RULEBOOK
SINGLE

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1 CONCEPT

HYROX, an indoor mass participation fitness competition, is based on an idea by co-founder Christian Toetzke and involves a combination of running and functional movements. The race was designed by Mintra Tilly, who also wrote the rulebook.

HYROX consists of a 1 km run followed by 1 station, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the racers must complete the runs and stations in the specific order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 stations.

Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each racer must run 1 km before each, 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. In addition to the overall fastest men's and women's times, results are also ranked in age groups [see below], also sorted from the fastest to the slowest time.

2 CONDITIONS OF PARTICIPATION

2.1 CONDITIONS OF PARTICIPATION IN HYROX

HYROX is a race open to everyone, qualifications are 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 which can be read at https://hyrox.com/terms-and-conditions/.

2.2 PRECONDITIONS FOR PARTICIPATION

1 In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
2 Official rankings will be based on racers' biological sex at birth. However, individuals who wish to participate for recreational purposes only, without being included in the official rankings, may register under their gender identity.
3 Each racer must agree to the terms and conditions of participation.
4 The only way to register for a HYROX event is via www.hyrox.com.

2.3 PREGNANT RACERS

Pregnant women are welcome to participate. However, the participation in any race during pregnancy remains solely at the discretion and responsibility of the pregnant individual. As every pregnancy is unique, we strongly recommend consulting a medical professional prior to participating in a race, in order to assess any potential risks.

Any pregnant racer who would like to adapt any movements or modify the prescribed weights/reps, should contact the HYROX team in advance. Hyrox is happy to accommodate these wishes where possible.

However, please note that any adaptations will result in your result being marked as 'Out of Competition' so you will be excluded from official rankings or qualification spots, although you will still receive a finish time.

2.4 PARTICIPATION WITH PHYSICAL LIMITATIONS

Injured racers are responsible for ensuring they have received medical clearance from a qualified health professional prior to participating in a HYROX race.

If movement adaptations or modifications to prescribed weights or repetitions are required due to physical limitations [whether temporary or ongoing] resulting from injury, racers must contact the HYROX team in advance.

If you require any movement adaptations or need to modify prescribed weights/reps due to injury, please contact the HYROX team in advance. We will do our best to support your participation safely.

Please note that any modifications made for injury-related reasons will result in you being marked as 'Out of Competition'. You will still receive a finish time, but your result will be excluded from official rankings and qualification opportunities.

3 REGISTRATION

3.1 PARTICIPATE AS AN INDIVIDUAL

At www.hyrox.com the racer can sign up via the 'Register here' button for the specific city.

1 Select your division: HYROX SINGLE
2 Enter your personal details
3 You are now registered as an individual racer

3.2 PARTICIPATE AS HYROX DOUBLES

In addition to the individual participation, there is also the option to join as a '2–Person–Team'. Learn more about the HYROX DOUBLES race in the RULEBOOK DOUBLES.

3.3 PARTICIPATE AS HYROX TEAM RELAY

It is also possible to participate in HYROX TEAM RELAY as a relay team of four. More details in the RULEBOOK TEAM RELAY.

3.4 PARTICIPATE AS AN HYROX ADAPTIVE SINGLE

It is also possible to join as a SINGLE ADAPTIVE RACER. Learn more about the HYROX ADAPTIVE race in the RULEBOOK ADAPTIVE.

4 DIVISIONS AND RANKING SYSTEM

4.1 HYROX DIVISIONS

WOMEN
WOMEN PRO
MEN
MEN PRO

HYROX offers four divisions. The divisions differ in gender and/or weight. The running distance remains the same across all divisions: everyone must run 1 km between each for a total distance of 8 km. Racers start in waves based on their division. The start always takes place exclusively with racers of the same division.

WORKOUT/DIVISION	WOMEN OPEN	MEN OPEN / WOMEN PRO	MEN PRO
SKI ERG	1000M	1000M	1000M
SLED PUSH 4 X 12,5M	102KG INCL. SLED	152KG INCL. SLED	202KG INCL. SLED
SLED PULL 4 X 12,5M	78KG INCL. SLED	103KG INCL. SLED	153KG INCL. SLED
BURPEE BROAD JUMPS	80M	80M	80M
ROWING	1000M	1000M	1000M
FARMERS CARRY 200M	2 X 16KG	2 X 24KG	2 X 32KG
LUNGES 100M	10KG	20KG	30KG
WALL BALLS 100 REPS	4KG	6KG	9KG

4.2 HYROX AGE GROUPS

UNDER 24 [16-24]
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64*
65-69*
70-74*
75-79*
80-84*
85-89*

Official HYROX Age Groups extend in five-year increments up to 85-89.
Athletes are permitted to compete in the Pro Divisions up to and including the 80+ Age Groups at regular HYROX races. Official Age Group rankings, podiums and flags will apply as normal.

* For qualification to the HYROX World Championships, athletes aged 60 and above qualify via the Open Division only. At the HYROX World Championships, athletes in the 60+ Age Groups compete using Open weights, repetitions and distances.

A racer's Age Group [AG] is determined by their age on the day of their race.

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 times. In addition, there is a ranking within the age groups, also sorted from the fastest to the slowest times.

If a racer competes twice within the same division, only their fastest time will be considered for ranking purposes, and they are not eligible to podium more than once in that division for the same race.

The results will be published immediately after each event ends, and will be available at results.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.

HYROX reserves the right to declare an event, event day or the part of the day affected as 'Out of Ranking' for World Championship qualification and/or Elite qualification if environmental or venue conditions [e.g., wet turf, unsafe surfaces, extreme weather] materially affect athlete performance or safety. Such a decision may be announced before, during, or after the event at the discretion of Director of Sports.

5 WORLD CHAMPIONSHIPS AND ELITE SERIES

5.1 QUALIFICATION FOR THE HYROX WORLD CHAMPIONSHIPS

The highlight of every HYROX season are the WORLD CHAMPIONSHIPS [hereafter referred to as WORLDS]. Any HYROX racer starting at a regular HYROX event can qualify for the annual HYROX WORLDS.

The qualification slots are limited to a specific number for each division at an event. Each race class at every qualifying event will offer one World Championship qualification spot.

If a racer is placed within their age group and earns a designated slot, they will be notified via email shortly after the event.

The racer will receive an official email with an invitation to register for the WORLDS within 48h. For the exact Rolldown Rules, please read 5.3, otherwise their slot will roll down to the next best placed finisher in that same division. The successful racer will compete at the WORLDS in the age group that they qualified in, regardless of their birthday.

