

# FLAMME ROUGE R A C I N G

presents the

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

### **Season 2**

October to April 2023

V20221124.1

# SERIES OVERVIEW

## Series Aim

Following the successful Series 1 and the lessons learned through the Tour Series we present Series 2.

Our aim remains to provide a series of events using consecutive day stages which are mixed Team based starting in October through to the end of March, with each Tour event to fit around established Zwift events where possible.

## Key Updates

- **SPRINT and KOM segment points now split by FRHC and GENDER**
- **Zwift AUTOCAT does not 100% align to Zwiftpower rider categories, where a rider is prevented from joining the a lower PEN than expected they should do the following**
  - **Join a PEN that is available**
  - **Contact Race Control as we will need to move FRHC to reflect**

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

## Series 2

Tour Dates	Tour Event Schedule	Code
Oct 22- 30th	<i><b>Tour France - Completed</b></i>	FRF
Nov 26 – Dec 4	Tour Britannia	FRB
Jan 2 – 8 <sup>th</sup> 2023	Tour Watopia	FRW
Feb 11 <sup>th</sup> 2023	World Championship	FWC
March tbc	World Tour	FRI

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, but remember to tick the 'Join FRR Tour' box and select your Club Tour Team
  - If your club Team is not shown or you are not part of a Zwift Team then please select 'FRR Team'
  - 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 '**Join FRR Tour**' box to indicate you are interested in taking part in the Tour – if you joined Tour France then this will already be ticked
  - Select your '**Club Tour Team**' from the dropdown box or take the current setting
    - Clubs can enter up to 3 Teams of unlimited riders
      - Manager note - Clubs with large numbers of riders who require more Team options should contact race control
      - Each Club ideally needs a rider with a manager role please contact race control if you would like this role for your Club
    - Rider's joining the Tour will always default to the first Team of their Club
    - Club managers have functionally to move riders between their Club Teams
  - Riders who competed in Tour France must ensure their weight and mixed CAT are updated before Stage 1. Your NP value will be taken from Tour France.

## 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
- Managers will be able to:
  - Rename the default Team names
  - NEW: Managers will be able to update the key information that determines a riders FRHC for each rider in their Club
  - NEW: Managers are requested to review their riders to ensure FRHC settings are within expectations
  - Move rider's between Teams
  - Raise Race Control issues for review
  - Raise rider FRHC reviews with Race Control

# TOUR SERIES RULES

## Event Basics

- Event links will be PRIVATE
  - Event links will be available on the FRR website for registered riders
- 6-8 Stages for each Tour - POINTS or ITT
- Each REGION APAC / EMEA / USEST /USPST will have a local time slot between 0600 and 0700 (early morning) and early evening (1800-1900)
  - 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
  - ZPower riders will be excluded from the results
- Riders must register to take part and complete their FRR profile this will
  - Include the rider in the official results on the website
  - Ensure the private event links on are made available on the website
  - Set a riders FRHC racing category
  - Allow a rider to join their Race Club and Team
- Existing riders are requested to update their profile
  - FRR will review all riders FRHC classifications before Stage 1
  - A riders FRHC will lock once they compete and their first result is accepted
  - FRHC will set following the completion of a riders 3<sup>rd</sup> Stage
  - 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 general CAP riders are A+ high A, CRP high A, GHT low A high B, HAB mid B, BON low B high C, CAY mid/low C, JLP low C/D riders
  - FRR has 7 FRHC racing levels (Refer to FRHC section)
- 7 rider FRHC levels



- KMZ has been revised by using TWO racing PENs (A and C) and using AUTOCAT. By doing this we hope the starts will be more controlled for C/D riders and the race can be run at the right speed.
  - FRHC should ensure that the lowest a mixed B rider could ever be is BON and therefore those riders can only select PEN A
  - PENs will only see their category of racer within a race
- All riders are requested (Mandatory – but obviously we cannot force) to add their FRHC to their Zwift name
  - I.e. R Smith (GHT)
- Enforced bike frame for all riders
  - Riders may use their choice of wheelsets

## Competition & Scoring

- Each Stage has multiple race events, results will be combined together to form ONE Global race result by FRHC
- Individual competitions by FRHC
  - **GC is Total time**, based on a rider's event finish time. GC
    - Rider must complete all stages for GC
    - Riders who miss stages will be ranked lower but still shown
  - Riders' who cannot compete in a stage may still contribute to the Team competition
  - **Polka Dot is total points**, based on the points a rider earns for each event KOM segment
    - Rider must complete all stages for GC Polka Jersey
    - Riders who cannot do all stages will be ranked on the leaderboard using the 'TOUR' option this will show the leading points scorer regardless of the number of stages completed
  - **Green jersey is total points**, based on the points a rider earns for each event SPRINT segment
    - Rider must complete all stages for GC Green Jersey
    - Riders who cannot do all stages will be ranked on the leaderboard using the 'TOUR' option this will show the leading points scorer regardless of the number of stages completed
  - Individual competitions have no impact to Team standings

