MyWhoosh Championship

28.04.2023 - 05.05.2023

ROAD BOOK AND TECHNICAL GUIDE

V1.2 - UPDATED 30 MARCH 2023

MYWHOOSH CHAMPIONSHIP ROAD BOOK & TECHNICAL GUIDE

We are pleased to announce the MyWhoosh Championship, starting on April 28th, 2023 till the 5th of May 2023. The MyWhoosh Championship is open to men and women worldwide and will be a category-based race spread across eight days with seven stages.

Every effort has been made to make this Road book & Technical Guide as complete as possible. Last minute changes and/or errors needing correction will be communicated to participants via email.

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RACE SERIES OVERVIEW

WOMEN'S SCHEDULE

STAGE	DATE	DISTANCE	TYPE
1	Friday, April 28 2023	50km	Road Race
2	Saturday, April 29 2023	50km	Road Race
3	Sunday, April 30 2023	50km	Road Race
4	Monday, May 1 2023	50km	Road Race
REST DAY	Tuesday, May 2 2023		
5	Wednesday, May 3 2023	50km	Road Race
6	Thursday, May 4 2023	30km	Time Trial
7	Friday, May 5 2023	50km	Road Race

MEN'S SCHEDULE

STAGE	DATE	DISTANCE	TYPE
1	Friday, April 28 2023	70km	Road Race
2	Saturday, April 29 2023	70km	Road Race
3	Sunday, April 30 2023	70km	Road Race
4	Monday, May 1 2023	70km	Road Race
REST DAY	Tuesday, May 2 2023		
5	Wednesday, May 3 2023	70km	Road Race
6	Thursday, May 4 2023	40km	Time Trial
7	Friday, May 5 2023	70km	Road Race

TIME

Start times will be the same for each stage. All times are in Greenwich Mean Time (GMT).

Women:
Category 1: 08:00 am GMT
Category 2: 07:45 am GMT
Category 3: 07:30 am GMT
Category 4: 07:15 am GMT

Men:
Category 1: 10:00 am GMT
Category 2: 09:40 am GMT
Category 3: 09:20 am GMT
Category 4: 09:00 am GMT

COURSES

- In the MyWhoosh Championship, riders can expect to race across some of the most breathtaking routes that we have to offer with a variety of stages. There will also be one rest day in between.
- Each stage will feature a new course, with men racing for 70km and women for 50km. No two days will be the same, with racers taking on routes across the MyWhoosh universe. Each road stage will have a variety of sprint and climb segments, all ranging in distance, and day six will consist of a time trial. The race starts flat for the sprinters and increases elevation for the climbers each day, building to the 5th stage with almost 1800m of climbing for men and 1100m for women. On the penultimate day, a time trial will help before finishing with a flat stage to give the sprinters one last chance for glory.
- Every day will include sprint/climb segments except for Stage 6 which will be in a time trial style, with no drafting.
- Each race will have handicaps for different categories. Each category will have its own start times.
- Throughout the championship, men will complete 460km of racing with nearly 6000m of climbing and women will complete 330km of racing with nearly 4000m of climbing.

COURSES

STAGE	COURSE TYPE	DISTANCE	ELEVATION
1	FLAT	70km	465m
2	SMALL HILLS	70km	815m
3	MEDIUM MOUNTAIN	70km	735m
4	HARD MOUNTAIN	70km	1320m
5	EXTREME MOUNTAIN	70km	1735m
6	FLAT TIME TRIAL	40km	185m
7	FLAT	70km	495m

STAGE	COURSE TYPE	DISTANCE	ELEVATION
1	FLAT	50km	335m
2	SMALL HILLS	50km	540m
3	MEDIUM MOUNTAIN	50km	510m
4	HARD MOUNTAIN	50km	900m
5	EXTREME MOUNTAIN	50km	1100m
6	FLAT TIME TRIAL	30km	145m
7	FLAT	50km	340m

Note: Everyone will be given a **Colnago TT1 bike** in-game for the Stage 6 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.

