

# RULEBOOK



SEASON 23/24

**HYROX**

WORLD SERIES OF FITNESS RACING

## 1. CONCEPT

HYROX, an indoor mass participation fitness competition, is based on an idea by Upsolut Sports founder Christian Toetzke and involves a combination of running and functional movements. The race and following rulebook, was designed and written by Mintra Tilly.

HYROX consists of a 1 km run followed by one workout, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the participants must complete the runs and workouts in the specific order (run, workout, run, workout, etc.) until they have completed a total of 8 km running and 8 workouts. Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each participant must run 1 km before each workout, i.e. a total distance of 8 km.

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. In addition to the overall fastest mens and womens times, results are also ranked in age groups (4.2. Age Groups), also sorted from the fastest to the slowest time.

## 2. CONDITIONS OF PARTICIPATION

### 2.1 Conditions of participation in HYROX

HYROX is a competition open to everyone, qualification is not required. By participating in HYROX you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy also

## 2.2 Preconditions for participation

- In order to participate in a HYROX event participant must be at least 16 years old on the day of competition.
- Each participant must agree to the terms and conditions of participation.
- The only way to register for a HYROX event is via [www.hyrox.com/en](http://www.hyrox.com/en).

## 3. REGISTRATION

### 3.1 Participate as an individual

At [www.hyrox.com/en](http://www.hyrox.com/en) the participant can sign up via the „Register here“ button for the specific city.

- Select your division: HYROX SINGLE
- Enter your personal details
- You are now registered as an individual athlete

### 3.2 Participate as HYROX DOUBLES

In addition to the individual participation, there is also the possibility to join as a „2-Person-Team“. Learn more about the HYROX DOUBLES competition in the RULEBOOK DOUBLES.

### 3.3 Participate as HYROX TEAM RELAY

It is also possible to compete in HYROX TEAM RELAY as a relay team of four. More details in the RULEBOOK TEAM RELAY.

## 4. DIVISIONS AND RANKING SYSTEM

### 4.1 HYROX Divisions

- (a) WOMEN
- (b) WOMEN PRO
- (c) MEN
- (d) MEN PRO

HYROX offers 4 divisions. The divisions differ in gender, repetition and/or weight. The running distance remains the same across all divisions: everyone must run 1 km between each workout for a total distance of 8 km. Participants start in waves based on their division. The start always takes place exclusively with participants of the same division.

| WORKOUT / DIVISION | WOMEN             | MEN                | WOMEN PRO          | MEN PRO            |
|--------------------|-------------------|--------------------|--------------------|--------------------|
| SkiErg             | 1000 m            | 1000 m             | 1000 m             | 1000 m             |
| Sled Push 4x12,5m  | 102 kg incl. Sled | 152 kg incl. Sled  | 152 kg incl. Sled  | 202 kg incl. Sled  |
| Sled Pull 4x12,5m  | 78 kg incl. Sled  | 103 kg incl. Sled  | 103 kg incl. Sled  | 153 kg incl. Sled  |
| Burpee Broad Jumps | 80 m              | 80 m               | 80 m               | 80 m               |
| Rowing             | 1000 m            | 1000 m             | 1000 m             | 1000 m             |
| Farmers Carry 200m | 2x 16kg           | 2x 24kg            | 2x 24kg            | 2x 32kg            |
| Lunges 100m        | 10 kg             | 20 kg              | 20 kg              | 30 kg              |
| Wall Balls         | 75 reps with 4 kg | 100 reps with 6 kg | 100 reps with 6 kg | 100 reps with 9 kg |

## 4.2 HYROX age groups (excluding PRO Divisions\*)

- (a) Under 24 (16 - 24)
- (b) 25 - 29
- (c) 30 - 34
- (d) 35 - 39
- (e) 40 - 44
- (f) 45 - 49
- (g) 50 - 54
- (h) 55 - 59
- (i) 60 - 64
- (j) 65 - 69
- (k) 70 - 74
- (l) 75 - 79
- (m) 80 - 84
- (n) 85 - 89

\*Pro Divisions end at Age Group (h) 55-59

A participant's age group (AG) is determined by their age on the day of race. (if a participant will turn 40 at their next birthday in November 2023 but they are competing in an event in April of 2023 they will compete in age group (d).

