

OFFICIAL REFERENCE LIBRARY

HYROX OFFICIAL RULEBOOKS

SINGLE • DOUBLES • RELAY • ADAPTIVE

Movement standards, penalties, anti-doping code and TUE form

2026/27 SEASON

FREE ATHLETE REFERENCE

Official HYROX documents compiled for convenient access.
The live HYROX rulebook page, event briefing, signage and judge instructions always take priority.

WARRIORPERFORMANCELAB.COM

ATHLETE REFERENCE

HOW TO USE THIS PACK

Use this master pack for the exact competition rules. Use Warrior Performance Lab guides for practical pacing, technique and race-execution coaching.

USE THE OFFICIAL DOCUMENTS FOR

- Movement standards and valid repetitions
- Distances, loads and division rules
- Penalties, disqualification and conduct
- Event procedures, anti-doping and TUE requirements

USE WPL GUIDES FOR

- Station setup, cues and pacing decisions
- Run and Roxzone recovery strategy
- Doubles communication and work splits
- Training substitutions and limiter-based adjustments

THE LIVE-RULE SAFEGUARD

Before race day: open the live HYROX rulebook page and recheck your event briefing. If this compiled pack ever conflicts with a newer official document, venue signage or a judge instruction, follow the live official source.

OPEN THE CURRENT HYROX RULEBOOK PAGE →

WHAT IS DELIBERATELY NOT INCLUDED

Regional ticket, transfer and refund policies are not frozen into this pack. Those terms can vary by market, ticket type and event, so athletes should use their live booking portal and event-specific terms.

SOURCE STATUS

Singles, Doubles, Team Relay, Adaptive and the Anti-Doping Code are labeled for the 2026/27 season. The TUE form is the current form linked from HYROX's official rulebook page.

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OFFICIAL DOCUMENT SET

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Select the rulebook for your race format. Each section begins with the original official HYROX cover and is preserved as issued.

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SOURCE NOTE

The individual document rows above link to the corresponding official source PDFs. Keep the master pack for convenient reading; use the live links when checking for updates.

ALWAYS CHECK THE EVENT BRIEFING

Course layout, lap count, Roxzone routing and operational instructions can vary by venue even when movement standards remain universal.

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RULEBOOK
SINGLE



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1 CONCEPT

HYROX, an indoor mass participation fitness competition, is based on an idea by co-founder Christian Toetzke and involves a combination of running and functional movements. The race was designed by Mintra Tilly, who also wrote the rulebook.

HYROX consists of a 1 km run followed by 1 station, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the racers must complete the runs and stations in the specific order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 stations.

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

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. In addition to the overall fastest men's and women's times, results are also ranked in age groups [see below], also sorted from the fastest to the slowest time.

2 CONDITIONS OF PARTICIPATION

2.1 CONDITIONS OF PARTICIPATION IN HYROX

HYROX is a race open to everyone, qualifications are not required.

By participating in HYROX you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy which can be read at https://hyrox.com/terms-and-conditions/.

2.2 PRECONDITIONS FOR PARTICIPATION

1 In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
2 Official rankings will be based on racers' biological sex at birth. However, individuals who wish to participate for recreational purposes only, without being included in the official rankings, may register under their gender identity.
3 Each racer must agree to the terms and conditions of participation.
4 The only way to register for a HYROX event is via www.hyrox.com.

2.3 PREGNANT RACERS

Pregnant women are welcome to participate. However, the participation in any race during pregnancy remains solely at the discretion and responsibility of the pregnant individual. As every pregnancy is unique, we strongly recommend consulting a medical professional prior to participating in a race, in order to assess any potential risks.

Any pregnant racer who would like to adapt any movements or modify the prescribed weights/reps, should contact the HYROX team in advance. Hyrox is 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.

1 Select your division: HYROX SINGLE
2 Enter your personal details
3 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.

4 DIVISIONS AND RANKING SYSTEM

4.1 HYROX DIVISIONS

WOMEN
WOMEN PRO
MEN
MEN PRO

HYROX offers four divisions. The divisions differ in gender 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 OPEN / WOMEN PRO	MEN PRO
SKI ERG	1000M	1000M	1000M
SLED PUSH 4 X 12,5M	102KG INCL. SLED	152KG INCL. SLED	202KG INCL. SLED
SLED PULL 4 X 12,5M	78KG INCL. SLED	103KG INCL. SLED	153KG INCL. SLED
BURPEE BROAD JUMPS	80M	80M	80M
ROWING	1000M	1000M	1000M
FARMERS CARRY 200M	2 X 16KG	2 X 24KG	2 X 32KG
LUNGES 100M	10KG	20KG	30KG
WALL BALLS 100 REPS	4KG	6KG	9KG

4.2 HYROX AGE GROUPS

UNDER 24 [16-24]
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64*
65-69*
70-74*
75-79*
80-84*
85-89*

Official HYROX Age Groups extend in five-year increments up to 85-89.
Athletes are permitted to compete in the Pro Divisions up to and including the 80+ Age Groups at regular HYROX races. Official Age Group rankings, podiums and flags will apply as normal.

* For qualification to the HYROX World Championships, athletes aged 60 and above qualify via the Open Division only. At the HYROX World Championships, athletes in the 60+ Age Groups compete using Open weights, repetitions and distances.

A racer's Age Group [AG] is determined by their age on the day of their race.

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.

HYROX reserves the right to declare an event, event day or the part of the day affected as 'Out of Ranking' for World Championship qualification and/or Elite qualification if environmental or venue conditions [e.g., wet turf, unsafe surfaces, extreme weather] materially affect athlete performance or safety. Such a decision may be announced before, during, or after the event at the discretion of Director of Sports.

5 WORLD CHAMPIONSHIPS AND ELITE SERIES

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. Each race class at every qualifying event will offer one World Championship qualification spot.

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 48h. For the exact Rolldown Rules, please read 5.3, 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 qualify through the Pro Division in the age groups AG U24-59 as an Individual/Single [HYROX MEN PRO / HYROX WOMEN PRO] must complete the distances, repetitions and weights of the Pro Division at the HYROX World Championships.

Athletes aged 60 and above qualify for the HYROX World Championships through the Open Division. At the HYROX World Championships, all 60+ Age Groups compete using Open weights, repetitions and distances.

5.3 AGE GROUP SLOT ALLOCATION AND ROLLDOWN POLICY

Each division at every HYROX qualifying event offers one World Championship qualification spot. All registered athletes are eligible to receive a spot, regardless of licence status but the slot allocation process follows a structured hierarchy that prioritizes licensed competitors. Non-licensed athletes are strictly limited to two offers per race class per event.

The following rules apply to all Age Group World Championship qualification slot offers.

1 Acceptance window. Athletes have 48 hours from the time the invitation is sent to accept a qualification slot. Slots not accepted within this window will be offered to the next eligible athlete.

2 Non-licence holder limit. A maximum of two non-licence holder athletes will be offered a slot per race class, per event. Once two non-licence holder athletes have been offered the slot - regardless of whether they accepted or declined - no further offers will be made for that slot.

3 Three declines - exclusion. If an athlete declines a qualification slot offer three times within the same division, they will be excluded from all further offers in that division for the remainder of the season.

4 Active offer lockout. If an athlete has an open, unresolved offer from a previous event, they will not receive a new offer at the current event until the previous offer has closed.

5 Forfeits. An athlete may forfeit an accepted slot once per division [singles or doubles] per season. The athlete must re-qualify. The forfeited slot will be offered to the next eligible athlete on one occasion only.

6 Licence holders - encouraged to accept. Athletes holding an active HYROX licence who receive a slot offer are strongly encouraged to accept. Accumulating three declines in the same race class will result in exclusion from further offers for the remainder of the season. Where a licence holder has already purchased an Age Group entry and subsequently accepts an Elite WC qualification slot in the same race class, their Age Group entry fee will be automatically refunded.

The following example illustrates how slot allocation would proceed for a single race class at a qualifying event

OFFER	ATHLETE	STATUS	OUTCOME
1ST	ATHLETE A	LICENCE HOLDER	DECLINES
2ND	ATHLETE B	LICENCE HOLDER	DECLINES
3RD	ATHLETE C	LICENCE HOLDER	DECLINES
4TH	ATHLETE D	NOT A LICENCE HOLDER	DECLINES - NON-LICENCE OFFER 1 OF 2
5TH	ATHLETE E	LICENCE HOLDER	DECLINES
6TH	ATHLETE F	NOT A LICENCE HOLDER	DECLINES - NON-LICENCE OFFER 2 OF 2. ALLOCATION ENDS HERE.

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.

Please note that Team compositions are tightly regulated once established. Partners cannot be changed under any circumstances without the submission of a valid medical note.

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 winner's title–World Champion of Fitness Racing.

If a licensed athlete accepts an AG qualification spot and subsequently qualifies for WC Elite in the same race class, their AG spot is automatically forfeited and refunded and a new offer is triggered.

For athletes aged 60 and above, qualification to the HYROX World Championships is via the Open Division only, regardless of participation in Pro Divisions during the regular season.

Operationally, registration systems, FAQs and qualification communications should align to the following principles:

1. Athletes aged 60+ CAN register for Pro divisions at regular HYROX races up to 80+
2. Athletes aged 60+ CAN podium and receive rankings/flags in Pro divisions at regular races
3. Athletes aged 60+ CANNOT qualify for World Championships through Pro divisions
4. Athletes aged 60+ qualify for World Championships through Open divisions only
5. Athletes aged 60+ compete using Open weights at the HYROX World Championships regardless of regular season division participation

5.6 ELITE 15 AND PRIZE MONEY

The Elite Racing Series is a separate start wave that consists of the fastest 15 racers of the Pro division [WOMEN PRO, 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 ELITE RACE SERIES 26/27 QUALIFICATION SYSTEM

The Elite Race Series 26/27 is the pinnacle of competitive HYROX racing, and the pathway to the elite races at the World Championship. This season sees the introduction of the Challenger Division, creating a pathway for athletes ranked 16-30 on the leaderboard to compete on the Elite 15 Grid and earn their place in the Elite 15 Division.

6.1 ELITE RACE SERIES STRUCTURE

The series comprises five elite events, each offering singles competition. For full details of race locations and dates visit www.hyrox.com.

Race 1 uses a waterfall start format, with athletes released one at a time at regular intervals. Races 2 through 5 use the Elite 15 Grid format and include both the Elite 15 and Challenger Divisions.

Each Elite 15 race offers 3 World Championship slots. Points are available at every race in accordance with the points-based framework, details can be found at elites.hyrox.com.

The Elite 15 field from Race 3 onwards consists of the top 14 ranked Elite 15 athletes plus the Challenger Division winner from the previous elite race.

6.2 QUALIFICATION FOR THE ELITE 15 DIVISION

Qualification for the Elite 15 Division is points-based, calculated over a rolling 365-day window. An athlete's qualification ranking is determined by their 5 best race results within that period.

The leaderboard is dynamic and updates after every pro race. For Elite Event 1, the top 15 ranked athletes at the cut-off date will be invited to compete in the

Elite 15 Division. The cut-off date falls approximately 21 days prior to day one of each elite event.

For Elite Events 2 through 5, the top 14 ranked athletes at the cut-off date will be invited to compete in the Elite 15 Division.

Full details of the points framework can be found at elites.hyrox.com.

6.2.1 ATHLETE LICENCE REQUIREMENT

Only athletes holding a valid HYROX Athlete Licence are eligible to accrue qualification points.

An Athlete Licence:

1. Is mandatory for participation in Elite 15 qualification pathways
2. Must be applied for prior to competing in any race for those points to be eligible
3. Provides eligibility for:
    - **a** Earning qualification points [referred to as NPI points]
    - **b** Selection consideration for Elite 15 races
    - **c** Access to designated Elite start waves where applicable
4. Confirms the athlete's agreement to HYROX sporting regulations, integrity policies, and professional standards.

Athletes seeking eligibility for the Elite 15 series must hold a valid HYROX Athlete License, which can be applied for at elites.hyrox.com. Athletes may still compete without a licence, however results achieved while unlicensed will not accrue qualification points, and licences cannot be applied for retrospectively to validate past performances.

6.2.2 QUALIFICATION WINDOW

Rankings are calculated on a rolling 365 day basis. Points are derived from an athlete's best results within that period:

1. Singles: Best 5 results count
2. Doubles: Best 3 results count

Based on these rankings, invitations to the Elite Racing and Challenger Divisions will be sent out.

6.2.3 RACE STRUCTURE

Points are awarded according to race tier, reflecting the competitive depth of each field across three eligible divisions in both singles and doubles.

1. Age Group [AG] Pro Race
2. Elite - Racing Series
3. Elite - World Championship

Each tier has a distinct maximum points allocation, reflecting the progressively stronger fields of competition. Please refer to the table below for a full breakdown of points distribution.

6.2.4 POINTS CALCULATION METHODOLOGY

Points are awarded using a percentile performance model that compares an athlete's finish time to the winning time, with fixed position scoring applied to the leading placements and percentile scoring used for all remaining eligible finishers.

Once a finisher exceeds the maximum allowable time threshold for percentile scoring, that athlete receives no points and no subsequent finishers in that race are eligible to score points, ensuring that performances outside the competitive standard do not influence qualification outcomes.

6.2.5 TRANSITIONAL RECOGNITION [INAUGURAL SEASON ONLY]

To support implementation of this points based framework during Season 26/27, historical performances from 1st September 2025 onward are recognised as ghost results with points only counting from 23 October onward for athletes holding a valid Athlete License.

STANDARD PRO RACE

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	105 POINTS	
2ND PLACE	100 POINTS	
3RD PLACE	1ST PLACE TIME / 3RD PLACE TIME X 100	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
4TH PLACE	1ST PLACE TIME / 4TH PLACE TIME X 100	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
5TH PLACE	1ST PLACE TIME / 5TH PLACE TIME X 100	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
6TH PLACE	1ST PLACE TIME / 6TH PLACE TIME X 100	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
7TH PLACE	1ST PLACE TIME / 7TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
8TH PLACE	1ST PLACE TIME / 8TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

CHALLENGER DIVISIONS

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	108 POINTS	
2ND PLACE	106 POINTS	
3RD PLACE	103 POINTS	
4TH PLACE	100 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	1ST PLACE TIME / 5TH PLACE TIME X 100	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	1ST PLACE TIME / 6TH PLACE TIME X 100	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	1ST PLACE TIME / 7TH PLACE TIME X 100	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	1ST PLACE TIME / 8TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	1ST PLACE TIME / 9TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	1ST PLACE TIME / 10TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

MAJOR ELITE 15 RACE

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	110 POINTS	
2ND PLACE	108 POINTS	
3RD PLACE	107 POINTS	
4TH PLACE	106 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	105 POINTS	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	104 POINTS	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	103 POINTS	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	102 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	101 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	100 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
13TH PLACE	1ST PLACE TIME / 13TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
14TH PLACE	1ST PLACE TIME / 14TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
15TH PLACE	1ST PLACE TIME / 15TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	115 POINTS	
2ND PLACE	112 POINTS	
3RD PLACE	110 POINTS	
4TH PLACE	109 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	108 POINTS	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	107 POINTS	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	106 POINTS	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	105 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	103 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	100 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
13TH PLACE	1ST PLACE TIME / 13TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
14TH PLACE	1ST PLACE TIME / 14TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
15TH PLACE	1ST PLACE TIME / 15TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

6.2.6 STRENGTH OF FIELD

Where athletes are tied on total qualification points at the point of determining invitations to Elite race qualification, rankings will be resolved using Strength of Field.
Strength of Field is defined as: The cumulative points standing of all licensed starters in that division at the event. This ensures results achieved in deeper, more competitive races carry appropriate ranking value.

6.2.7 SECONDARY TIE BREAK PROCEDURE

If athletes remain tied after the Strength of Field comparison, a sudden death review of their counting results will be applied, comparing their best points scores first and then progressing in descending order until the tie is broken, with the athlete holding the superior finishing position at the first point of difference ranked higher.

6.2.8 DOUBLES SPECIFIC QUALIFICATION RULES

Rankings are determined by a team's best three results within the rolling qualification window, using the same percentile scoring model applied in Singles competition, with tie break procedures aligned to the Singles framework.
Both athletes must hold valid Athlete Licences at the time of competition, and teams must qualify and compete with the same partner pairing unless a change is formally approved under exceptional circumstances.

Eligibility to compete as a Doubles team is determined strictly by nationality, as evidenced by a valid passport. Both athletes must hold nationality of the same country and present a valid, unexpired passport from that nation if requested for verification. Residency, visa status, or place of residence do not confer eligibility, and no alternative documentation [such as national ID cards, driver's licences, or copies] will be accepted as proof of nationality.

Athletes holding dual or multiple citizenships may only qualify and compete for Doubles under one nationality. Once an athlete has established their nationality through registration or competition, any request to change nationality, or change made through a registration will result in the forfeiture of all points accrued under the former nationality, and a new rolling 365 day qualification period will commence from the date of the change.

6.2.9 GOVERNANCE AND ELIGIBILITY

HYROX retains authority over:

1. Validation of eligible races
2. Points calculations and verification
3. Application of Strength of Field metrics
4. Final determination of Elite 15 invitations and World Championship qualification

All rankings are subject to regulatory compliance, licensing status, and adherence to HYROX competition rules.

6.3 THE CHALLENGER DIVISION

The Challenger Division is open to athletes ranked 16-30 on the HYROX leaderboard at the cut-off date, which falls approximately 21 days prior to day one of each elite event.

Challenger Division races take place from Elite Event 2 onwards. Points are allocated in accordance with the Challenger Division points framework, which is tiered separately from the Elite 15 Division. Full details can be found at elites.hyrox.com.

The winner of each Challenger Division race earns a direct slot in the Elite 15 Division for the following elite race, providing an opportunity for direct qualification to the World Championship.

If a Challenger Division winner does not take up their Elite 15 slot, this will roll down a maximum of two times; at that point, it will revert to the leaderboard rankings. There are no Challenger Division races at the World Championship.

There are no Challenger Division races at the World Championship.

6.4 WORLD CHAMPIONSHIP QUALIFICATION

Each Elite 15 race offers 3 World Championship slots. All WC slot winners will be invited to race in the Elite 15 races at the World Championship. Roll down logic will be based on the race where the outgoing athlete qualified.

In the event a WC slot winner does not take up their invitation, the slot will roll down to the next ranked athlete from the race at which the original qualifier earned their slot.

There are no Challenger Division races at the World Championship. All athletes competing at the World Championship will do so in the Elite 15 format.

7 THE RACE

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

In order to complete the entire HYROX race and receive a valid finishing time, the racers must start at the designated start time, complete the runs and workouts in the designated order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 workout stations whilst wearing their issued timing chip on an ankle at all times.

HYROX race operate using wave starts at regular scheduled intervals [e.g., every 10 minutes]. Each racer is assigned an official start time, which is communicated prior to race day and confirmed again at check-in.

Racers must have their official start time clearly visible on their arm.

Attention

1. Any racer who starts in an earlier or later wave than their official assigned start time without prior approval from the Race Organisers will be disqualified [DQ].
2. It is the racer's responsibility to wear their timing chip on an ankle at all times while racing. Failure to do so will result in a 'Did Not Start' [DNS] leaderboard result.
3. Racers must avoid entering the Roxzone or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.
4. Racers are solely responsible for counting their own running laps; completing extra laps does not warrant any time adjustment, and any lap screen provided at the venue serves only as a non-official aid.

7.1 STATION RULES AND REGULATIONS

1. Complete all workout stations in the correct order.
2. Enter and Exit each workout station via the correct routes.
3. Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
4. Complete the prescribed number of repetitions and/or distances.
5. Perform each exercise according to the movement standards.
6. Perform the exercises/movements using the correct weight[s].
7. Only use a piece of equipment/lane/wall ball station assigned by a member of the Race Crew. Failure to do so will incur a 2-minute penalty per infringement.
8. Only event supplied chalk and chalk related accessories may be used during the race, and only at the designated stations where it is provided. Athletes are not permitted to remove chalk from a station or carry it to another location. Each infringement will result in a 2-minute penalty.
9. To avoid creating slip hazards for other racers and staff, the fluids provided at aid stations are for drinking only. They are not to be used for active cooling [e.g. pouring water over the head or body]. Doing so will incur a 2-minute penalty per infringement.

7.2 RUNNING

All HYROX courses comprise the same distances and combine the Run Course, Roxzone and workout station distances.

The designated run portion of every HYROX race totals 8,000 meters, divided into eight run segments of approximately 1,000 meters each.

Due to venue layout, individual run segments may be structured as multiple laps, and the length of the first or final lap within a segment may vary. Any deviation from 1,000 meters within a lap will be offset within that segment's lap structure to ensure the full 8,000 meter designated running distance is completed.

On the run course, there is a line dividing the running course into two zones: Fast Lane [smaller, on the inside line] and Running Lane [larger, on the outside line]. Racers running 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.

7.3 JUDGING TEAMS

Athletes must not remain in the start tunnel once their wave has begun. They are required to move forward with the natural flow of their start wave. Failure to do so may result in a penalty.

A Judging Team will be responsible for ensuring all racers complete the race in a correct and safe manner. The Judges do this in coordination with the Head Judge of the respective station.

The Head Judge of each station is managed by the Race Directors, who oversee all sporting aspects of the race and make the final decisions on all judging matters.

All decisions of the Lead Race Director are final.

8 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.

On Lunges, Burpee Broad Jumps, and the Farmer's Carry, faster racers may overtake slower racers when safe to do so. Any grid lines or lane markings at these stations serve as orientation only and are not mandatory to follow.

Each workout station must be completed in full. Any failure to complete a workout station in its entirety will result in disqualification [Incomplete Station]. This applies to all eight stations. This rule is separate from missing run lap penalties, which are handled under Section 12.

DISTANCE: 1,000 METERS

1. Prior to starting, the monitor will be [re]set by a Judge.
2. The racer must have both feet on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The racer's heels are permitted to hang over the edge of the SkiErg base but must not come into contact with the floor. Racers may use a dynamic or jumping motion while skiing. Feet may temporarily leave the base plate during the jump. However, when the feet return to the ground, they must land back on the SkiErg base plate. If either foot touches the floor [and not the baseplate] during the 1,000 meters, this will be deemed an infringement.
3. 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.
4. The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.

