

HYROX



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HYROX DOUBLES RULEBOOK

THE FITNESS COMPETITION
FOR EVERY BODY

HYROX.COM @HYROXWORLD



1. CONDITIONS OF PARTICIPATION

1.1 Conditions of participation HYROX DOUBLES

HYROX DOUBLES is a 2-person-team competition open to everyone. By participating in HYROX DOUBLES you agree to the following conditions: By participation in HYROX DOUBLES these conditions are considered agreed upon including the exclusion of liability as well as privacy policy matters.

1.2 Precondition for participation

- In order to participate in a HYROX DOUBLES event the participants must be at least 16 years old on the day of competition.
- The participants must agree to the terms & conditions and the conditions of participation.
- In order for the participant to attend, they must register through www.hyrox.com, this the only way to register for the competition.

2. REGISTRATION

At www.hyrox.com the participants can sign up via the "Register" button for the specific city, register as DOUBLE, and select the desired division.

¹ Aus Gründen der besseren Lesbarkeit wird auf die gleichzeitige Verwendung männlicher und weiblicher Sprachform verzichtet. Sämtliche Personenbezeichnungen gelten gleichermaßen für beide Geschlechter.

3. DIVISIONS, RANKING SYSTEM AND WORLD CHAMPIONSHIP QUALIFICATION

3.1 HYROX DOUBLES Divisions

- (a) WOMEN
- (b) MEN
- (c) MIXED

HYROX DOUBLES offers 3 divisions. The divisions differ in gender, repetition and/or, weights being moved, pushed or pulled. The running distance remains the same across all divisions: everyone must run 1 km between each workout for a total distance of 8 km. Doubles participants start in waves based on their division.

Workout/Division	DOUBLES WOMEN	DOUBLES MEN	DOUBLES MIXED
Ski Erg	1000 m	1000 m	1000 m
Sled Pull 2 x 25 m	165 lbs + Sled	275 lbs + Sled	275 lbs + Sled
Sled Push 2 x 25 m	110 lbs + Sled	165 lbs + Sled	165 lbs + Sled
Burpees Broad Jump	80 m	80 m	80 m
Rowing	1000 m	1000 m	1000 m
Farmers Carry 200 m	2 x 12 kg	2 x 24 kg	2 x 24 kg
Lunges 100 m	22 lbs	45 lbs	45 lbs
Wall Balls	75 reps 9 lbs	100 reps 14 lbs	100 reps 14 lbs

3.2 HYROX DOUBLES age groups (applies to all divisions)

- (a) 16-29
- (b) 30-39
- (c) 40-49
- (d) 50-59
- (e) 60-70+

Age groups are determined by the participant's age at the date of the event. In addition, the age groups are classified based on the average age of the two DOUBLES participants at the time of the event. E.g. Doubles Team Member 1 is 24 years old and Doubles Team Member 2 is 38, the average age is 31, hence they will be classified into age group (b).

3.3 Ranking System

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

The results will be published immediately after the event ends available at HYROX DOUBLES.com. Penalties, etc. may be added up to 48 hours after the event ends.

Any incomplete running laps, improperly executed repetition or deviation from the prescribed standard of movements is considered invalid and results in a penalty (see Penalties).

3.4 Qualification for the HYROX WORLD CHAMPIONSHIPS

The highlight of every HYROX season are the WORLD CHAMPIONSHIPS. Any HYROX DOUBLES participants starting at a regular HYROX event can qualify for the HYROX WORLD CHAMPIONSHIPS. However, the qualification spots are limited to a certain number for each division. The exact amount of spots per division will be announced in the Athlete's Guide of each event city. If a HYROX DOUBLES team placed within their age group and earned a designated spot, the team will be notified via Email the day after the event. The team then has exactly 48 hours to confirm their reservation for the WORLD CHAMPIONSHIPS, otherwise their spot will be forwarded to the next best placed doubles participants to reserve.

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 remain age same. (see Point 3.2).

Participants who have qualified for both categories, as an individual and as a DOUBLE, must choose one category as they cannot participate in both categories at the championship.

The organizer reserves the right to hand out wildcards and invite athletes to the WORLD CHAMPIONSHIPS.

4. THE COMPETITION

4.1 HYROX DOUBLES composition

HYROX DOUBLES is a 2-person-team competition. The DOUBLES Team can consist of 2 male athletes, 2 female athletes or 1 female and 1 male athlete.

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

While the running distance of 8x 1km must be completed by each DOUBLES Member, the workouts can be completed in a combined effort.

4.2 Workout Stations

The 8 workouts must be completed together. However, it is up to each DOUBLES Team Member (DTM) how far in distance or how many reps he/she completes. The HYROX DOUBLES competition follows the principle „YGIG“ (YOU GO I GO) which means, DTM 1 works, while DTM 2 rest and vice versa. Therefore only one of the DTM's is allowed to be active. Rest times, can be taken as needed - concurrently as well.

The workout-station is completed when the entire distance or repetitions are covered.

