



2025 Cycling Ireland Esports National Championships

Saturday 31st January 2026

Technical Guide

Welcome to the 2025/26 Cycling Ireland Esports National Championships Technical Guide. This guide outlines the event overview, regulations and qualification process.

Rules & Regulations

This event shall be run under the [Technical Rules and Regulations of Cycling Ireland](#) at all times.

This technical guide has been produced, in collaboration with existing guides produced by Zwift, in use for their own Cycling Esports events. Please use this technical guide as your primary resource for all event information, unless otherwise stated.

An independent commissaire panel will oversee the event. The panel will be responsible for upholding the fairness and integrity of the event as an approved Cycling Ireland National Championship.

Event contact details: events@cyclingireland.ie

Event Organiser(S):

- Thomas McDonnell (Cycling Ireland Events Coordinator)
- Richie Sheerin (Racing Without Borders Manager)

Chief Commissaire:

- Paul Watson (UCI International Commissaire)

Verification

All riders must adhere to the mandatory pre- and post- ride verification checks.

Pre-verification checks will be sent to all riders and must be completed by Friday 30th January.

Post-verification checks will be requested immediately after the race.

Failure to provide adequate data, or outside of the required timeframe will result in the rider being removed from the event.

The independent commissaire panel withholds the right to remove a rider from competition at any point.

Championship Categories

- Cycling Esports National Championships (Open)
- Cycling Esports Womens National Championships
Both categories will be combined Junior, Senior and Masters

Event Timetable

	Esports - Women	Esports – Open
Race Day Weigh-in	8.00-10.00	8.00-10.00
Enter Start Pen 1	10.00	10:00
Race 1 Start	10.30	10.30
Enter Start Pen 2	Immediately after Race 1	
Race 2 Start	10.50	10.50
Podium Interviews	17:00	17:00

Race 1 - Sprint

Map	Crit City
Course	Bell Lap
Number of Laps	5
Total Distance	10km

Race 2 - Climb

Map	Innsbruck
Course	InnsbruckConti
Number of Laps	1
Total Distance	13km

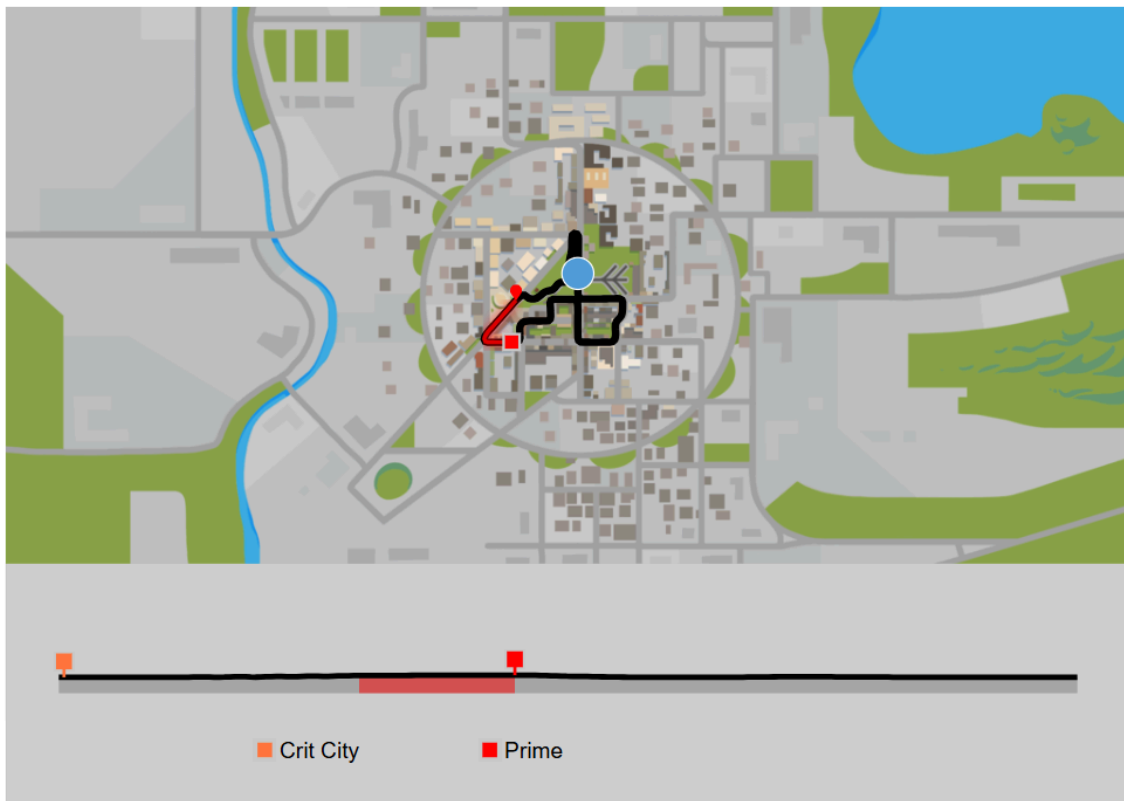
RACE 1 — Bell Lap (Sprint Championship – 10-12 Minutes / 5 laps)

A short, explosive opener designed to reward pure sprinters and anaerobic punchers. Tight corners, technical positioning, and repeated sprint segments make this a fast and unforgiving start to the championship.