Note: The damper setting on the ergometer is preset to resistance 6 for all divisions–this may be adjusted as many times as desired by the racer.

SKIERG PENALTY PROTOCOL

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

8.2 SLED PUSH

DISTANCE: 50 METERS

1. Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2. Both sled and racer must be completely behind the white line prior to starting.
3. Both sled and racer must stay within their designated lane and not interfere with a neighbouring lane in any way.
4. The sled must always pass the 12.5m mark [end of the lane] entirely before changing direction.
5. As soon as the racer completes 4 x 12.5m lanes and the entire sled passes the line, the station is complete.

SLED PUSH PENALTY PROTOCOL

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

DISTANCE	50 METERS [4 X 12.5M]
WOMEN	102 KG INCL. SLED
WOMEN PRO / MEN	152KG INCL. SLED
MEN PRO	202KG INCL. SLED

8.3 SLED PULL

DISTANCE: 50 METERS

1. Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2. Both sled and racer must be completely within their respective Racers Box prior to starting.

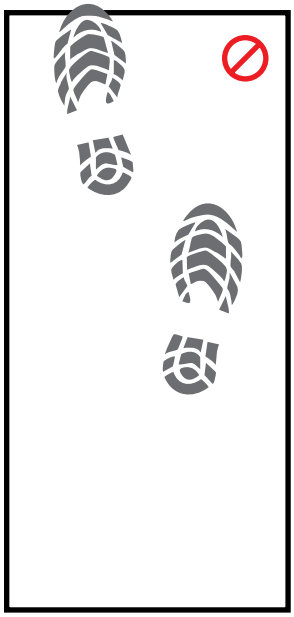

FIG 001

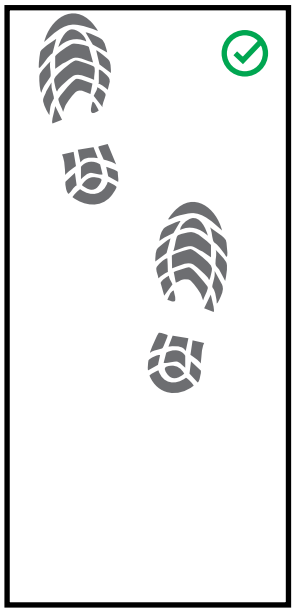

FIG 002

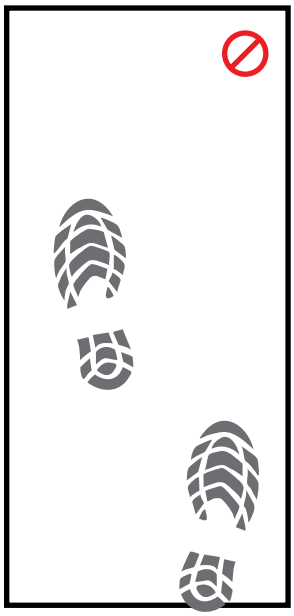

FIG 003

3 At all times, the racer must remain within their designated working space [known as the Racers Box] at each end of their lane.

   a Racers are not permitted to step on the solid line at the front [see Fig 001 & 002] or back of the Racers Box [see Fig 003] while holding the rope.

4 The sled must always pass the 12.5m mark [end of the lane, completely over the white line] before changing direction.

5 Once the racer pulls the entire sled past the 12.5m mark, the racer then runs to the opposite of their lane and pulls the sled back.

6 At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.

7 At all times, the racer must make sure that their rope remains in their lane - it may extend out of the back of their lane, but may not impede a neighbouring lane.

8 As soon as the racer has completed 4 x 12.5 m lanes and the entire sled passes the line, the station is complete.

SLED PULL PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.

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

DISTANCE: 80 METERS

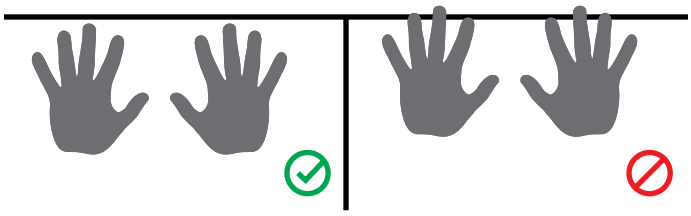

FIG 004

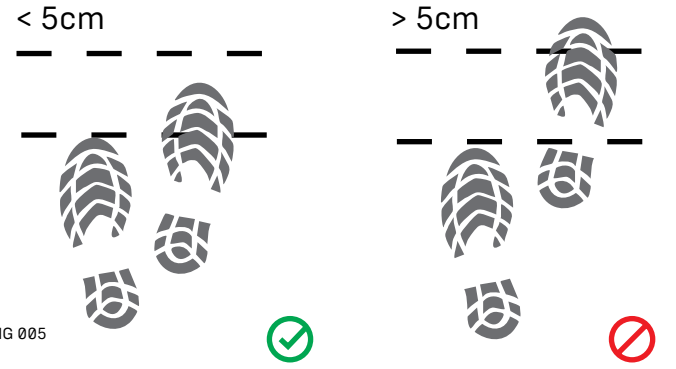

FIG 005

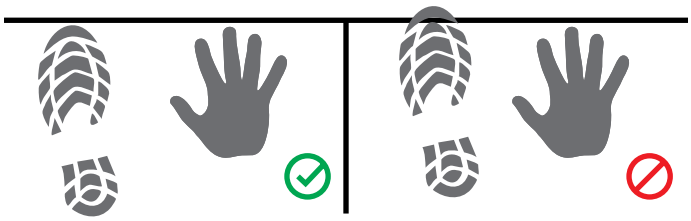

FIG 006

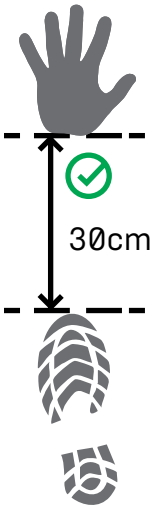

FIG 007



FIG 008

1 The racer must start by completing a burpee.

2 The first burpee of each section starts with both hands placed on the ground/contrasting coloured tape behind the white start–line with the racer's chest on the ground [see Fig 004].

   a In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.

3 The racer may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must take off and land simultaneously. A maximum variance of 5 cm is permitted between the front of one foot and the front of the other foot during both take-off and landing. Any stagger greater than 5 cm is not permitted. Additional steps or shuffles are not permitted at any time. [see Fig 005]

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

5 When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips

   a The 30 cm measures from the base of the racer's palms where their hands meet their wrists [see Fig 007].

   b Once the hands are placed on the ground, they cannot be moved forward.

   [overstepping] [see Fig 006].

6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm forward of their toes from the front foot.

7 The racer may then jump or step backwards into the burpee position. In the bottom of all burpees, the racer's chest must clearly touch the ground.

8 If grid lanes are in place, they are there as a guide only - it is not mandatory to stay in the same lane i.e. a faster racer can cross lanes to overtake a slower racer.

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

10 Where turning points are used at the end of each section, racers are not required to perform the movement around them. However, the racer must jump across every white start/finish line with

both feet fully crossing the line at the end of the section before turning. Each new section must begin from the designated start line position–chest on the ground with hands placed behind the white line [see Fig 008].

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

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

BURPEE BROAD JUMP PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.

8.5 ROWING

DISTANCE: 1.000 METERS

1 Prior to starting, the monitor will be [re]set by the Judging Team.

2 The athlete must remain seated on the rower until the full 1,000 meters are completed.

3 Racers may stop rowing at any time, place the handle back in the holder, and rest with their feet on or off the foot plates.

4 The athlete may not stand up, leave the seat, or dismount the rower until the 1,000 meters are completed and a judge has confirmed completion.

Attention

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

2 The footplates will be preset to Position Number 4 for all divisions. Racers are permitted to adjust the footplate to their preferred setting before beginning.

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

8.6 KETTLEBELL FARMERS CARRY

DISTANCE: 200 METERS

Depending on the venue, achieving 200 meters may involve multiple laps. It is the racer's responsibility to familiarize 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.

1. The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/finish line.
2. The racer has to carry both kettlebells at all times while they move.
3. Kettlebells must be carried with both arms extended by the racer's sides.
4. Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
5. The workout station is completed once the racer carries the kettlebells across the finish line and returns them to the correct box, ensuring that the handles remain in the upright position.

1 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.
2 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	200 METERS
WOMEN	2 X 16KG [WHITE]
WOMEN PRO / MEN	2 X 24KG [GREY]
MEN PRO	2 X 32KG [BLACK]

8.7 SANDBAG LUNGE

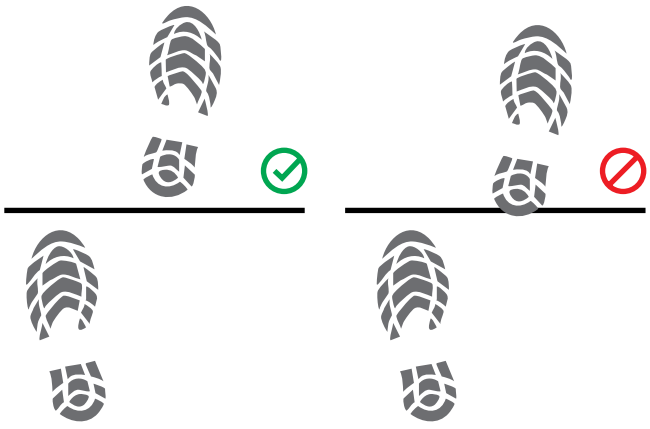

FIG 009

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.

1 The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/ finish line.
2 The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
3 During each lunge, the trailing knee must clearly touch the ground.
4 Each repetition ends with the racer standing tall, knees and hips fully extended.
5 Lunges must be alternating i.e. alternating knees touching the ground.
6 The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
7 It is not permitted to take any steps or shuffles between repetitions.

8 It is required that the racer's front foot must completely cross the white line at the end of each lane, and the finish line.

9 The racer does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it [see Fig: 009].

10 The station is complete once the racer's leading foot completely crosses the finish line. They must then return the sandbag to the correct marked area.

SANDBAG LUNGE PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 If the racer fails to return their sandbag to the correct area, a 30-second penalty shall apply. If a racer returns to correct their infringement before exiting the Roxzone, this penalty will not be applied.

4 If a racer completes all/part of the Sandbag Lunge using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification [DQ].

5 During Sandbag Lunges, the sandbag must remain fully supported by the working athlete. It must not be placed on the ground, barricades, feet, or any other surface to remove the load. Each infringement will result in a 15-second penalty.

DISTANCE	100 METERS
WOMEN	10KG [WHITE]
WOMEN PRO / MEN	20KG [GREY]
MEN PRO	30KG [BLACK]

8.8 WALL BALLS

REPS: 100

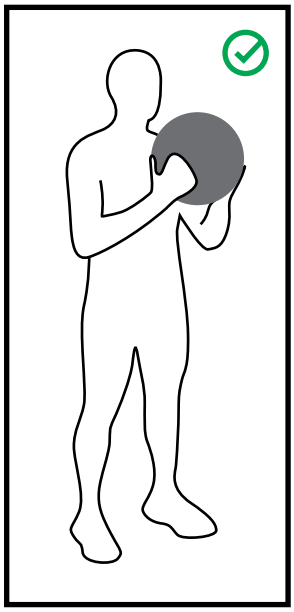

FIG 010

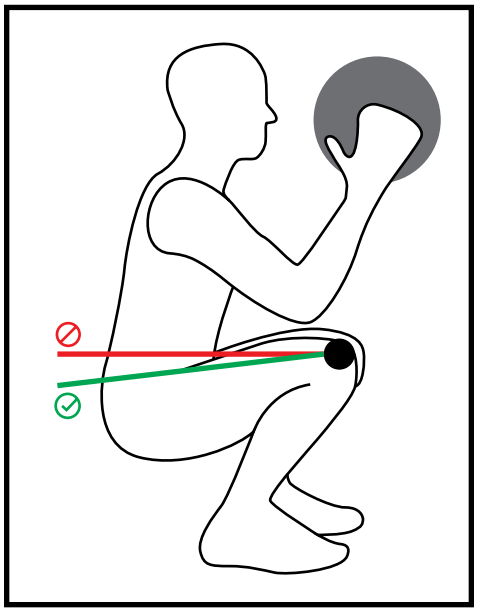

FIG 011

1. It is the racer's responsibility to ensure they have selected the correct weight of wall ball relevant to their division [see below].
2. The racer must start by standing tall [hips and knees extended], holding the wall ball with both hands [see Fig 010] i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.
3. The racer completes a full squat and throws the ball with both hands striking the correct target on the Wall Ball rig. This sequence counts as one repetition.
4. Each wall ball throw must strike the designated target i.e. female racers must hit their target in the strike zone, male racers must hit their target in the strike zone.
5. After the ball touches the target, the racer either catches the ball and initiates the movement again or alternately, the racer allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat. Racers are not permitted to catch the ball after it bounces and continue with the next repetition.
6. At the bottom position of the squat, the racer's hips must descend lower than their knees [also known as; below parallel or below 90º] [see Fig 011].
7. Where no digital targets are in use, racers may only proceed to the Finisher Stage once their Judge confirms that 100 valid Wall Ball repetitions have been completed.
8. Racers are permitted to remove their shoes once they arrive at their designated target. The racer must place the shoes under the rig. After completing 100 valid wall balls the racer is required to take their shoes with them to the Finisher Stage–racers are not permitted to return to the wall ball area after completing their race.
9. Racers are encouraged to avoid running under the wall ball rig so as to avoid any obstacles or staff.
10. If the racer breaches any of these requirements, that repetition will be deemed a 'no rep'.

CATEGORY	WEIGHT
WOMEN	100 REPS / 4KG [WHITE]
WOMEN PRO / MEN	100 REPS / 6KG [GREY]
MEN PRO	100 REPS / 9KG [BLACK]

CATEGORY	TARGET HEIGHT
WOMEN / WOMEN PRO	2.70M
MEN / MEN PRO	3.00M

Attention

1 Digital Wall Ball Target Protocol
HYROX events may use digital screens to display rep counts and no-reps as a visual aid. The screen may indicate two types of no-reps: movement faults [e.g., not meeting the correct movement standard or breaking the movement pattern] and target faults [e.g., not hitting the target or hitting the wrong target]. These displays do not determine the validity of repetitions. A Wall Ball rep is only valid when the athlete performs the correct movement standard and the ball makes proper contact with the correct physical target. After 100 valid repetitions, the screen will turn green and display a 'GO' signal to indicate that the station is complete. The physical target and judge confirmation remain the official standard for all repetitions.

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

1 No warnings are given, it is either a rep or a no-rep.

2 If a racer uses powdered chalk at the wall ball workout station, a 2 minute penalty will apply.

9 ANTI DOPING CODE

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

As such, HYROX enforces an anti-doping policy to ensure the health and safety of all racers and to uphold the values of honesty, respect and equality in sports. All events are dedicated to maintaining the highest ethical standards with zero tolerance for the use of prohibited substances or methods that may compromise the integrity of the race.

All racers participating in HYROX events are expected to comply with the organisers' antidoping regulations. This includes submitting to testing for banned substances, both in and out of the race. TUE's [Therapeutic Use Exemptions] can be submitted 28 days prior to racing.

In addition, HYROX reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

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

10 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.

10.1 CLOTHING AND ACCESSORIES

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

1 Knee Sleeves
2 Gloves [not grips]
3 Weightlifting Belt
4 Wristbands
5 Hydration Packs
6 Asthma inhalers or similar prescribed
7 Respiratory devices [see note 3]

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

Attention

1 If a racer chooses to use, wear or carry any of the above items, they must do so from the start to the finish of their race. These items may not be handed to or received from anyone else at any point. Doing so constitutes outside assistance and may result in disqualification.
2 Any item NOT listed above should be considered

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.

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

10.2 FORBIDDEN ITEMS

The following items are strictly forbidden at all times:

1 Headphones
2 Cell Phones*
3 VR Headsets
4 GoPro or any other type/brand of [body] cameras
5 Helmets**
6 Breathing apparatus**
7 Compressed air cylinders**
8 Ear Plugs
9 Smart glasses, AI glasses, or any eyewear incorporating cameras, audio recording, live streaming, data transmission, or augmented reality functionality

* IF A MEDICAL DEVICE THAT REQUIRES PROXIMITY TO A RACER'S PHONE IS NECESSARY DURING THE RACE, PRIOR APPROVAL MUST BE OBTAINED FROM THE RACE DIRECTOR. PLEASE CONTACT YOUR LOCAL CUSTOMER SUPPORT TEAM BEFORE RACE DAY TO BE CONNECTED WITH THE APPROPRIATE RACE DIRECTOR.

** FOR SAFETY REASONS, ANY CLOTHING OR EQUIPMENT THAT COULD POSE A RISK TO OTHER RACERS IS NOT PERMITTED ON THE HYROX RACE FLOOR. THIS INCLUDES, BUT IS NOT LIMITED TO, BREATHING APPARATUSES, COMPRESSED AIR CYLINDERS, AND HELMETS. WHILE WE UNDERSTAND THAT SUCH ITEMS ARE SOMETIMES WORN AS PART OF CHARITY-BASED INITIATIVES, THE SAFETY OF ALL RACERS REMAINS OUR TOP PRIORITY. UNIFORMS AND WEIGHT VESTS ARE STILL PERMITTED, PROVIDED THEY DO NOT INTERFERE WITH THE SAFETY OR PERFORMANCE OF OTHER RACERS.

10.3 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.

10.4 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.

10.5 HYDRATION/NUTRITION

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

Racers are not permitted to accept any beverage or nutritional product from anyone except the aid stations during their event. Doing so is considered 'outside assistance' and time penalties can be applied per infringement.

11 EVENT DAY SCHEDULE

On event day, racers will encounter the following areas.

11.1 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.

11.2 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.

11.3 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.

11.4 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.

12 PENALTIES

12.1 PENALTIES

12.1.1 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].

12.1.2 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.

12.1.3 MISSED STATION / 1K RUN

Missing an entire station, failing to complete any workout station in full, or missing a 1K run will lead to a disqualification.

12.1.4 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.

12.2 TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-8. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the timing system using chip reads—for example, incorrect use of the IN/OUT arches or missing sled laps.

Infractions related to movement standards or rep counts—such as using the wrong weights, failing to return kettlebells correctly, or a no-rep on wall ball squats—can be penalised in real time by Judges or Head Judges.

Only Race Directors have the authority to disqualify [DQ] a racer, based on input from Head Judges, Judges, or their own direct observations.

For Stations 1–7, racers will receive one warning per station for not meeting movement standards. On the second infringement–regardless of type–the repetition is deemed invalid and the racer will receive the associated time penalty. Any further violations within the same station will incur additional penalties.

Note: Certain violations may result in immediate penalties without warning, depending on their severity.

12.3 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].

12.4 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.

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 penalty.

CODE	REASON	PENALTY
01	MISSING LAP RUN	3 MIN [4 LAP SETUP] 5 MIN [3 LAP SETUP] 7 MIN [2 LAP SETUP] DQ [1 LAP SETUP]
02	MISSING RUN OR STATION	DQ
03	INCORRECT STATION ORDER	3 MINUTES FOR FIRST INFRINGEMENT, THEN DQ
04	INCORRECT USE OF IN/OUT ARCHES	2 MINUTES PER INFRINGEMENT
05	INCORRECT USE OF WORKOUT STATION ENTRY/EXIT	2 MINUTES PER INFRINGEMENT
06	FEET NOT ON SKIERG BASE OR NOT ON ROWER FOOTPLATES BEFORE TOUCHING THE HANDLE	15 SECONDS PER INFRINGEMENT
07	LEAVING SKIERG EARLY	DQ — FAILURE TO COMPLETE 1,000 METERS [INCOMPLETE STATION]
08	LEAVING ROWER EARLY	DQ — FAILURE TO COMPLETE 1,000 METERS [INCOMPLETE STATION]
09	LEAVING WALLBALLS EARLY	DQ — FAILURE TO COMPLETE 100 WALL BALLS [INCOMPLETE STATION]
10	MISSING SLED LANE	DQ — MISSING LANE [INCOMPLETE STATION]
11	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
12	MISSING FARMERS CARRY LAP	DQ — MISSING LAP [INCOMPLETE STATION]
13	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
14	INCORRECT WEIGHT AT FARMERS CARRY OR LUNGES	DQ
15	TRAILING KNEE NOT TOUCHING THE GROUND/ NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
16	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS PER INFRINGEMENT
17	START TUNNEL FLOW	A 1 MINUTE PENALTY CAN APPLY FOR RACERS WHO WAIT IN THE START TUNNEL AFTER THEIR WAVE HAS STARTED.
18	USE OF CHALK	CHALK USE IS PERMITTED JUST FOR SLED PULL AND FARMERS CARRY. USING CHALK ANYWHERE ELSE LEADS TO A 2 MINUTES PENALTY ONLY EVENT-PROVIDED CHALK IS PERMITTED USING OWN CHALK OR REMOVING EVENT CHALK FROM A STATION IS A 2-MINUTE PENALTY
19	OUTSIDE ASSISTANCE	2 MINUTES PER INFRINGEMENT
20	INCORRECT START TIME [WITHOUT PERMISSION]	DQ
21	NOT WEARING TIMING CHIP WHILE RACING	DID NOT START [DNS]
22	SPITTING OR CLEARING NOSE	2 MINUTES OR DQ [RACE DIRECTOR DECISION]
23	LITTERING, RAPID COOLING	2 MINUTES PER INFRINGEMENT
24	UNSPORTING BEHAVIOUR	2 MINUTES OR DQ [RACE DIRECTOR DECISION]

13 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



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1 CONCEPT

HYROX, an indoor mass participation fitness competition, is based on an idea by co-founder Christian Toetzke and involves a combination of running and functional movements. The race was designed by Mintra Tilly, who also wrote the rulebook.

HYROX consists of a 1 km run followed by 1 station, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the doubles team must complete the runs and stations in the specific order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 stations.

