



GCC SUMMER CHAMPIONSHIP

8 - 12 JULY 2024

**ROAD BOOK AND
TECHNICAL GUIDE**



GCC SUMMER CHAMPIONSHIP ROAD BOOK & TECHNICAL GUIDE



We are pleased to announce the GCC Summer Championship, starting on **July, 8th** till **July, 12th** 2024, a category- based race spread across five days with five stages.

The Championship is open exclusively for **GCC citizens** and **residents** riding within the GCC Region.

NOTE: This Roadbook & Technical Guide is only for verified racers. Riders entering the \$500 for 500 Amateur event are not eligible for prize money, and the following roadbook does not apply to them.

Every effort has been made to make this **Road book & Technical Guide** as complete as possible. It is important to note that we cannot be held liable for any inaccuracies, errors, omissions, or any potential consequences arising from the use of this document. Any last-minute changes or corrections will be promptly conveyed to participants via email. We ask all participant riders to review this document carefully in its entirety, and to acknowledge that they understand and accept its contents.

Fair Play is of utmost importance to us. We expect all participants to compete with honesty, integrity, and respect for fellow cyclists. Any form of unsportsmanlike behavior, including cheating, harassment or abuse, will not be tolerated and may result in disqualification and/or legal action.



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RACE SERIES OVERVIEW





MEN'S & WOMEN'S SCHEDULE



It is a mini tour experience right at your home, where both men and women will ride the same routes, in the same event. Category 1 and 2 will be allocated to Men, while Category 3 and 4 will be allocated to Women, with 10 minutes gap between each group.

STAGE	DATE	DISTANCE	ELEVATION	RACE TYPE	WORLD	ROUTE TYPE
1	8 JUL 24	38.4 KM	166 M	ROAD RACE	HUDAYRIYAT	MEDIUM ROLLING HILLS
2	9 JUL 24	30 KM	199 M	TIME TRIAL	ARABIA	ROLLING
3	10 JUL 24	37.9 KM	445 M	ROAD RACE	CALIFORNIA	HARD ROLLING HILLS, SMALL CLIMB
4	11 JUL 24	41.8 KM	59 M	ROAD RACE	HUDAYRIYAT	FLAT
5	12 JUL 24	35 KM	905 M	ROAD RACE	ARABIA	HARD CLIMB

CATEGORY-1	7:30 PM GST	CATEGORY-2	7:20 PM GST
		CATEGORY-5	

CATEGORY-3	7:10 PM GST	CATEGORY-4	7:00 PM GST
		CATEGORY-6	

Note: Everyone will be given a Colnago TT1 bike in-game for the Stage 2 Time Trial, which will be the only stage in which drafting will be disabled. TT bikes may only be used during the time trial stage throughout the championship duration.



PRIZE MONEY



Prize money will be awarded to the winners of each stage/segment and the overall classification winners. All prize money will be paid out at the conclusion of the championship. The same prize money amounts will be followed for both men's and women's events and different categories will have different splits. A breakdown of the prize money (all amounts in U.S. Dollars) are as follows:

CATEGORY 1 & 3 - ELITE

OVERALL (PRIZE MONEY)

🏆 INDIVIDUAL CLASSIFICATION		🏆🏆🏆 TEAMS CLASSIFICATION	
1 st - \$10,000	6 th - \$1,000	1 st - \$3,000	
2 nd - \$8,000	7 th - \$1,000	2 nd - \$2,000	
3 rd - \$6,000	8 th - \$1,000	3 rd - \$1,000	
4 th - \$4,000	9 th - \$1,000		
5 th - \$2,000	10 th - \$1,000		

🏆 SPRINT WINNER	🏆 KOM/QOM WINNER
1 st - \$2,000	1 st - \$2,000

DAILY (PRIZE MONEY)

🏆 STAGE WINNER	🏆 SEGMENT WINNER
1 st - \$1,000	1 st - \$250

CATEGORY 2 & 4 - ELITE

OVERALL (PRIZE MONEY)

🏆 INDIVIDUAL CLASSIFICATION		🏆🏆🏆 TEAMS CLASSIFICATION	
1 st - \$8,000	6 th - \$500	1 st - \$2,000	
2 nd - \$6,000	7 th - \$500	2 nd - \$1,250	
3 rd - \$4,000	8 th - \$500	3 rd - \$750	
4 th - \$2,000	9 th - \$500		
5 th - \$1,000	10 th - \$500		

🏆 SPRINT WINNER	🏆 KOM/QOM WINNER
1 st - \$1,000	1 st - \$1,000

DAILY (PRIZE MONEY)