5.2 QUALIFICATION AS AN INDIVIDUAL STARTER

All racers who qualify through the Pro Division in the age groups AG U24-59 as an Individual/Single [HYROX MEN PRO / HYROX WOMEN PRO] must complete the distances, repetitions and weights of the Pro Division at the HYROX World Championships.

Athletes aged 60 and above qualify for the HYROX World Championships through the Open Division. At the HYROX World Championships, all 60+ Age Groups compete using Open weights, repetitions and distances.

5.3 AGE GROUP SLOT ALLOCATION AND ROLLDOWN POLICY

Each division at every HYROX qualifying event offers one World Championship qualification spot. All registered athletes are eligible to receive a spot, regardless of licence status but the slot allocation process follows a structured hierarchy that prioritizes licensed competitors. Non-licensed athletes are strictly limited to two offers per race class per event.

The following rules apply to all Age Group World Championship qualification slot offers.

1 Acceptance window. Athletes have 48 hours from the time the invitation is sent to accept a qualification slot. Slots not accepted within this window will be offered to the next eligible athlete.

2 Non-licence holder limit. A maximum of two non-licence holder athletes will be offered a slot per race class, per event. Once two non-licence holder athletes have been offered the slot - regardless of whether they accepted or declined - no further offers will be made for that slot.

3 Three declines - exclusion. If an athlete declines a qualification slot offer three times within the same division, they will be excluded from all further offers in that division for the remainder of the season.

4 Active offer lockout. If an athlete has an open, unresolved offer from a previous event, they will not receive a new offer at the current event until the previous offer has closed.

5 Forfeits. An athlete may forfeit an accepted slot once per division [singles or doubles] per season. The athlete must re-qualify. The forfeited slot will be offered to the next eligible athlete on one occasion only.

6 Licence holders - encouraged to accept. Athletes holding an active HYROX licence who receive a slot offer are strongly encouraged to accept. Accumulating three declines in the same race class will result in exclusion from further offers for the remainder of the season. Where a licence holder has already purchased an Age Group entry and subsequently accepts an Elite WC qualification slot in the same race class, their Age Group entry fee will be automatically refunded.

The following example illustrates how slot allocation would proceed for a single race class at a qualifying event

OFFER	ATHLETE	STATUS	OUTCOME
1ST	ATHLETE A	LICENCE HOLDER	DECLINES
2ND	ATHLETE B	LICENCE HOLDER	DECLINES
3RD	ATHLETE C	LICENCE HOLDER	DECLINES
4TH	ATHLETE D	NOT A LICENCE HOLDER	DECLINES - NON-LICENCE OFFER 1 OF 2
5TH	ATHLETE E	LICENCE HOLDER	DECLINES
6TH	ATHLETE F	NOT A LICENCE HOLDER	DECLINES - NON-LICENCE OFFER 2 OF 2. ALLOCATION ENDS HERE.

5.4 WHAT IF A RACER QUALIFIES FOR MORE THAN ONE DIVISION?

Racers who have qualified for multiple divisions at the WORLDS are permitted to compete in multiple divisions as long as their allocated start times do not conflict. Requests to change start times will not be considered. Registering for multiple divisions is at a racer's own risk and refunds are not available in the event that conflicting start times prevent a racer from participating in multiple divisions.

Please note that Team compositions are tightly regulated once established. Partners cannot be changed under any circumstances without the submission of a valid medical note.

5.5 AGE GROUPS

All racers will start within their division and AG to determine the AG Winner–AG WORLD CHAMPION. The AG is set by the racer's age at the qualifying event. AG Winners do not qualify for prize money or the overall winner's title–World Champion of Fitness Racing.

If a licensed athlete accepts an AG qualification spot and subsequently qualifies for WC Elite in the same race class, their AG spot is automatically forfeited and refunded and a new offer is triggered.

For athletes aged 60 and above, qualification to the HYROX World Championships is via the Open Division only, regardless of participation in Pro Divisions during the regular season.

Operationally, registration systems, FAQs and qualification communications should align to the following principles:

1. Athletes aged 60+ CAN register for Pro divisions at regular HYROX races up to 80+
2. Athletes aged 60+ CAN podium and receive rankings/flags in Pro divisions at regular races
3. Athletes aged 60+ CANNOT qualify for World Championships through Pro divisions
4. Athletes aged 60+ qualify for World Championships through Open divisions only
5. Athletes aged 60+ compete using Open weights at the HYROX World Championships regardless of regular season division participation

5.6 ELITE 15 AND PRIZE MONEY

The Elite Racing Series is a separate start wave that consists of the fastest 15 racers of the Pro division [WOMEN PRO, MEN PRO] of the current season leading up to the WORLDS.

To learn more, you can read the ELITE 15 Qualification System below.

Only racers within the Elite 15 Wave have the opportunity to become the overall world champion –World Champion of Fitness Racing–and win prize money. The prize money available at each World Championship will be announced in the respective Elite 15 Guide.

Elite 15 racers are excluded from the individual AG rankings at the WORLDS and are therefore not eligible to become AG Winner in any of the Individual divisions. HYROX reserves the right to hand out Wildcards and invite other racers to the WORLDS at its discretion. In addition, HYROX reserves the right to make changes to the design of the race course and Roxzone, e.g., to improve spectator viewing or broadcast opportunities.

6 ELITE RACE SERIES 26/27 QUALIFICATION SYSTEM

The Elite Race Series 26/27 is the pinnacle of competitive HYROX racing, and the pathway to the elite races at the World Championship. This season sees the introduction of the Challenger Division, creating a pathway for athletes ranked 16-30 on the leaderboard to compete on the Elite 15 Grid and earn their place in the Elite 15 Division.

6.1 ELITE RACE SERIES STRUCTURE

The series comprises five elite events, each offering singles competition. For full details of race locations and dates visit www.hyrox.com.

Race 1 uses a waterfall start format, with athletes released one at a time at regular intervals. Races 2 through 5 use the Elite 15 Grid format and include both the Elite 15 and Challenger Divisions.

Each Elite 15 race offers 3 World Championship slots. Points are available at every race in accordance with the points-based framework, details can be found at elites.hyrox.com.

The Elite 15 field from Race 3 onwards consists of the top 14 ranked Elite 15 athletes plus the Challenger Division winner from the previous elite race.

6.2 QUALIFICATION FOR THE ELITE 15 DIVISION

Qualification for the Elite 15 Division is points-based, calculated over a rolling 365-day window. An athlete's qualification ranking is determined by their 5 best race results within that period.

The leaderboard is dynamic and updates after every pro race. For Elite Event 1, the top 15 ranked athletes at the cut-off date will be invited to compete in the

Elite 15 Division. The cut-off date falls approximately 21 days prior to day one of each elite event.