COURSE DETAILS INCLUDING SPRINT AND CLIMB SEGMENTS WILL BE PUBLISHED SOON.

PRIZE MONEY

Prize money will be awarded to the winners of each stage 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:

GENERAL CLASSIFICATION WINNERS
- Top 10 Individual Winners
- Top 5 Team Winners
- Youth Winner (Below Age 23)
- Masters Category Winner (Age 50 & Above)
- Sprint Winner
- King/Queen of Mountain

STAGE-WISE WINNERS
- Individual Stage Winner
- Stage Sprint Winner
- Stage King/Queen of Mountain

TOTAL PRIZE POOL: $ 1,000,000

CATEGORY-1 PRIZE MONEY

OVERALL PRIZE MONEY

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

DAILY PRIZE MONEY

STAGE WINNER	1st $1,000
SPRINT WINNER	1st $500
KING/QUEEN OF THE MOUNTAIN	1st $500

TEAMS CLASSIFICATION	1st $42,000 2nd $35,000 3rd $25,000 4th $20,000 5th $10,000

SPRINT WINNER	1st $5,000
KING/QUEEN OF THE MOUNTAIN	1st $5,000
YOUTH WINNER	1st $5,000
MASTERS WINNER	1st $5,000

CATEGORY-2 PRIZE MONEY

OVERALL PRIZE MONEY

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

DAILY PRIZE MONEY

STAGE WINNER	1st $750
SPRINT WINNER	1st $375
KING/QUEEN OF THE MOUNTAIN	1st $375

TEAMS CLASSIFICATION	1st $31,500 2nd $26,250 3rd $18,750 4th $15,000 5th $7,500

SPRINT WINNER	1st $3,750
KING/QUEEN OF THE MOUNTAIN	1st $3,750
YOUTH WINNER	1st $3,750
MASTERS WINNER	1st $3,750

CATEGORY-3 PRIZE MONEY

OVERALL PRIZE MONEY

INDIVIDUAL CLASSIFICATION	1st **$5,000** 2nd **$4,000** 3rd **$3,000**	4th **$2,000** 5th **$1,000** 6th **$500**	7th **$500** 8th **$500** 9th **$500**	10th **$500**

DAILY PRIZE MONEY

STAGE WINNER	1st **$500**
SPRINT WINNER	1st **$250**
KING/QUEEN OF THE MOUNTAIN	1st **$250**

TEAMS CLASSIFICATION	1st **$21,000** 2nd **$17,500** 3rd **$12,500** 4th **$10,000** 5th **$5,000**

SPRINT WINNER	1st **$2,500**
KING/QUEEN OF THE MOUNTAIN	1st **$2,500**
YOUTH WINNER	1st **$2,500**
MASTERS WINNER	1st **$2,500**

CATEGORY-4 PRIZE MONEY

OVERALL PRIZE MONEY

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

DAILY PRIZE MONEY

STAGE WINNER	1st $250
SPRINT WINNER	1st $125
KING/QUEEN OF THE MOUNTAIN	1st $125

TEAMS CLASSIFICATION	1st $10,500 2nd $8,750 3rd $6,250 4th $5,000 5th $2,500

SPRINT WINNER	1st $1,250
KING/QUEEN OF THE MOUNTAIN	1st $1,250
YOUTH WINNER	1st $1,250
MASTERS WINNER	1st $1,250

COMPETITION FORMAT

REGISTRATION

- Registrations for the MyWhoosh Championship will open on **27th March 2023** and end on **17th April 2023.**
- All participants will be required to register for the event on the Events page of our website.
- Registration is subject to approval by MyWhoosh and MyWhoosh reserves the right to refuse registration for any reason.
- Riders must use devices, smart trainers and power meters that meet the minimum technical requirements of MyWhoosh.
- Two additional rider classification will be introduced in the MyWhoosh Championship.
  - **Youth Classification**: Riders aged below 23 years
  - **Masters Classification**: Riders aged 50 & above
- Anyone who meets the age requirement and wishes to fall under the Youth/Masters classification will be required to submit a copy of their passport/national ID.
- Registration also involves doing an FTP Test on the MyWhoosh platform and filling out the Pre-Verification form which includes recording and uploading a weigh-in and height video.

