

FLAMME ROUGE R A C I N G

presents the

FRR World Championship

World Trophy

Rules

2024

V20240411.1

SCHEDULE

We have two racing options, riders may enter either and/or both! The course is the same for both options.

Option 1: EURPAC - Friday 12th April starts 1700 UTC

Option 2: AMERICAS – Saturday 13th April starts 1300 UTC

Option 3: RoW – Sunday 14th April starts 0700 UTC

Stage	Course
1	AUSTRIA – Innsbruckring – 9km - iTT <i>Riders can use any PEN</i>
2	WATOPIA – Big Foot Hills – 43km – Scratch <i>Riders will be assigned specific PENs for their FRHC as instructed on the FRR website where they obtain the race pass</i>
FRHC Winner <i>Each class of rider will have their own race where final positions will be determined by the lowest combined time to complete both stages.</i>	

Final Updates

- Due to the rarity of GHT/HAB Women riders these riders are now combined into Mens CRP/HAB using the gender override process
- FRHC classification process updated to fully consider the best 3 FRR events, average them to produce a riders CS. The argument accepted was that all FRR events should included as genuine efforts and not considered as outlier performances
 - Wkg values have been taken to 2dp which can also affect CS numbers

EVENT REGISTRATION

- All riders must register before stating their selected stage 1.
 - New riders must create their account profile and ensure they tick the 'World Trophy' event box
 - Existing FRR registered riders must ensure their profile has the 'World Trophy' event box ticked
- All riders must be at least 16 years old
- It is the riders' responsibility to understand the rules, select the right PEN and leave themselves sufficient time to enter an event
- All riders must use a Smart Trainer, ideally where possible the primary power source being a smart trainer not power pedals.

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).

Compound Score (CS)

CS for new riders or riders without 5 FRR qualifying events in the last 60 days will use their Max 5Min CS value from Zwiftracing.app as shown in their Dashboard.

CS for riders with 5 FRR qualifying events then we will discount the best and average the next 3 highest events - this will be further compared to their current Zwiftracing.app CS Max 5Min effort which may affect the value used before FRHC grading.

All FRR Tour events will use this process going forward, we will refine where necessary. During the summer the World Order will look to run 2 sets of events each week to allow riders to build up their FRR racing history and as such we can then move riders to using FRR based events to judge whether the average is inline with their best.

New Riders to FRR will have until April 10th to request a review by Race Control via email.

Event Format

There are **three** event options titled **EURPAC**, **AMERICAS** and **RoW** – riders may enter all events as they are separately resulted.

Stages within an event must be completed back to back and in order.

Stage 1

- Mass start for each pen with NO DRAFT
 - Standard Zwift TT bike assigned

- Riders may choose their own wheelset
- Zwiftpower UPD/WKG rejections will be reversed post event
- Riders have up to 30 minutes to complete Stage 1
- **ERG** mode is NOT allowed

Stage 2

- Scratch race, no segments.
- Event PASS & PEN
 - Schedule & Pass page will indicate which PEN and PASS for each rider to use based on their FRHC
 - PENs A-E will be in operation
 - Riders will only see riders from their pen
 - Standard Zwift AERO bike assigned
 - Riders may choose their own wheelset

Rider in Wrong PEN

Riders who do not select the right PEN for their FRHC will be DQ'd

Zwift Event Pass

- All event passes are 'private' and will not appear on the Zwift Companion app
- Event passes are only shown under menu option 'Schedule & Pass' which can be found under the main menu option '**World Trophy**'
- Event passes will show to all riders who have updated and SAVED their profile from 5th April

Event Podium

For each FRHC class the order will be determined as follows:

- Shortest combined time for completing Stage 1 and Stage 2
- Timing goes down to hundredths
- In the event of a tie then the tied rider who completes stage 1 in the best time shall be deemed as the overall winner of their class

Results & Information

- All official results and tables will be via the FRR website under **World Trophy**
- All race control communication/Information will be via the 'Notice Board' and Discord

Race Control Challenges

- All rider challenges and issues must be raised to race control using the [Race Control](#) 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 included in resulting, sadly this is a side effect of virtual racing

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 currently by the Zwiftracing.app and shown on the Dashboard [Zwiftracing App CS definition](#)

FRHC Setting

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 Compound Score
CAPSAICIN	CAP	2200+
DRAGON	DRA	1900 - 2200
REAPER	CRP	1700 - 1900
GHOST	GHT	1500 - 1700
HABANERO	HAB	1300 - 1500
BONNET	BON	1100 - 1300
CAYENNE	CAY	900 - 1100
JALAPENO	JLP	700 - 900
PEPPERONCINI	PEP	500 - 700
BELL	BEL	below 500

FRHC Name	FRHC CODE	WOMEN Compound Score
GHOST	GHT	1550+
HABANERO	HAB	1350 – 1550
BONNET	BON	1050 – 1350
CAYENNE	CAY	800 – 1050
JALAPENO	JLP	650 – 800
PEPPERONCINI	PEP	550 – 650
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