For Elite Events 2 through 5, the top 14 ranked athletes at the cut-off date will be invited to compete in the Elite 15 Division.

Full details of the points framework can be found at elites.hyrox.com.

6.2.1 ATHLETE LICENCE REQUIREMENT

Only athletes holding a valid HYROX Athlete Licence are eligible to accrue qualification points.

An Athlete Licence:

1. Is mandatory for participation in Elite 15 qualification pathways
2. Must be applied for prior to competing in any race for those points to be eligible
3. Provides eligibility for:
    - **a** Earning qualification points [referred to as NPI points]
    - **b** Selection consideration for Elite 15 races
    - **c** Access to designated Elite start waves where applicable
4. Confirms the athlete's agreement to HYROX sporting regulations, integrity policies, and professional standards.

Athletes seeking eligibility for the Elite 15 series must hold a valid HYROX Athlete License, which can be applied for at elites.hyrox.com. Athletes may still compete without a licence, however results achieved while unlicensed will not accrue qualification points, and licences cannot be applied for retrospectively to validate past performances.

6.2.2 QUALIFICATION WINDOW

Rankings are calculated on a rolling 365 day basis. Points are derived from an athlete's best results within that period:

1. Singles: Best 5 results count
2. Doubles: Best 3 results count

Based on these rankings, invitations to the Elite Racing and Challenger Divisions will be sent out.

6.2.3 RACE STRUCTURE

Points are awarded according to race tier, reflecting the competitive depth of each field across three eligible divisions in both singles and doubles.

1 Age Group [AG] Pro Race
2 Elite - Racing Series
3 Elite - World Championship

Each tier has a distinct maximum points allocation, reflecting the progressively stronger fields of competition. Please refer to the table below for a full breakdown of points distribution.

6.2.4 POINTS CALCULATION METHODOLOGY

Points are awarded using a percentile performance model that compares an athlete's finish time to the winning time, with fixed position scoring applied to the leading placements and percentile scoring used for all remaining eligible finishers.

Once a finisher exceeds the maximum allowable time threshold for percentile scoring, that athlete receives no points and no subsequent finishers in that race are eligible to score points, ensuring that performances outside the competitive standard do not influence qualification outcomes.

6.2.5 TRANSITIONAL RECOGNITION [INAUGURAL SEASON ONLY]

To support implementation of this points based framework during Season 26/27, historical performances from 1st September 2025 onward are recognised as ghost results with points only counting from 23 October onward for athletes holding a valid Athlete License.

STANDARD PRO RACE

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	105 POINTS	
2ND PLACE	100 POINTS	
3RD PLACE	1ST PLACE TIME / 3RD PLACE TIME X 100	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
4TH PLACE	1ST PLACE TIME / 4TH PLACE TIME X 100	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
5TH PLACE	1ST PLACE TIME / 5TH PLACE TIME X 100	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
6TH PLACE	1ST PLACE TIME / 6TH PLACE TIME X 100	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
7TH PLACE	1ST PLACE TIME / 7TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
8TH PLACE	1ST PLACE TIME / 8TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

CHALLENGER DIVISIONS

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	108 POINTS	
2ND PLACE	106 POINTS	
3RD PLACE	103 POINTS	
4TH PLACE	100 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	1ST PLACE TIME / 5TH PLACE TIME X 100	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	1ST PLACE TIME / 6TH PLACE TIME X 100	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	1ST PLACE TIME / 7TH PLACE TIME X 100	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	1ST PLACE TIME / 8TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	1ST PLACE TIME / 9TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	1ST PLACE TIME / 10TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

MAJOR ELITE 15 RACE

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	110 POINTS	
2ND PLACE	108 POINTS	
3RD PLACE	107 POINTS	
4TH PLACE	106 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	105 POINTS	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	104 POINTS	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	103 POINTS	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	102 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	101 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	100 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
13TH PLACE	1ST PLACE TIME / 13TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
14TH PLACE	1ST PLACE TIME / 14TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
15TH PLACE	1ST PLACE TIME / 15TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	115 POINTS	
2ND PLACE	112 POINTS	
3RD PLACE	110 POINTS	
4TH PLACE	109 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	108 POINTS	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	107 POINTS	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	106 POINTS	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	105 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	103 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	100 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
13TH PLACE	1ST PLACE TIME / 13TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
14TH PLACE	1ST PLACE TIME / 14TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
15TH PLACE	1ST PLACE TIME / 15TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

6.2.6 STRENGTH OF FIELD

Where athletes are tied on total qualification points at the point of determining invitations to Elite race qualification, rankings will be resolved using Strength of Field.
Strength of Field is defined as: The cumulative points standing of all licensed starters in that division at the event. This ensures results achieved in deeper, more competitive races carry appropriate ranking value.

6.2.7 SECONDARY TIE BREAK PROCEDURE

If athletes remain tied after the Strength of Field comparison, a sudden death review of their counting results will be applied, comparing their best points scores first and then progressing in descending order until the tie is broken, with the athlete holding the superior finishing position at the first point of difference ranked higher.

6.2.8 DOUBLES SPECIFIC QUALIFICATION RULES

Rankings are determined by a team's best three results within the rolling qualification window, using the same percentile scoring model applied in Singles competition, with tie break procedures aligned to the Singles framework.
Both athletes must hold valid Athlete Licences at the time of competition, and teams must qualify and compete with the same partner pairing unless a change is formally approved under exceptional circumstances.

Eligibility to compete as a Doubles team is determined strictly by nationality, as evidenced by a valid passport. Both athletes must hold nationality of the same country and present a valid, unexpired passport from that nation if requested for verification. Residency, visa status, or place of residence do not confer eligibility, and no alternative documentation [such as national ID cards, driver's licences, or copies] will be accepted as proof of nationality.

Athletes holding dual or multiple citizenships may only qualify and compete for Doubles under one nationality. Once an athlete has established their nationality through registration or competition, any request to change nationality, or change made through a registration will result in the forfeiture of all points accrued under the former nationality, and a new rolling 365 day qualification period will commence from the date of the change.

6.2.9 GOVERNANCE AND ELIGIBILITY

HYROX retains authority over:

1. Validation of eligible races
2. Points calculations and verification
3. Application of Strength of Field metrics
4. Final determination of Elite 15 invitations and World Championship qualification

All rankings are subject to regulatory compliance, licensing status, and adherence to HYROX competition rules.

6.3 THE CHALLENGER DIVISION

The Challenger Division is open to athletes ranked 16-30 on the HYROX leaderboard at the cut-off date, which falls approximately 21 days prior to day one of each elite event.

Challenger Division races take place from Elite Event 2 onwards. Points are allocated in accordance with the Challenger Division points framework, which is tiered separately from the Elite 15 Division. Full details can be found at elites.hyrox.com.

