WARRIOR
PERFORMANCE LAB

WPL RACE IQ | ALL MEMBERS

HYROX 26/27 RULEBOOK + DIVISION UPDATE

Athlete Edition | Singles - Pro - Doubles - Relay - Adaptive



COUNT - ROUTE - EQUIPMENT - COMPLETE - CONFIRM - MOVE

Season 26/27 | Reviewed 8 August 2026

READ THIS FIRST

Use the rules to remove race-day uncertainty

This is an original Warrior Performance Lab translation of the 2026/27 rulebooks and season communications into athlete actions, coaching cues and social education.

The goal is not to make athletes paranoid about rules. The goal is to make the right actions automatic, so the athlete can spend race day executing instead of guessing.

WHAT THIS GUIDE DOES

- Summarises the high-impact 2026/27 changes by division.
- Separates official standards from WPL execution cues.
- Shows where penalties, disqualification and pathway choices can change the result.
- Provides a ready-to-publish social content structure.

AUTHORITY ON RACE DAY

- Current official rulebook and event athlete guide.
- Event briefing and venue-specific instructions.
- Lane Judge and Head Judge.
- Race Director / Lead Race Director final decision.

Three lenses used throughout

LENS	MEANING	HOW TO USE IT
OFFICIAL SNAPSHOT	What the current rulebook or official communication says.	Know it before race week.
RACE IMPACT	What can cost time, ranking, validity or pathway.	Build a prevention plan.
WPL CUE	Simple behaviour or coaching language.	Rehearse until automatic.

WPL COACHING LENS

Rules protect the score. Cues protect the athlete. Strong preparation combines fitness, standards, race IQ and calm execution under noise.

SOURCE NOTE: *Verified against official 2026/27 materials available on 26 June 2026. Live season social clarifications are identified separately when the numeric wording is not yet visible in the downloadable PDF.*

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HIGH-IMPACT DASHBOARD

The 2026/27 shift: more athlete responsibility

The race format is familiar. The result-protection details are sharper.

COUNT + ROUTE

- Athletes count their own run laps; venue screens are non-official aids.
- Extra laps do not receive a time adjustment.
- Use the correct IN and OUT arches.
- Move with the start wave; do not wait in the tunnel.

COMPLETE + CONFIRM

- Every workout station must be completed in full.
- Use only assigned lanes, machines, weights and targets.
- Remain at SkiErg, RowErg and Wall Balls until completion is judge-clear.
- Incomplete work can mean disqualification.

RACE-ZONE DISCIPLINE

- Only event-provided chalk, only where permitted.
- Aid-station fluids are for drinking - not active cooling.
- No phones, headphones, ear plugs, cameras or smart/AI glasses with prohibited functions.
- Timing chip stays on the ankle.

MOVEMENT CLARIFICATIONS

- Dynamic/jumping SkiErg is legal when feet land back on the base.
- Rowers stay seated through 1,000 m and judge confirmation.
- BBJ allows up to 5 cm foot stagger, but no shuffle.
- Sandbags stay fully supported during lunges.

RESULT-PROTECTION SEQUENCE

COUNT → ROUTE → EQUIPMENT → COMPLETE → CONFIRM → MOVE. Fitness builds the time; race IQ protects it.

SOURCE NOTE: *Singles Rulebook sections 7-8 and penalty schedule; official 2026/27 movement-standard communications.*

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SINGLES + PRO

Choose from the outcome backward

Division choice is pathway strategy, not only a load decision.

STATION	WOMEN OPEN	MEN OPEN / WOMEN PRO	MEN PRO
SkiErg	1,000 m	1,000 m	1,000 m
Sled Push	102 kg incl. sled	152 kg incl. sled	202 kg incl. sled
Sled Pull	78 kg incl. sled	103 kg incl. sled	153 kg incl. sled
Burpee Broad Jumps	80 m	80 m	80 m
RowErg	1,000 m	1,000 m	1,000 m
Farmers Carry	2 x 16 kg	2 x 24 kg	2 x 32 kg
Sandbag Lunges	10 kg	20 kg	30 kg
Wall Balls	100 / 4 kg / 2.70 m	100 / 6 kg / 3.00 m men; 2.70 m women	100 / 9 kg / 3.00 m

WORLDS - U24 TO 59

- Athletes qualifying through Pro race Pro distances, reps and weights at Worlds.
- Choose Pro because it matches the result you are chasing - not only because the weights are survivable.

