FLAMME ROUGE 1
RACING

presents the

FRR Tour Series Rules

Season 2

October to April 2023

V20230214.1

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

- **New FRHC Class – PEP – Pepperoncini splitting Jalapeno at 2.4wkg**
- **60 days NP review**
- **Rider Profile update needed 5 days before Stage 1 to release races pass**
- **Team Combine active selection by Team Manager in Profile**

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

Series 2

Tour Dates	Tour Event Schedule	Code
Oct 22- 30th	*Tour France - Completed*	FRF
Nov 26 – Dec 4	*Tour Britannia - Completed*	FRB
Jan 2 – 8th 2023	Tour Watopia	FRW
Feb 11th 2023	World Championship	FWC
March tbc	World Tour	FWT

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

  - To indicate to FRR and Team managers that you wish to Join each Tour by ticking the relevant box in the event section. The default is 'ticked'.

    NO TICK = NO ENTRY

  - If your club Team is not shown then contract 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.

  - 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

  - 5 days before Stage 1 of an event each rider must review their Profile and update to ensure their FRHC is up to – weight, mixed CAT, ladies CAT and NP after updating and saving…. your FRHC will be recalculated

    - Stage TourPass's will only show for a rider once their profile has been updated

      - If you happen to do bigger numbers even 1 day before Stage 1 then please update as someone somewhere will spot it if you happen to be at the top of any class – the increase may just make a difference in your FRHC Class

- Existing FRR rider's

  - Login and click on your name to open your Profile

  - Tick the Tours you may be entering

  - 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

   o Team Managers have an additional field titled 'Team Combine'

- Please select 'YES' to indicate to FRR that you would join forces with another larger Team in order to participate in the Team event for a Tour event given that your own Team numbers may not be sufficient

- In general a Team would need 20+ riders or a very dedicated set of riders to feature well in the Team event

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:

   o Rename the default Team names

   o Managers will be able to update the key information that determines a riders FRHC for each rider in their Club

   o Managers are requested to review their riders to ensure FRHC settings are within expectations

   o Move rider's between Teams

   o Raise Race Control issues for review

   o 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 an early morning and early evening time slot
  - 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 3rd 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
- FRR has 9 FRHC racing levels (Refer to FRHC section)
- POINTS stages use 2 PENs – A and C – this is to provide all riders with a race start appropriate to their power. Riders may choose which PEN they want to use – we do not use category enforcement. All riders will see all riders on course.
  - PEN C will set off 5 minutes before PEN A

- All riders are requested (Mandatory – but obviously we cannot force) to add their FRHC to their Zwift name
  - Ie. 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 be shown
  - **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 rider's 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
- Team League will split into two Leagues after 5 stages for the World Tour and after 3 stages for the other Tours. The top 30 scoring Teams will form the first Tier.
- Splitting Teams into 2 Leagues will enable smaller Teams to aim for a League title
- After the split Teams and riders continue to earn points in exactly the same way. ie. Against all Teams/riders (its purely cosmetic View to display 2 Leagues)

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 8 (EIGHT) point scoring riders for each team count each stage

Queen Stage

- Where a Stage is noted as the '**Queen Stage**'
  - Segment points will be doubled
  - Riders will earn an additional 50 finishing points for completing the 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

- o ONE Leaderboard for all Teams
- FRR will update the website Notice Board with result updates

Rider Upgrade or DQ or Penalty

- Riders found to be in the wrong FRHC will be upgraded which will trigger a results regeneration for all the stages they raced

- A riders' FRHC will be set for the Tour event once they complete their third event and that event is closed

  - o 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 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 additional information and where information is not provided or technology is appears to be incorrect then a penalty will be applied on a percentage basis.

  Ie. 5% extra time will be added to the Zwiftpower times

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 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 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 in last 60 days from the date of the first stage

- Do not consider the following types of events:
    - TTT or iTT events
    - Events less than 30km in length
    - Events that are 'sprint fests'
    - Events that are purely hill climbs
- 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 upgraded because they exceed the baseline class WKG…

In order to be considered for upgrade we follow this process:

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.

Rider Upgrade

Over the course of all Tours Teams and riders raise reviews, in doing so we look at every request and make a decision within the rules before upgrading or not upgrading a rider.

The process is simply…

- Review the riders key FRHC details that set their FRHC
  - Update if they are incorrect and recalculate their Class – did it upgrade them?
- Has the rider completed 3 FRR stages
  - Competing 3 stages locks a rider's FRHC – no action

Ultimately each rider must ensure their details are correct, if they are not and they are upgraded mid race then that should come as a surprise.

STAGE POINT SCORING – Finishing POINTS

Rider Stage Finishing Position Points	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	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 / 86	84 / 82	80 / 78	76 / 75	72 / 70	68 / 66	64 / 62	60 / 58	56 / 54	50 / 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.

FTS Points	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	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 **EIGHT** riders of each Team each Stage regardless of FRHC

TEAM LEAGUE POINTS	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
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 – 15th	16 – 20th	20 – 25th	26 – 30th	31 – 40th	41 – 50th	51 – 60th	61 – 70th	71 – 80th	81 – 60th	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	5	10	15	16	17	18

Stage	9	10	11	12	13	14	15	16
Rider Bonus Points	20	25	28	30	35	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
				TEAM TOTAL	**600**

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
				TEAM TOTAL	**890**

Team score of 890 is then ranked against all other teams and TEAM League points awarded