



# NZBROs Guide to racing in Zwift

Welcome to NZBRO

This guide covers how to get everything set up for successful racing in Zwift Racing League or any other WTRL Racing event.

## 1 Background

NZBRO races in Zwift Racing Leagues across multiple regions and divisions in ZRL & also in the WTRL Time Trials. Time trials run all year round where the Zwift racing league has a few months off plus a few weeks break between each series.

## 2 Communications

NZBRO primarily uses Facebook to communicate for basic results upcoming events and general information.

The Main NZBRO Facebook is a closed group please request a joining by using this link

<https://www.facebook.com/groups/327379659096315>

Our main communication for racing and for general team info is in our Discord server please request this link as it has an expiry every few days.

Important messages and polls for availability will be posted to into the announcements chat or into team chat rooms.

Teams for each week are done via a website which is loaded onto Discord and must be completed weekly to enter into Time trial teams. ZRL is organised by team captains and they will have an open chat for their team only and race passes will be added here for each team to use.

RacePass links will be sent via email from WTRL to each Captain each week who will then post to the team chat on Discord riders selected in the team that week will use this pass only.

## 3 Registering to Race with WTRL

To be able to race in events run by WTRL you require a ZwiftPower account linked to your Zwift account, and a WTRL account which is linked to your ZwiftPower account.

### 3.1 Finding your Zwift ID

To set up a ZwiftPower and WTRL account, you will need to know your Zwift ID. For instructions on

how to do this see [https://support.zwift.com/en\\_us/locating-your-zwift-id-H1WiyxS\\_I](https://support.zwift.com/en_us/locating-your-zwift-id-H1WiyxS_I)

### 3.2 Setting up a ZwiftPower Account

For details on creating a ZwiftPower account and linking it to your Zwift profile see [https://support.zwift.com/en\\_us/connecting-to-zwiftpower-SyldRc\\_4H](https://support.zwift.com/en_us/connecting-to-zwiftpower-SyldRc_4H)

### 3.3 Setting up a WTRL Account

You can register for a WTRL account at <https://www.wtrl.racing/registration.php>

## 4 ZwiftPower

ZwiftPower.com is a website, now run by Zwift, that takes race data from Zwift and provides results for events, as well as tools for event organisers to enforce categories, such as disqualifying racers if they go over power limits.

Zwiftpower can also display live race data for some races, including ZRL races, so you can see the position of all riders in real time.

For further information on ZwiftPower see <https://support.zwift.com/zwiftpower-faq-BJhCucmDv>.

### 4.1 Joining NZBRO on ZwiftPower

Riders can join one or more teams on ZwiftPower. Team NZBRO can be found at

<https://zwiftpower.com/team.php?id=15929>

From the above page, you can click the green 'Join Team' in the top right corner to add NZBRO as your team.

### 4.2 Setting Team and Name for a Specific Race

If you have joined more than one Team in ZwiftPower, ZwiftPower automatically uses your Primary Team as the team for all races.

You can change your primary team by navigating to Teams -> My Teams on ZwiftPower, and click the blue 'Make {Team Name} my Primary Team' button.

ZwiftPower allows you to change your Team and ZwiftPower name for a specific race.

1. Navigate to the specific race event you have sign up for. You can find events you have joined on the Profile -> Signups page.
2. Click the Settings button.
3. Select the required team from the My Team list in the Event Settings.
4. Enter the name you would like to use, or leave blank for your current name.
5. Click Apply changes.

## 5 WTRL

World Tactical Racing Leagues, better known as WTRL, run a range of Zwift Events including Zwift Racing League.

WTRL takes data directly from Zwift as well as information from ZwiftPower to ensure riders enter only the correct category, and are part of a team. WTRL also uses the data to provide results and calculate First Across the Line and Fastest Through Segment points.

## 6 Zwift Racing League

Zwift Racing League is governed by the Zwift Racing League Rule Set. The latest version of these rules can be found at <https://www.wtrl.racing/zwift-racing-league/#rules>

Some of the key rules are covered below.