WORLDS - AGE 60+

- Athletes may race Pro at regular events and receive Pro podiums/rankings.
- Worlds qualification is through Open only.
- At Worlds, all 60+ age groups use Open standards.

WPL COACH CALL

Start with the goal: podium, ranking, Worlds slot, Elite points, training stimulus or confidence. Then choose the division that produces that result.

SOURCE NOTE: *Official 2026/27 Singles Rulebook, division load table and World Championship qualification sections.*

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ELITE PATHWAY

License before racing; quality before quantity

From 22 June 2026, Elite qualification is points-based and measured over a rolling season window.

ELEMENT	2026/27 RULE	WPL IMPLICATION
Athlete Licence	Must be active before the race for qualification points to be eligible.	Do not race first and apply later.
Singles ranking	Best 5 eligible results in a rolling 365-day window.	Build a scoring calendar, not a collection habit.
Doubles ranking	Best 3 eligible team results in the rolling window.	Pairing, nationality and repeatability matter.
Scoring	Race tier, percentile to winning time and field depth influence points.	Target execution quality and strong fields.
Cut-off	Approximately 21 days before day one of an Elite event.	Work backward from the cut-off, not the race date.
Challenger	Ranks 16-30; from Elite Event 2 onward; winner can access next Elite 15.	A real performance pathway, not a consolation wave.
Worlds	No Challenger race at Worlds; athletes race Elite 15 format.	Secure the pathway before the championship.

RACE SELECTION

- Licence active before the first target event.
- Balance scoring opportunity against travel and recovery.
- Avoid chasing every race when execution quality is falling.

PRO DOUBLES NOTE

- Elite Series Pro Doubles qualification requires both athletes to hold valid licences.
- The official 2026/27 framework also identifies a same-nationality requirement for Elite Series Doubles.

WPL INSIDER

The new pathway rewards consistent high-level racing. A strategic DNS can be better than a low-quality result that damages recovery for the next scoring opportunity.

SOURCE NOTE: *HYROX Elite 15 Qualification page and Singles Rulebook sections 6.1-6.4, accessed 26 June 2026.*

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DOUBLES

Choreography before chaos

Two athletes, one score: the team must move, enter, switch and exit as one system.

OFFICIAL RACE FLOW

- Both partners run the entire 1 km together.
- Both enter each station together; work cannot begin until both are present.
- Both leave after the station is complete.
- The later chip read determines the finish time.
- More than three togetherness penalties can mean Out Of Competition / no ranking.

RESTING ATHLETE + TRANSITIONS

- Resting partner stays on their feet inside the workout zone.
- No handle pass on SkiErg or RowErg.
- Working athlete manages handle, damper, straps and setup.
- Kettlebells and sandbags cannot be passed forward.
- On moving stations, resting partner walks behind without obstructing.

STATION	WOMEN	MEN / MIXED / WOMEN PRO	MEN PRO
Sled Push	102 kg	152 kg	202 kg
Sled Pull	78 kg	103 kg	153 kg
Farmers	2 x 16 kg	2 x 24 kg	2 x 32 kg
Lunges	10 kg	20 kg	30 kg
Wall Balls	4 kg	6 kg	9 kg

CURRENT DOUBLES RUNNING STANDARD

The current downloadable 26/27 Doubles Rulebook requires both partners to run together and applies a 1-minute penalty when one team member runs ahead. Event briefings may add a numeric gap clarification. Follow the current athlete briefing and Head Judge instruction.

WPL CUE

Choose who starts, who calls the switch, where the resting athlete stands and how the team exits - before the crowd removes easy communication.