YGIG Example 1000m Row:

DTM 1 starts rowing while DTM 2 waits.

After a self-selected distance (for example 250m) DTM 1 stops rowing and DTM 2 continues to row. Now DTM 1 rests, and so on.

This process is repeated until the entire distance of 1000m is covered.

4.3 Workout Rules and Regulations

- Complete all workouts, in the correct order
- Perform each exercise according to the movement standards
- Use the correct start & finish points of each workout-station
- Complete the required number of repetitions and/or distance
- Perform the exercises/movements with the correct weights

4.4 Running

The DMs must run together at all times for the entire distance of 1000m between the workout-stations. If one DTM runs at a faster pace, this will lead to 3 Minute penalty as this disturbs the time tracking system.

Important: Once the running distance is completed both DTM's must enter the workout station together. Both DTM's have to be present in order to start with the exercises. The workout station can only be exited after the entire distance or the repetitions are covered, and must be exited by both DTM's at the same time.

The running distance is always 1000m. Depending on the venue size, the run might be spread out into 2-3 laps. In some cases, due to a staggered starting zone, the running laps might be shorter than 1000m, in this case the missing meters will be balanced out during the last running laps (right before the Wall Ball station).

On the running track there is a dividing line. This divides the track into two speed areas: left lane = fast lane, and right lane = regular speed. Faster athletes should keep left and slower athletes right.

4.5 Referees and Headjudges

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 workout-station. The head judge of each station is overseen by the Race Director who oversees all sporting aspects of the competition and holds final say on all judging matters.

All decisions of the referee, head judge, race director, and event organizers are final.

5. MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

5.1 SkiErg*

- Prior to starting the workout the monitor must be [re]set by a referee
- The participants feet must remain on the platform at all times during the exercise
- After completing the required distance, the participant must raise their arm to call over a referee to confirm the required distance has been completed
- Only after receiving the referee's confirmation of completion the participant may leave the platform and the station

» The resting DTM remains in the marked area.

Distance 1000 m

*The damper setting is set to the following level:

WOMEN	5
MEN	6
MIXED	6

Note: To create equal conditions for all participants, the damper is set for each division. However, the damper setting is not an indication of resistance. For more information click [here](#).

5.2 Sled Push

- Both the sled and participant must be completely behind the starting line prior to beginning
- Once the participant pushes the entire sled pass the 25m line mark, they must switch sides of the sled and push it back entirely across the original line for a total of 50m (unless there are penalties assessed)
- As soon as the entire sled passes the start/finish line the workout is completed

» The resting DTM walks behind the working DTM. If the walking DTM obstructs other participants, e.g. by crossing the lanes, the team will be issued with a 10m distance penalty which they have to push back themselves.

Distance 2 x 25 m (unless penalties are assessed)

WOMEN	165 lbs plus Sled*
MEN	275 lbs plus Sled*
MIXED	275 lbs plus Sled*

*Sled weight approx. 66 lbs

5.3 Sled Pull

- Sled and participant must be positioned completely behind the designated line prior to beginning.
- At all times, the participant must remain behind the designated line while pulling the sled. If the line is crossed, the participant receives a 5m penalty which he/she has to pull back him/herself.
- Once the participant pulls the entire sled passed the 25m mark, the participant switches sides and pulls the sled back to its starting position for a total of 50m (unless there are penalties assessed)
- As soon as the entire sled passes the start/finish, line the station is completed.

» The resting DTM remains behind the working DTM and is not allowed to “help out” with the rope or touch it.

Distance 2 x 25 m (unless penalties are assessed)

WOMEN	110 lbs plus sled*
MEN	165 lbs plus sled*
MIXED	165 lbs plus sled*

*Sled weight approx. 66 lbs

5.4 Burpee Broad Jump

- The participant starts with both feet behind the starting line
- The starting position is in the upright position, hands placed near feet, at most one arm length away from body
- In the lower position, the participant’s chest must touch the ground
- Then, the participant stands up and jumps forward, jumping and landing with both feet simultaneously
- The length of the jump varies with each participant as size, strength and skill levels vary
- Taking any steps forward small or large between the repetitions are forbidden
- If the participant violates any of the points mentioned above, the repetition becomes invalid. On the second warning the participant receives a 5m distance penalty.

» The resting DTM walks behind the working DTM. If the walking DTM obstructs other participants, e.g. by crossing the lanes, the team will be issued with a 10m distance penalty.

Distance 80 m (unless penalties are assessed)

5.5 Rowing**

- Prior to starting the workout the monitor must be [re]set by a referee
- A participant's feet are not allowed to touch the ground during the row unless they are changing partners
- After completing the required distance, the participant must raise their arm to call over a referee to confirm the required distance has been completed.

» The resting DTM remains in the marked area and does not obstruct other participants

Distance 1000 m

**The damper setting is set to the following level:

WOMEN	5
MEN	6
MIXED	6

Note: To create equal conditions for all participants, the damper is set for each division. However, the damper setting is not an indication of resistance. For more information click [here](#).