The winner of each Challenger Division race earns a direct slot in the Elite 15 Division for the following elite race, providing an opportunity for direct qualification to the World Championship.

If a Challenger Division winner does not take up their Elite 15 slot, this will roll down a maximum of two times; at that point, it will revert to the leaderboard rankings. There are no Challenger Division races at the World Championship.

There are no Challenger Division races at the World Championship.

6.4 WORLD CHAMPIONSHIP QUALIFICATION

Each Elite 15 race offers 3 World Championship slots. All WC slot winners will be invited to race in the Elite 15 races at the World Championship. Roll down logic will be based on the race where the outgoing athlete qualified.

In the event a WC slot winner does not take up their invitation, the slot will roll down to the next ranked athlete from the race at which the original qualifier earned their slot.

There are no Challenger Division races at the World Championship. All athletes competing at the World Championship will do so in the Elite 15 format.

7 THE RACE

A HYROX race consists of a 1km run followed by one workout station, repeated 8 times.

In order to complete the entire HYROX race and receive a valid finishing time, the racers must start at the designated start time, complete the runs and workouts in the designated order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 workout stations whilst wearing their issued timing chip on an ankle at all times.

HYROX race operate using wave starts at regular scheduled intervals [e.g., every 10 minutes]. Each racer is assigned an official start time, which is communicated prior to race day and confirmed again at check-in.

Racers must have their official start time clearly visible on their arm.

Attention

1. Any racer who starts in an earlier or later wave than their official assigned start time without prior approval from the Race Organisers will be disqualified [DQ].
2. It is the racer's responsibility to wear their timing chip on an ankle at all times while racing. Failure to do so will result in a 'Did Not Start' [DNS] leaderboard result.
3. Racers must avoid entering the Roxzone or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.
4. Racers are solely responsible for counting their own running laps; completing extra laps does not warrant any time adjustment, and any lap screen provided at the venue serves only as a non-official aid.

7.1 STATION RULES AND REGULATIONS

1. Complete all workout stations in the correct order.
2. Enter and Exit each workout station via the correct routes.
3. Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
4. Complete the prescribed number of repetitions and/or distances.
5. Perform each exercise according to the movement standards.
6. Perform the exercises/movements using the correct weight[s].
7. Only use a piece of equipment/lane/wall ball station assigned by a member of the Race Crew. Failure to do so will incur a 2-minute penalty per infringement.
8. Only event supplied chalk and chalk related accessories may be used during the race, and only at the designated stations where it is provided. Athletes are not permitted to remove chalk from a station or carry it to another location. Each infringement will result in a 2-minute penalty.
9. To avoid creating slip hazards for other racers and staff, the fluids provided at aid stations are for drinking only. They are not to be used for active cooling [e.g. pouring water over the head or body]. Doing so will incur a 2-minute penalty per infringement.

7.2 RUNNING

All HYROX courses comprise the same distances and combine the Run Course, Roxzone and workout station distances.

The designated run portion of every HYROX race totals 8,000 meters, divided into eight run segments of approximately 1,000 meters each.

Due to venue layout, individual run segments may be structured as multiple laps, and the length of the first or final lap within a segment may vary. Any deviation from 1,000 meters within a lap will be offset within that segment's lap structure to ensure the full 8,000 meter designated running distance is completed.

On the run course, there is a line dividing the running course into two zones: Fast Lane [smaller, on the inside line] and Running Lane [larger, on the outside line]. Racers running at a 4/km pace or faster are

required to use the Fast Lane, while other racers should stay in the Running Lane. In the event that HYROX crew are directing the Fast Lane, all racers must comply with their instructions.

7.3 JUDGING TEAMS

Athletes must not remain in the start tunnel once their wave has begun. They are required to move forward with the natural flow of their start wave. Failure to do so may result in a penalty.

A Judging Team will be responsible for ensuring all racers complete the race in a correct and safe manner. The Judges do this in coordination with the Head Judge of the respective station.

The Head Judge of each station is managed by the Race Directors, who oversee all sporting aspects of the race and make the final decisions on all judging matters.

All decisions of the Lead Race Director are final.

8 MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

It is the responsibility of each racer to complete all run segments and workout stations as prescribed, in the correct sequence, and to clearly demonstrate that all required movement standards are being met throughout the race.

Any execution of a run or movement that deviates from the prescribed standards, appears unusual or uncommon, or appears to provide a competitive advantage will not be recognised. Such actions may result in either a no rep or a time penalty, depending on the station.

Additionally, equipment and lane assignments for each station will be determined by the Head Judge and their team. Racers are not permitted to choose their own equipment or lane under any circumstances.

On Lunges, Burpee Broad Jumps, and the Farmer's Carry, faster racers may overtake slower racers when safe to do so. Any grid lines or lane markings at these stations serve as orientation only and are not mandatory to follow.

Each workout station must be completed in full. Any failure to complete a workout station in its entirety will result in disqualification [Incomplete Station]. This applies to all eight stations. This rule is separate from missing run lap penalties, which are handled under Section 12.

DISTANCE: 1,000 METERS

1. Prior to starting, the monitor will be [re]set by a Judge.
2. The racer must have both feet on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The racer's heels are permitted to hang over the edge of the SkiErg base but must not come into contact with the floor. Racers may use a dynamic or jumping motion while skiing. Feet may temporarily leave the base plate during the jump. However, when the feet return to the ground, they must land back on the SkiErg base plate. If either foot touches the floor [and not the baseplate] during the 1,000 meters, this will be deemed an infringement.
3. After completing the required distance, the racer must remain with both feet on the platform and raise an arm to signal to a Judge that the required distance has been completed.
4. The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.

Note: The damper setting on the ergometer is preset to resistance 6 for all divisions–this may be adjusted as many times as desired by the racer.

SKIERG PENALTY PROTOCOL

1. If the racer's feet move from the SkiErg base, this will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.

8.2 SLED PUSH

DISTANCE: 50 METERS

1. Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2. Both sled and racer must be completely behind the white line prior to starting.
3. Both sled and racer must stay within their designated lane and not interfere with a neighbouring lane in any way.
4. The sled must always pass the 12.5m mark [end of the lane] entirely before changing direction.
5. As soon as the racer completes 4 x 12.5m lanes and the entire sled passes the line, the station is complete.

SLED PUSH PENALTY PROTOCOL

1. A racer's first infringement will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.

DISTANCE	50 METERS [4 X 12.5M]
WOMEN	102 KG INCL. SLED
WOMEN PRO / MEN	152KG INCL. SLED
MEN PRO	202KG INCL. SLED

8.3 SLED PULL

DISTANCE: 50 METERS

1. Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2. Both sled and racer must be completely within their respective Racers Box prior to starting.