Scoring Structure (3 Total Sprints)

- ✓ Lap 1 — Prime Sprint
- ✓ Lap 3 — Prime Sprint, DOUBLE Points
- ✓ Lap 5 — Finish Line, TRIPLE Points

This race sets the early tone — riders who dominate here will carry momentum and points into Race 2, but nothing is secure until the final climb of the day.



RACE 2 – InnsbruckConti (Mountaintop Championship Finish)

The second race moves to Innsbruck for a full endurance and climbing examination. Innsbruck Sprint Reverse sprint with some rollers, then down the “Leg Snapper” and a decisive summit finish over Innsbruck KOM Reverse ensure a complete physiological test at national level.

Scoring Structure

- ✓ Innsbruck Sprint Reverse – high-speed, power-focused
- ✓ Innsbruck KOM Reverse – Summit Finish (MEGAPOINTS) – the decisive moment of the championship

This finish is intentionally weighted to reward championship-calibre climbing: pacing, resilience, and strategic timing determine the jersey winners.



General Classification (GC) Scoring – OFFICIAL TABLE

RACE 1 – The Bell Lap - Segment Points

Prime (Lap 1)	100 – 70 – 50 – 30 – 20 – 10
Prime (Lap 3 – Double)	200 – 140 – 100 – 60 – 40 – 20
Finish Line (Lap 5 – Triple Finish)	300 – 210 – 150 – 90 – 60 – 30

Maximum Race 1 Score: 600 points

RACE 2 – InnsbruckConti

Innsbruck Sprint Reverse	200 – 140 – 100 – 60 – 40 – 20
Innsbruck KOM Reverse Summit Finish (MEGA)	450 – 320 – 260 – 220 – 190 – 160 – 130 – 90 – 70 – 40 – 20

Maximum Race 2 Score: 650 points

Total GC Calculation

- The National Champions are crowned based on total accumulated points across both races.
- Max Combined GC Score: 1250 points
- A rider must excel in multiple disciplines to contend
- Sprinters score heavily early
- Punchers shape the mid-race
- Climbers decide the jersey on the summit finish
- Every point matters.

Registration

Register here: <https://eventmaster.ie/event/ZqYVCMWcZY>

By entering the event via Eventmaster, this does not guarantee acceptance into the National Championships. All riders will be notified of acceptance/rejection by Wednesday 28th January.

Entries close: Monday 26th January

All riders will get registered to an unlisted Zwift event automatically, upon acceptance of entry.

Eligibility

Under Cycling Ireland Technical Regulation T10.A1.29, the following Nationality eligibility will be applied.

The following riders may compete in a National Championship:

- (a) Members of Cycling Ireland with the relevant Competition Licence and an IRL Nationality
- (b) Members of a UCI affiliated federation with an IRL Nationality on their licence

Rules of Racing

- Use your own Zwift account and paired with Zwift Power account.
- Your Zwift name must match the name given to your UCI Federation.
- Use your real height & weight.
- Calibrate your trainer and power meter.
- Make sure primary equipment is paired to Zwift game client
- Make sure secondary equipment is paired to cycling computer

Qualification

Riders will be eligible to compete through one of three qualification methods:

Q1 = CI x RWB Winter Series

Open = Any rider that has competed in a min. of 3 rounds of the CI x RWB Winter Series A Category will be eligible

Women = Any rider that has competed in a min. of 3 rounds of the CI x RWB Winter Series C or higher will be eligible.

Q2 = Wild Card

Any rider that has not automatically qualified via Q1 or Q2, must enter via Wild Card (Q3).

A complete list of qualified riders via Q1 + Q2 can be found in Appendix A.

Wild card allocation will be decided by the independent commissaire panel.

In-Game Requirements

TT Bikes	TT bikes are disabled - riders are not allowed to use a TT bike in the events. If riders have a TT bike when they join the pen - they will be forced onto a Zwift Steel Bike.
Neutralised Equipment	All Bikes and Wheels will be neutralised - they will all perform the same and bike/wheel selection will have no impact on the speed of a rider.
Rider Kit	There will not be a specific kit forced onto the riders. Riders will have an open choice of kits.
Steering Disabled	No - steering will be enabled for all users - riders will be able to use Play controllers to enable in game actions like triggering PowerUps and changing camera angles.
Braking Disabled	No - braking will be disabled for all users - riders will still be able to use Play controllers to enable in game action like changing camera angles.
Trainer Difficulty	Trainer difficulty will be enforced at 100% in all events.
Smart Trainer/ Powermeter Requirement?	Yes, riders will need to be paired to a smart trainer in order to join the event.
Heart Rate monitor required?	Yes, riders will need to pair a heart rate monitor in order to join the event

Equipment

All riders must adhere to the following equipment regulations.

Smart Trainer or Smart Bike	Mandatory
Heart Rate	Mandatory
Power	Dual Recording Mandatory
Cadence	Dual Recording Mandatory

- Primary power and cadence data: must be paired with Zwift game client and be a smart trainer.
- Secondary power and cadence data: must be recorded through a cycling computer.

Riders shall be responsible for ensuring all equipment has the most recent firmware update.