

# RULEBOOK

## ADAPTIVE



SEASON 24/25

**HYROX**

WORLD SERIES OF FITNESS RACING

## 1. CONCEPT

HYROX, an indoor mass participation fitness competition, is based on an idea by Upsolut Sports founder Christian Toetzke and involves a combination of running and functional movements. The race was created by Mintra Tilly, who also authored this rulebook with valuable input from George Thompson of the Matt Hampson Foundation, Sylvania Harrod, Maurice-André Iseli and many others who contributed through testing and feedback. Their collective efforts helped shape and refine the rules to ensure the best experience for all participants.

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 specific order (run, workout, run, workout, etc.) until they have completed a total of 8 km running and 8 workouts. Whilst the repetition range 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 results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time.

## 2. CONDITIONS OF PARTICIPATION

### 2.1 Conditions of participation in HYROX

HYROX is a competition open to everyone, qualification is not required. By participating in HYROX you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy.

## 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.
- Each participant must agree to the terms and conditions of participation.
- The only way to register for a HYROX event is via [www.hydrox.com](http://www.hydrox.com).

## 3. REGISTRATION

### 3.1 Participate as an individual

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

- Select your division: HYROX SINGLE
- Enter your personal details and select your impairment
- You are now registered as an individual athlete

## 4. DIVISIONS, CLASSIFICATION AND RANKING SYSTEM

### 4.1 HYROX Adaptive Divisions

- (a) Lower Limb Impairment
- (b) Upper Limb Impairment
- (c) Short Stature Impairment
- (d) Visual/Hearing Impairment
- (e) Neurological Impairment (broken down to the following sub-divisions)
  - j. Neurological Major
  - jj. Neurological Minor
- (f) Seated Impairment (broken down to the following sub-divisions)
  - i. Seated With Hip Function (SWHF)
  - ii. Seated Without Hip Function (SWOHF)
  - iii. Seated Without Core Function (SWOC)

HYROX Adaptive offers 6 divisions. The divisions differ in gender, repetition and/or weight. The running/pushing distance remains the same for all Division (with the exception of the Short Stature and Neurological Division): all athletes must run or push for 1 km meters between each workout for a total distance of 8 km, except for athletes with neurological impairments or short stature, who will complete 1 lap (approximately 350 meters) between each workout.

### 4.2 Classification

#### **Lower Limb Impairment Division**

This division includes athletes with impairments primarily affecting the lower extremities. These impairments may involve partial or complete loss of function in one or both legs.

## **Upper Limb Impairment Division**

This division includes athletes with impairments in one or both upper extremities, impacting the arms, hands, or shoulders. These impairments may result in reduced strength, dexterity, or range of motion.

## **Short Stature Division**

This division is for athletes with a significantly shorter height due to conditions such as skeletal dysplasia or other growth-related conditions.

## **Visual Impairment Division**

This division includes athletes with partial or complete loss of vision. Athletes in this category may require adaptations for navigation through guide runners (see also 7.2 Guide Runner)

## **Hearing Impairment Division**

Athletes with partial or complete loss of hearing are classified in this division. Athletes in this category may require adaptations for navigation through guide runners (see also 7.2 Guide Runner)

## **Neurological Minor Division**

This division includes athletes with neurological impairments that result in minor limitations, typically affecting a single extremity. Examples include peripheral nerve diseases or similar conditions that cause mild functional deficits. Athletes in this division may have minor impairments but retain significant mobility and strength in their limbs.

## **Neurological Major Division**

This division encompasses athletes with more severe neurological impairments affecting two or more extremities. These conditions may involve paralysis, significant functional deficits, or severe motor control issues. Examples include paraplegia, hemiplegia, severe stroke, head injuries, or conditions like Guillain-Barré Syndrome (GBS). Athletes in this division may also rely on orthoses, walkers, or trolleys to assist with walking.

## **Seated With Hip Function (SWHF) Division**

This division includes seated athletes who retain full or partial hip function but have impairments that prevent them from standing or walking. These athletes may use a wheelchair but have the ability to engage their hips for seated exercises and movements.

