

RULEBOOK

ADAPTIVE



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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 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.

3 REGISTRATION

3.1 PARTICIPATE AS AN HYROX ADAPTIVE INDIVIDUAL

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

- 1 Select your adaptive division
- 2 Enter your personal details
- 3 You are now registered as an individual racer

4 DEFINING OUR LANGUAGE

Our language is built on a simple athlete-first principle, ensuring that every racer is recognised as an athlete first and their diagnosis second. This is embedded throughout the terminology we use. We use the term Adaptive athlete to define our racers, focusing on their power and performance rather than a medical term.

5 DIVISIONS AND CLASSIFICATIONS

5.1 HYROX ADAPTIVE DIVISIONS

1. LOWER LIMB MAJOR
2. LOWER LIMB MINOR
3. UPPER LIMB MAJOR
4. UPPER LIMB MINOR
5. SHORT STATURE IMPAIRMENT
6. VISION IMPAIRMENT
7. D/dEAF OR HARD OF HEARING
8. NEUROLOGICAL IMPAIRMENT
(BROKEN DOWN TO THE FOLLOWING DIVISIONS)
 - 8.1 NEUROLOGICAL MAJOR
 - 8.2 NEUROLOGICAL MODERATE
 - 8.3 NEUROLOGICAL MINOR

9. SEATED IMPAIRMENT (BROKEN DOWN TO THE FOLLOWING DIVISIONS)

9.1 SEATED WITH HIP
FUNCTION [SWHF]

9.2 SEATED WITHOUT HIP
FUNCTION [SWOHF]

9.3 SEATED WITHOUT CORE
FUNCTION [SWOC]

Adaptive HYROX offers 13 divisions. The divisions are differentiated by gender, repetition and/or weight. The running/pushing distance varies depending on the divisions. Everyone must run/push 1km meters between each workout for a total distance of 8km with a few exceptions (see 8.3. Running/Pushing). Participants start in waves based on their gender.

LOWER LIMB MAJOR

Adaptive racers with a high-impact impairment of one or both lower limbs. This functional profile includes racers with a significant loss of limb power or mobility (e.g., above-knee amputation or severe joint fusion) that fundamentally alters the athlete's gait and ability to drive force during sled stations.

LOWER LIMB MINOR

Adaptive racers with a moderate activity limitation in the lower limbs. While walking or running is functional, the impairment (e.g., below-knee amputation or muscle weakness) impacts peak endurance, balance, or explosive power relative to established statistical norms.

UPPER LIMB MAJOR

Adaptive racers with high-impact impairment or limb deficiency of one or both upper limbs (e.g., amputation above the elbow or major loss of motor control). This profile significantly limits the ability to generate force during pulling or carrying stations. Athletes in this class are designated as 2PT and are permitted to use adaptive strapping or hooks for grip support.

UPPER LIMB MINOR

Adaptive racers with a partial activity limitation in the upper limbs (e.g., below-elbow amputation or impaired grip strength). This profile allows for the performance of most tasks with minor adaptation. Athletes in this category are designated as 1PT; adaptive strapping is not permitted.

SHORT STATURE

Adaptive racers with a reduced standing height resulting from an underlying health condition such as skeletal dysplasia. The classification focuses on the mechanical disadvantage of limb length relative to standard equipment heights and wall ball targets.

VISION IMPAIRMENT

Adaptive racers with a permanent impairment of the eye structure or visual cortex. Racers may utilise a Guide Runner for safe navigation and orientation within the race environment.

D/dEAF OR HARD OF HEARING

Adaptive racers with permanent hearing loss. While categorised as a non-eligible impairment under strict Adaptivelympic criteria, HYROX provides this division to remove communication barriers during competition.

NEUROLOGICAL DIVISIONS

These divisions cater to adaptive racers with Coordination Impairments (Hypertonia, Ataxia, or Dyskinesia) or Impaired Muscle Power stemming from the central nervous system.

NEUROLOGICAL MINOR

This division includes adaptive racers with mild neurological impairments, typically affecting a single extremity. Examples include peripheral nerve injuries, mild cerebral palsy, or mild post-stroke effects. racers in this division experience minimal movement limitations, are able to walk and run without significant limits or assistance, and can complete all workout stations, though they may demonstrate reduced speed or coordination.

NEUROLOGICAL MODERATE

This division includes adaptive racers with moderate neurological impairments, such as hemiplegia* affecting one side of the body or partial impairments across multiple extremities. Examples include moderate stroke, moderate cerebral palsy, or multiple sclerosis with noticeable functional impact. racers in this division may present with significant weakness or reduced control in one arm and leg on the same side, or moderate deficits in both legs. Walking and station performance are possible but with visible difficulty, and racers may rely on braces, orthoses, or occasional support (but not full-time wheelchair use).