Please email any inquiries to racecontrol@mywhoosh.com.

FTP TEST

- To be eligible for selection to the race, every participant who registered for the event must perform the FTP Test on the MyWhoosh Platform. The FTP test must be completed by 17 April 2023.
- All participants will need to fill the pre-verification form and submit a weigh-in and height video prior to the FTP Test [here](#). The accepted protocol for weigh-in and height videos can be found in the [MyWhoosh ruleset](#).
- Please note that your weight and height in your MyWhoosh profile must match the weight and height in your videos.
- All participants must be connected to secondary power source during the FTP Test in MyWhoosh. Failure to connect will result in rejection, ([Tap here](#) to learn how to connect your secondary power source to MyWhoosh).
- Once you have selected a suitable route, tap **WORKOUTS** and scroll to **Testing** section, Once in this section, select the **FTP Test - MyWhoosh** workout and hit the **WORKOUT** button. This test will take you approximately 1hr15min to complete. Please view [this video](#) to make sure you have selected the right test!
- Please ensure to complete the entire test - only completed tests will be taken into consideration.
- All participants will go through performance verification on the FTP Test performed.
- Kindly note that all participants must use the same equipment they used for the FTP test in the MyWhoosh Championship Races, if they are selected as a final participant for the MyWhoosh Championship.
- It is compulsory that all riders upload their FTP test activity to the MyWhoosh application upon ending their FTP test by selecting the **MYWHOOSH** icon and tapping on **UPLOAD**. Please remember to rename your activity as '**MWC-FTP-TEST**' when uploading the test activity.

PARTICIPANT SELECTION

- A total of 260 players (130 men and 130 women) will be selected to participate in the MyWhoosh Championship from all the registered participants. Selection will be based on several factors such as but not limited to, performance on the FTP test, number of entries, category suitability and previous MyWhoosh history.

- MyWhoosh will email the final selected 260 participants for additional verification by **20 April 2023**. Selected riders will then need to submit a video completing a short verification test before their entry is confirmed.

- Participants will be provided with a link to form teams and must notify us of their teams before **24 April 2023**.

- The final start list of fellow competitors, assigned categories and team members will be shared with every participant no less than 3 days prior to the race start.

- All selected participants will need to submit a second weigh-in video no more than 24 hours prior to the start of the race and no less than 12 hours prior to the start of the race and fill out the pre-race verificant form here. The accepted protocol for weigh-in videos can be found in the [MyWhoosh ruleset](#).

- Please note that your weight and height in your MyWhoosh profile must match the weight and height in your videos.

- Participants must race in all 7 stages to be eligible for overall prize money. If a participant skips or does not finish any stage, they will not be allowed to start the following stage.

- The 260 selected riders selected will be split into four categories to create fair and competitive racing groups based upon the available competitors. We will be looking at an athlete's historic power profile, FTP test data, publicly available information among numerous other factors to categorize and group them with similar ability athletes. Category-1 represents the highest ability level and Category-4, the lowest.

TEAMS

- All selected participants will be provided with a link on **20 April 2023** 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 CCd in the same email. The email subject should read **'MWCTF-<gender>-Cat<category number>'.** For example, if you are a female riding for a Category-2 team, your email subject would be **'MWCTF-F-Cat2'.**
- If a participant is unable to/ does not wish to form or join a team before the final deadline of April 24, 2023, 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.

CLASSIFICATIONS

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 7 stages, the rider with the lowest cumulative time will be awarded as the **General Classification Winner.**

YOUTH 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 7 stages, the rider below the age of 23 with the lowest cumulative time in the GC will be awarded the **Youth Classification Winner**.

