

FLAMME ROUGE R A C I N G

presents the

FRR Tour Series Rules

Season 3

October to April 2024

V20231124.1

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	FRB
Jan 2 – 10 2024	Tour Watopia	FRW
Feb 17 – Mar 10 th	World Tour	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 Rule Changes to read

- FRHC Upgrades (Refer to page 8)

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
- Riders who join a Tour and do not ride a stage by the first rest day will be **'de-registered'**, they may still ride but cannot affect the points another rider can win directly

FRHC Setting

FRR uses 9 classes to classify riders (refer to the FRHC table at the end of this documentation to see the FRR FRHC classes)

For Tour Britannia we have moved to using a more simplistic, open and understandable process to calculate a riders FRHC, the process should also even out riders between FRHC classes more than France.

The method uses Zwifts zFTP value shown on a riders Profile page in Zwiftpower, we then divide this value by the riders' weight to produce a 'watts per kilogram' (WKG) value.

The WKG value is then compared to the WKG ranges of the 9 FRHC classes to **SUGGEST** where a rider should be racing.

Riders can then accept this **suggestion**, or **SELF SELECT** their own FRHC in their Profile based on where they consider themselves as a rider.

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 Zwift 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
- Team Managers become the first point of contact when issues are raised

Event Race Pens

Events offer 2 PENS.

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

- Any rider of a lower class joining this PEN will be upgraded to CRP
- Riders entering the wrong PEN will increase a Teams 'yellow flag' count as riders will be upgraded who are from lower FRHC classes
- Domestiques can join but must quit the race before the end or an upgrade would be applied

PEN B – Mixed all other riders with a +2min start delay after A PEN to remove temptation for riders to try and chase to the A pen riders

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

By splitting out the most powerful we aim to provide more appropriate race starts for more riders.

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
 - New riders will not be able to join a Tour after stage 1 has completed
- Event links will be PRIVATE
 - Event links will be available on the FRR website for registered riders only
- 6-8 Stages for each Tour - POINTS or ITT
- 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
 - 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 be excluded from the results
 - 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 9 levels to determine a riders FRHC (Refer to rider classes later in the rules)
- 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 using a single PEN for all riders
 - ITT events are mass start BUT without draft
- Enforced bike frame for all riders
 - 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 races and given that we operate out of one pen only it is important to know who you are racing against.

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.

ie. 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 10% 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.

Each stage a rider could upgrade – riders will be given leeway in amending their name – the **Race Day page** will show a riders FRHC pre Tour and their current FRHC as displaying both will be valid.

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 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
 - **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
 - **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
 - Men Only
 - Best 8 scoring riders per team per stage to count
 - Ladies Only
 - Best 6 scoring riders per team per stage to count
- One Team per Club for each Team competition
- Unlimited team riders per Team

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

- 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 have double finish points available

Scoring

- Points are scored based on a riders' time
 - Stage FINISH position within FRHC
 - Segment (Sprint & Climb) position within FRHC and GENDER
 - Ranked by fastest time

- **Climb segments** are graded from CAT 1 to 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 additional Stage bonus finish points for completing stages as per the bonus table in the points section.

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

Rider Upgrade - DQ - Penalty

- Riders found to be in the wrong FRHC will be upgraded which will trigger a results regeneration
- A riders' FRHC will be reviewed each stage, riders who push beyond the performance range of their class, after factoring in 'fair margin' for a stage will be upgraded.
- **Riders who upgrade due to performance and selected at least the zFTP suggestion will still upgrade BUT will not be given penalty points and their upgrade will NOT be counted towards the Team 'yellow flags'**
 - Lighter riders who break their upper FRHC range with higher WKG will be highlighted to Race Control but will not be upgraded immediately.

- Men at 65kg or less will be considered lighter
- Women at 50kg or less will be considered lighter
- **Light weight review** may consider changes in zFTP, large deviations in average watts or WKG to determine if the numbers for the stage are reflective of the riders Zwiftpower Profile that first set their FRHC
 - We will not set a formal Watt boundary for light riders to breach as this will create something riders can manipulate but we will form an objective view on performance.
 - Britannia will provide the data and proof of how to assess riders FRHC and process upgrades in a more automated manner - hence we will have to do more manually in Britannia to ensure fair play for everyone.
- Upgraded riders will receive the following penalties:
 - 10 point finishing point deduction
 - 5 point deduction for each segment in the stage
 - Riders that affect eGAP by the upgrade will have their time amended to the genuine class winner of their race
 - Team will receive an upgrade 'yellow flag'
 - Teams will be deducted 1 Team point for every 5 rider upgrades during a Tour
 - Team managers should review their riders and look to ensure their FRHCs are acceptable
 - Team yellow flags will be used to separate Teams on equal points
- Riders should check the Registration page before they race which will show their latest FRHC and the Race Review page which shows all riders each stage and whether they have been reviewed
- 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 in general but 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 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

