

# RULEBOOK



SEASON 22/23

HYROX

WORLD SERIES OF FITNESS RACING

## 1. CONCEPT

HYROX is based upon an idea by Upsolut Sports founder Christian Toetzke of combining functional fitness and running in an indoor fitness competition. The sports concept and the 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 designated order (run, workout, run, workout, etc.) until they have completed a total of 8 km running and 8 workouts. While repetitions 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 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.

## 2. CONDITIONS OF PARTICIPATION

### 2.1 Conditions of participation HYROX

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

## 2.2 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/en](http://www.hyrox.com/en). This is the only way to register for the competition.

## 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	WOMEN PRO	MEN	MEN PRO
<b>Ski Erg</b>	1000 m	1000 m	1000 m	1000 m
<b>Sled Push 4x12,5m</b>	75 kg + Sled	125 kg + Sled	125 kg + Sled	175 kg + Sled
<b>Sled Pull 4x12,5m</b>	50 kg + Sled	75 kg + Sled	75 kg + Sled	125 kg + Sled
<b>Burpee Broad Jump</b>	80 m	80 m	80 m	80 m
<b>Rowing</b>	1000 m	1000 m	1000 m	1000 m
<b>Farmers Carry 200m</b>	2x 16 kg	2x 24 kg	2x 24 kg	2x 32 kg
<b>Lunges 100m</b>	10 kg	20 kg	20 kg	30 kg
<b>Wall Balls</b>	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 (applies to all divisions)

- (a) U24 (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) 75 - 79
- (l) 80 - 84
- (m) 85 - 89

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 2023 and 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 time. In addition, there is 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/en](https://hyrox.com/en).

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).

## 5. WORLD CHAMPIONSHIPS AND ELITE 15

### 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 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. The participants start within the age group that he/she qualified in, without (birthday) exceptions.

### 5.2 Qualification as an Individual Starter

All participants who have qualified in an individual/single division (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.

### 5.3 Qualification as a DOUBLES Team

#### 5.3.1 DOUBLES MEN and DOUBLES WOMEN

All participants who have qualified in these divisions have to complete the distances, reps and weights of the PRO division at the championships. This means DOUBLES WOMEN will complete the distances, reps and weights of the WOMEN PRO. And DOUBLES MEN will complete the distances, reps and weights of the MEN PRO.

## 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 If you qualified for both Divisions

Participants have qualified for multiple divisions at the World Championships are allowed to compete in multiple divisions as long as their allocated start times allows for it. The start times will be assigned per age group (AG) and division. However, individual requests in regards to start times cannot be accepted and it is at the participants own risk to sign up for multiple divisions. Refunds will not be allowed if start times prevent a competitor from competing in multiple divisions.

## 5.5 Age Groups

All participants will start within their division and age group (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 classify for the overall winner title - World Champion of Fitness Racing - and will not receive any prize money.

## 5.6 Elite 15 and Prize Money

The Elite 15 is a separate start wave that consists of the top 15 athletes of the pro division (WOMEN PRO and MEN PRO) that achieved the fastest qualifying times of the current season leading up to the WORLD CHAMPIONSHIPS. A further qualification is possible by placing at the EU or US Championships. The podium positions 1st, 2nd and 3rd (M/F) of each Championships will secure the athlete a spot in the ELITE 15 of the World Championships

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

Elite 15 athletes are excluded from the AG ranking and therefore cannot become AG Winner.

The organizer reserves the right to hand out wildcards and invite athletes to the WORLD CHAMPIONSHIPS. In addition the organiser reserves the right to make changes to the Roxzone in order to accommodate for example better broadcasting/spectator angles.

## **6. EUROPEAN CHAMPIONSHIPS AND ELITE 15**

### 6.1 Participation EUROPEAN CHAMPIONSHIPS

Another highlight of the HYROX season are the EUROPEAN CHAMPIONSHIPS. This is an open championship and anyone can sign up for any division. No qualification is required. The EUROPEAN CHAMPIONSHIPS are also open to all nationalities, i.e. there are no restrictions on citizenship or place of residence.

### 6.2 Divisions

- (a) WOMEN
- (b) MEN
- (c) DOUBLES WOMEN
- (d) DOUBLES MEN
- (e) DOUBLES MIXED
- (f) WOMEN PRO
- (g) MEN PRO
- (h) TEAM RELAY WOMEN
- (i) TEAM RELAY MIXED
- (j) TEAM RELAY MEN



## 6.2 Divisions und Age Groups

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

All participants, with the exception of TEAM RELAYS, start in their division and age group (AG) to determine the European Champion of the respective AG. The classification of the AG's is based on the known principle.

TEAM RELAY starters are judged independently of their AG. The TEAM Relay division is organized into the following categories: HYROX TEAM RELAY WOMEN, HYROX TEAM RELAY MIXED and HYROX TEAM RELAY MEN.

AG Winners and TEAM RELAY Winners cannot become Overall European Champion - European Champion of Fitness Racing - and will not receive any prize money.

## 6.2 ELITE 15 und Prize Money

The Elite 15 is a separate start wave that consists of the top 15 athletes of the pro division (WOMEN PRO and MEN PRO) that achieved the fastest qualifying times of the current season leading up to the European Championships. Qualification is only possible within pro division with a correspondingly fast finish time.