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

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. In addition to the overall fastest men's and women's times, results are also ranked in age groups [see below], also sorted from the fastest to the slowest time.

2 CONDITIONS OF PARTICIPATION

2.1 CONDITIONS OF PARTICIPATION IN HYROX

HYROX is a race open to everyone, qualifications are not required.

By participating in HYROX you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy which can be read at https://hyrox.com/terms-and-conditions/.

2.2 PRECONDITIONS FOR PARTICIPATION

1 In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
2 Official rankings will be based on racers' biological sex at birth. However, individuals who wish to participate for recreational purposes only, without being included in the official ranking, may register under their gender identity.
3 Each racer must agree to the terms and conditions of participation.
4 The only way to register for a HYROX event is via www.hyrox.com.

2.3 PREGNANT RACERS

Pregnant women are welcome to participate. However, the participation in any race during pregnancy remains solely at the discretion and responsibility of the pregnant individual. As every pregnancy is unique, we strongly recommend consulting a medical professional prior to participating in a race, in order to assess any potential risks.

Any pregnant racer who would like to adapt any movements or modify the prescribed weights/reps, should contact the HYROX team in advance. Hyrox are happy to accommodate these wishes where possible.

However, please note that any adaptations will result in your result being marked as 'Out of Competition' so you will be excluded from official rankings or qualification spots, although you will still receive a finish time.

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.hyrox.com the racers can sign up via the 'Register here' button for the specific city.

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

3.2 PARTICIPATE AS AN INDIVIDUAL

In addition to the DOUBLES participation, there is also the option to join as a SINGLE starter. Learn more about the HYROX SINGLES race in the RULEBOOK SINGLE.

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.

4 DIVISIONS AND RANKING SYSTEM

4.1 HYROX DOUBLES DIVISIONS

DOUBLES WOMEN
DOUBLES WOMEN PRO
DOUBLES MEN
DOUBLES MEN PRO
DOUBLES MIXED

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. Doubles Teams start in waves based on their division. The start always takes place exclusively with Doubles Teams of the same division.

WORKOUT/DIVISION	DOUBLES WOMEN	DOUBLES MEN / WOMEN PRO / MIXED	DOUBLES MEN PRO
SKI ERG	1000M	1000M	1000M
SLED PUSH 4 X 12,5M	102KG INCL. SLED	152KG INCL. SLED	202KG INCL. SLED
SLED PULL 4 X 12,5M	78KG INCL. SLED	103KG INCL. SLED	153KG INCL. SLED
BURPEE BROAD JUMPS	80M	80M	80M
ROWING	1000M	1000M	1000M
FARMERS CARRY 200M	2 X 16KG	2 X 24KG	2 X 32KG
LUNGES 100M	10KG	20KG	30KG
WALL BALLS 100 REPS	4KG	6KG	9KG

4.2 HYROX AGE GROUPS [EXCLUDING PRO DIVISIONS*]

UNDER 24 [16-24]
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64*
65-69*
70-74*
75-79*
80-84*
85-89*

*PRO DIVISIONS END AT AGE GROUP 55-59

Official HYROX Age Groups extend in five-year increments up to 85-89.

Doubles Teams are permitted to compete in the Pro Divisions up to and including the 80+ Age Groups at regular HYROX races. Official Age Group rankings, podiums and flags will apply as normal.

For qualification to the HYROX World Championships, Doubles Teams aged 60 and above qualify via the Open

Division only. At the HYROX World Championships, Doubles Teams in the 60+ Age Groups compete using Open weights, repetitions and distances. A Doubles Team age group [AG] is determined by their average age on the day of their race.

4.3 RANKING SYSTEM

A Doubles Team's official finish time is recorded when both team members have crossed the finish line; the later timing chip read determines the final result

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

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

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

HYROX reserves the right to declare an event, event day or the part of the day affected as 'Out of Ranking' for World Championship qualification and/or Elite qualification if environmental or venue conditions [e.g., wet turf, unsafe surfaces, extreme weather] materially affect athlete performance or safety. Such a decision may be announced before, during, or after the event at the discretion of Director of Sports.

5 WORLD CHAMPIONSHIPS AND ELITE SERIES

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.

If a team is placed within their age group and earns a designated slot, they will be notified via email shortly after the event and will have 48 hours from the time the invitation is sent to accept. Slots that are not accepted within this window will be offered to the next eligible team in that division. A maximum of two non-licence holder teams will be offered a slot per division, per event. The successful team will compete at the WORLDS in the age group that they qualified in, regardless of their birthdays.

5.2 QUALIFICATION AS A DOUBLES TEAM

5.2.1 DOUBLES MEN/WOMEN AND DOUBLES MEN/WOMEN PRO

Registrations are strictly non-transferable and non-refundable. Because slots cannot be reallocated, no exceptions to this policy can be made. Your registered partner cannot be changed or substituted.

The distances, reps and weights for this division remain the same at the championships.

Registrations are strictly non-transferable and non-refundable. Because slots cannot be reallocated, no exceptions to this policy can be made. Your registered partner cannot be changed or substituted.

5.3 AGE GROUP SLOT ALLOCATION AND ROLLDOWN POLICY

Each division at every HYROX qualifying event offers one World Championship qualification spot. All registered Doubles Teams are eligible to receive a spot, regardless of licence status but the slot allocation process follows a structured hierarchy that prioritizes licensed competitors. Non-licensed Doubles Teams are strictly limited to two offers per race class per event.

The following rules apply to all Age Group World Championship qualification slot offers.

1 Acceptance window. Pairs have 48 hours from the time the invitation is sent to accept a qualification slot. Slots not accepted within this window will be offered to the next eligible pair.

2 Non-licence holder limit. A maximum of two nonlicence holder pair will be offered a slot per race class, per event. Once two non-licence holder pair have been offered the slot - regardless of whether they accepted or declined - no further offers will be made for that slot.

3 Three declines - exclusion. If an pair declines a qualification slot offer three times within the same division, they will be excluded from all further offers in that division for the remainder of the season.

4 Active offer lockout. If an pair has an open, unresolved offer from a previous event, they will not receive a new offer at the current event until the previous offer has closed.

5 Registrations are strictly non-transferable and non-refundable. Because slots cannot be reallocated, no exceptions to this policy can be made. Your registered partner cannot be changed or substituted.

6 Forfeits. A pair may forfeit an accepted slot once per division [singles or doubles] per season. The

pair must re-qualify. The forfeited slot will be offered to the next eligible athlete on one occasion only.

7 Licence holders - encouraged to accept. Pairs holding an active HYROX licence who receive a slot offer are strongly encouraged to accept. Accumulating three declines in the same race class will result in exclusion from further offers for the remainder of the season. Where a licence holder has already purchased an Age Group entry and subsequently accepts an Elite WC qualification slot in the same race class, their Age Group entry fee will be automatically refunded.

5.4 NATIONALITY REQUIREMENT – PRO DOUBLES [ELITE QUALIFICATION ELIGIBILITY]

Eligibility for Pro Doubles Men and Women to earn points toward Elite qualification is determined by nationality. Both Doubles Teams in a Pro Doubles team must hold the same nationality, as demonstrated by a valid, unexpired passport from the same country. Doubles Teams who hold dual or multiple citizenships are only eligible to compete for Elite qualification points under one nationality. If an athlete with dual or multiple citizenships changes their declared nationality when registering for a race, all points previously earned under their former nationality will be forfeited and will not be transferred. All Doubles Teams are required to have their passport available on race day. HYROX reserves the right to request and verify proof of nationality at any time. Failure to provide a valid passport upon request may result in the athlete or team being deemed ineligible for Elite qualification points.Residency, visa status, or place of living do not confer eligibility.

5.5 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.

5.6 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 winner's title–World Champion of Fitness Racing.

If a licensed athlete accepts an AG qualification spot and subsequently qualifies for WC Elite in the same race class, their AG spot is automatically forfeited and refunded and a new offer is triggered.

For Doubles Teams aged 60 and above, qualification to the HYROX World Championships is via the Open Division only, regardless of participation in Pro Divisions during the regular season.

Where a licence holder has accepted a Doubles Age Group qualification slot and subsequently qualifies for the World Championship through the Doubles Elite 15 route in the same division, their Age Group slot will be automatically forfeited and refunded. A new offer will be triggered to the next eligible team in that division.

CONSEQUENTIAL OPERATIONAL / TICKETING ALIGNMENT

Operationally, registration systems, FAQs and qualification communications should align to the following principles:

1. Doubles Teams aged 60+ CAN register for Pro divisions at regular HYROX races up to 80+
2. Doubles Teams aged 60+ CAN podium and receive rankings/flags in Pro divisions at regular races
3. Doubles Teams aged 60+ CANNOT qualify for World Championships through Pro divisions
4. Doubles Teams aged 60+ qualify for World Championships through Open divisions only
5. Doubles Teams aged 60+ compete using Open weights at the HYROX World Championships regardless of regular season division participation

Note: This only applies to the divisions of Doubles Men Pro and Doubles Women Pro

6 ELITE RACE SERIES 26/27 QUALIFICATION SYSTEM

The Elite Race Series 26/27 is the pinnacle of competitive HYROX racing, and the pathway to the elite races at the World Championship. This season sees the introduction of the Challenger Division, creating a pathway for pairs ranked 16-30 on the leaderboard to compete on the Elite Grid and earn their place in the Elite 15 Division.

6.1 ELITE RACE SERIES STRUCTURE

The series comprises five elite events, each offering doubles competition. For full details of race locations and dates visit www.hyrox.com.

Race 1 uses a waterfall start format, with pairs released two at a time at regular intervals. Races 2 through 5 use the Elite Grid format and include both the Elite 15 and Challenger Divisions.

Each Elite 15 race offers 3 World Championship slots. Points are available at every race according to the points-based framework, details can be found at elites.hyrox.com.

The Elite 15 field from Race 3 onwards consists of the top 14 ranked Elite 15 pairs plus the Challenger Division winning pair from the previous elite race.

6.2 QUALIFICATION FOR THE ELITE 15 DIVISION

Qualification for the Elite 15 Division is points-based, calculated over a rolling 365-day window. A pair's qualification ranking is determined by their 3 best race results within that period.

The leaderboard is dynamic and updates after every pro race. For Elite Event 1, the top 15 ranked pairs at the cut-off date will be invited to compete in the Elite 15 Division. The cut-off date falls approximately 21 days prior to day one of each elite event.

For Elite Events 2 through 5, the top 14 ranked pairs at the cut-off date will be invited to compete in the Elite 15 Division.

Pairs must be the same nationality to accrue points and race at elite level.

Full details of the points framework can be found at elites.hyrox.com.

6.2.1 ATHLETE LICENCE REQUIREMENT

Only Doubles Teams holding a valid HYROX Athlete Licence are eligible to accrue qualification points.

An Athlete Licence:

1. Is mandatory for participation in Elite 15 qualification pathways
2. Must be applied for prior to competing in any race for those points to be eligible
3. Provides eligibility for:
    - **a** Earning qualification points [referred to as NPI points]
    - **b** Selection consideration for Elite 15 races
    - **c** Access to designated Elite start waves where applicable
4. Confirms the athlete's agreement to HYROX sporting regulations, integrity policies, and professional standards.

Doubles Teams seeking eligibility for the Elite 15 series must hold a valid HYROX Athlete License, which can be applied for at elites.hyrox.com. Doubles Teams may still compete without a licence, however results achieved while unlicensed will not accrue qualification points, and licences cannot be applied for retrospectively to validate past performances.

6.2.2 QUALIFICATION WINDOW

Rankings are calculated on a rolling 365 day basis. Points are derived from an athlete's best results within that period:

1. Singles: Best 5 results count
2. Doubles: Best 3 results count

Based on these rankings, invitations to the Elite Racing and Challenger Divisions will be sent out.

6.2.3 RACE STRUCTURE

Points are awarded according to race tier, reflecting the competitive depth of each field across three eligible divisions in both singles and doubles.

1. Age Group [AG] Pro Race
2. Elite - Major Race
3. Elite - World Championship

Each tier has a distinct maximum points allocation, reflecting the progressively stronger fields of competition. Please refer to the table below for a full breakdown of points distribution.

6.2.4 POINTS CALCULATION METHODOLOGY

Points are awarded using a percentile performance model that compares an athlete's finish time to the winning time, with fixed position scoring applied to the leading placements and percentile scoring used for all remaining eligible finishers.

Once a finisher exceeds the maximum allowable time threshold for percentile scoring, that athlete receives no points and no subsequent finishers in that race are eligible to score points, ensuring that performances outside the competitive standard do not influence qualification outcomes.

6.2.5 TRANSITIONAL RECOGNITION [INAUGURAL SEASON ONLY]

To support implementation of this points based framework during Season 26/27, historical performances from 1st September 2025 onward are recognised as ghost results with points only counting from 23 October onward for Doubles Teams holding a valid Athlete License.

STANDARD PRO RACE

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	105 POINTS	
2ND PLACE	100 POINTS	
3RD PLACE	1ST PLACE TIME / 3RD PLACE TIME X 100	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
4TH PLACE	1ST PLACE TIME / 4TH PLACE TIME X 100	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
5TH PLACE	1ST PLACE TIME / 5TH PLACE TIME X 100	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
6TH PLACE	1ST PLACE TIME / 6TH PLACE TIME X 100	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
7TH PLACE	1ST PLACE TIME / 7TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
8TH PLACE	1ST PLACE TIME / 8TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

CHALLENGER DIVISIONS

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	108 POINTS	
2ND PLACE	106 POINTS	
3RD PLACE	103 POINTS	
4TH PLACE	100 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	1ST PLACE TIME / 5TH PLACE TIME X 100	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	1ST PLACE TIME / 6TH PLACE TIME X 100	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	1ST PLACE TIME / 7TH PLACE TIME X 100	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	1ST PLACE TIME / 8TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	1ST PLACE TIME / 9TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	1ST PLACE TIME / 10TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

MAJOR ELITE 15 RACE

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	110 POINTS	
2ND PLACE	108 POINTS	
3RD PLACE	107 POINTS	
4TH PLACE	106 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	105 POINTS	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	104 POINTS	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	103 POINTS	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	102 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	101 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	100 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
13TH PLACE	1ST PLACE TIME / 13TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
14TH PLACE	1ST PLACE TIME / 14TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
15TH PLACE	1ST PLACE TIME / 15TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

RANKING	POINTS ALLOCATION	PERCENTILE LOGIC
1ST PLACE	115 POINTS	
2ND PLACE	112 POINTS	
3RD PLACE	110 POINTS	
4TH PLACE	109 POINTS	MUST FINISH WITHIN 10% OF 1ST PLACE TIME
5TH PLACE	108 POINTS	MUST FINISH WITHIN 12.5% OF 1ST PLACE TIME
6TH PLACE	107 POINTS	MUST FINISH WITHIN 15% OF 1ST PLACE TIME
7TH PLACE	106 POINTS	MUST FINISH WITHIN 17.5% OF 1ST PLACE TIME
8TH PLACE	105 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
9TH PLACE	103 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
10TH PLACE	100 POINTS	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
11TH PLACE	1ST PLACE TIME / 11TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
12TH PLACE	1ST PLACE TIME / 12TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
13TH PLACE	1ST PLACE TIME / 13TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
14TH PLACE	1ST PLACE TIME / 14TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME
15TH PLACE	1ST PLACE TIME / 15TH PLACE TIME X 100	MUST FINISH WITHIN 20% OF 1ST PLACE TIME

6.2.6 STRENGTH OF FIELD

Where Doubles Teams are tied on total qualification points at the point of determining invitations to Elite race qualification, rankings will be resolved using Strength of Field.
Strength of Field is defined as: The cumulative points standing of all licensed starters in that division at the event. This ensures results achieved in deeper, more competitive races carry appropriate ranking value.

6.2.7 SECONDARY TIE BREAK PROCEDURE

If Doubles Teams remain tied after the Strength of Field comparison, a sudden death review of their counting results will be applied, comparing their best points scores first and then progressing in descending order until the tie is broken, with the athlete holding the superior finishing position at the first point of difference ranked higher.

6.2.8 DOUBLES SPECIFIC QUALIFICATION RULES

Rankings are determined by a team's best three results within the rolling qualification window, using the same percentile scoring model applied in Singles competition, with tie break procedures aligned to the Singles framework.
Both Doubles Teams must hold valid Athlete Licences at the time of competition, and teams must qualify and compete with the same partner pairing unless a change is formally approved under exceptional circumstances.

Eligibility to compete as a Doubles team is determined strictly by nationality, as evidenced by a valid passport. Both Doubles Teams must hold nationality of the same country and present a valid, unexpired passport from that nation if requested for verification. Residency, visa status, or place of residence do not confer eligibility, and no alternative documentation [such as national ID cards, driver's licences, or copies] will be accepted as proof of nationality.

Doubles Teams holding dual or multiple citizenships may only qualify and compete for Doubles under one nationality. Once an athlete has established their nationality through registration or competition, any request to change nationality, or change made through a registration will result in the forfeiture of all points accrued under the former nationality, and a new rolling 365 day qualification period will commence from the date of the change.

6.2.9 GOVERNANCE AND ELIGIBILITY

HYROX retains authority over:

1. Validation of eligible races
2. Points calculations and verification
3. Application of Strength of Field metrics
4. Final determination of Elite 15 invitations and World Championship qualification

All rankings are subject to regulatory compliance, licensing status, and adherence to HYROX competition rules.

6.3 THE CHALLENGER DIVISION

The Challenger Division is open to pairs ranked 16-30 on the HYROX leaderboard at the cut-off date, which falls approximately 21 days prior to day one of each elite event.

Challenger Division races take place from Elite Event 2 onwards. Points are allocated according to the Challenger Division points framework, which is tiered separately from the Elite 15 Division. Full details can be found at elites.hyrox.com.

The winning pair of each Challenger Division race earns a direct slot in the Elite 15 Division for the following elite race, providing an opportunity for direct qualification to the World Championship.

If a Challenger Division winning pair takes up their Elite 15 slot, the Elite 15 field for that elite race will consist of the top 14 ranked Elite 15 pairs plus the incoming Challenger Division winning pair. If the Challenger Division winning pair does not take up their Elite 15 slot, this will roll down a maximum of two times, at which point it will revert to the leaderboard rankings.

There are no Challenger Division races at the World Championship.

6.4 WORLD CHAMPIONSHIP QUALIFICATION

Each Elite 15 race offers 3 World Championship slots. All WC slot winning pairs will be invited to race in the Elite 15 races at the World Championship. Roll down logic will be based on the race where the outgoing pair qualified.

In the event a WC slot winning pair does not take up their invitation, the slot will roll down to the next ranked pair from the race at which the original qualifiers earned their slot.

There are no Challenger Division races at the World Championship. All pairs competing at the World Championship will do so in the Elite 15 format.

7 THE RACE

7.1 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 Doubles Team must consist of two racers. Both racers must be present at the start line and must begin the race together. Starting the race with only one racer is not permitted

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

In order to complete the entire HYROX race and receive a valid finishing time, the racers must start at the designated start time, complete the runs and workouts in the designated order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 workout stations whilst wearing their issued timing chip on an ankle at all times.

HYROX race operate using wave starts at regular scheduled intervals [e.g., every 10 minutes]. Each Doubles Teams is assigned an official start time, which is communicated prior to race day and confirmed again at check-in.

Racers must have their official start time clearly visible on their arm.

Attention

1 Any Doubles Teams who starts in an earlier or later wave than their official assigned start time without prior approval from the Race Organisers will be Disqualified [DQ].

2 It is the racer's responsibility to wear their timing chip on an ankle at all times while racing. Failure to do so will result in a 'Did Not Start' [DNS] leaderboard result.

3 Racers must avoid entering the Roxzone or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.

7.2 STATION RULES AND REGULATIONS

YOU GO I GO [YGIG] EXAMPLE :
1,000 METER ROW

DTM 1 STARTS ROWING WHILST DTM 2 WAITS

AFTER A SELF SELECTED DISTANCE [E.G. 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

1. Complete all workout stations in the correct order.
2. Enter and Exit each workout station via the correct routes.
3. Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
4. Complete the prescribed number of repetitions and/or distances.
5. Perform each exercise according to the movement standards.
6. Perform the exercises/movements using the correct weight[s].
7. Only use a piece of equipment/lane/wall ball station assigned by a member of the Race Crew. Failure to do so will incur a 2-minute penalty per infringement.
8. Only event supplied chalk and chalk related accessories may be used during the race, and only at the designated stations where it is provided. Doubles Teams are not permitted to remove chalk from a station or carry it to another location. Each infringement will result in a 2-minute penalty.
9. To avoid creating slip hazards for other racers and staff, the fluids provided at aid stations are for drinking only. They are not to be used for active cooling [e.g. pouring water over the head or body]. Doing so will incur a 2-minute penalty per infringement.
10. During all workout stations, the resting athlete must remain on their feet. Any down-to-the-ground position - including kneeling, sitting, lying down, or having a knee or any other body part touch the floor - is not permitted. The resting athlete must stay within the designated workout zone without obstructing other racers.

7.3 RUNNING

All HYROX courses comprise the same distances and combine the Run Course, Roxzone and workout station distances.

The designated run portion of every HYROX race totals 8,000 meters, divided into eight run segments of approximately 1,000 meters each.

Due to venue layout, individual run segments may be structured as multiple laps, and the length of the first or final lap within a segment may vary. Any deviation from 1,000 meters within a lap will be offset within

that segment's lap structure to ensure the full 8,000 meter designated running distance is completed.

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.

Attention

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.
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.

7.4 JUDGING TEAMS

A Judging Team will be responsible for ensuring all racers complete the race 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.

8 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.

On Lunges, Burpee Broad Jumps, and the Farmer's Carry, faster racers may overtake slower racers when safe to do so. Any grid lines or lane markings at these stations serve as orientation only and are not mandatory to follow.

Each workout station must be completed in full. Any failure to complete a workout station in its entirety will result in disqualification [Incomplete Station]. This applies to all eight stations. This rule is separate from missing run lap penalties, which are handled under Section 12.