## **Seated Without Hip Function (SWOHF) Division**

This division includes seated athletes who lack functional hip movement due to impairments. These athletes use a wheelchair for mobility and cannot engage the hips during physical activity, but may still retain core and upper-body function.

## **Seated Without Core Function (SWOC) Division**

Athletes in this division have impairments that prevent both hip and core function. They rely on wheelchairs for mobility and cannot engage their core muscles for stability or movement, but may retain upper-body function.

If your impairment does not fall within the listed divisions, we encourage you to contact us directly. As this system is an ongoing project, we are committed to continuous improvement and highly value feedback to ensure a more inclusive and accurate classification process.

## **Classification Notice**

Athletes must be officially classified into one of the above divisions to ensure eligibility. These divisions are reserved for individuals with permanent impairments, and athletes with temporary injuries (e.g., due to knee surgery) do not qualify for adaptive categories.

## 4.3 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 2024 and they are competing in an event in April of 2024 they will compete in age group (d).

## 4.4 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 times.

The results will be published immediately after each event ends and will be available at [hyrox.com](https://hyrox.com).

Any incomplete running laps or deviation from the prescribed repetition range or movement standards will result in a penalty (see Penalties) and/or disqualification. Penalties may be added or amendments made for up to 48 hours after each event ends.

## 5. WORLD CHAMPIONSHIPS

The highlight of each HYROX season is the WORLD CHAMPIONSHIPS. Any participant in a regular HYROX event has the opportunity to qualify for the annual HYROX WORLD CHAMPIONSHIPS.

Qualification spots are limited to 3 per division across the season.

The top 3 athletes in each division, based on the fastest times of the entire season, will be invited to compete at the HYROX WORLD CHAMPIONSHIPS. Competitors will race within their respective divisions to determine the Adaptive Division World Champion.

Adaptive Division winners are not eligible for prize money or the overall title of "World Champion of Fitness Racing".

HYROX reserves the right to hand out wildcards and invite other athletes to the WORLD CHAMPIONSHIPS at its discretion

## 6. THE COMPETITION

HYROX consists of a 1 km<sup>1</sup> 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.

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<sup>1</sup> Except for athletes with neurological impairments or short stature, who will complete 1 lap (approximately 350 meters) between each workout.



## 6.1 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.

## 6.2 General

Prior to the race, please contact us either via e-mail or upon registration, and let our staff know if you need additional assistance for your race. This information will be forward to the Race Director and the Head Judge Team. On race day you will have a designated machine/lane/spot that will be reserved for you.

## 6.3 Fast Lane

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.

## 6.4 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.

## **7. RUNNING/PUSHING DISTANCE, GUIDE RUNNER, SPECIAL NEEDS & EQUIPMENT**

### **7.1. Running/Pushing Distance**

All athletes must run or push for 1000 meters, except for

Short Stature Impairment: 1 lap (approximately 350 meters)

Neurological Minor Impairment: 2 laps (approximately 750 meters)

Neurological Major Impairment: 1 lap (approximately 350 meters)

Seated Without Core Function: 1 lap (approximately 350 meters)

### **7.2 Guide Runner**

All athletes but in particular visual and hearing Impaired Athletes can complete the race with a guide runner to assist with orientation and getting into position at workout stations. However, guide runners cannot help with completing the workout stations. Athletes must appoint their own guide runner, who will not appear in the rankings. HYROX does not provide guide runners, but using one is free of charge.

### **7.3 Special Equipment**

HYROX will only provide standard race equipment and weights, with the exception of a lap mat for seated athletes during the Farmer's Carry. Any additional equipment must be provided by the athlete.

#### **7.3.1 Wrist Straps or Hooks**

If it is a necessity to use additional gear such as wrist straps, bands or hooks that take up extra time to attach in order to complete the station, please contact us either via e-mail or upon registration and let us know the exact stations you will be using this and we will deduct handling time from your overall time.

8. 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 their team.

8.1 SkiErg\*

- Prior to starting the workout the monitor must be (re)set by a referee.
- 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 necessary, a judge will help with the handles or a box will be provided. In this case please inform our staff upon registration.

