

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 gender at birth. However, individuals who wish to participate for recreational purposes only, without being included in the official ranking, 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 are 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.

3.3 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, repetition 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 / MIXED	WOMEN PRO	MEN PRO
SKI ERG	1000M	1000M	1000M	1000M
SLED PUSH 4 X 12,5M	102KG INCL. SLED	152KG INCL. SLED	152KG INCL. SLED	202KG INCL. SLED
SLED PULL 4 X 12,5M	78KG INCL. SLED	103KG INCL. SLED	103KG INCL. SLED	153KG INCL. SLED
BURPEE BROAD JUMPS	80M	80M	80M	80M
ROWING	1000M	1000M	1000M	1000M
FARMERS CARRY 200M	2 X 16KG	2 X 24KG	2 X 24KG	2 X 32KG
LUNGES 100M	10KG / 22LBS	20KG / 45LBS	20KG / 45LBS	30KG / 66LBS
WALL BALLS 100 REPS	4KG / 9LBS	6KG / 14LBS	6KG / 14LBS	9KG / 20LBS

4.2 HYROX AGE GROUPS [EXCLUDING PRO DIVISIONS*]

UNDER 24 [16-24]

25-29

30-34

40-44

45-49

50-54

55-59

60-64*

65-69*

70-74*

75-79*

80-84*

85-89*

*PRO DIVISIONS END AT AGE GROUP 55-59

Athletes aged 60 and above are not eligible to race in the Pro Divisions. Instead, all 60+ age group athletes race with Open weights in regular races and remain eligible for World Championship qualification. At the World Championships, weights, repetitions, and distances for all 60+ age groups remain unchanged.

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.hydrox.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 AND ELITE 15

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. The number of qualification slots per division will be announced on the event page of each event city.

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 a stated time frame, 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 have qualified in the age groups AG U24-59 as an individual/single [HYROX MEN / HYROX WOMEN / HYROX MEN PRO / HYROX WOMEN PRO] have to complete the distances, reps and weights of the PRO division at the championships.

For all other single racers who qualified in the AG 60+, the weights, reps and distances remain unchanged.

5.3 QUALIFICATION AS A DOUBLES TEAM

5.3.1 DOUBLES MEN/WOMEN AND DOUBLES MEN/WOMEN PRO

All racers who have qualified in the age groups AG U24-59 as an individual/single [HYROX MEN / HYROX WOMEN / HYROX MEN PRO / HYROX WOMEN PRO] have to complete the distances, reps and weights of the PRO division at the championships.

For all other single racers who qualified in the AG 60+, the weights, reps and distances remain unchanged.

5.3.2 DOUBLES MIXED

The distances, reps and weights for this division remain the same at the championships.

If a DOUBLES Team Member drops out, he/she can be replaced. The only requirement is that the new DOUBLES team member has to be the same gender and age as the previous member. This way the age group and the division will remain the same.

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.

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 winners title–World Champion of Fitness Racing.

5.6 ELITE 15 AND PRIZE MONEY

The Elite 15 is a separate start wave that consists of the fastest 15 racers of the Pro division [WOMEN PRO and 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 REGIONAL CHAMPIONSHIPS

6.1 PARTICIPATION IN REGIONALS

Another highlight of the HYROX season are the REGIONALS [here after referred to as CHAMPIONSHIPS] which, other than the Elite 15 races, will be based on Open weights.

The CHAMPIONSHIPS are made up of three regions–Americas, APAC and EMEA–based on relatively aligned time zones and logistical proximity.

AMERICAS

Antigua and Barbuda, Argentina, Bahamas, Barbados, Belize, Bolivia, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, El Salvador, Grenada, Guatemala, Guyana, Haiti, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, United States, Uruguay, Venezuela.

APAC [ASIA-PACIFIC]

Afghanistan, Bangladesh, Bhutan, Brunei, Cambodia, China, India, Indonesia, Japan, Laos, Malaysia, Maldives, Mongolia, Myanmar, Nepal, North Korea, Pakistan, Philippines, Singapore, South Korea, Sri

Lanka, Taiwan, Thailand, Timor-Leste, Vietnam, Australia, Fiji, Kiribati, Marshall Islands, Micronesia, Nauru, New Zealand, Palau, Papua New Guinea, Samoa, Solomon Islands, Tonga, Tuvalu, Vanuatu.