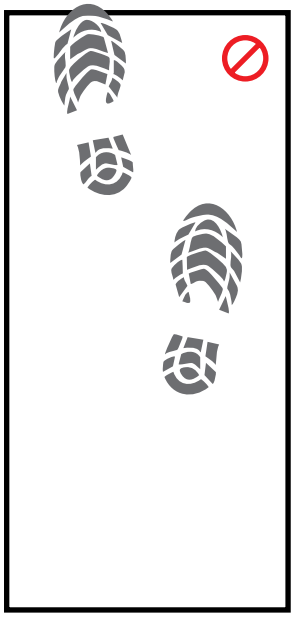

FIG 001

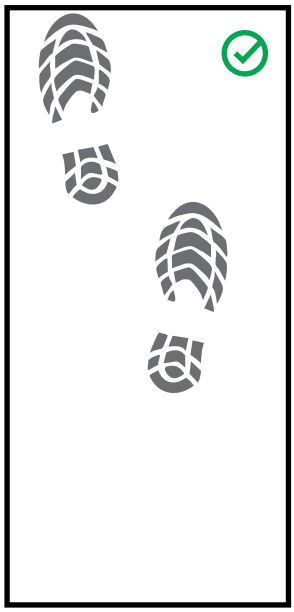

FIG 002

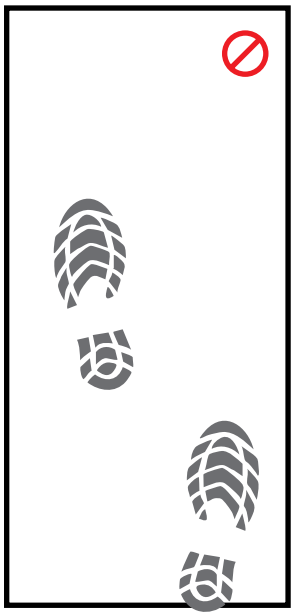

FIG 003

3 At all times, the racer must remain within their designated working space [known as the Racers Box] at each end of their lane.

   a Racers are not permitted to step on the solid line at the front [see Fig 001 & 002] or back of the Racers Box [see Fig 003] while holding the rope.

4 The sled must always pass the 12.5m mark [end of the lane, completely over the white line] before changing direction.

5 Once the racer pulls the entire sled past the 12.5m mark, the racer then runs to the opposite of their lane and pulls the sled back.

6 At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.

7 At all times, the racer must make sure that their rope remains in their lane - it may extend out of the back of their lane, but may not impede a neighbouring lane.

8 As soon as the racer has completed 4 x 12.5 m lanes and the entire sled passes the line, the station is complete.

SLED PULL PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.

DISTANCE	50 METERS [4 X 12.5M]
WOMEN	78 KG INCL. SLED
WOMEN PRO / MEN	103 KG INCL. SLED
MEN PRO	153 KG INCL. SLED

DISTANCE: 80 METERS

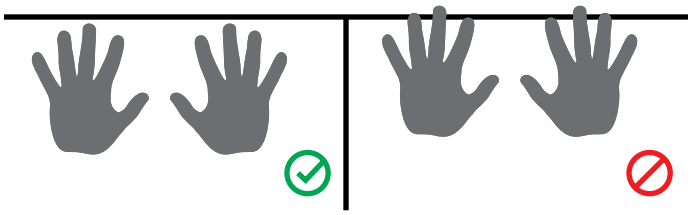

FIG 004

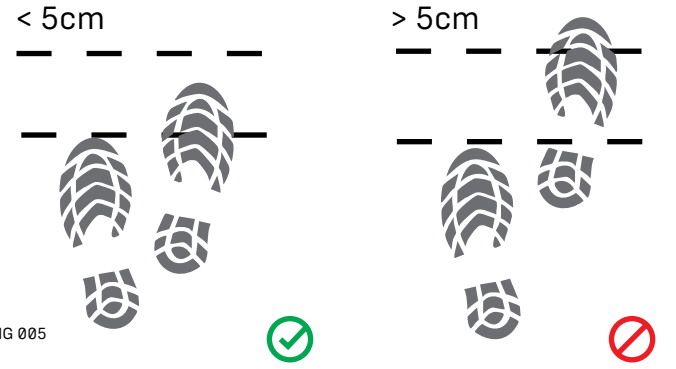

FIG 005

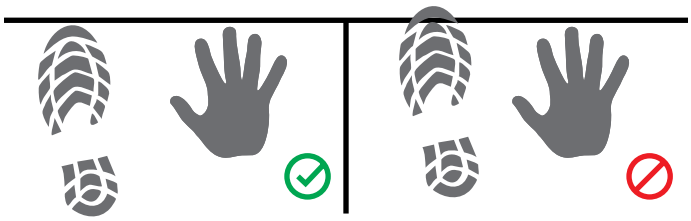

FIG 006

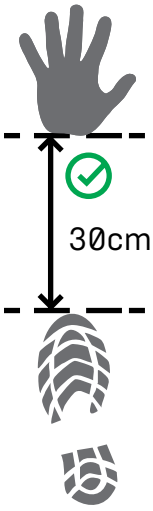

FIG 007

FIG 008

1 The racer must start by completing a burpee.

2 The first burpee of each section starts with both hands placed on the ground/contrasting coloured tape behind the white start–line with the racer's chest on the ground [see Fig 004].

- **a** In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.

3 The racer may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must take off and land simultaneously. A maximum variance of 5 cm is permitted between the front of one foot and the front of the other foot during both take-off and landing. Any stagger greater than 5 cm is not permitted. Additional steps or shuffles are not permitted at any time. [see Fig 005]

4 Racers are permitted to use a knee when coming out of the bottom of the burpee position.

5 When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips

- **a** The 30 cm measures from the base of the racer's palms where their hands meet their wrists [see Fig 007].
- **b** Once the hands are placed on the ground, they cannot be moved forward.

[overstepping] [see Fig 006].

6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm forward of their toes from the front foot.

7 The racer may then jump or step backwards into the burpee position. In the bottom of all burpees, the racer's chest must clearly touch the ground.

8 If grid lanes are in place, they are there as a guide only - it is not mandatory to stay in the same lane i.e. a faster racer can cross lanes to overtake a slower racer.

9 The length of each broad jump is up to the racer.

10 Where turning points are used at the end of each section, racers are not required to perform the movement around them. However, the racer must jump across every white start/finish line with

both feet fully crossing the line at the end of the section before turning. Each new section must begin from the designated start line position–chest on the ground with hands placed behind the white line [see Fig 008].

