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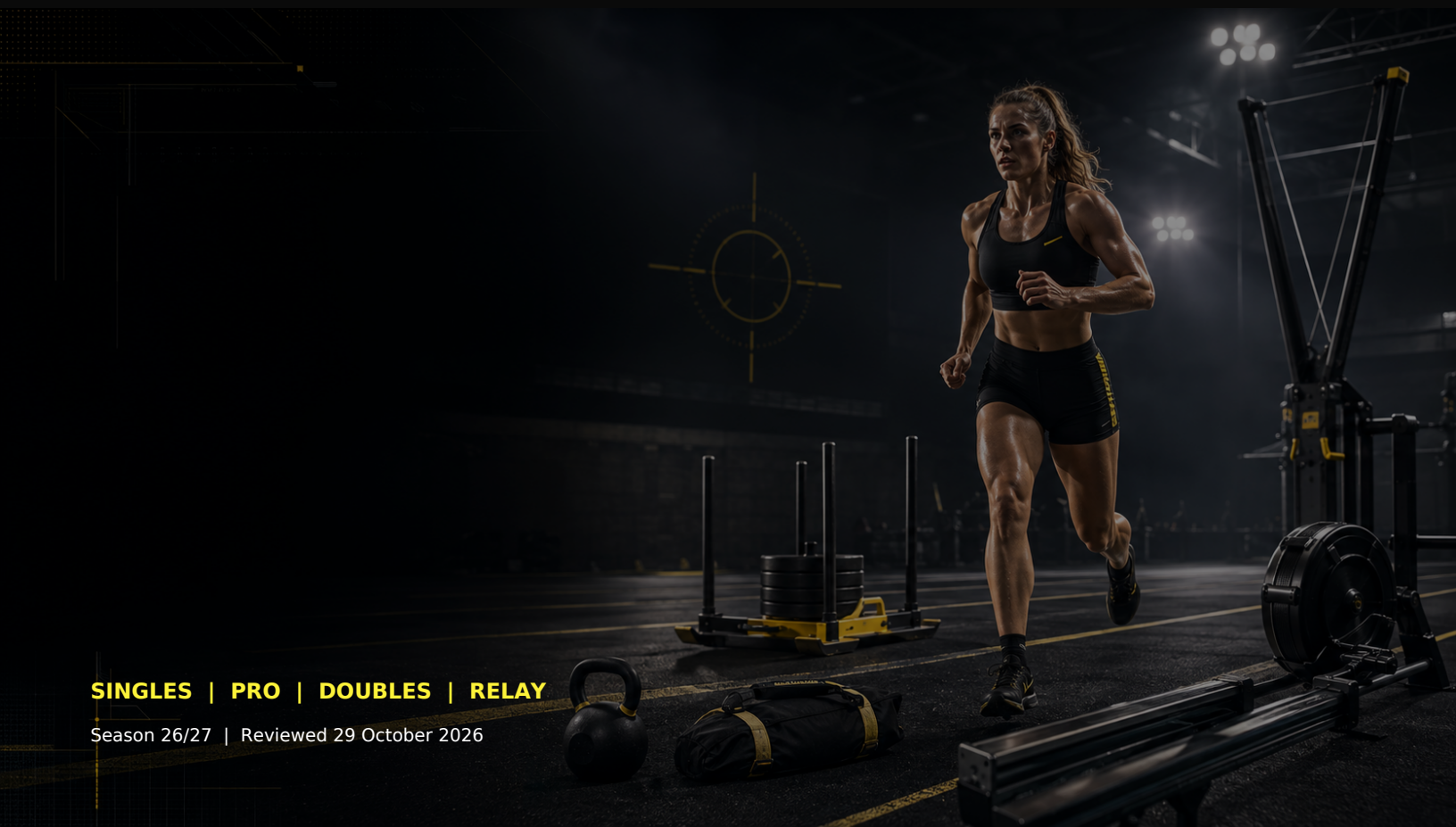
WPL RACE IQ | PUBLIC RESOURCE

HYROX STATIONS & DIVISIONS MASTER GUIDE

Current 26/27 standards + division loads + penalty watch + WPL execution cues



SINGLES | PRO | DOUBLES | RELAY

Season 26/27 | Reviewed 29 October 2026

Start Here

Use the guide to remove race-day decisions, not to collect more cues.

