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2025 / 26 SEASON



HYROX

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RULEBOOK



SEASON 25/26

HYROX

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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 one, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the racers must complete the runs and s in the specific order (run, run, etc.) until they have completed a total of 8 km running and 8 s.

Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each participant must run 1 km before each, 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

- In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
- 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.
- Each racer must agree to the terms and conditions of participation.
- 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.

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

3.2 Participate as HYROX DOUBLES

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

3.3 Participate as HYROX TEAM RELAY

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

3.4 Participate as an HYROX ADAPTIVE SINGLE

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

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

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

4. DIVISIONS AND RANKING SYSTEM

4.1 HYROX Divisions

- (a) WOMEN
- (b) WOMEN PRO
- (c) MEN
- (d) 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.

4.2 HYROX age groups (excluding PRO Divisions*)

- | | | |
|-----------------------|------------|-------------|
| a. Under 24 (16 - 24) | f. 45 - 49 | k. 70 - 74* |
| b. 25 - 29 | g. 50 - 54 | l. 75 - 79* |
| c. 30 - 34 | h. 55 - 59 | m. 80 - 84* |
| d. 35 - 39 | i. 60 - 64 | n. 85 - 89* |
| e. 40 - 44 | j. 65 - 69 | |

***Pro Divisions end at Age Group (h) 70-74**

Age groupers aged 70+ are not eligible to race in the Pro divisions and will not receive an official ranking, flag, or a World Championship slot.

A racer's age group (AG) is determined by their age on the day of race. For example, if the racer is turning 40 at their next birthday in November 2025 but they are competing in an event in April of 2025, they will compete in age group (d).

4.3 Ranking System

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest times. In addition, there is a ranking within the age groups, also sorted from the fastest to the slowest times.

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

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

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

5. WORLDS 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 (a) - (j) 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 70+ (k) - (n), 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 DOUBLES AG (a) - (j) (HYROX DOUBLES MEN / HYROX DOUBLES WOMEN / HYROX DOUBLES MEN PRO / HYROX DOUBLES WOMEN PRO) have to complete the distances, reps and weights of the PRO division at the championships. For all other racers, who qualified in the AG 70+ (k) - (n), 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. REGIONALS

6.1 Participation in REGIONALS

Another highlight of the HYROX season are the REGIONALS (hereafter 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

- | | |
|----------------------------|------------------|
| a. WOMEN (Open / Adaptive) | e. DOUBLES MIXED |
| b. MEN (Open / Adaptive) | f. RELAY WOMEN |
| c. DOUBLES WOMEN (Open) | g. RELAY MEN |
| d. DOUBLES MEN (Open) | h. 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

- | | |
|--------------|------------|
| 1. Hamburg | 3. Phoenix |
| 2. Melbourne | 4. Warsaw |

- Three Regional Championship Races

- | | | |
|--------------------------------|------------------|--------------------|
| 1. Washington DC
(Americas) | 2. London (EMEA) | 3. Brisbane (APAC) |
|--------------------------------|------------------|--------------------|

7.1 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.

7.1.1 Racers who are automatically qualified (for all four season 24/25 Majors)

- Every Major Winner of Season 24/25 - no roll downs
- 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 WORLDS

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

8.1 HYROX SINGLES 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.

A HYROX race operates 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.

Note 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).

Note 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.

Note 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.

8.2 Station Rules and Regulations

- Complete all workout stations in the correct order.
- Enter and Exit each workout station via the correct routes.
- Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
- Complete the prescribed number of repetitions and/or distances.
- Perform each exercise according to the movement standards.
- Perform the exercises/movements using the correct weight(s).
- 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.
- 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.

- 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.

8.3 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.

8.4 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.

- Prior to starting the , the monitor will be (re)set by a Judge.
- 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.
- 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.
- 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

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

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.

- Both sled and racer must be completely behind the white line prior to starting.
- Both sled and racer must stay within their designated lane and not interfere with a neighbouring lane in any way.
- The sled must always pass the 12.5m mark (end of the lane) entirely before changing direction.
- As soon as the racer completes 4 x 12.5m lanes and the entire sled passes the line, the station is complete.
- If the racer completes less than four lanes, a penalty of 3 minutes per missing lane will be applied.

Sled Push Penalty Protocol

- A racer's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- 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	152 kg incl. Sled
MEN PRO	202 kg incl. Sled

9.3 Sled Pull

Distance 50 meters.

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.

- Both sled and racer must be completely within their respective Racers Box prior to starting.
- At all times, the racer must remain within their designated working space (known as the Racers Box) at each end of their lane.
 - » 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.
- The sled must always pass the 12.5m mark (end of the lane, completely over the white line) before changing direction.
- 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.
- At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.
- 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.
- As soon as the racer has completed 4 x 12.5 m lanes and the entire sled passes the line, the station is complete.
- If the racer completes less than four lanes, a penalty of 3 minutes per missing lane will be applied.



Fig: 001

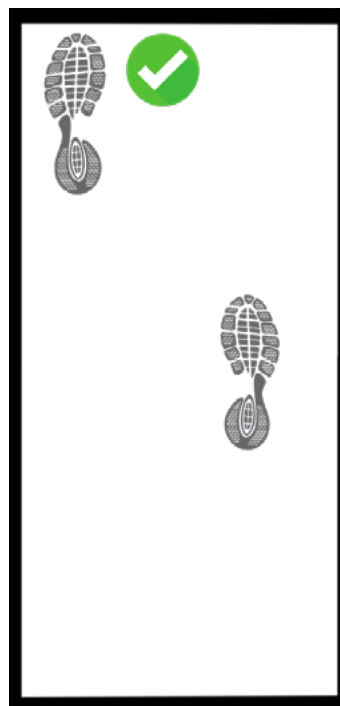


Fig: 002



Fig: 003

Sled Pull Penalty Protocol

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

Distance 80 meters.

- The racer must start by completing a burpee.
- 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).
 - » In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.
- 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.



Fig: 004

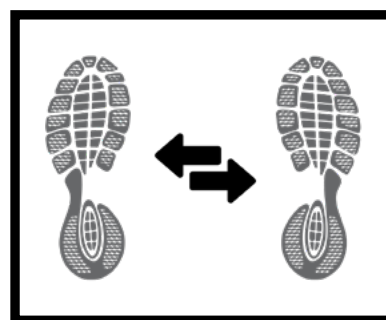


Fig: 005

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

- When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips (overstepping) (see Fig 006).



Fig: 006

- When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.
 - » The 30 cm measures from the base of the racer's palms where their hands meet their wrists (see Fig: 008).
 - » Once the hands are placed on the ground, they cannot be moved forward.

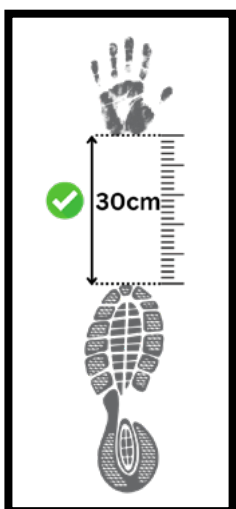
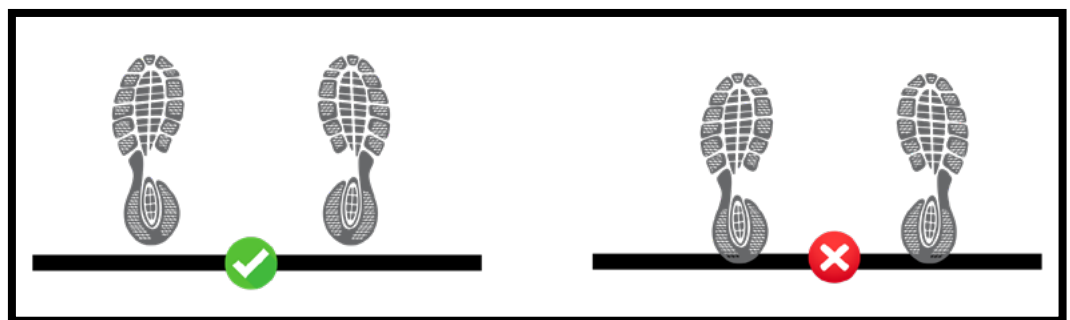


Fig: 008

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

Fig: 009



- 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.
- 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.
- The length of each broad jump is up to the racer.
- 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: 009).
- 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.

Burpee Broad Jump Penalty Protocol

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

9.5 Rowing

Distance 1,000 meters.

- Prior to starting, the monitor will be (re) set by the Judging Team.
- 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.
- 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.
- The racer may only dismount their rower and leave the workout station after receiving the Judge's confirmation of completion.

Note 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.

Note 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.

Rower Penalty Protocol

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

- 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.
- The racer has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended by the racer's sides.
- Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
- 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.

Farmers Carry Penalty Protocol

- Each missing lap will result in a 3-minute penalty.
- 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.
- 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	200m
WOMEN	2 x 16 kg (white)
WOMEN PRO / MEN	2 x 24 kg (grey)
MEN PRO	2 x 32 kg (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.

- The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
- The racer must lift up the sandbag without assistance and place it across both shoulders. It must remain on both shoulders at all times throughout the station, including in the turn zones

- The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line (see Fig: 010).

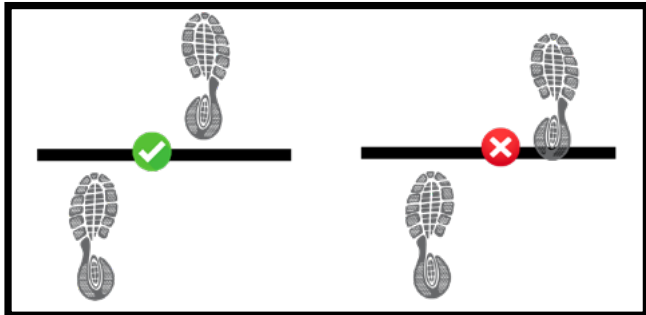


Fig: 010

- During each lunge, the trailing knee must clearly touch the ground.
- Each repetition ends with the racer standing tall, knees and hips fully extended.
- Lunges must be alternating i.e. alternating knees touching the ground.
- The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
- It is not permitted to take any steps or shuffles between repetitions.
- 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.
- 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: 010).
- 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

- A racer's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- 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.
- 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).
- 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	100m
WOMEN	10 kg (white marking)
WOMEN PRO / MEN	20 kg (grey marking)
MEN PRO	30 kg (black marking)

9.8 Wall Balls

- It is the racer's responsibility to ensure they have selected the correct weight of wall ball relevant to their division (see below).
- The racer must start by standing tall (hips and knees extended), holding the wall ball with both hands (see Fig: 011) i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.



Fig: 011

- 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.
- 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.
- 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.

- 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: 012).

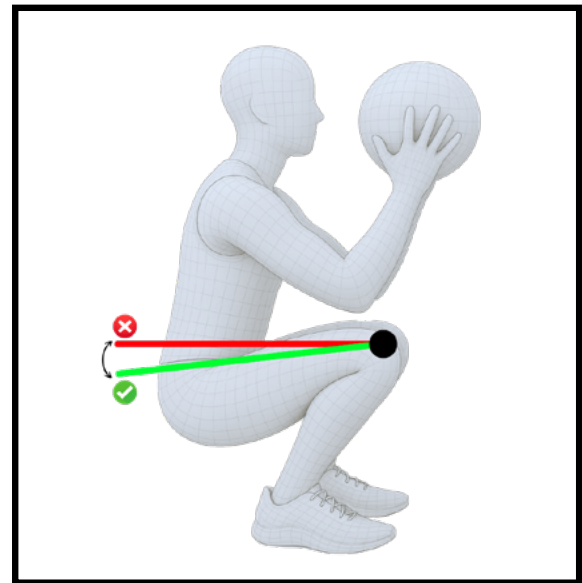


Fig: 012

- 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.
- 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.
- 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.
- If the racer breaches any of these requirements, that repetition will be deemed a 'no rep'

WOMEN	100 reps with 4 kg (white marking)
WOMEN PRO / MEN	100 reps with 6 kg (grey marking)
MEN PRO	100 reps with 9 kg (black marking)

Target height WOMEN and WOMEN PRO 2.70 meter
 Target height MEN and MEN PRO 3.00 meter

Note 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.

Note 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

- No warnings are given, it is either a rep or a no-rep.
- Each missing rep will incur a 15-second penalty.
- 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' anti-doping 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 The following items may be used/worn during the race:

- Knee Sleeves
- Gloves (not grips)
- Weightlifting Belt
- Wristbands
- Hydration Packs
- Asthma inhalers or similar prescribed respiratory devices (see note 3)

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

Note 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.

Note 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.

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

11.2 The following items are strictly forbidden at all times:

- Headphones
- Cell Phones*
- VR Headsets
- GoPro or any other type/brand of (body) cameras
- Helmets**
- Breathing apparatus**
- 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

On event day, racers will encounter the following areas.

12.1 Registration, Timing Chip and Wristbands

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

Racers need to bring a government issued photo ID and their registration confirmation.

Depending on the division, the wristband will be either white, grey or black and/or green. This is used to identify the participant's start wave and division during the race and must be worn visibly on the wrist.

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

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

Summary Table

Code	Reason	Penalty
001	Missing Run Lap	3 min (4 Lap Setup) 5 min (3 Lap Setup) 7 min (2 Lap Setup) DQ (1 Lap Setup)
002	Missing Run or Station	DQ
003	Incorrect workout station Order	3 minutes for first infringement, then DQ
004	Incorrect Use of IN/OUT Arches	2 minutes per infringement
005	Incorrect Use of workout station Entry/Exit	2 minutes per infringement
006	Feet Not On SkiErg base or not on Rower footplates before touching the handle	15 seconds per infringement
007	Leaving SkiErg or Rower early	State: Min penalty 10 secs to DQ depending on the severity of the violation.
008	Missing Sled Lap	3 minutes per lane
009	Burpee Broad Jump	15 seconds per infringement
010	Missing Farmers Carry Lap	3 minutes per lap
011	Incorrectly Returned Kettlebells	30 seconds
012	Incorrect weight at Farmers Carry or Lunges	DQ
013	Trailing Knee Not Touching the Ground/Not standing Tall at Lunges	15 seconds per infringement
014	Removal of Sandbag From Shoulders	15 seconds (first infringement) DQ (second infringement)
015	Missing Wall Ball Repetition	15 seconds per missing rep
016	Using chalk anywhere but Sled Pull & Farmers Carry	2 minutes per infringement
017	Not using assigned piece of equipment/lane wall ball station	2 minutes per infringement
018	Doubles Partners Not Staying Together	1 minute per run and/or workout station Max 3. Then Out Of Competition

Code	Reason	Penalty
019	Outside Assistance	2 minutes per infringement
020	Incorrect Start Time (without permission)	DQ
021	Not Wearing Timing Chip While Racing	Did Not Start (DNS)
022	Spitting or Clearing Nose	2 minutes or DQ (Race Director decision)
023	Littering, Rapid Cooling	2 minutes per infringement
024	Unsporting Behaviour	2 minutes or DQ (Race Director decision)

2-minute penalty applies

13.1 Time 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.

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.

RULEBOOK

DOUBLES



SEASON 25/26

HYROX

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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 one workout, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the racers must complete the runs and workouts in the specific order (run, run, etc.) until they have completed a total of 8 km running and 8 workouts.

Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each participant must run 1 km before each workout, i.e. a total distance of 8 km.

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. 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

- In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
- 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.
- Each racer must agree to the terms and conditions of participation.
- 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 a HYROX Doubles Team

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

- Select your division: HYROX DOUBLES
- Enter your personal details
- You are now registered as a HYROX DOUBLES Team

3.2 Participate as HYROX INDIVIDUAL

In addition to the DOUBLES participation, there is also the option to join as an INDIVIDUAL Starter. Learn more about the HYROX INDIVIDUAL race in the RULEBOOK INDIVIDUALS.

3.3 Participate as HYROX TEAM RELAY

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

3.4 Participate as a SINGLE HYROX ADAPTIVE

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

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

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

4. DIVISIONS AND RANKING SYSTEM

4.1 HYROX Divisions

- | | | |
|-----------|---------------|-------------|
| (a) WOMEN | (c) MIXED | (c) MEN PRO |
| (b) MEN | (d) WOMEN PRO | |

HYROX offers five 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
SkiErg	1000 m	1000 m	1000 m	1000 m
Sled Push 4x12,5m	102 kg incl. Sled	152 kg incl. Sled	152 kg incl. Sled	202 kg incl. Sled
Sled Pull 4x12,5m	78 kg incl. Sled	103 kg incl. Sled	103 kg incl. Sled	153 kg incl. Sled
Burpee Broad Jumps	80 m	80 m	80 m	80 m
Rowing	1000 m	1000 m	1000 m	1000 m
Farmers Carry 200m	2x 16kg	2x 24kg	2x 24kg	2x 32kg
Lunges 100m	10 kg / 22 lbs	20 kg / 45 lbs	20 kg / 45 lbs	30 kg / 66 lbs
Wall Balls	100 reps with 4 kg / 9 lbs	100 reps with 6 kg / 14 lbs	100 reps with 6 kg / 14 lbs	100 reps with 9 kg / 20 lbs

4.2 HYROX age groups (excluding PRO Divisions*)

- | | | |
|-----------------------|------------|-------------|
| a) Under 24 (16 - 24) | f) 45 - 49 | k) 70 - 74* |
| b) 25 - 29 | g) 50 - 54 | l) 75 - 79* |
| c) 30 - 34 | h) 55 - 59 | m) 80 - 84* |
| d) 35 - 39 | i) 60 - 64 | n) 85 - 89* |
| e) 40 - 44 | j) 65 - 69 | |

***Pro Divisions end at Age Group (h) 70-74**

Age groupers aged 70+ are not eligible to race in the Pro divisions and will not receive an official ranking, flag, or a World Championship slot.

