



The **Cycling Ireland Zwift League** is a race series with 8 races over a 10-week period in the following groups or categories - A, B, C and D. Races will be held every Saturday morning, starting from the 14<sup>th</sup> November until 16<sup>th</sup> January 2021. Everyone is welcome to take part, participate and score points in a single race or entire series.

There will be separate classification for each category for both male and female riders. The specific event and time at which it takes place will be announced in advance.

We use standard [zwiftpower.com](https://www.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](https://www.zwiftpower.com)

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

**What do I need:**

1. Have a Zwift account
2. Have a ZwiftPower account linked to your Zwift account
3. Register for the Cycling Ireland Zwift Series
  - a. You need to hold a current Cycling Ireland membership to appear on the results table
  - b. You will need your Zwift ID (not your username) when registering

See Zwift User Guide for creating a Zwift account

**[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](https://www.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](https://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](#)



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## 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 SERIES

You only need to register **ONCE** and you will need your Zwift ID from the step above

To Join the Cycling Ireland Zwift Series [Click Here](#)

## DETERMINING YOUR RACE CATEGORY

We use standard [zwiftpower.com](http://zwiftpower.com) category limits which are based on 95% of your Peak20min power output:

	4.6 w/kg or higher
	4.0 w/kg to 4.59 w/kg
	3.2 w/kg to 3.99 w/kg
	2.5 w/kg to 3.19 w/kg
	Under 2.49 w/kg

Generally, your profile data at [zwiftpower.com](http://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 his Peak20min effort during all-out climbing @300 watts.

Category =>  $(300W \times 0.95) / 80kg = 3.56 \text{ w/kg} \Rightarrow$   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](https://www.zwift.com) with obligatory OPT-IN on their [zwift.com](https://www.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.    : 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.   : 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.

### **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.

### **TRANSPARENCY**

Top riders are encouraged to track their weight and keep recordings as they may be requested. Riders in the top men's and women's category are encouraged to record a secondary power source and publish their dual recordings in the comments for the event. Race organizers may request riders in all categories to provide a dual recording or a matching RL effort (Strava) in order to verify a Zwift race effort. Failure to comply may result in a disqualification from the event. Failure to provide a dual recording or RL effort on three requests may result in disqualification from future events, until a dual recording with a matching effort is provided.

### **CLUB LEAGUE TABLE**

- All genders included
- Club must have 3 scoring riders
- Top 3 scoring riders make up the club score
- Scores are taken from the individual league table
- Best 7 race scores are used
- Upgraded riders start at zero points in the higher category which will affect the club points total



## LEAGUE POINTS SYSTEM

- First 50 riders that belong to the League in each category score points in descending order: 100, 85, 75, 70, 65, 60, 55, 50, 48, 46, 44, 42, 40, 39, 38, 37, 36, 35, 34, 33, 32, 31, 30, 29, 28, 27, 26, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3 point(s).  
All participants will receive 1 point for completing the course.
- The league will consist of 4 Scratch Races and 4 Points Races. These will alternate each week. In the Points races points will be awarded to the top 10 at each prime line (10, 9, 8, 7, 6, 5, 4, 3, 2 & 1) and double points at the finish line.
- On the Points Race Rounds (Rd2, Rd4, Rd6, Rd8), league GC points are awarded based on the points tally accumulated over the course of the race. For example, in the table below (Table 1.1.), Rider 13's tally of points is the highest at 37, therefore is awarded 100 league points.
- The best 7 races out of 8 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

Round 2 points example - Table 1.1

Name	Sprint 1	Sprint 2	Finish	Round Total	League Points Awarded
Rider 13	10	9	18	37	100
Rider 3	8	10	16	34	85
Rider 4	3	5	20	28	75
Rider 1	7	6	14	27	65
Rider 7	9		12	21	60
Rider 6		8	8	16	55
Rider 2	1	3	10	14	50
Rider 8	2	4	6	12	48
Rider 9		7	4	11	46
Rider 15	4	2	2	8	44
Rider 5	6			6	42
Rider 10	5			5	40
Rider 12		1		1	39
Rider 11				0	38
Rider 14				0	37

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

## CLASSIFICATIONS

There will be classification for each category for both male & female.

### 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



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## **CALENDAR**

### **Rd1 – Scratch Race**

Date : Saturday 14 th November

Course : France, R.G.V. France, 1 lap, 24km, Elevation 107m

### **Rd2 – Points Race**

Date : Saturday 21 st November

Course : Richmond, Cobbled Climbs, 3 laps, 27.3km, Elevation 348m

PRIMES: Libby Hill KOM banner x 3 (All laps at the top of Libby hill climb), points for the first 10 over the line which counts for your overall total (10, 9, 8, 7, 6, 5, 4, 3, 2, 1). Double points at the finishing line.

### **Rd3 – Scratch Race**

Date : Saturday 28 th November

Course : Watopia, Figure 8, 1 lap, 30km, Elevation 234m

### **Rd4 – Points Race**

Date : Saturday 5 th December

Course : Innsbruck, Innsbruckring, 4 laps, 34.8km, Elevation 308m

PRIMES: Green Sprint Banner x 4 ('Innsbruck Sprint' after the leg snapper descent), points for the first 10 over the line which counts for your overall total. (10, 9, 8, 7, 6, 5, 4, 3, 2, 1). Double points at the finishing line.

### **Rd5 – Scratch Race**

Date : Saturday 12 th December

Course : London, London Loop with Box Hill Finish, 2.5 laps, 39km, Elevation 625m

### **Rd6 – Points Race**

Date : Saturday 19 th December

Course : New York, Park Perimeter Loop, 3 Laps, 29.4km, Elevation 378m

PRIMES: NY Sprint Rev. x 3 (Green Banner), points for the first 10 over the line which counts for your round total. (10, 9, 8, 7, 6, 5, 4, 3, 2, 1). Double points at the finishing line.

### **Rd7 – Scratch Race**

Date : Saturday 9 th January

Course : Yorkshire, 2019 UCI Worlds Harrogate Circuit, 2 Laps, 27.5m, Elevation 480m

### **Rd8 – Points Race**

Date : Saturday 16 th January

Course : Paris, Champs-Elysee, 5 laps, 33km, Elevation 195m

PRIMES: Green Sprint Banner x 5 ('Lutece Sprint', top of the drag before the Arc de Triomphe), points for the first 10 over the line which counts for your overall total. (10, 9, 8, 7, 6, 5, 4, 3, 2, 1). Double points at the finishing line.

Questions can be directed to [zwift@cyclingireland.ie](mailto:zwift@cyclingireland.ie)

Thank you and enjoy the fun series.

Cycling Ireland Team



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