HOW TO USE THIS GUIDE

- Use the division table first: confirm your exact load, distance and target.
- Choose one or two execution cues per station and rehearse them under fatigue.
- Use Penalty Watch as a prevention list, not as a reason to race scared.
- At the event, the current rulebook, athlete briefing and judging team are the authority.

STATION ORDER

- Run 1 + SkiErg 1,000 m
- Run 2 + Sled Push 50 m
- Run 3 + Sled Pull 50 m
- Run 4 + Burpee Broad Jumps 80 m
- Run 5 + RowErg 1,000 m
- Run 6 + Farmers Carry 200 m
- Run 7 + Sandbag Lunges 100 m
- Run 8 + Wall Balls 100 reps

26/27 RESULT PROTECTION

- Count your own run laps.
- Use the correct IN and OUT route.
- Use only assigned lanes and equipment.
- Complete every station in full.
- Wait for confirmation before leaving ergs and Wall Balls.
- Certain violations can receive immediate penalties without a warning.

CORE DIVISION LOADS

- Women Open: light division loads.
- Men Open / Women Pro: middle division loads.
- Men Pro: heaviest division loads.
- Doubles follows Women, Men/Mixed, Women Pro and Men Pro tables.
- Relay Women use Women Open loads; Men use Men Open loads; Mixed alternates by athlete sex where specified.

ONE-LINE RACE SYSTEM

- COUNT -> ROUTE -> EQUIPMENT -> COMPLETE -> CONFIRM -> MOVE.
- Fitness creates your time. Race IQ protects it.
- Use only cues you have practiced. Race day is not the place to test a new damper, shoe, sled position, lunge pattern or fueling strategy.

Running

8 x approximately 1 km. Count, route, pace and arrive ready to work.

OFFICIAL SNAPSHOT

- Every standard division completes eight run segments for a total designated distance of 8 km. Venue lap structure can vary.
- Athletes count their own laps. Extra laps do not receive a time adjustment.
- Use the Fast Lane at about 4:00 per km pace or faster; otherwise stay in the Running Lane and follow crew direction.
- Use the correct IN and OUT routes and complete stations in the required order.
- Doubles partners run together for the full segment. Relay has one active athlete at a time.

PACING AND EXECUTION

- First 150-200 m: control breathing and avoid weaving.
- Middle: lock into the pace you can repeat after stations.
- Final 150-200 m: find the entry, breathe down and arrive ready to work.

COMMON LEAKS

- Chasing an early pace that cannot survive the sleds or lunges.
- Late braking into turns and arches.
- Forgetting lap count after a hard station.

DIVISION SNAPSHOT

Singles / Pro	8 km total
Doubles	Both run all 8 km
Relay	Each athlete 2 x 1 km

PENALTY WATCH

- Missing run laps receives venue-lap-based time penalties; missing a full 1 km run is DQ.
- Incorrect IN/OUT use: 2 minutes per infringement.
- Wrong official start wave without approval can result in DQ.

WPL CUE STACK

- Count before pace.
- Three exhales after a hard station.
- Posture, cadence or breathing - choose one reset cue.

SkiErg

1,000 m. Platform control, repeatable power and a judge-clear exit.

OFFICIAL SNAPSHOT

- Both feet stay on the base. Heels may hang over the edge but cannot contact the floor.
- A dynamic or jumping pull is permitted when the feet land back on the base.
- After 1,000 m, remain on the platform, raise an arm and wait for judge confirmation.
- The monitor is reset by the judging team. The working athlete manages adjustments in team formats.

PACING AND EXECUTION

- Use the first 150-200 m to establish length and rhythm.
- Drive through hips and lats; keep the recovery relaxed.
- Finish strong enough to leave under control, not stagger out.

COMMON LEAKS

- Pulling early with the arms.
- Turning the catch into a deep squat.
- Stepping away when the monitor reaches 1,000 m without confirmation.

DIVISION SNAPSHOT

All divisions	1,000 m
Load differences	None
Foot rule	Base at all times

PENALTY WATCH

- Foot-base infringement: warning, then 15 seconds on the second and each later fault.
- Leaving early is incomplete station: DQ.
- Using the wrong assigned machine can add 2 minutes.

