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HYROX



THE FITNESS COMPETITION  
FOR EVERY BODY



# HYROX\_ RULEBOOK

GET READY FOR SEASON 02

HYROX.COM @HYROXWORLD #HYROX

# 1. CONDITIONS OF PARTICIPATION

## 1.1 Conditions of participation HYROX

HYROX is a competition open to everyone. By participating in HYROX you agree to the following conditions:

By participation in HYROX these conditions are considered agreed including the exclusion of liability as well as privacy policy matters.

## 1.2 Precondition for participation

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

# 2. REGISTRATION

## 2.1 Participate as an individual

At [www.hyrox.com](http://www.hyrox.com) the participant can sign up via the „Register here“ button for the specific city, register as an individual participant and select the desired division.

## 2.2 Participate as a Gym

HYROX offers gyms and their members the opportunity to compete as a team. The only requirement to sign up as a team is that it has at least 8 members.

- Again, to sign up as an individual via „Register here“ button at [www.hyrox.com](http://www.hyrox.com).
- Enter your personal details.
- If you are competing as a team: enter your gym name.
- You will now be registered for Team Rankings.

## 2.3 Participate as HYROX DOUBLES

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

### 3. DIVISIONS, RANKING SYSTEM AND WORLD CHAMPIONSHIP QUALIFICATION

#### 3.1 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: each participant must run 1 km between each workout for a total distance of 8 km. Participants start in waves based on their division.

WORKOUT / DIVISION	WOMEN	WOMEN PRO	MEN	MEN PRO
SKI ERG	1000 m	1000 m	1000 m	1000 m
SLED PUSH 2 x 25 M	165 lbs + Sled	275 lbs + Sled	275 lbs + Sled	385 lbs + Sled
SLED PULL 2 x 25 M	110 lbs + Sled	165 lbs + Sled	165 lbs + Sled	275 lbs + Sled
BURPEE BROAD JUMP	80 m	80 m	80 m	80 m
ROWING	1000 m	1000 m	1000 m	1000 m
FARMERS CARRY 200 M	2 x 12 kg	2 x 24 kg	2 x 24 kg	2 x 32 kg
LUNGES 100 M	22 lbs	45 lbs	45 lbs	66 lbs
WALL BALLS	75 reps with 9 lbs	100 reps with 14 lbs	100 reps with 14 lbs	100 reps with 20 lbs

#### 3.2 HYROX age groups (applies to all divisions)

- (a) 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+

A participant's age group is determined by their age at the date of the event. [e.g.: If a participant will turn 40 at their next birthday in November 2019 and they are competing in an event in April of 2019 they will compete in age group] **d**.



### 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 sorted from the fastest to the slowest time. In addition, there will be a ranking within the age groups, also sorted from the fastest to the slowest time.

The results will be published immediately after the event ends available at [hyrox.com](http://hyrox.com). Penalties, etc. may be added up to 48 hours after the event ends. Any incomplete running laps or improperly executed repetition or deviation from the prescribed standard of movements is considered invalid and leads to a penalty (see penalties).

### 3.4 Gym Ranking

In this ranking the eight fastest team member's times regardless of division or age group will be used to tabulate the gym teams official time.

### 3.5 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 HYROX WORLD CHAMPIONSHIPS. However, the qualification slots are limited to a certain number for each division. The exact amount of 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.

The participant then has exactly 48 hours to book his/her starting place for the WORLD CHAMPIONSHIPS, otherwise his/her slot will be forwarded to the next best placed in line.


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.

**At the championships, all participants have to complete the distances, reps and weights of the PRO division.**

### 3.6 ELITE WAVE

Each division (WOMEN PRO and MEN PRO) will have one ELITE WAVE, which consist of the top 15-20 qualifying times. Only athletes of this ELITE WAVE have the opportunity to become world champions and win the prize money.

The prize money amount will be announced in the Athlete's Guide.



All ELITE WAVE participants have to wear personalized T-shirts, which will be provided by the organizer on the day of the competition.

The organizer reserves the right to distribute wildcards to the WORLD CHAMPIONSHIPS to selected athletes.

## 4. 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.

### 4.1 Workout 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 kilogram.

### 4.2 Running

The running distance is always 1000 m, and depending on the venue it will be split into 2-3 rounds. In some cases the first running course might not be entirely 1000 m due to a staggered start. In this case the missing meters will be balanced out during the last round (right before the Wall Ball station).

On the running track there is a mark, which, similar to highways, is dividing the track into two speed areas: left lane = fastlane, and right lane = regular speed. Faster athletes should keep left and slower athletes right.