SOURCE NOTE: *Official 2026/27 Doubles Rulebook plus June 2026 official season communication supplied for this update.*

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RELAY

The Transition Zone is a station

Four athletes can lose time without a single extra rep. Treat the chip sequence and exchange as part of the workout.

RACE STRUCTURE

- Four racers must be present.
- Divisions: Women, Men and Mixed.
- Each athlete completes two 1 km run blocks and two corresponding stations.
- Block order is flexible within the team.
- Assign by movement skill and compromised execution - not run speed alone.

TRANSITION ZONE

- Next athlete enters shortly before the exchange; no loitering.
- Active athlete runs into the zone after the station.
- Exchange is a clear high-five.
- Outgoing athlete exits promptly.
- Back-to-back athletes still pass through the zone so timing reads.

STATION	WOMEN	MEN
SkiErg	1,000 m	1,000 m
Sled Push	102 kg	152 kg
Sled Pull	78 kg	103 kg
BBJ	80 m	80 m
RowErg	1,000 m	1,000 m
Farmers	2 x 16 kg	2 x 24 kg
Lunges	10 kg	20 kg
Wall Balls	100 / 4 kg / 2.70 m	100 / 6 kg / 3.00 m

FINAL-STATION FLOW

When the final athlete begins Run 8, the other three move through spectator routes to the Relay Entry Point. They enter after Wall Balls begin, then all four cross the finish together after 100 valid reps.

WPL CUE

Use one exchange spot, one visible hand and one countdown trigger. Make the chip read and high-five undeniable.

SOURCE NOTE: *Official 2026/27 Team Relay Rulebook, race flow and Transition Zone sections.*

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ADAPTIVE

Classification-specific preparation

Adaptive HYROX has its own rulebook, divisions, movement options, equipment rules, loads and distances.

AREA	OFFICIAL SNAPSHOT	COACHING ACTION
Divisions	13 Adaptive divisions with gender, repetition, load and/or distance differences.	Confirm the exact classification before programming.
Distance	Running/pushing and some station prescriptions vary by division.	Build station by station from the correct rulebook row.
Equipment	May compensate for permanent impairment; cannot create an advantage beyond access/safety.	Declare specialised equipment at registration and test it under fatigue.
Guide/support	May assist orientation and navigation; cannot execute workout stations.	Rehearse route language, touch cues and boundaries.
Worlds	Top three seasonal athletes per division inside the defined qualification window are invited.	Track dates, classification and official results.
TUE	Anti-doping materials provide a Therapeutic Use Exemption process.	Start medical documentation early; use the official form.

CLASSIFICATION FAMILIES

- Lower Limb Major / Minor
- Upper Limb Major / Minor
- Short Stature
- Vision
- D/deaf or Hard of Hearing

NEUROLOGICAL + SEATED

- Neurological Major / Moderate / Minor
- Seated with Hip Function
- Seated without Hip Function
- Seated without Core Function

WPL RESOURCE DECISION

Do not force Adaptive rules into a generic standard-division table. Build a dedicated classification-aware resource with the athlete and official rulebook at the centre.

SOURCE NOTE: *Official 2026/27 Adaptive Rulebook and TUE resources on the HYROX rulebook hub.*

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RUNNING + ROXZONE

Count, route, move

The run is the connective tissue of the race - and the easiest place to create preventable admin errors.

OFFICIAL SNAPSHOT

- Eight run segments, approximately 1 km each, total 8,000 m designated running.
- Venue segments may use 1-5 laps; first/last geometry can vary.
- Athletes count their own laps.
- Extra laps stay on the clock; screens are non-official aids.
- Fast Lane is intended for approximately 4:00/km or faster.

ROXZONE FLOW

- Start at the assigned time and move with the wave.
- Use the correct station IN and OUT routes.
- Use only assigned equipment and lane.
- Wear the timing chip on the ankle.
- Do not rely on another athlete to navigate for you.