MASTERS 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 7 stages, the rider aged 50 and above with the lowest cumulative time will be awarded the **Masters Classification Winner.**
NOTE: Masters classification participants will be given a different jersey at the pen, regardless of which category they belong to.

**GENERAL CLASSIFICATION
LEADER JERSEY**

**YOUTH CLASSIFICATION
LEADER JERSEY**

**MASTERS CLASSIFICATION
LEADER JERSEY**

**MASTERS CLASSIFICATION
PARTICIPANT JERSEY
(REGARDLESS OF CATEGORY)**

CLASSIFICATIONS

SPRINT WINNER

- Each road stage (excluding Stage 6 Time Trial) will have a variety of 300m 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 each stage, sprint points from all the sprint segments in that stage will be calculated to select the Stage Sprint Winner.
- 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.

NOTE: Points will be only be displayed in Web Results

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

SPRINT WINNER JERSEY

CLASSIFICATIONS

KING/QUEEN OF THE MOUNTAIN WINNER

- Each road stage (not Stage 6 Time Trial) will have a variety of Climb segments throughout the course, ranging from 1km to 16.6km
- 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 each stage, climb points from all the climb segments in that stage will be calculated to select the Stage King/Queen of the mountain winner
- At the end of the series, climb points from all the stages will be calculated to select the Overall King/Queen Of The Mountain Winner.
- Different climb segments will have different points based on the climb difficulty level.

NOTE: Points will be 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 <u>here.</u>

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 Overall Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the overall general classification standing.
- If there is a tie in the general/team/youth/master's classification, the rider/team with the highest finishing place in the most recent stage will be given the higher position.

STAGE TIES
- If there is a tie in the Stage Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the overall general classification standing.
- 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/Youth/Master/Sprint/KOM classification results.
- As an individual the annulled rider can only continue racing for stage prizes only not overall 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.

REMOVAL OF RESULTS

In case of Disqualification:

- If a rider has their result disqualified for any reason, their finish time & points shall be removed from their individual and team overall/stage classifications, as well as the overall/stage 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 technical guide conflicts with the above rules & regulations, this technical guide shall take precedent. Please use this technical guide as your primary source of information.
- Please read the complete ruleset in the above link, as there are multiple changes to the previous MyWhoosh racing guidelines.
- It is the athlete's responsibility to read through the entire Technical Guide 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 MyWhoosh 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 requests from race control via email in an effort to verify a 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. Tap here to learn how to connect your 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 a 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 <u>here</u> to learn how to connect your primary power source to MyWhoosh. These are the devices you can use:

- **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. The smart trainer must be set to a minimum of 50% trainer difficulty in the settings and all riders must use the default manufacturer slope settings.
- **CADENCE SENSOR (BLUETOOTH / ANT+)**: In case your smart trainer/smart bike does not record cadence, you should connect a separate Bluetooth/ANT+ cadence sensor to MyWhoosh.
- **HEART RATE MONITOR (BLUETOOTH / ANT+)**: All riders must ride with a functioning Bluetooth/ANT+ heart rate monitor, connected to the MyWhoosh application.

SECONDARY POWER

Your secondary data source must record power and cadence data. This device must be connected in the SETTINGS menu. Tap <u>here</u> to learn how to connect your secondary power source to MyWhoosh. These are the devices you can use:

- **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.

To avoid any doubt or potential confusion, the MyWhoosh application will not allow a rider to simultaneously use the 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
- All riders must calibrate or "spin down" their primary and secondary power source according to manufacturer's instructions prior to each race.
- Riders must have the ability to live stream to a provided link.
- In-game time trial bicycle may only be used during the time trial stage (Stage 6).
- Kindly note that all participants must use the same equipment they used for the FTP test in the MyWhoosh Championship Races, if they are selected as a final participant for the MyWhoosh Championship.
- 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](#).
- Only those [direct-drive smart trainers, smart bikes, heart rate monitors or power meters](#) that are compatible with MyWhoosh shall be permitted.

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.

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