### 4.3 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 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.

Distance: 1000 m

\*The damper setting on the ergometer will be set to the following resistance:

WOMEN	5
WOMEN PRO / MEN	6
MEN PRO	7

Note: To create a fair playing field for all participants, the damper on the SkiErg is adjusted for each division. However, the damper does not directly affect the distance per pull of the handles. For more information click [here](#).

### 5.2 Sled Push

- Both the sled and participant must be completely behind the line prior to beginning.
- Once the participant pushes the entire sled pass the 25 m mark, they must switch sides of the sled and push it back entirely across the original line.
- As soon as the entire sled passes the start/finish line the workout is completed.

Distance 2 x 25 m (unless penalties are assessed)

WOMEN	165 lbs plus sled*
WOMEN PRO	275 lbs plus sled*
MEN	275 lbs plus sled*
MEN PRO	385 lbs plus sled*

\* Sled weight approx. 66 lbs



### 5.3 Sled Pull

- Sled and participant must be positioned completely behind the 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 5 m penalty which he/she has to pull back him/herself.
- Once the participant pulls the entire sled passed the 25 m mark, the participant switches sides and pulls the sled back to its starting position.
- As soon as the entire sled passes the start/finish line, the station is completed.

Distance 2 x 25 m (unless penalties are assessed)

WOMEN	110 lbs plus sled*
WOMEN PRO	165 lbs plus sled*
MEN	165 lbs plus sled*
MEN PRO	275 lbs plus sled*

\* Sled weight approx. 66 lbs

### 5.4 Burpee Broad Jump

- The participant starts with both feet behind the 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 is up to the participant.
- Taking any steps forward between the repetitions are forbidden.
- If the participant violates any of the above mentioned points, the repetition becomes invalid. On the second warning the participant receives a 5 m 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 participants feet are not allowed to touch the ground during the row.
- 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.

Distance 1000 m

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

WOMEN	5
WOMEN PRO	6
MEN	6
MEN PRO	7

Note: To create a fair playing field for all participants the damper on the Ski Erg is adjusted for each division. However, the damper does not directly affect the distance per pull of the handles. For more information click [here](#).

## 5.6 Kettlebell Farmers Carry

- The Farmers Carry starts and ends with both kettlebells behind the start/finish line.
- The participant has to carry both kettlebells at all times while they move.
- Putting down the kettlebells to rest is allowed.
- The workout is complete when the kettlebells are carried across the start/finish line.

Distance 200 m

WOMEN	2 x 16 kg
WOMEN PRO	2 x 24 kg
MEN	2 x 24 kg
MEN PRO	2 x 32 kg





## 5.7 Sandbag Lunge

- The participant must lift up the sandbag without assistance and place it over their shoulders.
- The participant starts in the upright position with both feet behind the 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 on the ground.
- Taking any steps between repetitions is forbidden.
- If the participant violates any of the above mentioned points, the repetition becomes invalid. On the second warning the participant receives a 10 m distance penalty.

Distance	100 m (unless penalties are assessed)
WOMEN	22 lbs
WOMEN PRO	45 lbs
MEN	45 lbs
MEN PRO	66 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.
- If necessary, the referee may use a box that the participant must make contact with to ensure the participant goes deep enough on the squat.

WOMEN	75 reps with 9 lbs
WOMEN PRO	100 reps with 14 lbs
MEN	100 reps with 14 lbs
MEN PRO	100 reps with 20 lbs

\* Target height WOMEN and WOMEN PRO 9 Feet

\* Target height MEN and MEN PRO 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
- Hydration Packs

### 6.2 The following items are strictly forbidden at all times:

- Headphones
- Lifting Straps

## 7. EVENT DAY SCHEDULE

On the event day participants will encounter the following areas.

### 7.1 Registration

Once you arrive at the venue, you will have to register in order to receive your participant T-shirt and timing chip. You will need to bring a government issued photo ID and your registration confirmation.

### 7.2 Changing Rooms

Changing rooms and a secure gear check will be available at the venue.

### 7.2 Technical Briefing

The technical briefing lasts 15 minutes and is mandatory for each participant. Each start wave will have an assigned briefing, 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 competition and any venue specific rules will be explained. If you have any questions this is the time to ask them!

### 7.3 Warm Up Area

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



## 7.4 Pre Race Area

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

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

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

### 8.2

Distance penalties can be issued for any workout. 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, they may continue with the race (without a final result time) if the disqualification was not due to poor sportsmanship.

## 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 life time ban from competition or legal action. Any participant who is suspended from competition or banned for 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 event organizers discretion any of the aforementioned actions may be taken against any participant.