DISTANCE: 1.000 METERS

1. Prior to starting, the monitor will be [re]set by a Judge.
2. The racer must have both feet on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The racer's heels are permitted to hang over the edge of the SkiErg base but must not come into contact with the floor. Racers may use a dynamic or jumping motion while skiing. Feet may temporarily leave the base plate during the jump. However, when the feet return to the ground, they must land back on the SkiErg base plate. If either foot touches the floor [and not the baseplate] during the 1,000 meters, this will be deemed an infringement.
3. 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.
4. The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.
5. 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].
6. The resting DTM remains in the marked area. It is not allowed to pass the SkiErg handles from one DTM to the other.

Note: The damper setting on the ergometer is preset to resistance 6 for all divisions–this may be adjusted as many times as desired by the racer.

SKIERG PENALTY PROTOCOL

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

8.2 SLED PUSH

DISTANCE: 50 METERS

1. Each 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.
2. Both sled and racers must be completely behind the white line prior to starting.
3. The sled must always pass the 12.5m mark [end of the lane] entirely before changing direction.
4. 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.
5. As soon as the racers completes 4 x 12.5m lanes and the entire sled passes the line, the station is complete.

SLED PUSH PENALTY PROTOCOL

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

DISTANCE	50 METERS [4 X 12.5M]
DOUBLES WOMEN	102 KG INCL. SLED
DOUBLES WOMEN PRO / MEN/ MIXED	152KG INCL. SLED
DOUBLES MEN PRO	202KG INCL. SLED

8.3 SLED PULL

DISTANCE: 50 METERS



FIG 001

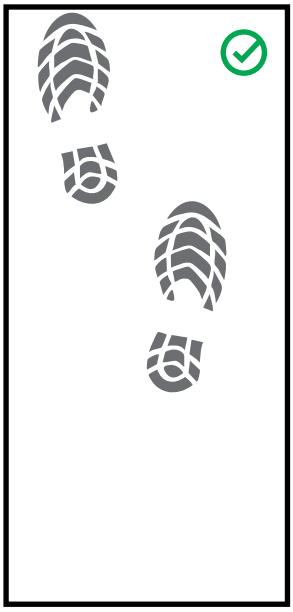


FIG 002

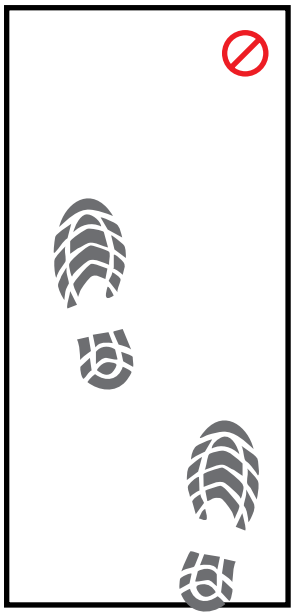


FIG 003

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

2 Both sled and racer must be completely within their respective Racers Box prior to starting.

3 At all times, the racer must remain within their designated working space [known as the Racers Box] at each end of their lane.

- **a** Racers are not permitted to step on the solid line at the front [see Fig 001 & 002] or back of the Racers Box [see Fig 003] while holding the rope.

4 The sled must always pass the 12.5m mark [end of the lane, completely over the white line] before changing direction.

5 Once the racer pulls the entire sled past the 12.5m mark, the racer then runs to the opposite end of their lane and pulls the sled back.

6 At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.

7 At all times, the working DTM must make sure that their rope remains in their lane - it may extend out

8 of the back of their lane, but may not impede a neighbouring lane.

9 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.

10 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.

11 As soon as the racer has completed 4 x 12.5 m lanes and the entire sled passes the line, the station is complete.

SLED PULL PENALTY PROTOCOL

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

DISTANCE	50 METERS [4 X 12.5M]
DOUBLES WOMEN	78 KG INCL. SLED
DOUBLES WOMEN PRO / MEN / MIXED	103 KG INCL. SLED
DOUBLES MEN PRO	153 KG INCL. SLED

8.4 BURPEE BROAD JUMP

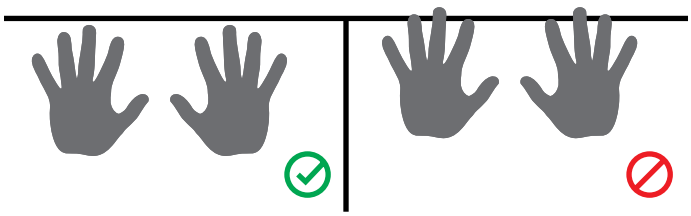


FIG 004

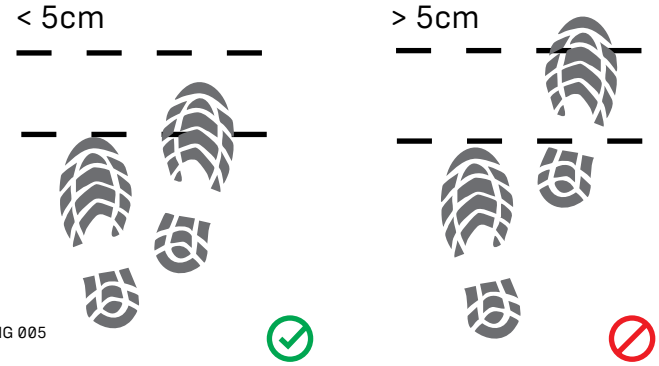


FIG 005

DISTANCE: 80 METERS

1. The first DTM must start by completing a burpee.
2. The first burpee of each section starts with both hands placed on the ground/contrasting coloured tape behind the white start–line with the racer's chest on the ground [see Fig 004].
   a. In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.
3. The racer may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must take off and land simultaneously. A maximum variance of 5 cm is permitted between the front of one foot and the front of the other foot during both take-off and landing. Any stagger greater than 5 cm is not permitted. Additional steps or shuffles are not permitted at any time. [see Fig 005]
4. Racers are permitted to use a knee when coming out of the bottom of the burpee position.
5. When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips [overstepping] [see Fig 006].

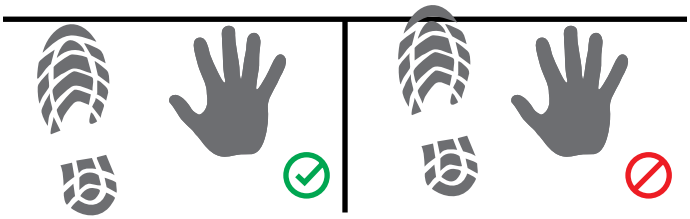


FIG 006



FIG 007



FIG 008

a The 30 cm measures from the base of the racer's palms where their hands meet their wrists [see Fig 007].

b Once the hands are placed on the ground, they cannot be moved forward.

6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.

7 The racer may then jump or step backwards into the burpee position. In the bottom of all burpees, the racer's chest must clearly touch the ground.

8 If grid lanes are in place, they are there as a guide only - it is not mandatory to stay in the same lane i.e. a faster racer can cross lanes to overtake a slower racer.

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

10 Where turning points are used at the end of each section, racers are not required to perform the movement around them. However, the racer must jump across every white start/finish line with both feet fully crossing the line at the end of the section before turning. Each new section must begin from the designated start line position– chest on the ground with hands placed behind the white line [see Fig 008].

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

12 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.

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

BURPEE BROAD JUMP PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.

DISTANCE: 1,000 METERS

1. Prior to starting, the monitor will be [re]set by the Judging Team.
2. Racers' feet must be on their rowers' foot plates and their backside on the seat before taking hold of the rower handle. The athlete must remain seated on the rower until the full 1,000 meters are completed.
3. Racers may stop rowing at any time, place the handle back in the holder, and rest with their feet on or off the foot plates.
4. The athlete may not stand up, leave the seat, or dismount the rower until the 1,000 meters are completed and a judge has confirmed completion.
5. 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.
6. The racer may only dismount their rower and leave the workout station after receiving the Judge's confirmation of completion.
7. 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.
8. 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.

Attention

1. The damper setting on the ergometer is preset to Resistance 6 for all divisions–this may be adjusted as many times as desired by the working DTM [only].
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

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

8.6 KETTLEBELL FARMERS CARRY

DISTANCE: 200 METERS

Depending on the venue, achieving 200 meters may involve multiple laps. It is the racer's responsibility to familiarize 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.

1 The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/finish line.
2 The racer has to carry both kettlebells at all times while they move.
3 Kettlebells must be carried with both arms extended by the racer's sides.
4 Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
5 During each Kettlebell transition between the DTMs, the KBs must not be passed forward. Sideways or backwards is permitted, never forwards.
6 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.
7 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

1 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.

2 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	200 METERS
DOUBLES WOMEN	2 X 16KG [WHITE]
DOUBLES WOMEN PRO / MEN / MIXED	2 X 24KG [GREY]
DOUBLES MEN PRO	2 X 32KG [BLACK]

8.7 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.

1 The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/ finish line.
2 The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
3 During each lunge, the trailing knee must clearly touch the ground.
4 Each repetition ends with the racer standing tall, knees and hips fully extended.
5 Lunges must be alternating i.e. alternating knees touching the ground.
6 The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
7 It is not permitted to take any steps or shuffles between repetitions.
8 It is required that the racer's front foot must completely cross the white line at the end of each lane, and the finish line.
9 The racer does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it [see Fig: 009].

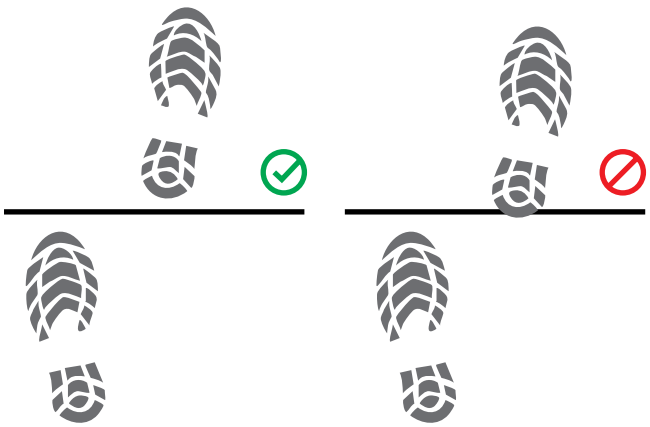


FIG 009

10 During each sandbag transition between the DTM's, the sandbag must not be passed forward. Sideways or backwards is permitted, never forwards.

11 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.

12 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

1 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.

2 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].

3 During Sandbag Lunges, the sandbag must remain fully supported by the working athlete. It must not be placed on the ground, barricades, feet, or any other surface to remove the load. Each infringement will result in a 15-second penalty. Removing the sandbag from the shoulders will result in a 15-second penalty i.e. no warning.

DISTANCE	100 METERS
DOUBLES WOMEN	10KG [WHITE]
DOUBLES WOMEN PRO / MEN / MIXED	20KG [GREY]
DOUBLES MEN PRO	30KG [BLACK]

8.8 WALL BALLS

REPS: 100

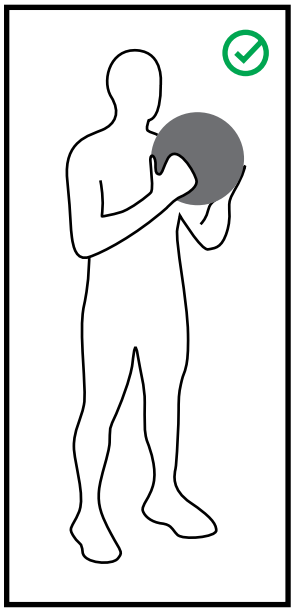


FIG 010

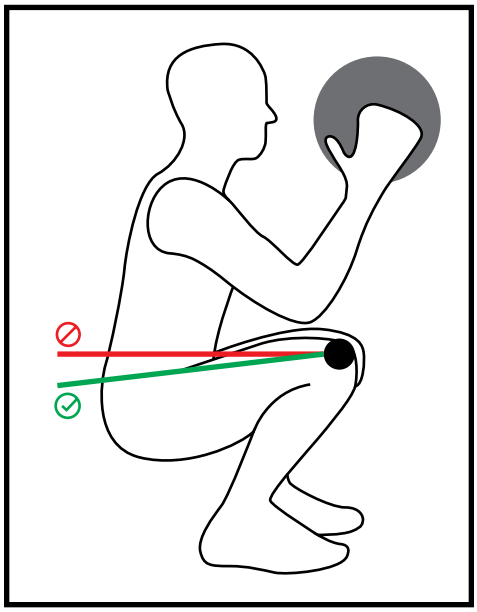


FIG 011

1. It is the racer's responsibility to ensure they have selected the correct weight of wall ball relevant to their division [see below].
2. The racer must start by standing tall [hips and knees extended], holding the wall ball with both hands [see Fig 010] i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.
3. The racer completes a full squat and throws the ball with both hands striking the correct target on the Wall Ball rig. This sequence counts as one repetition.
4. Each wall ball throw must strike the designated target i.e. female racers must hit their target in the strike zone, male racers must hit their target in the strike zone.
5. After the ball touches the target, the racer either catches the ball and initiates the movement again or alternately, the racer allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat. Racers are not permitted to catch the ball after it bounces and continue with the next repetition.
6. At the bottom position of the squat, the racer's hips must descend lower than their knees [also known as; below parallel or below 90º] [see Fig 011].
7. 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.
8. 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.
9. 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.

10 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.

11 Racers are encouraged to avoid running under the wall ball rig so as to avoid any obstacles or staff.

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

CATEGORY	WEIGHT
DOUBLES WOMEN	100 REPS / 4KG [WHITE]
DOUBLES WOMEN PRO / MEN / MIXED	100 REPS / 6KG [GREY]
DOUBLES MEN PRO	100 REPS / 9KG [BLACK]

CATEGORY	TARGET HEIGHT
WOMEN	2.70M
MEN	3.00M

Attention

1 Digital Wall Ball Target Protocol
HYROX events may use digital screens to display rep counts and no-reps as a visual aid. The screen may indicate two types of no-reps: movement faults [e.g., not meeting the correct movement standard or breaking the movement pattern] and target faults [e.g., not hitting the target or hitting the wrong target]. These displays do not determine the validity of repetitions. A Wall Ball rep is only valid when the athlete performs the correct movement standard and the ball makes proper contact with the correct physical target. After 100 valid repetitions, the screen will turn green and display a 'GO' signal to indicate that the station is complete. The physical target and judge confirmation remain the official standard for all repetitions.

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

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

9 ANTI DOPING CODE

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

As such, HYROX enforces an anti-doping policy to ensure the health and safety of all racers and to uphold the values of honesty, respect and equality in sports. All events are dedicated to maintaining the highest ethical standards with zero tolerance for the use of prohibited substances or methods that may compromise the integrity of the race.

All racers participating in HYROX events are expected to comply with the organisers' antidoping regulations. This includes submitting to testing for banned substances, both in and out of the race. TUE's [Therapeutic Use Exemptions] can be submitted 28 days prior to racing.

In addition, HYROX reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

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

10 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.

10.1 CLOTHING AND ACCESSORIES

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

1 Knee Sleeves
2 Gloves [not grips]
3 Weightlifting Belt
4 Wristbands
5 Hydration Packs
6 Asthma inhalers or similar prescribed
7 Respiratory devices [see note 3]

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

Attention

1 If a racer chooses to use, wear or carry any of the above items, they must do so from the start to the finish of their race. These items may not be handed to or received from anyone else at any point. Doing so constitutes outside assistance and may result in disqualification.
2 Any item NOT listed above should be considered

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.

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

10.2 FORBIDDEN ITEMS

The following items are strictly forbidden at all times:

1 Headphones
2 Cell Phones*
3 VR Headsets
4 GoPro or any other type/brand of [body] cameras
5 Helmets**
6 Breathing apparatus**
7 Compressed air cylinders**
8 Ear Plugs
9 Smart glasses, AI glasses, or any eyewear incorporating cameras, audio recording, live streaming, data transmission, or augmented reality functionality

* IF A MEDICAL DEVICE THAT REQUIRES PROXIMITY TO A RACER'S PHONE IS NECESSARY DURING THE RACE, PRIOR APPROVAL MUST BE OBTAINED FROM THE RACE DIRECTOR. PLEASE CONTACT YOUR LOCAL CUSTOMER SUPPORT TEAM BEFORE RACE DAY TO BE CONNECTED WITH THE APPROPRIATE RACE DIRECTOR.

** FOR SAFETY REASONS, ANY CLOTHING OR EQUIPMENT THAT COULD POSE A RISK TO OTHER RACERS IS NOT PERMITTED ON THE HYROX RACE FLOOR. THIS INCLUDES, BUT IS NOT LIMITED TO, BREATHING APPARATUSES, COMPRESSED AIR CYLINDERS, AND HELMETS. WHILE WE UNDERSTAND THAT SUCH ITEMS ARE SOMETIMES WORN AS PART OF CHARITY-BASED INITIATIVES, THE SAFETY OF ALL RACERS REMAINS OUR TOP PRIORITY. UNIFORMS AND WEIGHT VESTS ARE STILL PERMITTED, PROVIDED THEY DO NOT INTERFERE WITH THE SAFETY OR PERFORMANCE OF OTHER RACERS.

10.3 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.

10.4 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.

10.5 HYDRATION/NUTRITION

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

Racers are not permitted to accept any beverage or nutritional product from anyone except the aid stations during their event. Doing so is considered 'outside assistance' and time penalties can be applied per infringement.

11 EVENT DAY SCHEDULE

On event day, racers will encounter the following areas.

11.1 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.

11.2 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.

11.3 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.

11.4 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.

12 PENALTIES

12.1 PENALTIES

12.1.1 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].

12.1.2 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.

12.1.3 MISSED STATION / 1K RUN

Missing an entire station, failing to complete any workout station in full, or missing a 1K run will lead to a disqualification.

12.1.4 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.

12.2 TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-8. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the timing system using chip reads—for example, incorrect use of the IN/OUT arches or missing sled laps.

Infractions related to movement standards or rep counts—such as using the wrong weights, failing to return kettlebells correctly, or a no-rep on wall ball squats—can be penalised in real time by Judges or Head Judges.

Only Race Directors have the authority to disqualify [DQ] a racer, based on input from Head Judges, Judges, or their own direct observations.

For Stations 1–7, racers will receive one warning per station for not meeting movement standards. On the second infringement–regardless of type–the repetition is deemed invalid and the racer will receive the associated time penalty. Any further violations within the same station will incur additional penalties.

Note: Certain violations may result in immediate penalties without warning, depending on their severity.

12.3 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].

12.4 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.

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 penalty.

CODE	REASON	PENALTY
01	MISSING LAP RUN	3 MIN [4 LAP SETUP] 5 MIN [3 LAP SETUP] 7 MIN [2 LAP SETUP] DQ [1 LAP SETUP]
02	MISSING RUN OR STATION	DQ
03	INCORRECT STATION ORDER	3 MINUTES FOR FIRST INFRINGEMENT, THEN DQ
04	INCORRECT USE OF IN/OUT ARCHES	2 MINUTES PER INFRINGEMENT
05	INCORRECT USE OF WORKOUT STATION ENTRY/EXIT	2 MINUTES PER INFRINGEMENT
06	FEET NOT ON SKIERG BASE OR NOT ON ROWER FOOTPLATES BEFORE TOUCHING THE HANDLE	15 SECONDS PER INFRINGEMENT
07	LEAVING SKIERG EARLY	DQ — FAILURE TO COMPLETE 1,000 METERS [INCOMPLETE STATION]
08	LEAVING ROWER EARLY	DQ — FAILURE TO COMPLETE 1,000 METERS [INCOMPLETE STATION]
09	LEAVING WALLBALLS EARLY	DQ — FAILURE TO COMPLETE 100 WALL BALLS [INCOMPLETE STATION]
10	MISSING SLED LANE	DQ — MISSING LANE [INCOMPLETE STATION]
11	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
12	MISSING FARMERS CARRY LAP	DQ — MISSING LAP [INCOMPLETE STATION]
13	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
14	INCORRECT WEIGHT AT FARMERS CARRY OR LUNGES	DQ
15	TRAILING KNEE NOT TOUCHING THE GROUND/ NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
16	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS PER INFRINGEMENT
17	START TUNNEL FLOW	A 1 MINUTE PENALTY CAN APPLY FOR RACERS WHO WAIT IN THE START TUNNEL AFTER THEIR WAVE HAS STARTED.
18	USE OF CHALK	CHALK USE IS PERMITTED JUST FOR SLED PULL AND FARMERS CARRY USING CHALK ANYWHERE ELSE LEADS TO A 2 MINUTES PENALTY. ONLY EVENT-PROVIDED CHALK IS PERMITTED. USING OWN CHALK OR REMOVING EVENT CHALK FROM A STATION IS A 2-MINUTE PENALTY.
19	OUTSIDE ASSISTANCE	2 MINUTES PER INFRINGEMENT
20	INCORRECT START TIME [WITHOUT PERMISSION]	DQ
21	NOT WEARING TIMING CHIP WHILE RACING	DID NOT START [DNS]
22	SPITTING OR CLEARING NOSE	2 MINUTES OR DQ [RACE DIRECTOR DECISION]
23	LITTERING, RAPID COOLING	2 MINUTES PER INFRINGEMENT
24	UNSPORTING BEHAVIOUR	2 MINUTES OR DQ [RACE DIRECTOR DECISION]