Age groups are determined by the racer's age at the date of the event. In addition, the age groups are classified based on the average age of the two DOUBLES racers at the time of the event. E.g. Doubles Team Member 1 is 24 years old and Doubles Team Member 2 is 38, the average age is 31, hence they will be classified into age group (c).

4.3 Ranking System

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest times. In addition, there is a ranking within the age groups, also sorted from the fastest to the slowest times.

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

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

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

5. WORLDS AND ELITE 15

5.1 Qualification for the HYROX WORLDS

The highlight of every HYROX season are the WORLD CHAMPIONSHIPS. Any HYROX racer starting at a regular HYROX event can qualify for the annual HYROX WORLD CHAMPIONSHIPS (hereafter referred to as 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 participate 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 (a) - (j) 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 70+ (k) - (n), 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 DOUBLES AG (a) - (j) (HYROX DOUBLES MEN / HYROX DOUBLES WOMEN / HYROX DOUBLES MEN PRO / HYROX DOUBLES WOMEN PRO) have to complete the distances, reps and weights of the PRO division at the championships. For all other racers, who qualified in the AG 70+ (k) - (n), 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, they 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 participate 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 Doubles Elite 15 and Prize Money

The Doubles Elite 15 is a separate start wave that consists of the fastest 15 pairs of racers of the Pro division (DOUBLE WOMEN PRO and DOUBLE MEN PRO) of the current season leading up to the WORLDS. To learn more, you can read the DOUBLES ELITE 15 Qualification System below.

Only racers within the Doubles Elite 15 Wave have the opportunity to win prize money. The prize money available at each World Championship will be announced in the respective Doubles Elite 15 Guide.

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. REGIONALS

6.1 Participation in REGIONALS

Another highlight of the HYROX season are the REGIONALS (hereafter 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

a) DOUBLES WOMEN
(Open/Pro)

b) DOUBLES MEN
(Open/Pro)

c) DOUBLES MIXED
(Open)

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.

Entry into the Pro Division is limited to the 15 fastest men's and women's Doubles teams within the region, based on official rankings - see 7.1.2. Teams must qualify together, and once selected, the partnership is locked. No substitutions or partner changes are permitted under any circumstances - this rule will be strictly enforced.

7. DOUBLES ELITE 15 QUALIFICATION SYSTEM

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

- Four Major Races

- | | |
|--------------|------------|
| 1. Hamburg | 3. Phoenix |
| 2. Melbourne | 4. Warsaw |

- Three Regional Championship Races

- | | | |
|-------------------------------|--------------------|----------------------|
| » Washington DC
(Americas) | » London
(EMEA) | » Brisbane
(APAC) |
|-------------------------------|--------------------|----------------------|

7.1 Majors

Each Doubles Elite 15 race at a Major will include the fastest pairs of 15 females and 15 males qualified racers.

Qualification to the first Major event occurs via time based qualification in Pro races over the past 356 days.

7.1.2 Qualification by time

Time qualification for the Doubles Pro Division will be based on the fastest verified race time achieved by a pair within the past 365 days. Only results from the Doubles Pro Division are eligible for consideration.

Please note: the qualifying pair must remain unchanged - substitutions are not permitted for Elite 15 Doubles qualification.

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 winning Doubles Team 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 racers for the Doubles Elite 15 race at WORLDS - if these racers have already qualified, the slot will roll down to the next 3 pairs of racers in line, so that at every Major, 3 female pairs and 3 male pairs of racers will qualify for the DOUBLES ELITE 15 race at WORLDS. If a pair of racers finishes in the Top 3 but was already automatically qualified, the slot will roll down to the next pair of racers 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 race. 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 race in more than one Regional Championship, only the time from their first race will be considered for qualification purposes.

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

7.3 The HYROX World Elite 15 Doubles Championships

The only way to qualify for the WORLDS is by placing at a Major Championship or REGIONALS. There is no direct qualification to the WORLDS based on a finishing time in a regular season race.

8. THE RACE

8.1 HYROX DOUBLES Race

HYROX DOUBLES is a two-person team format.

Teams may consist of:

- Two male racers (Opens Men's Doubles / Pro Men's Doubles)
- Two female racers (Women's Doubles / Pro Women's Doubles)
- One male and one female racer (Mixed Doubles)

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

A HYROX race operates 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.

Note 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).

Note 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.

Note 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.

8.2 Station Rules and Regulations

For Doubles, the 8 runs and workout stations must be completed together.

It is up to each Doubles Team member (DTM) to determine how far in distance or how many reps they complete. Hyrox Doubles workstations follow the principle of 'You Go/I Go' (YGIG) which means whilst one DTM works, the other DTM rests and vice versa.

YGIG Example 1,000 meter Row:

DTM 1 starts rowing whilst DTM 2 waits

After a self selected distance (for example 250 meters) DTM 1 switches with DTM 2.

DTM 2 continues to Row whilst DTM 1 rests

This process is repeated until the entire distance of 1,000 meters is covered

- Complete all workout stations in the correct order.
- Enter and Exit each workout station via the correct routes.
 - » Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
- Complete the prescribed number of repetitions and/or distances.
- Perform each exercise according to the movement standards.
- Perform the exercises/movements using the correct weight(s).
- 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.
- 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.
- 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.

Both Doubles Team Members (DTMs) must run together for the entire 1,000m between each workout station. If one team member runs ahead, a 1-minute penalty will apply, as this changes the dynamic of a Doubles race.

Important 1: After the run, both team members must enter the workout station together. The workout cannot begin until both are present. The station can only be exited once all reps or distance are completed, and both team members must leave together.

Important 2: If a Doubles Team accrues more than 3 penalties for not staying together, they will be deemed Out Of Competition and will not receive a ranking.

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 race/each workout station 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 pair of racers 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.

- Prior to starting, the monitor will be (re) set by a Judge.
- 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.
- 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.
- The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.
- 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 working DTM (only).
- The resting DTM remains in the marked area. It is not allowed to pass the SkiErg handles from one DTM to the other.

SkiErg Penalty Protocol

- An infringement of any kind will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- 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.

Each pair of racers will be assigned a sled lane by a member of the judging team. It is mandatory that the racers use the assigned sled lane.

- Both sled and racers must be completely behind the white line prior to starting.
- The sled must always pass the 12.5m mark (end of the lane) entirely before changing direction.
- The resting DTM must walk immediately behind the working DTM. If the walking DTM obstructs other racers e.g. by walking in a neighbouring lane, this will be treated as an infringement.
- As soon as the racers complete 4 x 12.5m lanes and the entire sled passes the line, the station is complete.
- If the racers complete less than four lanes, a penalty of 3 minutes per missing lane will be applied.

Sled Push Penalty Protocol

- A team’s first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- 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	152 kg incl. Sled
MEN PRO	202 kg incl. Sled

9.3 Sled Pull

Distance 50 meters.

Each team/pair of racers will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.

- Both sled and racer must be completely within their respective Racer's Box prior to starting.
- At all times, the racer must remain within their designated working space (known as the Racer's Box) at each end of their lane.
 - » Racers are not permitted to step on the solid line at the front or back of the Racer's Box while holding the rope.
- The sled must always pass the 12.5m mark (end of the lane, completely over the white line) before changing direction.
- 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.
- At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.
- At all times, the working DTM 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 neighboring lane.
 - » The resting DTM must remain behind the working DTM at all times and may NOT assist with rope management in any way e.g. with their hands or feet
- It is permitted for the resting DTM to offer verbal and physical guidance to the working DTM so long as they do not step onto any of the Racer's Box lines, or within the Racer Box itself.
- As soon as the team has completed 4 x 12.5 m lanes and the entire sled passes the line, the station is complete.
- If the team completes less than four lanes, a penalty of 3 minutes per missing lane will be applied.



Fig: 001

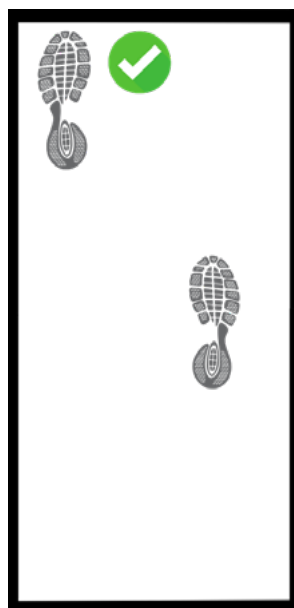


Fig: 002



Fig: 003

Sled Pull Penalty Protocol

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

Distance 80 meters.

- The first DTM must start by completing a burpee.
- The first burpee of each section starts with both hands placed on the ground/ contrasting coloured tape behind the white startline with the racer's chest on the ground.
 - » In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.
- The racer may then jump or step out of the burpee before broad jumping forward over the startline. During all broad jumps, both feet must be parallel for taking off and landing. No staggered foot positions, additional steps or shuffles are permitted at any time.
- Racers are permitted to use a knee when coming out of the bottom of the burpee position.



Fig: 004

- When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips (overstepping).
- When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.
 - » The 30 cm measures from the base of the racer's palms where their hands meet their wrists.
 - » Once the hands are placed on the ground, they cannot be moved forward.

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

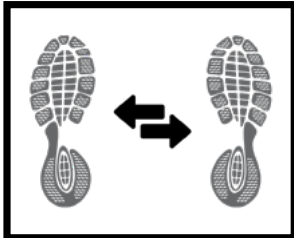


Fig: 005

- 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.
- 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.

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



Fig: 006

- The resting DTM must walk behind the working DTM at all times and must not obstruct other racers e.g. by walking alongside their working DTM. Doing so will be treated as an infringement.
- When transitioning between DTMs, the resting DTM will begin by placing their hands where the working DTM's feet landed, toes and fingers in line. Failure to do so will be treated as an infringement.

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

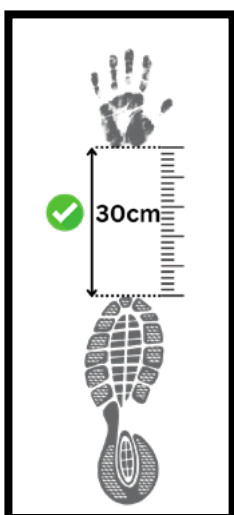


Fig: 008

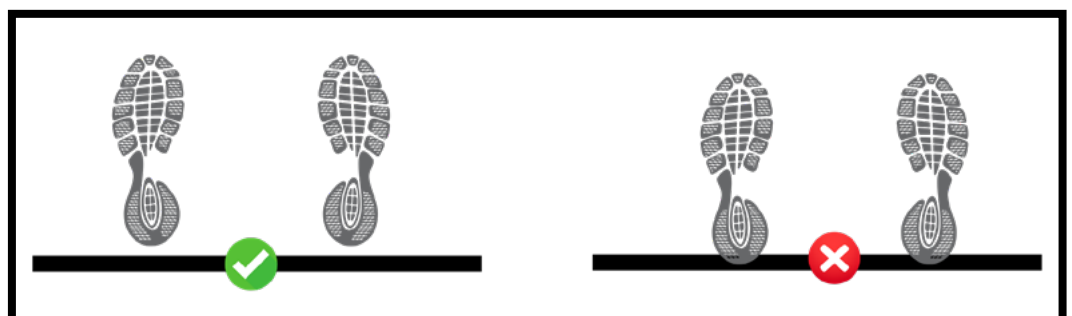


Fig: 009

Burpee Broad Jump Penalty Protocol

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

9.5 Rowing

Distance 1,000 meters.

- Prior to starting, the monitor will be (re) set by the Judging Team.
- 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 during their.
- 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.
- The racer may only dismount their rower and leave the workout station after receiving the Judge's confirmation of completion.
- The resting DTM must remain in the marked area behind the working DTM at all times. They are not permitted to obstruct other racers - doing so will be treated as an infringement.
- It is not permitted for DTMs to pass each other the rower handle, adjust the damper or adjust the footstraps for each other - doing so will be treated as an infringement.

Note 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 working DTM (only).

Note 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.

Rower Penalty Protocol

- A team's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- 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 each 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.

- 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.
- The racer has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended by the racer's sides.
- Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
- During each Kettlebell transition between the DTMs, the KBs must not be passed forward. Sideways or backwards is permitted, never forwards.
- The resting DTM must walk behind the working DTM at all times. It is not permitted to obstruct other racers e.g. walking alongside the working DTM. Doing so will be treated as an infringement.
- 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.

Farmers Carry Penalty Protocol

- Each missing lap will result in a 3-minute penalty.
- 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.
- 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	200m
WOMEN	2 x 16 kg (white)
WOMEN PRO / MEN	2 x 24 kg (grey)
MEN PRO	2 x 32 kg (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.

- The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
- The racer must lift up the sandbag without assistance and place it across both shoulders. It must remain on both shoulders at all times throughout the station, including in the turn zones.
- The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
- During each lunge, the trailing knee must clearly touch the ground.
- Each repetition ends with the racer standing tall, knees and hips fully extended.
- Lunges must be alternating i.e. alternating knees touching the ground.
- The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
- It is not permitted to take any steps or shuffles between repetitions.
- 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.
- The racer lunges around the turning points at the end of each lane. However, they are required to restart each working section by lunging across the white line.
- During each sandbag transition between the DTM's, the sandbag must not be passed forward. Sideways or backwards is permitted, never forwards.
- The resting DTM must walk behind the working DTM at all times. It is not permitted to obstruct other racers e.g. walking alongside the working DTM. Doing so will be treated as an infringement.
- 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.

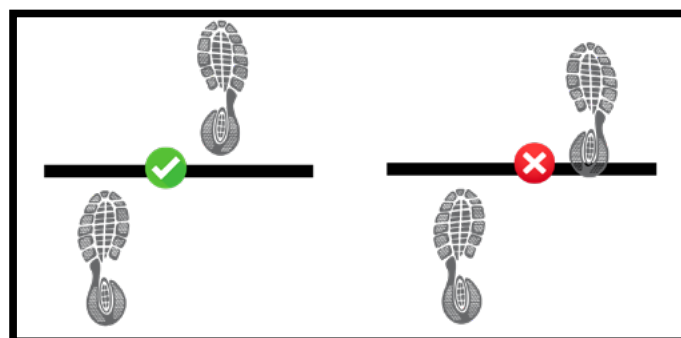


Fig: 010

Sandbag Lunge Penalty Protocol

- 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.
- 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).
- 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.

Removing the sandbag from the shoulders will result in a 15-second penalty i.e. no warning.

A second infringement will result in disqualification.

DISTANCE	100m
WOMEN	10 kg (white marking)
WOMEN PRO / MEN	20 kg (grey marking)
MEN PRO	30 kg (black marking)

9.8 Wall Balls

- It is the racer's responsibility to ensure they have selected the correct weight of wall ball relevant to their division (see below).
- The racer must start by standing tall (hips and knees extended), holding the wall ball with both hands i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.
- The racer then squats below parallel and throws the ball (with both hands) as they stand up, striking the correct target on the wall ball rig - this is counted as one repetition.



Fig: 011

- 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.
- 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.

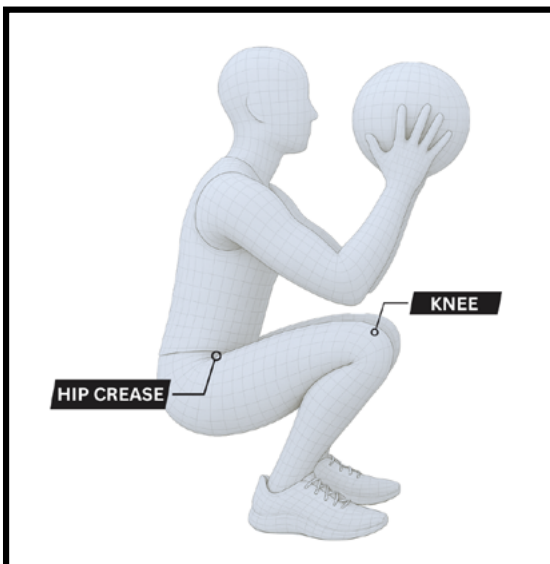


Fig: 012

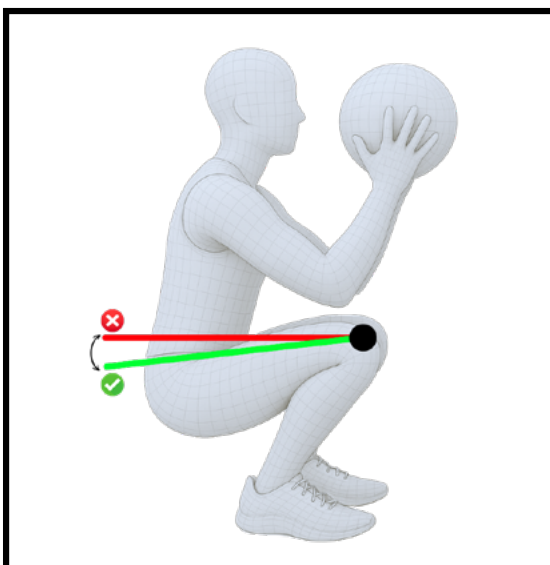


Fig: 013

- 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°).
- The resting DTM must remain in the marked area underneath the rig without obstructing other racers. Failure to do so will result in no-rep(s) for as long as the infringement occurs.
- The transition of the wall ball between DTM's is by either allowing the ball to go to the floor or by handing it between themselves. A flying transition where one DTM throws the ball to the target and the other DTM catches it in the squat and keeps moving is not permitted. Doing so will result in a no-rep.
- 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.
- 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.
- 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.
- If a team breaches any of these requirements, that repetition will be deemed a 'no rep'.

WOMEN	100 reps with 4 kg (white marking)
WOMEN PRO / MEN	100 reps with 6 kg (grey marking)
MEN PRO	100 reps with 9 kg (black marking)

Target height WOMEN and WOMEN PRO 2.70 meter

Target height MEN and MEN PRO 3.00 meter

Note 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.

Note 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

- No warnings are given, it is either a rep or a no-rep.
- Each missing rep will incur a 15-second penalty.
- 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' anti-doping 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.

