

RELAY_ RULEBOOK



1. CONDITIONS OF PARTICIPATION

1.1 Conditions of participation HYROX RELAY

HYROX RELAY is a 4-person-team competition open to everyone. By participation in HYROX RELAY the following conditions are agreed to including the exclusion of liability as well as privacy policy matters.

1.2 Precondition for participation

- In order to participate in a HYROX RELAY 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. This is the only way to register for the competition.

2. REGISTRATION

2.1 At www.hyrox.com the participant can sign up via the „Register here“ button for the specific city.

- Select your division: HYROX RELAY
- Enter your personal details
- If you sign up your Relay Team you will have to purchase all 4 participants' tickets and either fill in their personal information or send your team members a link.

3. RANKING SYSTEM AND AGE GROUPS

3.1 HYROX RELAY age groups (applies to all divisions)

- (a) 16-29
- (b) 29-45
- (c) 45+

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 four RELAY participants at the time of the event. E.g. RELAY Team Member (RTM) 1 is 24 years old, RTM 2 is 38, RTM 3 is 48 and RTM 4 is 40, the average age is 37.5, the Relay Team will be classified into age group (b).

3.2 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 and available at [hyrox.com](https://www.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).

4. THE COMPETITION

HYROX RELAY is a 4-person-team competition. The RELAY Team must consist of 2 men and 2 women.

The competition consists of a 1 k run followed by one workout, repeated 8 times. In order to complete the entire HYROX RELAY Race and receive a valid finishing time, the participants must complete the runs and workouts in the designated order (run, workout 1, run, workout 2, etc.) until they have completed a total of 8 k running and 8 workouts as a team.

Each Relay Team Member (RTM) has to run 2x 1 k and perform 2 workout stations. The use of each RTM is entirely up to the team. However, the relay always starts with 1 k of running followed by the workout station.

This means one RTM can either perform 2x 1 k runs and 2 workout stations consecutively or can come back into the relay at another point.

4.1 Workout Stations

The Team must complete 8 workout stations in total in the designated order 1-8. Each RTM has to complete 2 workout stations. A workout station is completed when the entire distance or repetitions are covered.

Below are the required weights/distances for the RTMs:

Workout/ Team Member	FEMALE RELAY TEAM MEMBER	MALE RELAY TEAM MEMBER
Ski Erg	1000 m	1000 m
Sled Push 4x 12.5m	165 lbs + Sled	275 lbs + Sled
Sled Pull 4x 12.5m	110 lbs + Sled	165 lbs + Sled
Burpee Broad Jump	80 m	80 m
Rowing	1000 m	1000 m
Farmers Carry 200m	2x 24 kg	2x 32 kg
Lunges 100m	45 lbs	66 lbs
Wall Balls	100 reps with 14 lbs	100 reps with 20 lbs

4.2 Running

The Team must complete 8 k of running in total. Each RTM has to run 2 ks.

The running distance is always 1000 m. 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 1000 m, 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.

4.3 Transition Zone

The Transition Zone is where the RTM exchange takes place. Only one RTM is allowed in this zone per RELAY Team. The RTM who is up next is only allowed to enter shortly before the exchange. No loitering is allowed in this zone. It is the responsibility of each Relay Team to make sure their RTMs get into the Transition Zone on time.

The Transition Zone is located next to the running course and can be entered from the spectator area. The location of this zone will be posted on site and will be marked in the venue map.

4.4 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.

4.5 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 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.

Distance: 1000 m

* The damper setting on the ergometer will be preset to 6

Note: Each RELAY Team is allowed to adjust the damper setting to their own preferences. However, once a RTM starts the exercise, they are not allowed to change again and must remain with the chosen setting until the entire distance has been completed.

5.2 Sled Push

- Both, sled and athlete must be completely behind the line prior to beginning.
- Sled must always pass 12.5 m mark entirely before change of direction
- As soon as the athlete completed 4x 12.5 meters and the entire sled passes the start/finish line the station is completed.

Distance 4 x 12.5 m (unless penalties are assessed)

Weight FEMALE RTM 165 lbs plus Sled*

Weight MALE RTM 275 lbs plus Sled*

* Sled weight approx. 66 lbs

5.3 Sled Pull

- Sled and athlete must be positioned completely behind the line prior to beginning.
- At all times, the athlete must remain between the designated lines while pulling the sled. If the lines are crossed, the athlete receives a 5 m penalty which he/she has to pull back him/herself.
- Once the athlete pulls the entire sled passed the 12.5 m mark, the athlete switches sides and pulls the sled back
- Sled must always pass the 12.5 m mark entirely before change of direction
- As soon as the athlete completed 4x 12.5 meters and the entire sled passes the start/finish line the station is completed.

Distance 4 x 12.5 m (unless penalties are assessed)

Weight FEMALE RTM 110 lbs plus Sled*

Weight MALE RTM 165 lbs plus Sled*

* Sled weight approx. 66 lbs

5.4 Burpee Broad Jump

- The athlete starts with both feet behind the line.
- The starting position is in the upright position, hands placed near feet, at most one forearm length away from body.
- In the lower position, the athlete's chest must touch the ground.
- Then, the athlete stands up and jumps forward, jumping and landing with both feet simultaneously.
- The length of the jump is up to the athlete.
- Taking any steps forward between the repetitions is not allowed.
- 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. On the second warning the athlete 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.
- Participants feet are not allowed to touch the ground during the row.
- 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.

Distance 1000 m

* The damper setting on the ergometer is preset to 6

Note: Each RELAY Team is allowed to adjust the damper setting to their own preferences. However, once a RTM starts the exercise, they are not allowed to change again and must remain with the chosen setting until the entire distance has been completed.

5.6 Kettlebell Farmers Carry

- The Farmers Carry starts and ends with both kettlebells behind the start/finish line.
- The athlete has to carry both kettlebells at all times while they move.
- Kettle Bells must be carried with both arms extended
- Putting down the kettlebells to rest is allowed.
- Kettlebells must be carried across the finish line and returned to where athlete picked them up.
- The station is completed when athlete carries the Kettlebells across the finish line and the Kettlebells are returned to pick up spot.

Distance 200 m

Weight FEMALE RTM 2 x 24 kg

Weight MALE RTM 2 x 32 kg

5.7 Sandbag Lunge

- The athlete must lift up the sandbag without assistance and place it over their shoulders.
- The athlete 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 athlete can either lunge continuously or stop after each lunge with both feet on the ground.
- Taking any steps between repetitions is not allowed.
- The sandbag must remain on the athlete's shoulders at all times.
- The station is completed when athlete lunges across the finish line and the sandbag is returned to pick up spot.

- If the athlete violates any of the above mentioned points, the repetition becomes invalid. On the second warning the athlete receives a 10 m distance penalty.

Distance 100 m (unless penalties are assessed)

Weight FEMALE RTM 45 lbs

Weight MALE RTM 66 lbs

5.8 Wall Balls

- With every throw the ball must strike the designated target with the Female athletes must hit the target in the center, male athletes above the white line.
- Before the athlete 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 athlete's hips must descend lower than his/her knees (below 90°).
- If the athlete misses any of the above mentioned points, the repetition becomes invalid.
- If necessary, the referee may use a box that to make sure the athlete's squat is low enough.

FEMALE RTM 100 reps with 14 lbs

MALE RTM 100 reps with 20 lbs

* Target height WOMEN 9 Feet

* Target height MEN 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 Strap

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.

7.3 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.