WPL repeatable run rhythm

PHASE	EXECUTION CUE	WHY IT WORKS
0-200 m	Control breathing, soften hands, no weaving.	Prevents an adrenaline spike from stealing station quality.
Middle	Lock the pace you can repeat after stations.	HYROX is eight compromised runs, not one fresh kilometre.
Final 150-200 m	Breathe down, locate the arch, prepare the first movement.	Arrive ready to execute rather than arriving to recover.
After a blow-up	Three long exhales; ribs down; choose one cue.	Reduces panic and restores a usable rhythm.

WPL CUE

A hot run split that destroys standards is not a flex - it is a penalty invitation.

SOURCE NOTE: *Official 2026/27 running and station-flow sections. Venue map and briefing remain essential.*

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SKIERG + ROWERG

Judge-confirmed exits

Both erg stations reward calm setup and clear completion. Leaving early is an incomplete-station risk.

SKIERG - 1,000 M

- Monitor is reset by the judge.
- Dynamic or jumping technique is legal.
- Feet may briefly leave the base but must land back on it; feet cannot touch the floor.
- After 1,000 m, remain on the platform, raise an arm and wait for judge confirmation.
- Damper begins at 6 and may be adjusted by the working athlete.

ROWERG - 1,000 M

- Remain seated until the full distance is complete and a judge confirms.
- Pausing is allowed; the handle may be returned.
- Feet may be on or off the footplates while resting, provided the athlete remains seated.
- Damper begins at 6; footplates begin at 4 and may be adjusted before work.
- In Doubles, do not pass the handle or adjust setup for the partner.

WPL pacing cues

STATION	FIRST 200 M	MIDDLE	FINISH
SkiErg	Set rhythm; load hips and lats.	Relax the return; protect grip.	Lift pressure but leave able to jog out.
RowErg	Lengthen the stroke before forcing pace.	Hold sustainable rate and sequence.	Drive hard; recover calm; stay seated.

CORRECTION TO THE EARLIER BRIDGE GUIDE

The 2026/27 rule permits dynamic/jumping SkiErg technique. The infringement occurs when a foot touches the floor instead of landing back on the base - not simply because the feet lift.

SOURCE NOTE: *Singles Rulebook sections 8.1 and 8.5; Doubles equivalents for team transitions.*

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SLED PUSH + SLED PULL

Assigned lanes; complete distance

The sled stations punish incomplete lanes, poor turn discipline and improvised traffic decisions.

DIVISION	SLED PUSH	SLED PULL
Women Open / Women Doubles / Women Relay	102 kg incl. sled	78 kg incl. sled
Women Pro / Women Pro Doubles	152 kg incl. sled	103 kg incl. sled
Men Open / Men Doubles / Mixed Doubles / Men Relay	152 kg incl. sled	103 kg incl. sled
Men Pro / Men Pro Doubles	202 kg incl. sled	153 kg incl. sled

SLED PUSH

- Use the assigned lane.
- Athlete and sled start completely behind the line.
- Sled fully clears each 12.5 m mark before direction change.
- Complete all four lanes.
- Doubles resting athlete walks immediately behind without obstructing.

SLED PULL

- Remain inside the Racer's Box.
- Do not step on front/back solid lines while holding the rope.
- Keep the rope inside the lane and out of neighbouring traffic.
- Sled fully clears each 12.5 m line before turning.
- Resting partner cannot manage the rope with hands or feet.

LIVE SEASON CLARIFICATION

Official season social communication states that the Sled Push athlete must face the direction of travel throughout the push - no turning around to pull the sled. That exact phrase was not visible in the downloadable Singles PDF at verification, so follow the live event briefing and Head Judge.

WPL CUE

Push: traction first, short steps before more effort. Pull: stay connected to the rope - long-arm hinge first, fast hands second.

SOURCE NOTE: *Official 2026/27 Singles/Doubles sled standards plus June 2026 season communication supplied for this update.*

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BBJ + FARMERS CARRY

Line discipline and safe passing

These moving stations reward repeatable rhythm, clear line crossings and controlled equipment handling.

BURPEE BROAD JUMPS - 80 M

- First burpee of each section: hands behind the line; chest clearly on the floor.
- Subsequent hands no more than 30 cm in front of the toes.
- Feet take off and land together; maximum 5 cm stagger.
- No extra steps or shuffles.
- Both feet fully cross the finish line; landing on it requires another rep.