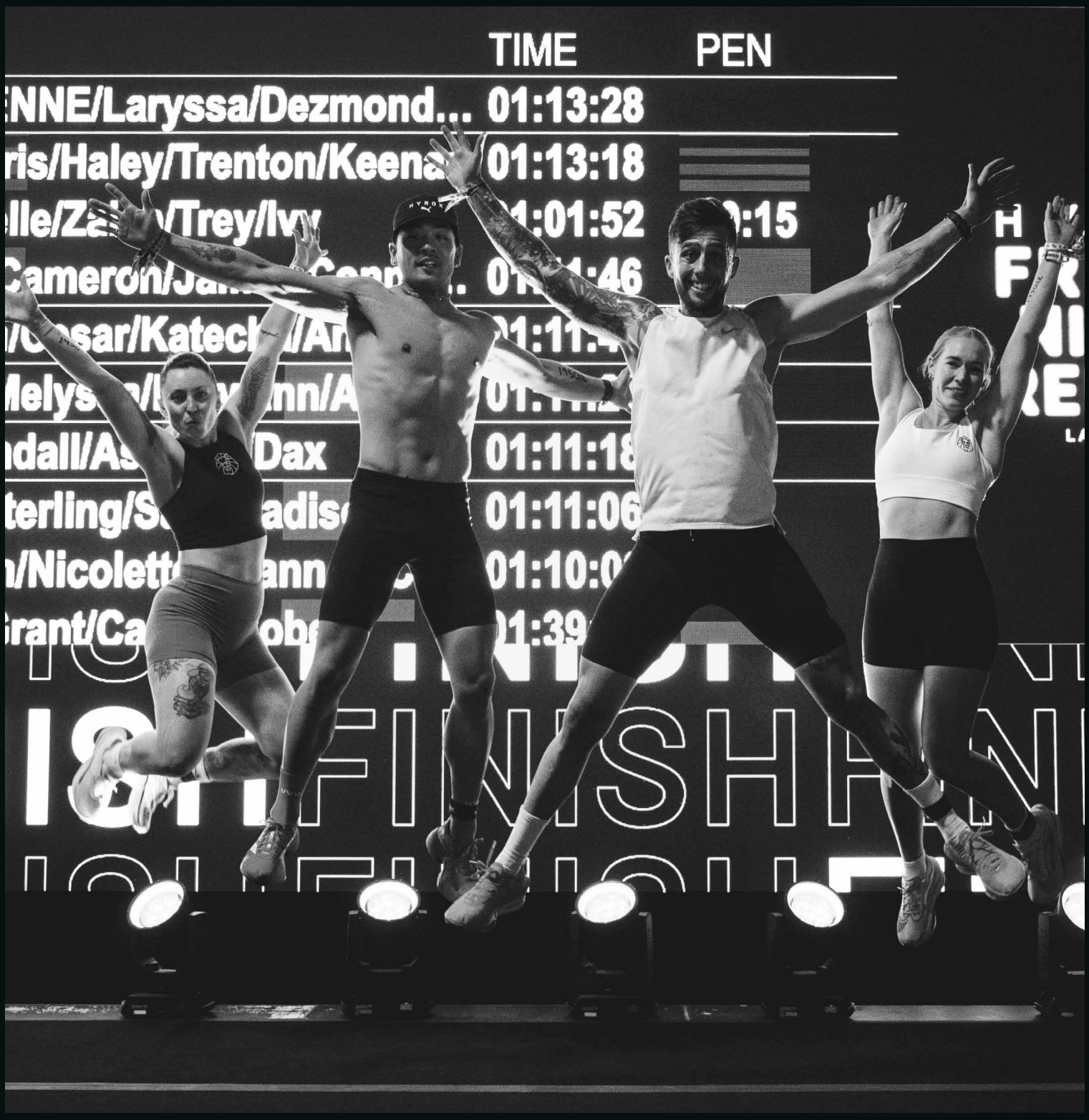
13 RULES OF CONDUCT

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
RELAY



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1 CONCEPT

HYROX, an indoor mass participation fitness competition, is based on an idea by co-founder Christian Toetzke and involves a combination of running and functional movements. The race was designed by Mintra Tilly, who also wrote the rulebook.

HYROX consists of a 1 km run followed by 1 station, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the racers must complete the runs and stations in the specific order [run 1, workout station 1, run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 stations.

Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each 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

1 In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
2 Official rankings will be based on racers' biological sex at birth. However, individuals who wish to participate for recreational purposes only, without being included in the official rankings, may register under their gender identity.
3 Each racer must agree to the terms and conditions of participation.
4 The only way to register for a HYROX event is via www.hyrox.com.

2.3 PREGNANT RACERS

Pregnant women are welcome to participate. However, the participation in any race during pregnancy remains solely at the discretion and responsibility of the pregnant individual. As every pregnancy is unique, we strongly recommend consulting a medical professional prior to participating in a race, in order to assess any potential risks.

Any pregnant racer who would like to adapt any movements or modify the prescribed weights/reps, should contact the HYROX team in advance. Hyrox is 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 HYROX TEAM RELAY

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

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

3.2 PARTICIPATE AS AN INDIVIDUAL

In addition to the RELAY participation, there is also the option to join as a SINGLE starter. Learn more about the HYROX SINGLES race in the RULEBOOK SINGLE.

3.3 PARTICIPATE AS A HYROX DOUBLES TEAM

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.

3.4 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.

4 DIVISIONS AND RANKING SYSTEM

4.1 HYROX TEAM RELAY DIVISIONS

WOMEN
MEN
MIXED

HYROX offers three divisions. 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	MEN
SKI ERG	1000M	1000M
SLED PUSH 4 X 12,5M	102KG INCL. SLED	152KG INCL. SLED
SLED PULL 4 X 12,5M	78KG INCL. SLED	103KG INCL. SLED
BURPEE BROAD JUMPS	80M	80M
ROWING	1000M	1000M
FARMERS CARRY 200M	2 X 16KG	2 X 24KG
LUNGES 100M	10KG	20KG
WALL BALLS 100 REPS	4KG	6KG

4.2 RELAY AGE GROUPS

UNDER 40

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 UNDER 40.

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.

HYROX reserves the right to declare an event, event day or the part of the day affected as 'Out of Ranking' for World Championship qualification and/or Elite qualification if environmental or venue conditions [e.g., wet turf, unsafe surfaces, extreme weather] materially affect athlete performance or safety. Such a decision may be announced before, during, or after the event at the discretion of Director of Sports.

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 workstation, 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.

Each RM has to run 2 x 1 km 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.

A HYROX Relay Team must consist of four racers. Starting the race with fewer than four racers present to participate is not permitted

Attention

1. Any racer who starts in an earlier or later wave than their official assigned start time without prior approval from the Race Organisers will be disqualified [DQ].
2. It is the racer's responsibility to wear their timing chip on an ankle at all times while racing. Failure to do so will result in a 'Did Not Start' [DNS] leaderboard result.
3. Racers must avoid entering the Roxzone or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.
4. Racers are solely responsible for counting their own running laps; completing extra laps does not warrant any time adjustment, and any lap screen provided at the venue serves only as a non-official aid.

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.

1. Complete all workout stations in the correct order.
2. Enter and Exit each workout station via the correct routes.
3. Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
4. Complete the prescribed number of repetitions and/or distances.
5. Perform each exercise according to the movement standards.
6. Perform the exercises/movements using the correct weight[s].
7. Only use a piece of equipment/lane/wall ball station assigned by a member of the Race Crew. Failure to do so will incur a 2-minute penalty per infringement.
8. Only event supplied chalk and chalk related accessories may be used during the race, and only at the designated stations where it is provided. Athletes are not permitted to remove chalk from a station or carry it to another location. Each infringement will result in a 2-minute penalty.
9. To avoid creating slip hazards for other racers and staff, the fluids provided at aid stations are for drinking only. They are not to be used for active cooling [e.g. pouring water over the head or body]. Doing so will incur a 2-minute penalty per infringement.

5.3 RUNNING

All HYROX courses comprise the same distances and combine the Run Course, Roxzone and workout station distances.

The designated run portion of every HYROX race totals 8,000 meters, divided into eight run segments of approximately 1,000 meters each.

Due to venue layout, individual run segments may be structured as multiple laps, and the length of the first or final lap within a segment may vary. Any deviation from 1,000 meters within a lap will be offset within that segment's lap structure to ensure the full 8,000 meter designated running distance is completed.

On the run course, there is a line dividing the running course into two zones: Fast Lane [smaller, on the inside line] and Running Lane [larger, on the outside line]. Racers running 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

Athletes must not remain in the start tunnel once their wave has begun. They are required to move forward with the natural flow of their start wave. Failure to do so may result in a penalty.

A Judging Team will be responsible for ensuring all racers complete the race in a correct and safe manner. The Judges do this in coordination with the Head Judge of the respective station.

The Head Judge of each station is managed by the Race Directors, who oversee all sporting aspects of the race and make the final decisions on all judging matters.

All decisions of the Lead Race Director are final.

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.

On Lunges, Burpee Broad Jumps, and the Farmer's Carry, faster racers may overtake slower racers when safe to do so. Any grid lines or lane markings at these stations serve as orientation only and are not mandatory to follow.

Any failure to complete a workout station in full results in disqualification [Incomplete Station]. This applies to all eight workout stations and replaces any minimum-working-distance, minimum-working-requirement, or partial-completion penalty previously associated with an individual station.
Missing run laps are out of scope and remain governed by Section 10.

6.1 SKIERG

DISTANCE: 1.000 METERS

1. Prior to starting, the monitor will be [re]set by a Judge.
2. The racer must have both feet on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The racer's heels are permitted to hang over the edge of the SkiErg base but must not come into contact with the floor. Racers may use a dynamic or jumping motion while skiing. Feet may temporarily leave the base plate during the jump. However, when the feet return to the ground, they must land back on the SkiErg base plate. If either foot touches the floor [and not the baseplate] during the 1,000 meters, this will be deemed an infringement.
3. 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.
4. The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.

SKIERG PENALTY PROTOCOL

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

6.2 SLED PUSH

DISTANCE: 50 METERS

1. Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2. Both sled and racer must be completely behind the white line prior to starting.

3 Both sled and racer must stay within their designated lane and not interfere with a neighbouring lane in any way.
4 The sled must always pass the 12.5m mark [end of the lane] entirely before changing direction.
5 As soon as the racer completes 4 x 12.5m lanes and the entire sled passes the line, the station is complete.

SLED PUSH PENALTY PROTOCOL

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

DISTANCE	50 METERS [4 X 12.5M]
WOMEN	102 KG INCL. SLED
MEN	152KG INCL. SLED

6.3 SLED PULL



FIG 001

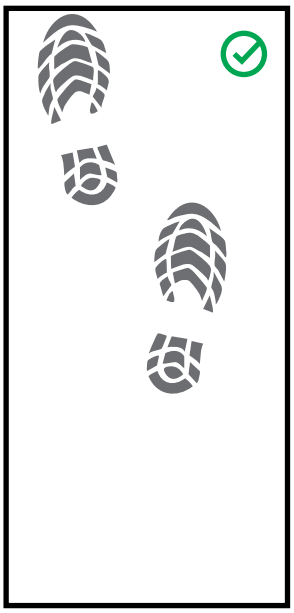

FIG 002

DISTANCE: 50 METERS

1 Each team will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2 Both sled and racer must be completely within their respective Racers Box prior to starting.
3 At all times, the racer must remain within their designated working space [known as the Racers Box] at each end of their lane.
   a Racers are not permitted to step on the solid line at the front [see Fig 001 & 002] or back of the Racers Box [see Fig 003] while holding the rope.

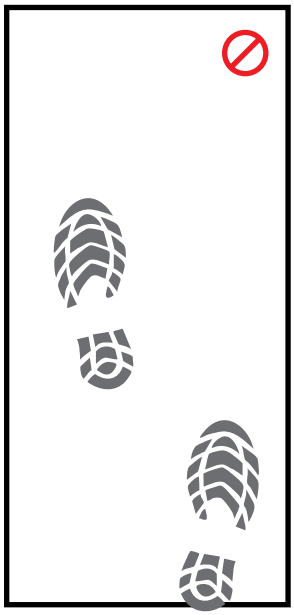

FIG 003

4 The sled must always pass the 12.5m mark [end of the lane, completely over the white line] before changing direction.
5 Once the racer pulls the entire sled past the 12.5m mark, the racer then runs to the opposite of their lane and pulls the sled back.
6 At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.
7 At all times, the racer must make sure that their rope remains in their lane - it may extend out of the back of their lane, but may not impede a neighbouring lane.
8 As soon as the racer has completed 4 x 12.5 m lanes and the entire sled passes the line, the station is complete.

SLED PULL PENALTY PROTOCOL

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

DISTANCE	50 METERS [4 X 12.5M]
WOMEN	78 KG INCL. SLED
MEN	103 KG INCL. SLED

DISTANCE: 80 METERS

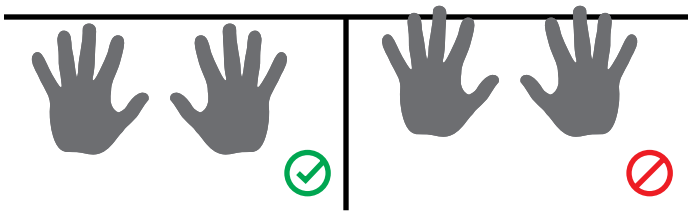

FIG 004

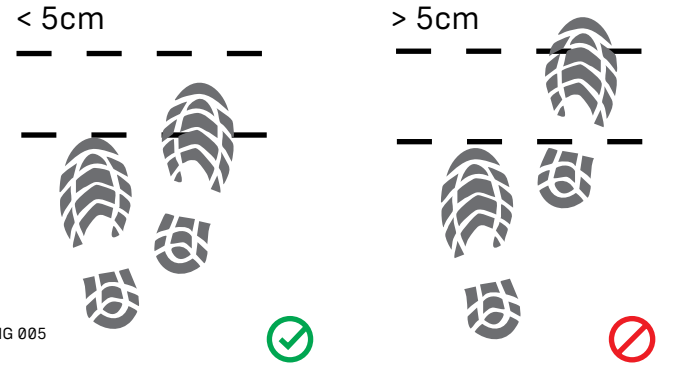

FIG 005

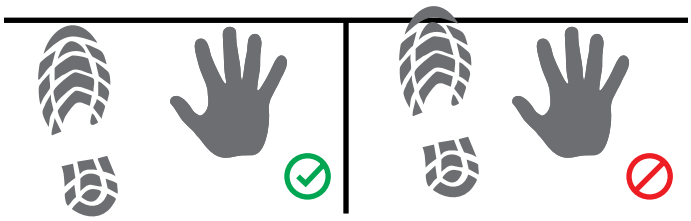

FIG 006

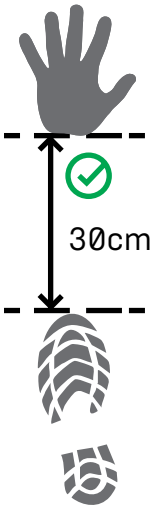

FIG 007



FIG 008

1 The racer must start by completing a burpee.
2 The first burpee of each section starts with both hands placed on the ground/contrasting coloured tape behind the white start–line with the racer's chest on the ground [see Fig 004].
   a In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.
3 The racer may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must take off and land simultaneously. A maximum variance of 5 cm is permitted between the front of one foot and the front of the other foot during both take-off and landing. Any stagger greater than 5 cm is not permitted. Additional steps or shuffles are not permitted at any time. [see Fig 005]
4 Racers are permitted to use a knee when coming out of the bottom of the burpee position.
5 When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips [overstepping] [see Fig 006].
   a The 30 cm measures from the base of the racer's palms where their hands meet their wrists [see Fig 007].
   b Once the hands are placed on the ground, they cannot be moved forward.
6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm forward of their toes from the front foot.
7 The racer may then jump or step backwards into the burpee position. In the bottom of all burpees, the racer's chest must clearly touch the ground.
8 If grid lanes are in place, they are there as a guide only - it is not mandatory to stay in the same lane i.e. a faster racer can cross lanes to overtake a slower racer.
9 The length of each broad jump is up to the racer.
10 Where turning points are used at the end of each section, racers are not required to perform the movement around them. However, the racer must jump across every white start/finish line with both feet fully crossing the line at the end of the

section before turning. Each new section must begin from the designated start line position–chest on the ground with hands placed behind the white line [see Fig 008].

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

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

BURPEE BROAD JUMP PENALTY PROTOCOL

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

6.5 ROWING

DISTANCE: 1.000 METERS

1 Prior to starting, the monitor will be [re]set by the Judging Team.
2 The athlete must remain seated on the rower until the full 1,000 meters are completed.
3 Racers may stop rowing at any time, place the handle back in the holder, and rest with their feet on or off the foot plates.
4 The athlete may not stand up, leave the seat, or dismount the rower until the 1,000 meters are completed and a judge has confirmed completion.

Attention

1 The damper setting on the ergometer is preset to Resistance 6 for all divisions–this may be adjusted as many times as desired by the racer.
2 The footplates will be preset to Position Number 4 for all divisions. Racers are permitted to adjust the footplate to their preferred setting before beginning.

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

6.6 KETTLEBELL FARMERS CARRY

DISTANCE: 200 METERS

Depending on the venue, achieving 200 meters may involve multiple laps. It is the racer's responsibility to familiarize 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.

1. The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/finish line.
2. The racer has to carry both kettlebells at all times while they move.
3. Kettlebells must be carried with both arms extended by the racer's sides.
4. Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
5. The workout station is completed once the racer carries the kettlebells across the finish line and returns them to the correct box, ensuring that the handles remain in the upright position.

1 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.
2 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	200 METERS
WOMEN	2 X 16KG [WHITE]
MEN	2 X 24KG [GREY]

6.7 SANDBAG LUNGE

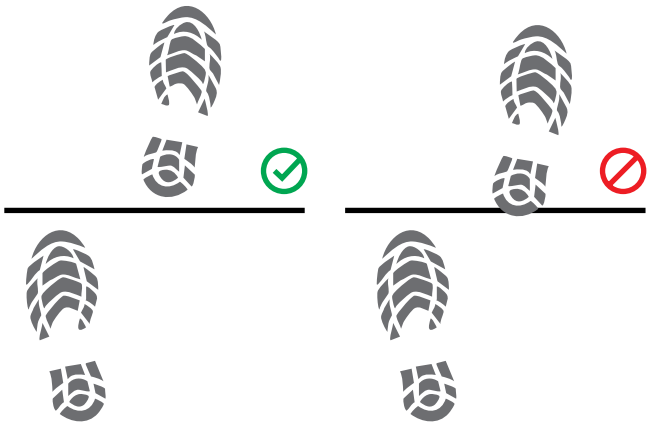

FIG 009

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.

1 The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/ finish line.
2 The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
3 During each lunge, the trailing knee must clearly touch the ground.
4 Each repetition ends with the racer standing tall, knees and hips fully extended.
5 Lunges must be alternating i.e. alternating knees touching the ground.
6 The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.

7 It is not permitted to take any steps or shuffles between repetitions.

8 It is required that the racer's front foot must completely cross the white line at the end of each lane, and the finish line.

9 The racer does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it [see Fig: 009].

10 The station is complete once the racer's leading foot completely crosses the finish line. They must then return the sandbag to the correct marked area.

SANDBAG LUNGE PENALTY PROTOCOL

1 A racer's first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 If the racer fails to return their sandbag to the correct area, a 30-second penalty shall apply. If a racer returns to correct their infringement before exiting the Roxzone, this penalty will not be applied.

4 If a racer completes all/part of the Sandbag Lunge using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification [DQ].

5 During Sandbag Lunges, the sandbag must remain fully supported by the working athlete. It must not be placed on the ground, barricades, feet, or any other surface to remove the load. Each infringement will result in a 15-second penalty.

DISTANCE	100 METERS
WOMEN	10KG [WHITE]
MEN	20KG [GREY]

6.8 WALL BALLS

REPS: 100

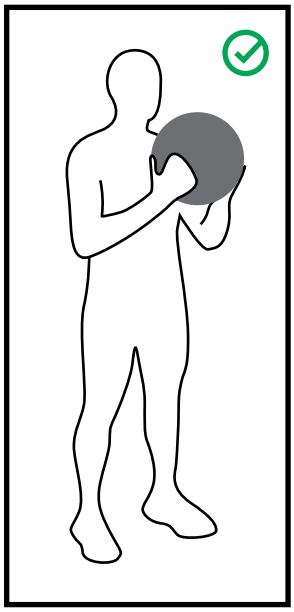

FIG 010

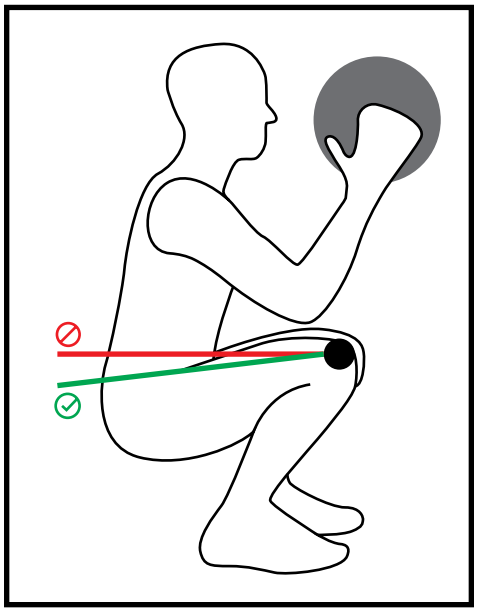

FIG 011

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

2 The racer must start by standing tall [hips and knees extended], holding the wall ball with both hands [see Fig 010] i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.

3 The racer completes a full squat and throws the ball with both hands striking the correct target on the Wall Ball rig. This sequence counts as one repetition.

4 Each wall ball throw must strike the designated target i.e. female racers must hit their target in the strike zone, male racers must hit their target in the strike zone.

5 After the ball touches the target, the racer either catches the ball and initiates the movement again or alternately, the racer allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat. Racers are not permitted to catch the ball after it bounces and continue with the next repetition.

6 At the bottom position of the squat, the racer's hips must descend lower than their knees [also known as; below parallel or below 90º] [see Fig 011].

7 Where no digital targets are in use, racers may only proceed to the Finisher Stage once their Judge confirms that 100 valid Wall Ball repetitions have been completed.

8 Racers are permitted to remove their shoes once they arrive at their designated target. The racer must place the shoes under the rig. After completing 100 valid wall balls the racer is required to take their shoes with them to the Finisher Stage–racers are not permitted to return to the wall ball area after completing their race.

9 Racers are encouraged to avoid running under the wall ball rig so as to avoid any obstacles or staff.

10 If the racer breaches any of these requirements,

that repetition will be deemed a ‘no rep’.

