

RESTART
P/B ALEX COH



HOSTED ON
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Weight Video Guide:

**Welcome to Cycling Esports PRESTIGE Season One.
Brought to you by Restart Esports p/b Alex Coh Coaching.**

This document is intended to serve as a guide for the purposes of creating, uploading & supplying a weight video to Race Control.

Weight Video submission is mandatory for all participants prior to each race. This is to facilitate performance verification and ensure fair play for all participants.

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Weight Video Window:

We advise athletes to complete their weight video when they get out of bed on race day (where possible, of course).

The time windows for weight video recording are detailed here for some differing time zones. This window length & format is to allow the vast majority of athletes the chance to do a weight video at the same time of day (out of bed).

We hope this makes the process more accessible, convenient & achievable for athletes. But most importantly, it provides ample time to fuel your body and perform at your best.

With minimal stress of cramming in a weight video on a potential work day for many.

Restart p/b Alex Coh stand firmly against weight loss techniques that are becoming normalised in our discipline of the sport.

It's unsafe and influencing bad behaviours.

Weight In > Fuel for your Race > Feel Strong!

<u>Timezone:</u>	<u>Window Open Women / Men:</u>	<u>Window Close Women / Men:</u>
CET	0700 / 0730	1845 / 1915
UTC/GMT	0600 / 0630	1745 / 1815
EST	0100 / 0130	1245 / 1315
PST	2200 / 2230 (night prior to day of race)	0945 / 1015



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Weight Video Steps:

Must be completed **NO MORE** than **12 hours** prior to the race start time.

Must be uploaded to the riders YouTube account with “unlisted “ privacy setting.

Must be submitted via the Leadout form no later than 15 minutes before race start time.

In game weight must match exactly as measured on weight video. **DO NOT ROUND UP/DOWN.**

You **MUST** show a live Internet search for “current date and time” at start of your video.

Your reference weight **MUST** be clearly marked. EG: dumbbell/kettlebell with 10KG stamped.

Scales must be digital & must be on a hard floor.

Rider must be entirely visible & seen standing freely/unaided on their scales.

PLEASE wear bib shorts, jersey or base layer **AND SOCKS** for the weight video.

Please show the scales zeroed (showing 0KG) prior to each weighment step.

1. Show yourself on camera, then show the current date and time Internet search.
2. Show your scales clearly, both top and bottom.
3. Weigh yourself and show the reading.
4. Weigh your reference weight and show the reading.
5. Weigh yourself whilst holding the reference weight and show the reading.
6. Move the scales to another part of the hard floor.
7. Weigh yourself and show the reading.
8. End the recording & upload to your YouTube account ensuring video privacy is “unlisted”.
9. Submit your weight video using the Leadout Esports website form for the race.

Failure to provide a valid weight video in line with these rules/time window will result in the riders performance being annulled.

Support/guidance for weight videos is available on the official race series Discord.



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