FARMERS CARRY - 200 M

- One kettlebell in each hand; arms extended by the sides.
- Resting bells may be set down but cannot travel forward during placement.
- Know the venue lap count and correct weight.
- Finish by crossing the line and returning bells upright to the correct box.
- Incorrect weight must be repeated correctly or can lead to DQ.

DIVISION	FARMERS LOAD
Women Open / Doubles / Relay	2 x 16 kg
Women Pro / Men Open / Men Doubles / Mixed / Men Relay	2 x 24 kg
Men Pro / Men Pro Doubles	2 x 32 kg

PENALTY WATCH

- BBJ: warning, then 15 seconds per later infringement.
- Farmers: incorrect return can add 30 seconds if not fixed before leaving.
- Missing carry lap is incomplete-station DQ risk.

OVERTAKING

- Safe overtaking is permitted on BBJ, Farmers and Lunges.
- Grid lines are guidance only at these moving stations.
- Passing rights do not remove the duty to avoid contact.

WPL CUE

BBJ: calm beats chaos. Farmers: quiet shoulders, quick steps and planned micro-breaks before grip failure.

SOURCE NOTE: *Official 2026/27 movement standards and penalty protocols for BBJ and Farmers Carry.*

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LUNGES + WALL BALLS

Support the load; trust the physical target

The final two stations magnify balance, emotional control and judging clarity.

SANDBAG LUNGES - 100 M

- Start with both feet behind the line and lunge across it.
- Alternate legs; trailing knee clearly touches the ground.
- Finish every rep standing tall with hips and knees extended.
- No steps or shuffles between reps.
- Front foot fully crosses lane and finish lines.
- Sandbag remains fully supported - never floor, barrier or feet.

WALL BALLS - 100 REPS

- Start tall holding the ball; no ground pick-up directly into the throw.
- Squat below parallel / below 90 degrees.
- Ball contacts the correct physical target.
- Digital screens display information but do not decide validity.
- Physical target plus judge confirmation is official.
- No warnings: valid rep or no-rep.

DIVISION	LUNGE LOAD	WALL BALL
Women Open / Doubles / Relay	10 kg	4 kg / 2.70 m
Women Pro	20 kg	6 kg / 2.70 m
Men Open / Men Doubles / Mixed / Men Relay	20 kg	6 kg / 3.00 m
Men Pro / Men Pro Doubles	30 kg	9 kg / 3.00 m

PENALTY WATCH

- Lunge faults: warning, then 15 seconds.
- Resting or setting down the sandbag: 15 seconds per infringement.
- Powdered chalk at Wall Balls: 2 minutes.
- Leaving before 100 valid reps: incomplete-station DQ.

WPL EXECUTION

- Lunges: smooth cadence, protect balance, overstep the finish.
- Wall Balls: build a set plan before the race.
- After a no-rep: one breath, reset tall, protect rhythm.
- Do not let the screen create an emotional spiral.

SOURCE NOTE: *Official 2026/27 lunge and Wall Ball standards, including digital target protocol.*

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PENALTY-PROOF RACE ZONE

Tiny admin mistakes can erase big fitness

Use this table as a pre-race briefing, not a reason to race scared.

INFRINGEMENT	TYPICAL CONSEQUENCE	PREVENTION
Wrong IN / OUT arch	2 minutes per infringement	Locate arches before the start; follow the map.
Incorrect station order	3 minutes first; further error can DQ	Memorise the station sequence.
Missed run or station	DQ	Count laps; complete every block.
Incomplete workout station	DQ	Finish full distance/reps and confirm exit.
Missing sled lane or carry lap	DQ as incomplete station	Count lanes/laps with a repeatable system.
Incorrect kettlebell return	30 seconds unless corrected before leaving	Return upright to the correct box.
Wrong Farmers/Lunge weight	Repeat correctly or DQ	Know colour and load before entering.
Start tunnel flow	1 minute can apply	Move forward with the wave.
Outside assistance	2 minutes per infringement	Carry your own nutrition; use aid stations.
Own/moved chalk	2 minutes	Use event chalk only where supplied.
Active cooling / littering	2 minutes per infringement	Drink; dispose; do not pour over body.

Forbidden race-zone tech

Headphones, ear plugs, phones, body cameras and smart/AI glasses with camera, audio recording, live streaming, data transmission or augmented-reality functions are prohibited. Medical device exceptions require prior approval.

DO NOT OVERTHINK IT

Correct route. Correct kit. Correct weight. Clean standards. Judge confirmation. Then move.

SOURCE NOTE: *Official 2026/27 station regulations, equipment restrictions and penalty schedules. Penalties remain subject to the judging team and Race Director.*

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RACE-WEEK CHECKLIST

Remove the admin from race day

The calm athlete has already made the small decisions.

TIMING	LOCK IN
7 days out	Division, weights, Wall Ball target, official start time, venue map, run-lap structure, Worlds/Elite pathway goal.
48-72 hours	Shoes, kit, nutrition carried from the start, ID, registration confirmation, travel and check-in plan.
Before the start	Timing chip on ankle; no own chalk; no prohibited tech; correct wave visible; warm-up completed before entering the tunnel.
During every run	Count laps independently; use the correct lane; locate the next arch before the final 150-200 m.
At every station	Assigned equipment; correct load; complete work; clear movement standard; judge-confirmed exit where required.
Doubles	Partner within the required gap; enter/leave together; resting athlete stays up; transitions rehearsed.
Relay	Athlete order, station blocks, Transition Zone trigger, high-five spot and final Wall Ball reunification rehearsed.
After the race	Check results profile and email immediately when chasing Worlds; qualification offers can have a 48-hour acceptance window.

ONE CUE PER STATION

- Run: repeatable pace.
- Ski: hips and lats.
- Push: traction first.
- Pull: stay connected.
- BBJ: calm rhythm.

FINISH THE STACK

- Row: drive hard, recover calm.
- Farmers: quiet shoulders.
- Lunges: tall and balanced.
- Wall Balls: reset tall.
- Exit: judge-clear, then move.

WPL RACE-WEEK MESSAGE

You do not need more information on race morning. You need fewer decisions.

SOURCE NOTE: *Use the current athlete guide and event briefing to replace any venue-specific detail in this checklist.*

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SOURCES + DISCLAIMER

Official materials remain the authority

This guide summarises selected rules and adds Warrior Performance Lab coaching interpretation. It is not a replacement for the official materials.

Official sources - accessed 8 August 2026

HYROX Rulebook hub: https://hyrox.com/rulebook/

HYROX Single Rulebook 2026/27: https://maintain.hyrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf

HYROX Doubles Rulebook 2026/27: https://maintain.hyrox.com/rulebooks/HYROX_RulebookDoubles_EN.pdf

HYROX Team Relay Rulebook 2026/27: https://maintain.hyrox.com/rulebooks/HYROX_RulebookRelay_EN.pdf

HYROX Adaptive Rulebook 2026/27: https://maintain.hyrox.com/rulebooks/HYROX_RulebookAdaptive_EN.pdf

HYROX Elite 15 Qualification 2026/27: https://hyrox.com/elite-15-qualification/

HYROX official June 2026 social rule communications: Refer to official @hyroxworld season-update posts and current event briefing.

WPL source layer

- WPL HYROX Stations & Divisions Master Guide - Season 26/27, reviewed 8 August 2026.
- Original WPL coaching cues, race-week systems and division education.

- If wording in this guide differs from the current official rulebook, athlete guide, event briefing or judging instruction, follow the official HYROX instruction.
- Movement standards and penalties are applied by the judging team and remain subject to Head Judge and Race Director decisions.
- Live season communications can be issued before downloadable PDFs are updated. Verify event-specific clarifications at briefing.
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WPL CLOSING NOTE

The goal is not to race with more fear. It is to arrive with fewer unknowns. Train the standard. Rehearse the route. Protect the result.