EMEA [EUROPE, MIDDLE EAST & AFRICA]

Albania, Andorra, Armenia, Austria, Azerbaijan, Belarus, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Czechia, Denmark, Estonia, Finland, France, Georgia, Germany, Greece, Hungary, Iceland, Ireland, Italy, Kazakhstan, Kosovo, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Moldova, Monaco, Montenegro, Netherlands, North Macedonia, Norway, Poland, Portugal, Romania, Russia, San Marino, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Ukraine, United Kingdom, Vatican City, Bahrain, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Oman, Palestine, Qatar, Saudi Arabia, Syria, United Arab Emirates, Yemen, Algeria, Angola, Benin, Botswana, Burkina Faso, Burundi, Cabo Verde, Cameroon, Central African Republic, Chad, Comoros, Congo (Brazzaville), Congo (Kinshasa), Djibouti, Egypt, Equatorial Guinea, Eritrea, Eswatini, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Kenya, Lesotho, Liberia, Libya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Morocco, Mozambique, Namibia, Niger, Nigeria, Rwanda, Sao Tome and Principe, Senegal, Seychelles, Sierra Leone, Somalia, South Africa, South Sudan, Sudan, Tanzania, Togo, Tunisia, Uganda, Zambia, Zimbabwe.

Anyone can register for their respective Age Group division(s) at the CHAMPIONSHIPS; no qualification is required.

6.2 DIVISIONS

WOMEN OPEN / ADAPTIVE

MEN OPEN / ADAPTIVE

DOUBLES WOMEN OPEN

DOUBLES MEN OPEN

DOUBLES MIXED

RELAY WOMEN

RELAY MEN

RELAY MIXED

6.3 DIVISIONS AND AGE GROUPS [AG]

All racers must complete the corresponding weights, repetitions and distances of their division.

All racers start in their division and AG to determine the AMERICAS / EMEA / APAC OPEN Champions of each respective AG. The classification of the AG's are described in 4.2.

AG Winners do not receive prize money.

7 ELITE 15 QUALIFICATION SYSTEM

For the 2025/2026 season the Elite 15 series will consist of:

FOUR MAJOR RACES

HAMBURG
MELBOURNE
PHOENIX
WARSAW

THREE REGIONAL CHAMPIONSHIP RACES

WASHINGTON DC AMERICAS
COPENHAGEN EMEA
BRISBANE APAC

7.1 MAJORS

7.1.1 RACERS WHO ARE AUTOMATICALLY QUALIFIED [FOR ALL FOUR SEASON 24/25 MAJORS]

Each Elite 15 race at a Major will include the fastest 15 female and 15 male qualified racers.

Qualification to the Major events occurs via a combination of automatic qualification through placing in previous season Elite 15 events and/or time based qualification in Pro races.

- 1 Every Major Winner of Season 24/25–no roll downs.
- 2 Season 24/25 WORLDS Podiums 1, 2 and 3–roll downs until Podium 5 if a Major winner is amongst the Top 3.

7.1.2 QUALIFICATION BY TIME

The time qualification is calculated as the average of the two fastest verified individual Pro Division race times achieved by any athlete within the past 365 days.

This 365-day window is a rolling period, meaning it updates daily. At midnight [GMT] on each new day, the earliest day in the previous 365-day period ‘expires’ and any new results from that day become eligible for consideration.

This is a dynamic ranking that will be updated with each race to always reflect the past 365 days from that particular date. Times achieved in Major races and WORLDS will be included in this ranking.

7.1.3 QUALIFICATION VIA MAJOR RACES

The winner of each Major earns an auto qualification slot for the remaining Majors of the current as well as the upcoming season–no roll downs.

Podium place 1, 2 and 3 of each Major event directly qualify the racer for the Elite 15 race at WORLDS - if these racers have already qualified, the slot will roll down to the next 3 racers in line, so that at every Major, 3 female and 3 male racers will qualify for the ELITE 15 race at WORLDS. If a racer finishes in the Top 3 but was already automatically qualified, the slot will roll down to the next racer of that respective major.