NEUROLOGICAL MAJOR

This division includes adaptive racers with severe neurological impairments affecting two or more extremities with substantial motor control loss. Examples include paraplegia, severe stroke, Guillain-Barré Syndrome, advanced muscular dystrophy, or high-level cerebral palsy. racers in this division may experience paralysis or near-paralysis in multiple limbs and typically rely on wheelchairs, walkers, or orthoses for mobility. Adapted weights and movement standards are required for safe and fair participation.

*HEMIPLEGIA

HEMIPLEGIA MAY OCCUR ACROSS ALL NEUROLOGICAL DIVISIONS AS A COMORBID IMPAIRMENT, AS IT IS OFTEN ASSOCIATED WITH PERIPHERAL NERVOUS SYSTEM CONDITIONS OR ACQUIRED BRAIN INJURIES. FOR CLASSIFICATION PURPOSES, MILD HEMIPLEGIA WITH PRESERVED FUNCTIONAL CAPACITY MAY BE PLACED WITHIN NEUROLOGICAL MINOR, WHILE MORE PROFOUND HEMIPLEGIA MAY FALL UNDER NEUROLOGICAL MAJOR, DEPENDING ON THE RACER'S OVERALL FUNCTIONAL PROFILE.

SEATED WITH HIP FUNCTION [SWHF] DIVISION

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

SEATED WITHOUT HIP FUNCTION [SWOHF] DIVISION

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

SEATED WITHOUT CORE FUNCTION [SWOC] DIVISION

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

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

Classification Notice: Racers must be officially classified into one of the above divisions to ensure eligibility. These divisions are reserved for individuals with permanent impairments. Racers with temporary injuries (e.g., due to knee or hip surgery) do not qualify for Adaptive HYROX categories.

6 RANKING SYSTEMS

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.

7 WORLD CHAMPIONSHIPS

The highlight of every HYROX season are the WORLD CHAMPIONSHIPS. Any adaptive HYROX racer starting at an adaptive HYROX event can qualify for the annual HYROX WORLD CHAMPIONSHIPS.

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

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

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

* THE ADAPTIVE HYROX SEASON REFERS TO THE OFFICIAL QUALIFICATION WINDOW DETERMINED IN ADVANCE BY HYROX. THE DATES MAY VARY EACH YEAR TO ALLOW ADEQUATE PLANNING TIME FOR RACERS. ONLY RESULTS ACHIEVED WITHIN THIS DESIGNATED PERIOD WILL BE VALID FOR WORLD CHAMPIONSHIP QUALIFICATION.

8 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.

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 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.

8.2 ADAPTIVE SPORT EQUIPMENT

- 1 Adaptive Equipment is defined as, any item used to compensate for an eligible permanent impairment. This includes prosthetics, wheelchairs, visual/hearing aids, and specialised grip aids.
- 2 Equipment must enable participation or protect the racer. It must not provide a mechanical advantage that exceeds the natural movement of a racer.
- 3 Racers must declare all specialised equipment during registration. If an athlete uses equipment during the race that was not declared and provides a significant performance jump, the Head Judge/ Race Director may issue a time penalty or in severe cases a Disqualification [DQ]
- 4 The racer assumes all liability for the structural integrity of their equipment during high-intensity movements.

- 5 Daily use chairs are permitted but sports wheelchairs are encouraged, to ensure safety of the racer's personal equipment.
- 6 For Visually Impaired racers, tethers are mandatory and must be non-elastic. The length should be arm's length (approx. 50cm) to ensure safety on the course.
- 7 If equipment fails, the athlete has a reasonable window to fix it. If the repair cannot be made safely or quickly, the athlete must withdraw to prevent blocking the course.

No time allowances or deductions will be given for the setup, attachment, removal or handling of adaptive equipment. This ensures fairness and consistency across all divisions.

8.3 RUNNING/PUSHING

All HYROX courses comprise the same distances and combine the Run Course, Roxzone and workout station distances. The designated run/push portion of every HYROX race total

8,000 meters, divided into eight run segments of approximately 1,000 meters each.

Due to venue layout, individual run/push 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/pushing 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/pushing at a 4/km pace or faster are required to use the Fast Lane, while other racers should stay in the Running/Pushing lane.

Racers must complete the prescribed running or pushing distances according to their respective division:

DIVISION	RUNNING/PUSHING DISTANCE
LOWER LIMB MINOR	FULL DISTANCE
LOWER LIMB MAJOR	FULL DISTANCE
UPPER LIMB MINOR	FULL DISTANCE
UPPER LIMB MAJOR	FULL DISTANCE
SHORT STATURE	1 LAP
VISION IMPAIRMENT	FULL DISTANCE
D/dEAF OR HARD OF HEARING	FULL DISTANCE
NEURO MINOR	2 LAPS
NEURO MODERATE	2 LAPS
NEURO MAJOR	1 LAP
SEATED WITH HIP FUNCTION	FULL DISTANCE
SEATED WITHOUT HIP FUNCTION	FULL DISTANCE
SEATED WITHOUT CORE FUNCTION	FULL DISTANCE

*IN THE INSTANCE OF A 1 KM LAP, HYROX WILL MAKE EVERY EFFORT TO ACCOMMODATE THE SHORTER DISTANCE; HOWEVER, DUE TO VENUE CONSTRAINTS, THIS MAY NOT ALWAYS BE POSSIBLE.