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

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

- Knee Sleeves
- Wristbands
- Asthma inhalers or similar prescribed respiratory devices (see note 3)
- Gloves (not grips)
- Hydration Packs
- Weightlifting Belt

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

Note 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.

Note 2: Any item NOT listed above should be considered prohibited unless the racer receives written permission from the Race Director prior to race start.

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

11.2 The following items are strictly forbidden at all times:

- Headphones
- Helmets**
- Cell Phones*
- Breathing apparatus**
- VR Headsets
- Compressed air cylinders**
- GoPro or any other type/brand of (body) cameras

* 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

On event day, participants will encounter the following areas.

12.1 Registration, Timing Chip and Wristbands

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

Racers need to bring a government issued photo ID and their registration confirmation.

Depending on the division, the wristband will be either white, grey or black and/or green. This is used to identify the participant's start wave and division during the race and must be worn visibly on the wrist.

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

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

Summary Table

Code	Reason	Penalty
001	Missing Run Lap	3 min (4 Lap Setup) 5 min (3 Lap Setup) 7 min (2 Lap Setup) DQ (1 Lap Setup)
002	Missing Run or Station	DQ
003	Incorrect Workout Station Order	3 minutes for first infringement, then DQ
004	Incorrect Use of IN/OUT Arches	2 minutes per infringement
005	Incorrect Use of workout station Entry/Exit	2 minutes per infringement
006	Leaving SkiErg or Rower early	State: Min penalty 10 secs to DQ depending on the severity of the violation.
007	Missing Sled Lap	3 minutes per lane
008	Burpee Broad Jump	15 seconds per infringement
009	Missing Farmers Carry Lap	3 minutes per lap
010	Incorrectly Returned Kettlebells	30 seconds
011	Incorrect weight at Farmers Carry or Lunges	DQ
012	Removal of Sandbag From Shoulders	15 seconds (first infringement) DQ (second infringement)
013	Missing Wall Ball Repetition	15 seconds per missing rep
014	Using chalk anywhere but Sled Pull & Farmers Carry	2 minutes per infringement
015	Not using assigned piece of equipment/lane wall ball station	2 minutes per infringement
016	Doubles Partners Not Staying Together	1 minute per run and/or workout station Max 3. Then Out Of Competition
017	Outside Assistance	2 minutes per infringement

Code	Reason	Penalty
018	Incorrect Start Time (without permission)	DQ
019	Not Wearing Timing Chip While Racing	Did Not Start (DNS)
020	Spitting or Clearing Nose	2 minutes or DQ (Race Director decision)
021	Littering, Rapid Cooling	2 minutes per infringement
022	Unsporting Behaviour	2 minutes or DQ (Race Director decision)

13.1 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.

13.1.1 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 / 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.

13.1.4 Doubles Partners Not Staying Together

In the Doubles division, both partners must remain together at all times during the race, including all running segments and workout stations. The automatic timing system continuously monitors partner proximity.

Each time the system detects that partners are not together, a 1-minute time penalty will be applied - per run segment and/or workout station where the infringement occurs. A maximum of three penalties is allowed per team.

If a fourth infringement is recorded, the team will be classified as Out of Competition and will not appear in the official rankings.

"Remain together" is defined as being no more than five seconds apart at any time. Best practice is to stay within arm's reach of each other throughout the race to avoid triggering a penalty and to maintain smooth transitions between segments.

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.

14. RULES OF CONDUCT

By registering for a HYROX event, racers are agreeing to compete in a fair and honorable manner. Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX 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.

RULEBOOK

TEAM RELAY



SEASON 25/26

HYROX

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1. CONCEPT

HYROX, an indoor mass participation fitness race, 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 one workout, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the racers must complete the runs and workouts in the specific order (run, run, etc.) until they have completed a total of 8 km running and 8 workouts.

Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each participant must run 1 km before each workout, i.e. a total distance of 8 km.

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. 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

- In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
- 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.
- Each racer must agree to the terms and conditions of participation.
- 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 a HYROX Relay Team

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

- Select your division: HYROX RELAY
- Enter your personal details
- You are now registered as a HYROX RELAY Team

3.2 Participate as HYROX INDIVIDUAL

In addition to the DOUBLES participation, there is also the option to join as an INDIVIDUAL Starter. Learn more about the HYROX INDIVIDUAL race in the RULEBOOK INDIVIDUALS.

3.3 Participate as HYROX DOUBLE TEAM

It is also possible to participate in HYROX DOUBLE TEAM as a team of two. More details in the RULEBOOK DOUBLE TEAM.

3.4 Participate as a SINGLE HYROX ADAPTIVE

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

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

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

4. DIVISIONS AND RANKING SYSTEM

4.1 HYROX TEAM RELAY Divisions

(a) WOMEN

(b) MEN

(c) MIXED

HYROX offers 3 divisions. The divisions differ in gender, repetition and/or weight. The RELAY split remains the same across all divisions: each Relay Member (RM) has to run 2 x 1 km and perform the 2 corresponding workout stations.

Below are the required weights/distances for the RTMs.

WORKOUT / DIVISION	WOMEN OPEN	MEN / MIXED	WOMEN PRO
SkiErg	1000 m	1000 m	1000 m
Sled Push 4x12,5m	102 kg incl. Sled	152 kg incl. Sled	152 kg incl. Sled
Sled Pull 4x12,5m	78 kg incl. Sled	103 kg incl. Sled	103 kg incl. Sled
Burpee Broad Jumps	80 m	80 m	80 m
Rowing	1000 m	1000 m	1000 m
Farmers Carry 200m	2x 16kg	2x 24kg	2x 24kg
Lunges 100m	10 kg / 22 lbs	20 kg / 45 lbs	20 kg / 45 lbs
Wall Balls	100 reps with 4 kg / 9 lbs	100 reps with 6 kg / 14 lbs	100 reps with 6 kg / 14 lbs

4.2 Relay Age Groups

a) Under 40

b) 40+

Age groups are determined by the participant's age at the date of the event. In addition, the age groups are classified based on the average age of the four RELAY participants at the time of the event. e.g. RM1 is 24 years old, RM2 is 38, RM3 is 48 and RM4 is 40, the average age is 37.5, the RELAY Team will be classified into age group (a).

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 participates 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.

5. THE RACE

5.1 HYROX RELAY Race

HYROX TEAM RELAY is a 4-person-team race. The RELAY Team can consist of either:

- 4 Female racers
- 4 Male racers
- 2 Female and 2 Male racers

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

In order to complete the entire HYROX race and receive a valid finishing time, the teams 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.

Each RM has to run 2 x 1 k and perform 2 workout stations. Which run/workstations each RM completes is entirely up to the team.

This means one RM can either perform 2 x 1 km runs and 2 workout stations consecutively (back to back) or can complete one and return to the Transition Zone (TZ) whilst another RM completes the next run/workout station.

A HYROX race operates using wave starts at regular scheduled intervals (e.g. every 5 or 10 minutes, depending on the division). 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.

Note 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).

Note 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.

Note 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.

5.2 Station Rules and Regulations

For Teams, only one RM is active at a time whilst the other three are waiting for their turn.

Regardless, each Team must:

- Complete all workout stations in the correct order.
- Enter and Exit each workout station via the correct routes.
 - » Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
- Complete the prescribed number of repetitions and/or distances.
- Perform each exercise according to the movement standards.
- Perform the exercises/movements using the correct weight(s).
- 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.
- 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.
- 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.

5.3 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.

5.3.1 Transition Zone

The Transition Zone (TZ) is where the RM exchange takes place. The RM who is up next is only allowed to enter shortly before the exchange. No loitering is allowed in this zone. It is the responsibility of each RELAY Team to make sure their RTMs get into the TZ on time.

Once a RM has finished their workout station, they must run into the TZ to meet with the RM who is up next.

IMPORTANT: If a RM performs 2 runs and workout stations (i.e. back to back), they need to run through the TZ after each workout to ensure the timing chip is 'seen'. Not doing so will result in an automatic penalty.

The exchange must follow this protocol:

When RM 1 finishes their run and workout station, they enter the TZ. They then high-five RM 2 who is waiting for them. Once the transition occurs, RM2 starts their run and RM 1 promptly exits the TZ to avoid congestion.

5.4 Judging Teams

A Judging Team will be responsible for ensuring all racers complete the race/each workout station 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.

6. 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.

6.1 SkiErg

Distance 1,000 meters.

- Prior to starting, the monitor will be (re) set by a Judge.
- 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.
- 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.
- The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.
- 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 working DTM (only).
- The resting DTM remains in the marked area. It is not allowed to pass the SkiErg handles from one DTM to the other.

SkiErg Penalty Protocol

- An infringement of any kind will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- 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.

6.2 Sled Push

Distance 50 meters.

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.

- Both sled and racer must be completely behind the white line prior to starting.
- The sled must always pass the 12.5m mark (end of the lane) entirely before changing direction.
- As soon as the racer completes 4 x 12.5m lanes and the entire sled passes the line, the station is complete.
- If the racer completes less than four lanes, a penalty of 3 minutes per missing lane will be applied.

Sled Push Penalty Protocol

- A racer's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- 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	152 kg incl. Sled

6.3 Sled Pull

Distance 50 meters.

Each team/pair of racers will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.

- Both sled and racer must be completely within their respective Racer's Box prior to starting.
- At all times, the racer must remain within their designated working space (known as the Racer's Box) at each end of their lane.
 - » Racers are not permitted to step on the solid line at the front or back of the Racer's Box while holding the rope.
- The sled must always pass the 12.5m mark (end of the lane, completely over the white line) before changing direction.
- 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.
- At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.
- As soon as the racer has completed 4 x 12.5 m lanes and the entire sled passes the line, the station is complete.
- If the racer completes less than four lanes, a penalty of 3 minutes per missing lane will be applied.



Fig: 001

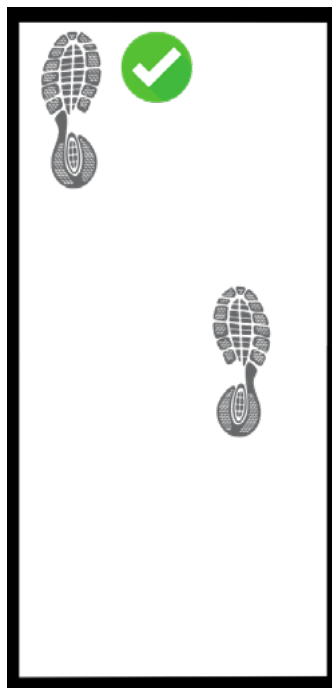


Fig: 002



Fig: 003

Sled Pull Penalty Protocol

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

6.4 Burpee Broad Jump

Distance 80 meters.

- The racer must start by completing a burpee.
- The first burpee of each section starts with both hands placed on the ground/ contrasting coloured tape behind the white startline with the racer's chest on the ground.
 - » In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.
- The racer may then jump or step out of the burpee before broad jumping forward over the startline. During all broad jumps, both feet must be parallel for taking off and landing. No staggered foot positions, additional steps or shuffles are permitted at any time.
- Racers are permitted to use a knee when coming out of the bottom of the burpee position.
- When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips (overstepping).
- When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.
 - » The 30 cm measures from the base of the racer's palms where their hands meet their wrists.
 - » Once the hands are placed on the ground, they cannot be moved forward.



Fig: 004

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

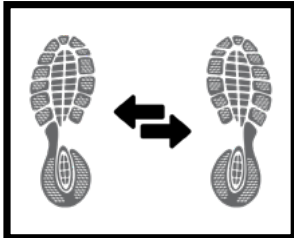


Fig: 005

- 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.
- Where turning points are used at the end of each section, racers are not required to perform the movement around them.



Fig: 006

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

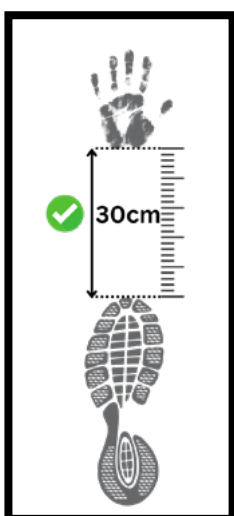


Fig: 008

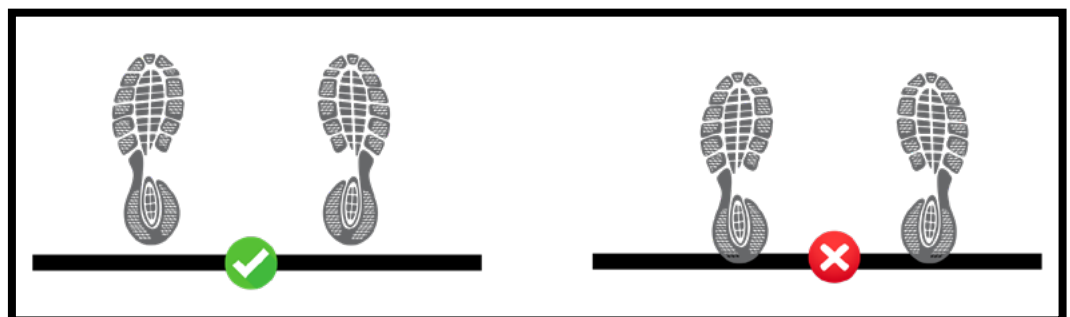


Fig: 009

Burpee Broad Jump Penalty Protocol

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

6.5 Rowing

Distance 1,000 meters.

- Prior to starting, the monitor will be (re) set by the Judging Team.
- 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 during their.
- 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.
- The racer may only dismount their rower and leave the workout station after receiving the Judge's confirmation of completion.

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

Note 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.

Rower Penalty Protocol

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

6.6 Kettlebell Farmers Carry

Distance 200 meters.

Depending on the venue, achieving 200 meters may involve multiple laps. It is each 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.

- 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.
- The racer has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended by the racer's sides.
- Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
- 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.

Farmers Carry Penalty Protocol

- Each missing lap will result in a 3-minute penalty.
- 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.
- 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	200m
WOMEN	2 x 16 kg (white)
MEN PRO	2 x 24 kg (grey)

6.7 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.

- The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
- The racer must lift up the sandbag without assistance and place it across both shoulders. It must remain on both shoulders at all times throughout the station, including in the turn zones.
- The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
- During each lunge, the trailing knee must clearly touch the ground.
- Each repetition ends with the racer standing tall, knees and hips fully extended.
- Lunges must be alternating i.e. alternating knees touching the ground.
- The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
- It is not permitted to take any steps or shuffles between repetitions.
- 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.
- The racer lunges around the turning points at the end of each lane. However, they are required to restart each working section by lunging across the white line.
- 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.

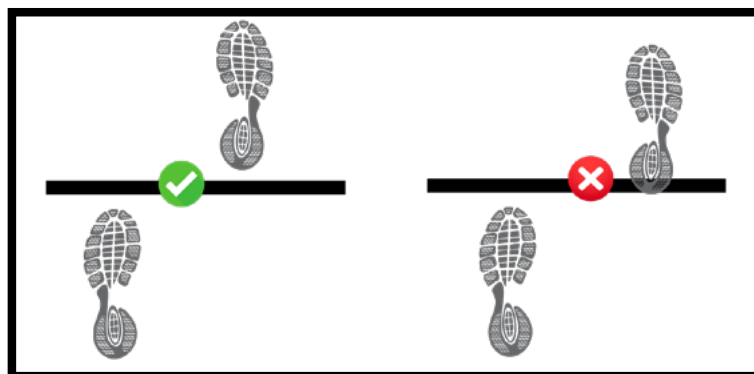


Fig: 010

Sandbag Lunge Penalty Protocol

- 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.
- 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).
- 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.

Removing the sandbag from the shoulders will result in a 15-second penalty i.e. no warning.

A second infringement will result in disqualification.

DISTANCE	100m
WOMEN	10 kg (white marking)
MEN	20 kg (grey marking)

6.8 Wall Balls

- It is the racer's responsibility to ensure they have selected the correct weight of wall ball relevant to their division (see below).
- The racer must start by standing tall (hips and knees extended), holding the wall ball with both hands i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.
- The racer then squats below parallel and throws the ball (with both hands) as they stand up, striking the correct target on the wall ball rig - this is counted as one repetition.



Fig: 011

- 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.
- 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.
- 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°).
- 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.
- 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.
- 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.
- If a racer breaches any of these requirements, that repetition will be deemed a 'no rep'.

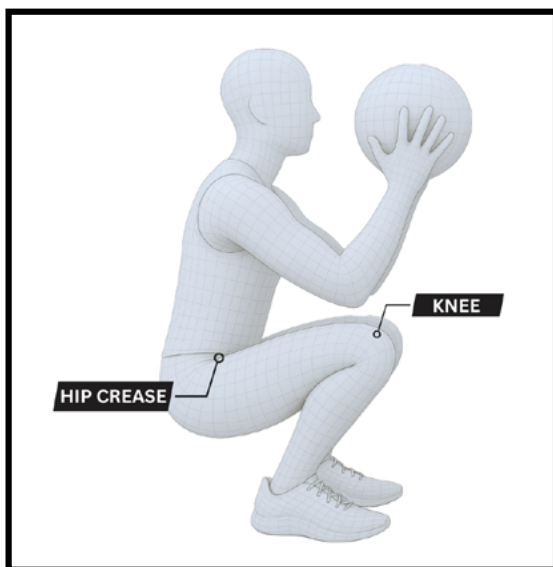


Fig: 012

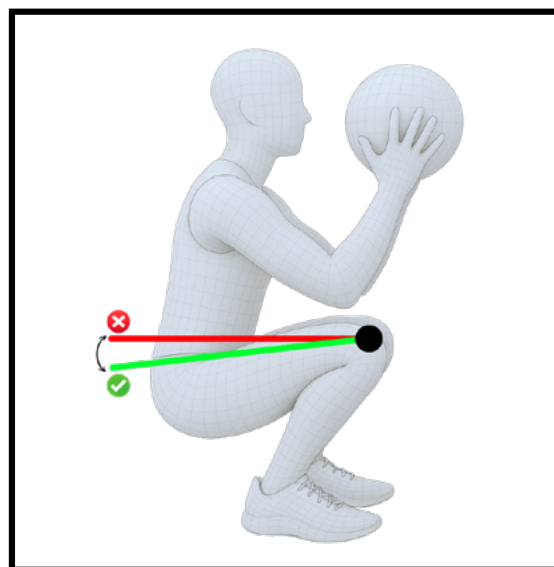


Fig: 013

WOMEN

100 reps with 4 kg (white marking)

MEN

100 reps with 6 kg (grey marking)

Target height WOMEN and WOMEN PRO
Target height MEN and MEN PRO

2.70 meter
3.00 meter

Note 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.