Only athletes of this Elite 15 Wave have the opportunity to become European Overall Champion - European Champion of Fitness Racing- and win the prize money. In addition, podium positions 1st, 2nd and 3rd (M/ F) will secure the athlete a spot in the ELITE 15 of the World Championships.

Elite 15 Athletes are excluded from the AG ranking and therefore cannot become AG Winner. The prize money will be announced in the Athlete's Guide.

## 7. 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.

### 7.1 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.

### 7.2 Running

The running distance is always 1000 m, and depending on the venue it this will be split into 2-4 running laps. In some cases the first running lap might not be entirely 1000 m due to a staggered start. In this case the missing meters will be balanced out during the last lap (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: fast lane, and regular speed. Faster athletes should run on the (marked) fast lane and slower athletes on the regular speed lane.

### 7.3 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.

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

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

### **8.1 SkiErg\***

- Prior to starting the workout the monitor must be (re)set by a referee.
- The athlete's feet must remain on the 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.

Distance: 1000 m

\* The damper setting on the ergometer 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.

## 8.2 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.
- 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	75 kg plus sled*
WOMEN PRO / MEN	125 kg plus sled*
MEN PRO	175 kg plus sled*

\* Sled weight approx. 30 kg

## 8.3 Sled Pull

- Sled and athlete must be positioned completely behind the line prior to beginning.
- Once the athlete pulls the entire sled passed 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 allowed to pull the sled sitting or kneeling
- At all times, the athlete must remain between the designated lines the so called Athlete's Box and is not allowed 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 he/she has to pull back him/herself.
- 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	50 kg plus sled*
WOMEN PRO / MEN	75 kg plus sled*
MEN PRO	125 kg plus sled*

\* Sled weight approx. 30 kg

## 8.4 Burpee Broad Jump

- The athlete starts with both hands behind the line.
- The starting position is in the upright position, hands placed near 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 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 and in the second warning the athlete receives a 5 m distance penalty.

Distance 80 m (unless penalties are assessed)

### 8.5 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 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.

### 8.6 Kettlebell Farmers Carry

- The 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
- Putting down the kettlebells to rest is allowed.
- The station is completed, once the athlete carries the kettlebells across the finish line and returns them to the marked area.

Distance 200 m

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

## 8.7 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 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.
- It is not allowed to put the sandbag down. The sandbag must remain on both shoulders at all times.
- 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.

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)

## 8.8 Wall Balls

- With every throw the ball must strike the designated target. Female athletes must hit the target in the center, male athletes must also hit the center above the 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.
- The athlete then squats (while holding the ball with both hands) and throws the ball (with both hands) to the target when standing up. This is counted as one repetition. After the ball touches the target, the athlete catches the ball and initiates the movement again.
- If the athlete does not catch the ball, he/she must first pick up the ball from the ground and 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 necessary, the referee may use a box that to make sure 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. CLOTHING, ACCESSORIES, HYDRATION/NUTRITION**

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

9.1 The following items may be used during the competition:

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

9.2 The following items are strictly forbidden at all times:

- Headphones
- Lifting Strap

9.3 Hydration/Nutrition

During the race, water will be 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 provided nutrition must be carried on your person. Competitors are not allowed to receive any beverage or nutritional product from anyone except the aid stations during their event.

## **10. EVENT DAY SCHEDULE**

On the event day participants will encounter the following areas.

10.1 Registration, Timing Chip and Wristbands

Once you arrive at the venue, when you register you will receive your timing chip, start number and wristband. You will need to bring a government issued photo ID and your registration confirmation.

Depending on the division, the wristband is 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 time recording during the competition. This chip must be attached to the ankle. Any other position may lead to an invalid or incomplete time record and is the competitors responsibility. Doubles and relays must carry one chip per participant. Doubles = 2 Timing Chips; Relay = 4 Timing Chips.

## 10.2 Changing Rooms

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

## 10.3 Warm Up Area

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

## 10.4 Start Zone Area

10 minutes prior to the individual start time the participants need to assemble in the start zone area where they will join an instructed warm up. The start takes place approx. 10 minutes after the completion of the warm-up and will be announced by the start zone coach.

# 11. PENALTIES

## 11.1 Time Penalties

### 11.1.1 Missing Laps

If a participant does not run the correct number of laps a time penalty of 5-7 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 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.

---

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

## 11.1.2 Wrong Workout Station Order

If a participant does not complete the workouts in the correct order (1-8), they may make up the missing workout prior to entering station 8 (Wall Balls). Completing the workouts 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.

## 11.1.3 Missed Workout / Missed 1k Run

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

## 11.1.4 Confusion of Roxzone IN and OUT

If a participant confuses the Roxzone IN and OUT by e.g. leaving the Roxzone through the IN arch, a 1 minute penalty will be issued.

## 11.2 Distance Penalties

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. There will be one warning per station (except Wall Balls).

With the second warning, the repetition is considered invalid and the athlete receives the corresponding distance penalty. Any further warning within the station will result in a new distance penalty.

## 11.3 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)

## 11.4 Disqualification

If a participant has been disqualified by a referee they will not receive any results data and will be excluded from all rankings and awards.

## **12. RULES OF CONDUCT**

### 12.1

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.