8.4 GUIDE RUNNERS

All racers are permitted to complete the race with a guide runner, handler or support person to assist with orientation and navigation. The guide runner must be appointed by the racer and will not be provided by HYROX, except in specific cases where local legal requirements apply. Guide runners, handlers, and support persons will not appear in the rankings and are not permitted to assist with the actual execution of workout stations

8.5 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.

9 MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

It is the responsibility of each racer to complete all run/push 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/push 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. Approved adaptations will be prepared in advance, which may include a designated machine, lane, spot if necessary.

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.

9.1 SKIERG

- 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] before completing the full distance, this is an infringement. **Seated racers are required to have their feet on their footplate at all times**
- 3 After completing the required distance, the racer must remain with both feet/wheelchair 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 For every meter not completed a 15-second penalty will be applied.

DIVISION	DISTANCE
LOWER LIMB MINOR	1000M
LOWER LIMB MAJOR	1000M
UPPER LIMB MINOR	1000M
UPPER LIMB MAJOR	750M
SHORT STATURE	500M
VISION IMPAIRMENT	1000M
D/dEAF OR HARD OF HEARING	1000M
NEURO MINOR	1000M
NEURO MODERATE	750M
NEURO MAJOR	500M
SEATED WITH HIP FUNCTION	900M
SEATED WITHOUT HIP FUNCTION	800M
SEATED WITHOUT CORE FUNCTION	500M

9.2 SLED PUSH

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

Racers in seated divisions can adapt as follows

Sled will be attached to the chair with straps and the racer drags the front of the sled to pass over the white line. Please bring your own straps to drag the sled and let our staff know upon registration and prior to your start if you need it to be placed at the station.

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

DIVISION	DISTANCE	WEIGHT
LOWER LIMB MINOR	4 X 12,5 M	77/102 KG INCL. SLED [F/M]
LOWER LIMB MAJOR	2 X 12,5 M	77/102 KG INCL. SLED [F/M]
UPPER LIMB MINOR	4 X 12,5 M	102/152 KG INCL. SLED [F/M]
UPPER LIMB MAJOR	2 X 12,5 M	102/152 KG INCL. SLED [F/M]
SHORT STATURE	2 X 12,5 M	77/102 KG INCL. SLED [F/M]
VISION IMPAIRMENT	4 X 12,5 M	102/152 KG INCL. SLED [F/M]
D/dEAF OR HARD OF HEARING	4 X 12,5 M	102/152 KG INCL. SLED [F/M]
NEURO MINOR	4 X 12,5 M	77/102 KG INCL. SLED [F/M]
NEURO MODERATE	2 X 12,5 M	77/102 KG INCL. SLED [F/M]
NEURO MAJOR	2 X 12,5 M	PLAIN SLED [50KG] / 77KG INCL. SLED [F/M]
SEATED WITH HIP FUNCTION	4 X 12,5 M [M] / 2 X 12,5 M [F]	77 KG INCL. SLED [F/M]
SEATED WITHOUT HIP FUNCTION	4 X 12,5 M [M] / 2 X 12,5 M [F]	77 KG INCL. SLED [F/M]
SEATED WITHOUT CORE FUNCTION	4 X 12,5 M [M] / 2 X 12,5 M [F]	PLAIN SLED [50KG] [F/M]

9.3 SLED PULL

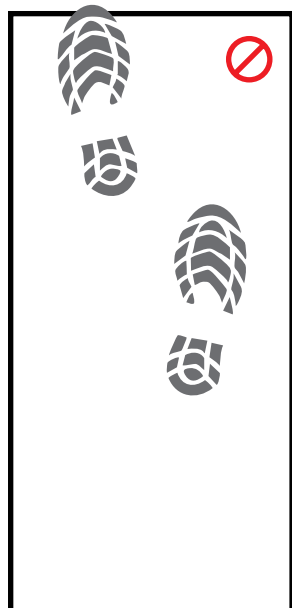


FIG 001



FIG 002

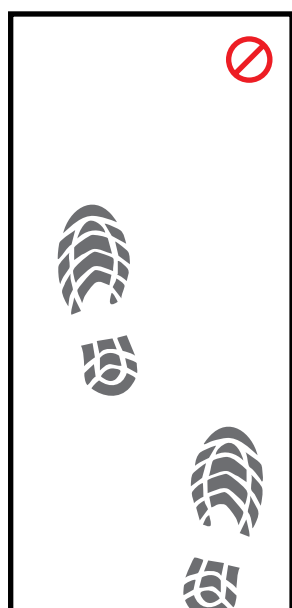


FIG 003

- 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/have their wheelchair 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/pushes 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 **unless explicitly allowed by the movement standards for the respective division.**
- 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 If the racer completes less than required lanes, a penalty of 3 minutes per missing lane will be applied.