WPL CUE STACK

- Hands high. Hips snap. Long exhale.
- Repeatable power beats one hero minute.
- Distance complete -> arm up -> judge clear -> move.

Sled Push

50 m in 4 x 12.5 m lanes. Traction, complete lines and clean restarts.

OFFICIAL SNAPSHOT

- Use the sled lane assigned by the judging team.
- Both athlete and sled begin completely behind the white line.
- The entire sled must pass each 12.5 m line before changing direction.
- Four complete lanes are required. An incomplete lane means the station is incomplete.
- In Doubles, the resting partner walks immediately behind without obstructing.

PACING AND EXECUTION

- Choose one handle height that gives you traction and a strong trunk.
- Use short, quick steps and build pressure smoothly.
- Finish the line completely, pivot under control and restart decisively.

COMMON LEAKS

- Hands too low for your body type.
- Overstriding into slips.
- Stopping before the sled has fully crossed the line.

DIVISION SNAPSHOT

Women Open Women Doubles Women Relay	102 kg incl. sled
Women Pro Women Pro Doubles Men Open Men Doubles Mixed Doubles Men Relay	152 kg incl. sled
Men Pro Men Pro Doubles	202 kg incl. sled

PENALTY WATCH

- Missing a sled lane: DQ for incomplete station.
- Wrong assigned lane/equipment: 2 minutes per infringement.
- Movement faults: warning, then 15 seconds on the second and later faults.

WPL CUE STACK

- Traction first.
- Short steps; drive the floor back.
- Whole sled over the line - then turn.

Sled Pull

50 m in 4 x 12.5 m lanes. Stay connected and own the rope.

OFFICIAL SNAPSHOT

- Stay inside the Racer's Box and do not step on the front or back solid line while holding the rope.
- The entire sled must pass the 12.5 m line before changing direction.
- Remain standing while pulling.
- Keep the rope in your lane and do not impede a neighbouring lane.
- In Doubles, the resting partner stays behind and cannot manage the rope with hands or feet.

PACING AND EXECUTION

- Take out slack and keep tension.
- When the sled is far: long active arms, hinge and small step-back.
- When it is close: quick hand-over-hand pulls with rope stacked safely to one side.

COMMON LEAKS

- Dropping tension after every pull.
- Standing upright and curling too early.
- Backing onto the Racer's Box line.

DIVISION SNAPSHOT

Women Open Women Doubles Women Relay	78 kg incl. sled
Women Pro Women Pro Doubles Men Open Men Doubles Mixed Doubles Men Relay	103 kg incl. sled
Men Pro Men Pro Doubles	153 kg incl. sled

PENALTY WATCH

- Missing a sled lane: DQ for incomplete station.
- Wrong assigned lane/equipment: 2 minutes per infringement.
- Movement faults: warning, then 15 seconds on the second and later faults.

WPL CUE STACK

- Hold the rope. Stay connected.
- Long-arm hinge first; fast hands second.
- Stack rope beside you, never under your feet.

Burpee Broad Jumps

80 m. Clean hand position, simultaneous feet and no extra shuffle.

OFFICIAL SNAPSHOT

- Each section starts with hands behind the line and chest clearly contacting the floor.
- On later reps, hands may be no more than 30 cm forward of the toes and cannot move after placement.
- Feet take off and land simultaneously. Up to 5 cm stagger is permitted; more is not.
- No extra steps or shuffles are permitted.
- Both feet must fully cross the finish line. Landing on the line requires another repetition.

PACING AND EXECUTION

- Use a repeatable burpee-jump rhythm from the first section.
- Slightly shorter jumps can protect continuous movement under fatigue.
- Use turns to reset hand position and breathing.

COMMON LEAKS

- Hands creeping forward.
- Landing stagger beyond the permitted 5 cm.
- Chasing distance with an extra step or shuffle.

DIVISION SNAPSHOT

All standard divisions	80 m
Load	Bodyweight
Finish	Both feet clear line

PENALTY WATCH

- First movement infringement: warning.
- Second and each later infringement: 15 seconds.
- Leaving distance incomplete: DQ.

WPL CUE STACK

- Smooth drop. Simultaneous feet. Soft landing.
- Calm rhythm beats hero jumps plus long stands.
- Own the line; do not guess.