7.2 QUALIFICATION VIA REGIONAL CHAMPIONSHIP RACES

Only individuals who are citizens or legal permanent residents of a designated country within each region are eligible to participate. This excludes temporary visa holders such as tourists, students, or other non-resident classifications [commonly referred to as legal aliens].

Proof of eligibility must be provided through an original government-issued ID—such as a passport or permanent residency card. Driver's licenses or photocopies of any documents will not be accepted.

Racers who hold dual or multiple citizenships are only eligible to qualify in one Regional Championship; if they participate in more than one Regional Championship, only the time from their first race will be considered for qualification purposes.

The racer who achieves Podium place 1 of each Regional Championship becomes directly qualified for the Elite 15 race at WORLDS—if these racers have already qualified, the slot will roll down to the next racer in line, so that at every Regional Championship, 1 female and 1 male racer will qualify for the ELITE 15 race at WORLDS.

7.3 THE HYROX WORLD CHAMPIONSHIPS

The only way to qualify for the WORLDS is by placing at a Major or Regional Championship.

There is no direct qualification to the WORLDS based on a finishing time in a regular season race.

8 THE RACE

A HYROX race consists of a 1km run followed by one, 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.

8.1 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-provided chalk may be used, and only at the workout stations where it is provided. Chalk is not to be taken to any other workout stations or used at different workout stations. Doing so will incur a 2-minute penalty per infringement.
- 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.

8.2 RUNNING

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

The running splits are always around 1,000 meters; depending on the venue, this may be split between 1-5 running laps.

In some cases, the first/last running lap may be less than 1,000 meters due to the location of the start tunnel. In these cases, these missing meters will be balanced out during the last lap.

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.

8.3 JUDGING TEAMS

A Judging Team will be responsible for ensuring all racers complete the in the 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.

9 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.

9.1 SKIERG

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.

- 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.
- 4 If the racer leaves before completing the 1,000 meters, they will receive a time penalty or be disqualified, depending on the severity of the violation.

9.2 SLED PUSH

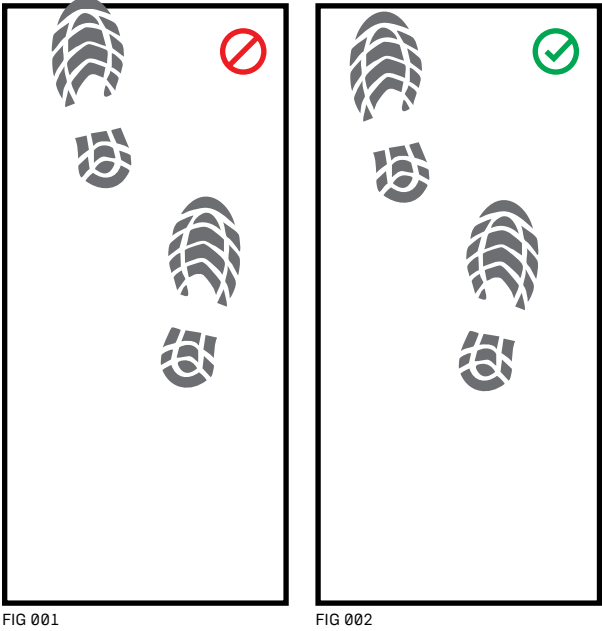
DISTANCE: 50 METERS

- 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.
- 6 If the racer completes less than four lanes, a penalty of 3 minutes per missing lane will be applied.

- 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.
- 4 A penalty of 3 minutes will be applied for each missing lane.

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

9.2 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.
- 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



FIG 003

SLED PULL PENALTY PROTOCOL

- 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.
- 9** If the racer completes less than four lanes, a penalty of 3 minutes per missing lane will be applied.

- 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.
- 4** A penalty of 3 minutes will be applied for each missing lane.