Racers in the Lower Limb division can adapt as follows:
Perform the Sled Pull Seated.

Racers in seated divisions can adapt as follows:

The front of the sled must always pass the 12.5 m mark, while remaining in the racers box at all times. Seated racers are required to have their feet on their footplate at all time.

- 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.

DIVISION	DISTANCE	WEIGHT
LOWER LIMB MINOR	2 X 12,5 M	78/103 KG INCL. SLED [F/M]
LOWER LIMB MAJOR	2 X 12,5 M	53/78 KG INCL. SLED [F/M]
UPPER LIMB MINOR	2 X 12,5 M	78/103 KG INCL. SLED [F/M]
UPPER LIMB MAJOR	2 X 12,5 M	53/78 KG INCL. SLED [F/M]
SHORT STATURE	2 X 12,5 M	53/78 KG INCL. SLED [F/M]
VISION IMPAIRMENT	4 X 12,5 M	78/103 KG INCL. SLED [F/M]
D/dEAF OR HARD OF HEARING	4 X 12,5 M	78/103 KG INCL. SLED [F/M]
NEURO MINOR	4 X 12,5 M	53/78 KG INCL. SLED [F/M]
NEURO MODERATE	2 X 12,5 M	PLAIN SLED [25KG] / 53KG INCL. SLED [F/M]
NEURO MAJOR	2 X 12,5 M	PLAIN SLED [25KG] / 53KG INCL. SLED [F/M]
SEATED WITH HIP FUNCTION	2 X 12,5 M [M] / 2 X 12,5 M [F]	78 KG INCL. SLED [M] / 53 KG INCL. SLED [F]
SEATED WITHOUT HIP FUNCTION	2 X 12,5 M [M] / 2 X 12,5 M [F]	78 KG INCL. SLED [M] / 53 KG INCL. SLED [F]
SEATED WITHOUT CORE FUNCTION	4 X 12,5 M [M] / 2 X 12,5 M [F]	PLAIN SLED [25KG] [F/M]

9.4 BURPEE BROAD JUMP

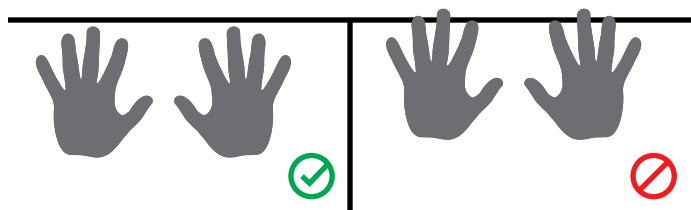


FIG 004

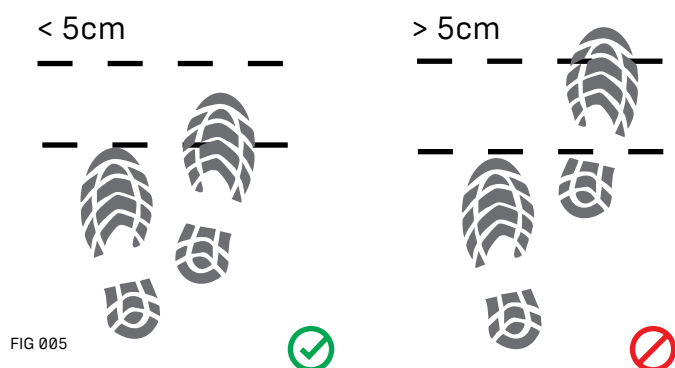


FIG 005

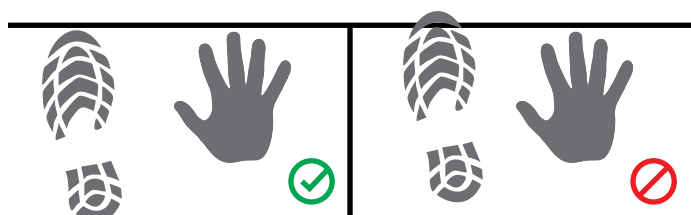


FIG 006

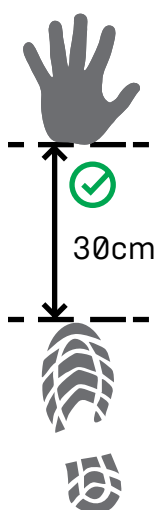


FIG 007



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]
 - a A split stance, where one foot is entirely in front of the other so that the feet no longer overlap, is not permitted.
 - b Additional steps, shuffles, or repositioning of the feet prior to the jump are also not permitted.
- 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].
 - 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.
- 6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.
- 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.

