

TECHNICAL GUIDE

2023 NATIONAL ESPORTS CHAMPIONSHIPS



NATIONAL CHAMPIONSHIPS

2023 CANADIAN ESPORTS CHAMPIONSHIPS

presented by Wahoo

2023



CANADIAN CHAMPIONSHIPS
CHAMPIONNATS CANADIENS

ESPORTS

presented by / présenté par

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CYCLING
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INTRODUCTION

For the first time in history, in collaboration with Echelon Racing Promotions, USA Cycling and Cycling Canada will host a combined National Championship event. Hosted on the Wahoo RGT Virtual Cycling platform, the 2023 National Esports Championships event will host combined races for American and Canadian citizens to award National Champion titles in for both respective nations.

OVERVIEW

Event	2023 National Esports Championships
Dates	February 11-12, 2023
Organizer	Echelon Racing Promotions
Contacts	Eric Hill & Frank Cundiff
Contact Emails	Eric Hill: erhill88@gmail.com Frank Cundiff: cundiff.frank@gmail.com
Event Discord	https://discord.gg/QBGznCuE
Website	Cycling Canada webpage: https://cyclingcanada.ca/event/2023-canadian-esports-championships-presented-by-wahoo/ USA Cycling Webpage: https://usacycling.org/events/national-championships/2023-usa-cycling-esports-national-championships

GENERAL INFORMATION

- The combined National Esports Championships is a nationally sanctioned esports event and will be governed by Cycling Canada and USA Cycling with technical delegation from Echelon Racing Promotions
- The competition will be held in accordance with the rules and regulations outlined in this document. It is the responsibility of the participant to know the rules
- There will be no UCI or National Ranking points assigned to this event

- The 2023 National Esports Championships will take place on the date and time as scheduled. There will be no extension of the Championships past Sunday February 12th 2023 due to unforeseen delays or prolonged stoppages. The racing format may also be modified at the discretion of Cycling Canada and/or USA Cycling in consultation with Echelon Racing Promotions

ELIGIBILITY

Canadian Esports Championships (Cycling Canada)

- **Eligibility to Race**
 - o In order to participate in the 2023 Canadian Esports Championships, participants must be either a Canadian Citizen (dual citizenship included), permanent resident, landed immigrant or an individual with refugee status. Proof of citizenship status or residence will be required (passport, permanent resident card, landed immigrant status or refugee status papers)
 - o A valid 2023 Cycling Canada membership issued by the participant's host Province/Nation is required to participate in this event
- **Eligibility to Compete for Canadian Championship Title & Official Ranking**
 - o Only participants eligible to race (see above) who are Canadian citizens with "CAN" listed under "Cat Nat" on their license will have access to the Canadian Champion title and official results/ranking
 - o Only participants in possession of a valid 2023 Cycling Canada racing license, issued by the participant's host province/nation will be eligible for the Canadian Champion title and official results/ranking
- All participants wishing to compete for the Canadian Champion title and official results/ranking will be asked for proof of 2023 racing license at the time of registration
- Proof of residence may be required
- In order to compete, all participants must be in possession of a current Wahoo RGT Cycling account. Holders of both Free and Premium accounts will have access to the competition
- Only those who have registered online will have access to the event link (see "registration" below)

- No one-day event licenses will be made available for this event
- All competitors must enter the category corresponding to the age class listed on their license
- Competition-age is determined as the rider's age as of December 31st, 2023

National Esports Championships (USA Cycling)

- ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at www.usacycling.org. You may purchase, renew and/or request a category upgrade online on your [My USA Cycling](#) page.
- All riders :
 - o Must be a United States citizen and have a current:
 - USA Cycling International License with a USA racing nationality indicated or
 - A foreign International License with a USA racing nationality or
 - USA Cycling Domestic Annual License, OR
 - o be a Permanent Resident (verified) and a current:
 - USA Cycling International License or
 - USA Cycling Domestic Annual License

EVENT REGULATIONS & GOVERNANCE

The purpose of this section is to ensure that all racers taking part in the National Esports Championships are utilizing the correct, calibrated equipment as well as truthful weight and height. Given the reliance on this data to drive the competition, it is imperative that this data be as accurate as possible for each participant.

