

# RULEBOOK

## TEAM RELAY



SEASON 23/24

**HYROX**

WORLD SERIES OF FITNESS RACING

## 1. CONDITIONS OF PARTICIPATION

### 1.1 Conditions of participation HYROX TEAM RELAY

HYROX TEAM RELAY is a 4-person-team competition open to everyone. By participation in HYROX TEAM 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 TEAM 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](http://www.hyrox.com). This is the only way to register for the competition.

## 2. REGISTRATION

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

- Select your division: HYROX TEAM 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. DIVISIONS, AGE GROUPS AND RANKING SYSTEM

### 3.1 HYROX TEAM RELAY Divisions

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

HYROX TEAM RELAY offers 3 divisions. The divisions differ in gender and/or weight being moved, pushed or pulled. The RELAY split remains the same across all divisions: each RELAY Member (RM) has to run 2x 1 k and perform 2 workout stations.

Below are the required weights/distances for the RTMs:

WOROUT / TEAM MEMBER	FEMALE RELAY TEAM MEMBER	MALE RELAY TEAM MEMBER
SkiErg	1000 m	1000 m
Sled Push 4x12,5m	102 kg incl. Sled	152 kg incl. Sled
Sled Pull 4x12,5m	78 kg incl. Sled	103 kg incl. Sled
Burpee Broad Jumps	80 m	80 m
Rowing	1000 m	1000 m
Farmers Carry 200m	2x 16kg	2x 24kg
Lunges 100m	10 kg	20 kg
Wall Balls	100 reps with 4 kg	100 reps with 6 kg

## 3.2 HYROX TEAM RELAY Age Groups (applies to all divisions)

- (a) U40
- (b) 40+

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 Member (RM) 1 is 24 years old, RM 2 is 38, RM 3 is 48 and RM 4 is 40, the average age is 37.5, the RELAY Team will be classified into age group (a).

### 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 TEAM RELAY is a 4-person-team competition. The RELAY Team can consist of 4 male athletes, 4 female athletes or 2 female and 2 male athletes.

The competition consists of a 1 k run followed by one workout, repeated 8 times. In order to complete the entire HYROX TEAM 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 Member (RM) has to run 2x 1 k and perform 2 workout stations. The use of each RM is entirely up to the team. However, the relay always starts with 1 k of running followed by the workout station.

This means one RM 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 RM has to complete 2 workout stations. A workout station is completed when the entire distance or repetitions are covered.

### 4.2 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.

## 4.3 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.

## 4.4 Transition Zone

The Transition Zone (TZ) is where the RM exchange takes place. Up until the actual exchange, only one RM is allowed in this zone per RELAY Team. The RM 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 TZ on time. Once a RM has finished his/her workout station, they must run into the TZ to meet with the RM who is up next.

**IMPORTANT:** If a RM performs 2 runs and workouts back to back, they need to run through the TZ after each workout due to timing chip reasons.

### **The exchange must follow this protocol:**

RM 1 finished the workout and enters the TZ. He/she then taps RM 2 on the shoulder. This is the signal for RM 1 to leave the TZ as fast as possible.

Only after RM 1 entered the TZ and performs the shoulder tap, RM 2 is allowed to leave the TZ and start the run. This is the only time that 2 RM's of the same team are allowed to be in the TZ.

The TZ is located inside the Roxzone and can be entered from the spectator area by passing the crossing point. The exact location of this zone will be posted on site and will be marked in the venue map.

## 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 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.

## **6. 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.

## 6.1 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 ergometer will be preset to 6

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

## 6.2 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)

Weight FEMALE RM 102 kg incl. Sled

Weight MALE RM 152 kg incl. Sled

## 6.3 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)

Weight FEMALE RM 78 kg incl. Sled

Weight MALE RM 103 kg incl. Sled

## **6.4 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)

## 6.5 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 to 6

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

## 6.6 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

Weight FEMALE RM     2 x 16 kg (white)

Weight MALE RM        2 x 24 kg (grey)

## 6.7 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)

Weight FEMALE RM      10 kg / 22 lbs (white marking)

Weight MALE RM        20 kg / 45 lbs (grey marking)

## 6.8 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.

FEMALE RM      100 reps with 4 kg / 9 lbs (white marking)

MALE RM        100 reps with 6 kg / 14 lbs (grey marking)

\* Target height WOMEN              2,70 m

\* Target height MEN                  3,00 m

## 6.9 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 2) 5 Meter* Distance Penalty	1) 3 Minutes per Missing Lane 2) 10 Meter* Distance Penalty	1) 3 Minutes per Missing Lane 2) 5 Meter* Distance Penalty
Sled Pull 4x12,5m	1) 3 Minutes per Missing Lane 2) 5 Meter* Distance Penalty	1) 3 Minutes per Missing Lane 2) 10 Meter* Distance Penalty	1) 3 Minutes per Missing Lane 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* 2) Putting the SB Down Once: 5 Meter, Putting the SB Down Twice: Disqualification	1) 10 Meter* 2) Putting the SB Down Once: 10 Meter, Putting the SB Down Twice: Disqualification	1) 5 Meter* 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			

## 7. 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.

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

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

7.2 The following items are strictly forbidden at all times:

- Headphones
- Lifting Straps
- Cell Phones
- VR Headsets

7.3 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.

7.4 General Conduct

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

7.5 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.



## **8. EVENT DAY SCHEDULE**

On event day participants will encounter the following areas.

### **8.1 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.

### **8.2 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.

### **8.3 Warm Up Area**

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

### **8.4 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.

## 9. PENALTIES

### 9.1 Time Penalties

#### 9.1.1 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).

#### 9.1.2 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.

#### 9.1.3 Missed Workout / Missed 1k Run

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

#### 9.1.4 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.

### 9.2 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.

---

<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.

### 9.3 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).

### 9.4 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.

### 9.5 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.

## **10. RULES OF CONDUCT**

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.