DIVISION	DISTANCE	ADAPTATION
RACERS UTILISING CRUTCHES OR THOSE WITH A FUNCTIONAL PROFILE THAT LIMITS OR PREVENTS JUMPING.	80M [ALL MINOR/MODERATE DIVISIONS]	2 In-Place Burpees/Walkouts followed by four Swings with crutches, using Swing To or Through-Gait pattern or four steps without crutches
RACERS UTILISING CRUTCHES OR THOSE WITH A FUNCTIONAL PROFILE THAT LIMITS OR PREVENTS JUMPING	40M [ALL MAJOR DIVISIONS]	2 In-Place Burpees/Walkouts followed by four steps with crutches using 2,3 or 4-Point Gait pattern or four steps without crutches.
SHORT STATURE	40M	-
SEATED WITH HIP FUNCTION	80M	1 Front-Chair Dip [90 Degree Elbow] followed by 2 grid-length wheelchair pushes. Each must starts and stop at a white line, with the final white line marking the finish.
SEATED WITHOUT HIP FUNCTION	80M	2 In-Chair Dips followed by 2 grid-length wheelchair pushes. Each must start and stop at a white line, with the final white line marking the finish.
SEATED WITHOUT CORE FUNCTION	80M	2 In-Chair Dips followed by 2 grid-length wheelchair pushes. Each must start and stop at a white line, with the final white line marking the finish.
ALL OTHER DIVISIONS	80M	-

9.5 ROWING

- 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

Racers in seated divisions can adapt as follows:

The Rower will be separated so that the Racer can use the machine while seated. Seated racers are required to have their feet on their footplate at all times. Please let our staff know upon registration and prior to your start if you need additional weights to prevent the chair from moving.

ROWING 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.
- 4 For every meter not completed a 15-second penalty will be applied.

DIVISION	DISTANCE
LOWER LIMB MINOR	1000M
LOWER LIMB MAJOR	1000M
UPPER LIMB MINOR	1000M
UPPER LIMB MAJOR	750M
SHORT STATURE	500M
VISION IMPAIRMENT	1000M
D/dEAF OR HARD OF HEARING	1000M
NEURO MINOR	1000M
NEURO MODERATE	750M
NEURO MAJOR	500M
SEATED WITH HIP FUNCTION	900M
SEATED WITHOUT HIP FUNCTION	800M
SEATED WITHOUT CORE FUNCTION	500M

9.6 KETTLEBELL FARMERS CARRY

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.

- 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
- 4 Putting down the kettlebells to rest is allowed 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.

Racers in seated divisions can adapt as follows:

Racers will place one kettlebell on their lap. One hand must remain on the kettlebell at all times, while the other hand is used to push the wheelchair. HYROX will provide a lap mat at the station to support stability and safety.

Racers with a single-arm functional profile or who use mobility aids, such as a crutch can adapt as follows:

The racer will carry a single kettlebell in one hand while using the crutch in the other hand to support mobility. Racers who are able and wish to do so may elect to carry two kettlebells in accordance with the standard movement requirements.

- 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].

DIVISION	DISTANCE	WEIGHT
LOWER LIMB MINOR	200M	2 x 16/24 kg [F/M]
LOWER LIMB MAJOR	200M	2 x 12/16 kg [F/M]
UPPER LIMB MINOR	200M	1 x 16/24 kg [F/M]
UPPER LIMB MAJOR	200M	1 x 12/16 kg [F/M]
SHORT STATURE	100M	2 x 12/16 kg [F/M]
VISION IMPAIRMENT	200M	2 x 16/24 kg [F/M]
D/dEAF OR HARD OF HEARING	200M	2 x 16/24 kg [F/M]
NEURO MINOR	200M	2 x 16/24 kg [F/M]
NEURO MODERATE	100M	2 x 16/24 kg [F/M]
NEURO MAJOR	100M	2 x 12/16 kg [F/M]
SEATED WITH HIP FUNCTION	200M	1 x 16/24 kg [F/M]
SEATED WITHOUT HIP FUNCTION	200M	1 x 16/24 kg [F/M]
SEATED WITHOUT CORE FUNCTION	200M	1 x 12/16 kg [F/M]

9.7 SANDBAG LUNGE

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

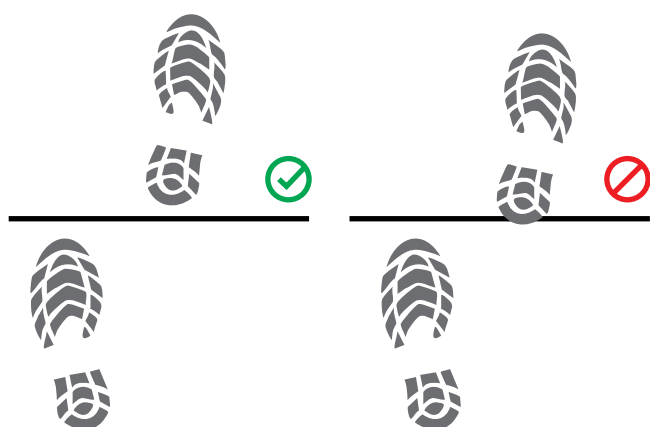


FIG 009

- 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.

Racers in seated divisions can adapt as follows:

The seated racer begins stationary behind the white line with the sandbag resting on the lap. The seated racer then lowers the sandbag to one side until it touches the ground, then returns the sandbag to the lap and performs 2 grid-length wheelchair pushes. Each push must start and stop at a white line, with the final white line marking the finish. The seated racer then repeats the sequence to the opposite side. The movement must alternate between left and right sides throughout the station.