CATEGORY	WEIGHT
WOMEN	100 REPS / 4KG [WHITE]
MEN	100 REPS / 6KG [GREY]

CATEGORY	TARGET HEIGHT
WOMEN	2.70M
MEN	3.00M

Attention

1 Digital Wall Ball Target Protocol
HYROX events may use digital screens to display rep counts and no-reps as a visual aid. The screen may indicate two types of no-reps: movement faults (e.g., not meeting the correct movement standard or breaking the movement pattern) and target faults (e.g., not hitting the target or hitting the wrong target). These displays do not determine the validity of repetitions. A Wall Ball rep is only valid when the athlete performs the correct movement standard and the ball makes proper contact with the correct physical target. After 100 valid repetitions, the screen will turn green and display a ‘GO’ signal to indicate that the station is complete. The physical target and judge confirmation remain the official standard for all repetitions.

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

1. No warnings are given, it is either a rep or a no-rep.
2. 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 compete on a level playing field.

As such, HYROX enforces an anti-doping policy to ensure the health and safety of all racers and to uphold the values of honesty, respect and equality in sports. All events are dedicated to maintaining the highest ethical standards with zero tolerance for the use of prohibited substances or methods that may compromise the integrity of the race.

All racers participating in HYROX events are expected to comply with the organisers' antidoping regulations. This includes submitting to testing for banned substances, both in and out of the race. TUE's [Therapeutic Use Exemptions] can be submitted 28 days prior to racing.

In addition, HYROX reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

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

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 CLOTHING AND ACCESSORIES

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

1 Knee Sleeves
2 Gloves [not grips]
3 Weightlifting Belt
4 Wristbands
5 Hydration Packs
6 Asthma inhalers or similar prescribed
7 respiratory devices [see note 3]

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

Attention

1 If a racer chooses to use, wear or carry any of the above items, they must do so from the start to the finish of their race. These items may not be handed to or received from anyone else at any point. Doing so constitutes outside assistance and may result in disqualification.
2 Any item NOT listed above should be considered

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.

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

8.2 FORBIDDEN ITEMS

The following items are strictly forbidden at all times:

1 Headphones
2 Cell Phones*
3 VR Headsets
4 GoPro or any other type/brand of [body] cameras
5 Helmets**
6 Breathing apparatus**
7 Compressed air cylinders**
8 Ear Plugs
9 Smart glasses, AI glasses, or any eyewear incorporating cameras, audio recording, live streaming, data transmission, or augmented reality functionality

* IF A MEDICAL DEVICE THAT REQUIRES PROXIMITY TO A RACER'S PHONE IS NECESSARY DURING THE RACE, PRIOR APPROVAL MUST BE OBTAINED FROM THE RACE DIRECTOR. PLEASE CONTACT YOUR LOCAL CUSTOMER SUPPORT TEAM BEFORE RACE DAY TO BE CONNECTED WITH THE APPROPRIATE RACE DIRECTOR.

** FOR SAFETY REASONS, ANY CLOTHING OR EQUIPMENT THAT COULD POSE A RISK TO OTHER RACERS IS NOT PERMITTED ON THE HYROX RACE FLOOR. THIS INCLUDES, BUT IS NOT LIMITED TO, BREATHING APPARATUSES, COMPRESSED AIR CYLINDERS, AND HELMETS. WHILE WE UNDERSTAND THAT SUCH ITEMS ARE SOMETIMES WORN AS PART OF CHARITY-BASED INITIATIVES, THE SAFETY OF ALL RACERS REMAINS OUR TOP PRIORITY. UNIFORMS AND WEIGHT VESTS ARE STILL PERMITTED, PROVIDED THEY DO NOT INTERFERE WITH THE SAFETY OR PERFORMANCE OF OTHER RACERS.

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 time penalties can be applied per infringement.

9 EVENT DAY SCHEDULE

On event day, racers 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

10.1 PENALTIES

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 STATION / 1K RUN

Missing an entire station, failing to complete any workout station in full, or missing a 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.

10.2 TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-8. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the timing system using chip reads—for example, incorrect use of the IN/OUT arches or missing sled laps.

Infractions related to movement standards or rep counts—such as using the wrong weights, failing to return kettlebells correctly, or a no-rep on wall ball squats—can be penalised in real time by Judges or Head Judges.

Only Race Directors have the authority to disqualify [DQ] a racer, based on input from Head Judges, Judges, or their own direct observations.

For Stations 1–7, racers will receive one warning per station for not meeting movement standards. On the second infringement–regardless of type–the repetition is deemed invalid and the racer will receive the associated time penalty. Any further violations within the same station will incur additional penalties.

Note: Certain violations may result in immediate penalties without warning, depending on their severity.

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.

CODE	REASON	PENALTY
01	MISSING LAP RUN	3 MIN [4 LAP SETUP] 5 MIN [3 LAP SETUP] 7 MIN [2 LAP SETUP] DQ [1 LAP SETUP]
02	MISSING RUN OR STATION	DQ
03	INCORRECT STATION ORDER	3 MINUTES FOR FIRST INFRINGEMENT, THEN DQ
04	INCORRECT USE OF IN/OUT ARCHES	2 MINUTES PER INFRINGEMENT
05	INCORRECT USE OF WORKOUT STATION ENTRY/EXIT	2 MINUTES PER INFRINGEMENT
06	FEET NOT ON SKIERG BASE OR NOT ON ROWER FOOTPLATES BEFORE TOUCHING THE HANDLE	15 SECONDS PER INFRINGEMENT
07	LEAVING SKIERG EARLY	FAILURE TO COMPLETE 1,000 METERS ENDS IN A DISQUALIFICATION [INCOMPLETE STATION]
08	LEAVING ROWER EARLY	FAILURE TO COMPLETE 1,000 METERS ENDS IN A DISQUALIFICATION [INCOMPLETE STATION]
09	LEAVING WALLBALLS EARLY	FAILURE TO COMPLETE 1,000 WALL BALLS ENDS IN A DISQUALIFICATION [INCOMPLETE STATION]
10	MISSING SLED LANE	DQ — MISSING LANE
11	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
12	MISSING FARMERS CARRY LAP	DQ — MISSING LAP
13	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
14	INCORRECT WEIGHT AT FARMERS CARRY OR LUNGES	DQ
15	TRAILING KNEE NOT TOUCHING THE GROUND/ NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
16	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS PER INFRINGEMENT
17	START TUNNEL FLOW	A 1 MINUTE PENALTY CAN APPLY FOR RACERS WHO WAIT IN THE START TUNNEL AFTER THEIR WAVE HAS STARTED.
18	USE OF CHALK	CHALK USE IS PERMITTED JUST FOR SLED PULL AND FARMERS CARRY. USING CHALK ANYWHERE ELSE LEADS TO A 2 MINUTES PENALTY ONLY EVENT-PROVIDED CHALK IS PERMITTED USING OWN CHALK OR REMOVING EVENT CHALK FROM A STATION IS A 2-MINUTE PENALTY
19	OUTSIDE ASSISTANCE	2 MINUTES PER INFRINGEMENT
20	INCORRECT START TIME [WITHOUT PERMISSION]	DQ
21	NOT WEARING TIMING CHIP WHILE RACING	DID NOT START [DNS]
22	SPITTING OR CLEARING NOSE	2 MINUTES OR DQ [RACE DIRECTOR DECISION]
23	LITTERING, RAPID COOLING	2 MINUTES PER INFRINGEMENT
24	UNSPORTING BEHAVIOUR	2 MINUTES OR DQ [RACE DIRECTOR DECISION]

11 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
ADAPTIVE



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1 CONCEPT

HYROX, an indoor mass participation fitness competition, is based on an idea by co-founder Christian Toetzke and involves a combination of running and functional movements. The race was designed by Mintra Tilly, who also wrote the rulebook.

HYROX consists of a 1 km run followed by 1 station, repeated 8 times. In order to complete the entire HYROX race and receive a valid finishing time, the racers must complete the runs and stations in the specific order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 stations.

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

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. In addition to the overall fastest men's and women's times, results are also ranked in age groups [see below], also sorted from the fastest to the slowest time.

2 CONDITIONS OF PARTICIPATION

2.1 CONDITIONS OF PARTICIPATION IN HYROX

HYROX is a race open to everyone, qualifications are not required.

By participating in HYROX you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy which can be read at https://hyrox.com/terms-and-conditions/.

2.2 PRECONDITIONS FOR PARTICIPATION

1. In order to participate in a HYROX event, racers must be at least 16 years old on the day of race.
2. Official rankings will be based on racers' biological sex at birth. However, individuals who wish to participate for recreational purposes only, without being included in the official ranking, may register under their gender identity.
3. Each racer must agree to the terms and conditions of participation.
4. The only way to register for a HYROX event is via www.hyrox.com.

2.3 PREGNANT RACERS

Pregnant women are welcome to participate. However, the participation in any race during pregnancy remains solely at the discretion and responsibility of the pregnant individual. As every pregnancy is unique, we strongly recommend consulting a medical professional prior to participating in a race, in order to assess any potential risks.

Any pregnant racer who would like to adapt any movements or modify the prescribed weights/reps, should contact the HYROX team in advance. Hyrox are happy to accommodate these wishes where possible.

However, please note that any adaptations will result in your result being marked as 'Out of Competition' so you will be excluded from official rankings or qualification spots, although you will still receive a finish time.

3 REGISTRATION

3.1 PARTICIPATE AS AN HYROX ADAPTIVE INDIVIDUAL

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

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

4 DEFINING OUR LANGUAGE

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

5 DIVISIONS AND CLASSIFICATIONS

5.1 HYROX ADAPTIVE DIVISIONS

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

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

9.1 SEATED WITH HIP FUNCTION [SWHF]

9.2 SEATED WITHOUT HIP FUNCTION [SWOHF]

9.3 SEATED WITHOUT CORE FUNCTION [SWOC]

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

LOWER LIMB MAJOR

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

LOWER LIMB MINOR

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

UPPER LIMB MAJOR

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

UPPER LIMB MINOR

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

SHORT STATURE

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

VISION IMPAIRMENT

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

D/dEAF OR HARD OF HEARING

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

NEUROLOGICAL DIVISIONS

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

NEUROLOGICAL MINOR

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

NEUROLOGICAL MODERATE

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

NEUROLOGICAL MAJOR

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

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

SEATED WITH HIP FUNCTION [SWHF] DIVISION

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

SEATED WITHOUT HIP FUNCTION [SWOHF] DIVISION

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

SEATED WITHOUT CORE FUNCTION [SWOC] DIVISION

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

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

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

6 RANKING SYSTEMS

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

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

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

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

HYROX reserves the right to declare an event, event day or the part of the day affected as 'Out of Ranking' for World Championship qualification and/or Elite qualification if environmental or venue conditions [e.g., wet turf, unsafe surfaces, extreme weather] materially affect athlete performance or safety. Such a decision may be announced before, during, or after the event at the discretion of Director of Sports.

7 WORLD CHAMPIONSHIPS

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

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

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

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

8 THE RACE

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

In order to complete the entire HYROX race and receive a valid finishing time, the racers must start at the designated start time, complete the runs and workouts in the designated order [Run 1, workout station 1, Run 2, workout station 2, etc.] until they have completed a total of 8 km running and 8 workout stations whilst wearing their issued timing chip on an ankle at all times.

HYROX race operate using wave starts at regular scheduled intervals [e.g., every 10 minutes]. Each racer is assigned an official start time, which is communicated prior to race day and confirmed again at check-in.

Racers must have their official start time clearly visible on their arm.

Attention

1. Any racer who starts in an earlier or later wave than their official assigned start time without prior approval from the Race Oraganisers will be Disqualified [DQ].
2. It is the racer's responsibility to wear their timing chip on an ankle at all times while racing. Failure to do so will result in a 'Did Not Start' [DNS] leaderboard result.
3. Racers must avoid entering the Roxzone or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.
4. Racers are solely responsible for counting their own running laps; completing extra laps does not warrant any time adjustment, and any lap screen provided at the venue serves only as a non-official aid.

8.1 STATION RULES AND REGULATIONS

1. Complete all workout stations in the correct order.
2. Enter and Exit each workout station via the correct routes.
3. Exiting a workout station via the workout station 'IN' arch will result in a 2 minute time penalty.
4. Complete the prescribed number of repetitions and/or distances.
5. Perform each exercise according to the movement standards.
6. Perform the exercises/movements using the correct weight[s].
7. Only use a piece of equipment/lane/wall ball station assigned by a member of the Race Crew. Failure to do so will incur a 2-minute penalty per infringement.
8. Only event supplied chalk and chalk related accessories may be used during the race, and only at the designated stations where it is provided. Athletes are not permitted to remove chalk from a station or carry it to another location. Each infringement will result in a 2-minute penalty.
9. To avoid creating slip hazards for other racers and staff, the fluids provided at aid stations are for drinking only. They are not to be used for active cooling [e.g. pouring water over the head or body]. Doing so will incur a 2-minute penalty per infringement.

8.2 ADAPTIVE SPORT EQUIPMENT

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

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

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

8.3 RUNNING/PUSHING

All HYROX courses comprise the same distances and combine the Run Course, Roxzone and workout station distances. The designated run/push portion of every HYROX race total
8,000 meters, divided into eight run segments of approximately 1,000 meters each.
Due to venue layout, individual run/push segments may be structured as multiple laps, and the length of the first or final lap within a segment may vary. Any deviation
from 1,000 meters within a lap will be offset within that segment's lap structure to ensure the full 8,000 meter designated running/pushing distance is completed.

On the run course, there is a line dividing the running course into two zones: Fast Lane (smaller, on the inside line) and Running Lane (larger, on the outside line). Racers running/pushing at a 4/km pace or faster are required to use the Fast Lane, while other racers should stay in the Running/Pushing lane.

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

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

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

8.4 GUIDE RUNNERS

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

8.5 JUDGING TEAMS

Athletes must not remain in the start tunnel once their wave has begun. They are required to move forward with the natural flow of their start wave. Failure to do so may result in a penalty.

A Judging Team will be responsible for ensuring all racers complete the race in a correct and safe manner. The Judges do this in coordination with the Head Judge of the respective station.

The Head Judge of each station is managed by the Race Directors, who oversee all sporting aspects of the race and make the final decisions on all judging matters.

All decisions of the Lead Race Director are final.

9 MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

It is the responsibility of each racer to complete all run/push segments and workout stations as prescribed, in the correct sequence, and to clearly demonstrate that all required movement standards are being met throughout the race.

Any execution of a run/push or movement that deviates from the prescribed standards, appears unusual or uncommon, or appears to provide a competitive advantage will not be recognised. Such actions may result in either a no rep or a time penalty, depending on the station.

Additionally, equipment and lane assignments for each station will be determined by the Head Judge and their team. Racers are not permitted to choose their own equipment or lane under any circumstances. Approved adaptations will be prepared in advance, which may include a designated machine, lane, spot if necessary.

On Lunges, Burpee Broad Jumps, and the Farmer's Carry, faster racers may overtake slower racers when safe to do so. Any grid lines or lane markings at these stations serve as orientation only and are not mandatory to follow.

9.1 SKIERG

1. Prior to starting, the monitor will be [re]set by a Judge.
2. The racer must have both feet on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The racer's heels are permitted to hang over the edge of the SkiErg base but must not come into contact with the floor. Racers may use a dynamic or jumping motion while skiing. Feet may temporarily leave the base plate during the jump. However, when the feet return to the ground, they must land back on the SkiErg base plate. If either foot touches the floor [and not the baseplate] before completing the full distance, this is an infringement. **Seated racers are required to have their feet on their footplate at all times**
3. After completing the required distance, the racer must remain with both feet/wheelchair on the platform and raise an arm to signal to a Judge that the required distance has been completed.
4. The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.

Note: The damper setting on the ergometer is preset to resistance 6 for all divisions–this may be adjusted as many times as desired by the racer.

SKIERG PENALTY PROTOCOL

1. If the racer's feet move from the SkiErg base, this will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.
4. For every meter not completed a 15-second penalty will be applied.

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

9.2 SLED PUSH

1. Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2. Both sled and racer must be completely behind the white line prior to starting.
3. Both sled and racer must stay within their designated lane and not interfere with a neighbouring lane in any way.
4. The sled must always pass the 12.5m mark (end of the lane) entirely before changing direction.
5. If the racer completes less than required lanes, a penalty of 3 minutes per missing lane will be applied.

Racers in seated divisions can adapt as follows

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

SLED PUSH PENALTY PROTOCOL

1. A racer's first infringement will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.
4. A penalty of 3 minutes will be applied for each missing lane.

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

9.3 SLED PULL

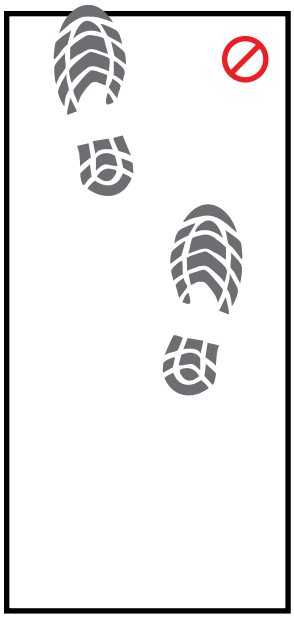

FIG 001

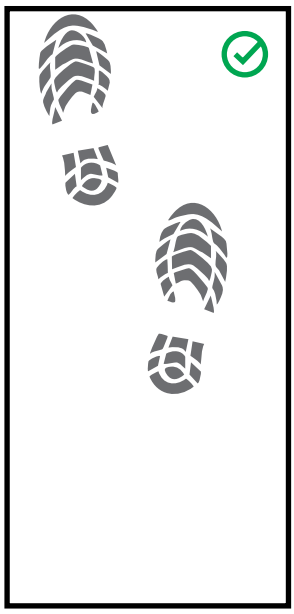

FIG 002

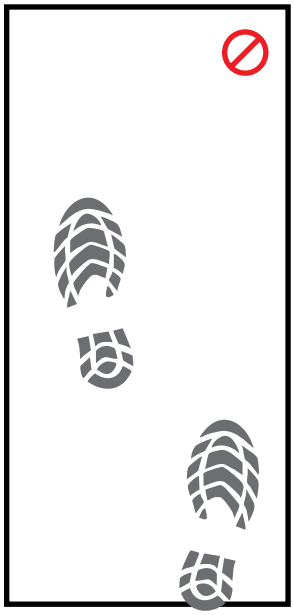

FIG 003

1. Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.
2. Both sled and racer must be completely within their respective Racers Box prior to starting.
3. At all times, the racer must remain within their designated working space (known as the Racers Box) at each end of their lane.
    a. Racers are not permitted to step/have their wheelchair on the solid line at the front [see Fig 001 & 002] or back of the Racers Box [see Fig 003] while holding the rope.
4. The sled must always pass the 12.5m mark (end of the lane, completely over the white line) before changing direction.
5. Once the racer pulls the entire sled past the 12.5m mark, the racer then runs/pushes to the opposite of their lane and pulls the sled back.
6. At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position **unless explicitly allowed by the movement standards for the respective division.**
7. At all times, the racer must make sure that their rope remains in their lane - it may extend out of the back of their lane, but may not impede a neighbouring lane.
8. If the racer completes less than required lanes, a penalty of 3 minutes per missing lane will be applied.

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

Racers in seated divisions can adapt as follows:
The front of the sled must always pass the 12.5 m mark, while remaining in the racers box at all times. Seated racers are required to have their feet on their footplate at all time.

SLED PULL PENALTY PROTOCOL

1. A racer's first infringement will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.
4. A penalty of 3 minutes will be applied for each missing lane.

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

9.4 BURPEE BROAD JUMP

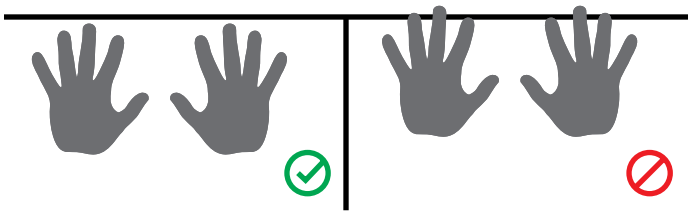

FIG 004

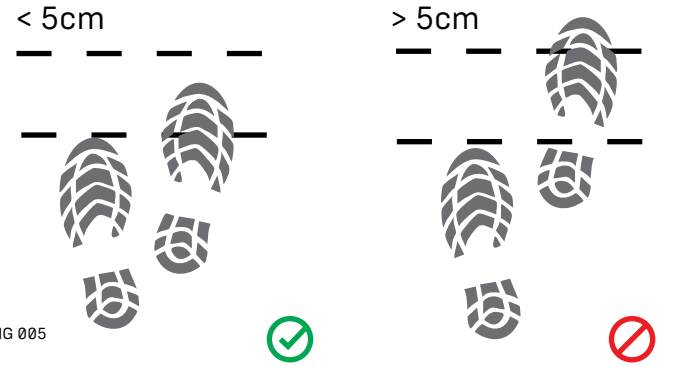

FIG 005

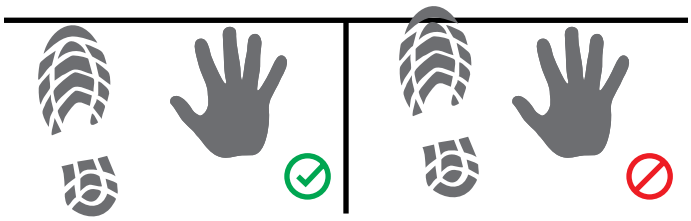

FIG 006

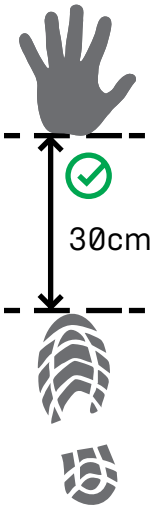

FIG 007



FIG 008

1 The racer must start by completing a burpee.

2 The first burpee of each section starts with both hands placed on the ground/ contrasting coloured tape behind the white start - line with the racer's chest on the ground [see Fig: 004]

- **a** In this context, 'chest on the ground' is defined as the nipple line making clear clear contact with the ground.