Distances

|                               |        |
|-------------------------------|--------|
| Lower Limb Impairment:        | 1000 m |
| Upper Limb Impairment:        | 1000 m |
| Short Stature Impairment:     | 500 m  |
| Visual/Hearing Impairment:    | 1000 m |
| Neurological Impairment:      | 1000 m |
| Seated With Hip Function:     | 900 m  |
| Seated Without Hip Function:  | 800 m  |
| Seated Without Core Function: | 500 m  |

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

|       |   |
|-------|---|
| WOMEN | 5 |
| MEN   | 6 |

**Note:** Damper Settings may be adjusted as many times as needed

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 the distance and the entire sled passes the start/finish line the station is completed.

*Seated Athletes adapt as followed:* Sled will be attached to the chair with straps and athlete drags the sled. Please bring your own straps to drag the sled and let our staff know upon registration and prior to your start if you need it to be placed at the station.

Distances / Weight

|                               |  |
|-------------------------------|--|
| Lower Limb Impairment:        | 2x 12,5 m at 75/102 kg incl. Sled (F/M)  |
| Upper Limb Impairment:        | 4x 12,5 m at 102/152 kg incl. Sled (F/M) |
| Short Stature Impairment:     | 2x 12,5 m at sled without weight (F)     |
| Short Stature Impairment:     | 2x 12,5 m at 75 kg incl. Sled (M)        |
| Visual/Hearing Impairment:    | 4x 12,5 m at 102/152 kg incl. Sled (F/M) |
| Neurological Minor            | 4x 12,5 m at 75/102 kg incl. Sled (F/M)  |
| Neurological Major:           | 4x 12,5m at sled without weight (F)      |
| Neurological Major:           | 4x 12,5m at 75kg incl. Sled (M)          |
| Seated With Hip Function:     | 4x 12,5 m at 75kg incl. Sled (F+M)       |
| Seated Without Hip Function:  | 2x 12,5 m at 75kg incl. Sled (F+M)       |
| Seated Without Core Function: | 2x 12,5 m at sled without weight (F+M)   |

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 between the designated lines the so called Athlete’s Box and is not allowed to overstep these lines while pulling the sled.
- As soon as the athlete completed the distance and the entire sled passes the start/finish line the station is completed

*Lower Limb Impaired Athletes adapt as followed:*  
Athlete can perform the pull seated or standing

Distances / Weight

|                               |  |
|-------------------------------|--|
| Lower Limb Impairment:        | 2x 12,5 m at 78/103 kg plus sled (F/M) |
| Upper Limb Impairment:        | 2x 12,5 m at 78/103 kg plus sled (F/M) |
| Short Stature Impairment:     | 2x 12,5 m at sled without weight (F)   |
| Short Stature Impairment:     | 2x 12,5 m at 50 kg incl. Sled (M)      |
| Visual/Hearing Impairment:    | 4x 12,5 m at 78/103 kg plus sled (F/M) |
| Neurological Minor            | 4x 12,5 m at 50/75 kg incl. Sled (F/M) |
| Neurological Major:           | 4x 12,5m at sled without weight (F)    |
| Neurological Major:           | 4x 12,5m at 50kg incl. Sled (M)        |
| Seated With Hip Function:     | 4x 12,5 m at 50 kg incl. Sled (F+M)    |
| Seated Without Hip Function:  | 2x 12,5 m at 50kg incl. Sled (F+M)     |
| Seated Without Core Function: | 2x 12,5 m at sled without weight (F+M) |

## 8.4 Burpee Broad Jump

- The athlete starts with hands behind the line.
- The starting position is in the upright position, place hand near foot, at most one foot length away. Once hand is placed on the ground it cannot be moved forward.
- In the lower position, the athlete's chest must touch the ground.
- Then, the athlete stands up and jumps forward.
- 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.