The total distance is 50 m for all seated divisions.

Racers whose functional profile limits or prevents independent knee bending, particularly those using crutches for walking can adapt as followed:

Racers will place the sandbag on their shoulders while walking with crutches.

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 on both shoulders 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.

DIVISION	DISTANCE	ADAPTATION
LOWER LIMB MINOR	100M	10/20 kg [F/M]
LOWER LIMB MAJOR	100M	5/10 kg [F/M]
UPPER LIMB MINOR	100M	10/20 kg [F/M]
UPPER LIMB MAJOR	100M	10/20 kg [F/M]
SHORT STATURE	50M	5/10 kg [F/M]
VISION IMPAIRMENT	100M	10/20 kg [F/M]
D/dEAF OR HARD OF HEARING	100M	10/20 kg [F/M]
NEURO MINOR	100M	5/10 kg [F/M]
NEURO MODERATE	50M	5/10 kg [F/M]
NEURO MAJOR	50M	5/10 kg [F/M]
SEATED WITH HIP FUNCTION	50M	10/20 kg [F/M] Alternating sides. 1 side sandbag lift to lap, followed by 2 grid-length wheelchair pushes. Each push must start and stop at a white line, with the final white line marking the finish.
SEATED WITHOUT HIP FUNCTION	50M	10/20 kg [F/M] Alternating sides. 1 side sandbag lift to lap, Each push must start and stop at a white line, with the final white line marking the finish.
SEATED WITHOUT CORE FUNCTION	50M	5/10 kg [F/M] Alternating sides. 1 side sandbag lift to lap, Each push must start and stop at a white line, with the final white line marking the finish.

9.8 WALL BALLS

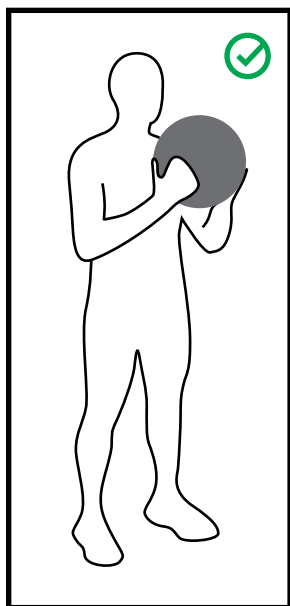


FIG 010

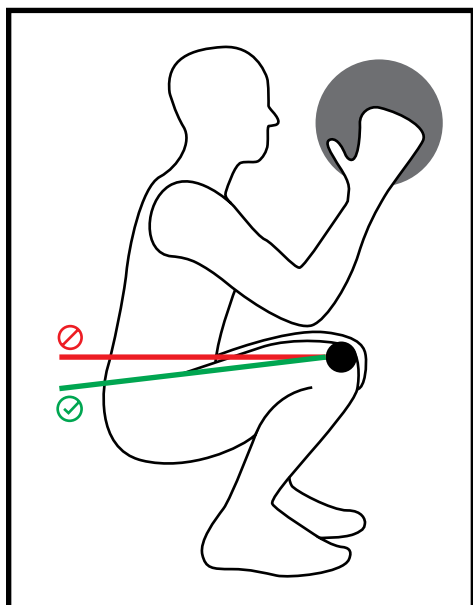


FIG 011

It is the racer's responsibility to ensure they have selected the correct weight of wall ball relevant to their division.

- 1 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.
- 2 If the racer is performing squats, 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
- 3 If the racer throws the ball, 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.
- 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 are encouraged to avoid running/pushing 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'

Racers in seated divisions can adapt as follows:

Movement begins with the ball placed on the lap. Between each repetition, the ball must return to and make contact with the lap before the next rep is performed. Seated racers are required to have their feet on their footplate at all times.

Racers in the lower limb divisions and Neurological major divisions can adapt as followed:

racers will be provided with a plyo box 60 cm in height to assist with stability while performing the squat movement.

Racers in the Upper Limb and Vision Impaired divisions can adapt as followed:

racers will perform Wall Balls by holding the ball and completing the squat movement without throwing the ball at the target. Racers who are able and wish to do so may elect to throw the ball at the designated target in accordance with the standard movement requirements.

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 the required repetitions for the respective division have been completed.

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.

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.