- Team Points Competition
  - THREE fixed Teams per Club, though can request more if required
    - Managers may rename Teams
    - Managers may move riders between Teams
    - Managers may update a riders key details to set their FRHC correctly
    - Managers may only move riders who have not competed in the Tour
    - Allows for inter club competition
      - Rider's select their Club and Team within their Profile
      - Rider's will default to Team 1 'LeTour'
      - Once a rider completes a race they are fixed to that team for that Tour
  - Unlimited team riders per Team

## 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
  - Riders will earn Team bonus points for completing 3 or more stages, refer to the points section
- Top 7 (SEVEN) point scoring riders for each team count each 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

- Riders found to be in the wrong FRHC will be upgraded and their revised finishing position updated
- 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 general CAP riders are A+ high A, CRP high A, GHT low A high B, HAB mid B, BON low B high C, CAY mid/low C, JLP low C/D riders
- In exceptional cases a rider may be DQ'd, each case would be reviewed individually

## 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'

## 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 a **SEVEN** tier rider category system.

This is called the **FR Heat Category (FRHC)**

Recognised Racing Categories	FR Heat Category FRHC	FRHC CODE	FRHC Power Range W/kg
A+	CAPSAICIN	CAP	4.6 +
A	REAPER	CRP	4.2 - 4.6
B+	GHOST	GHT	3.8 – 4.2
B	HABANERO	HAB	3.4 – 3.8
C+	BONNET	BON	3.0 – 3.4
C	CAYENNE	CAY	2.7 – 3.0
D	JALAPENO	JLP	2.7 or below

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

- Current Zwift Mixed Racing Category
- 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 rider's must

- Select the highest value in last 30 days
- Do not consider TTT or iTT events or events less than 20km in length
- Contact Race Control if you are unsure or want to request a review

## Tour Rules - General

### Event

- Each Rider must create a FRR Profile using the race management (RM) web site, before they compete in a stage
- Each rider must have a Zwiftpower account ID which will be used as the FRR rider account ID
- Riders without a Team will have their race Team set to FRR
  - Riders can only ride for ONE Race Team each Tour
  - Riders can only switch Teams if they have not completed a stage
- All events will use a private event **TourPass®** link which will be made available within the RM
- Events will enforce the same bike however wheelsets can be changed by riders
  - ZWIFT AERO for POINTS
  - ZWIFT TTT bike for iTT
- Powerups will not be available
- Riders may race any event, **Your Race Your Way**
  - Points will be combined for a Team wherever you race
- Riders may race in only one event per stage, should a rider compete in a second race for the same stage the second race will be removed
- Riders are expected to complete stages within a reasonable time within their FRHC category
  - **NOTE.** FRR wants to discourage 'segment smashing' and coasting home where riders are suspected of this tactic a rider will lose all contributing points to a Team's stage total.
    - **To date** – no team has been deducted points due to this type of event manipulation everyone has respected the Tour

### Riders

- Riders suspected of amending biometric values to gain advantage will be disqualified and banned from competing in all FRR events
- Riders are requested to use a HRM and it is highly advised if you expect to challenge for GC awards in order to further validate results
- High powered riders are recommended to duel record or be prepared to validate performances when requested by race control

### Penalty Points

- Disqualified riders will have all points deducted from the event and positions will recalculate

### **Race Control**

- Riders must raise appeals to race results by emailing race control
- 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
- Results will be processed once all time zones have completed a stage
  - Results processing aims to publish results before the next stage begins of the same time, with the exception of stages that run back to back
  - Result processing is UK based

## STAGE POINT SCORING – Finishing POINTS

<b>Rider Stage Finishing Position Points</b>	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

## STAGE POINT SCORING – Segment

### 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

Segment points are split awarded by FRHC and Gender.