RowErg

1,000 m. Correct setup, legs-body-arms and a judge-confirmed exit.

OFFICIAL SNAPSHOT

- The judging team resets the monitor before the station begins.
- Remain seated until the full 1,000 m is complete.
- You may rest with the handle in its holder and feet on or off the plates.
- Damper is preset to 6 and footplates to 4; the athlete may adjust.
- Stay seated until the judge confirms completion of the full 1,000 m.

PACING AND EXECUTION

- First 200 m: lengthen and settle before increasing pressure.
- Middle 600 m: hold the strongest sustainable stroke rate.
- Final 150-200 m: lift pressure while preserving legs-body-arms sequence.

COMMON LEAKS

- Arms pulling before the leg drive finishes.
- Frantic rate with short recovery and no speed gain.
- Standing when the monitor reaches 1,000 m before judge confirmation.

DIVISION SNAPSHOT

All divisions	1,000 m
Preset damper	6; adjustable
Preset footplate	4; adjustable

PENALTY WATCH

- Movement faults: warning first; 15 seconds for the second and each subsequent infringement.
- Incomplete 1,000 m: DQ for incomplete station.
- Wrong assigned rower can add 2 minutes.

WPL CUE STACK

- Push the floor, swing, then finish.
- Drive hard; recover calm.
- Seat down -> arm up -> judge clear -> move.

Farmers Carry

200 m. Correct bells, quiet posture and an upright return.

OFFICIAL SNAPSHOT

- Carry one kettlebell in each hand with arms extended by your sides.
- You may set the bells down to rest, but they cannot travel forward during placement.
- Complete the venue lap count and cross the finish line.
- Return both kettlebells upright to the correct box.
- In Doubles, bells cannot be passed forward; sideways or backward is permitted.

PACING AND EXECUTION

- Use quick, quiet steps and keep the bells close.
- Plan micro-breaks before grip failure.
- Use turns for a brief posture reset, then commit again.

COMMON LEAKS

- Overstriding and swinging the bells.
- Shrugging shoulders into the ears.
- Dropping bells so they roll or finish outside the correct box.

DIVISION SNAPSHOT

Women Open Women Doubles Women Relay	2 x 16 kg
Women Pro Women Pro Doubles Men Open Men Doubles Mixed Doubles Men Relay	2 x 24 kg
Men Pro Men Pro Doubles	2 x 32 kg

PENALTY WATCH

- Missing a carry lap: DQ for incomplete station.
- Incorrect return: 30 seconds unless corrected before leaving.
- Wrong weight: repeat the entire station correctly or DQ.

WPL CUE STACK

- Ribs down. Quiet shoulders. Eyes forward.
- Break before grip failure, not after.
- Finish the line; return upright.

Sandbag Lunges

100 m. Supported load, clear knee touch and complete line crossings.

OFFICIAL SNAPSHOT

- Start with both feet behind the line and lunge across it.
- Alternate legs; the trailing knee clearly touches the floor.
- Finish each rep standing tall with hips and knees extended.
- No steps or shuffles between repetitions. The front foot fully crosses each lane and finish line.
- Keep the bag fully supported on both shoulders; do not rest it on the floor, barricades, feet or other surfaces to remove the load.

PACING AND EXECUTION

- Use a smooth cadence and preserve balance.
- A slightly shorter step often protects depth and posture late.
- Overstep the finish line deliberately, then return the bag correctly.

COMMON LEAKS

- Cutting knee depth as fatigue climbs.
- Bag sliding and twisting the torso.
- Stepping on the line instead of clearly past it.

DIVISION SNAPSHOT

Women Open Women Doubles Women Relay	10 kg
Women Pro Women Pro Doubles Men Open Men Doubles Mixed Doubles Men Relay	20 kg
Men Pro Men Pro Doubles	30 kg

PENALTY WATCH

- Movement faults: warning, then 15 seconds on the second and later faults.
- Removing support from both shoulders or resting the bag elsewhere: immediate 15 seconds.
- Wrong weight: repeat correctly or DQ; incorrect return can add 30 seconds.

WPL CUE STACK

- Bag high and supported.
- Knee down; stand tall; step through.
- Break early with control before form collapses.

Wall Balls

100 valid reps. Correct ball, target, depth and emotional control.