3 The racer may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must take off and land simultaneously. A maximum variance of 5 cm is permitted between the front of one foot and the front of the other foot during both take-off and landing. Any stagger greater than 5 cm is not permitted. Additional steps or shuffles are not permitted at any time. [see Fig 005]

- **a** A split stance, where one foot is entirely in front of the other so that the feet no longer overlap, is not permitted.
- **b** Additional steps, shuffles, or repositioning of the feet prior to the jump are also not permitted.

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

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

- **a** The 30 cm measures from the base of the racer's palms where their hands meet their wrists (see Fig: 007).
- **b** Once the hands are placed on the ground, they cannot be moved forward.

6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.

7 The racer may then jump or step backwards into the burpee position. In the bottom of all burpees, the racer's chest must clearly touch the ground.

8 If grid lanes are in place, they are there as a guide only - it is not mandatory to stay in the same lane i.e. a faster racer can cross lanes to overtake a slower racer.

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

10 Where turning points are used at the end of each section, racers are not required to perform the movement around them. However, the racer must jump across every white start/finish line with both

feet fully crossing the line at the end of the section before turning. Each new section must begin from the designated start line position - chest on the ground with hands placed behind the white line (see Fig: 008).

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

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

BURPEE BROAD JUMP PENALTY PROTOCOL

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

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

9.5 ROWING

1. Prior to starting, the monitor will be [re]set by the Judging Team.
2. The athlete must remain seated on the rower until the full 1,000 meters are completed.
3. Racers may stop rowing at any time, place the handle back in the holder, and rest with their feet on or off the foot plates.
4. The athlete may not stand up, leave the seat, or dismount the rower until the 1,000 meters are completed and a judge has confirmed completion.

Attention

1. The damper setting on the ergometer is preset to resistance 6 for all divisions - this may be adjusted as many times as desired by the racer.
2. The footplates will be preset to Position Number 4 for all divisions. Racers are permitted to adjust the footplate to their preferred setting before beginning

Racers in seated divisions can adapt as follows:

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

ROWING PENALTY PROTOCOL

1. A racer's first infringement will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.
4. For every meter not completed a 15-second penalty will be applied.

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

9.6 KETTLEBELL FARMERS CARRY

Depending on the venue, achieving 200 meters may involve multiple laps. It is the racer's responsibility to familiarise themselves with the athlete map and complete the required number of laps. It is the racer's responsibility to select the correct weight of kettlebells appropriate for their division.

1. The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/finish line.
2. The racer has to carry both kettlebells at all times while they move.
3. Kettlebells must be carried with both arms extended
4. Putting down the kettlebells to rest is allowed so long as the kettlebells do not move forward when placing them on the ground.
5. The workout station is completed once the racer carries the kettlebells across the finish line and returns them to the correct box, ensuring that the handles remain in the upright position.

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

Racers with a single-arm functional profile or who use mobility aids, such as a crutch can adapt as follows:
The racer will carry a single kettlebell in one hand while using the crutch in the other hand to support mobility. Racers who are able and wish to do so may elect to carry two kettelbells in accordance with the standard movement requirements.

FARMERS CARRY PENALTY PROTOCOL

1. Each missing lap will result in a 3-minute penalty.
2. If the racer fails to return their kettlebells to the correct area and/or they are not left in the upright position, a 30-second penalty shall apply. If a racer returns to correct their infringement before exiting the Roxzone, this penalty will not be applied.
3. If a racer completes all/part of the Farmers Carry using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification (DQ).

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

9.7 SANDBAG LUNGE

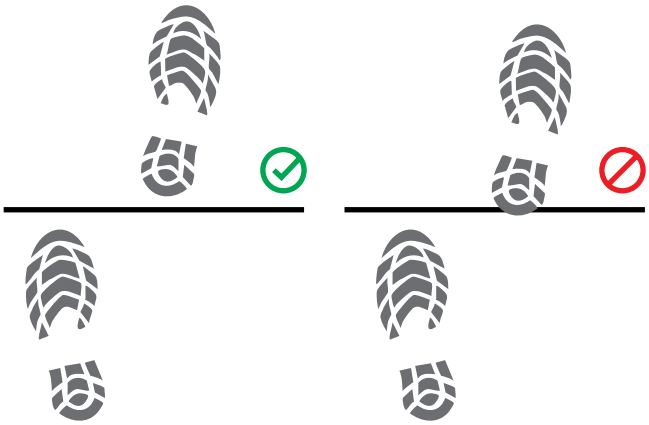

FIG 009

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

1. The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/ finish line.
2. The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
3. During each lunge, the trailing knee must clearly touch the ground.
4. Each repetition ends with the racer standing tall, knees and hips fully extended.
5. Lunges must be alternating i.e. alternating knees touching the ground.
6. The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
7. It is not permitted to take any steps or shuffles between repetitions.
8. It is required that the racer's front foot must completely cross the white line at the end of each lane, and the finish line.
9. The racer does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it. [see Fig: 009]
10. The station is complete once the racer's leading foot completely crosses the finish line. They must then return the sandbag to the correct marked area.

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

The total distance is 50 m for all seated divisions.

Racers whose functional profile limits or prevents independent knee bending, particularly those using crutches for walking can adapt as followed:
Racers will place the sandbag on their shoulders while walking with crutches.

SANDBAG LUNGE PENALTY PROTOCOL

1. A racer's first infringement will result in a formal warning.
2. A second infringement will result in a 15-second penalty.
3. If the racer fails to return their sandbag to the correct area, a 30-second penalty shall apply. If a racer returns to correct their infringement before exiting the Roxzone, this penalty will not be applied.
4. If a racer completes all/part of the Sandbag Lunge using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification (DQ).
5. During Sandbag Lunges, the sandbag must remain fully supported by the working athlete. It must not be placed on the ground, barricades, feet, or any other surface to remove the load. Each infringement will result in a 15-second penalty.

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

9.8 WALL BALLS

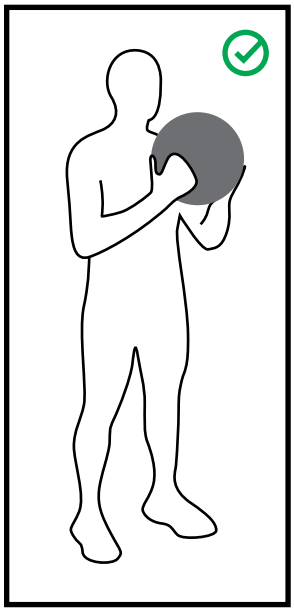

FIG 010

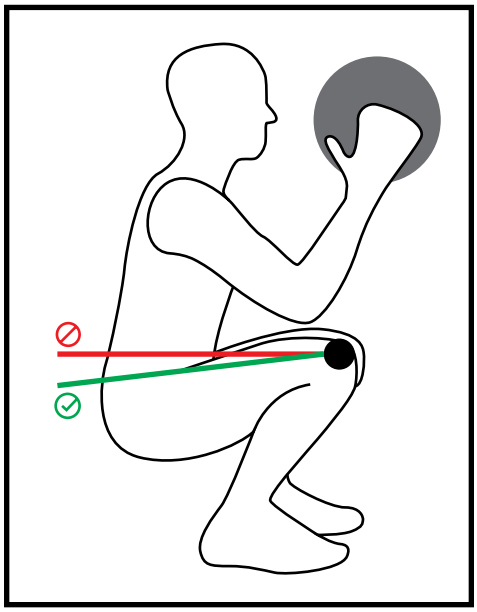

FIG 011

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

1 The racer must start by standing tall (hips and knees extended), holding the wall ball with both hands (see Fig: 010) i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.

2 If the racer is performing squats,the racer then squats below parallel and throws the ball (with both hands) as they stand up, striking the correct target on the wallball rig - this is counted as one repetition

3 If the racer throws the ball, each wall ball throw must strike the designated target i.e. female racers must hit their target in the strike zone, male racers must hit their target in the strike zone.

4 Each wall ball throw must strike the designated target i.e. female racers must hit their target in the strike zone, male racers must hit their target in the strike zone.

5 After the ball touches the target, the racer either catches the ball and initiates the movement again or alternately, the racer allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat. Racers are not permitted to catch the ball after it bounces and continue with the next repetition.

6 At the bottom position of the squat, the racer's hips must descend lower than their knees (also known as; below parallel or below 90º) (see Fig: 011).

7 Where no digital targets are in use, racers may only proceed to the Finisher Stage once their Judge confirms that 100 valid Wall Ball repetitions have been completed.

8 Racers are permitted to remove their shoes once they arrive at their designated target. The racer must place the shoes under the rig. After completing 100 valid wall balls the racer is required to take their shoes with them to the Finisher Stage - racers are not permitted to return to the wall ball area after completing their race.

9 Racers are encouraged to avoid running/pushing under the wall ball rig so as to avoid any obstacles or staff.

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

Racers in seated divisions can adapt as follows:
Movement begins with the ball placed on the lap. Between each repetition, the ball must return to and make contact with the lap before the next rep is performed. Seated racers are required to have their feet on their footplate at all times.

Racers in the lower limb divisions and Neurological major divisions can adapt as followed:
racers will be provided with a plyo box 60 cm in height to assist with stability while performing the squat movement.

Racers in the Upper Limb and Vision Impaired divisions can adapt as followed:
racers will perform Wall Balls by holding the ball and completing the squat movement without throwing the ball at the target. Racers who are able and wish to do so may elect to throw the ball at the designated target in accordance with the standard movement requirements.

Attention

1 Digital Wall Ball Target Protocol

When digital Wall Ball targets are in use, the system will automatically register both valid reps and no-reps. These will be displayed in real-time on the racer interface.

Judges are responsible for assessing the racer's starting position and squat depth. If a no-rep is identified by the Judge, it will be recorded using their digital interface and displayed on the racer's screen.
Racers may only proceed to the Finisher Stage once they confirm their digital interface shows the required repetitions for the respective division have been completed.

2 Squat Depth Boxes

A squat depth box may be used at the Judge's discretion to assist in assessing whether a racer's squat meets the required depth. They cannot be requested by a racer.

WALL BALL PENALTY PROTOCOL

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

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

10 ANTI DOPING CODE

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

As such, HYROX enforces an anti-doping policy to ensure the health and safety of all racers and to uphold the values of honesty, respect and equality in sports. All events are dedicated to maintaining the highest ethical standards with zero tolerance for the use of prohibited substances or methods that may compromise the integrity of the race.

All racers participating in HYROX events are expected to comply with the organisers' antidoping regulations. This includes submitting to testing for banned substances, both in and out of the race. TUE's [Therapeutic Use Exemptions] can be submitted 28 days prior to racing.

In addition, HYROX reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

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

11 CLOTHING, ACCESSORIES, HYDRATION/ NUTRITION

It is the responsibility of the racer to ensure that they are appropriately dressed when preparing for the activities to be undertaken, in relation to the environmental factors and any cultural sensitivities that should be observed.

All racers are required to wear closed-toe shoes at all times during the race, except at the Wall Ball workout station where racers may remove their shoes to complete the Wall Balls.

11.1 CLOTHING AND ACCESSORIES

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

1 Knee Sleeves
2 Gloves [not grips]
3 Weightlifting Belt
4 Wristbands
5 Hydration Packs
6 Asthma inhalers or similar prescribed
7 Respiratory devices [see note 3]

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

Attention

1 If a racer chooses to use, wear or carry any of the above items, they must do so from the start to the finish of their race. These items may not be handed to or received from anyone else at any point. Doing so constitutes outside assistance and may result in disqualification.
2 Any item NOT listed above should be considered

1 prohibited unless the racer receives written permission from the Race Director prior to race start. Prohibited items will be confiscated and can be recovered at the Customer Service desk after the racer has finished.
2 Compliance with the Hyrox Anti-Doping Policy must be honored at all times.

11.2 FORBIDDEN ITEMS

The following items are strictly forbidden at all times:

1 Headphones
2 Cell Phones*
3 VR Headsets
4 GoPro or any other type/brand of [body] cameras
5 Helmets**
6 Breathing apparatus**
7 Compressed air cylinders**
8 Ear Plugs
9 Smart glasses, AI glasses, or any eyewear incorporating cameras, audio recording, live streaming, data transmission, or augmented reality functionality

* IF A MEDICAL DEVICE THAT REQUIRES PROXIMITY TO A RACER'S PHONE IS NECESSARY DURING THE RACE, PRIOR APPROVAL MUST BE OBTAINED FROM THE RACE DIRECTOR. PLEASE CONTACT YOUR LOCAL CUSTOMER SUPPORT TEAM BEFORE RACE DAY TO BE CONNECTED WITH THE APPROPRIATE RACE DIRECTOR.

** FOR SAFETY REASONS, ANY CLOTHING OR EQUIPMENT THAT COULD POSE A RISK TO OTHER RACERS IS NOT PERMITTED ON THE HYROX RACE FLOOR. THIS INCLUDES, BUT IS NOT LIMITED TO, BREATHING APPARATUSES, COMPRESSED AIR CYLINDERS, AND HELMETS. WHILE WE UNDERSTAND THAT SUCH ITEMS ARE SOMETIMES WORN AS PART OF CHARITY-BASED INITIATIVES, THE SAFETY OF ALL RACERS REMAINS OUR TOP PRIORITY. UNIFORMS AND WEIGHT VESTS ARE STILL PERMITTED, PROVIDED THEY DO NOT INTERFERE WITH THE SAFETY OR PERFORMANCE OF OTHER RACERS.

11.3 POOR SPORTSMANSHIP

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

Poor sportsmanship is defined as attempts at deception, manipulation or excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX races and/or legal action.

11.4 GENERAL CONDUCT

Littering is prohibited. For example, all paper cups and used gel packaging must be discarded in the bins provided, not on the Roxzone floor or run course. Each infringement can result in a 2-minute time penalty.
Spitting or clearing of nostrils onto the floor is strictly prohibited. Each infringement will result in a 2-minute time penalty.

11.5 HYDRATION/NUTRITION

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

Racers are not permitted to accept any beverage or nutritional product from anyone except the aid stations during their event. Doing so is considered 'outside assistance' and time penalties can be applied per infringement.

12 EVENT DAY SCHEDULE

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

13.1 PENALITIES

13.1.1 MISSING RUN LAPS

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

For example: For a specific venue, the time penalty could be 5 minutes. The racer's final result time is 1:24 but if they missed 2 run laps throughout the race their final result time will be 1:34 [2 x 5 minute penalties].

13.1.2 COMPLETING THE STATIONS IN THE INCORRECT ORDER

If a racer does not complete the station in the correct sequence [1-8], they are permitted to complete missing stations prior to entering station 8 [Wall Balls].

Completing the stations in the incorrect order will result in a 3-minute penalty. If more than one is completed out of order, the participant will automatically be disqualified.

13.1.3 MISSED STATION / 1K RUN

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

13.1.4 CONFUSION OF ROXZONE IN AND OUT

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

13.2 TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-8. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the timing system using chip reads—for example, incorrect use of the IN/OUT arches or missing sled laps.

Infractions related to movement standards or rep counts—such as using the wrong weights, failing to return kettlebells correctly, or a no-rep on wall ball squats—can be penalised in real time by Judges or Head Judges.

Only Race Directors have the authority to disqualify [DQ] a racer, based on input from Head Judges, Judges, or their own direct observations.

For Stations 1–7, racers will receive one warning per station for not meeting movement standards. On the second infringement–regardless of type–the repetition is deemed invalid and the racer will receive the associated time penalty. Any further violations within the same station will incur additional penalties.

Note: Certain violations may result in immediate penalties without warning, depending on their severity.

13.3 DID NOT FINISH

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

13.4 DISQUALIFICATION

If a participant has been disqualified by a Race Director during a race, they will not receive any results data from that race and will be excluded from all rankings and awards related to it.

Once disqualified, the participant may not continue competing in that specific race.

13.5 DEVIATIONS FROM THE MOVEMENT STANDARDS

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition [no rep] or a time penalty.

CODE	REASON	PENALTY
01	MISSING LAP RUN	3 MIN [4 LAP SETUP] 5 MIN [3 LAP SETUP] 7 MIN [2 LAP SETUP] DQ [1 LAP SETUP]
02	MISSING RUN OR STATION	DQ
03	INCORRECT WORKOUT STATION ORDER	3 MINUTES FOR FIRST INFRINGEMENT, THEN DQ
04	INCORRECT USE OF IN/OUT ARCHES	2 MINUTES PER INFRINGEMENT
05	INCORRECT USE OF WORKOUT STATION ENTRY/EXIT	2 MINUTES PER INFRINGEMENT
06	FEET NOT ON SKIERG BASE OR NOT ON ROWER FOOTPLATES BEFORE TOUCHING THE HANDLE	15 SECONDS PER INFRINGEMENT
07	LEAVING SKIERG OR ROWER EARLY	STATE: MIN PENALTY 10 SECS TO DQ DEPENDING ON THE SEVERITY OF THE VIOLATION.
08	MISSING SLED LAP	3 MINUTES PER LANE
09	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
10	MISSING FARMERS CARRY LAP	3 MINUTES PER LAP
11	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
12	INCORRECT WEIGHT AT FARMERS CARRY OR LUNGES	DQ
13	TRAILING KNEE NOT TOUCHING THE GROUND/ NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
14	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS PER INFRINGEMENT
15	MISSING WALL BALL REPETITION	15 SECONDS PER MISSING REP
16	USING CHALK ANYWHERE BUT SLED PULL & FARMERS CARRY	2 MINUTES PER INFRINGEMET
17	NOT USING ASSIGNED PIECE OF EQUIPMENT/ LANE WALL BALL STATION	2 MINUTES PER INFRINGEMET
18	DOUBLES PARTNERS NOT STAYING TOGETHER	1 MINUTE PER RUN AND/OR WORKOUT STATION MAX 3. THEN OUT OF COMPETITION
19	OUTSIDE ASSISTANCE	2 MINUTES PER INFRINGEMENT
20	INCORRECT START TIME [WITHOUT PERMISSION]	DQ
21	NOT WEARING TIMING CHIP WHILE RACING	DID NOT START [DNS]
22	SPITTING OR CLEARING NOSE	2 MINUTES OR DQ [RACE DIRECTOR DECISION]
23	LITTERING, RAPID COOLING	2 MINUTES PER INFRINGEMENT
24	UNSPORTING BEHAVIOUR	2 MINUTES OR DQ [RACE DIRECTOR DECISION]

14 RULES OF CONDUCT

By registering for a HYROX event, racers are agreeing to compete in a fair and honorable manner and to abide by the HYROX Code of Conduct, which upholds the core values that ensure a respectful and inclusive race environment for all.

Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX races and/or legal action.

Any participant who is disqualified from a HYROX race or banned from future events will not receive a refund for any fees or dues. This also applies to behavior that could harm or disturb participants, volunteers, staff, sponsors and spectators. Any of the aforementioned actions may be taken against any participant at the discretion of event organisers.

ACKKNOWLEDGMENTS

HYROX acknowledges the vision, leadership, and commitment of those who have contributed to the creation and development of the sport.

In particular, HYROX recognises Christian Toetzke for his foundational role in the creation of HYROX, and Mintra Tilly for her leadership in shaping the sport's competitive framework, rules, and global sporting standards.

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Alethea Boon
Adam Jackson
Evelyn Roberts

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

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

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

APPENDIX: THE EVOLUTION OF HYROX ADAPTIVE CLASSIFICATION

From Foundation, to our future ambitions

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

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

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

Our Functional Classification Model

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

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

Classification Codes Explained

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

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

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

The Points System

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

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

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

Doubles Point Cap

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

Lower Points (1.0 – 2.5): Higher Functional Impact

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

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

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

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

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

Higher Points (4.5 – 5.0): Minor Functional Impact

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

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

Evolution of the Classification System

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

HYROX: Adaptive Sport Equipment, rules & Regulations

Introduction: Impairment-Specific Equipment Regulations

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

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

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

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

General Principles & Eligibility

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

HYROX ELITE DIVISION
ANTI-DOPING CODE 2026/2027
("**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

ADDITIONAL NOTICE

The WADC, including the International Standards as its essential components, will be amended effective January 1, 2027; as a result, the NADC must be updated based on the WADC 2027, and consequently, the HYROX ADC must also be amended.

The amendments to the WADC and the International Standards can be viewed transparently on the WADA website under https://www.wada-ama.org/en/what-we-do/world-anti-doping-code/2027-code-and-international-standards. The documents provided by WADA include, in particular, a redline version of the WADC highlighting the amendments compared to the currently applicable WADC 2021.

Any person who submits to this HYROX-ADC is aware and acknowledges that the final version of the NADC 2027, which serves as the primary regulatory framework for the HYROX-ADC, is not expected to be published by NADA prior to September 2026. Following this publication, HYROX World GmbH will amend the HYROX-ADC to the extent necessary and promptly notify the athlete of the amended version of the HYROX-ADC, which will apply to HYROX events being organized and staged after January 1, 2027.

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*, 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) [*left blank*]

(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 sec. 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 sec. 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 Inter*national 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 Inte*rnational 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.

6.8 *[Left blank]*

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*

If an *Adverse Analytical Finding* of the A-*Sample* 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. 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 e*vent* 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 At*hlete 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 Metho*d, 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 Organizatio*n 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 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); (e) 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*; (f) a decision to impose, or lift, a Provisional Suspension as the result of a *Provisional Hearing;* (g) HYROX-World´s failure to comply with Article 7.4; (h) a decision that HYROX-World lacks authority to rule on an alleged anti-doping rule violation or its *Consequences*; (i) a decision to suspend, or not suspend, *Consequences* or to reinstate, or not reinstate, *Consequences* under Article 10.7.1; (k) a failure to comply with Article 10.8.1; (l) decision under Article 10.14.3; (m) 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*.

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WORLD ANTI-DOPING CODE

INTERNATIONAL STANDARD

PROHIBITED LIST

2026

This List shall come into effect on 1 January 2026.

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S3 **Beta-2 agonists** 9
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. asthma and other respiratory disorders.

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S8 **Cannabinoids** 18

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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.