Note 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

- No warnings are given, it is either a rep or a no-rep.
- Each missing rep will incur a 15-second penalty.
- If a racer uses powdered chalk at the wall ball workout station, a 2 minute penalty will apply.

6.8.1 Relay Team Reunification at the Wall Ball Station

Once the final RM4 has left the Transition Zone to begin Run 8, the other three teammates should make their way to the Wall Ball workout station via the designated spectator pathways. There will be a clearly marked Relay Entry Point at the Wall Ball station where these teammates will be permitted to enter.

Entry is only allowed once RM4 has commenced the Wall Ball workout. Upon entry, teammates must go directly to their teammate and stand under the rig to support them. After completing the 100 Wall Balls, all four teammates must run together to the Finisher Stage to cross the finish line as a team.

7. 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 participate 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' anti-doping 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.

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

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

8. 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.

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

- Knee Sleeves
- Wristbands
- Asthma inhalers or similar prescribed respiratory devices (see note 3)
- Gloves (not grips)
- Hydration Packs
- Weightlifting Belt

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

Note 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.

Note 2: Any item NOT listed above should be considered prohibited unless the racer receives written permission from the Race Director prior to race start.

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

8.2 The following items are strictly forbidden at all times:

- Headphones
- Helmets**
- Cell Phones*
- Breathing apparatus**
- VR Headsets
- Compressed air cylinders**
- GoPro or any other type/brand of (body) cameras

* 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.

8.3 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.

8.4 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.

8.5 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.

9. EVENT DAY SCHEDULE

On event day, participants will encounter the following areas.

9.1 Registration, Timing Chip and Wristbands

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

Racers need to bring a government issued photo ID and their registration confirmation.

Depending on the division, the wristband will be either white, grey or black and/or green. This is used to identify the participant's start wave and division during the race and must be worn visibly on the wrist.

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

Any other position may lead to an invalid or incomplete time record - it is the racer's responsibility to wear the timing chip correctly on an ankle throughout the race. Doubles and relays must carry one chip per participant. Doubles = 2 Timing Chips; Relay = 4 Timing Chips.

9.2 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.

9.3 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.

9.4 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.

10. PENALTIES

Summary Table

Code	Reason	Penalty
001	Missing Run Lap	3 min (4 Lap Setup) 5 min (3 Lap Setup) 7 min (2 Lap Setup) DQ (1 Lap Setup)
002	Missing Run or Station	DQ
003	Incorrect Workout Station Order	3 minutes for first infringement, then DQ
004	Incorrect Use of IN/OUT Arches	2 minutes per infringement
005	Incorrect Use of workout station Entry/Exit	2 minutes per infringement
006	Leaving SkiErg or Rower early	State: Min penalty 10 secs to DQ depending on the severity of the violation.
007	Missing Sled Lap	3 minutes per lane
008	Burpee Broad Jump	15 seconds per infringement
009	Missing Farmers Carry Lap	3 minutes per lap
010	Incorrectly Returned Kettlebells	30 seconds
011	Incorrect weight at Farmers Carry or Lunges	DQ
012	Removal of Sandbag From Shoulders	15 seconds (first infringement) DQ (second infringement)
013	Missing Wall Ball Repetition	15 seconds per missing rep
014	Using chalk anywhere but Sled Pull & Farmers Carry	2 minutes per infringement
015	Not using assigned piece of equipment/lane wall ball station	2 minutes per infringement
016	Doubles Partners Not Staying Together	1 minute per run and/or workout station Max 3. Then Out Of Competition
017	Outside Assistance	2 minutes per infringement
018	Incorrect Start Time (without permission)	DQ

Code	Reason	Penalty
019	Not Wearing Timing Chip While Racing	Did Not Start (DNS)
020	Spitting or Clearing Nose	2 minutes or DQ (Race Director decision)
021	Littering, Rapid Cooling	2 minutes per infringement
022	Unsporting Behaviour	2 minutes or DQ (Race Director decision)

10.1 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.

10.1.1 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).

10.1.2 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.

10.1.3 Missed / Missed 1K Run

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

10.1.4 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.

10.1.4 Doubles Partners Not Staying Together

In the Doubles division, both partners must remain together at all times during the race, including all running segments and workout stations. The automatic timing system continuously monitors partner proximity.

Each time the system detects that partners are not together, a 1-minute time penalty will be applied - per run segment and/or workout station where the infringement occurs. A maximum of three penalties is allowed per team.

If a fourth infringement is recorded, the team will be classified as Out of Competition and will not appear in the official rankings.

"Remain together" is defined as being no more than five seconds apart at any time. Best practice is to stay within arm's reach of each other throughout the race to avoid triggering a penalty and to maintain smooth transitions between segments.

10.3 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).

10.4 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.

10.5 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.

14. RULES OF CONDUCT

By registering for a HYROX event, racers are agreeing to participate in a fair and honorable manner. Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX 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.

RULEBOOK

ADAPTIVE



SEASON 24/25

H Y R O X

WORLD SERIES OF FITNESS RACING

1. CONCEPT

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

HYROX consists of a 1 km run followed by one workout, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the participants must complete the runs and workouts in the specific order (run, workout, run, workout, etc.) until they have completed a total of 8 km running and 8 workouts. Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each participant must run 1 km before each workout, i.e. a total distance of 8 km.

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time.

2. CONDITIONS OF PARTICIPATION

2.1 Conditions of participation in HYROX

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

2.2 Precondition for participation

- In order to participate in a HYROX event the participant must be at least 16 years old on the day of competition.
- Each participant must agree to the terms and conditions of participation.
- The only way to register for a HYROX event is via www.hydrox.com.

3. REGISTRATION

3.1 Participate as an individual

At www.hydrox.com the participant can sign up via the „Register here“ button for the specific city.

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

4. DIVISIONS, CLASSIFICATION AND RANKING SYSTEM

4.1 HYROX Adaptive Divisions

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

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

4.2 Classification

Lower Limb Impairment Division

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

Upper Limb Impairment Division

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

Short Stature Division

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

Visual Impairment Division

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

Hearing Impairment Division

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

Neurological Minor Division

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

Neurological Major Division

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

Seated With Hip Function (SWHF) Division

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

Seated Without Hip Function (SWOHF) Division

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

Seated Without Core Function (SWOC) Division

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

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

Classification Notice

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

4.3 HYROX age groups (applies to all divisions)

- (a) U24 (16 - 24)
- (b) 25 - 29
- (c) 30 - 34
- (d) 35 - 39
- (e) 40 - 44
- (f) 45 - 49
- (g) 50 - 54
- (h) 55 - 59
- (i) 60 - 64
- (j) 65 - 69
- (k) 75 - 79
- (l) 80 - 84
- (m) 85 - 89

A participant's age group is determined by their age at the date of the event. (e.g.: If a participant will turn 40 at their next birthday in November 2024 and they are competing in an event in April of 2024 they will compete in age group (d).

4.4 Ranking System

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest times.

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

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

5. WORLD CHAMPIONSHIPS

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

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

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

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

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

6. THE COMPETITION

HYROX consists of a 1 km¹ run followed by one workout, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the participants must complete the runs and workouts in the designated order (run, workout, run, workout, etc.) until they have completed a total of 8 km running and 8 workouts.

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

6.1 Workout Station Rules and Regulations

- Complete all workouts, in the correct order.
- Perform each exercise according to the movement standards.
- Use the correct start and finish points of the workout-station.
- Complete the correct number of repetitions and/or distances.
- Perform the exercises/movements with the correct weight in kg or lbs.

6.2 General

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

6.3 Fast Lane

On the run course there is a line dividing the running course into two speed zones: fast lane, and regular speed. Faster athletes should run in the fast lane and slower athletes in the regular speed lane.

6.4 Referees and Head Judges

For each workout a referee will be responsible for ensuring all participants complete the workout in the correct and safe manner. The referee does this in coordination with the head judge of the respective workout station. The head judge of each workout station is managed by the race director, who oversees all sporting aspects of the competition and makes the final decisions on all judging matters.

All decisions of the Race Director and event organisers are final.

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

7.1. Running/Pushing Distance

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

Short Stature Impairment: 1 lap (approximately 350 meters)

Neurological Minor Impairment: 2 laps (approximately 750 meters)

Neurological Major Impairment: 1 lap (approximately 350 meters)

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

7.2 Guide Runner

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

7.3 Special Equipment

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

7.3.1 Wrist Straps or Hooks

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

8. MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time/distance penalty depending on the workout station. In addition, the assignment to the equipment or lane for each workout station will be allocated by the respective Head Judge and their team.

8.1 SkiErg*

- Prior to starting the workout the monitor must be (re)set by a referee.
- After completing the required distance, the athlete must raise his/her arm to call over a referee to confirm the required distance has been completed.
- Only after receiving the referee’s confirmation of completion the athlete may leave the platform and the station.
- If necessary, a judge will help with the handles or a box will be provided. In this case please inform our staff upon registration.

Distances

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

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

WOMEN	5
MEN	6

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

8.2 Sled Push

- Both, sled and athlete must be completely behind the line prior to beginning.
- Sled must always pass 12.5 m mark entirely before change of direction
- As soon as the athlete completed the distance and the entire sled passes the start/finish line the station is completed.

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

Distances / Weight

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

8.3 Sled Pull

- Sled and athlete must be positioned completely behind the line prior to beginning.
- Once the athlete pulls the entire sled passed the 12.5 m mark, the athlete switches sides and pulls the sled back
- At all times, the athlete must remain between the designated lines the so called Athlete’s Box and is not allowed to overstep these lines while pulling the sled.
- As soon as the athlete completed the distance and the entire sled passes the start/finish line the station is completed

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

Distances / Weight

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

8.4 Burpee Broad Jump

- The athlete starts with hands behind the line.
- The starting position is in the upright position, place hand near foot, at most one foot length away. Once hand is placed on the ground it cannot be moved forward.
- In the lower position, the athlete's chest must touch the ground.
- Then, the athlete stands up and jumps forward.
- The length of the jump is up to the athlete.
- Taking any steps forward between the repetitions is not allowed.
- The station is completed, once the athlete jumps across the finish line.
- If the athlete violates any of the above mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 5 m distance penalty.

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

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

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

80m Back Wheel Balance

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

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

Short Stature Impairment adapt as followed: 40 m

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

8.5 Rowing*

- Prior to starting the workout the monitor must be (re)set by a referee.
- After completing the required distance, the athlete must raise his/her arm to call over a referee to confirm the required distance has been completed.
- Only after receiving the referee’s confirmation of completion the athlete may leave the platform and the station.

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

Distances

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

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

WOMEN	5
MEN	6

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

8.6 Kettlebell Farmers Carry

- The Farmers Carry begins and ends with the removal/return of the kettlebells from the marked area next to the start/finish line.
- The athlete has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended
- Putting down the kettlebells to rest is allowed.
- The station is completed, once the athlete carries the kettlebells across the finish line and returns them to the marked area.

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

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

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

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

Distances / Weight

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

8.7 Sandbag Lunge

- The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
- The athlete must lift up the sandbag without assistance and place it over their shoulders.
- The athlete starts in the upright position with feet behind the line.
- During each lunge, the knee must touch the ground.
- A repetition ends with knees and hips fully extended.
- Lunges must alternate knees touching the ground.
- The athlete can either lunge continuously or stop after each lunge-
- Taking any steps between repetitions is not allowed.
- It is not allowed to put the sandbag down. The sandbag must remain on both shoulders at all times.
- The station is complete, once the athlete lunges across the finish line and returns the sandbag to the marked area.

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

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

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

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

Distances / Weight

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

8.8 Wall Balls

- With every throw the ball must strike the designated target.
- Before the athlete starts with the Wall Balls, the ball must be picked up from the ground and the athlete has to stand in the upright position with hips and knees extended before he/she initiates the movement.
- The athlete then squats (while holding the ball with both hands) and throws the ball (with both hands) to the target when standing up. This is counted as one repetition. After the ball touches the target, the athlete catches the ball and initiates the movement again.
- If the athlete does not catch the ball, he/she must first pick up the ball from the ground and stand in the upright position with hips and knees extended before he/she initiates the movement.
- At the bottom position of the squat, the athlete's hips must descend lower than his/her knees (below 90°).
- If necessary, the referee may use a box that to make sure the athlete's squat is low enough.
- If necessary the referee can assist in handing over the ball in order to start the movement
- If the athlete violates any of the above mentioned points, the repetition becomes invalid.

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

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

Upper Limb and Visual Impaired Athletes adapt as followed:

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

Reps / Weight / Target Height

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

9. ANTI DOPING CODE

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

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

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

10. CLOTHING, ACCESSORIES, HYDRATION/NUTRITION

It is the responsibility of the participant to ensure that they are appropriately dressed when considering the activities to be undertaken, environmental factors and any cultural sensitivities that should be observed.

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

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

10.2 The following items are strictly forbidden at all times:

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

10.3 Hydration/Nutrition

During the race, water will be made available at least once during, before or after each pass through the Roxzone. A sports drink or other hydration product may also be available. Any participants desiring nutrition must carry it on their person from the start of the race.

Competitors are not permitted to receive any beverage or nutritional product from anyone except the aid stations during their event (this would be considered outside assistance). Doing so can lead to penalties and/or disqualification.

11. EVENT DAY SCHEDULE

On event day participants will encounter the following areas.

11.1 Registration, Timing Chip and Wristbands

Once participants arrive at the venue, they will need to attend the athlete Check-in area where they will receive their timing chip, start number and wristband. Participants need to bring a government issued photo ID and their registration confirmation.

Depending on the division, the wristband will be either white, grey or black. It is used to identify the participant's start wave and division during the competition and must be worn visibly on the wrist.

Each participant also receives a timing chip for recording the participants time(s) during the competition. This chip must be attached to an ankle.

Any other position may lead to an invalid or incomplete time record - correctly wearing the timing chip on an ankle throughout the race is the competitors responsibility. Doubles and relays must carry one chip per participant. Doubles = 2 Timing Chips; Relay = 4 Timing Chips.

11.2 Changing Rooms and Bag Drop Area

Changing rooms and a secure bag drop will be available at the venue although the organiser accepts no responsibility for any lost or stolen bags or items.

11.3 Warm Up Area

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

11.4 Start Zone Area

10 minutes prior to an Individual's start time they need to assemble in the start zone area to receive official instructions about the race start.

12. PENALTIES

12.1 Time Penalties

12.1.1 Missing Run Laps

If a participant does not run the correct number of laps a time penalty of 3-7 minutes per lap² will be applied and added to their final result time.

For example: For a specific venue the time penalty could be 5 minutes. The participant's final result time is 1:24 but if they missed 2 run laps throughout the competition their final result time will be 1:34 (2 x 5 min penalties).

12.1.2 Completing the Workout Stations in the Incorrect Order

If a participant does not complete the workout station in the correct sequence (1-8), they are permitted to complete missing workout station prior to entering station 8 (Wall Balls). Completing the workout in the incorrect order will result in a 3 minute penalty. If more than one workout is completed out of order, the participant will automatically be disqualified.

12.1.3 Missed Workout / Missed 1k Run

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

12.1.4 Confusion of Roxzone IN and OUT

Each time a participant runs into the Roxzone via the OUT arch, or out of the Roxzone via the IN arch they will receive a 2 minute penalty.

12.2 Distance/Time Penalties

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

² The number of running laps that add up to 1 km, vary from venue to venue

Penalty decisions can be made by any referee/judge after consensus with a Head Judge and/or a Race Director. For Workout Stations 1-7 there will be one warning per station before penalties apply where movement standards are not met. With the second warning (of any infringement), the repetition is considered invalid and the athlete receives the corresponding distance/time penalty. Any further warning within the station will result in additional distance/time penalties. Some time penalties can be issued without a warning and will be based upon the violation.

12.3 Did Not Finish

If a participant does not finish a workout station they will not receive any results data and will be excluded from all rankings and awards. However, they may continue with the race (without a final result time).

12.4 Disqualification

If a participant has been disqualified by a Head Judge they will not receive any results data and will be excluded from all rankings and awards. Once disqualified by a Head Judge the participant may not continue the race.

12.5 Deviations from the Movement Standards

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time/distance penalty depending on the workout station.

13. RULES OF CONDUCT

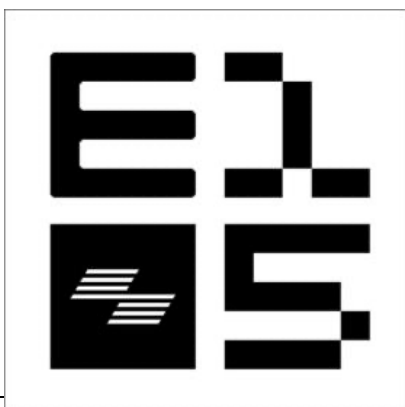
By registering for a HYROX event participants are agreeing to compete in a fair and honorable manner. Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX competitions and/or legal action. Any participant who is disqualified from a HYROX competition or banned for future events will not receive a refund for any fees or dues. This also applies to other behavior that could harm or disturb participants, volunteers, staff, sponsors, and spectators. At event organizers discretion any of the aforementioned actions may be taken against any participant.