11 The workout station is completed once the racer jumps over the finish line. If either foot lands on the finish line, another burpee broad jump must be completed.

It is the racer's responsibility to make it clear for the Judges that they are meeting all movement standards.

BURPEE BROAD JUMP PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.

8.5 ROWING

DISTANCE: 1.000 METERS

1 Prior to starting, the monitor will be [re]set by the Judging Team.

2 The athlete must remain seated on the rower until the full 1,000 meters are completed.

3 Racers may stop rowing at any time, place the handle back in the holder, and rest with their feet on or off the foot plates.

4 The athlete may not stand up, leave the seat, or dismount the rower until the 1,000 meters are completed and a judge has confirmed completion.

Attention

1 The damper setting on the ergometer is preset to Resistance 6 for all divisions–this may be adjusted as many times as desired by the racer.

2 The footplates will be preset to Position Number 4 for all divisions. Racers are permitted to adjust the footplate to their preferred setting before beginning.

1. A racer's first infringement will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.

8.6 KETTLEBELL FARMERS CARRY

DISTANCE: 200 METERS

Depending on the venue, achieving 200 meters may involve multiple laps. It is the racer's responsibility to familiarize themselves with the athlete map and complete the required number of laps. It is the racer's responsibility to select the correct weight of kettlebells appropriate for their division–see options for weights/colours below.

1. The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/finish line.
2. The racer has to carry both kettlebells at all times while they move.
3. Kettlebells must be carried with both arms extended by the racer's sides.
4. Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
5. The workout station is completed once the racer carries the kettlebells across the finish line and returns them to the correct box, ensuring that the handles remain in the upright position.

1 If the racer fails to return their kettlebells to the correct area and/or they are not left in the upright position, a 30-second penalty shall apply. If a racer returns to correct their infringement before exiting the Roxzone, this penalty will not be applied.
2 If a racer completes all/part of the Farmers Carry using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification [DQ].

DISTANCE	200 METERS
WOMEN	2 X 16KG [WHITE]
WOMEN PRO / MEN	2 X 24KG [GREY]
MEN PRO	2 X 32KG [BLACK]

8.7 SANDBAG LUNGE

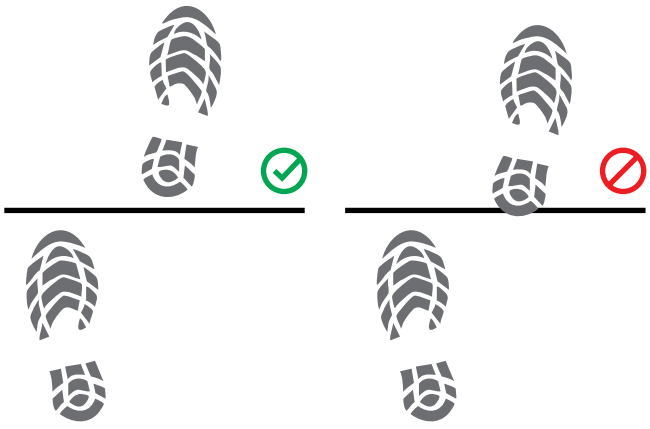

FIG 009

DISTANCE: 100 METERS

It is the racer's responsibility to select the correct weight of sandbag for their division–see options for weights/colours below.

1 The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/ finish line.
2 The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
3 During each lunge, the trailing knee must clearly touch the ground.
4 Each repetition ends with the racer standing tall, knees and hips fully extended.
5 Lunges must be alternating i.e. alternating knees touching the ground.
6 The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
7 It is not permitted to take any steps or shuffles between repetitions.

8 It is required that the racer's front foot must completely cross the white line at the end of each lane, and the finish line.

9 The racer does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it [see Fig: 009].

10 The station is complete once the racer's leading foot completely crosses the finish line. They must then return the sandbag to the correct marked area.

SANDBAG LUNGE PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 If the racer fails to return their sandbag to the correct area, a 30-second penalty shall apply. If a racer returns to correct their infringement before exiting the Roxzone, this penalty will not be applied.

4 If a racer completes all/part of the Sandbag Lunge using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification [DQ].

5 During Sandbag Lunges, the sandbag must remain fully supported by the working athlete. It must not be placed on the ground, barricades, feet, or any other surface to remove the load. Each infringement will result in a 15-second penalty.

DISTANCE	100 METERS
WOMEN	10KG [WHITE]
WOMEN PRO / MEN	20KG [GREY]
MEN PRO	30KG [BLACK]

8.8 WALL BALLS

REPS: 100

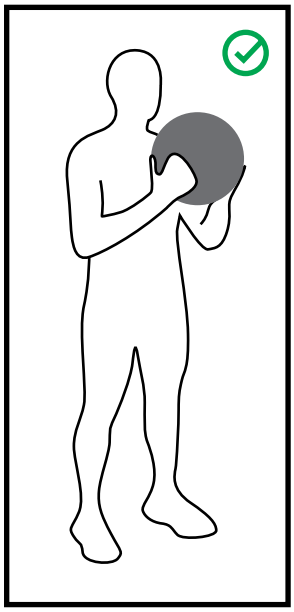

FIG 010

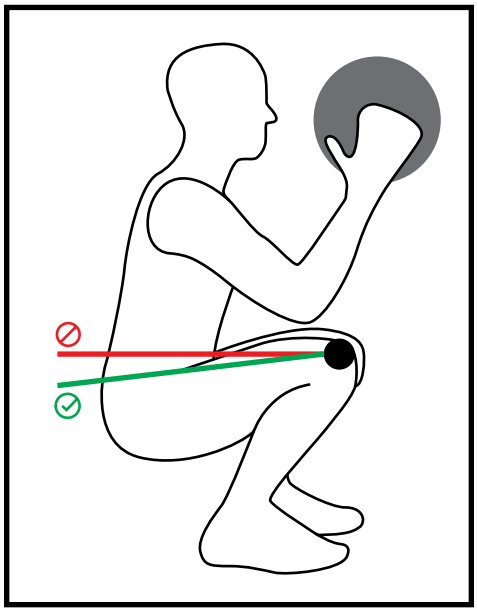

FIG 011

1. It is the racer's responsibility to ensure they have selected the correct weight of wall ball relevant to their division [see below].
2. The racer must start by standing tall [hips and knees extended], holding the wall ball with both hands [see Fig 010] i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.
3. The racer completes a full squat and throws the ball with both hands striking the correct target on the Wall Ball rig. This sequence counts as one repetition.
4. Each wall ball throw must strike the designated target i.e. female racers must hit their target in the strike zone, male racers must hit their target in the strike zone.
5. After the ball touches the target, the racer either catches the ball and initiates the movement again or alternately, the racer allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat. Racers are not permitted to catch the ball after it bounces and continue with the next repetition.
6. At the bottom position of the squat, the racer's hips must descend lower than their knees [also known as; below parallel or below 90º] [see Fig 011].
7. Where no digital targets are in use, racers may only proceed to the Finisher Stage once their Judge confirms that 100 valid Wall Ball repetitions have been completed.
8. Racers are permitted to remove their shoes once they arrive at their designated target. The racer must place the shoes under the rig. After completing 100 valid wall balls the racer is required to take their shoes with them to the Finisher Stage–racers are not permitted to return to the wall ball area after completing their race.
9. Racers are encouraged to avoid running under the wall ball rig so as to avoid any obstacles or staff.
10. If the racer breaches any of these requirements, that repetition will be deemed a 'no rep'.