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THE 2026 PROHIBITED LIST WORLD ANTI-DOPING CODE

VALID 1 JANUARY 2026

Introduction

The *Prohibited List* is a mandatory *International Standard* as part of the World Anti-Doping Program.

The *List* is updated annually following an extensive consultation process facilitated by *WADA*. The effective date of the *List* is 01 January 2026.

The official text of the *Prohibited List* 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.

Below are some terms used in this *List* of *Prohibited Substances* and *Prohibited Methods*.

Prohibited In-Competition

Subject to a different period having been approved by *WADA* for a given sport, the *In-Competition* period shall in principle be the period commencing just before midnight (at 11:59 p.m.) on the day before a *Competition* in which the *Athlete* is scheduled to participate until the end of the *Competition* and the *Sample* collection process.

Prohibited at all times

This means that the substance or method is prohibited *In-* and *Out-of-Competition* as defined in the *Code*.

Specified and **non-*Specified***

As per Article 4.2.2 of the *World Anti-Doping Code*, "for purposes of the application of 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*". As per the comment to the article, "the *Specified Substances* and *Methods* identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by an *Athlete* for a purpose other than the enhancement of sport performance."

Substances of Abuse

Pursuant to Article 4.2.3 of the Code, *Substances of Abuse* are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated *Substances of Abuse*: cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/"ecstasy"), tetrahydrocannabinol (THC).

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S0 NON-APPROVED SUBSTANCES

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

This class covers many different substances including but not limited to BPC-157, 2,4-dinitrophenol (DNP), ryanodine receptor-1-calstabin complex stabilizers [e.g. S-107, S48168 (ARM210)] and troponin activators (e.g. reldesemtiv and tirasemtiv).

S1 ANABOLIC AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-*Specified Substances*.

Anabolic agents are prohibited.

S1.1. ANABOLIC ANDROGENIC STEROIDS (AAS)

When administered exogenously, including but not limited to:

- 1-Androstenediol (5α-androst-1-ene-3ß, 17ß-diol)
- 1-Androstenedione (5α-androst-1-ene-3, 17-dione)
- 1-Androsterone (3α-hydroxy-5α-androst-1-ene-17-one)
- 1-Epiandrosterone (3ß-hydroxy-5α-androst-1-ene-17-one)
- 1-Testosterone (17ß-hydroxy-5α-androst-1-en-3-one)
- 4-Androstenediol (androst-4-ene-3ß, 17ß-diol)
- 4-Hydroxytestosterone (4,17ß-dihydroxyandrost-4-en-3-one)
- 5-Androstenedione (androst-5-ene-3,17-dione)
- 7α-Hydroxy-DHEA
- 7ß-Hydroxy-DHEA
- 7-Keto-DHEA
- 11ß-Methyl-19-nortestosterone
- 17α-Methylepithiostanol (epistane)
- 19-Norandrostenediol (estr-4-ene-3,17-diol)
- 19-Norandrostenedione (estr-4-ene-3,17-dione)
- Androst-4-ene-3,11,17- trione (11-ketoandrostenedione, adrenosterone)
- Androstanolone (5α-dihydrotestosterone, 17ß-hydroxy-5α-androstan-3-one)
- Androstenediol (androst-5-ene-3ß,17ß-diol)
- Androstenedione (androst-4-ene-3,17-dione)
- Bolasterone
- Boldenone
- Boldione (androsta-1,4-diene-3,17-dione)
- Calusterone
- Clostebol
- Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17α-ol)
- Dehydrochlormethyltestosterone (4-chloro-17ß-hydroxy-17α-methylandrosta-1,4-dien-3-one)
- Desoxymethyltestosterone (17α-methyl-5α-androst-2-en-17ß-ol and 17α-methyl-5α-androst-3-en-17ß-ol)
- Dimethandrolone (7α,11ß-Dimethyl-19-nortestosterone)
- Drostanolone
- Epiandrosterone (3ß-hydroxy-5α-androstan-17-one)
- Epi-dihydrotestosterone (17ß-hydroxy-5ß-androstan-3-one)
- Epitestosterone
- Ethylestrenol (19-norpregna-4-en-17α-ol)
- Fluoxymesterone
- Formebolone
- Furazabol (17α-methyl [1,2,5] oxadiazolo[3',4':2,3]-5α-androstan-17ß-ol)

S1 ANABOLIC AGENTS (continued)

S1.1. ANABOLIC ANDROGENIC STEROIDS (AAS) (continued)

- Gestrinone
- Mestanolone
- Mesterolone
- Metandienone (17ß-hydroxy-17α-methylandrosta-1,4-dien-3-one)
- Metenolone
- Methandriol
- Methasterone (17ß-hydroxy-2α,17α-dimethyl-5α-androstan-3-one)
- Methyl-1-testosterone (17ß-hydroxy-17α-methyl-5α-androst-1-en-3-one)
- Methylclostebol
- Methyldienolone (17ß-hydroxy-17α-methylestra-4,9-dien-3-one)
- Methylnortestosterone (17ß-hydroxy-17α-methylestr-4-en-3-one)
- Methyltestosterone
- Metribolone (methyltrienolone, 17ß-hydroxy-17α-methylestra-4,9,11-trien-3-one)
- Mibolerone
- Nandrolone (19-nortestosterone)
- Norboletone
- Norclostebol (4-chloro-17ß-ol-estr-4-en-3-one)
- Norethandrolone
- Oxabolone
- Oxandrolone
- Oxymesterone
- Oxymetholone
- Prasterone (dehydroepiandrosterone, DHEA, 3ß-hydroxyandrost-5-en-17-one)
- Prostanozol (17ß-[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5α-androstane)
- Quinbolone
- Stanozolol
- Stenbolone
- Testosterone
- Tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17α-pregna-4,9,11-trien-3-one)
- Tibolone
- Trenbolone (17ß-hydroxyestr-4,9,11-trien-3-one)
- Trestolone (7α-Methyl-19-nortestosterone, MENT)

and other substances with a similar chemical structure or similar biological effect(s) including their esters.

S1.2. OTHER ANABOLIC AGENTS

Including, but not limited to:

Clenbuterol, osilodrostat, ractopamine, selective androgen receptor modulators [SARMs, e.g. andarine, enobosarm (ostarine), LGD-4033 (ligandrol), RAD140, S-23 and YK-11], zeranol and zilpaterol.

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-*Specified Substances*.

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited.

S2.1. ERYTHROPOIETINS (EPO) AND AGENTS AFFECTING ERYTHROPOIESIS

Including, but not limited to:

S2.1.1 Erythropoietin receptor agonists, e.g. darbepoetins (dEPO); erythropoietins (EPO); EPO-based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)]; EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide, pegmolesatide).

S2.1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt; daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); xenon.

S2.1.3 GATA inhibitors, e.g. K-11706.

S2.1.4 Transforming growth factor beta (TGF-ß) signalling inhibitors, e.g. luspatercept; sotatercept.

S2.1.5 Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS (continued)

S2.2. PEPTIDE HORMONES AND THEIR RELEASING FACTORS

S2.2.1 Testosterone-stimulating peptides in males including, but not limited to:

- chorionic gonadotrophin (CG)
- luteinizing hormone (LH)
- gonadotrophin- releasing hormone (GnRH, gonadorelin) and its agonist analogues (e.g. buserelin, deslorelin, goserelin, histrelin, leuprorelin, nafarelin and triptorelin)
- kisspeptin and its agonist analogues

S2.2.2 Corticotrophins and their releasing factors, e.g. corticorelin and tetracosactide

S2.2.3 Growth hormone (GH), its analogues and fragments including, but not limited to:

- growth hormone analogues, e.g. lonapegsomatropin, somapacitan and somatrogon
- growth hormone fragments, e.g. AOD-9604 and hGH 176-191

S2.2.4 Growth hormone releasing factors, including, but not limited to:

- growth hormone-releasing hormone (GHRH) and its analogues (e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin)
- growth hormone secretagogues (GHS) and their mimetics [e.g. anamorelin, capromorelin, ibutamoren (MK-677), ipamorelin, lenomorelin (ghrelin), macimorelin and tabimorelin]
- GH-releasing peptides (GHRPs) [e.g. alexamorelin, examorelin (hexarelin), GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5 and GHRP-6]

S2.3. GROWTH FACTORS AND GROWTH FACTOR MODULATORS

Including, but not limited to:

- Fibroblast growth factors (FGFs)
- Hepatocyte growth factor (HGF)
- Insulin-like growth factor 1 (IGF-1, mecasermin) and its analogues
- Mechano growth factors (MGFs)
- Platelet-derived growth factor (PDGF)
- Thymosin-ß4 and its derivatives e.g. TB-500
- Vascular endothelial growth factor (VEGF)

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S3 BETA-2 AGONISTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.

Including, but not limited to:

- Arformoterol
- Fenoterol
- Formoterol
- Higenamine
- Indacaterol
- Levosalbutamol
- Olodaterol
- Procaterol
- Reproterol
- Salbutamol
- Salmeterol
- Terbutaline
- Tretoquinol (trimetoquinol)
- Tulobuterol
- Vilanterol

EXCEPTIONS

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 600 micrograms over 8 hours starting from any dose
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours in divided doses not to exceed 36 micrograms over 12 hours starting from any dose
- Inhaled salmeterol: maximum 200 micrograms over 24 hours in divided doses not to exceed 100 micrograms over 8 hours starting from any dose
- Inhaled vilanterol: maximum 25 micrograms over 24 hours

NOTE

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

S4 HORMONE AND METABOLIC MODULATORS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

Prohibited substances in classes S4.1 and S4.2 are *Specified Substances*.
Those in classes S4.3 and S4.4 are non-*Specified Substances*.

The following hormone and metabolic modulators are prohibited.

S4.1. AROMATASE INHIBITORS

Including, but not limited to:

- 2-Androstenol (5α-androst-2-en-17-ol)
- 2-Androstenone (5α-androst-2-en-17-one)
- 2-Phenylbenzo[h]chromen-4-one (α-naphthoflavone; 7,8-benzoflavone)
- 3-Androstenol (5α-androst-3-en-17-ol)
- 3-Androstenone (5α-androst-3-en-17-one)
- 4-Androstene-3,6,17 trione (6-oxo)
- Aminoglutethimide
- Anastrozole
- Androsta-1,4,6-triene-3,17-dione (androstatrienedione)
- Androsta-3,5-diene-7,17-dione (arimistane)
- Exemestane
- Formestane
- Letrozole
- Testolactone

S4.2. ANTI-ESTROGENIC SUBSTANCES [ANTI-ESTROGENS AND SELECTIVE ESTROGEN RECEPTOR MODULATORS (SERMS)]

Including, but not limited to:

- Bazedoxifene
- Clomifene
- Cyclofenil
- Elacestrant
- Fulvestrant
- Ospemifene
- Raloxifene
- Tamoxifen
- Toremifene

S4 HORMONE AND METABOLIC MODULATORS (continued)

S4.3. AGENTS PREVENTING ACTIVIN RECEPTOR IIB ACTIVATION

Including, but not limited to:

- Activin A-neutralizing antibodies
- Activin receptor IIB competitors such as:
  - Decoy activin receptors (e.g. ACE-031)
- Anti-activin receptor IIB antibodies (e.g. bimagrumab)
- Myostatin inhibitors such as:
  - Agents reducing or ablating myostatin expression
  - Myostatin-binding proteins (e.g. follistatin, myostatin propeptide)
  - Myostatin- or precursor-neutralizing antibodies (e.g. apitegromab, domagrozumab, landogrozumab, stamulumab)

S4.4. METABOLIC MODULATORS

S4.4.1

- Activators of the AMP-activated protein kinase (AMPK), e.g. 5-*N*,6-*N*-bis(2-fluorophenyl)-[1,2,5]oxadiazolo[3,4-b]pyrazine-5,6-diamine (BAM15), AICAR, mitochondrial open reading frame of the 12S rRNA-c (MOTS-c)
- Peroxisome proliferator-activated receptor delta (PPARδ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516)
- Rev-erbα agonists, e.g. SR9009, SR9011

S4.4.2 Insulins and insulin-mimetics, e.g. S519, S597

S4.4.3 Meldonium

S4.4.4 Trimetazidine

S5 DIURETICS AND MASKING AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

All diuretics and masking agents, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

Including, but not limited to:

- Diuretics such as:

  Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; torasemide; triamterene; xipamide
- Vaptans, e.g. conivaptan, mozavaptan, tolvaptan
- Plasma expanders by intravenous administration such as:

  Albumin, dextran, hydroxyethyl starch, mannitol
- Desmopressin
- Probenecid

and other substances with a similar chemical structure or similar biological effect(s).

EXCEPTIONS

- Drospirenone; pamabrom; and topical ophthalmic administration of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide)
- Local administration of felypressin in dental anaesthesia

NOTE

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent (except topical ophthalmic administration of a carbonic anhydrase inhibitor or local administration of felypressin in dental anaesthesia), will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption (TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited methods in this class are non-*Specified* except methods in M2.2. which are *Specified Methods*.

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

M1.1. The *Administration* or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.

The withdrawal of blood or blood components (including by apheresis), unless performed for 1) analytical purposes including medical tests or *Doping Control*, or for 2) donation purposes in a collection center accredited by the relevant regulatory authority of the country in which it operates.

M1.2. Artificially enhancing the uptake, transport or delivery of oxygen.
Including, but not limited to:
Perfluorochemicals; efaproxiral (RSR13); voxelotor and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.

M1.3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M1.4. The use of re-breathing systems or equipment to deliver carbon monoxide, unless performed as a diagnostic procedure under the supervision of a medical or scientific professional.

M2. CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

M2.1. *Tampering*, or *Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control.*

Including, but not limited to:

Sample substitution and/or adulteration, e.g. addition of proteases to *Sample*.

M2.2. Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

PROHIBITED METHODS
(continued)

M3. GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

M3.1. The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.

M3.2. The use of normal or genetically modified cells or cell components (e.g. nuclei and organelles such as mitochondria and ribosomes).

S6 STIMULANTS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances* except those in S6.A, which are non-*Specified Substances*.

Substances of Abuse in this section: cocaine and methylenedioxymethamphetamine (MDMA / "ecstasy")

All stimulants, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

Stimulants include:

S6.A: NON-SPECIFIED STIMULANTS

- Adrafinil
- Amfepramone
- Amfetamine
- Amfetaminil
- Amiphenazole
- Benfluorex
- Benzylpiperazine
- Bromantan
- Clobenzorex
- Cocaine
- Cropropamide
- Crotetamide
- Fencamine
- Fenetylline
- Fenfluramine
- Fenproporex
- Fladrafinil (2-[Bis(4-fluorophenyl) methylsulfinyl]-N-hydroxyacetamide)
- Flmodafinil (2-[Bis(4-fluorophenyl) methylsulfinyl]acetamide)
- Fonturacetam [4-phenylpiracetam (carphedon)]
- Furfenorex
- Hydrafinil (fluorenol)
- Lisdexamfetamine
- Mefenorex
- Mephentermine
- Mesocarb
- Metamfetamine(*d*-)
- p-methylamfetamine
- Modafinil
- Norfenfluramine
- Phendimetrazine
- Phentermine
- Prenylamine
- Prolintane

A stimulant not expressly listed in this section is a *Specified Substance*.

S6 STIMULANTS (continued)

S6.B: SPECIFIED STIMULANTS

Including, but not limited to:

- 2-phenylpropan-1-amine (ß-methylphenylethylamine, BMPEA)
- 3-Methylhexan-2-amine (1,2-dimethylpentylamine)
- 4-Fluoromethylphenidate
- 4-Methylhexan-2-amine (1,3-dimethylamylamine, 1,3 DMAA, methylhexaneamine)
- 4-Methylpentan-2-amine (1,3-dimethylbutylamine)
- 5-Methylhexan-2-amine (1,4-dimethylamylamine, 1,4-dimethylpentylamine, 1,4-DMAA)
- Benzfetamine
- Cathine**
- Cathinone and its analogues, e.g. mephedrone, methedrone, and α -pyrrolidinovalerophenone
- Dimetamfetamine (dimethylamphetamine)
- Ephedrine***
- Epinephrine**** (adrenaline)
- Etamivan
- Ethylphenidate
- Etilamfetamine
- Etilefrine
- Famprofazone
- Fenbutrazate
- Fencamfamin
- Heptaminol
- Hydroxyamfetamine (parahydroxyamphetamine)
- Isometheptene
- Levmetamfetamine
- Meclofenoxate
- Methylenedioxymethamphetamine
- Methylephedrine***
- Methylnaphthidate [(±)-methyl-2-(naphthalen-2-yl)-2-(piperidin-2-yl)acetate]
- Methylphenidate
- Midodrine
- Nikethamide
- Norfenefrine
- Octodrine (1,5-dimethylhexylamine)
- Octopamine
- Oxilofrine (methylsynephrine)
- Pemoline
- Pentetrazol
- Phenethylamine and its derivatives
- Phenmetrazine
- Phenpromethamine
- Propylhexedrine
- Pseudoephedrine*****
- Selegiline
- Sibutramine
- Solriamfetol
- Strychnine
- Tenamfetamine (methylenedioxyamphetamine)
- Tesofensine
- Tuaminoheptane

and other substances with a similar chemical structure or similar biological effect(s).

ⓘ EXCEPTIONS

- Clonidine, guanfacine
- Imidazoline derivatives for dermatological, nasal, ophthalmic or otic use (e.g. brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline, tetryzoline, tramazoline, xylometazoline) and those stimulants included in the 2026 Monitoring Program*

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2026 Monitoring Program and are not considered *Prohibited Substances*.

** Cathine (d-norpseudoephedrine) and its l-isomer: Prohibited when its concentration in urine is greater than 5 micrograms per millilitre.

*** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per millilitre.

**** Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

***** Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per millilitre.

S7 NARCOTICS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

Substance of Abuse in this section: diamorphine (heroin)

The following narcotics, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

- Buprenorphine
- Dextromoramide
- Diamorphine (heroin)
- Fentanyl and its derivatives
- Hydromorphone
- Methadone
- Morphine
- Nicomorphine
- Oxycodone
- Oxymorphone
- Pentazocine
- Pethidine
- Tramadol

S8 CANNABINOIDS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.
Substance of Abuse in this section: tetrahydrocannabinol (THC)

All natural and synthetic cannabinoids are prohibited, e.g.

- In cannabis (hashish, marijuana) and cannabis products
- Natural and synthetic tetrahydrocannabinols (THCs)
- Synthetic cannabinoids that mimic the effects of THC

ⓘ EXCEPTIONS

- Cannabidiol

S9 GLUCOCORTICOIDS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

All glucocorticoids are prohibited when administered by any injectable, oral [including oromucosal (e.g. buccal, gingival, sublingual)] or rectal route.

Including, but not limited to:

- Beclometasone
- Betamethasone
- Budesonide
- Ciclesonide
- Cortisone
- Deflazacort
- Dexamethasone
- Flunisolide
- Fluocortolone
- Fluticasone
- Hydrocortisone
- Methylprednisolone
- Mometasone
- Prednisolone
- Prednisone
- Triamcinolone acetonide

⚠ NOTE

- Other routes of administration (including inhaled, and topical: dental-intracanal, dermal, intranasal, ophthalmological, otic and perianal) are not prohibited when used within the manufacturer's licensed doses and therapeutic indications.

P1 BETA-BLOCKERS

PROHIBITED IN PARTICULAR SPORTS

All prohibited substances in this class are *Specified Substances*.

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated (*).

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Mini-Golf (WMF)
- Shooting (ISSF, IPC)*
- Underwater sports (CMAS)* in all subdisciplines of freediving, spearfishing and target shooting

*Also prohibited *Out-of-Competition*

Including, but not limited to:

- Acebutolol
- Alprenolol
- Atenolol
- Betaxolol
- Bisoprolol
- Bunolol
- Carteolol
- Carvedilol
- Celiprolol
- Esmolol
- Labetalol
- Metipranolol
- Metoprolol
- Nadolol
- Nebivolol
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Therapeutic Use Exemption (TUE) Application Form

Please complete all sections in capital letters or typing. Athlete to complete sections 1, 2, 3 and 7; Physician to complete sections 4, 5 and 6. Illegible or incomplete applications will be returned and will need to be re-submitted in legible and complete form.

1. Athlete Information

Last Name: _____ First Name(s): _____

Female: □ Male: □ Date of Birth: _____
(dd/mm/yyyy)

Address: _____.

City: _____ Country: _____

Postcode: _____ Telephone: _____
(with International code)

E-mail: _____

Sport: _____ Discipline: _____

2. Previous Applications

Have you submitted any previous TUE application(s) to any Anti-Doping Organization for the same condition?

Yes □ No □

For which substance(s) or method(s)? _____

To whom? _____ When? _____

Decision: Approved □ Not approved □

3. Retroactive Applications

Is this a retroactive application?

Yes □ **No □**

If yes, on what date was the treatment started? *Click or tap here to enter text.*

Do any of the following exceptions apply? (Article 4.1 of the ISTUE):

□ **4.1 (a)** - You required emergency or urgent treatment of a medical condition.

□ **4.1 (b)** - There was insufficient time, opportunity or other exceptional circumstances that prevented you from submitting the TUE application, or having it evaluated, before getting tested.

□ **4.1 (c)** - You were not permitted or required to apply in advance for a TUE as per HYROX anti-doping rules.

□ **4.1 (d)** - You are a lower-level athlete who is not under the jurisdiction of an International Federation or National Anti-Doping Organization and were tested.

□ **4.1 (e)** - You tested positive after using a substance Out-of-Competition that was only prohibited In-Competition, e.g., S9 glucocorticoids (See Prohibited List)

Please explain (if necessary, attach further documents)

□ **Other Retroactive Applications (ISTUE Article 4.3)**

In rare and exceptional circumstances notwithstanding any other provision in the ISTUE, an Athlete may apply for and be granted retroactive approval for their TUE if, considering the purpose of the Code, it would be manifestly unfair not to grant a retroactive TUE.

In order to apply under Article 4.3, please include a full reasoning and attach all necessary supporting documentation.

Physician to complete sections 4, 5 and 6.

4. