START HERE

# HYROX Youngstars: Start Here

The simple path from registration to race day for athletes ages 8-15 and their families.

**SOURCE STATUS**
CURRENT 25/26 RULES - VERIFIED AUGUST 15, 2026

**FREE YOUNGSTARS RESOURCE**

## WARRIOR PERFORMANCE LAB

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

1 | CHOOSE THE CORRECT DIVISION

# Age on race day controls

Youngstars is open to ages 8-15. The racer competes in the age group matching their age on the day of the event, not the age they will turn later in the season.

**AGES 8-9**

Three run segments: Entry, Middle and Exit. Final station is 50 ball squats.

**AGES 10-11**

Three run segments: Entry, Middle and Exit. Final station is 50 ball squats.

**AGES 12-13**

Two Entry laps and two Exit laps. Final station is 50 wall balls.

**AGES 14-15**

One run lap between every workout station. Final station is 50 wall balls.

**BRING PROOF OF AGE**

At check-in, bring the registration confirmation and a government- or school-issued photo ID showing date of birth.

2 | KNOW THE EIGHT STATIONS

# The order stays consistent

The distances, loads and final station change by age and, in older divisions, by gender. Learn the order first; then use the age-specific standards guide.

| # | STATION | FAST MEMORY CUE |
|---|---|---|
| 1 | SkiErg | Finish the exact distance; wait for judge confirmation. |
| 2 | Sled Push | Assigned lane; entire sled crosses each line. |
| 3 | Sled Drag or Pull | Stay in the working area; complete every lane. |
| 4 | Frogger or Burpee Broad Jump | Cross the start and finish lines correctly. |
| 5 | Row | Finish the exact distance; remain seated for confirmation. |
| 6 | Farmers Carry | Carry both kettlebells; return them correctly. |
| 7 | Lunges | Knee touches; stand tall; alternate legs. |
| 8 | Squats or Wall Balls | Only valid reps count; confirm completion. |

3 | USE THE RESOURCE STACK

# Official rules first; WPL makes them usable

Each resource has a specific job. Use them together instead of asking one document to do everything.

**OFFICIAL FULL RULEBOOK**
The controlling rules, movement details, penalties, event-day flow and conduct requirements.

**OFFICIAL AGE GUIDE**
A child-friendly visual overview. Cross-check every standard against the current full rulebook.

**WPL FORMAT + STANDARDS**
One fast comparison of runs, distances, loads and final station.

**WPL MOVEMENT GUIDE**
The most important start, finish and no-rep details for each station.

**WPL PARENT GUIDE**
Check-in, warm-up handoff, spectator behavior and post-race support.

**WPL RACE-WEEK + FUELING**
Practical preparation without last-minute overload or nutrition experiments.

**WPL SAFETY + READINESS**
Simple Green, Yellow and Red decisions for training and event day.

**AGE-SPECIFIC TRAINING**
Use the complete training-plan card in the Resources Hub once selected.

**VERSION CAUTION**
The current official 14-15 visual guide shows older wall-ball loads. Use the full March 2026 rulebook and the WPL current standards guide for competition values.

4 | RACE-DAY NON-NEGOTIABLES

# Protect the experience and the score

Four habits prevent many avoidable penalties and keep the athlete focused on the race in front of them.

**ASSIGNED TIME**
Start only in the official wave unless the Race Organiser approves a change.

**TIMING CHIP**
Wear the timing chip on the ankle for the entire race.

**CORRECT ROUTE**
Use the correct station IN and OUT routes and complete stations in order.

**JUDGE CONFIRMATION**
At ergs and the final station, stay until completion is confirmed.

**NO OUTSIDE ASSISTANCE**
Use event aid stations. Do not accept food or drink from spectators unless medically approved.

**RESPECT**
Parents and racers follow the code of conduct and support every competitor.

**BEST FINAL CUE**
Eyes up. Listen to the judge. Complete the work. Exit through the correct route.

# SOURCES AND VERSION CONTROL

HYROX Youngstars page:
https://hyrox.com/hyrox-youngstars/

Current official Youngstars Rulebook - Season 25/26, March 2026 revision:
https://hyrox.com/wp-content/uploads/2026/03/25_26_HYROX_RulebookYoungstar_EN_04032026.pdf

Official 8-9 visual guide:
https://hyrox.com/wp-content/uploads/2026/03/2025.03.04-HYS-Rulebook-8_9.pdf

Official 10-11 visual guide:
https://hyrox.com/wp-content/uploads/2026/03/2025.03.04-HYS-Rulebook-10_11.pdf

Official 12-13 visual guide:
https://hyrox.com/wp-content/uploads/2026/03/2025.03.04-HYS-Rulebook-12_13.pdf

Official 14-15 visual guide:
https://hyrox.com/wp-content/uploads/2026/03/2025.03.04-HYS-Rulebook-14_15.pdf

**IMPORTANT**

This WPL guide summarizes selected rules for education. The current official HYROX rulebook, event briefing, signage, Race Director and judges control whenever wording or event setup differs.