*Seated With Hip Function as well as other Adaptive Athletes using a wheelchair adapt as followed:*

80m Chair Dip (90 Degree Elbow) followed by 2 Wheel Length Push

*Seated Without Hip Function / Seated Without Core Function adapt as followed:*

80m Back Wheel Balance

Athletes with impairments that limit or prevent jumping particularly those using crutches for walking, and their individual ability to walk or jump with those aids adapt as followed:

- 40m 2 In-Place Burpees/Walkouts followed by four steps with crutches using 2,3 or 4-Point Gait pattern
- 80m 2 In-Place Burpees/Walkouts followed by four Swings with crutches, using Swing To or Through-Gait pattern

*Short Stature Impairment adapt as followed: 40 m*

All others: **Distance** 80 m (unless penalties are assessed)

8.5 Rowing\*

- Prior to starting the workout the monitor must be (re)set by a referee.
- 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.

*Seated Athletes adapt as followed:* The Rower will be separated so that the athlete can use the machine while seated. Please let our staff know upon registration and prior to your start if you need additional weights to prevent chair from moving.

Distances

|                               |        |
|-------------------------------|--------|
| Lower Limb Impairment:        | 1000 m |
| Upper Limb Impairment:        | 1000 m |
| Short Stature Impairment:     | 500 m  |
| Visual/Hearing Impairment:    | 1000 m |
| Neurological Impairment:      | 1000 m |
| Seated With Hip Function:     | 900 m  |
| Seated Without Hip Function:  | 800 m  |
| Seated Without Core Function: | 500 m  |

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

|       |   |
|-------|---|
| WOMEN | 5 |
| MEN   | 6 |

**Note:** Damper Settings may be adjusted as many times as needed

**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.

*Seated Athletes as well as other Adaptive Athletes using a wheelchair adapt as followed:*

Athlete places both Kettlebells on their lap. HYROX will provide a lap mat at the station.

*Athletes with impairments that limit or prevent carrying two kettlebells, particularly those using crutches for walking adapt as followed:*

Athlete will carry a single kettlebell in one hand while using the crutch in the other hand to support mobility.

**Distances / Weight**

|                               |                             |
|-------------------------------|-----------------------------|
| Lower Limb Impairment:        | 200 m at 2 x 16/24 kg (F/M) |
| Upper Limb Impairment:        | 200 m at 1 x 16/24 kg (F/M) |
| Short Stature Impairment:     | 100 m at 1 x 16/24 kg (F/M) |
| Visual/Hearing Impairment:    | 200 m at 2 x 16/24 kg (F/M) |
| Neurological Minor:           | 200 m at 1 x 16/24 kg (F/M) |
| Neurological Major:           | 100 m at 2 x 16/24 kg (F/M) |
| Seated With Hip Function:     | 200 m at 2 x 16/24 kg (F/M) |
| Seated Without Hip Function:  | 200 m at 2 x 16/24 kg (F/M) |
| Seated Without Core Function: | 200 m at 2 x 16/24 kg (F/M) |



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 feet behind the line.
- During each lunge, the 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-
- 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.

*Seated Athletes as well as other Adaptive Athletes using a wheelchair adapt as followed:*

Seated With Hip Function and Seated Without Hip Function:  
25 m at 10/20 kg (F/M) Side Sandbag Lift and Turnaround

Seated Without Core Function:  
25 m at 5/10 kg (F/M) Side Sandbag Lift and Turnaround

*Athletes with impairments that limit or prevent independent knee bending, particularly those using crutches for walking, will adapt as followed:*  
Athlete will place the sandbag on their shoulders while walking with crutches.

Distances / Weight

|                                |                         |
|--------------------------------|-------------------------|
| Lower Limb Impairment:         | 100 m at 10/20 kg (F/M) |
| Upper Limb Impairment:         | 100 m at 10/20 kg (F/M) |
| Short Stature Impairment:      | 50 m at 5/10 kg (F/M)   |
| Visual/Hearing Impairment:     | 100 m at 10/20 kg (F/M) |
| Neurological Minor Impairment: | 100 m at 10/20 kg (F/M) |
| Neurological Major Impairment: | 50 m at 5/10 kg (F/M)   |

## 8.8 Wall Balls

- With every throw the ball must strike the designated target.
- 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 necessary the referee can assist in handing over the ball in order to start the movement
- If the athlete violates any of the above mentioned points, the repetition becomes invalid.