13.1 Poor sportsmanship

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

13.2 General Conduct

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



ANTI-DOPING CODE 2024/25 OF HYROX WORLD GMBH FOR

HYROX

WORLD SERIES OF FITNESS RACING

["HYROX-ADC"]

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HYROX World GmbH ["HYROX-World"] is committed to promote fair play, integrity, and the spirit of competition within all events. HYROX-World firmly believes in the principles of clean sport and is dedicated to creating an environment where athletes can compete on a level playing field. As such, HYROX-World will enforce this HYROX-ADC to ensure the health and safety of all participants and to uphold the values of honesty, respect, and equality in sports.

All athletes participating in HYROX events are expected to comply with this HYROX-ADC.

INTRODUCTORY NOTES

The HYROX-ADC is based on the provisions of the World Anti-Doping Code (WADC 2021) of the World Anti-Doping Agency (WADA) and the Anti-Doping Code of the German National Anti-Doping Agency (NADA) which is in turn based on the WADC (NADC 2021). However, the HYROX-ADC (as regards the content and its structure) is amended as necessary to take account of the fact that HYROX-World represents a private sports organizer which is not part of the pyramidal sports federation structure and thus not a signatory within the meaning of the WADC. HYROX-World is therefore responsible for *Pre-/Adjudication* as well as *Results Management* and *Disciplinary Proceedings* under this HYROX-ADC (hereinafter also referred to as "Code").

If and to the extent relevant to the application of this Code, the definitions of the WADC 2021 (see APPENDIX 1, p. 163 et seq.) form an integral part of the HYROX-ADC. However, where terms are defined in this Code and the definition differs from those of the WADC, the provisions of this Code shall prevail.

As far as the WADC 2021 and NADC 2021 (in this context largely identical in terms of content) contain comments on provisions, HYROX-World may refer to these comments in the interpretation and application of this Code.

WADC 2021: wada-ama.org/wadc-2021 | NADC 2021: nada.de/NADC-2021

ARTICLE 1 DEFINITION OF DOPING

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.

ARTICLE 2 ANTI-DOPING RULE VIOLATIONS

Under the premise that it is the *Athletes'* personal duty to ensure that no *Prohibited Substance* enters their bodies, and no *Prohibited Method* is *Used* [accordingly no *intent, Fault, Negligence* or *knowing Use on the Athlete's part* must be demonstrated to establish a rule violation], the following constitutes an anti-doping rule violation:

- 2.1 Presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's Sample*
 - 2.1.1 *Athletes* are responsible for any *Prohibited Substance* or its *Metabolites* or *Markers* found to be present in their *Samples*. Accordingly, it is not necessary that *intent, Fault, Negligence* or *knowing Use* on the *Athlete's part* be demonstrated in order to establish an anti-doping rule violation.
 - 2.1.2 Sufficient proof of an anti-doping rule violation under Article 2.1 is established by any of the following: presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in the *Athlete's A Sample* where the *Athlete* waives analysis of the *B Sample* and the *B Sample* is not analyzed; the *Athlete's B Sample* is analyzed and the analysis of the *Athlete's B Sample* confirms the presence of the *Prohibited Substance* or its *Metabolites* or *Markers* found in the *Athlete's A Sample*; the *Athlete's A* or *B Sample* is split into two parts and the analysis of the confirmation part of the split *Sample* confirms the presence of the *Prohibited Substance* or its *Metabolites* or *Markers* found in the first part of the split *Sample* or the *Athlete* waives analysis of the confirmation part of the split *Sample*.

- 2.1.3 Excepting those substances for which a *Decision Limit* is specifically identified in the *Prohibited List* (see wada-ama.org/prohibited-list or a *Technical Document*, the presence of any reported quantity of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's Sample* shall constitute an anti-doping rule violation.
- 2.1.4 As an exception to the general rule of Article 2.1, the *Prohibited List*, *International Standards* (see wada-ama.org/international-standards) or *Technical Documents* (see wada-ama.org/technical-documents) may establish special criteria for reporting or the evaluation of certain *Prohibited Substances*.
- 2.2 *Use or Attempted Use* by an *Athlete* of a *Prohibited Substance* or a *Prohibited Method*
It is sufficient that the *Prohibited Substance* or the *Prohibited Method* was *Used* or Attempted to be *Used* for an anti-doping rule violation to be committed. Accordingly, the success or failure of the *Use* or *Attempted Use* of a *Prohibited Substance* or a *Prohibited Method* is not decisive.
- 2.3 *Evading, Refusing or Failing to Submit to Sample Collection* without compelling justification after notification by a duly authorized *Person*
- 2.4 [Left blank]
- 2.5 *Tampering or Attempted Tampering* with any part of *Doping Control* by an *Athlete* or *Other Person*
- 2.6 *Possession of a Prohibited Substance* or a *Prohibited Method* by an *Athlete* or *Athlete Support Person*
- 2.6.1 *Possession* by an *Athlete In-Competition* of any *Prohibited Substance* or any *Prohibited Method*, or *Possession* by an *Athlete Out-of-Competition* of any *Prohibited Substance* or any *Prohibited Method* which is prohibited *Out-of-Competition* unless the *Athlete* establishes that the *Possession* is consistent with a *Therapeutic Use Exemption* ("TUE") granted in accordance with Article 4.4 or other acceptable justification.
- 2.6.2 *Possession* by an *Athlete Support Person In-Competition* of any *Prohibited Substance* or any *Prohibited Method*, or *Possession* by an *Athlete Support Person Out-of-Competition* of any *Prohibited Substance* or any *Prohibited Method* which is prohibited *Out-of-Competition* in connection with an *Athlete*, *Competition* or training unless the *Athlete Support Person* establishes that the *Possession* is consistent with a *TUE* granted to an *Athlete* in accordance with Article 4.4, or other acceptable justification.
- 2.7 *Trafficking or Attempted Trafficking* in any *Prohibited Substance* or *Prohibited Method* by an *Athlete* or *Other Person*
- 2.8 *Administration or Attempted Administration* by an *Athlete* or *Other Person* to any *Athlete In-Competition* of any *Prohibited Substance* or *Prohibited Method*, or *Administration or Attempted Administration* to any *Athlete Out-of-Competition* of any *Prohibited Substance* or any *Prohibited Method* that is *Prohibited Out-of-Competition*
- 2.9 *Complicity or Attempted Complicity* by an *Athlete* or *Other Person*
Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or *Attempted* complicity involving an anti-doping rule violation, *Attempted* anti-doping rule violation or violation of Article 10.14.1 by another *Person*.
- 2.10 *Prohibited Association* by an *Athlete* or *Other Person*

- 2.10.1 *Association* by an *Athlete* or other *Person* subject to the authority of HYROX-World or an *Anti-Doping Organization* within the meaning of the WADC in a professional or sport-related capacity with any *Athlete Support Person* who is serving a period of *Ineligibility*, has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules if *WADC/NADC* compliant rules had been applicable to such Person, or is serving as a front or intermediary for an individual described above.
- 2.10.2 To establish a violation of Article 2.10, HYROX-World or the *Anti-Doping Organization* within the meaning of the WADC must establish that the *Athlete* or other *Person* knew of the *Athlete Support Person's* disqualifying status. The burden shall be on the *Athlete* or other *Person* to establish that any association with an *Athlete Support Person* described in Article 2.10.1 is not in a professional or sport-related capacity and/or that such association could not have been reasonably avoided. In case HYROX-World becomes aware of *Athlete Support Personnel* who meet the criteria described above, HYROX-World shall be entitled, but not obliged, to submit any such information to WADA.
- 2.11 *Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting*
- Where such conduct does not otherwise constitute a violation of Article 2.5: Any act which threatens or seeks to intimidate another *Person* with the intent of discouraging the *Person* from the good-faith reporting of information that relates to an alleged anti-doping rule violation or alleged non-compliance with this Code to HYROX-World, WADA, an *Anti-Doping Organization* within the meaning of the WADC, a law enforcement, regulatory or professional disciplinary body, hearing body or Person conducting an investigation for HYROX-World, WADA or an *Anti-Doping Organization* within the meaning of the WADC. The aforementioned applies accordingly to retaliation, whereby for the purposes of Article 2.11, retaliation, threatening and intimidation include an act taken against such *Person* either because the act lacks a good faith basis or is a disproportionate response.

ARTICLE 3 PROOF OF DOPING

- 3.1 **Burdens and Standards of Proof**
- HYROX-World shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether HYROX-World has established an anti-doping rule violation to the comfortable satisfaction of the hearing panel, bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability (thus greater than 50%+1) but less than proof beyond a reasonable doubt (thus less than 100%).
- Where this Code places the burden of proof upon the *Athlete* or other *Person* alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, except as provided in Articles 3.2.2 and 3.2.3, the standard of proof shall be by a balance of probability (thus equal to 50%+ 1).
- 3.2 **Methods of Establishing Facts and Presumptions**
- Facts related to anti-doping rule violations may be established by any reliable means, including admissions, whereby the following rules of proof shall be applied:
- 3.2.1 Analytical methods or *Decision Limits* approved by WADA after consultation within the relevant scientific community or which have been the subject of peer review are

presumed to be scientifically valid. An *Athlete* or other *Person* who wishes to challenge whether the conditions for such presumption are met or who wishes to rebut such presumption of scientific validity may, within 10 days, appeal to the appeal body within the meaning of §§ 1025 et seq. of the German Code of Civil Procedure [Zivilprozessordnung – ZPO] as specified in Article 13. The appeal body shall appoint an appropriate scientific expert to assist the panel in its evaluation of the challenge.

- 3.2.2 WADA-accredited laboratories, and other laboratories approved by WADA, are presumed to have conducted *Sample* analysis and custodial procedures in accordance with the *International Standard for Laboratories*. The *Athlete* or other *Person* may rebut this presumption by establishing that a departure from the *International Standard for Laboratories* occurred which could in the hearing body's view (see 3.2.1) reasonably have caused the *Adverse Analytical Finding*. If the *Athlete* or other *Person* rebuts the preceding presumption by showing that a departure from the *International Standard for Laboratories* occurred which could reasonably have caused the *Adverse Analytical Finding*, then HYROX-World shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*.
- 3.2.3 Departures from any other *International Standard* or other anti-doping rule or policy set forth in this Code or the *WADC* shall not invalidate analytical results or other evidence of an anti-doping rule violation, and shall not constitute a defense to an anti-doping rule violation; provided, however, if the *Athlete* or other *Person* establishes that a departure from one of the specific *International Standard* provisions listed below could reasonably have caused an anti-doping rule violation based on an *Adverse Analytical Finding* or whereabouts failure, then HYROX-World shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*.
- (a) a departure from the *International Standard for Testing and Investigations* related to *Sample* collection or *Sample* handling which could reasonably have caused an anti-doping rule violation based on an *Adverse Analytical Finding*, in which case HYROX-World shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*;
 - (b) a departure from the *International Standard for Results Management* or *International Standard for Testing and Investigations* related to *Adverse Passport Finding* which could reasonably have caused an anti-doping rule violation, in which case HYROX-World shall have the burden to establish that such departure did not cause the anti-doping rule violation;
 - (c) a departure from the *International Standard for Results Management* related to the requirement to provide notice to the *Athlete* of the B *Sample* opening which could reasonably have caused an anti-doping rule violation based on an *Adverse Analytical Finding*, in which case HYROX-World shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*.
- 3.2.4 The facts established by a decision of a state court or professional disciplinary tribunal of competent jurisdiction (e.g. in Germany: disciplinary bodies of the Bundeswehr or the Medical Association) which is not the subject of a pending appeal shall be irrebuttable evidence against the *Athlete* or other *Person* to whom the decision pertained of those facts unless the *Athlete* or other *Person* establishes that the decision violated principles of natural justice.
- 3.2.5 The hearing panel within the meaning of §§ 1025 et seq. ZPO in a hearing on an anti-doping rule violation may draw an inference adverse to the *Athlete* or other *Person*

who is asserted to have committed an anti-doping rule violation based on the *Athlete's* or other *Person's* refusal, after a request made in a reasonable time in advance of the hearing, to appear at the hearing (either in person or telephonically as directed by the hearing panel) and to answer questions from the hearing panel within the meaning of §§ 1025 et seq. ZPO or HYROX-World asserting the anti-doping rule violation.

ARTICLE 4 THE PROHIBITED LIST

4.1 *Publication and Revision of the Prohibited List*

Prohibited List within the meaning of the HYROX-ADC means the *Prohibited List* as published by WADA as an *International Standard* as often as necessary, but at least once a year. Unless provided otherwise in the *Prohibited List* and/or a revision, the *Prohibited List* and its revisions shall enter into effect three months after publication by WADA, without requiring further measures. HYROX-World will provide its athletes with the publication date in due time. The *Prohibited List* is part of this Code as amended from time to time. The current version of the Prohibited List can be viewed on the WADA homepage at wada-ama.org/prohibited-list. Moreover, HYROX-World will make available a digital copy of the *Prohibited List* upon request by an *Athlete*.

4.2 *Prohibited Substances and Prohibited Methods listed in the Prohibited List*

4.2.1 *Prohibited Substances and Prohibited Methods*

The *Prohibited List* lists those *Prohibited Substances* and *Prohibited Methods* that are forbidden as doping at all times (*Out-of-Competition* and *In-Competition*) because of their potential to increase performance or because of their masking potential, as well as those substances and methods that are only prohibited *In-Competition*. WADA may extend the *Prohibited List* for specific types of sport. *Prohibited Substances* and *Prohibited Methods* can be included in the *Prohibited List* as a general category or with a special reference to a specific substance or a specific method.

4.2.2 Specified Substances or Specified Methods

For the purposes of applying Article 10, all *Prohibited Substances* shall be *Specified Substances* except as identified on the *Prohibited List*. No *Prohibited Method* shall be a *Specified Method* unless it is specifically identified as a *Specified Method* on the *Prohibited List*.

4.2.3 Substance of Abuse

For the purposes of applying Article 10, *Substances of Abuse* shall include those *Prohibited Substances* which are specifically identified as *Substances of Abuse* on the *Prohibited List* because they are frequently abused in society outside of the context of sport.

4.3 WADA's determination of the *Prohibited Substances* and *Prohibited Methods* that will be included on the *Prohibited List*, the classification of substances into categories on the *Prohibited List*, the classification of a substance as prohibited at all times or *In-Competition* only, the classification of a substance or method as a *Specified Substance*, *Specified Method* or *Substance of Abuse* is final and shall not be subject to any challenge by an *Athlete* or other *Person* including, but not limited to, any challenge based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk or violate the spirit of sport.

4.4 *Therapeutic Use Exemptions*

- 4.4.1 The presence of a *Prohibited Substance* or its *Metabolites* or *Markers*, and/or the use or *Attempted Use* of a *Prohibited Substance* or *Prohibited Method*, *Possession* of a *Prohibited Substance* or *Prohibited Method*, or the *Administration* or *Attempt of Administration* of a *Prohibited Substance* or a *Prohibited Method* shall not be considered an anti-doping rule violation if it is consistent with the provisions of a *Therapeutic Use Exemption* granted in accordance with the specifications of the *International Standard for Therapeutic Use Exemptions*.
- 4.4.2. *Athletes* shall apply to HYROX-World for a *Therapeutic Use Exemption (TUE)*, as soon as possible – save where Articles 4.1 or 4.3 of the *International Standard for Therapeutic Use Exemptions* apply. The TUE application form as drafted by WADA is available on the WADA homepage at wada-ama.org/tue-application-form. Moreover, HYROX-World will provide the *Athletes* with its own application form as printable version as well as in physical form upon request by the *Athlete* in text form (§ 126b German Civil Code – Bürgerliches Gesetzbuch – BGB). Rules on the procedure for granting of *Therapeutic Use Exemptions* shall be provided by Article 4.4 WADC, the *International Standard for Therapeutic Use Exemptions* (see wada-ama.org/tue).
- 4.4.3 Where the *Athlete* already has a *Therapeutic Use Exemption (TUE)* granted by their respective National Anti-Doping Organization or an International Federation for the substance or method in question, if that TUE meets the criteria set out in the *International Standard for Therapeutic Use Exemptions*, then HYROX-World shall be entitled to decide on the recognition of the TUE in its discretion. If HYROX-World considers that the TUE does not meet those criteria and so refuses to recognize it, it must notify the *Athlete* promptly, with reasons. However, the decision to refuse the recognition shall be final and not legally contestable.
- 4.4.4 *[Left blank]*

4.5 Monitoring Program

WADA, in consultation with Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect potential patterns of misuse in sport. In addition, WADA may include in the monitoring program substances that are on the Prohibited List, but which are to be monitored under certain circumstances – e.g., Out-of-Competition Use of some substances prohibited In-Competition only or the combined Use of multiple substances at low doses (“stacking”) – in order to establish prevalence of Use or to be able to implement adequate decisions in regards to their analysis by laboratories or their status within the Prohibited List. The reported Use or detected presence of a monitored substance shall, however, not constitute an anti-doping rule violation.

ARTICLE 5 TESTING AND INVESTIGATIONS

5.1 Purpose of *Testing* and Investigations

Testing and investigations are solely performed for anti-doping purpose. They shall be conducted in conformity with the provisions of the *International Standard for Testing and Investigations* (see wada-ama.org/international-standard-testing-and-investigations). *Testing* shall be undertaken to obtain analytical evidence as to whether the *Athlete* has violated Article 2.1 (*Presence of a Prohibited Substance* or its

Metabolites or Markers in an Athlete's Sample) or Article 2.2 (*Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method*).

5.2 Authority for the Organization and Performance of *Testing*

As a general rule, any *Athlete* may be required to provide a *Sample* at any time and at any place. HYROX-World shall be responsible for the organization and performance of *Out-of-Competition* and *In-Competition Testing* (thus testing at the venue) for all *Athletes* subject to the scope of application of the HYROX-ADC and bound by the rules and regulations of HYROX-World. HYROX-World will notify its *Athletes* about the nature and extent of the testing without undue delay. *Athletes* who are subject to a period of *Ineligibility* may be subjected to *Testing* during their period of *Ineligibility*.