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

9.4 BURPEE BROAD JUMP

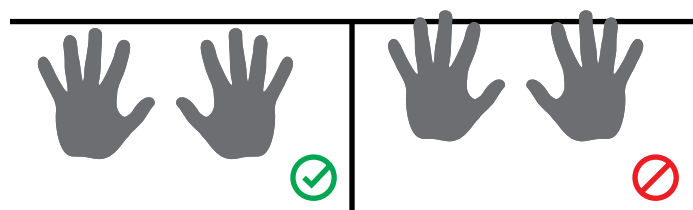


FIG 004



FIG 005

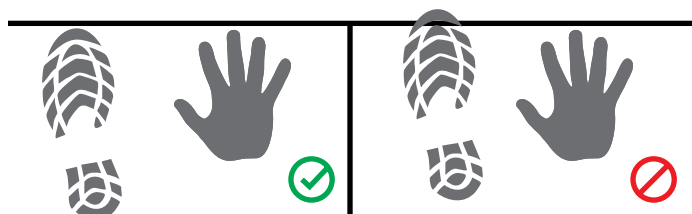


FIG 006

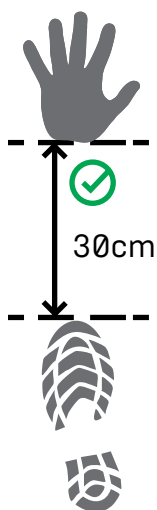


FIG 007



FIG 008

DISTANCE: 80 METERS

- 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 be parallel for taking off and landing [see Fig 005]. No staggered foot positions, additional steps or shuffles are permitted at any time.
- 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 [overstepping] [see Fig 006].
- 6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.
 - 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.
- 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.

9.5 ROWING

DISTANCE: 1.000 METERS

- 1 Prior to starting, the monitor will be [re]set by the Judging Team.
- 2 Racers' feet must be on their rowers' foot plates and their backside on the seat before taking hold of the rower handle. Their feet must remain on the foot plates at all times.
- 3 After completing 1,000m, the racer must remain seated and raise their arm to request a Judge confirm that the required distance has been completed.
- 4 The racer may only dismount their rower and leave the workout station after receiving the Judge's confirmation of 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.
- 4 If the racer leaves before completing the 1,000 meters, they will receive a time penalty or they may be disqualified, depending on the severity of the violation.

9.6 KETTLEBELL FARMERS CARRY

DISTANCE: 200 METERS

Depending on the venue, achieving 200 meters may involve multiple laps. It is the racer's responsibility to familiarise 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 Each missing lap will result in a 3-minute penalty.
- 2 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.
- 3 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]

9.7 SANDBAG LUNGE

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 [see Fig 009].
- 3 During each lunge, the trailing knee must clearly touch the ground.
- 4 Each repetition ends with the racer
- 5 standing tall, knees and hips fully extended.
- 6 Lunges must be alternating i.e. alternating knees touching the ground.
- 7 The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
- 8 It is not permitted to take any steps or shuffles between repetitions.

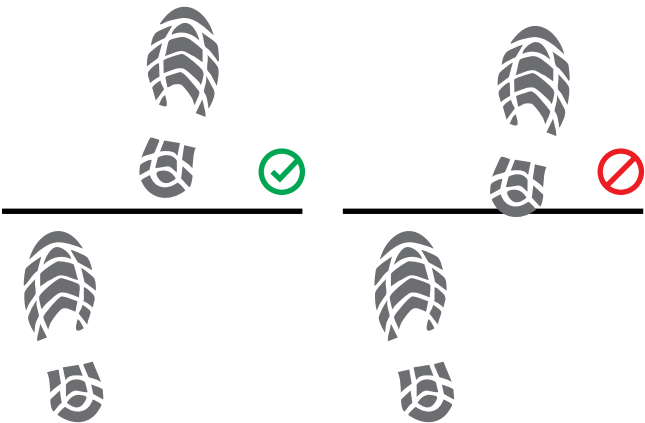


FIG 009

- 9** 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.
- 10** 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].
- 11** 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** The sandbag must remain on both shoulders at all times and the racer is not permitted to put the sandbag down at any time during the workout station, including the turn zones. The first infringement will result in a 15-second penalty i.e. no warning. A second infringement will result in disqualification.

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

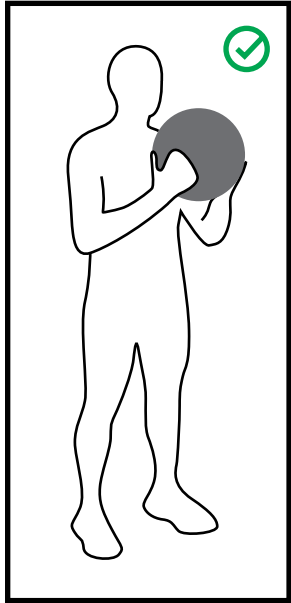


FIG 010

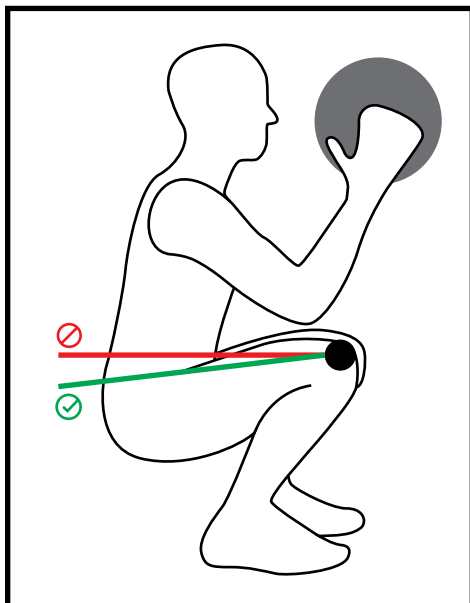


FIG 011

REPS:

100

- 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 then squats below parallel and throws the ball [with both hands] as they stand up, striking the correct target on the wallball rig—this is counted 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 90°] [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 must NOT run underneath the wall ball rig when making their way to the Finisher Stage—they must go via the outside of the wall ball rig.

- 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

When digital Wall Ball targets are in use, the system will automatically register both valid reps and no-reps. These will be displayed in real-time on the racer interface.

Judges are responsible for assessing the racer's starting position and squat depth. If a no-rep is identified by the Judge, it will be recorded using their digital interface and displayed on the racer's screen.

Racers may only proceed to the Finisher Stage once they confirm their digital interface shows that 100 valid Wall Ball repetitions have been completed.

If the racer leaves their station before reaching 100 valid reps, they will not be called back to complete the remainder. Instead, a 15-second time penalty will be applied for each incomplete repetition.

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** Each missing rep will incur a 15-second penalty.
- 3** If a racer uses powdered chalk at the wall ball workout station, a 2 minute penalty will apply.

10 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.

11 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.

11.1 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.

11.2 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**

* 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.

11.3 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.

11.4 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.

11.5 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 carries a 3-minute time penalty per infringement.

12 EVENT DAY SCHEDULE

12.1 REGISTRATION, TIMING CHIP AND WRISTBANDS

On event day, racers will encounter the following areas.

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. Doubles and relays must carry one chip per participant. Doubles = 2 Timing Chips; Relay = 4 Timing Chips.

12.2 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.

12.3 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.

12.4 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.

13 PENALTIES

13.1 PENALTIES

13.1.1 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].

13.1.2 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 s 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.

13.1.3 MISSED / MISSED 1K RUN

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

13.1.4 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.

13.2 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 or distance 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.

13.3 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].

13.4 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.

13.5 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 WORKOUT 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 OR ROWER EARLY	STATE: MIN PENALTY 10 SECS TO DQ DEPENDING ON THE SEVERITY OF THE VIOLATION.
08	MISSING SLED LAP	3 MINUTES PER LANE
09	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
10	MISSING FARMERS CARRY LAP	3 MINUTES PER LAP
11	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
12	INCORRECT WEIGHT AT FARMERS CARRY OR LUNGES	DQ
13	TRAILING KNEE NOT TOUCHING THE GROUND/ NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
14	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS [FIRST INFRINGEMENT] DQ [SECOND INFRINGEMENT]
15	MISSING WALL BALL REPETITION	15 SECONDS PER MISSING REP
16	USING CHALK ANYWHERE BUT SLED PULL & FARMERS CARRY	2 MINUTES PER INFRINGEMENT
17	NOT USING ASSIGNED PIECE OF EQUIPMENT/ LANE WALL BALL STATION	2 MINUTES PER INFRINGEMENT
18	DOUBLES PARTNERS NOT STAYING TOGETHER	1 MINUTE PER RUN AND/OR WORKOUT STATION MAX 3. THEN OUT OF COMPETITION
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]

14 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.