The **Cycling Ireland Women Zwift League** (CIWZL) is a race series with 7 races over a 7-week period in the following groups or categories - A, B, C and D. Races will be held every Wednesday evening, starting from the 29th April until the 10th June. All Cycling Ireland women are welcome to take part, participate and score points in a single race or entire series. The best of 4 races will count to the final result.

The specific event and time at which it takes place will be announced in advance.

We use standard zwiftpower.com category limits which are based on 95% of your Peak20min power output. To get a result in the League you need to link your Zwift profile to zwiftpower.com

Results are taken from Zwiftpower and the league standings will be published on the Cycling Ireland eRacing web page on Friday evenings. If you have a query about a result, please email zwift@cyclingireland.ie by the following Monday and we will look into it. We will only go back one race to change a result.

You need to hold a current Cycling Ireland membership (minimum Leisure) to appear on the results table.

LINK ZWIFT POWER (COMPULSORY)
HOW TO GET ZWIFT RACE RESULTS ON ZWIFT POWER
ZwiftPower is a 3rd party results service for Zwift events. It is still the only source of results apart from the immediate on- screen display at the end of a race. You must register with ZwiftPower to be included in the Cycling Ireland Zwift League. However, you must have an account with zwift.com before doing all of this.

OPT-IN ZWIFT POWER
Connect Zwift to Zwiftpower by clicking to Opt-in from your Zwift profile -> connections at https://my.zwift.com/profile/connections.

SIGN UP TO ZWIFT POWER
1. Go to www.zwiftpower.com
2. Click the torso icon at the top right and select REGISTER
3. Complete the registration form
A video explaining all the steps below can be found at the following link: FULL VIDEO

CONNECT ZWIFT POWER TO ZWIFT
1. Find your Zwift ID here after putting your Zwift log in details.
2. Return to Zwift Power, go to connect page here and paste your Zwift ID.
3. A 4-digit code will be given. Paste this code beside your surname. This can be done from the Zwift Companion App or here. Click save.
4. Go back to Zwift Power Connect page and click 'connect my account'
5. Accept T&C and join Cycling Ireland Zwift League Team

JOIN CYCLING IRELAND ZWIFT LEAGUE
1. Register for the Cycling Ireland Zwift League HERE
2. Go to www.zwiftpower.com and sign-in
3. Select TEAM from the menus

4. Select TEAM LIST option found on right side
5. Search for CIZL in ALL Teams search bar.
6. Click on the team
7. Click the JOIN

Yes, that's a lot of steps but the end result is worth it.

DETERMINING YOUR RACE CATEGORY

We use standard zwiftpower.com category limits which are based on 95% of your Peak20min power output:

(A) 4.0 w/kg or higher

(B) 3.2 w/kg to 3.99 w/kg

(C) 2.5 w/kg to 3.19 w/kg

(D) Under 2.49 w/kg

Generally, your profile data at zwiftpower.com (abbreviated as ZP) determines in which category you should race. ZP continuously monitors your performance and calculates your Category on a rolling basis for the last 90 days (~3 months).

If you are new and haven't participated in an event with Zwift yet or don't know your category yet, use 95% of your best 20-minute effort and divide it by your weight in kilograms to pick the correct category.

Example: 80 kg rider has recorded her Peak20min effort during all-out climbing @300 watts.

Category => (300W x 0.95) / 80kg = 3.56 w/kg => **(B)** Cat

Important note: The Cycling Ireland Zwift League is dependent on Zwift Power monitoring and their statistical service. This also means that if you get upgraded by Zwift Power during the league, you will be upgraded in the points system and start with zero points in a higher Category. If you are close to the Category limit, and you are not a very experienced Zwifter or long-time rider familiar with your power output, we recommend choosing a higher category. In this way, you avoid being moved to a higher Category and starting from zero points.

LEAGUE RULES

MANDATORY REQUIREMENTS AND RACE SETTING

- Participants must be registered on Zwiftpower.com with obligatory OPT-IN on their zwift.com profile as described above under 'LINK ZWIFT POWER'.
- Participant must enter in the correct category as indicated above – 'DETERMINING YOUR RACE CATEGORY'

CATEGORY-SPECIFIC RULES

1. **(A) (B)**: All riders must wear heart rate monitors and use non-zpower sources of power data. (non-zpowers means all riders must have a smart trainer or power meter. Virtual power is not allowed)

2. **(C)**: Podium finishers (places 1 through 3) must wear heart rate monitors and use non-zpower sources of power data.
   A rider may become a podium finisher through other riders being upgraded or disqualified.

3. **(D)**: Heart rate monitors are not required, and zpower sources of power data may be used by all entrants.

ALL CATEGORIES
- We are depending on the regulation of each race that we choose each week. So please read regulation of each race in the Zwift Companion App on whether powers up, tt bike etc are allowed for each event.
- You must select your own category race, unless you are upgraded by Zwift Power.
- Riders who enter a category lower than the one they have proven themselves capable of racing in may be given an "UPG" disqualification.
- Unsportsmanlike riding (e.g., disrespectful comments, or drafting racers known to be headed for disqualification) may result in disqualification.
- Racers may, at the sole discretion of the organizers, be disqualified for "unrealistic" riding, as evidenced by out of the ordinary heart rate versus power data, or other issues.
- You must use your real weight. Failure to do so will result in disqualification.
- Suitable for ages 16 years and over.
- Cycling Ireland membership is required to score points and be included in the results.

LEAGUE POINTS SYSTEM
- First 10 riders that belong to the League in each category score points in descending order: 10, 9, 8, 7, 6, 5 4, 3, 2, 1 point(s).
- The best 4 races out of 7 will count in the general classification (GC) standings.
- Where two or more riders have the same points total then the following criteria shall be applied in order until the riders are separated
  a. Number of race wins
  b. Position in final race

We will endeavour to produce prizes for the first three in each category.

CLASSIFICATIONS
There will be classification for each category for female only.

DISQUALIFICATION CODES:
WKG: Exceeded category power limits
UPG: Please upgrade; rider has proven ability to race in higher category
ZP: Zpower sources of power data prohibited in this category/finishing position
HR: Heart rate monitor required in this category/finishing position
ZRVG: ZADA disqualification
5W: 5-minute power exceeded 6 w/kg without ZADA approval
REGN: Unregistered rider, would have originally finished in Nth place if not disqualified
15S Exceeded 15-second w/kg limit
DQ: Disqualified for other reason

Questions can be directed to zwift@cyclingireland.ie

Thank you and enjoy the fun series.
Cycling Ireland Team