CATEGORY	WEIGHT
WOMEN	100 REPS / 4KG [WHITE]
WOMEN PRO / MEN	100 REPS / 6KG [GREY]
MEN PRO	100 REPS / 9KG [BLACK]

CATEGORY	TARGET HEIGHT
WOMEN / WOMEN PRO	2.70M
MEN / MEN PRO	3.00M

Attention

1 Digital Wall Ball Target Protocol
HYROX events may use digital screens to display rep counts and no-reps as a visual aid. The screen may indicate two types of no-reps: movement faults [e.g., not meeting the correct movement standard or breaking the movement pattern] and target faults [e.g., not hitting the target or hitting the wrong target]. These displays do not determine the validity of repetitions. A Wall Ball rep is only valid when the athlete performs the correct movement standard and the ball makes proper contact with the correct physical target. After 100 valid repetitions, the screen will turn green and display a 'GO' signal to indicate that the station is complete. The physical target and judge confirmation remain the official standard for all repetitions.

2 Squat Depth Boxes

A squat depth box may be used at the Judge's discretion to assist in assessing whether a racer's squat meets the required depth. They cannot be requested by a racer. These boxes are not to be used for resting or sitting– they serve solely as a depth indicator, not as a resting opportunity during the workout.

WALL BALL PENALTY PROTOCOL

1 No warnings are given, it is either a rep or a no-rep.

2 If a racer uses powdered chalk at the wall ball workout station, a 2 minute penalty will apply.

9 ANTI DOPING CODE

HYROX is committed to promoting 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 racers can compete on a level playing field.

As such, HYROX enforces an anti-doping policy to ensure the health and safety of all racers and to uphold the values of honesty, respect and equality in sports. All events are dedicated to maintaining the highest ethical standards with zero tolerance for the use of prohibited substances or methods that may compromise the integrity of the race.

All racers participating in HYROX events are expected to comply with the organisers' antidoping regulations. This includes submitting to testing for banned substances, both in and out of the race. TUE's [Therapeutic Use Exemptions] can be submitted 28 days prior to racing.

In addition, HYROX reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

Please go to https://hyrox.com/rulebook/ to view the Hyrox Anti-Doping Code and/or the TUE Application Form.

10 CLOTHING, ACCESSORIES, HYDRATION/ NUTRITION

It is the responsibility of the racer to ensure that they are appropriately dressed when preparing for the activities to be undertaken, in relation to the environmental factors and any cultural sensitivities that should be observed.

All racers are required to wear closed-toe shoes at all times during the race, except at the Wall Ball workout station where racers may remove their shoes to complete the Wall Balls.

10.1 CLOTHING AND ACCESSORIES

The following items may be used/worn during the race:

1 Knee Sleeves
2 Gloves [not grips]
3 Weightlifting Belt
4 Wristbands
5 Hydration Packs
6 Asthma inhalers or similar prescribed
7 Respiratory devices [see note 3]

Any item not explicitly listed as permitted is, by default, prohibited.

Attention

1 If a racer chooses to use, wear or carry any of the above items, they must do so from the start to the finish of their race. These items may not be handed to or received from anyone else at any point. Doing so constitutes outside assistance and may result in disqualification.
2 Any item NOT listed above should be considered

prohibited unless the racer receives written permission from the Race Director prior to race start. Prohibited items will be confiscated and can be recovered at the Customer Service desk after the racer has finished.

3 Compliance with the Hyrox Anti-Doping Policy must be honored at all times.

10.2 FORBIDDEN ITEMS

The following items are strictly forbidden at all times:

1 Headphones
2 Cell Phones*
3 VR Headsets
4 GoPro or any other type/brand of [body] cameras
5 Helmets**
6 Breathing apparatus**
7 Compressed air cylinders**
8 Ear Plugs
9 Smart glasses, AI glasses, or any eyewear incorporating cameras, audio recording, live streaming, data transmission, or augmented reality functionality

* IF A MEDICAL DEVICE THAT REQUIRES PROXIMITY TO A RACER'S PHONE IS NECESSARY DURING THE RACE, PRIOR APPROVAL MUST BE OBTAINED FROM THE RACE DIRECTOR. PLEASE CONTACT YOUR LOCAL CUSTOMER SUPPORT TEAM BEFORE RACE DAY TO BE CONNECTED WITH THE APPROPRIATE RACE DIRECTOR.

** FOR SAFETY REASONS, ANY CLOTHING OR EQUIPMENT THAT COULD POSE A RISK TO OTHER RACERS IS NOT PERMITTED ON THE HYROX RACE FLOOR. THIS INCLUDES, BUT IS NOT LIMITED TO, BREATHING APPARATUSES, COMPRESSED AIR CYLINDERS, AND HELMETS. WHILE WE UNDERSTAND THAT SUCH ITEMS ARE SOMETIMES WORN AS PART OF CHARITY-BASED INITIATIVES, THE SAFETY OF ALL RACERS REMAINS OUR TOP PRIORITY. UNIFORMS AND WEIGHT VESTS ARE STILL PERMITTED, PROVIDED THEY DO NOT INTERFERE WITH THE SAFETY OR PERFORMANCE OF OTHER RACERS.

10.3 POOR SPORTSMANSHIP

Any form of poor sportsmanship, including threatening and/or abusive behaviour towards event staff, judges, volunteers, spectators or fellow racers can lead to penalties and/or disqualification. These penalties can also be applied retrospectively following a race.

Poor sportsmanship is defined as attempts at deception, manipulation or excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX races and/or legal action.

10.4 GENERAL CONDUCT

Littering is prohibited. For example, all paper cups and used gel packaging must be discarded in the bins provided, not on the Roxzone floor or run course. Each infringement can result in a 2-minute time penalty.
Spitting or clearing of nostrils onto the floor is strictly prohibited. Each infringement will result in a 2-minute time penalty.