RULES QUICK GUIDE

# Youngstars Race Format + Standards

Every age group, run pattern, station distance and competition load in one clear reference.

**SOURCE STATUS**
CURRENT 25/26 RULES - VERIFIED AUGUST 15, 2026

**FREE YOUNGSTARS RESOURCE**

## WARRIOR PERFORMANCE LAB

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

RACE FLOW

# Running changes by age group

A lap is between 200 and 275 meters. The first and last lap can differ by event; the organiser communicates the course-specific distance.

| AGE | RUNNING PATTERN | RUN SEGMENTS |
|---|---|---|
| **8-9** | Entry + Middle + Exit | 3 total run segments |
| **10-11** | Entry + Middle + Exit | 3 total run segments |
| **12-13** | 2 Entry laps + 2 Exit laps | 4 total laps across 2 run segments |
| **14-15** | 1 lap between each workout station | Follow the course-specific sequence |

**COURSE FLOW**

Entry is before Station 1. Middle is between Stations 4 and 5. Exit is between Stations 7 and 8. The 14-15 division runs between every station.

AGE 8-9

# 8-9 competition standards

Girls and boys use the same published station distances and loads in this age group.

| STATION | COMPETITION PRESCRIPTION | EXECUTION NOTE |
|---|---|---|
| **SkiErg** | 300 m | Damper preset 3 |
| **Sled Push** | 15 m \| 35 kg | 2 x 7.5 m lanes |
| **Sled Drag** | 15 m \| 25 kg | Step-back drag |
| **Frogger** | 20 m | Two hands + two feet jump |
| **Row** | 200 m | Damper 4; footplate preset 2 |
| **Farmers Carry** | 50 m \| 2 x 4 kg | One 50 m lap |
| **Lunges** | 20 m \| bodyweight | Alternating |
| **Ball Squats** | 50 \| 1 kg | Below parallel; stand tall |

**RUN PATTERN**

One Entry lap, one Middle lap and one Exit lap. Each event lap is 200-275 m.

AGE 10-11

# 10-11 competition standards

Girls and boys use the same published station distances and loads in this age group.

| STATION | COMPETITION PRESCRIPTION | EXECUTION NOTE |
|---|---|---|
| **SkiErg** | 400 m | Damper preset 3 |
| **Sled Push** | 15 m \| 50 kg | 2 x 7.5 m lanes |
| **Sled Drag** | 15 m \| 40 kg | Step-back drag |
| **Burpee Broad Jump** | 20 m | Chest down; two-foot jump |
| **Row** | 300 m | Damper 4; footplate preset 2 |
| **Farmers Carry** | 50 m \| 2 x 6 kg | One 50 m lap |
| **Lunges** | 20 m \| bodyweight | Alternating |
| **Ball Squats** | 50 \| 2 kg | Below parallel; stand tall |

**RUN PATTERN**

One Entry lap, one Middle lap and one Exit lap. Each event lap is 200-275 m.

AGE 12-13

# 12-13 girls standards

Use the athlete's division and the current event briefing; do not substitute another division's equipment.

| STATION | COMPETITION PRESCRIPTION | EXECUTION NOTE |
|---|---|---|
| **SkiErg** | 500 m | Damper preset 3 |
| **Sled Push** | 30 m \| 60 kg | 4 x 7.5 m lanes |
| **Sled Pull** | 30 m \| 25 kg | 4 x 7.5 m lanes |
| **Burpee Broad Jump** | 40 m | Chest down; two-foot jump |
| **Row** | 400 m | Damper 4; footplate preset 2 |
| **Farmers Carry** | 100 m \| 2 x 8 kg | Two 50 m laps |
| **Sandbag Lunges** | 40 m \| 5 kg | Bag on both shoulders |
| **Wall Balls** | 50 \| 2 kg \| 2.4 m | Below parallel; hit target |

AGE 12-13

# 12-13 boys standards

Use the athlete's division and the current event briefing; do not substitute another division's equipment.

| STATION | COMPETITION PRESCRIPTION | EXECUTION NOTE |
|---|---|---|
| **SkiErg** | 500 m | Damper preset 3 |
| **Sled Push** | 30 m \| 70 kg | 4 x 7.5 m lanes |
| **Sled Pull** | 30 m \| 50 kg | 4 x 7.5 m lanes |
| **Burpee Broad Jump** | 40 m | Chest down; two-foot jump |
| **Row** | 400 m | Damper 4; footplate preset 2 |
| **Farmers Carry** | 100 m \| 2 x 12 kg | Two 50 m laps |
| **Sandbag Lunges** | 40 m \| 7.5 kg | Bag on both shoulders |
| **Wall Balls** | 50 \| 3 kg \| 2.4 m | Below parallel; hit target |