DIVISION	REPS AND WEIGHT	TARGET HEIGHT
LOWER LIMB MINOR	100 AT 4/6KG [F/M]	2,70/3,00m [F/M]
LOWER LIMB MAJOR	100 AT 2/4KG [F/M]	2,70/3,00m [F/M]
UPPER LIMB MINOR	100 AT 4/6KG [F/M]	THROW AT 2,70/3,00 [F/M] OR SQUAT ONLY
UPPER LIMB MAJOR	100 AT 4/6KG [F/M]	THROW AT 2,70/3,00 [F/M] OR SQUAT ONLY
SHORT STATURE	50 AT 2/4KG [F/M]	2,00/2,30m [F/M]
VISION IMPAIRMENT	100 AT 4/6KG [F/M]	THROW AT 2,70/3,00 [F/M] OR SQUAT ONLY
D/dEAF OR HARD OF HEARING	100 AT 4/6KG [F/M]	2,70/3,00m [F/M]
NEURO MINOR	100 AT 4/6KG [F/M]	2,70/3,00m [F/M]
NEURO MODERATE	100 AT 4/6KG [F/M]	2,00/2,30m [F/M]
NEURO MAJOR	100 AT 2/4KG [F/M]	2,00/2,30m [F/M]
SEATED WITH HIP FUNCTION	85 AT 2/4KG [F/M]	2,00/2,30m [F/M]
SEATED WITHOUT HIP FUNCTION	75 AT 2/4KG [F/M]	2,00/2,30m [F/M]
SEATED WITHOUT CORE FUNCTION	65 AT 2/4KG [F/M]	2,00/2,30m [F/M]

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

- 1 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.
- 2 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**
- 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.

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 time penalties can be applied 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 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.

13.1.3 MISSED STATION / 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 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].

If a racer's blood, vomit, urine, or faeces poses a welfare or contamination risk to the racer or to other racers, a Race Director may withdraw the racer from the race on medical grounds, in line with HYROX's medical and hygiene SOPs. Any such withdrawal is recorded on the leaderboard as Did Not Finish [DNF].

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 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	LEAVING SKIERG OR ROWER EARLY	STATE: MIN PENALTY 10 SECS TO DQ DEPENDING ON THE SEVERITY OF THE VIOLATION.
07	MISSING SLED LANE	3 MINUTES PER LANE
08	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
09	MISSING FARMERS CARRY LAP	3 MINUTES PER LAP
10	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
11	INCORRECT WEIGHT AT FARMERS CARRY OR LUNGES	DQ
12	TRAILING KNEE NOT TOUCHING THE GROUND/ NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
13	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS PER INFRINGEMENT
14	MISSING WALL BALL REPETITION	15 SECONDS PER MISSING REP
15	USING CHALK ANYWHERE BUT SLED PULL & FARMERS CARRY	2 MINUTES PER INFRINGEMENT
16	NOT USING ASSIGNED PIECE OF EQUIPMENT/ LANE WALL BALL STATION	2 MINUTES PER INFRINGEMENT
17	DOUBLES PARTNERS NOT STAYING TOGETHER	1 MINUTE PER RUN AND/OR WORKOUT STATION MAX 3. THEN OUT OF COMPETITION
18	OUTSIDE ASSISTANCE	2 MINUTES PER INFRINGEMENT
19	INCORRECT START TIME [WITHOUT PERMISSION]	DQ
20	NOT WEARING TIMING CHIP WHILE RACING	DID NOT START [DNS]
21	SPITTING OR CLEARING NOSE	2 MINUTES OR DQ [RACE DIRECTOR DECISION]
22	LITTERING, RAPID COOLING	2 MINUTES PER INFRINGEMENT
23	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.

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as well as many others who supported the process through testing and feedback. Their combined contributions helped shape and refine these rules to deliver the best possible experience for all participants.

HYROX also thanks the global race crews, judges, technical officials, racers, and partners whose continued dedication continues to evolve the sport.

This Rulebook and its accompanying appendix are enforced from the date of launch to ensure competitive integrity as we professionalise our adaptive formats; however, a mid-season review will take place to assess the implementation of functional classification codes and the potential for upcoming formats.

APPENDIX: THE EVOLUTION OF HYROX ADAPTIVE CLASSIFICATION

From Foundation, to our future ambitions

In the early stages of the HYROX Adaptive Division, our primary focus was to ensure mass participation. We opened our doors to Every Body, operating on a foundation of accessibility to ensure that every athlete, regardless of their starting point, had a place on our start line. This initial phase was about building a community and addressing the immediate support needs of our athletes.

As we evolve and scale the HYROX format globally, our ambitions have grown. We are now moving to professionalise and refine our adaptive formats, transitioning from a purely participation-based model to a high-performance framework. This season marks a pivotal shift in that journey.

Our open race standards remain our foundation, but our integrity is our future. By aligning with these global sporting standards, we are building the highest stage for the world's toughest athletes.

Our Functional Classification Model

To support this evolution, we have moved toward a more functional language. This shift moves the focus away from medical diagnosis and toward the functional ability of the racer.

- specific impact an impairment has on an athlete's ability to execute HYROX-specific tasks.
- We acknowledge environmental barriers and aim to minimise them through proportional loading (adjusted weights) and functional scaling (adjusted distances or movements).

Classification Codes Explained

By the mid-season, we will formally introduce Classification Codes. These codes mirror the functional classification frameworks seen in other elite adaptive sports, providing a standardised language that allows HYROX to scale globally while maintaining competitive integrity.