### 6.1 Race Format

ZRL is a team-based points race with points awarded for finishing place, and for Fastest Through

Segment (FTS) and First Across Line (FAL) for specified segments. For details of the FTS and FAL segments see <https://www.wtrl.racing/zwift-racing-league/#schedule>.

A minimum of 4 riders, and a maximum of 6 riders can race for a team each race.

For details on how points are awarded see <https://www.wtrl.racing/zwift-racing-league/#scoring>.

## 6.2 ZRL Playoffs

The top two teams from Division A1, B1, C1 and D1 will be invited to take part in the playoffs against the teams from the other regions.

Teams must have competed in all events during the season to be eligible.

Riders must have completed at least 50% of the races during the season with the team to be eligible to race in the playoffs. Races with other teams are not counted towards this.

## 6.3 Race Passes

Races are accessed via a RacePass link which is sent out by the Team Captains, and available through the WTRL Team Management page (<https://www.wtrl.racing/zwift-racing-league/#team>)

The race pass links are specific to a team. The link will verify the rider is eligible for the race, then redirect to the Zwift Event page to allow the rider to join the event.

## 6.4 Category Limits

Zwift Racing League uses the following category limits based on Zwiftpower category.

**ZRL Rule 3.2.7** Rider improvement is expected during the series and a rider whose race category upgrades in ZwiftPower prior to completing (finished) 4 events in the ZRL will need to race for a team in a Division matching their upgraded race category.

A) Riders who receive a category upgrade in ZwiftPower may continue racing within the same Division if they have completed 4 events.

B) Riders are still subject to the division's power limits which include WTRL fluctuation limits.

### Men's / Mixed Women's

Division A > 4.0wkg FTP & minimum  
250W FTP

> 3.7wkg FTP

Division B 3.20wkg to 3.99wkg FTP &  
minimum 200W FTP

3.20wkg 3.69wkg FTP

Division C 2.5wkg to 3.19wkg FTP &  
minimum 150W FTP

2.5wkg to 3.19wkg FTP

Division D less than 2.49wkg FTP less than 2.49wkg FTP

## 6.5 Equipment Requirements

### 6.5.1 Division A

**Rule 3.3.1** Division A riders **MUST** transmit power information to the game (Zwift). This can be done by using a:

- a. Smart turbo trainer.
- b. Smart bike.
- c. Classic 'dumb' trainer with separate power meter.

Not transmitting power to the game will result in points being annulled.

**Rule 3.3.4** Division A riders **MUST** wear a heart rate monitor (HRM) that transmits data to the game (Zwift). Not transmitting HRM data to the game in a Points Race will result in points being annulled.

- a. HRMs are not a requirement for Team Time Trial events.

### 6.5.2 Division B, C and D

**Rule 3.3.2** Division B, C & D riders may use any equipment that transmits power to the game (Zwift) including Zpower. a. Riders on Zpower will be awarded 50% of points earned in the event. b. Riders on Zpower may only make up 40% of the team during a Team Time Trial event.

**Rule 3.3.5** Division B, C & D riders are advised but not required to wear a HRM and transmit data to the game (Zwift).

a. Riders not transmitting HRM data will be awarded 50% of points earned in the event.

b. HRMs are not a requirement for Team Time Trial events.

## 6.6 Height and Weight

Height should be entered to the nearest 1cm.

Weight should be entered to the nearest 0.1kg.

Teams may be randomly selected to provide height and weight verification via video. See section 3.4 of the rules.

**All teams invited to the playoffs will be required to complete height and weight verification.**

## 6.7 Teams

Each Team is made up of a roster of up to 12 riders. Riders can be invited to the team at any point during the season. Once a rider has accepted a team invite, they take up a spot on the roster for the remainder of the season.

A rider may ride for a maximum of two teams during the season. This includes teams in different categories, regions and divisions.

## 6.8 Team Tags

Team tags are a method of identifying the Team races are riding for. Team tags are added after your surname in your Zwift Profile, and after your Name in your ZwiftPower profile.