*Lower Limb Impaired Athletes and Neurological Major Impaired Athletes adapt as followed:*

Athlete will be provided with a plyo box approximately 75 cm in height to assist with stability while performing the squat movement.

*Upper Limb and Visual Impaired Athletes adapt as followed:*

Athlete will perform Wall Balls by holding the ball and completing the squat movement without throwing the ball at the target.

**Reps / Weight / Target Height**

|                               |                                     |
|-------------------------------|-------------------------------------|
| Lower Limb Impairment:        | 75/100 at 4/6kg at 2,70/3,00m (F/M) |
| Upper Limb Impairment:        | 75/100 at 2/4kg at 2,70/3,00m (F/M) |
| Short Stature Impairment:     | 35/50 at 2/4kg at 2,00/2,20m (F/M)  |
| Visual/Hearing Impairment:    | 75/100 at 4/6kg at 2,70/3,00m (F/M) |
| Neurological Minor:           | 75/100 at 4/6kg at 2,70/3,00m (F/M) |
| Neurological Major:           | 75/100 at 2/4kg at 2,70/3,00m (F/M) |
| Seated With Hip Function:     | 50/75 at 2/4kg at 2,00/2,20m (F/M)  |
| Seated Without Hip Function:  | 35/65 at 2/4kg at 2,00/2,20m (F/M)  |
| Seated Without Core Function: | 25/35 at 2/4kg at 2,00/2,20m (F/M)  |

**9. ANTI DOPING CODE**

HYROX is committed to promote fair play, integrity, and the spirit of competition within all events. HYROX firmly believes in the principles of clean sport and is dedicated to creating an environment where athletes can compete on a level playing field.

As such, HYROX enforces an anti-doping policy to ensure the health and safety of all participants and to uphold the values of honesty, respect, and equality in sports. All events are dedicated to conduct the highest ethical standards with no tolerance to the use of prohibited substances or methods that may compromise the integrity of the race. All athletes participating in HYROX events are expected to comply with the organizers anti-doping regulations. This includes submitting to testing for banned substances, both in and out of the race. TUE's (Therapeutic Use Exemption's) can be submitted one month prior to racing. In addition, HYROX reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

Rules and Regulations as outlined in the terms and conditions on sign up.

## 10. 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.

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

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

10.2 The following items are strictly forbidden at all times:

- Headphones
- Cell Phones
- VR Headsets
- GoPro or any type of (body) cameras

### 10.3 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.

## 11. EVENT DAY SCHEDULE

On event day participants will encounter the following areas.

### 11.1 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.

### 11.2 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.

### 11.3 Warm Up Area

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

### 11.4 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.

## 12. PENALTIES

### 12.1 Time Penalties

#### 12.1.1 Missing Run Laps

If a participant does not run the correct number of laps a time penalty of 3-7 minutes per lap<sup>2</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).

#### 12.1.2 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.

#### 12.1.3 Missed Workout / Missed 1k Run

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

#### 12.1.4 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 2 minute penalty.

### 12.2 Distance/Time Penalties

Distance/Time penalties can be issued on the run and at Workout Stations 1-8. Distance penalties depend on the workout and range between 5 meters (for Individual Starters and 10 meters (for Doubles). Time penalties depend on the infringement and Workout Station.

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<sup>2</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/judge after consensus with a Head Judge and/or a Race Director. 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 (of any infringement), the repetition is considered invalid and the athlete receives the corresponding distance/time penalty. Any further warning within the station will result in additional distance/time penalties. Some time penalties can be issued without a warning and will be based upon the violation.

### 12.3 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).

### 12.4 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.

### 12.5 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.

## 13. RULES OF CONDUCT

By registering for a HYROX event participants are agreeing 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 penalties, disqualification, a lifetime ban from HYROX competitions and/or legal action. Any participant who is disqualified from a HYROX competition or banned for future events will not receive a refund for any fees or dues. This also applies to other behavior 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.

### 13.1 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.

### 13.2 General Conduct

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