🏆 STAGE WINNER	🏆 SEGMENT WINNER
1 st - \$750	1 st - \$150

TOTAL PRIZE POOL: \$ 188,900



COMPETITION FORMAT





TEAMS



- >>> All selected participants will be provided with a Discord link on **6th July 2024** to communicate with each other and form teams.
- >>> All Team members should belong to the same category.
- >>> A team must have a minimum of 3 and a maximum of 5 racers for each stage to be eligible for team prizes.
- >>> The team time will be calculated by adding up the top 3 riders' times during each stage
- >>> Each team must complete every stage to be eligible for the overall team classification
- >>> All riders on any team are eligible for all individual prize money
- >>> Any team whose member count is below the minimum required will be disqualified and will not be eligible for team classification.
- >>> Once a team has been formed, the team leader must send an email to events@mywhoosh.com with the team's name and team member names with their team members copied in the same email. If a participant is unable to/does not wish to form or join a team before the final deadline of **7th July 2024**, said participant will be required to participate as an individual rider.
- >>> All team members must race in the assigned team each stage in order to be eligible for team prize money.



GENERAL CLASSIFICATION



Each stage, the cumulative time of all riders by adding all the previous stages' times will be published as the General Classification. At the conclusion of the 5 stages, the rider with the lowest cumulative time will be awarded as the **GC Winner**.

GENERAL CLASSIFICATION LEADER JERSEY





SPRINT WINNER



Each road stage (excluding Stage 2 Time Trial) will have a variety of 200m Sprint segments throughout the course.

Sprint segments will have points available for collection by finishing in the top 5 of any Sprint segment. The top 5 shall be defined as the fastest time through the sprint segment, not necessarily the first through the segment.

At the end of the series, sprint points from all the stages will be calculated to select the Overall Sprint Winner. Each sprint segment will have the same amounts of points.

Points will only be displayed in Web Results

POSITION	1st	2nd	3rd	4th	5th
POINTS	5	4	3	2	1

SPRINT WINNER JERSEY





KING/QUEEN OF THE MOUNTAIN



Each road stage (not Stage 2 Time Trial) will have a variety of Climb segments throughout the course, ranging from 700m to 9.1km.

Climb segments will have points available for collection by finishing in the top 5 of any climb segment. The top 5 shall be defined as the fastest time through the climb segment, not necessarily the first through the segment.

At the end of the series, climb points from all the stages will be calculated to select the Overall King/Queen Of The Mountain.

Different climb segments will have different points based on the climb difficulty level.

Points will only be displayed in Web Results

POSITION	1st	2nd	3rd	4th	5th
POINTS FOR 2C & BELOW	5	4	3	2	1
POINTS FOR 1C	10	8	6	4	2
POINTS FOR HC	15	12	10	8	6

KOM/QOM JERSEY





RESULTS



MyWhoosh will publish provisional and official results [here](#).

FINISH TIMES

All finish times and positions will be taken from the MyWhoosh Servers, regardless of what the in-game imagery may show on your local device.

OVERALL CLASSIFICATION TIES

If there is a tie in the General Classification, the rider with the highest finishing place in the most recent stage will be given the higher position.

If there is a tie in the Overall Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the overall general classification standing.

STAGE TIES

If there is a tie in the Stage general classification, the rider with the highest place in the Overall general classification will be given the higher position.



REMOVAL OF RESULTS



IN CASE OF ANNULMENT:

If a rider has an annulment post the stage, the rider times and points results will be excluded from that stage and Overall Individual/Sprint/KOM classification results.

As an individual the annulled rider can only continue racing for stage prizes only not Overall Classification.

As a team member the rider can continue to race as team rider with their time in future stages contributing to their team's overall result and will be eligible for team prize money but contributions to the team efforts shall be removed from the stage that he/she got annulled.

If the annulled rider is part of a team, and the team is left with less than 3 members after annulment, the team shall be removed from the overall team classification.

Any awards won in the previous stages will remain valid.

Any rider that has 2 annulments during the event will be disqualified and cannot continue racing.

IN CASE OF DISQUALIFICATION:

If a rider has their result disqualified for any reason, their finish time & points shall be removed from their individual overall general classification, as well as the overall Sprint/KOM classifications.

Any disqualified riders cannot continue the race.

Any awards won in the previous stages will be cancelled.

If the disqualified rider is part of a team, his/her contributions to the team efforts shall be removed from previous/current stages.

If the disqualified rider is part of a team, and the team is left with less than 3 members after disqualification, the team shall be removed from the team classification.