AGE 14-15

# 14-15 girls standards

Use the athlete's division and the current event briefing; do not substitute another division's equipment.

| STATION | COMPETITION PRESCRIPTION | EXECUTION NOTE |
|---|---|---|
| **SkiErg** | 600 m | Damper preset 3 |
| **Sled Push** | 30 m \| 70 kg | 4 x 7.5 m lanes |
| **Sled Pull** | 30 m \| 50 kg | 4 x 7.5 m lanes |
| **Burpee Broad Jump** | 40 m | Chest down; two-foot jump |
| **Row** | 500 m | Damper 4; footplate preset 2 |
| **Farmers Carry** | 100 m \| 2 x 12 kg | Two 50 m laps |
| **Sandbag Lunges** | 40 m \| 7.5 kg | Bag on both shoulders |
| **Wall Balls** | 50 \| 3 kg \| 2.4 m | Below parallel; hit target |

AGE 14-15

# 14-15 boys standards

Use the athlete's division and the current event briefing; do not substitute another division's equipment.

| STATION | COMPETITION PRESCRIPTION | EXECUTION NOTE |
|---|---|---|
| **SkiErg** | 600 m | Damper preset 3 |
| **Sled Push** | 30 m \| 102 kg | 4 x 7.5 m lanes |
| **Sled Pull** | 30 m \| 78 kg | 4 x 7.5 m lanes |
| **Burpee Broad Jump** | 40 m | Chest down; two-foot jump |
| **Row** | 500 m | Damper 4; footplate preset 2 |
| **Farmers Carry** | 100 m \| 2 x 16 kg | Two 50 m laps |
| **Sandbag Lunges** | 40 m \| 10 kg | Bag on both shoulders |
| **Wall Balls** | 50 \| 4 kg \| 2.7 m | Below parallel; hit target |

KEEP THE RESULT CLEAN

# Four details protect the score

Race execution is more than fitness. The athlete must complete the correct route, equipment, distance and rep standard.

### CORRECT ORDER

Complete Stations 1-8 in sequence. Missing or out-of-order work can add time or remove the result.

### CORRECT IN AND OUT

Enter and leave each station through the marked routes. Do not follow another racer blindly.

### ASSIGNED EQUIPMENT

Use only the lane, equipment and final-station target assigned by Race Crew.

### WAIT FOR CONFIRMATION

At SkiErg, Row and the final station, do not leave until the judge confirms completion.

### FINAL TECHNICAL BRIEFING CONTROLS

This guide is a preparation tool. Follow the live event briefing, signage and judge instructions if the venue setup differs.

# SOURCES AND VERSION CONTROL

Current official Youngstars Rulebook - Season 25/26, March 2026 revision:
https://hyrox.com/wp-content/uploads/2026/03/25_26_HYROX_RulebookYoungstar_EN_04032026.pdf

HYROX Youngstars official page:
https://hyrox.com/hyrox-youngstars/

**IMPORTANT**

This WPL guide summarizes selected rules for education. The current official HYROX rulebook, event briefing, signage, Race Director and judges control whenever wording or event setup differs.

KEEP EVERY REP

# Youngstars Movement Standards

The start, finish and most important rep details for all eight stations.

**SOURCE STATUS**
CURRENT 25/26 RULES - VERIFIED AUGUST 15, 2026

**FREE YOUNGSTARS RESOURCE**

## WARRIOR PERFORMANCE LAB

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

BEFORE ANY STATION

# The universal four

These behaviors matter at every age and every station.

### ASSIGNED LANE

Use only the equipment, lane or wall-ball station assigned by Race Crew.

### CORRECT ROUTE

Enter and exit through the marked IN and OUT routes.

### COMPLETE PRESCRIPTION

Finish the required distance, lanes or valid repetitions using the correct division load.

### LISTEN TO THE JUDGE

A warning, no-rep or correction is information. Adjust immediately and continue.

### ATHLETE CUE

Do not race the judge. Show the standard clearly.

MOVEMENT STANDARD

# 1 | SkiErg

The monitor is reset by a judge before the athlete starts.

### MAKE IT COUNT

- Both feet stay on the SkiErg platform
- Heels may hang over the edge but cannot touch the floor
- Finish the exact distance
- Remain on the platform and raise one arm

### COMMON ERRORS

- Stepping onto the floor
- Leaving before the distance is confirmed
- Failing to return handles to the mid-level holder

### FINISH CUE

Wait for the judge to confirm completion, then stow the handles and leave.

MOVEMENT STANDARD

# 2 | Sled Push

The athlete must use the assigned lane and move the entire sled across every line.

### MAKE IT COUNT

- Racer and sled begin behind the start line
- Stay inside the assigned lane
- Entire sled crosses the 7.5 m line before turning
- Complete every prescribed lane

### COMMON ERRORS

- Turning while part of the sled is short of the line
- Skipping a lane
- Interfering with another lane

### FINISH CUE

The station ends only when the entire sled crosses the final line.

MOVEMENT STANDARD

# 3 | Sled Drag / Pull

Ages 8-11 use the step-back drag. Ages 12-15 use the rope pull.

### MAKE IT COUNT

- Use the assigned lane
- Entire sled crosses the line before direction changes
- Keep rope or handles in the lane
- Remain standing

### COMMON ERRORS

- Sitting or kneeling to pull
- Stepping outside the working box while holding the rope
- Turning away from the sled during the 12-15 pull
- Skipping a lane

### FINISH CUE

Watch the sled, not only your feet. Make the full line obvious.

MOVEMENT STANDARD

# 4 | Frogger / Burpee Broad Jump

Ages 8-9 perform the frogger. Ages 10-15 perform burpee broad jumps.

### MAKE IT COUNT

- Start behind the line
- Frogger: two hands and two feet move forward
- Burpee: chest reaches the floor
- Jump and land with both feet
- Fully cross each finish line

### COMMON ERRORS

- Hands too far in front during frogger
- Stepping forward instead of a two-foot broad jump
- Not getting the chest down
- Landing on rather than beyond the finish line

### FINISH CUE

If a foot lands on the finish line, complete another valid jump beyond it.

MOVEMENT STANDARD

# 5 | Row

The monitor is reset before the athlete starts; damper is preset to 4 and footplates to 2.

### MAKE IT COUNT

- Sit down and place both feet on footplates before taking the handle
- Keep feet on the plates
- Finish the exact distance
- Remain seated and raise one arm

### COMMON ERRORS

- Taking the handle before feet are positioned
- Removing feet early
- Standing before judge confirmation

### FINISH CUE

Finish, stay seated, raise an arm and wait for the judge.

MOVEMENT STANDARD

# 6 | Farmers Carry

The athlete carries two kettlebells and may rest without moving them forward.

### MAKE IT COUNT

- Remove both kettlebells from the marked box
- Carry one in each hand with arms extended
- Complete every lap
- Return both to the correct box with handles upright

### COMMON ERRORS

- Moving forward with only one kettlebell
- Advancing the kettlebells while setting them down
- Skipping a lap
- Leaving them outside the box or with handles down

### FINISH CUE

The station is complete after both kettlebells are correctly returned.

MOVEMENT STANDARD

# 7 | Lunges

Ages 8-11 lunge with bodyweight; ages 12-15 use the division sandbag.

### MAKE IT COUNT

- Begin standing tall behind the line
- Alternate legs
- Trailing knee clearly touches the floor
- Stand tall with hips and knees extended
- Leading foot fully crosses the finish line

### COMMON ERRORS

- Knee does not touch
- Failing to stand tall
- Repeating the same leg
- Removing the sandbag from both shoulders in older divisions

### FINISH CUE

Quality first: knee down, stand tall, alternate.

MOVEMENT STANDARD

# 8 | Squats / Wall Balls

Ages 8-11 complete ball squats. Ages 12-15 complete wall balls to the division target.

### MAKE IT COUNT

- Start standing tall with the ball in both hands
- Hips descend below the knees
- Finish each rep standing tall
- Wall ball: ball strikes the designated target
- Complete 50 valid reps

### COMMON ERRORS

- Starting directly in the squat
- Squatting above parallel
- Failing to extend hips and knees
- Missing the target
- Leaving before 50 valid reps are confirmed

### FINISH CUE

Only valid reps count. Confirm the display or judge says the work is complete.

PENALTY AWARENESS

# Do not memorize fear; memorize corrections

Most avoidable penalties come from missing route, distance, lane or clear movement standards.

| ISSUE | PUBLISHED CONSEQUENCE |
|---|---|
| **Missing run lap** | 90 seconds per lap |
| **Missing run or whole station** | 2 minutes |
| **Incorrect station order** | 1 minute |
| **Incorrect station entry or exit** | 30 seconds per infringement |
| **Missing sled lane** | 1 minute per lane |
| **Missing farmers carry lap** | 1 minute per lane |
| **Incorrectly returned kettlebells** | 30 seconds |
| **Lunge standard infringement** | 15 seconds per infringement |
| **Sandbag removed from shoulders** | 15 seconds, then additional 15-second penalties |
| **Missing final-station rep** | 15 seconds per missing rep |

**USE THIS CORRECTLY**

Penalty summaries do not replace the full protocol. Some violations receive a warning; others can receive an immediate penalty or disqualification depending on severity.

# SOURCES AND VERSION CONTROL

Current official Youngstars Rulebook - movement standards and penalties:
https://hyrox.com/wp-content/uploads/2026/03/25_26_HYROX_RulebookYoungstar_EN_04032026.pdf

**IMPORTANT**

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FOR PARENTS AND GUARDIANS

# Youngstars Parent Race-Day Guide

What to prepare, what to say and how to support a confident, independent race.