All governance to ensure integrity of results & fairplay is facilitated through the [eBioPassport](#) website. The creation of an eBioPassport profile will be mandatory for all categories. For those athletes currently competing in the Zwift Premier League or the Echelon Racing League, submission of respective power verification tests from those events/leagues to ebiopassport is acceptable.

eBioPassport website: <https://www.ebiopassport.com/>

Tests from other platforms are allowed to be used for this verification as long as the video and .fit files are uploaded to eBioPassport and .fit files are made public. The test is only permissible if completed within 90 days of the National Championships.

Prior to a rider participating in the National Esports Championships, the following shall be accomplished in one video that shall be uploaded to eBioPassport:

1. Calibration of primary/ secondary power sources after a 15 min warm-up.
 - If the power sources are self-calibrating, a 20 min warm-up is required prior to starting the testing efforts.
2. A heart rate monitor and cadence sensor are required. Cadence can come from the power source.
3. Once calibration has been completed/ the 20 minutes has been completed, an uninterrupted ride with the following max efforts built into it.
 - 20 seconds
 - 90 seconds
 - 5 minutes
 - 12 minutes
4. The entire effort, including calibration, should take less than an hour.
5. The video and .fit files shall be uploaded to eBioPassport.
 - Video can be private
 - .fit files shall be public

The purpose of this test is to establish a baseline ability for all competing riders. This baseline can then be used as a comparative source for performances demonstrated in races. Straying from the rider's baseline in a race performance situation, can easily be spotted and referenced. The test also negates the need for spin-down/calibration videos prior to racing as currently used. The riders have to show on the video themselves calibrating or spinning down their equipment after 15 mins of riding on them. The video of the entire process negates any wrongdoing in calibration and simply proves the rider is actually calibrating the equipment. If they then go on to stop calibrating or do a bad calibration, this will show in their data and be referenced against the baseline as per above from the test. This test also does away with the need for the provision of outdoor or other indoor data to "back up" the performance of the rider. Outdoor efforts and scenarios are very different. It is simpler and stringent enough to have riders do the test and show their capability on the indoor trainer as this demonstrates their current actual form and ability specifically indoors.

Power source calibration Process:

The power source for this series may either be a smart trainer or a power meter on the bike (Quarq, SRM, Stages, PowerTap, etc...). Although not required, we highly encourage riders to dual record, and to update eBioPassport with both power sources.

Calibration of the trainer and/or the power meter shall be in accordance with the manufacturer's recommendations. If no recommendation can be found please use the following protocol:

1. Warm up the trainer or power meter for 15 minutes minimum. This can be an easy spin.
2. Use the manufacturer's app (Sram AXS, Rouvy, Wahoo, etc.), or your Wahoo/ Garmin head unit, to perform a calibration/spin-down of the component.

Note: Direct drive trainers are the only qualified SMART trainers for the National Esports Championships event other than for athletes competing in Para categories, or athletes who are under the age of 17.

Weigh-In Verification:

On the morning of the race (or first race if stage race weekend) the rider should weigh in.

Weigh in videos shall be recorded as follows:

1. Before starting 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.
 - Find a heavy weight (approx 10kg) that you can comfortably carry.
 - Make sure you are wearing socks, cycling shorts and a cycling jersey.
2. During the test:
 - Start recording a video on any device; for example, a cell phone.
 - Show your face on the video.
 - Show a newspaper, television broadcast or other such media that shows the current date.
 - Show the scales.
 - Zero the scales.
 - Show the zero reading.
 - Place the heavy weight 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.
- 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.

The following link is to an example of a weigh-in video:

<https://www.youtube.com/watch?v=gloPtLzM9V8>

In-Race Requirements and Recommendations:

- A dual recording is greatly encouraged for all. Dual Recording will not be mandatory as the power verification video above will be used as the baseline for any audits with the dual recording acting as backup/ supporting data for any audit being performed.
- Weight is to be set for the rider as per the above result from their weigh-in.
- Heart Rate Monitor and Cadence data are mandatory.
- Race data will all be public on EBioPassport/RGTDB.
- Wheel-on trainers are not to be used as primary power sources.
- Smart bikes are authorized.

Data Audit Process

The community will audit in accordance with Ride Fair. Ride Fair is a decentralized, public effort where rider performance is verified by a committee of peers using publicly available data.

Elite rider audits and Performance data of athletes in question will be reviewed by a panel composed of an Echelon Racing Promotions administrator, 3 randomly selected team directors, and a RGT Wahoo representative. When being reviewed by the panel, all rider-identifying data, including team name and rider information will be hidden.