RULES AND VERIFICATION





RACE REGULATIONS



The full MyWhoosh Esports Rules and Regulations can be found [here](#).

In the event this roadbook conflicts with the above rules & regulations, this roadbook shall take precedent. Please use this roadbook as your primary source of information.

Please read the complete Ruleset in the above link, as there have been multiple changes to the previous MyWhoosh racing guidelines.

It is the athlete's responsibility to read through the entire Roadbook and Ruleset and then comply with all the rules.



VERIFICATION



All results and performances are subject to post-race verification and no result shall be deemed final until all post-race verification measures have been fulfilled.

All participants in **GCC Summer Championship** will be monitored by MyWhoosh's Performance Verification Program.

Riders are expected to race honestly and fairly and comply in a timely manner with any email requests from race control to verify performance.

At MyWhoosh's discretion, riders may be requested to live stream their race to a supplied link. Failure to live stream will result in immediate disqualification.

All riders must race with accurate height and weight in the game.

All riders must connect their secondary power source to MyWhoosh. Failure to connect will result in an annulment.

MyWhoosh reserves the right to annul, disqualify, or otherwise alter the results due to infringements of these rules or a failure to verify performance.



EQUIPMENT



PRIMARY POWER SOURCE:

Your primary data source must record controllable (or resistance), power, cadence and heart rate data. These devices must be connected in the **CONNECT DEVICES** game menu once you log in. [Tap here](#) to learn how to connect your primary power source to MyWhoosh.

You can use devices as per below list.

SMART TRAINER / SMART BIKE (BLUETOOTH / ANT+)

All riders must ride on a Bluetooth/ANT+ direct drive smart trainer or smart bike. You must select this as the CONTROLLABLE, POWER and CADENCE source in the MyWhoosh application. All riders must use the default manufacturer slope settings. **Smart trainers that do not record cadence are not permitted by MyWhoosh.**

Approved models:

Wahoo: Kickr V5, V6, Move, and all Kickr Bike models (Kickr Core is not approved)

Tacx: Neo/Neo Bike (any version)

Elite: Justo

HEART RATE MONITOR (BLUETOOTH / ANT+)

All riders must ride with a functioning Bluetooth/ANT+ heart rate monitor, connected to the MyWhoosh application. **Heart rate monitors must be chest strap only. Arm, wrist, or watch optical sensors are not permitted.**



EQUIPMENT



SECONDARY POWER SOURCE:

Your secondary data source must record power and cadence data. This device must be connected to MyWhoosh directly.

You can use devices as per below list.

CRANK/PEDAL BASED POWER METER (BLUETOOTH)

All riders must use a crank or pedal based power meter that records power and cadence as a secondary source of power data within the MyWhoosh application only via Bluetooth. All riders must use the default manufacturer slope settings. **Most common models are approved, except for Xcadey.**

To avoid any doubt or potential confusion, the MyWhoosh application will not allow a rider to simultaneously use the primary power source to be used for secondary power data capture as well. Different power-recording devices must be connected as primary and secondary devices



EQUIPMENT



- It is the rider's responsibility to ensure that race data is accurately reported to the MyWhoosh application without signal interference or dropouts.
- Data recorded must be recorded at one second intervals. You can adjust this in the SETTINGS menu.
- The smart trainer must be set to a minimum of 50% trainer difficulty in the MyWhoosh application settings.
- All riders must calibrate secondary power source according to manufacturer's instructions prior to each race.
- Riders must have the ability to live stream to a provided link.
- Kindly note that all participants must use the same equipment they used for the Power Passport test in the GCC Summer Championship Races.
- Riders shall not attempt to tamper with equipment, modify any data recorded or otherwise use any mechanical, electronic or other device which provides an unfair advantage or false result.
- Riders must submit video proof of the device ID or serial number of any piece of hardware they use at the **Pre-verification Form**.



COMMUNICATION



POST RACE

It is compulsory that all riders upload their activity to the MyWhoosh application upon ending each stage by selecting the **MYWHOOSH** icon and tapping on **UPLOAD**.

COMMUNITY REPORTING

In an effort to increase validity in the racing, any concern regarding another racer's performance must be made within 24 hours of the race conclusion in a private email to racecontrol@mywhoosh.com. Any public or private accusations or concerns made otherwise will be disregarded and the competitor making such accusations may be sanctioned accordingly.

RACE CONTROL COMMUNICATION

All questions, concerns, or suggestions can be made to racecontrol@mywhoosh.com.