<b>FTS Points</b>	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	46	43	41	40	39	38	37	36	35
	11-20	21-30	31-40	41-50	51-60	61-70	71-80	81-90	91-100	101-110
	33	31	29	25	22	19	16	13	10	7
	111-120		121-130		131-140		141-150		151+	
	6		5		4		3		1	

## Team Stage POINTS

Teams are ranked by the SUM of Total points (Finish + Segment + Bonus) earned by the top **SEVEN** 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 plus Bonus 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 plus Bonus points to rank TEAM for League points	38	36	33	30	26	24	22	20	16	14	10

## Rider Stage Bonus Points

Stage	1	2	3	4	5	6	7	8
Rider Bonus Points	0	0	15	20	30	40	45	50



## Scoring Example

*NOTE. EXAMPLE has not been updated to reflect enhanced points structure however the principle is correct*

### Stage 2. Team X

Rider	FRHC	FTS	Finish	Bonus	Total
1	CAP	30	50	0	80
2	GHT	25	40	0	65
3	CRP	23	41	0	64
4	JLP	13	50	0	63
5	BON	30	32	0	62
6	HAB	16	40	0	56
7	HAB	20	35	0	55
8	CAY	5	50	0	55
9	CRP	12	38	0	50
10	BON	14	36	0	50
<b>TEAM TOTAL</b>					<b>600</b>
Team score of 600 is then ranked against all other teams and TEAM League points awarded					

### Stage 5. Team X

First 9 riders have completed all 5 stages rider 10 only 4 hence the difference in bonus points earned for rider 10.

Rider	FRHC	FTS	Finish	Bonus	Total
1	CAP	30	50	30	110
2	GHT	25	40	30	95
3	CRP	23	41	30	94
4	JLP	13	50	30	93
5	BON	30	32	30	92
6	HAB	16	40	30	86
7	HAB	20	35	30	85
8	CAY	5	50	30	85
9	CRP	12	38	30	80
10	BON	14	36	20	70
<b>TEAM TOTAL</b>					<b>890</b>
Team score of 890 is then ranked against all other teams and TEAM League points awarded					

# Last rider update

## FRR Tour Britannia – Final Preparations

November 24

### Hi Everyone

Well very soon the day will be upon us, excited to great into some great Tour racing again as I know many of you are too.

Set out below are the final reminders and any approved changes.

### Segment Points by FRHC and Gender

After review and a lot of welcome feedback from the Tour riders it was accepted following a Poll that we will split SEGMENT points by FRHC and GENDER for both SPRINT and KOM. Leaderboards and resulting has been updated – so now ladies have something more to sprint for and men to climb.

### AUTOCAT mismatches

Some riders may be prevented from using PEN C due to AUTOCAT, sadly we cannot change this as Zwift's process to is different to the process of Zwiftpower. If you are one of those riders then Zwift thinks you are more powerful based on your history so need to do the following so we have classed correctly.

- Join a PEN that is available
- Contact Race Control as we will need to move your FRHC to reflect

### Event controlled starts

For POINTS stages we run PEN A and PEN C – each will start like a normal ZWIFT race go as fast as you like.

For iTT stages just fire out as normal.

### Rider email check

Please check your email address especially if you are not getting email updates, we get a number of rejections and sadly we cannot investigate further at this time.

- Team combining will start 24 Nov. We will continue to combine riders throughout the Tour into larger Teams as they register with the FRR Team remaining as the default

### Notice Board & Facebook Tour updates

- We will post regular updates throughout the Tour on the notice board, home page ticker line, and the [Facebook FRR Event Group](#) so please try and join that Group as it has all the sneak peaks before release too
- FRR also has a [FRR Discord Group](#) where you post messages and discuss the event

- For all race issues please raise these via your Team Manager to race control via email

[Tour Rules](#) are updated and show on the web home page all changes are now included, including anything within this email update.

### **Charity link up**

We announced our link up with [Cyclists Fighting Cancer](#), please refer to our [FRR website](#) and the [Facebook FRR Event Group](#) where we are sharing who CFC are and how they have been making a valuable difference to young people recovering from cancer.

**20% of what we raise we give...**

*Looking ahead....*

### **Tour Watopia – January 2<sup>nd</sup> [Poster](#)**

8 stages 8 days to burn that Christmas and New Years excess off and get you ready for ZRL on the 10<sup>th</sup>....

### **World Trophée – Feb 11<sup>th</sup> [Poster](#)**

- In the riders Profile there is a new tick box for rider's to positively enter
  - Entry will need to close Feb 4<sup>th</sup> so we can review and verify riders
- Route for Stage 2 will be revealed over December 1800GMT every day on our Facebook Event Group and on the home page of the web – advent calendar style

Finally thank you very much for taking the time to join our events, look forward to making each one unique and even more engaging for everyone – see you all in as many of the PENs as possible I is going to be another epic week!

**Regards**

**Richard**

**FRR Race Control**

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