## 4.3 Ranking System

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest times. In addition, there is a ranking within the age groups, also sorted from the fastest to the slowest times.

The results will be published immediately after each event ends and will be available at [hyrox.com/en](https://hyrox.com/en).

Any incomplete running laps or deviation from the prescribed repetition range or movement standards will result in a penalty (see Penalties) and/or disqualification. Penalties may be added or amendments made for up to 48 hours after each event ends.

## **5. WORLD CHAMPIONSHIPS**

### 5.1 Qualification for the HYROX WORLD CHAMPIONSHIPS

The highlight of every HYROX season are the WORLD CHAMPIONSHIPS. Any HYROX participant starting at a regular HYROX event can qualify for the annual HYROX WORLD CHAMPIONSHIPS. However, the qualification slots are limited to a specific number for each division at a event. The number of qualification slots per division will be announced in the Athlete's Guide of each event city.

If a participant placed within his/her age group and earned a designated slot, he/she will be notified via Email the day after the event.

Each successful recipient of a qualifying slot will be notified via email the day after the event. The participant then has exactly 48 hours to register for the WORLD CHAMPIONSHIPS, otherwise their slot will be rolled down to the next best placed finisher in that same division. The successful participant will compete in the age group that they qualified in, regardless of their birthday.

### 5.2 Qualification as an Individual Starter

All participants who have qualified in the age groups (a) - (h) as an individual/single (HYROX MEN / HYROX WOMEN / HYROX MEN PRO / HYROX WOMEN PRO) have to complete the distances, reps and weights of the PRO division at the championships. For all other single participants, who qualified in the AG 60+ (i) - (m), the weights, reps and distances remain unchanged.

## 5.3 Qualification as a DOUBLES Team

### 5.3.1 DOUBLES MEN/WOMEN and DOUBLES MEN/WOMEN PRO

All participants who have qualified in the DOUBLES AG (a) - (d) (HYROX DOUBLES MEN / HYROX DOUBLES WOMEN / HYROX DOUBLES MEN PRO / HYROX DOUBLES WOMEN PRO) have to complete the distances, reps and weights of the PRO division at the championships. For all other participants, who qualified in the AG 60+ (e) - (f), the weighs, reps and distances remain unchanged.

### 5.3.2 DOUBLES MIXED

The distances, reps and weights for this division remain the same at the championships.

*If a DOUBLES Team Member drops out, he/she can be replaced. The only requirement is that the new DOUBLES team member has to be the same gender and age as the dropped out member. This way the age group, and division will remain the same.*

## 5.4 What if a participant qualifies for more than one Division?

Participants who have qualified for multiple divisions at the World Championships are permitted to compete in multiple divisions as long as their allocated start times do not conflict. Requests to change start times will not be considered. It is at a participants own risk to register for multiple divisions and refunds are not available in the event that start times prevent a competitor from participating in multiple divisions.

## 5.5 Age Groups

All participants will start within their division and AG to determine the AG Winner - AG WORLD CHAMPION. The AG is set by the participant's age at the qualifying event. AG Winners do not qualify for prize money or the overall winners title - World Champion of Fitness Racing.

## 5.6 Elite 15 and Prize Money

The Elite 15 is a separate start wave that consists of the fastest 15 athletes of the Pro division (WOMEN PRO and MEN PRO) of the current season leading up to the WORLD CHAMPIONSHIPS. To find out more you can read the ELITE 15 Qualification System (7.).

Only athletes within the Elite 15 Wave have the opportunity to become the overall world champion - World Champion of Fitness Racing - and win prize money. The prize money available at each World Championship will be announced in the Athlete's Guide.

Elite 15 athletes are excluded from the individual AG ranking and are therefore not eligible to become AG Winner in any of the Individual divisions.

