



eRacing League

The **Cycling Ireland eRacing Winter League** is a race series with six races over six weeks in the following groups or categories - A, B, C, D. Male and Female riders will have four categories to choose from according to their Zwiftpower profile. Female riders should choose the race for their mixed category. Races will take place every Saturday morning, starting from the 6<sup>th</sup> November until 11<sup>th</sup> December 2021. Everyone is welcome to take part, participate and score points in a single race or entire series.

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

We use standard [zwiftpower.com](https://www.zwiftpower.com) category limits, which will be based on 95% of your Peak20min power output. To get a result, 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 to one race to change an outcome.

#### **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 FOR 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](#)

##### **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.



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4. Go back to the 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 past 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 eRacing League is dependent on [Zwift Power](#) monitoring and its 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 you will start with 25% of your existing 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 with 25% of your existing points.

### LEAGUE RULES

#### MANDATORY REQUIREMENTS AND RACE SETTING

- Participants must be registered on [Zwiftpower.com](http://Zwiftpower.com) with obligatory OPT-IN on their [zwift.com](http://zwift.com) profile as described above under 'LINK ZWIFT POWER'.
- Participants 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)

#### ALL CATEGORIES

- We depend on the regulation of each race that we choose each week. So please read the regulation of each race in the Zwift Companion App on whether powers up, TT bike etc., are allowed for each event.



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- You must select your category race unless Zwift Power upgrades you.
- Riders who enter a category lower than they have proven themselves capable of racing in may be given a "UPG" disqualification.
- Unsportsmanlike riding (e.g., disrespectful comments or drafting racers known to be headed for disqualification) may result in disqualification.
- At the organisers' sole discretion, racers may be disqualified for "unrealistic" riding, as evidenced by out of the ordinary heart rate versus power data or other issues.
- It would help if you used your actual 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**

All riders are encouraged to track their weight and keep recordings as these may be requested. Please ensure your Zwift account is up to date. All Category A riders are asked to dual record for at least 5 out of the 8 events. Riders in the top men's and women's categories are encouraged to record a secondary power source and publish their dual recordings in the comments for the event. Race organisers may request riders in all categories to provide a dual recording or a matching RL effort (Strava) to verify a Zwift race effort. Failure to comply may result in 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.

## **TRAINERS & POWER METERS**

- The trainer (or smart bike) must be paired as the controllable device.
- A power meter may be used as a secondary source of power data. The power meter must be connected to a separate recording device (e.g., head unit, separate computer).
- Riders must use the default manufacturer factory slope settings on any power meter.
- Signal interference can lead to dropouts and inaccurate race data readings. Riders are encouraged to turn off any equipment that emits a wireless signal (e.g. Bluetooth headphones, wireless keyboard/mouse).

## **CLUB LEAGUE TABLE**

- All genders included
- A club must have three scoring riders
- The top 3 scoring riders make up the club score
- Scores are taken from the individual league table
- All six-race scores are used
- Upgraded riders start at 25% of existing 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 6 Scratch Races.
- All six races will count in the general classification (GC) standings.
- Where two or more riders have the exact points total, then the following criteria shall be applied in order until the riders are separated
  - a. Number of race wins
  - b. Position in the final race



## CLASSIFICATIONS

There will be a classification for each category for both males & females.

## DISQUALIFICATION CODES:

WKG: Exceeded category power limits

UPG: Please upgrade; the 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

## CALENDAR

### Rd1 – Scratch Race

Date: Saturday 6<sup>th</sup> November @ 10am

Course : **France, Casse Pattes, 1 lap, 23km, Elavation 145m**

### Rd2 – Scratch Race

Date: Saturday 13<sup>th</sup> November @ 10am

Course: **Watopia, Seaside Sprint, 5 laps, 31.5km, Elevation 195m**

### Rd3 – Scratch Race

Date: Saturday 20<sup>th</sup> November @ 10am

Course: **New York, Everything Bagel, 1 lap, 34.2km, Elevation 525m**

### Rd4 – Scratch Race

Date: Saturday 27<sup>th</sup> November @ 10am

Course: **Richmond, 2015 UCI Worlds Course Reverse, 2 laps, 32.4km, Elevation 284m**

### Rd5 – Scratch Race

Date: Saturday 4<sup>th</sup> December @ 10am

Course: **Watopia, Ocean Lave Cliffside Loop, 2 laps, 38km, Elevation 292m**

### Rd6 – Scratch Race

Date: Saturday 11<sup>th</sup> December @ 10am

Course: **Crit City, Downtown Dolphin, 14 laps, 26.6km, Elevation 112m**

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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