Heart Rate:

A heart rate monitor is required for all races. In the event that HR does not record within the RGT app, a backup file from a local head unit may be submitted for review (this does not guarantee acceptance).

RGT Account

All participants must be in possession of a current RGT Cycling account. BOTH Free and Premium account holders will have access to this event.

Naming Conventions

Riders (other than those in Para categories, see below) must use their first and last legal name, both in the online registration and in their RGT user account, as it would appear on their national cycling federation license.

- Example: Eric Hill (will display as "E. Hill" on the RGT Platform)

Rider usernames should not include any special characters or team name abbreviations. Any rider who does not comply with the above naming conventions will be automatically disqualified.

Special note for Para categories:

Riders in the Paracycling categories should enter their last name followed by their relevant category for their RGT user account. Full first and last legal name should be used in the online registration.

- Example :
 - o RGT User Account : Hill (C1-5)
 - o Online Registration : Eric Hill

CATEGORIES

The below-listed categories will be recognized as Official National Esports Championships title categories*. Each respective age category be presented as a combined race, including both Canadian and American participants, with titles and official results separated by nation. All categories are age-based and determined by the rider's age as of December 31st, 2023.

Note: Riders aged 35 and over will have the choice to race either in the Elite category or their appropriate Masters age category. The U17 category is open to all licensed participants 16 and under as of December 31st, 2023.

Category	
U17 Men (16 & -)	U17 Women (16 & -)
Junior Men (17-18)	Junior Women (17-18)
Elite Men (19+)	Elite Women (19+)
35-44 Masters Men	35-44 Masters Women
45-54 Masters Men	45-54 Masters Women
55-64 Masters Men	55-64 Masters Women
65+ Masters Men**	65+ Masters Women*
Para C 1-3 Men	Para C1-5 Women
Para C 4-5 Men	Para H 1-2 Men
Para H3-5 Men	Para H1-5 Women
Para T 1-2 Men	Para T 1-2 Women
Para B Men	Para B Women

* Note: USA Cycling National Championship titles will be awarded in 5-year increments

**Note : In the event that riders aged 75+, 85+ and 95+ are present and competing, additional National Champion title categories will be recognized.

Special notes/considerations for Paracycling categories

In light of Wahoo RGT's recent work for better inclusion/representation of paracycling categories on the platform, Cycling Canada and USA Cycling are excited to introduce the awarding of National Esports Championship titles in the above-listed Para categories. In light of this recent addition, and with respect to the ongoing work being conducted by Wahoo RGT to accurately represent ALL para classifications, the below considerations will be applied to paracycling categories for this year's event:

- Athletes who traditionally compete on Trikes will utilize standard upright bicycles in-game. Wahoo RGT is continuing development work to include Trike representation for future integration into this and other events
- Tandem athletes will compete using upright bicycles, albeit with only the visually impaired athlete competing. The pilot is encouraged to participate off-bike to facilitate system navigation and coaching
- Only athletes who have been classified as per the National and/or International Classification lists below will be eligible to compete for the National Championships :
 - o <https://www.teamusa.org/USParaCycling/Classification/Classification-Database>

- <https://www.uci.org/para-cycling-classification/1vput0Fkn6mlaDjfMXsApg>

SCHEDULE

See below the complete 2023 National Esports Championships schedule.

Date/Time (EST)	Events
01.12.2023	
09:00 EST	Registration Opens
02.08.2023	
17:00 EST	Registration Deadline
02.08–10.2023	
TBC	Race Links & pre-event communications circulated
02.09.2023	
12:00 – 14:00 EST	Race Delegation available for pre-event questions <u>Meeting link:</u> https://us02web.zoom.us/j/86561806846?pwd=M2IWMHR2QW9oSloyOFA4aitpNHptQT09&from=addon
02.10.2023	
15:00 – 17:00 EST	Race Delegation available for pre-event questions <u>Meeting link:</u> https://us02web.zoom.us/j/88385501761?pwd=M3ZPUjhtaXVBZ0FUbky1b3hOQjJ3QT09&from=addon
02.11.2023	
11:10 EST	<div> <div>RACE</div> <div> 35–44 Masters Women 45–54 Masters Women 55–64 Masters Women 65+ Masters Women </div> </div>
	Laps
	2
	2
	2
	2