**SOURCE STATUS**
CURRENT 25/26 RULES - VERIFIED AUGUST 15, 2026

FREE YOUNGSTARS RESOURCE

## WARRIOR PERFORMANCE LAB

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

YOUR ROLE

# Prepare the environment, not the result

The best support reduces uncertainty, protects safety and lets the athlete own the race.

### BEFORE

Confirm division, current rules, event communication, travel, kit and any medical requirements.

### AT CHECK-IN

Bring the athlete, registration confirmation and approved photo ID showing date of birth.

### DURING WARM-UP

Complete the handoff calmly and let the guided Youngstars process do its job.

### DURING THE RACE

Encourage effort and composure without directing, pacing or supplying outside assistance.

### AFTER

Reconnect, check wellbeing, celebrate courage and listen before analyzing performance.

### ALWAYS

Model respect for judges, staff, volunteers, other racers and other families.

SEVEN DAYS OUT

# Reduce surprises

Race week is not the time to prove fitness. Familiarity and normal routines are more valuable.

- Open the live event information and verify the assigned start or check-in time.
- Confirm the athlete's division and review only that age group's standards.
- Practice one calm pass through the station order and run pattern.
- Test shoes, clothing and any permitted equipment. Do not debut new gear on race day.
- Contact the Youngstars team in advance for injury-related modifications, prescribed medical devices or external assistance needs.
- Keep school, meals and sleep as normal as practical.

**MEDICAL MODIFICATIONS**

Officially approved injury-related changes may place the racer Out of Competition: they can receive a finish time but be excluded from official rankings.

ARRIVAL

# Check in before the warm-up handoff

The published race start time functions as the athlete's arrival time for the warm-up/check-in process in the current rulebook.

| BRING | WHY |
| --- | --- |
| **Registration confirmation** | Needed at Youngstars check-in |
| **Photo ID with date of birth** | Confirms the correct age division |
| **Race clothing and closed-toe shoes** | Required race kit; shoes may be removed only at the final station if permitted |
| **Known, permitted medical equipment** | Must follow official approval and event rules |
| **A small post-race snack and drink** | For recovery after the athlete leaves the competition area |

**TIMING CHIP**

The chip belongs on the athlete's ankle and must stay there throughout the race.

WARM-UP AND START

# Expect a guided transition away from the parent

The current rulebook describes a 25-minute briefing and warm-up journey, followed by start-line familiarization. It also labels the sequence as 20 minutes while listing five 5-minute blocks, so the event's live instructions should control.

**RACE BRIEF**
Layout, rules and race flow.

**HEART-RATE RAISER**
Dynamic movement to increase readiness.

**MOBILITY + ACTIVATION**
Prepare movement patterns and reinforce standards.

**EQUIPMENT TESTING**
Try the event setup before racing.

**START FAMILIARIZATION**
Line up, see the tunnel and prepare to start.

**PARENT HANDOFF**
Move to the spectator area and allow the athlete to follow the group process.

**USE EVENT TIMING**
Do not build the day around a fixed 20- or 25-minute assumption. Report at the official time and follow event instructions.

SPECTATOR BEHAVIOR

# Support without interfering

The parent's behavior can affect the athlete's race and official result.

**SAY**

You are ready. Listen to your judge. One station at a time. I am proud of your effort.

**AVOID**

Arguing calls, shouting complex cues, criticizing other racers or creating fear about the result.

**OUTSIDE ASSISTANCE**

Do not give food, drink or equipment during the race unless prior medical approval allows it.

**RESPECT**

Cheer for effort and sportsmanship. Follow staff instructions and keep routes clear.

**PARENT CODE**

Threatening, abusive, manipulative or obstructive behavior can produce penalties or disqualification and may be applied retrospectively.

AFTER THE FINISH

# Reconnect before reviewing

A strong post-race process protects wellbeing and keeps sport enjoyable.

- Ask: How do you feel? before asking about the time.
- Move to a calmer space and begin normal hydration and refueling.
- Check for pain, dizziness, breathing difficulty, unusual behavior or symptoms that are not settling.
- Celebrate a specific behavior: staying composed, responding to a judge, completing a difficult station or showing respect.
- Save technical review for later, and keep it short: one success and one skill to practice.
- If there was a possible head impact or concerning symptom, follow event medical guidance and do not return the athlete to sport the same day without appropriate clearance.

# SOURCES AND VERSION CONTROL

Current official Youngstars Rulebook - event day and parent code:
https://hyrox.com/wp-content/uploads/2026/03/25_26_HYROX_RulebookYoungstar_EN_04032026.pdf

CDC HEADS UP - responding to a sports-related concussion:
https://www.cdc.gov/heads-up/response/index.html

**IMPORTANT**

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**MOVE WELL. SPEAK UP. STAY SAFE.**

# Youngstars Safety + Readiness

Simple decisions for parents, coaches and athletes before training and competition.