10.5 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 racers desiring nutrition must carry it on their person from the start of the race.

Racers are not permitted to accept any beverage or nutritional product from anyone except the aid stations during their event. Doing so is considered 'outside assistance' and time penalties can be applied per infringement.

11 EVENT DAY SCHEDULE

On event day, racers will encounter the following areas.

11.1 REGISTRATION, TIMING CHIP AND WRISTBANDS

Once racers arrive at the venue, they will need to attend the racer Check-in area where they will receive their timing chip/ankle strap, racer number and wrist lanyard.

Racers 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 and/or green. This is used to identify the participant's start wave and division during the race and must be worn visibly on the wrist.

Each racer also receives a timing chip for recording the racer's time[s] during the race. This chip must be attached to an ankle.

Any other position may lead to an invalid or incomplete time record–it is the racer's responsibility to wear the timing chip correctly on an ankle throughout the race.

11.2 CHANGING ROOMS AND BAG DROP AREA

Changing rooms and a secure bag drop will be available at the venue. However, 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 race will be available to all racers. Spectators are not permitted in the warm up area–it is exclusively for the use of racers.

11.4 START ZONE AREA

Ten minutes prior to a racer's start time, the racer must assemble at the start tunnel area to receive official instructions about the race start.

12 PENALTIES

12.1 PENALTIES

12.1.1 MISSING RUN LAPS

If a racer does not run the correct number of laps, a time penalty of 3-7 minutes per lap will be applied and added to their final result time.

For example: For a specific venue, the time penalty could be 5 minutes. The racer's final result time is 1:24 but if they missed 2 run laps throughout the race their final result time will be 1:34 [2 x 5 minute penalties].

12.1.2 COMPLETING THE STATIONS IN THE INCORRECT ORDER

If a racer does not complete the station in the correct sequence [1-8], they are permitted to complete missing stations prior to entering station 8 [Wall Balls].

Completing the stations in the incorrect order will result in a 3-minute penalty. If more than one is completed out of order, the participant will automatically be disqualified.

12.1.3 MISSED STATION / 1K RUN

Missing an entire station, failing to complete any workout station in full, or missing a 1K run will lead to a disqualification.

12.1.4 CONFUSION OF ROXZONE IN AND OUT

Each time a racer 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 TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-8. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the timing system using chip reads—for example, incorrect use of the IN/OUT arches or missing sled laps.

Infractions related to movement standards or rep counts—such as using the wrong weights, failing to return kettlebells correctly, or a no-rep on wall ball squats—can be penalised in real time by Judges or Head Judges.

Only Race Directors have the authority to disqualify [DQ] a racer, based on input from Head Judges, Judges, or their own direct observations.

For Stations 1–7, racers will receive one warning per station for not meeting movement standards. On the second infringement–regardless of type–the repetition is deemed invalid and the racer will receive the associated time penalty. Any further violations within the same station will incur additional penalties.

Note: Certain violations may result in immediate penalties without warning, depending on their severity.

12.3 DID NOT FINISH

If a participant does not finish a 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 time].

12.4 DISQUALIFICATION

If a participant has been disqualified by a Race Director during a race, they will not receive any results data from that race and will be excluded from all rankings and awards related to it.

Once disqualified, the participant may not continue competing in that specific 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 penalty.

CODE	REASON	PENALTY
01	MISSING LAP RUN	3 MIN [4 LAP SETUP] 5 MIN [3 LAP SETUP] 7 MIN [2 LAP SETUP] DQ [1 LAP SETUP]
02	MISSING RUN OR STATION	DQ
03	INCORRECT STATION ORDER	3 MINUTES FOR FIRST INFRINGEMENT, THEN DQ
04	INCORRECT USE OF IN/OUT ARCHES	2 MINUTES PER INFRINGEMENT
05	INCORRECT USE OF WORKOUT STATION ENTRY/EXIT	2 MINUTES PER INFRINGEMENT
06	FEET NOT ON SKIERG BASE OR NOT ON ROWER FOOTPLATES BEFORE TOUCHING THE HANDLE	15 SECONDS PER INFRINGEMENT
07	LEAVING SKIERG EARLY	DQ — FAILURE TO COMPLETE 1,000 METERS [INCOMPLETE STATION]
08	LEAVING ROWER EARLY	DQ — FAILURE TO COMPLETE 1,000 METERS [INCOMPLETE STATION]
09	LEAVING WALLBALLS EARLY	DQ — FAILURE TO COMPLETE 100 WALL BALLS [INCOMPLETE STATION]
10	MISSING SLED LANE	DQ — MISSING LANE [INCOMPLETE STATION]
11	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
12	MISSING FARMERS CARRY LAP	DQ — MISSING LAP [INCOMPLETE STATION]
13	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
14	INCORRECT WEIGHT AT FARMERS CARRY OR LUNGES	DQ
15	TRAILING KNEE NOT TOUCHING THE GROUND/ NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
16	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS PER INFRINGEMENT
17	START TUNNEL FLOW	A 1 MINUTE PENALTY CAN APPLY FOR RACERS WHO WAIT IN THE START TUNNEL AFTER THEIR WAVE HAS STARTED.
18	USE OF CHALK	CHALK USE IS PERMITTED JUST FOR SLED PULL AND FARMERS CARRY. USING CHALK ANYWHERE ELSE LEADS TO A 2 MINUTES PENALTY ONLY EVENT-PROVIDED CHALK IS PERMITTED USING OWN CHALK OR REMOVING EVENT CHALK FROM A STATION IS A 2-MINUTE PENALTY
19	OUTSIDE ASSISTANCE	2 MINUTES PER INFRINGEMENT
20	INCORRECT START TIME [WITHOUT PERMISSION]	DQ
21	NOT WEARING TIMING CHIP WHILE RACING	DID NOT START [DNS]
22	SPITTING OR CLEARING NOSE	2 MINUTES OR DQ [RACE DIRECTOR DECISION]
23	LITTERING, RAPID COOLING	2 MINUTES PER INFRINGEMENT
24	UNSPORTING BEHAVIOUR	2 MINUTES OR DQ [RACE DIRECTOR DECISION]

13 RULES OF CONDUCT

By registering for a HYROX event, racers are agreeing to compete in a fair and honorable manner and to abide by the HYROX Code of Conduct, which upholds the core values that ensure a respectful and inclusive race environment for all.

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 races and/or legal action.

Any participant who is disqualified from a HYROX race or banned from future events will not receive a refund for any fees or dues. This also applies to behavior that could harm or disturb participants, volunteers, staff, sponsors and spectators. Any of the aforementioned actions may be taken against any participant at the discretion of event organisers.