COMPETITION INFORMATION





GUIDE FOR ATHLETES TO PARTICIPATE IN MYWHOOSH GCC SUMMER CHAMPIONSHIP



1. Review the Roadbook and Ruleset

Read through the entire technical guide and MyWhoosh ruleset.

Ensure understanding of all rules and guidelines.

2. Register for the Event

Registration opens on 21st June 2024 and closes on 5th July 2024.

Complete the registration on the [Events page of the MyWhoosh website](#).

Ensure you meet all technical requirements (smart trainers, power meters, etc.). Please refer to **Equipment** page for details on the approved hardware.

3. Complete the Power Passport Test (PPT)

Power passport, equipment setup, height, and weight must be recorded in the same, continuous video. Use an iPhone or iPad that can be moved around.

The continuous video showing height measurement, equipment setup, and height must be taken before the PPT. The weigh in must be taken after the test within the same, continuous video.

Connect all required data sources to the MyWhoosh app (smart trainer, heart rate monitor, and power meter).

3. Complete the Power Passport Test (PPT) – cont'd

Perform the **MyWhoosh Power Passport Test** found in the MyWhoosh application. (Go to the Workout tab and find the Power Passport in the Testing folder)

Upload the video to YouTube as an unlisted video. Use the video's link in the [pre-verification form](#).

4. Fill Out the Pre-Verification Form

Complete the [pre-verification form](#) with all necessary details. Choose **GCC Summer Championship - PPT Test** from the race dropdown.

Upload unlisted YouTube links for the PPT test video, weigh in video, height video, and equipment video.

Provide Strava link and details of primary and secondary power sources.

Ensure consistency of weight and height details across all profiles and videos.

5. Post-Race Requirements

Upload your activity to the MyWhoosh app immediately after each race stage.

Report any performance concerns regarding other racers within 24 hours via email to racecontrol@mywhoosh.com

Follow all communication protocols with race control for any questions or concerns.



POWER PASSPORT TEST RECORDING PROCESS



Riders are required to submit videos for the MyWhoosh Power Passport Test, height, and weight measurement, as well as a video showcasing the equipment you will be using for the event. These videos should be submitted **before July 5th 2024** using our pre-verification form.

To be eligible to race in GCC Summer Championship, riders must video themselves completing the **MyWhoosh Power Passport Test**, found in Workouts – Testing on the MyWhoosh application. Riders must complete a height and equipment video at the start of the test and a weigh-in directly after the test is complete. The video stream must not be broken and must include all requirements in one video. **The MyWhoosh Power Passport Test results will be used for categorization and verification and will form a major part of a rider's MyWhoosh Power Passport.**

Video Recording Protocol – All videos

- Show athlete's face on the video and say your name.
- Show athlete performing a live internet search for the current time and date and display the results. Screenshots of mobile phone clocks or computer desktop clocks will not be accepted.
- Athletes should provide a full 360-degree rotation video of athlete's surroundings.
- Athletes and the process of being filmed must remain in the picture for the full duration of the video.
- Athletes should ensure the audio is ON and is not muted.
- Athletes should ensure that the videos are not edited or trimmed. The complete recording, without interruptions, including sound, is necessary.
- Further specific details are provided in each video process.

Failure to comply with the above requirements may result in registration refusal or immediate disqualification of the athlete's performance in the event for which the video was submitted.

MyWhoosh Power Passport Test video protocol

- Complete a Hardware and Height video before the MyWhoosh Power Passport Test
- Before performing the workout, we need to see rider's entire surroundings and equipment.
- Rider should ensure that the connected hardware is not linked to MyWhoosh or any other application.
- While on video, riders are required to show hardware connecting to MyWhoosh, including primary, secondary, and heart rate monitors.
- Select the MyWhoosh Power Passport Test in Workouts – Testing.
- Ensure FTP in the app is a close estimate of current FTP as this sets the MyWhoosh Power Passport Test increments. Start the workout.
- During the workout, place the camera in a way that both the screen and rider are completely visible in the video.
- Save the ride and select upload.
- Complete a weight in video.
- Stop the video. Upload the video on YouTube as "unlisted."



WEIGH-IN VIDEO PROTOCOL



The weigh-in video for the GCC Summer Championship must be conducted immediately after completing the Power Passport Test. The recorded weight from this video will be used for the entire duration of the GCC Summer Championship. At any time, MyWhoosh may request additional weight verification.