12:30 EST	RACE	35-44 Masters Men 45-54 Masters Men 55-64 Masters Men 65+ Masters Men	2 2 2 2
14:10 EST	RACE	U17 Women Junior Women	2 2
15:30 EST	RACE	U17 Men Junior Men	2 2
02.12.2023			Laps
11:10 EST	RACE	Elite Women	3
12:30 EST	RACE	Elite Men	3
14:10 EST	RACE	Para Men & Women (Upright – C, B & T)	1
15:30	RACE	Para Men & Women (Handcycle)	1

OFFICIALS | OFFICIELS

Role position	Name nom	Email courriel
National Federation Leads	Cycling Canada USA Cycling	Josh.peacock@cyclingcanada.ca tmccarthy@usacycling.org
Echelon Racing Promotions Technical Delegates	Eric Hill Frank Cundiff	erhill88@gmail.com cundiff.frank@gmail.com

REGISTRATION

See below all relevant information regarding registration for the 2023 National Esports Championships.

Registration Link	https://www.bikereg.com/usa-cycling-and-cycling-canada-national-esport-championships#
Registration Opens	Wednesday January 12, 2023 @ 09:00 EST

Registration Deadline	Wednesday February 8, 2023 @ 17:00 EST
Registration Fee	National Esports Championships (USA): \$10.00 USD Canadian Esports Championships (CAN): \$15.00 CAD*

** Price represented in online registration as \$USD using conversion rate as of registration open date*

RGT Race Link

Only participants who have pre-registered for this event, online via the above link, will receive the link to participate in their respective category's event. Following the closing of registration, all participants will receive the event link via email minimum 24hrs before the start of the event.

COURSE

Dirty Reiver

At just over 18km, the course is suitable for all abilities. Steady climbs through the forest lead to the high point with views over the lake before a long descent, a twisting flat section, and a final uphill sprint for the line.

PRE-RIDE

Given the Dirty Reiver race course is publicly available to ALL RGT users, it is available anytime for pre-ride on the Wahoo RGT app.

LIVESTREAM

In collaboration with Echelon Racing Promotions, the 2023 National Esports Championships will be livestreamed online during the below-stated airtimes.

Sunday February 12 th	
11:00 EST	Recap: Saturday's U17, Masters & Junior Races
11:05 EST	Elite Women
12:30 EST	Elite Men
14:00 EST	Para

Livestream link:

- Echelon Racing Promotions Facebook Stream :
<https://www.facebook.com/EchelonRacingLeague/live/>

AWARDS/PRIZES

Canadian Esports Championships p/b Wahoo

- All Official Results will be posted on the below event webpages following the event:
 - o Instant results :
<https://rgtdb.com>
 - o Cycling Canada website (Official Results) :
<https://cyclingcanada.ca/event/2023-canadian-esports-championships-presented-by-wahoo/>
- Championship Medals and Canadian Champion jerseys will be awarded in all Canadian Championships title categories regardless of number of riders present.
- All those who place on within the top 3 of the official results will be awarded official Canadian Championship medals (to be shipped post-event)
- Canadian Champions in all categories will receive a virtual Canadian Champion's jersey, to be applied to their RGT account, valid until 1 day prior to the 2024 Canadian Esports Championships . A physical Canadian Champion's jersey will also be shipped to each official Champion as identified by the categories listed in the "Categories" section of this technical guide

National Esports Championships (USA)

- All Official Results will be posted on the below event webpages following the event:
 - o Instant results:
<https://rgtdb.com>
 - o USA Cycling website :
<https://usacycling.org/events/national-championships/2023-usa-cycling-esports-national-championships>

- Championship medals and jerseys will be awarded in all USA Championship title categories regardless of number of riders present
- The Elite and Junior 17-18 race will award top three. All Masters, 16 and under Juniors and Para categories will award top five.
- Medals and jerseys will be shipped post-event.
- USA Champions in all categories will receive a virtual USA Champion's jersey, to be applied to their RGT account, valid until one day prior to the 2023 USA Cycling Esports Championships.

SPONSORS/PARTNERS

THANK YOU to all of the partners who have made the combined 2023 National Esports Championships possible.



Founded in 2009 by Chip Hawkins in Atlanta, GA, Wahoo creates innovative solutions to make hard fought goals attainable and lives better. Wahoo was built on the foundation of simplicity and the mindset that "there's got to be a better way."