OFFICIAL SNAPSHOT

- Begin tall, holding the ball; no ground pickup directly into the throw.
- Each rep requires a below-parallel squat and correct physical target contact.
- If the ball bounces, stand tall before beginning the next squat.
- Digital screens are a visual aid; physical target contact and judge confirmation remain official.
- There are no warnings: each attempt is either a valid rep or a no-rep.

PACING AND EXECUTION

- Choose a set plan you have practiced after running and lunges.
- After a no-rep, take one breath, stand tall and restart cleanly.
- Leave only after 100 valid reps and the required confirmation.

COMMON LEAKS

- Starting the squat before returning to full extension.
- Chasing the screen instead of the judge and target.
- Rushing after a no-rep and stacking more errors.

DIVISION SNAPSHOT

Women Open Women Doubles Women Relay	4 kg to 2.70 m
Women Pro Women Pro Doubles	6 kg to 2.70 m
Men Open Men Doubles Men Relay	6 kg to 3.00 m
Mixed Doubles	6 kg Women 2.70 m Men 3.00 m
Men Pro Men Pro Doubles	9 kg to 3.00 m

PENALTY WATCH

- No warnings: invalid attempts are no-reps.
- Powdered chalk at Wall Balls: 2 minutes.
- Leaving before 100 valid reps: DQ for incomplete station.

WPL CUE STACK

- Tall -> squat -> target.
- One breath after a no-rep.
- Trust the physical target and judge.

Doubles + Relay

Team performance is choreography: route, position, switches and exits.

DOUBLES RACE FLOW

- Both partners run the full 1 km together.
- Both enter each station before work begins and leave together after completion.
- The resting athlete stays on their feet inside the workout zone.
- The working athlete manages erg handles, damper and straps; partners cannot adjust these for each other.
- On sled push, Farmers and Lunges, the resting athlete walks behind.
- More than three togetherness penalties means Out Of Competition / no ranking.

RELAY RACE FLOW

- Four athletes; one active athlete at a time.
- Each athlete completes 2 x 1 km and the two corresponding stations.
- Station allocation is flexible, including back-to-back blocks.
- The active athlete must pass through the Transition Zone after every station, even for back-to-back blocks.
- Exchange with a clear high-five; the outgoing athlete exits promptly.
- Athlete order, station blocks and exchange trigger should be rehearsed.

DOUBLES TRANSITION RULES ATHLETES MISS

- No handle pass on SkiErg or RowErg.
- No forward pass of kettlebells or sandbag; sideways or backward is permitted.
- Resting partner cannot manage the sled rope.
- Current published rulebook requires partners to run together and applies a 1-minute penalty if one runs ahead; follow any event-specific numeric-gap clarification at briefing.
- The later chip read determines the team finish time.

WPL TEAM CUE

- Choose who starts, who calls the switch, where the resting athlete stands and how both athletes exit before the crowd removes easy communication.
- Team fitness is not enough. Build the system.

Official Sources + Review Notes

Current official materials remain the authority on race day.

OFFICIAL 26/27 SOURCES

- Rulebook hub: https://hyrox.com/rulebook/
- Singles: https://maintain.hyrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf
- Doubles: https://maintain.hyrox.com/rulebooks/HYROX_RulebookDoubles_EN.pdf
- Relay: https://maintain.hyrox.com/rulebooks/HYROX_RulebookRelay_EN.pdf
- Adaptive: https://maintain.hyrox.com/rulebooks/HYROX_RulebookAdaptive_EN.pdf
- Elite Series overview: https://hyrox.com/elites/

Singles, Doubles and Relay rulebooks checked 29 October 2026.

REVIEW UPDATE - 29 OCTOBER 2026

- Corrected RowErg movement-penalty wording against the current 26/27 rulebooks.
- Completed Women Pro Doubles and Men Relay division labels.
- Specified that the sandbag remains fully supported on both shoulders.
- Retained the corrected Mixed Doubles wall-ball targets: women 2.70 m; men 3.00 m.
- Updated public-resource labeling and adjusted table and panel spacing.

USE NOTE

- This guide separates official snapshots from WPL coaching interpretation. If wording differs from the current rulebook, athlete briefing or judging instruction, follow the official HYROX direction.
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