Typically, the format for a team tag is K Opele (NZBRO - BILBO) your team name if racing in ZRL

These tags are used for community live broadcasts so they know who each rider is and what team they're racing for.

If you are in a Time trial team only you can just use (NZBRO) after your last name.

## 6.9 Team Kit

Each team is required to nominate a team kit to use for the season. Team captains have chosen these upon registration and they must be worn in every ZRL Race for the series.

## 6.10 Discord

Depending on the race, teams may decide to use Discord to communicate. This is particularly important in Team Time Trials.

The discord consists of multiple channels that may be used for races. Teams will

coordinate which channel to use on the day of the race. As we're racing in different zones we should have plenty of spare channels to use.

## 6.11 Results

Official results are available from <https://www.wtrl.racing/zrl-results/>

It can sometimes take a few hours after the race for the results to be published. Generally interim results are published first, followed by the final results. Usually official results are displayed faster as the season progresses.

## 7 Zwift Racing Tips

### 7.1 Joining the Race Pen

Join the race pen **early** to get a position at the front of the Pen.

Races can be joined up to 30 minutes prior to the start time of the race. Make sure you are logged into Zwift and riding. A Join Event button will appear once the race is open to join.

### 7.2 Leaving the Race Pen to Warm Up

Once you have joined the race pen your spot will be saved, even if you leave and rejoin.

To warm up somewhere else in Zwift and gain some drops while you do it, end the ride and discard it, then select a Zwift world and route and ride like normal. The Join Event button will appear closer to the start time.

Join back into the race pen with at least a few minutes to spare.

### 7.3 Points Race Starts

Zwift races always have fast starts. A warmup is essential. To ensure you get off to the best possible start, ramp up your power with about 10 seconds to go before the start so that you hit the start at about 150% -180% of FTP. Races usually settle down into a more manageable pace after a few minutes.....most of the time A & B Grades possibly not.

### 7.4 Frame and Wheel Choice

Choosing the right frame and wheels may make the difference in a close race. The following link provides the best bike choice based on course and rider level:

<https://zwifterbikes.web.app/>

### 7.5 FAL/FTS Sprints & KOMs

Points Races have Sprint or KOM segments nominated as awarding FTS and FAL points. If you are in the front group leading into one of these segments, be prepared to work hard to stay with the bunch. If you get dropped you will have to work harder and may not be able to get back on. It is better to put the effort in to stay with the bunch during a sprint and then recover by drafting, than spend a long time chasing the bunch solo.

### 7.6 Team Time Trials

Some ZRL races are team time trials (TTT). In a TTT the teams time is the time of the 4<sup>th</sup> rider to finish.

The optimal way to race a TT race is to have the team ride one behind the other in a line, taking turns on the front. Rider 1 & two should be at the front together with a slight gap with other members in behind the group, the second rider needs to increase there power to match the leaders wpkg before the lead rider reduces power or else the bunch speed will drop. Turns are usually between 30-60 seconds.

Communication is the key to ensuring a TTT is done well. If someone is available to DS and call turns this can be very beneficial and will make it a lot easier to just ride and keep the bunch together.

### 7.7 Team Time Trial Race Starts

Each team in a Team Time Trial event is given a specific start delay selected by the Captain. The team will join like any other event and you will slowly move forward until your time to race.

You can pedal while in the pen like any other event.

### 7.8 Passing other Teams in a TTT

**Rule 4.2.1** ...Drafting off any rider outside of your TTT team is strictly prohibited. Over taking another team is a fine art that involves **BOTH teams to quickly adjust their riding styles.**

g. OVER TAKING TEAM (passing) is expected to **significantly** increase their power as soon as they are near or in the draft of the team ahead of them and maintain this power to create a significant lead.

h. OVER-TAKEN TEAM (being passed) is expected to decrease their power/speed once they are aware of being overtaken (riders at back of line should communicate being overtaken to the front riders). DO NOT fight the passing team as they have made up a significant time difference to catch you up.

If you get dropped DO NOT sit on the back of any team or try and stay away from a team as you'll be assisting that team with drafting making them travel faster. Just cruise to the finish line and use it as a warm down.