HYROX reserves the right to hand out wildcards and invite other athletes to the WORLD CHAMPIONSHIPS at its discretion .In addition, HYROX reserves the right to make changes to the design of the race course and Roxzone e.g. to improve spectator viewing or broadcast opportunities.

## **6. EUROPEAN/US CHAMPIONSHIPS**

### 6.1 Participation EUROPEAN/US OPEN CHAMPIONSHIPS

Another highlight of the HYROX season are the EUROPEAN and US OPEN CHAMPIONSHIPS (followingly referred to as EU/US). These are open championships and no qualification is required, anyone can register for their respective division(s). The EU/US OPEN CHAMPIONSHIPS are open to all nationalities, i.e. there are no restrictions based on citizenship or place of residence.



## 6.2 Divisions

- (a) WOMEN
- (b) MEN
- (c) DOUBLES WOMEN
- (d) DOUBLES MEN
- (e) DOUBLES MIXED

## 6.3 Divisions and Age Groups

All participants have to complete the corresponding weights, repetitions and distances of their division.

All participants start in their division and AG to determine the EU/US OPEN Champion of the respective AG. The classification of the AG's are described in 4.2.

AG Winners do not receive prize money.

## **7. ELITE 15 QUALIFICATION SYSTEM**

As of the 2023/2024 season, the Elite 15 series will consist of:

- Four Major Races
  1. HYROX Major
  2. US Major
  3. Scandinavian Major
  4. European Major
- Two Last Chance Qualifiers (LCQ)
- The World Championships of Fitness Racing

## 7.1 Majors

15 Male and 15 Female athletes will qualify to race at each Major. Qualification to the Major events occurs via a combination of auto qualification through placing in previous season Elite 15 events and time qualification in Pro races in 2023.

7.1.2 Automatically who are automatically qualified (for all four season 23/24 Majors)

- World Champion
- 2nd at World Championships
- 3rd at World Championships
- US Champion
- European Champion
- 23/24 Major race top 3 finishers (see below)

If two of the auto qualifications slots are held by the same person, the fourth placed finisher of the World Championships will receive the auto qualification slot.

### 7.1.3 Qualification by time

- Best individual Pro times of the calendar year 2023 until 15 participants are reached.
- The cut off day for each event is 2 weeks prior to the Major.

### 7.1.4 Qualification via Major races

The Top 3 finishers of each Major earn an auto qualification slot for the remaining Majors of the season.

If an athlete finishes in the Top 3 but was already auto qualified, the slot will roll down to the fourth or fifth ranked athlete of that respective major. It will not roll down beyond fifth position.

## 7.2 The HYROX World Championships

The only route of qualification to the World Championships is via placing at a Major Championship or Last Chance Qualifier event. There is no direct qualification to the World Championships based on a finishing time in a regular season race.

## 7.3 Qualification by Last Chance Qualifier (LCQ)

After the four Majors a maximum of 12 slots will be issued for the World Championships. The remaining slots will go to the top finishers at the LCQ races.

The number of slots will be distributed equally amongst the 2 LCQ races. In the event that the remaining slots result in an odd number, the very last LCQ race will receive one additional qualification slot for the World Championships to fill the race up to 15 athletes.

## 8. THE COMPETITION

HYROX consists of a 1 km run followed by one workout, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the participants must complete the runs and workouts in the designated order (run, workout, run, workout, etc.) until they have completed a total of 8 km running and 8 workouts.

### 8.1 Workout Station Rules and Regulations

- Complete all workouts, in the correct order.
- Perform each exercise according to the movement standards.
- Use the correct start and finish points of the workout-station.
- Complete the correct number of repetitions and/or distances.
- Perform the exercises/movements with the correct weight in kg or lbs.

## 8.2 Running

The running distance is always 1,000 m, and depending on the venue it this will be split into 2-4 running laps. In some cases the first/last running lap may not be exactly 1,000 m due to a staggered start. In this case, the missing metres will be balanced out during the last lap.

On the run course there is a line dividing the running course into two speed zones: fast lane, and regular speed. Faster athletes should run in the fast lane and slower athletes in the regular speed lane.