5.3 to 5.4 [Left blank]

5.5 Performance of *Testing*

The performance of *Testing* shall be according to the *International Standard for Testing and Investigations*. HYROX-World shall be entitled, but not obliged, to coordinate its *Testing* via an automated data processing system.

5.6 Selection of *Athletes* for *Testing*

HYROX-World shall select the *Athletes* who will be subject to *Testing* according to its own discretion. HYROX-World shall not owe any statement of reasons for the selection made. The selection procedure shall be in accordance with the specifications of this Code and the relevant provisions of the *International Standard for Testing and Investigations*. HYROX-World is authorized to transfer the selection decision to a third party and to grant the third party a free discretion with regard to the selection. The *Athletes* subject to *Provisional Suspension* or *Ineligibility* may be subjected to *Testing Out-of-Competition* during the *Provisional Suspension* or *Ineligibility*.

5.7 Retirement of *Athletes*

If an *Athlete* retires from sport while subject to a period of *Ineligibility*, the *Athlete* must notify HYROX-World in text form (§ 126b German Civil Code – Bürgerliches Gesetzbuch – BGB) of such retirement. If the *Athlete* then wishes to return to active competition, the *Athlete* shall not compete in *HYROX events* until the *Athlete* has made himself or herself available for *Testing* by giving six months prior notice (or notice equivalent to the period of *Ineligibility* remaining as of the date the *Athlete* retired, if that period was longer than six months) to HYROX-World.

5.8 Investigations and Intelligence Gathering

HYROX-World shall conduct investigations based on the *International Standard for Testing and Investigations* according to its own discretion. It shall not owe any reasons for the type and scope of the investigation measures.

ARTICLE 6 ANALYSIS OF SAMPLES

6.1 Use of Accredited, Approved Laboratories and Other Laboratories

For purposes of directly establishing an *Adverse Analytical Finding* under Article 2.1, *Samples* shall be analyzed only in *WADA*-accredited laboratories or laboratories otherwise approved by *WADA*. The choice of the *WADA*-accredited or otherwise approved laboratory used for the *Sample* analysis shall be determined exclusively by HYROX-World. As provided in Article 3.2, facts related to anti-doping rule violations

may be established by any reliable means. This would include, for example, reliable laboratory or other forensic testing conducted outside of a WADA-accredited or approved laboratories.

6.2 Purpose of Analysis of Samples and data

Samples and related analytical data or *Doping Control* information shall be analyzed to detect *Prohibited Substances* and *Prohibited Methods* identified on the *Prohibited List* (see wada-ama.org/prohibited-list) and other substances as directed by WADA pursuant to Article 4.5, or to assist HYROX-World in profiling relevant parameters in the urine, blood or any other matrix of an *Athlete* for Anti-Doping purpose. This includes DNA or genome profiling as well as any other legitimate anti-doping purpose.

6.3 Use of *Samples* and data for research purposes

Samples, related analytical data and *Doping Control* information may be used for anti-doping research purposes, although no *Sample* may be used for research purposes without the written consent of the *Athlete*. *Samples*, related analytical data or *Doping Control* information used for research purposes shall first be processed in such a manner as to prevent *Samples* and related analytical data or *Doping Control* information being traced back to a particular *Athlete*. Any research involving *Samples* and related analytical data, or *Doping Control* information shall be conducted in accordance with the principles set out in Article 19 WADC.

6.4 Performance of the Analysis and Reporting

The laboratories shall analyze *Samples* and report their results in conformity with the *International Standard for Laboratories* (see wada-ama.org/international-standards/international-standard-laboratories). Laboratories may perform at their own initiative and cost analysis of *Samples* for *Prohibited Substances* or *Prohibited Methods* not included in the standard analysis scope specified by WADA or not specified or requested by HYROX-World. The results of such analyses shall be reported to HYROX-World and shall have the same *Consequences* as any other analysis results.

6.5 Further Analysis of a *Sample* prior to or during *Pre-adjudication/Adjudication*

There shall be no limitation on the authority of a laboratory to conduct repeat or additional analysis on a *Sample* prior to the time HYROX-World notifies an *Athlete* that the *Sample* is the basis for an Article 2.1 anti-doping rule violation charge. If after such notification HYROX-World wishes to conduct additional analysis on that *Sample*, it may do so with the consent of the *Athlete* or approval from a hearing body within the meaning of §§ 1025 et sec. ZPO.

6.6 Further Analysis of a *Sample* after it has been Reported as Negative or has Otherwise not Resulted in an Anti-Doping Rule Violation Charge

After a laboratory has reported a *Sample* as negative, or the *Sample* has not otherwise resulted in an anti-doping rule violation charge, it may be stored and subjected to further analyses for the purpose of Article 6.2 at any time exclusively at the direction of HYROX-World.

6.7 Split of A or B *Sample*

Where HYROX-World or the laboratory (with HYROX-World's approval) wishes to split an A or B *Sample* for the purpose of using the first part of the split *Sample* for an A *Sample* analysis and the second part of the split *Sample* for confirmation, then the procedures set forth in the *International Standard for Laboratories* shall be followed.

ARTICLE 7 PRE-ADJUDICATION/ADJUDICATION

[COMPETENCE, INITIAL REVIEW, NOTIFICATION, AND PROVISIONAL SUSPENSION]

- 7.1 General Pre-adjudication shall be conducted in accordance with this Article 7.
- 7.1.1 Pre-adjudication designates the process from the time of learning of an *Adverse Analytical Finding* or of an *Atypical Finding* or of any other anti-doping rule violation or of any violation of a filing failure or missed test up to the conduct of Adjudication in accordance with the specifications of the *International Standard for Results Management* (see wada-ama.org/international-standard-results-management).
- 7.1.2 HYROX-World shall be responsible for Pre-adjudication and *Results Management* concerning Out-of-Competition and In-Competition *Testing*, including the initial review. In this respect, HYROX-World bears sole and full responsibility with all consequences for the procedure and responsibility.
- 7.1.3 to 7.1.7 [Left blank]
- 7.2 Initial review and notification in the case of potential anti-doping rule violations
- Initial review and notification with respect to potential anti-doping rule violations shall be carried out in accordance with the *International Standard for Results Management*.
- 7.3 Identification of prior anti-doping rule violations
- Before an *Athlete* or other *Person* is informed of a potential anti-doping rule violation, HYROX-World shall be entitled to refer to and contact WADA and other relevant *Anti-Doping Organizations* to determine whether any prior anti-doping rule violation exists.
- 7.4 *Provisional Suspension*
- 7.4.1 Mandatory *Provisional Suspension* after an *Adverse Analytical Finding* or *Adverse Analytical Finding* of the *Athlete Biological Passport*
- If an *Adverse Analytical Finding* of the A-Sample or an *Adverse Analytical Finding* of the *Athlete Biological Passport* (after completion of the proceedings to review the *Adverse Analytical Finding* of the *Athlete Biological Passport*) that is due to a *Prohibited Substance* that is not a *Specified Substance*, or due to a *Prohibited Method* that is not a *Specified Method* is found, HYROX-World (see 12.1.3 for the competent body of HYROX-World) shall declare a *Provisional Suspension* promptly. A mandatory *Provisional Suspension* can be avoided if in HYROX-World's opinion (a) the *Athlete* is able to explain convincingly that the violation is probably (thus greater than 50%+1) due to a *Contaminated Product*, or (b) the violation concerns a *Substance of Abuse* and the *Athlete* proves that reduction of the *Ineligibility* in accordance with Article 10.2.4.1 is possible. The decision not to revoke the mandatory *Provisional Suspension* based on the submission of the *Athlete* regarding a *Contaminated Product* cannot be challenged.
- 7.4.2 Optional *Provisional Suspension* due to an *Adverse Analytical Finding* for *Specified Substances*, *Specified Methods*, *Contaminated Products*, or other anti-doping rule violations

For anti-doping rule violations not included in Article 7.4.1, HYROX-World may impose a *Provisional Suspension* before analysis of the *Athlete's B-Sample* or before completion of any Hearing Proceedings in accordance with Article 12.

7.4.3 Option of the *Provisional Hearing*

Notwithstanding Articles 7.4.1 and 7.4.2, a *Provisional Suspension* may, however, only be imposed if the *Athlete* or other *Person* is given the opportunity for a *Provisional Hearing* either before imposing the *Provisional Suspension* or in a timely manner after imposing the *Provisional Suspension*.

7.4.4. Voluntary acceptance of a *Provisional Suspension*

Athletes may voluntarily accept a *Provisional Suspension* if this is done within 10 days of receipt of the analysis report of the *B-Sample* (or waiver of the *B-Sample*) or within 10 days of receipt of notification on the other potential anti-doping rule violations, or. Other *Persons* may, at their own initiation, voluntarily accept a *Provisional Suspension* if this is done within 10 days of receipt of the notification concerning the potential anti-doping rule violation. Voluntary acceptance renders *Provisional Suspension* effective in full, upon which it shall be treated as if it had been imposed in accordance with Articles 7.4.1 or 7.4.2. After the *Athlete* or the other *Person* has voluntarily accepted the *Provisional Suspension*, they can revoke their acceptance at any time. In that case, however, the time passed previously during the *Provisional Suspension* shall not be off set against the total duration.

7.4.5 Revocation of the provisional suspension if the *B-Sample* is negative

If an *Adverse Analytical Finding* of the *A-Sample* leads to the imposition of a *Provisional Suspension* and analysis of the *B-Sample* requested by the *Athlete* or HYROX-World does not confirm the analysis result, the *Provisional Suspension* must be revoked without delay. In cases where the *Athlete* was declared ineligible for a HYROX event and the analysis result from the *A-Sample* is not confirmed by subsequent analysis of the *B-Sample*, the *Athlete* may continue participation in the event if re-entry is still possible without any further impairment of the Event.

7.5 [Left blank]

7.6 Notification of *Results Management* Decisions

Athletes and other *Persons* shall be notified of *Results Management* decisions as provided in Article 14 and the *International Standard for Results Management*.

7.7 Retirement from Sport

If an *Athlete* or other *Person* retires while a *Results Management* process is underway (the same applies in case the retirement takes place before any *Results Management* process has begun), the authority of HYROX-World to initiate or complete its *Results Management* remains unaffected.

ARTICLE 8 ANALYSIS OF THE B-SAMPLE

The prerequisites for analysis of the *B-Sample* follow the *International Standard for Laboratories* and the *International Standard for Results Management*.

ARTICLE 9 AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

An anti-doping rule violation in *Individual Sports* in connection with an *In-Competition* test automatically leads to *Disqualification* of the result obtained in that *Competition* with all resulting *Consequences*, including forfeiture of any medals, points and prizes.

ARTICLE 10 SANCTIONS ON INDIVIDUALS

[Comment by HYROX-World: HYROX-World recognizes the arguments of WADA in its comment to Article 10 regarding the harmonization of sanctions in sport in principle and is therefore guided by the requirements of the WADC when implementing the sanction frameworks. With this HYROX-ADC, HYROX-World has nevertheless made targeted amendments in order (i) to soften the partially existing generalized nature of the sanction framework under the WADC/NADC [e.g. limitation of the sanction framework to three months for *Substances of Abuse* or rigid minimum periods of ineligibility] and (ii) to broaden the limited options of WADC/NADC in favor of an increased consideration of the particular circumstances of the case to the benefit of individual case justice.]

10.1 Disqualification of Results in the Event during which an Anti-Doping Rule Violation Occurs

An anti-doping rule violation occurring during or in connection with a HYROX event may, upon the decision of HYROX-World, lead to *Disqualification* of all of the *Athlete's* individual results obtained in that *event* with all *Consequences*, including forfeiture of all points and prizes. Factors to be included in considering whether to *Disqualify* other results in an *event* might include, for example, the seriousness of the *Athlete's* anti-doping rule violation and whether the *Athlete* tested negative in other *Competitions*. If the *Athlete* establishes that he or she bears *No Fault* or *Negligence* for the violation, the *Athlete's* individual results in the other *Competitions* [e.g. other HYROX events of a series] shall not be *Disqualified*, unless the *Athlete's* results in *Competitions* other than the *Competition* in which the anti-doping rule violation occurred were likely to have been affected by the *Athlete's* anti-doping rule violation.

10.2. Ineligibility for *Presence, Use or Attempted Use* or *Possession* of a *Prohibited Substance* or *Prohibited Method*

The period of *Ineligibility* for a violation of Article 2.1, 2.2 or 2.6 shall be as follows, subject to potential elimination, reduction or suspension pursuant to Article 10.5, 10.6 or 10.7:

10.2.1 The period of *Ineligibility*, subject to Article 10.2.4, shall be a minimum of two and a maximum of four years where: [10.2.1.1] The anti-doping rule violation does not involve a *Specified Substance* or a *Specified Method*, unless the *Athlete* or other *Person* can establish that the anti-doping rule violation was not intentional and [10.2.1.2] The anti-doping rule violation involves a *Specified Substance* or a *Specified Method* and HYROX-World can establish that the anti-doping rule violation was intentional.

10.2.2 If Article 10.2.1 does not apply, subject to Article 10.2.4.1, the period of *Ineligibility* shall be a minimum of one and a maximum of two years.

10.2.3 As used in Article 10.2, the term "intentional" is meant to identify those *Athletes* or other *Persons* who engage in conduct which they knew constituted an anti-doping rule violation or knew that there was a significant risk that the conduct might constitute or result in an anti-doping rule violation and manifestly disregarded that risk. An anti-doping rule violation resulting from an *Adverse Analytical Finding* for a substance which is only prohibited *In-Competition* shall be rebuttably presumed to be not "intentional" if the substance is a *Specified Substance* and the *Athlete* can

establish that the *Prohibited Substance* was *Used Out- of-Competition*. An anti-doping rule violation resulting from an *Adverse Analytical Finding* for a substance which is only prohibited *In-Competition* shall not be considered "intentional" if the substance is not a *Specified Substance* and the *Athlete* can establish that the *Prohibited Substance* was *Used Out-of- Competition* in a context unrelated to sport performance.

10.2.4 Notwithstanding any other provision in Article 10.2, where the anti-doping rule violation involves a *Substance of Abuse*:

10.2.4.1 If the *Athlete* can establish that any ingestion or *Use* occurred *Out-of-Competition* and was unrelated to sport performance, then the period of Ineligibility shall be a minimum of three months and a maximum of one year Ineligibility. In addition, the period of Ineligibility calculated under this Article shall not exceed a period of three months if the *Athlete* or other *Person* satisfactorily completes a *Substance of Abuse* treatment program approved by WADA/NADA or considered to be equivalent to an approved program by HYROX-World. The period of *Ineligibility* established in this Article is not subject to any reduction based on any provision in Article 10.6.

[Comment by HYROX-World: The determinations as to whether the treatment program is approved by *WADA/NADA* and whether the *Athlete* or other *Person* has satisfactorily completed the program shall be made in the sole discretion of HYROX-World. This Article is intended to give HYROX-World the leeway to apply their own judgment to identify and approve legitimate and reputable, as opposed to "sham", treatment programs.]

10.2.4.2 If the ingestion, *Use* or *Possession* occurred *In-Competition*, and the *Athlete* can establish that the context of the ingestion, *Use* or *Possession* was unrelated to sport performance, then the ingestion, *Use* or *Possession* shall not be considered intentional for purposes of Article 10.2.1 and shall not provide a basis for a finding of *Aggravating Circumstances* under Article 10.4.

10.3 *Ineligibility* for Other Anti-Doping Rule Violations

The period of *Ineligibility* for anti-doping rule violations other than as provided in Article 10.2 shall be as follows, unless Article 10.6 or 10.7 are applicable:

10.3.1 For violations of Article 2.3 or 2.5, the period of *Ineligibility* shall be a minimum of two and a maximum of four years except: (i) in the case of failing to submit to *Sample* collection, if the *Athlete* can establish that the commission of the anti-doping rule violation was not intentional, the period of *Ineligibility* shall be a minimum of one and a maximum of two years; (ii) in all other cases, if the *Athlete* or other *Person* can establish exceptional circumstances that justify a reduction of the period of *Ineligibility*, the period of *Ineligibility* shall be in a range from one year to four years depending on the *Athlete* or other *Person's* degree of Fault; or (iii) in a case involving a *Protected Person* or *Recreational Athlete*, the period of *Ineligibility* shall be in a range between a maximum of two years and, at a minimum, a reprimand and no period of *Ineligibility*, depending on the *Protected Person* or *Recreational Athlete's* degree of Fault.

10.3.2 [Left blank]

10.3.3 For violations of Article 2.7 or 2.8, the period of *Ineligibility* shall be a minimum of three years [Trafficking/Administration] or two years [Attempted Trafficking/Administration] up to lifetime *Ineligibility*, depending on the seriousness of the violation. An Article 2.7 or Article 2.8 violation involving a *Protected Person* shall

be considered a particularly serious violation and, if committed by *Athlete Support Personnel* for violations other than for *Specified Substances*, shall result in lifetime *Ineligibility* for *Athlete Support Personnel*. In addition, significant violations of Article 2.7 or 2.8 which may also violate non-sporting laws and regulations, shall be reported to the competent administrative, professional or judicial authorities.

- 10.3.4 For violations of Article 2.9, the period of *Ineligibility* imposed shall be a minimum of one year, up to lifetime *Ineligibility*, depending on the seriousness of the violation.
- 10.3.5 For violations of Article 2.10, the period of *Ineligibility* shall be two years, subject to reduction down to a minimum of six months, depending on the *Athlete* or other *Person's* degree of *Fault* and other circumstances of the case.
- 10.3.6 For violations of Article 2.11, the period of *Ineligibility* shall be a minimum of one year, up to lifetime *Ineligibility*, depending on the seriousness of the violation by the *Athlete* or other *Person*.