**SOURCE STATUS**
WPL SAFETY GUIDE - USE WITH CURRENT EVENT RULES AND MEDICAL ADVICE

**FREE YOUNGSTARS RESOURCE**

## WARRIOR PERFORMANCE LAB

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

READINESS CHECK

# Green, Yellow or Red?

Readiness is about the whole athlete: health, pain, energy, mood, sleep and movement quality.

| GREEN - PROCEED | YELLOW - MODIFY |
| --- | --- |
| Normal energy and mood; no illness; no meaningful pain; movement looks coordinated; athlete wants to participate. | Poor sleep, unusual fatigue, mild soreness, low confidence, new growth-related awkwardness or reduced movement quality. |
| **RED - STOP** | **ADULT RESPONSE** |
| Chest pain, fainting, severe breathing difficulty, confusion, suspected concussion, acute injury, escalating pain or athlete says they cannot continue. | Green: coach normally. Yellow: reduce load, volume or complexity. Red: stop, supervise and obtain appropriate medical help. |

**NON-NEGOTIABLE**

Children should never be pressured to hide symptoms or continue through pain to protect a score.

PAIN AND ILLNESS

# Do not train through a changing problem

Pain is information. A child does not need to prove toughness by working through it.

| SITUATION | ACTION |
|---|---|
| **Localized or worsening pain** | Stop the provoking activity; assess and seek qualified guidance when needed. |
| **Pain changes running or movement** | End the task. Do not compensate through altered mechanics. |
| **Fever or systemic illness** | Do not train or race. Follow pediatric medical guidance. |
| **Injury requiring modified race standards** | Contact HYROX Youngstars before the event. |
| **Asthma or prescribed device** | Use the athlete's medical action plan and confirm event approval requirements. |
| **Athlete appears distressed or asks to stop** | Stop and listen. Emotional safety is part of readiness. |

TRAINING GUARDRAILS

# Progress skill before load

Youngstars training should build movement confidence and long-term development, not imitate adult exhaustion.

**TECHNIQUE GATE**
Increase load, speed or complexity only while positions and decision-making remain controlled.

**NO FAILURE TARGET**
Do not require missed reps, collapsing technique or last-athlete punishment.

**REST**
Protect at least one day each week from organized sport; coordinate all teams and activities.

**VARIETY**
Use running, games, coordination, strength skill and multiple movement solutions.

**GROWTH CHANGES**
Expect temporary changes in coordination and tolerance during growth spurts.

**FUN + AGENCY**
Offer choices and let the child report readiness without fear of disappointing adults.

**WPL COACHING PRINCIPLE**
The youngest athlete is not a small adult. The 14-15 athlete is still developing.

HEAT AND HYDRATION

# Modify early, not after symptoms escalate

Children can be affected by heat even when well trained. Environment, clothing, illness and acclimatization matter.

- Schedule demanding outdoor work in cooler periods when possible.
- Increase heat exposure gradually rather than jumping into full training volume.
- Provide frequent drink and cooling opportunities.
- Reduce duration, intensity and load when heat or humidity rises.
- Stop for confusion, fainting, collapse, severe headache, repeated vomiting or worsening symptoms and obtain urgent medical care.
- Do not pour aid-station fluids over the athlete during the official race; the current rulebook prohibits rapid cooling with provided fluids.

**EVENT RULE**

During the race, drink aid-station fluids. Do not use them for active cooling unless event staff specifically direct otherwise.

POSSIBLE CONCUSSION

# Remove now; medical return later

A concussion can follow a hit to the head or body. Symptoms may appear immediately or later.

### IMMEDIATE RESPONSE

Remove the athlete from sport. Check for danger signs. Do not return the athlete the same day.

### EMERGENCY DANGER SIGNS

Seizure, repeated vomiting, worsening headache, unequal pupils, weakness, slurred speech, increasing confusion or inability to wake.

### MEDICAL EVALUATION

A healthcare professional should assess a possible concussion and guide return to school and sport.

### DO NOT

Do not ask the athlete to prove they are fine, finish the workout or make the return-to-play decision yourself.

### EMERGENCY

Call emergency services or go to the emergency department for concussion danger signs or any life-threatening symptom.

COACH SETUP

# Safety is designed before the session

A good session makes the safe choice easy and the unsafe choice difficult.

- Know who is responsible for supervision and emergency response.
- Check equipment size, stability, lane space and traffic flow.
- Offer age- and readiness-appropriate load options.
- Use clear stop rules and athlete-friendly language.
- Track total weekly organized sport, not only HYROX sessions.
- Document injuries, modifications and parent communication.
- End while quality and confidence remain high.

**BEFORE EVERY SESSION**

Purpose clear. Equipment checked. Options ready. Water available. Emergency plan known.

