	31- 40 th	41- 50 th	51- 60 th	61- 70 th	71- 80 th	81- 90 th	91- 100 th	101+
	25	20	15	14	12	10	8	5	2	1

Rider Stage Finishing Position Points Division C	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
	40	36	33	31	30	29	28	27	26	25
	11- 20 th	21- 30 th	31- 40 th	41- 50 th	51- 60 th	61- 70 th	71- 80 th	81- 90 th	91- 100 th	101+
	20	18	16	14	12	10	8	5	2	1

Rider Stage Finishing Position Points Division D	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
	35	31	28	26	25	24	23	22	21	20
	11- 20 th	21- 30 th	31- 40 th	41- 50 th	51- 60 th	61- 70 th	71- 80 th	81- 90 th	91- 100 th	101+
	15	14	13	12	10	8	6	5	2	1

TEAM LEAGUE POINTS SCORING

TEAM LEAGUE POINTS	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 – 15 th	16 – 20 th	21 – 25 th	26 – 30 th	31 st +
Total all Team Rider points to rank TEAM for League points FOL / FTS / FIN	40	36	33	31	30	29	28	27	26	25	18	16	14	12	10



Tour Event Schedule

FRF - Tour Zwift France - Completed

September 4th to 12th

Registration closing date August 30th (Midnight (BST) August 29th)

Stage Mixed only	Course	Stage Difficulty	Comment
Stage 1 4 September Saturday 1800 BST	Champs-Elysees Lead in + 6.6km 1 lap	Level 1	TTT Prologue No intermediates
Stage 2 4 September Saturday 1845 BST	Tire Bouchon Lead in + 64km 1 lap	Level 3	Rolling hilly <ul style="list-style-type: none"> - Ballon Sprint Rev (FTS) - Aquaduct KOM Rev (FTS) - Petit KOM (FTS/FOL) - Ballon Sprint (FTS) - Aquaduct KOM (FTS) - Pave Sprint (FTS) - Marina Sprint (FTS)
Stage 3 5 September Sunday 1700 BST	Petit Boucle Lead in + 62km 1 lap	Level 4	Rolling hilly <ul style="list-style-type: none"> - Pave Sprint Rev (FTS/FOL) - Aquaduct KOM Rev (FTS) - Aquaduct KOM (FTS) - Ballon Sprint (FTS) - Marina Sprint (FTS) - Petit KOM (FTS/FOL)
Stage 4 8 September Wednesday 1800 BST	Douce Lead in +49km 2 laps	Level 2	Flat – Transition <ul style="list-style-type: none"> - Ballon Sprint (FTS both laps) (FOL lap 2 only) - Aquaduct KOM (FTS both laps) (FOL lap 2 only) - Pave Sprint (FTS both laps) (FOL lap 2 only) - Marina Sprint (FTS lap 1 only)
Stage 5 10 September Friday 1800 BST	Roule Ma Poule Lead in +50km 2 laps	Level 3	Rolling <ul style="list-style-type: none"> - Aquaduct KOM (FTS both laps) (FOL lap 2 only) - Pave Sprint (FTS both laps) (FOL lap 2 only) - Marina Sprint (FTS both laps) (FOL lap 2 only)
Stage 6 12 September Sunday 1700 BST	Ven Top Lead in +21km	Level 5	Mountain - Queen stage DOUBLE SEGMENT POINTS Ven Top KOM (FTS/FOL)

FRR - Tour Britannia
From 13th November to 21st

Registration closing date November 7th midnight (GMT)

Stage*	Course*	Stage Difficulty	Comment
Stage 1 13 November Saturday 0800 GMT APAC 1800 GMT EMEA	Greater London Loop Lead in + 21km	Level 1	TTT Prologue
Stage 2 13 November Saturday 0900 GMT APAC 1900 GMT EMEA	2019 UCI World Lead in +40km (3 laps)	Level 3	Rolling Hilly
Stage 3 14 November Sunday 0800 GMT APAC 1800 GMT EMEA	Royal Pump Room 8 Lead in + 56km (2 laps)	Level 4	Rolling hilly
Stage 4 19 November Friday 0800 GMT APAC 1900 GMT EMEA	Tour of Tewit Well Lead in + 11km 1 lap	Level 2	iTT - Hilly
Stage 5 20 November Saturday 0800 GMT APAC 1800 GMT EMEA	London Pretzel Lead in +55km	Level 5	Rolling Hilly
Stage 6 21 November Sunday 0800 GMT APAC 1600 GMT EMEA	Surrey Hills Lead in +50km	Level 5	Mountain - Queen stage Finish Leith Hill 2 nd time

*Dates and routes subject to change