## 8.3 Referees and Head Judges

For each workout a referee will be responsible for ensuring all participants complete the workout in the correct and safe manner. The referee does this in coordination with the head judge of the respective workout station. The head judge of each workout station is managed by the race director, who oversees all sporting aspects of the competition and makes the final decisions on all judging matters.

All decisions of the Race Director and event organisers are final.

## **9. MOVEMENT STANDARDS, DISTANCES AND WEIGHTS**

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time/distance penalty depending on the workout station.

In addition, The assignment to the equipment or lane for each workout station will be allocated by the respective Head Judge and his team.

## 9.1 SkiErg\*

- Prior to starting the workout the monitor must be (re)set by a referee.
- The athlete's feet must remain on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed.
- After completing the required distance, the athlete must raise his/her arm to call over a referee to confirm the required distance has been completed.
- Only after receiving the referee's confirmation of completion the athlete may leave the platform and the station.
- If the athlete violates any of the above mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

Distance: 1000 m

\* The damper setting on the SkiErg will be preset to the following resistance:

|                 |   |
|-----------------|---|
| WOMEN           | 5 |
| WOMEN PRO / MEN | 6 |
| MEN PRO         | 7 |

Note: Each athlete is allowed to adjust the damper setting to his/her own preferences. However, once the athlete starts the exercise, he/she is not allowed to change again and must remain with the chosen setting until the entire distance has been completed.

## 9.2 Sled Push

- Both sled and athlete must be completely behind the line prior to starting.
- The sled must always pass 12.5 m mark (end of lane) entirely before change of direction
- As soon as the athlete completed 4x 12.5 m and the entire sled passes the line the station is complete.
- If the athlete completes less than four lanes, a penalty of 3 minutes per missing lane will be awarded.

Distance 4 x 12.5 m (unless penalties are assessed)

|                 |                   |
|-----------------|-------------------|
| WOMEN           | 102 kg incl. Sled |
| WOMEN PRO / MEN | 152 kg incl. Sled |
| MEN PRO         | 202 kg incl. Sled |

## 9.3 Sled Pull

- Both sled and athlete must be completely behind the line prior to starting.
- Once the athlete pulls the entire sled past the 12.5 m mark, the athlete switches sides and pulls the sled back
- At all times, the athlete must remain standing, it is not permitted to pull the sled sitting or kneeling
- At all times, the athlete must remain within their designated working space at each end of their lane, the Athlete's Box. These Boxes are clearly marked and is not permitted to overstep these lines while pulling the sled.
- During the pull, the athlete must make sure that his/her rope remains on their lane and that is is not in the way of the neighboring lanes.
- As soon as the athlete completed 4x 12.5 meters and the entire sled passes the start/finish line the station is completed

- If the athlete violates any of the above mentioned points, the pull becomes invalid and in the second warning the athlete receives a 5 m distance penalty that they have to pull back themselves.
- If the athlete completes less than four lanes, a penalty of 3 minutes per missing lane will be awarded.

Distance 4 x 12.5 m (unless penalties are assessed)

|                 |                   |
|-----------------|-------------------|
| WOMEN           | 78 kg incl. Sled  |
| WOMEN PRO / MEN | 103 kg incl. Sled |
| MEN PRO         | 153 kg incl. Sled |

## 9.4 Burpee Broad Jump

- The athlete must start by completing a burpee.
- The burpee starts with hands placed behind the startline and near their feet (at most one foot length away). Once the hands are placed on the ground they cannot be moved forward.
- In the lower position, the athlete's chest must clearly touch the ground.
- Then, the athlete stands up and jumps forward, jumping and landing with both feet simultaneously. If the feet are staggered when taking off, the athlete needs to make sure both feet land at the same time with both feet parallel to each other. No steps or foot shuffles are permitted after landing.
- When stepping or jumping back up from the lower position, the feet cannot pass the athlete's fingertips.
- The length of each broad jump is up to the athlete.
- Taking any steps forward between the repetitions is not permitted.
- The station is completed, once the athlete jumps across the finish line.
- If the athlete violates any of the above mentioned points, the repetition becomes invalid and on the second warning the athlete receives a 5 m distance penalty.