# SOURCES AND VERSION CONTROL

AAP: Overuse Injuries, Overtraining and Burnout in Young Athletes:
https://publications.aap.org/pediatrics/article/153/2/e2023065129/196435/Overuse-Injuries-Overtraining-and-Burnout-in-Young

AAP HealthyChildren: preventing overuse injuries:
https://www.healthychildren.org/English/health-issues/injuries-emergencies/sports-injuries/Pages/Preventing-Overuse-Injuries.aspx

CDC HEADS UP:
https://www.cdc.gov/heads-up/index.html

AAP HealthyChildren: extreme heat:
https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Protecting-Children-from-Extreme-Heat-Information-for-Parents.aspx

Current official Youngstars Rulebook:
https://hyrox.com/wp-content/uploads/2026/03/25_26_HYROX_RulebookYoungstar_EN_04032026.pdf

**IMPORTANT**

This WPL guide summarizes selected rules for education. The current official HYROX rulebook, event briefing, signage, Race Director and judges control whenever wording or event setup differs.



RACE READY

# Youngstars Race-Week Checklist

A calm, practical checklist from seven days out through the finish line.

**SOURCE STATUS**
CURRENT 25/26 RULES - VERIFIED AUGUST 15, 2026

FREE YOUNGSTARS RESOURCE

## WARRIOR PERFORMANCE LAB

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

7 TO 3 DAYS OUT

# Confirm; do not cram

The work is already done. Use the week to reduce uncertainty and protect normal energy.

- [ ] Confirm event, division, official start/check-in time and venue instructions.
- [ ] Open the current official rulebook and age-specific guide.
- [ ] Review station order and the correct run pattern once.
- [ ] Confirm any approved medical device or movement modification.
- [ ] Use normal meals, fluids and sleep routines.
- [ ] Keep training short and familiar; no fitness test, new maximal load or punishment workout.
- [ ] Check shoes, laces and race clothing.

**CONFIDENCE CUE**

We are preparing to show what you know, not trying to gain fitness in one week.

48 HOURS TO BEDTIME

# Pack the controllables

Avoid last-minute equipment, nutrition and schedule surprises.

| PACK | CHECK |
|---|---|
| **Registration confirmation** | Saved offline or printed |
| **Photo ID with date of birth** | Government or school-issued |
| **Race clothing** | T-shirt or vest, shorts and suitable closed-toe running shoes |
| **Permitted medical item** | Labelled and approved where required |
| **Post-race layers** | Dry top and warm layer |
| **Post-race food + drink** | Familiar, easy to tolerate |
| **Parent essentials** | Wristband process, phone, venue map and meeting point |

- [ ] Eat familiar foods. Do not force a large carbohydrate load.
- [ ] Agree on one meeting point after the finish.
- [ ] Set the departure time with extra venue buffer.
- [ ] Use a calm bedtime routine; perfect sleep is not required for a good race.

RACE DAY

# One step at a time

Keep decisions simple and let the athlete follow the official Youngstars journey.

**BEFORE LEAVING**

Normal breakfast or meal, regular fluids, bathroom, kit check.

**AT VENUE**

Find Youngstars check-in; present confirmation and ID.

**AT HANDOFF**

Timing chip on ankle, race number and wristband visible; report at official time.

**DURING RACE**

Correct order, correct route, assigned equipment, complete work, judge confirmation.

**PARENT ROLE**

Encourage composure and effort without outside assistance or arguing calls.

**AFTER FINISH**

Reconnect, assess wellbeing, drink, eat and celebrate a specific success.

**ATHLETE CUE**

Eyes up. Listen. One station at a time.

# SOURCES AND VERSION CONTROL

Current official Youngstars Rulebook - event-day schedule, kit and conduct:
https://hyrox.com/wp-content/uploads/2026/03/25_26_HYROX_RulebookYoungstar_EN_04032026.pdf

HYROX Youngstars official page:
https://hyrox.com/hyrox-youngstars/

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FUEL THE ATHLETE, NOT A BODY TYPE

# Youngstars Fueling + Hydration

Food-first race preparation for growing athletes - without restriction, supplements or last-minute experiments.

**SOURCE STATUS**

WPL YOUTH NUTRITION GUIDE - INDIVIDUAL MEDICAL NEEDS REQUIRE QUALIFIED CARE

FREE YOUNGSTARS RESOURCE

## WARRIOR PERFORMANCE LAB

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

FOUNDATION

# Growth comes first

Young athletes need enough energy for development, school, daily life, training and recovery. Race preparation should never center on weight loss.

### REGULAR MEALS

Build a steady rhythm of meals and snacks instead of saving food for one large evening meal.

### CARBOHYDRATE

Include familiar carbohydrate foods to support running and higher-intensity work.

### PROTEIN

Spread protein-containing foods across meals and snacks for growth and recovery.

### COLOR + MICRONUTRIENTS

Include fruits, vegetables, calcium-rich foods and iron-rich foods across the week.