Each Sport Class is assigned a code that identifies the primary area of impairment and its functional impact level.

CODE	DIVISION
AHLLMA/MI	LOWER LIMB MAJOR/MINOR
AHULMA/MI	UPPER LIMB MAJOR/MINOR
AHSS	SHORT STATURE
AHVI	VISION IMPAIRMENT
AHDH	D/DEAF OR HARD OF HEARING
AHND	NEUROLOGICAL DIVISIONS
AHS	SEATED DIVISIONS

The Points System

The points assigned to each Sport Class (ranging from 1.0 to 5.0) represent the level of functional impact the impairment has on an athletes HYROX performance.

DIVISION NAME	FUNCTIONAL POINT
SEATED - SWOC	1.0
SEATED - SWOHF	1.5
NEUROLOGICAL MAJOR	2.0
SEATED - SWHF	2.5
LOWER LIMB MAJOR	3.0
UPPER LIMB MAJOR	3.0
NEUROLOGICAL MODERATE	3.5
SHORT STATURE	4.0
VISION IMPAIRMENT	4.0
LOWER LIMB MINOR	4.5
UPPER LIMB MINOR	4.5
NEUROLOGICAL MINOR	4.5
D/DEAF OR HARD OF HEARING	5.0

Accompanying these codes is our new **Points System**. This system is not just a tool for categorisation; it is the innovation in our sport. By assigning functional values to each Sport Class, we are creating the infrastructure for new formats. Most notably, the introduction of **Adaptive Doubles**. In the mid-season, a **Doubles Points Cap** will be implemented, ensuring that teams are balanced fairly and ensure integrity during competition.

Doubles Point Cap

For the Doubles format, the combined Functional Point Value of both athletes must not exceed **7.0 points**. This allows for diverse pairing while ensuring a fair competitive balance across the wave.

Lower Points (1.0 – 2.5): Higher Functional Impact

These athletes typically require the most significant adaptations to the standard HYROX format.

- 1.0 (SWOC): No hip or core function; power is generated entirely by the upper limbs.
- 2.0 (Neurological Major): Severe motor control loss affecting two or more extremities; often relying on wheelchairs for locomotion.

Mid-Range Points (3.0 – 4.0): Moderate Functional Impact

These athletes perform the course with specific mechanical or coordination-based adaptations.

- 3.0 (AHLLMa / AHULMa): High-impact impairment (e.g., above-knee amputation) that fundamentally alters gait or force generation.
- 4.0 (AHSS / AHVI): Moderate mechanical disadvantage or sensory limitation.

Higher Points (4.5 – 5.0): Minor Functional Impact

These athletes often complete the full distance or standard movements with minor speed or coordination reductions.

- 4.5 (AHLLMi / AHULMi / Neuro Minor): Partial activity limitations (e.g., below-knee/below-elbow amputation) allowing for most tasks to be performed with minor adaptation.
- 5.0 (AHDH): Permanent hearing loss with minimal impact on physical execution of functional tasks.

Evolution of the Classification System

This classification system is an **ongoing project**. We are committed to continuous improvement and work in moving towards a professionalised adaptive format. As part of this process we consult with adaptive athletes and sport-specific experts to ensure our rulebooks remain **living documents** that are representative of **Every Body**.

HYROX: Adaptive Sport Equipment, rules & Regulations

Introduction: Impairment-Specific Equipment Regulations

At HYROX, we recognize that adaptive equipment is often an extension of the athlete, a vital tool that enables participation. As a result, we implement impairment-specific regulations that ensure a level of fairness across all divisions.

Currently, the **responsibility for compliance rests with the athlete**. By registering, athletes confirm that their equipment (if applicable) meets the technical standards outlined in this rulebook and does not provide an unfair mechanical advantage.

As we evolve and scale the HYROX Adaptive format, with our ambition to professionalise. We are currently developing operational frameworks to transition toward formal safety and technical checks on the race floor. To ensure the equipment protects and allows for participation but also upholds the integrity of the World Series of Fitness Racing.

We currently rely on the transparency and honesty of our community to maintain the standards of our sport.

General Principles & Eligibility

- Adaptive Equipment is defined as, any item used to compensate for an eligible permanent impairment. This includes prosthetics, wheelchairs, visual/hearing aids, and specialised grip aids.
- Equipment must enable participation or protect the racer. It must not provide a mechanical advantage that exceeds the natural movement of a racer.
- Racers must declare all specialised equipment during registration. If an athlete uses equipment during the race that was not declared and provides a significant performance jump, the Head Judge may adjust their rank.
- The racer assumes all liability for the structural integrity of their equipment during high-intensity movements.
- Daily use chairs are permitted but sports wheelchairs are encouraged, to ensure safety of the racer's personal equipment.
- For Visually Impaired racers, tethers are mandatory and must be non-elastic. The length should be arm's length (approx. 50cm) to ensure safety on the course.
- If equipment fails, the athlete has a reasonable window to fix it. If the repair cannot be made safely or quickly, the athlete must withdraw to prevent blocking the course.