Distance 80 m (unless penalties are assessed)

### 9.5 Rowing\*

- Prior to starting the workout the monitor must be (re)set by a referee.
- Participants' feet must be in the rowers foot holders before taking hold of the rower handle and must remain in the foot holders at all times during the workout.
- After completing the required distance, the athlete must raise his/her arm to call over a referee to confirm the required distance has been completed.
- Only after receiving the referee's confirmation of completion the athlete may leave the platform and the station and start their next run.
- If the athlete violates any of the above mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

Distance 1000 m

\* The damper setting on the ergometer is preset for the following resistance:

|                 |   |
|-----------------|---|
| WOMEN           | 5 |
| WOMEN PRO / MEN | 6 |
| MEN PRO         | 7 |

Note: Each athlete is allowed to adjust the damper setting to his/her own preferences. However, once the athlete starts the exercise, he/she is not allowed to change it and must remain with the chosen setting until the entire distance has been completed.



### 9.6 Kettlebell Farmers Carry

- The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked area next to the start/finish line.
- The athlete has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended by the athletes sides.
- Putting down the kettlebells to rest is allowed so long as the kettlebells do not move forward when placing them on the ground.
- The station is completed, once the athlete carries the kettlebells across the finish line **and returns them to the marked area.**
- If the athlete violates any of the above mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

Distance 200 m

|                 |                   |
|-----------------|-------------------|
| WOMEN           | 2 x 16 kg (white) |
| WOMEN PRO / MEN | 2 x 24 kg (grey)  |
| MEN PRO         | 2 x 32 kg (black) |

### 9.7 Sandbag Lunge

- The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
- The athlete must lift up the sandbag without assistance and place it across both shoulders.
- The athlete starts standing tall with both feet behind the line before starting their first lunge across the start line.
- During each lunge, the trailing knee must clearly touch the ground.
- Each repetition ends with knees and hips fully extended.
- Lunges must be alternating i.e. alternating knees touching the ground.
- The athlete can either lunge continuously or stop after each lunge with both feet parallel on the ground.
- Taking any steps or shuffles between repetitions is not permitted.
- The station is complete, once the athlete lunges across the finish line and returns the sandbag to the marked area.
- If the athlete violates any of the above mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 5 m distance penalty.
- The sandbag must remain on both shoulders at all times and it is not permitted to put the sandbag down at any time during the workstation. Removing the sandbag from the shoulders will result in a 5 m penalty. The second time will result in a disqualification.

Distance 100 m (unless penalties are assessed)

|                 |                       |
|-----------------|-----------------------|
| WOMEN           | 10 kg (white marking) |
| WOMEN PRO / MEN | 20 kg (grey marking)  |
| MEN PRO         | 30 kg (black marking) |

### 9.8 Wall Balls

- The athlete must start standing tall, holding the wall ball with both hands.
- The athlete then squats and throws the ball (with both hands), striking the correct target as they stand up - this is counted as one repetition.
- Each wall ball throw must strike the designated target i.e. female athletes must hit their target in the center, male athletes must hit their target in the center.
- After the ball touches the target, the athlete either catches the ball and initiates the movement again or, allows the wall ball to hit the ground before they start the movement again i.e. standing tall, hips and knees extended before commencing a squat.
- At the bottom position of the squat, the athlete's hips must descend lower than his/her knees (below 90°).
- At the referee's discretion a box may be used to ensure the athlete's squat is low enough.
- If the athlete violates any of the above mentioned points, the repetition becomes invalid.

|                 |                                    |
|-----------------|------------------------------------|
| WOMEN           | 75 reps with 4 kg (white marking)  |
| WOMEN PRO / MEN | 100 reps with 6 kg (grey marking)  |
| MEN PRO         | 100 reps with 9 kg (black marking) |

\* Target height WOMEN and WOMEN PRO 2,70 m

\* Target height MEN and MEN PRO 3,00 m

### 9.9 Deviations from the Movement Standards

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time/distance penalty depending on the workout station.