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 FRRvada 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' 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 an **NINE (9)** tier rider category system defined by a WKG range calculated by a riders' zFTP / kilograms

This is called the **Flamme Rouge Heat Category (FRHC)**

Men

FR Heat Category FRHC	FRHC CODE	FRHC Baseline Power Range W/kg
CAPSAICIN	CAP	4.7+
DRAGON	DRA	4.3 – 4.7
REAPER	CRP	4.0- 4.3
GHOST	GHT	3.7 – 4
HABANERO	HAB	3.4 – 3.7
BONNET	BON	3.1 – 3.4
CAYENNE	CAY	2.8 – 3.1
JALAPENO	JLP	2.5 – 2.8
PEPPERONCINI	PEP	2.5 below

Ladies

FR Heat Category FRHC	FRHC CODE	FRHC Baseline Power Range W/kg
GHOST	GHT	3.9+
HABANERO	HAB	3.6 – 3.9
BONNET	BON	3.3 – 3.6
CAYENNE	CAY	3.0 – 3.3
JALAPENO	JLP	2.6 – 3.0
PEPPERONCINI	PEP	2.6 below

Note on Race Performance

When reviewing race performance riders are not upgraded because they simply exceed the baseline class WKG shown in the table above.

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

- Take the average WKG for the race for a rider
- Deduct the **Stage FRHC Fair Margin value** from the WKG value
- Review the resultant WKG against the upper FRHC baseline value
- Is the rider noted as a lighter rider? Perform the lightweight review, form an objective view if stage performance remains inline with the riders Zwiftpower Profile which first allowed the rider to be the selected FRHC

Result

If the rider exceeds the upper value or the light weight test fails - then they must be stronger than the FRHC they are currently in and the 'Resulting process' will upgrade them for the current race (Stages beforehand will not be recalculated)

eg. BON rider showing 3.9 average WKG for race
Deduct 0.2 fair margin to set the riders calculated WKG at 3.7wkg
Compare 3.7 against the upper BON value of 3.4
Value is greater so outcome is rider upgrade to HAB

Light weight review may consider changes in zFTP, large deviations in average watts or WKG to determine if the numbers for the stage are reflective of the riders Zwiftpower Profile that first set their FRHC

Stage 8 or final stage upgrades are not considered, if you make it that far you deserve it **HOWEVER FRR** does reserve the right to review if abnormal performance produced.

In all cases 'reviews' are made by a human and are fair, reasonable and consistent.

Rider Review

Team managers and riders can raise rider reviews to Race Control at any time, in doing so we look at every request and make a decision based on the rules, common sense and fairness.

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?
- Review the riders' performance on course set considering their overall and 20 min WKG taking into account the overall course difficulty – was their effort over the calculated boundary for their FRHC was there a tech issue?

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 **FRRvada 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 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 to review and provide the information requested.
4. Riders who fail to cooperate within the time set will be suspended from the Tour and post Tour excluded from entering future events.
 - FRR Jersey holders will have those Jerseys removed

FINISHING POINT SCORING

Rider Stage Finishing Position Points	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
	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

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

iTT Stages will have double finishing points available but only one winner for each competition.

All other riders will be ranked by their eGAP and will be awarded points from 2nd onwards.

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 1 point for their effort based on the scale below.

Segment points are split awarded by FRHC and Gender.

FTS Points	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
	50	48	47	46	45	44	43	42	41	40
	11-13	14-16	17-19	20-22	23-25	26-28	29-31	32-34	35-37	38-40
	38	37	36	35	34	33	32	31	30	29
	41 - 121								122+	
	28 – 2pts								1	

Climb Difficulty Rating

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

ie.

Aqueduct CDR=1 winner receives $50 \times 1 = 50$ pts

Leith Hill CDR=3 winner receives $50 \times 3 = 150$ pts

Rider Stage Bonus Points

Stage	1	2	3	4	5	6	7	8
Rider Bonus Points	0	0	3	5	8	12	15	20

Stage	9	10	11	12	13	14	15	16
Rider Bonus Points	25	28	30	35	38	40	45	50

Team Stage POINTS

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

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	50	48	47	46	45	44	43	42	41	40

TEAM LEAGUE POINTS	11 – 15 th	16 – 20 th	20 – 25 th	26 – 30 th	31 – 40 th	41 – 50 th	51 – 60 th	61 – 70 th	71 – 80 th	81 – 90 th	91+
Total all Team Rider points to rank TEAM for League points	38	36	33	30	26	24	22	20	16	14	10

King / Queen Stage

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