### HYDRATION

Drink regularly through the day and arrive at training or racing normally hydrated.

### NO FEAR FOODS

Race week is not the time for restriction, detoxes, fasting or food guilt.

### PARENT LANGUAGE

Ask: What will help you feel energized and comfortable? Avoid comments about weight, leanness or earning food.

BEFORE THE RACE

# Familiar, adequate and comfortable

Meal timing depends on the athlete, event time and tolerance. Practice the approach before race day.

| TIMING | PRACTICAL APPROACH | EXAMPLES |
|---|---|---|
| **2-4 hours** | A normal meal led by carbohydrate, with moderate protein and familiar fat/fiber. | Oatmeal + milk + fruit; rice + eggs; sandwich + yogurt |
| **60-90 minutes** | A smaller familiar snack if hungry or the meal was early. | Banana; toast; pretzels; applesauce; cereal bar |
| **15-30 minutes** | Only if wanted and previously tolerated; keep it small. | A few sips of fluid; small bite of familiar carbohydrate |
| **Not recommended** | New supplements, energy drinks, aggressive caffeine or a very heavy unfamiliar meal. | Do not experiment on race morning |

**COMFORT MATTERS**

A nervous athlete may prefer a smaller meal plus snack. The goal is fueled and comfortable, not stuffed.

HYDRATION

# Start normally hydrated; drink to opportunity

Needs vary with age, body size, sweat rate, climate, clothing, duration and medical factors. A single volume does not fit every child.

- Offer fluids regularly through the day rather than trying to catch up immediately before the start.
- Water is the first choice for most short training and competition situations.
- For longer, hot or high-sweat activity, an appropriate sports drink may help provide carbohydrate, electrolytes and a flavor that supports drinking.
- Sports drinks and energy drinks are not the same. Energy drinks are not appropriate for children and adolescents.
- Use urine color, thirst, heat, recent activity and the athlete's normal pattern as context - not a rigid rule.
- Do not encourage overdrinking. Frequent forced fluid intake can also be harmful.

**OFFICIAL RACE RULE**

Use event aid stations. Any personal race nutrition must be carried from the start, and outside food or drink is not allowed unless medically approved in advance.

DURING AND AFTER

# Keep race fueling proportional

Youngstars races are shorter than adult HYROX events. Many athletes will not need calories during the race if they arrive well fueled.

### DURING

Use aid-station water as wanted. A familiar sports drink may be useful when available and appropriate.

### PERSONAL NUTRITION

If genuinely needed, it must comply with event rules and be carried from the start.

### FIRST 30-60 MINUTES AFTER

Begin with fluid plus a familiar carbohydrate- and protein-containing snack or meal.

### REST OF DAY

Return to normal eating, hydration and sleep. Do not compensate for race food by restricting later.

### MULTIPLE EVENTS

When another activity follows soon, prioritize early fluid, carbohydrate and protein.

### SYMPTOMS

Persistent nausea, repeated vomiting, confusion, fainting or inability to drink requires medical attention.

SIMPLE COMBINATIONS

# Food first; family practical

These are ideas, not a required menu. Choose for allergies, culture, access, appetite and medical needs.

| MOMENT | FOOD + FLUID IDEAS |
|---|---|
| **Breakfast** | Oatmeal with milk and fruit; eggs with toast and fruit; yogurt, cereal and banana |
| **Pre-race snack** | Banana and crackers; applesauce and pretzels; toast with a light spread |
| **Post-race snack** | Chocolate milk and fruit; yogurt and cereal; sandwich and water |
| **Travel option** | Shelf-stable milk, fruit pouch, crackers, simple sandwich, water bottle |
| **Vegetarian** | Milk or soy yogurt, eggs, tofu, beans, hummus, nut or seed butter as tolerated |
| **Allergy or GI condition** | Use the athlete's established medical and nutrition plan; do not improvise at the venue |

**SUPPLEMENTS**

Do not add performance supplements for a child because a race feels important. Discuss any medically necessary product with the athlete's pediatric clinician and qualified sports nutrition professional.

# SOURCES AND VERSION CONTROL

AAP HealthyChildren: nutrition basics and hydration for sports performance:
https://www.healthychildren.org/English/healthy-living/sports/Pages/Performance-Enhancing-Substances.aspx

AAP: Sports Drinks and Energy Drinks for Children and Adolescents:
https://publications.aap.org/pediatrics/article/127/6/1182/30098/Sports-Drinks-and-Energy-Drinks-for-Children-and

AAP HealthyChildren: preventing rapid weight changes in youth athletes:
https://www.healthychildren.org/English/news/Pages/Nations-Pediatricians-Cautions-About-Rapid-Weight-Changes-in-Youth-Athletes.aspx

Current official Youngstars Rulebook - hydration and nutrition:
https://hyrox.com/wp-content/uploads/2026/03/25_26_HYROX_RulebookYoungstar_EN_04032026.pdf

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