10.4 Aggravating Circumstances which may Increase the Period of *Ineligibility*

If HYROX-World establishes in an individual case involving an anti-doping rule violation other than violations under Article 2.7 (*Trafficking or Attempted Trafficking*), 2.8 (*Administration or Attempted Administration*), 2.9 (*Complicity*) or 2.11 (Acts by an *Athlete* or *Other Person* to *Discourage* or *Retaliate Against Reporting*) that *Aggravating Circumstances* are present which justify the imposition of a period of *Ineligibility* greater than the standard sanction, then the period of *Ineligibility* otherwise applicable shall be increased by an additional period of *Ineligibility* of up to two years depending on the seriousness of the violation and the nature of the *Aggravating Circumstances*, unless the *Athlete* or other *Person* can establish that he or she did not knowingly commit the anti-doping rule violation.

[Comment by HYROX-World: If this HYROX-ADC specifies a sanction range ("*minimum ... and maximum ...*"), all circumstances (aggravating or mitigating) must first be appropriately assessed and considered when determining the standard sanction. If and to the extent that the stipulated maximum is not considered sufficient to adequately take into account aggravating circumstances in the individual case, the period of *Ineligibility* may be increased by a maximum of two years.]

10.5 Elimination of the Period of *Ineligibility* where there is *No Fault* or *Negligence*

If an *Athlete* or other *Person* establishes in an individual case that he or she bears *No Fault* or *Negligence*, then the otherwise applicable period of *Ineligibility* shall be eliminated.

10.6 Reduction of the Period of *Ineligibility* based on *No Significant Fault* or *Negligence*

10.6.1 Reduction of Sanctions in Particular Circumstances for Violations of Article 2.1, 2.2 or 2.6.

Note: The following reductions are mutually exclusive and not cumulative.

10.6.1.1 *Specified Substances* or *Specified Methods*

Where the anti-doping rule violation involves a *Specified Substance* (other than a *Substance of Abuse*) or *Specified Method*, and the *Athlete* or other *Person* can establish *No Significant Fault* or *Negligence*, then the period of *Ineligibility* shall be, at a minimum, a reprimand and no period of *Ineligibility*, and at a maximum, two years of *Ineligibility*, depending on the *Athlete's* or other *Person's* degree of *Fault*.

10.6.1.2 *Contaminated Products*

In cases where the *Athlete* or other *Person* can establish both *No Significant Fault* or *Negligence* and that the detected *Prohibited Substance* (other than a *Substance of Abuse*) came from a *Contaminated Product*, then the period of *Ineligibility* shall be, at a minimum, a reprimand and no period of *Ineligibility*, and at a maximum, two years *Ineligibility*, depending on the *Athlete* or other *Person's* degree of *Fault*.

10.6.1.3 *Protected Persons* or *Recreational Athletes*

Where the anti-doping rule violation not involving a *Substance of Abuse* is committed by a *Protected Person* or *Recreational Athlete*, and the *Protected Person* or *Recreational Athlete* can establish *No Significant Fault* or *Negligence*, then the period of *Ineligibility* shall be, at a minimum, a reprimand and no period of *Ineligibility*, and at a maximum, two years *Ineligibility*, depending on the *Protected Person* or *Recreational Athlete's* degree of *Fault*.

10.6.2 Application of *No Significant Fault* or *Negligence* beyond the Application of Article 10.6.1

If an *Athlete* or other *Person* establishes in an individual case where Article 10.6.1 is not applicable, that he or she bears *No Significant Fault* or *Negligence*, then, subject to further reduction or elimination as provided in Article 10.7, the otherwise applicable period of *Ineligibility* may be reduced based on the *Athlete* or other *Person's* degree of *Fault*, but the reduced period of *Ineligibility* shall not be less than one-half of the period of *Ineligibility* and may not be less than one-third of the period of *Ineligibility* otherwise applicable. If the otherwise applicable period of *Ineligibility* is a lifetime, the reduced period under this Article may be no less than eight years.

[Comment by HYROX-World: The reduction of a sanction by more than one-half of the period shall apply to exceptional cases only and requires a separate justification.]

10.7 Elimination, Reduction, or Suspension of Period of *Ineligibility* or other *Consequences* for Reasons other than *Fault*

10.7.1 *Substantial Assistance* in Discovering or Establishing HYROX ADC/WADC/NADC Violations

10.7.1.1 HYROX-World may, prior to an appellate decision under Article 13 or the expiration of the time to appeal, suspend a part of the *Consequences* (other than *Disqualification* and mandatory *Public Disclosure*) imposed in an individual case where the *Athlete* or other *Person* has provided *Substantial Assistance* to HYROX-World and/or an *Anti-Doping Organization*, a criminal authority or professional disciplinary body which results in: (a) HYROX-World and/or the *Anti-Doping Organization* discovering or bringing forward an anti-doping rule violation by another *Person*; or (b) which results in a criminal or disciplinary body discovering or bringing forward a criminal offense or the breach of professional rules committed by another *Person* and the information provided by the *Person* providing *Substantial Assistance* is made available to HYROX-World; or (c) which results in *WADA* initiating a proceeding against a Signatory, *WADA*-accredited laboratory or *Athlete* passport management unit (APMU; as defined in the *International Standard for Laboratories*) for non-compliance with the *WADC*, *International Standard or Technical Document*; or (d) with the approval by *WADA*, which results in a criminal or disciplinary body bringing forward a criminal offense or the breach of professional or sport rules arising out of a sport integrity violation other than doping.

The extent to which the otherwise applicable period of *Ineligibility* may be suspended shall be based on the seriousness of the anti-doping rule violation committed by the *Athlete* or other *Person* and the significance of the *Substantial Assistance* provided by the *Athlete* or other *Person* to the effort to eliminate doping in sport, non-compliance with the HYROX-ADC/WADC/NADC and/or sport integrity violations. No more than three-quarters of the otherwise applicable period of *Ineligibility* may be suspended. If the otherwise applicable period of *Ineligibility* is a lifetime, the non-suspended period under this Article must be no less than five years. For purposes of this paragraph, the otherwise applicable period of *Ineligibility* shall not include any period of *Ineligibility* that could be added under Article 10.9.3.2.

If so, requested by an *Athlete* or other *Person* who seeks to provide *Substantial Assistance*, HYROX-World shall allow the *Athlete* or other *Person* to provide the information to it subject to a *Without Prejudice Agreement*. If the *Athlete* or other *Person* fails to continue to cooperate and to provide the complete and credible *Substantial Assistance* upon which a suspension of *Consequences* was based, HYROX-World shall reinstate the original *Consequences*. If HYROX-World decides to reinstate suspended *Consequences* or decides not to reinstate suspended *Consequences*, that decision may be appealed by any *Person* entitled to appeal under Article 13.

10.7.1.2 to 10.7.1.3 [Left blank]

10.7.2 Admission of an Anti-Doping Rule Violation in the Absence of Other Evidence

Where an *Athlete* or other *Person* voluntarily admits the commission of an anti-doping rule violation before having received notice of a *Sample* collection which could establish an anti-doping rule violation (or, in the case of an anti-doping rule violation other than Article 2.1, before receiving first notice of the admitted violation pursuant to Article 7) and that admission is the only reliable evidence of the violation at the time of admission, then the period of *Ineligibility* may be reduced, but not below one-third of the period of *Ineligibility* otherwise applicable.

10.7.3 Application of Multiple Grounds for Reduction of a Sanction

Where an *Athlete* or other *Person* establishes entitlement to reduction in sanction under more than one provision of Article 10.5, 10.6 or 10.7, before applying any reduction or suspension under Article 10.7, the otherwise applicable period of *Ineligibility* shall be determined in accordance with Articles 10.2, 10.3, 10.5, and 10.6. If the *Athlete* or other *Person* establishes entitlement to a reduction or suspension of the period of *Ineligibility* under Article 10.7, then the period of *Ineligibility* may be reduced or suspended, but not below one-fourth of the otherwise applicable period of *Ineligibility*.

10.8 Results Management Agreements

10.8.1 Reduction for Certain Anti-Doping Rule Violations Based on Early Admission and Acceptance of Sanction

Where an *Athlete* or other *Person*, after being notified by HYROX-World of a potential anti-doping rule violation that carries an asserted period of *Ineligibility* of two or more years (including any period of *Ineligibility* asserted under Article 10.4), admits the violation and accepts the asserted period of *Ineligibility* no later than 20 days after receiving notice of an anti-doping rule violation charge, the period may be reduced by a maximum of one-half of the period of *Ineligibility* of the *Athlete* or other *Person* asserted by HYROX-World. Where the *Athlete* or other *Person* receives the reduction

in the asserted period of *Ineligibility* under this Article 10.8.1, no further reduction in the asserted period of *Ineligibility* shall be allowed under any other Article. If the asserted period of *Ineligibility* is a lifetime, it must not be reduced to less than five years.

10.8.2 Case Resolution Agreement

Where the *Athlete* or other *Person* admits an anti-doping rule violation after being confronted with the anti-doping rule violation by HYROX-World and agrees to Consequences acceptable to HYROX-World, at its sole discretion, then: (1) the *Athlete* or other *Person* may receive a reduction in the period of *Ineligibility* based on an assessment by HYROX-World the application of Articles 10.1 through 10.7 to the asserted anti-doping rule violation, the seriousness of the violation, the *Athlete* or other *Person's* degree of *Fault* and how promptly the *Athlete* or other *Person* admitted the violation; and (2) the period of *Ineligibility* may start as early as the date of *Sample* collection or the date on which another anti-doping rule violation last occurred. In each case, however, where this Article is applied, the *Athlete* or other *Person* shall serve at least one-third of the agreed-upon period of *Ineligibility* going forward from the earlier of the date the *Athlete* or other *Person* accepted the imposition of a sanction or a *Provisional Suspension* which was subsequently respected by the *Athlete* or other *Person*.

The decision by HYROX-World to enter or not enter into a case resolution agreement, and the amount of the reduction to, and the starting date of the period of *Ineligibility*, are not matters for determination or review by a hearing body and are not subject to appeal under Article 13. If so requested by an *Athlete* or other *Person* who seeks to enter into a case resolution agreement under this Article, HYROX-World shall allow the *Athlete* or other *Person* to discuss an admission of the anti-doping rule violation with it subject to a *Without Prejudice Agreement*.

10.9 Multiple Violations

10.9.1 Second or Third Anti-Doping Rule Violation

10.9.1.1 For an *Athlete* or other *Person's* second anti-doping rule violation, the period of *Ineligibility* shall be the greater of: (a) a six-month period of *Ineligibility*, or (b) a period of *Ineligibility* in the range between: (1) the sum of the period of *Ineligibility* imposed for the first anti-doping rule violation plus the period of *Ineligibility* otherwise applicable to the second anti-doping rule violation treated as if it were a first violation, and (2) twice the period of *Ineligibility* otherwise applicable to the second anti-doping rule violation treated as if it were a first violation. The period of *Ineligibility* within this range shall be determined based on the entirety of the circumstances and the *Athlete* or other *Person's* degree of *Fault* with respect to the second violation.

10.9.1.2 A third anti-doping rule violation will always result in a lifetime period of *Ineligibility*, except if the third violation fulfills the condition for elimination or reduction of the period of *Ineligibility* under Article 10.5 or 10.6 or involves a violation of Article 2.4. In these particular cases, the period of *Ineligibility* shall be from eight years to lifetime *Ineligibility*.

10.9.3.1 The period of *Ineligibility* established in Articles 10.9.1.1 and 10.9.1.2 may then be further reduced by the application of Article 10.7.

10.9.2 An anti-doping rule violation for which an *Athlete* or other *Person* has established *No Fault* or *Negligence* shall not be considered a violation for purposes of Article 10.9. In

addition, an anti-doping rule violation sanctioned under Article 10.2.4.1 shall not be considered a violation for purposes of Article 10.9.

10.9.3 Additional Rules for Certain Potential Multiple Violations

10.9.3.1 For purposes of imposing sanctions under Article 10.9, except as provided in Articles 10.9.3.2 and 10.9.3.3, an anti-doping rule violation will only be considered a second violation if HYROX-World can establish that the *Athlete* or other *Person* committed the additional anti-doping rule violation after the *Athlete* or other *Person* received notice pursuant to Article 7, or after HYROX-World made reasonable efforts to give notice of the first anti-doping rule violation. If HYROX-World cannot establish this, the violations shall be considered together as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction, including the application of *Aggravating Circumstances*. Results in all *Competitions* dating back to the earlier anti-doping rule violation will be *Disqualified* as provided in Article 10.10.

10.9.3.2 If HYROX-World establishes that an *Athlete* or other *Person* committed an additional anti-doping rule violation prior to notification, and that the additional violation occurred 12 months or more before or after the first-noticed violation, then the period of *Ineligibility* for the additional violation shall be calculated as if the additional violation were a stand-alone first violation and this period of *Ineligibility* is served consecutively, rather than concurrently, with the period of *Ineligibility* imposed for the earlier-noticed violation. Where this Article 10.9.3.2 applies, the violations taken together shall constitute a single violation for purposes of Article 10.9.1.

10.9.3.3 If HYROX-World establishes that an *Athlete* or other *Person* committed a violation of Article 2.5 in connection with the *Doping Control* process for an underlying asserted anti-doping rule violation, the violation of Article 2.5 shall be treated as a stand-alone first violation and the period of *Ineligibility* for such violation shall be served consecutively, rather than concurrently, with the period of *Ineligibility*, if any, imposed for the underlying anti-doping rule violation. Where this Article 10.9.3.3 is applied, the violations taken together shall constitute a single violation for purposes of Article 10.9.1.

10.9.3.4 If HYROX-World establishes that a *Person* has committed a second or third anti-doping rule violation during a period of *Ineligibility*, the periods of *Ineligibility* for the multiple violations shall run consecutively, rather than concurrently.

10.9.4 Multiple Anti-Doping Rule Violations during Ten-Year Period

For purposes of Article 10.9, each anti-doping rule violation must take place within the same ten-year period in order to be considered multiple violations.

10.10 *Disqualification* of Results in Competitions Subsequent to *Sample* Collection or Commission of an Anti-Doping Rule Violation

In addition to the automatic *Disqualification* of the results in the *Competition* which produced the positive *Sample* under Article 9, all other competitive results of the *Athlete* obtained from the date a positive *Sample* was collected (whether *In-Competition* or *Out-of-Competition*), or other anti-doping rule violation occurred, through the commencement of any *Provisional Suspension* or *Ineligibility* period, shall, unless fairness requires otherwise, be *Disqualified* with all of the resulting *Consequences* including forfeiture of any medals, points and prizes.

10.11 *Forfeited Prize Money*

If HYROX-World recovers prize money (if awarded) forfeited as a result of an anti-doping rule violation shall take reasonable measures to allocate and distribute this prize money to the *Athletes* who would have been entitled to it had the forfeiting Athlete not competed.

10.12 *[Left blank]*

10.13 Commencement of *Ineligibility* Period

Where an *Athlete* is already serving a period of *Ineligibility* for an anti-doping rule violation, any new period of *Ineligibility* shall commence on the first day after the current period of *Ineligibility* has been served. Otherwise, except as provided below, the period of *Ineligibility* shall start on the date of the final hearing decision providing for *Ineligibility* or, if the hearing is waived or there is no hearing, on the date *Ineligibility* is accepted or otherwise imposed.

10.13.1 Delays Not Attributable to the *Athlete* or other *Person*

Where there have been substantial delays in the hearing process or other aspects of *Doping Control*, and the Athlete or other *Person* can establish that such delays are not attributable to the *Athlete* or other *Person*, the body responsible for imposing the sanction [see Article 12] may start the period of *Ineligibility* at an earlier date commencing as early as the date of *Sample* collection or the date on which another anti-doping rule violation last occurred. All competitive results achieved during the period of *Ineligibility*, including retroactive *Ineligibility*, shall be *Disqualified*.

10.13.2 Credit for *Provisional Suspension* or Period of *Ineligibility* Served

10.13.2.1 If a *Provisional Suspension* is respected by the Athlete or other *Person*, then the *Athlete* or other *Person* shall receive a credit for such period of *Provisional Suspension* against any period of *Ineligibility* which may ultimately be imposed. If the *Athlete* or other *Person* does not respect a *Provisional Suspension*, then the *Athlete* or other *Person* shall receive no credit for any period of *Provisional Suspension* served. If a period of *Ineligibility* is served pursuant to a decision that is subsequently appealed, then the *Athlete* or other *Person* shall receive a credit for such period of *Ineligibility* served against any period of *Ineligibility* which may ultimately be imposed on appeal.

10.13.2.2 If an *Athlete* or other *Person* voluntarily accepts a *Provisional Suspension* in writing from HYROX-World and thereafter respects the *Provisional Suspension*, the *Athlete* or other *Person* shall receive a credit for such period of voluntary *Provisional Suspension* against any period of *Ineligibility* which may ultimately be imposed. A copy of the *Athlete* or other *Person's* voluntary acceptance of a *Provisional Suspension* shall be provided promptly to each party entitled to receive notice of an asserted anti-doping rule violation under Article 14.1.

10.13.2.3 No credit against a period of *Ineligibility* shall be given for any time period before the effective date of the *Provisional Suspension* or voluntary *Provisional Suspension* regardless of whether the *Athlete* elected not to compete or was suspended by a team.

10.13.2.4 *[Left blank]*

10.14 Status during *Ineligibility* or *Provisional Suspension*

10.14.1 Prohibition against Participation during *Ineligibility* or *Provisional Suspension*

No *Athlete* or other *Person* who has been declared *Ineligible* or is subject to a *Provisional Suspension* may, during a period of *Ineligibility* or *Provisional Suspension*, participate in any capacity in a *Competition* or activity [other than authorized anti-doping Education or rehabilitation programs] authorized or organized by HYROX-World.

An *Athlete* or other *Person* subject to a period of *Ineligibility* shall remain subject to Testing. The term “activity” also includes, for example, administrative activities, such as serving as an official, director, officer, employee, or volunteer of the organization described in this Article. Ineligibility imposed in one sport shall also be recognized by other sports [see Article 15.1, Automatic Binding Effect of Decisions]. An *Athlete* or other *Person* serving a period of *Ineligibility* is prohibited from coaching or serving as an *Athlete Support Person* in any other capacity at any time during the period of *Ineligibility*, and doing so could also result in a violation of Article 2.10 by another *Athlete*. Any performance standard accomplished during a period of *Ineligibility* shall not be recognized by HYROX-World for any purpose.