The full protocol for a rider measuring their weight:

1 Equipment

- Digital scales that read to 0.1kg (analog scales are no longer permissible).
- Known weight that exceeds 10kg, such as a gym plate or kettlebell, that has its weight clearly marked. **Water bottles, bags of food, etc., are not acceptable.**

2 Before the test:

- Set up scales suitable for measuring body weight in the middle of a room on a hard, even surface, with nothing nearby to hold on to.
- Make sure you are wearing appropriate clothing for a live stream.

3 During the test:

- Show the scales in the middle of an empty space, further than arm's reach from any tables, counters, or walls.
- Additionally, show the bottom of the scales.
- Zero the scales.
- Show the zero reading.
- Place the weight (kg or lbs.) on the scales and show the reading.
- Take the weight off and show the zero reading.
- Stand on the scales yourself (without the weight) and show the reading.

3 During the test (cont'd):

- Show yourself freely standing on the scale, without support, either by turning the camera around and raising it up in the air or by showing your reflection in a mirror.
- Take yourself off and show the zero reading.
- Stand on the scales with the weight and show the reading.
- Take yourself off and show the zero reading.
- Stop recording

4 After the test:

- Upload as an unlisted video to YouTube.
- Please note that weight measurement videos must not be shared publicly. Publication of weight measurement videos or otherwise sharing them with third parties is a violation of these rules.
- Send the link to the video to MyWhoosh using the pre-verification form provided in the applicable registration form, technical guide, or race instructions.
- Weight as shown in the weight recording video must be entered into the MyWhoosh application and used in-game.
- The weight used will be the whole number shown on the digital scales. For example, 74.1kg or 74.9kg will be 74kg in-game.



HEIGHT VIDEO PROTOCOL



A height video is required as part of the MyWhoosh Power Passport Test protocol.

The full protocol for a rider measuring their height:

1 Before the test:

- Set up a standard tape measure against a solid, vertical surface such as a wall or doorframe.

2 During the test:

- Stand against the vertical surface.
- Show yourself marking the tape measure (using a pencil or piece of tape) at the same height as the top of your head.
- Show the marking to highlight your measured height.
- Step back to show the entire tape in the picture.
- Stop recording.

3 After the test:

- Upload as an unlisted video to YouTube.
- Please note that height measurement videos must not be shared publicly. Publication of weight measurement videos or otherwise sharing them with third parties is a violation of these rules.
- Send the link to the video to MyWhoosh using the pre-verification form provided in the applicable registration form, technical guide, or race instructions.



HARDWARE VIDEO PROTOCOL



An equipment video is required as part of the MyWhoosh Power Passport Test. All participants must use the same equipment they used for the Power Passport test in the GCC Summer Championship Races.

The full protocol for a rider showing their hardware and equipment :

1 During the test:

- Ensure your devices are not connected to MyWhoosh or any other connection before you start the test.
- This video should cover all the equipment you use for MyWhoosh Esports Cycling events. This includes both your primary data sources (such as smart trainer or smart bike, heart rate monitor and power monitor) and your secondary power source (such as your pedal or crank-based power meter).
- You should make a full 360-degree rotation video showing all angles of the smart equipment.
- You should clearly display the serial number of the device you are using. If the device serial number is not visible on the device itself, it may be found in the mobile app that accompanies the device like a power meter.
- You should then open up MyWhoosh, log in to your profile, and pair your devices to MyWhoosh (both your primary and secondary devices). Once this is done, you can open up a free ride, workout, or event and pedal for a while, and show that MyWhoosh is reading all the data (primary and secondary power, cadence, heart rate) from your equipment.
- All these steps should be clearly visible in the video.

2 After the test:

- Upload as an unlisted video to YouTube.
- Videos of the equipment must not be shared publicly. Publication of equipment videos or otherwise sharing them with third parties is a violation of these MyWhoosh Rules & Regulations
- Send the link to the video to MyWhoosh using the pre-verification form provided in the applicable technical guide or race instructions.



HOW TO UPLOAD VIDEOS AND COMPLETE THE PRE-VERIFICATION FORM



- 1 Create a YouTube account if you don't already have one. Upload your Video to YouTube well as soon as possible. The upload may take a few hours.
- 2 In the Pre-verification Form, use the same link for your Power Passport Test Video, Weigh In Video, and Height Video. (These should all be captured in the same continuous video that you used for the PPT).
- 3 Choose **GCC Summer Championship - PPT Test** from the race dropdown.
- 4 Do a separate Hardware video, upload it to YouTube, and add its link in the Pre-verification form.



GCC SUMMER CHAMPIONSHIP

8 - 12 JULY 2024

Inc case of any questions please contact

racecontrol@mywhoosh.com