| WORKOUT STATION PENALTY OVERVIEW      |  |  |  |
|---------------------------------------|--|--|--|
| WORKOUT                               | SINGLE   | DOUBLES  | TEAM RELAY   |
| SkiErg                                | Time Penalty Depending on Violation  | Time Penalty Depending on Violation  | Time Penalty Depending on Violation  |
| Sled Push 4x12,5m                     | 1) 3 Minutes per Missing Lane<br>2) 5 Meter* Distance Penalty                                    | 1) 3 Minutes per Missing Lane<br>2) 10 Meter* Distance Penalty                                     | 1) 3 Minutes per Missing Lane<br>2) 5 Meter* Distance Penalty                                    |
| Sled Pull 4x12,5m                     | 1) 3 Minutes per Missing Lane<br>2) 5 Meter* Distance Penalty                                    | 1) 3 Minutes per Missing Lane<br>2) 10 Meter* Distance Penalty                                     | 1) 3 Minutes per Missing Lane<br>2) 5 Meter* Distance Penalty                                    |
| Burpee Broad Jumps                    | 5 Meter* Distance Penalty  | 10 Meter* Distance Penalty   | 5 Meter* Distance Penalty  |
| Rowing                                | Time Penalty Depending on Violation  | Time Penalty Depending on Violation  | Time Penalty Depending on Violation  |
| Farmers Carry 200m                    | Time Penalty Depending on Violation  | Time Penalty Depending on Violation  | Time Penalty Depending on Violation  |
| Lunges 100m                           | 1) 5 Meter*<br>2) Putting the SB Down Once: 5 Meter, Putting the SB Down Twice: Disqualification | 1) 10 Meter*<br>2) Putting the SB Down Once: 10 Meter, Putting the SB Down Twice: Disqualification | 1) 5 Meter*<br>2) Putting the SB Down Once: 5 Meter, Putting the SB Down Twice: Disqualification |
| Wall Balls                            | Invalid Repetition   | Invalid Repetition   | Invalid Repetition   |
| *will be issued after a first warning |  |  |  |

## **10. ANTI DOPING POLICY**

HYROX is committed to promote fair play, integrity, and the spirit of competition within all events. HYROX firmly believes in the principles of clean sport and is dedicated to create an environment where athletes can compete on a level playing field. As such, HYROX enforces an anti-doping policy to ensure the health and safety of all participants and to uphold the values of honesty, respect, and equality in sports.

HYROX adheres to the World Anti-Doping Agency (WADA) Code and its international standards. All events are dedicated to conduct the highest ethical standards with no tolerance to the use of prohibited substances or methods that may compromise the integrity of the race.

All athletes participating in HYROX events are expected to comply with the anti-doping regulations outlined by WADA. This includes submitting to testing for banned substances, both in and out of the race. HYROX reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

## **11. CLOTHING, ACCESSORIES, HYDRATION/NUTRITION**

It is the responsibility of the participant to ensure that they are appropriately dressed when considering the activities to be undertaken, environmental factors and any cultural sensitivities that should be observed.

10.1 The following items may be used/worn during the competition:

- Knee Sleeves
- Gloves
- Weightlifting Belt
- Wristbands
- Hydration Packs

10.2 The following items are strictly forbidden at all times:

- Headphones
- Lifting Straps
- Cell Phones
- VR Headsets

10.3 Poor sportsmanship

Any form of poor sportsmanship, threatening and/or abusive behaviour towards event staff, volunteers, spectators or fellow competitors can lead to penalties and/or disqualification. These can also be applied retrospectively following a race.

10.4 General Conduct

Any littering, spitting, nostril clearing or water abuse is not allowed and can lead to penalties and/or disqualification.

10.5 Hydration/Nutrition

During the race, water will be made available at least once during, before or after each pass through the Roxzone. A sports drink or other hydration product may also be available. Any participants desiring nutrition must carry it on their person from the start of the race.