5.6 Kettlebell Farmers Carry

- The farmers carry begins and ends with both kettlebells being lifted into position at your sides behind the start/finish line in the designated area
- The participant has to carry both kettlebells at all times while the move
- Putting down the kettlebells to rest is allowed
- The workout is complete when the kettlebells are carried across the start/finish line and placed back in the designated drop zone

» The resting DTM walks behind the working DTM without obstructing other participants.

Distance 200 m

WOMEN	2 x 16 kg
MEN	2 x 24 kg
MIXED	2 x 24 kg

5.7 Sandbag Lunge

- The participant must lift the sandbag without assistance and place it over their shoulders
- The participant starts in the upright position with both feet behind the starting line
- During each lunge, the rear knee must touch the ground
- A repetition ends with knees and hips fully extended
- Lunges must alternate knees touching the ground
- The participant may either lunge continuously or stop after each lunge with both feet side by side on the ground
- The Sandbag must remain on the shoulders at all times
- Taking any steps between repetitions is forbidden and will result in a penalty
- If the participant violates any of the points mentioned above, the repetition becomes invalid. On the second warning the participant receives a 10m distance penalty.

» The resting DTM walks behind the working DTM. If the walking DTM obstructs other participants, e.g. by crossing the lanes, the team will be issued with a 10m distance penalty.

Distance	100 m
WOMEN	22 lbs
MEN	45 lbs
MIXED	45 lbs

5.8 Wall Balls

- With every repetition the participant must strike the designated target* with the ball.
- Female athletes must hit them in the center, male athletes above the white line.
- Before the participant starts with the Wall Balls, the ball must be picked up from the ground and the athlete has to stand in the upright position with hips and knees extended before he/she initiates the movement.
- At the bottom position of the squat, the participant's knees must go below 90°.
- If the participant misses any of the above mentioned points, the repetition becomes invalid and must be repeated.
- If necessary, the referee may issue a box to which the participant must make contact at the bottom position at of the squat. He/she may sit on the box, however resting on the box is not allowed.

» The resting DTM remains in the marked area without obstructing other participants.

WOMEN	75 reps with 9 lbs
MEN	100 reps with 14 lbs
MIXED	100 reps with 14 lbs

*Target height WOMEN	9 Feet
*Target height MEN	10 Feet
*Target height MIXED	9 Feet and 10 Feet

6. CLOTHING AND ACCESSORIES

It is up to each participant how they choose to dress for the event.

6.1 The following items may be used during the competition

- Knee Sleeves
- Gloves
- Weightlifting Belt
- Wristbands

6.2 The following items are strictly prohibited during any point of the event

- Headphones
- Lifting Straps
- Hydration Packs

7. EVENT-DAY-SCHEDULE

On the event day participants will encounter the following areas:

7.1 Registration

Once you arrive at the venue, you must register to receive your participant T-shirt and timing chip. You are required to bring a government issued photo ID and your registration confirmation.

7.2 Changing Rooms

Changing rooms and a secure clothing check area will be available on site.

7.3 Technical Briefing

The technical briefing lasts approx. 15 minutes and is mandatory for each participant. Each start wave will have an assigned briefing time, don't miss your designated briefing! Depending on the venue the briefing will take place every 30 minutes or as advertised. During the briefing all rules of the HYROX DOUBLES competition and any venue specific rules will be explained. If you have any questions, this is the time to ask!

7.4 Mixed Warm-up Area

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

7.5 Pre Race Area

Meeting point is 15 minutes prior to the individual starting time and will be announced on site. Ten minutes prior to the individual starting time the participants will be guided to the pre-start area where they will join an instructed warm up. The start takes place approx. 2 minutes after the completion of the warm-up.

8. PENALTIES

8.1

If a participant does not run the correct number of laps a time penalty of 5-7 minutes per lap* will be applied and added to their final time.

For example: For a specific venue the time penalty is 5 minutes. The participant's final overall time is 1:24 but he/she missed 2 running laps throughout the competition. His/her final overall time will be 1:34.

8.2

Distance penalties can be issued for any workout-station. These penalties depend on the workout and range between 5 and 10 meters. Penalty decisions can be made by any referee after consensus with the head judge.

8.3

If a participant does not finish a workout-station or is disqualified by a referee they will not receive any results data and will be excluded from all rankings and awards. However, he/she may continue with the race (without a qualifying time) if the disqualification was not due to poor sportsmanship.

*the number of laps that add up to 1 km, vary from venue to venue.

9. RULES OF CONDUCT

9.1

The participants agree 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 suspension, disqualification and lifetime ban from competition as well as possible legal action. Any participant who is suspended from competition or banned from future events will not receive a refund for any fees or dues. This also applies to other behaviors that could harm or disturb participants, volunteers, staff, sponsors, and spectators. At the Event Organizers discretion any of the aforementioned actions may be taken against any participant.