10.14.2 [Left blank]

10.14.3 Violation of the Prohibition of Participation during *Ineligibility* or *Provisional Suspension*

Where an *Athlete* or other *Person* who has been declared *Ineligible* violates the prohibition against participation during *Ineligibility* described in Article 10.14.1, the results of such participation shall be *Disqualified* and a new period of *Ineligibility* with a length to the original period of *Ineligibility* shall be added to the end of the original period of *Ineligibility*. The new period of *Ineligibility*, including a reprimand and no period of *Ineligibility*, shall be determined with consideration to the *Athlete* or other *Person's* degree of *Fault* and other circumstances of the case. The determination of whether an *Athlete* or other *Person* has violated the prohibition against participation, and whether an adjustment is appropriate, shall be made by HYROX-World. This decision may be appealed under Article 13.

An *Athlete* or other *Person* who violates the prohibition against participation during a *Provisional Suspension* described in Article 10.14.1 shall receive no credit for any period of *Provisional Suspension* served and the results of such participation shall be *Disqualified*. Where an *Athlete Support Person* or other *Person* assists a *Person* in violating the prohibition against participation during *Ineligibility* or a *Provisional Suspension*, HYROX-World shall impose sanctions for a violation of Article 2.9 for such assistance.

10.14.4 Withholding of Financial Support during *Ineligibility*

In addition, for any anti-doping rule violation not involving a reduced sanction as described in Article 10.5 or 10.6, some or all sport-related financial support or other sport-related benefits received by such *Person* will be withheld by HYROX-World, a National Federation (where appropriate), German government or other institutions for promoting sport 10.15 Publication of Sanction.

As part of each sanction, HYROX-World shall be entitled to a publication of the sanction, as provided in Article 14.3.

10.16 Additional Sanctions

Notwithstanding the provisions contained in Article 10.1 to 10.15, HYROX-World, acting through the Competition Committee as the responsible body for sanction decisions,

may at its sole discretion impose the following additional sanctions: withdrawal of the Athlete License, ban (e.g. on access to a HYROX event).

ARTICLE 11 *[Left blank]*

ARTICLE 12 DISCIPLINARY PROCEEDINGS

12.1 General

HYROX-World is solely responsible for monitoring, reviewing and following up (including sanctioning) of anti-doping rule violations in the context of HYROX events. For this purpose, HYROX-World and the *Athletes*, shall be obliged to compliance, implementation, observation, and enforcement of the applicable anti-doping rules, in particular this HYROX-ADC as well as the *International Standards* of WADA.

If HYROX-World comes to the result after performance of the Pre-adjudication that an anti-doping rule violation of the *Athlete* or the other *Person* cannot be excluded, it shall initiate and perform *Adjudication*.

The body responsible for conducting the *Disciplinary Proceedings* at first instance shall be the Competition Committee, which consists of 3 members (including at least 1 licensed physician and 1 attorney-at-law) and is described in more detail in Clause 12 of HYROX-World's Elite15 Guide Majors. In compliance with the principle of conducting fair proceedings, the Competition Committee shall be entitled to determine the procedure at its own discretion, unless otherwise stipulated by law.

12.2 Procedural principles

The *Adjudication* shall be performed according to the rules of this HYROX-ADC and the International Standard for Results Management. The competent internal body of HYROX-World (functional competence) for the *Adjudication* (the same applies to the Pre-Adjudication) shall be HYROX Legal under the direction of HYROX-World's Managing Directors.

ARTICLE 13 RESULTS MANAGEMENT-/DISCIPLINARY PROCEEDINGS: APPEALS

13.1 Decisions Subject to Appeal

Decisions made under the HYROX-ADC may be appealed as set forth below in Articles 13.2 through 13.4 or as otherwise provided in this Code. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise.

13.1.1 Scope of Review Not Limited

The scope of review on appeal includes all issues relevant to the matter and is expressly not limited to the issues or scope of review applied by HYROX-World in first instance. Any party to the appeal may submit evidence, legal arguments and claims that were not raised in the first instance hearing so long as they arise from the same cause of action or same general facts or circumstances raised or addressed in the first instance hearing.

13.1.2 Arbitral Tribunal shall Not Defer to the Findings Being Appealed

In making its decision, the arbitral tribunal within the meaning of §§ 1025 et seq. of the German Code of Civil Procedure ("Zivilprozessordnung" – ZPO) agreed as competent appeal body in case of 13.2.2 shall not give deference to the discretion exercised by the Competition Committee whose decision is being appealed.

[Comment by Hyrox-World: *All arbitral proceedings within the meaning of this HYROX-ADC are de novo. Prior proceedings do not limit the evidence or carry weight in the hearing before the arbitral tribunal.*]

13.1.3 [Left blank]

13.2 Appeals from Decisions Regarding Anti-Doping Rule Violations, *Consequences*, *Provisional Suspensions*, Implementation of Decisions and Authority

The following decisions may only be appealed exclusively as provided in Article 13.2: (a) a decision that an anti-doping rule violation was committed, a decision imposing *Consequences* or not imposing *Consequences* for an anti-doping rule violation, or a decision that no anti-doping rule violation was committed; (b) the decision that an anti-doping rule violation proceeding cannot be continued for procedural reasons (including, for example, prescription); (c) a decision by Hyrox-World not to bring forward an *Adverse Analytical Finding* or an *Atypical Finding* as an anti-doping rule violation, or a decision not to go forward with an anti-doping rule violation after an investigation in accordance with the *International Standard for Results Management*; (d) a decision to impose, or lift, a Provisional Suspension as the result of a *Provisional Hearing*; (e) Hyrox-World's failure to comply with Article 7.4; (f) a decision that Hyrox-World lacks authority to rule on an alleged anti-doping rule violation or its *Consequences*; (g) a decision to suspend, or not suspend, *Consequences* or to reinstate, or not reinstate, *Consequences* under Article 10.7.1; (h) a failure to comply with Article 10.8.1; (i) decision under Article 10.14.3; (j) a decision by Hyrox-World not to implement another *Anti-Doping Organization's* decision under Article 15.

13.2.1 Appeals Involving *International-Level Athletes* or *International Events*

[Comment by Hyrox-World: For the avoidance of doubt, it should be noted that irrespective of HYROX' nature as a cross-border sports competition, the events organized by Hyrox-World shall not be deemed an *International Event* within the meaning of Article 13.2.1 WADC and the Definitions of this Code respectively. The same applies to the *Athletes* participating in HYROX events which shall not be deemed

International-Level Athletes within the meaning of this Article 13.2.1 and the *Definitions* of this HYROX-ADC.]

13.2.2 Appeals Involving Other *Athletes* or Other Persons

Other *Athletes* or other *Persons* may appeal decisions according to the relevant arbitration agreement only to the arbitral tribunal within the meaning of §§ 1025 et seq. ZPO as agreed with the arbitration agreement (the arbitral tribunal hereinafter referred to as the “Arbitral Tribunal”).

The appeal procedure shall be performed according to the rules of the *Arbitral Tribunal* and – subsidiary (e.g. in the absence of provisions) – §§ 1025 et seq. ZPO. Notwithstanding this, the procedural principles of the *International Standard for Results Management* and Article 8.1 WADC shall be observed.

13.2.3 Persons Entitled to Appeal

13.2.3.1 [Left blank]

13.2.3.2 Appeals involving other Athletes or other Persons

In cases under Article 13.2.2, the following parties, at a minimum, shall have the right to appeal the decision before the *Arbitral Tribunal*: (a) the *Athlete* or other *Person* who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) Hyrox-World.

13.2.3.3 Duty to Notify

All parties to any appeal must ensure all parties with a right to appeal have been given timely notice of the appeal.

13.2.3.4 Appeal Deadline

The deadline to file an appeal shall be 21 days.

13.2.3.5 [Left blank]

13.2.3.6 Appeal from Imposition of *Provisional Suspension*

Notwithstanding any other provision herein, the only *Person* who may appeal from a *Provisional Suspension* is the *Athlete* or other *Person* upon whom the *Provisional Suspension* is imposed.

13.2.4 [Left blank]

13.3 [Left blank]

13.4 Appeals regarding *Therapeutic Use Exemptions*

Decisions on *Therapeutic Use Exemptions* can be challenged as follows: (a) decisions of Hyrox-World on the Dismissal of a *Therapeutic Use Exemption* can be appealed by National-Level *Athletes* solely before the *Arbitral Tribunal*; (b) a failure to render a decision within a reasonable time on a properly submitted application for grant/recognition of a *TUE* or for review of a *TUE* decision shall be considered a denial of the application thus triggering the applicable rights of review/appeal.

13.5 Notification of Appeal Decisions

Hyrox-World shall promptly provide the appeal decision to the *Athlete* or other *Person*.

ARTICLE 14 INFORMATION AND CONFIDENTIALITY

14.1 Information of other Anti-Doping Organizations

Hyrox-World shall be entitled, but not obliged, to inform WADA or other *Anti-Doping Organizations* or sports organizations having the authority for *Results Management* and/or *Disciplinary Proceedings* concerning the Athlete or other Person of the results of Disciplinary Proceedings under this HYROX-ADC upon request. The information should include a brief summary of the facts of the case and the reasons leading to the sanction(s) imposed in the specific case. However, no organization shall be entitled to bindingly request justification of a decision made by Hyrox-World.

14.2 Reporting to law enforcement authorities

Hyrox-World is authorized to report the name of the affected *Athlete* or the other *Person*, their common place of residence, and the substance that led to the *Adverse Analysis Finding* or the type of other possible anti-doping rule violation, as well as other relevant information to the relevant public prosecution, the respective Federal Criminal Authority, and any other competent investigating authorities, in accordance with their diligent discretion without delay, and even before notification pursuant to Article 7.2.2. Notwithstanding this, Hyrox-World shall be obliged to file a criminal report against the respective *Person* if there is a suspicion of a violation of law due to information from *Athletes*, *Athlete Support Persons* or other *Persons*. For the avoidance of doubt, it should be noted that this shall apply notwithstanding any obligations to confidentiality and secrecy and any applicable procedural rules.

14.3 Public Disclosure

14.3.1 Hyrox-World may *Publicly Disclose* the identity of an *Athlete* or *Person* charged with having violated anti-doping rules, the *Prohibited Substance* or *Prohibited Method* and the type of violation, as well as a *Provisional Suspension* of the *Athlete* after the *Athlete* or the other *Person* have been informed in accordance with the *International Standard for Results Management*.

14.3.2 *[Left blank]*

14.3.3 After an anti-doping rule violation has been determined to have been committed by the *Arbitral Tribunal* and according to Article 13.2.2 or such appeal has been waived, or in a hearing in accordance with Article 12, or the assertion of an anti-doping rule violation has not otherwise been timely challenged, or the matter has been resolved under Article 10.8, Hyrox-World may make public such determination or decision and may comment publicly on the matter.

14.3.4 In any case where it is determined, after a hearing or appeal, that the *Athlete* or other *Person* did not commit an anti-doping rule violation, the fact that the decision has been appealed may be *Publicly Disclosed*. However, the decision itself and the underlying facts may not be *Publicly Disclosed* except with the consent of the *Athlete* or other *Person* who is the subject of the decision. Hyrox-World shall use reasonable efforts to obtain such consent, and if consent is obtained, shall *Publicly Disclose* the decision in its entirety or in such redacted form as the *Athlete* or other *Person* may approve.

14.3.5 Except as provided in Articles 14.3.1 and 14.3.3, Hyrox-World or a *WADA*-accredited laboratory, or an official of either, must not make any public statements on the details of the current proceedings, except for general descriptions of a process's technical, legal, and scientific nature, unless this is done in response to the public statements of the *Athlete*, other *Person*, or their entourage or other representatives.

14.3.6 [Left blank]

14.4 [Left blank]

14.5 Data privacy

Hyrox-World may collect, process, or use Personal data of *Athletes* and other *Persons* involved with the Doping Control process where this is required for planning, coordination, performance, evaluation, and processing of testing and for purposes of an effective fight against doping. Hyrox-World shall treat such data confidentially and ensure that it is acting in compliance with the applicable national data privacy law in handling of these data, as well as in compliance with the standard for data privacy. The data must be destroyed once no longer needed for this purpose.

ARTICLE 15 IMPLEMENTATION OF DECISIONS

15.1 Binding Effect of Decisions by *Signatory Anti-Doping Organizations*

15.1.1 A decision of an anti-doping rule violation made by Hyrox-World acting through the Competition Committee or the *Arbitral Tribunal* (see Article 13.2.2) shall, after the parties to the proceeding are notified, automatically be binding beyond the parties to the proceeding with the prerequisites and effects described below. The same applies to a decision to suspend, or lift, *Consequences*.

15.1.1.1 to 15.1.1.4 [Left blank]

15.1.2 Each *Signatory Anti-Doping Organization* and National (sports) Federation shall be entitled, but not obliged, to recognize and implement a decision and its effects as required by Article 15.1.1, without any further action required, on the earlier of the date the *Signatory* or National Federation receives actual notice of the decision or the date the decision is disclosed by Hyrox-World. The same applies vice versa, thus in case Hyrox-World is notified about a binding decision of an anti-doping rule violation by a *Signatory Anti-Doping Organization*, a National (sports) Federation or a body that is not a *Signatory* to the *WADC/NADC*. Hyrox-World shall, however, not be obliged to recognize and implement any such decision.

15.1.3 to 15.1.4 [Left blank]

15.2 to 15.3 [Left blank]

ARTICLE 16 [Left blank]

ARTICLE 17 STATUTE OF LIMITATIONS

No anti-doping rule violation proceeding may be commenced against an *Athlete* or other *Person* unless he or she has been notified of the anti-doping rule violation as provided in Article 7, or notification has been reasonably attempted, within ten years from the date the violation is asserted to have occurred.

ARTICLE 18 EDUCATION

Hyrox-World recognizes that education is central to ensure harmonized, coordinated, and effective anti-doping programs at the international and national level which are intended to preserve the spirit of sport and the protection of *Athletes'* health and right to compete on a

doping free level playing field. Education shall raise awareness, provide accurate information (e.g. regarding the principle of *Strict Liability*, *Prohibited Substances* and *Prohibited Methods* in accordance with the Prohibited List, the risks of supplement use or the use of medications and *Therapeutic Use Exemptions*) and develop decision-making capability to prevent intentional and unintentional anti-doping rule violations and other breaches of the HYROX-ADC.

WADA (see wada-ama.org/education-and-training and adel.wada-ama.org/learn) as well as the national anti-doping agencies (e.g. NADA, see nada.de/education) are generally responsible for setting up education programs. Hyrox-World will, however, make reasonable efforts to support the implementation of an education program for HYROX events based on or referring to the programs already set up by WADA and/or national anti-doping agencies.

Hyrox-World will appoint an anti-doping officer serving as contact for *Athletes*. The Anti-Doping Officer will regularly inform the Athletes about the current possibilities of education (e.g. dates for information events or information materials).

ARTICLE 19 [Left blank]

ARTICLE 20 INTERPRETATION OF THE HYROX-ADC BASED ON THE WADC/NADC

- 20.1 The official text of the WADC shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail. In the event of any conflict between WADC and NADC, the WADC shall prevail. And, finally, in the event of any conflict between the HYROX ADC and the WADC/NADC, the HYROX-ADC shall prevail.
- 20.2 The comments annotating various provisions of the WADC/NADC shall be used to interpret the WADC/NADC. In the event of any conflict between the comments in the WADC and the comments in the NADC, the comments in the WADC shall prevail. The comments annotating certain provisions of the HYROX ADC which are indicated by "Comment by Hyrox-World" shall be used to specifically interpret the HYROX-ADC.
- 20.3 WADC/NADC and HYROX-ADC shall be interpreted as independent and autonomous texts and not by reference to the existing law or other provisions and policies provided to Athletes by Hyrox-World. All headings are for convenience only and shall not be deemed part of the substance of WADC/NADC and HYROX-ADC or to affect in any way the language of the provisions to which they refer. Where the term "days" is used, it shall mean calendar days unless otherwise specified.
- 20.4 to 20.6 [Left blank]
- 20.7 The Purpose, Scope and Organization of the World Anti-Doping Program and the WADC/NADC and the Definitions in Appendix 1 of the WADC shall be considered integral parts of the WADC/NADC as well as this HYROX-ADC.

ARTICLE 21 FINAL PROVISIONS

- 21.1 This HYROX-ADC shall enter into effect on September 20th, 2024, and remain into force until an updated version has been disclosed to the Athletes and other Persons.
- 21.2 Hyrox-World will reasonably assess any future amendments of the WADC/NADC without delay after they enter into effect. It shall take suitable and specifically legal and organizational measures to ensure that adjustment of its corresponding rules to

the amended versions takes place without delay and that its participating *Athletes*, *Athlete Support Personnel* and other *Persons* are informed of and bound to the changes. The above does not apply if the amendments to the WADC/NADC affect provisions that are not included or adapted in this HYROX-ADC for structural reasons (see the introductory notes).

21.3 Retroactive effect, Applicability and changes to the *Prohibited List*

This HYROX-ADC shall not apply retroactively to matters pending before the date this Code is accepted by the Athlete/other Person and implemented in the relevant rules.

Changes to the *Prohibited List* and *Technical Documents* relating to substances or methods on the Prohibited List shall not, unless they specifically provide otherwise, be applied retroactively. As an exception, however, when a *Prohibited Substance* or a *Prohibited Method* has been removed from the *Prohibited List*, an *Athlete* or other *Person* currently serving a period of *Ineligibility* on account of the formerly *Prohibited Substance* or *Prohibited Method* may apply to Hyrox-World to consider a reduction in the period of *Ineligibility* in light of the removal of the substance or method from the *Prohibited List*.