Competitors are not permitted to receive any beverage or nutritional product from anyone except the aid stations during their event (this would be considered outside assistance). Doing so can lead to penalties and/or disqualification.

## **12. EVENT DAY SCHEDULE**

On event day participants will encounter the following areas.

### **12.1 Registration, Timing Chip and Wristbands**

Once participants arrive at the venue, they will need to attend the athlete Check-in area where they will receive their timing chip, start number and wristband. Participants need to bring a government issued photo ID and their registration confirmation.

Depending on the division, the wristband will be either white, grey or black. It is used to identify the participant's start wave and division during the competition and must be worn visibly on the wrist.

Each participant also receives a timing chip for recording the participants time(s) during the competition. This chip must be attached to an ankle.

Any other position may lead to an invalid or incomplete time record - correctly wearing the timing chip on an ankle throughout the race is the competitors responsibility. Doubles and relays must carry one chip per participant. Doubles = 2 Timing Chips; Relay = 4 Timing Chips.

### **12.2 Changing Rooms and Bag Drop Area**

Changing rooms and a secure bag drop will be available at the venue although the organiser accepts no responsibility for any lost or stolen bags or items.

### **12.3 Warm Up Area**

A designated warm up area with equipment relevant to the competition will be available to all participants.

### **11.4 Start Zone Area**

10 minutes prior to an Individual's start time they need to assemble in the start zone area to receive official instructions about the race start.

## 13. PENALTIES

### 13.1 Time Penalties

#### 13.1.1 Missing Run Laps

If a participant does not run the correct number of laps a time penalty of 3-7 minutes per lap<sup>1</sup> will be applied and added to their final result time.

For example: For a specific venue the time penalty could be 5 minutes. The participant's final result time is 1:24 but if they missed 2 run laps throughout the competition their final result time will be 1:34 (2 x 5 min penalties).

#### 13.1.2 Completing the Workout Stations in the Incorrect Order

If a participant does not complete the workout station in the correct sequence (1-8), they are permitted to complete missing workout station prior to entering station 8 (Wall Balls). Completing the workout in the incorrect order will result in a 3 minute penalty. If more than one workout is completed out of order, the participant will automatically be disqualified.

#### 13.1.3 Missed Workout / Missed 1k Run

Missing an entire workout station or 1K run will lead to a disqualification.

#### 13.1.4 Confusion of Roxzone IN and OUT

Each time a participant runs into the Roxzone via the OUT arch, or out of the Roxzone via the IN arch they will receive a 1 minute penalty.

### 13.2 Distance/Time Penalties

Distance/Time penalties can be issued on the run and at Workstations 1-7. Distance penalties depend on the workout and range between 5 meters (for Single starters) and 10 meters (for Doubles).

Time penalties depend on the infringement and Workout Station.

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<sup>1</sup> The number of running laps that add up to 1 km, vary from venue to venue



Penalty decisions can be made by any referee after consensus with the Head Judge. For Workout Stations 1-7 there will be one warning per station before penalties apply where movement standards are not met. With the second warning, the repetition is considered invalid and the athlete receives the corresponding distance/time penalty. Any further warning within the station will result in a new distance/time penalty. Time penalty will be based upon the violation.

### 13.3 Did Not Finish

If a participant does not finish a workout station they will not receive any results data and will be excluded from all rankings and awards. However, they may continue with the race (without a final result time).

### 13.4 Disqualification

If a participant has been disqualified by a Head Judge they will not receive any results data and will be excluded from all rankings and awards. Once disqualified by a Head Judge the participant may not continue the race.

### 13.5 Deviations from the Movement Standards

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time/distance penalty depending on the workout station.

## **14. RULES OF CONDUCT**

By registering for a HYROX event participants are agreeing to compete in a fair and honorable manner. Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX competitions and/or legal action. Any participant who is disqualified from a HYROX competition or banned for future events will not receive a refund for any fees or dues. This also applies to other behavior that could harm or disturb participants, volunteers, staff, sponsors, and spectators. At event organizers discretion any of the aforementioned actions may be taken against any participant.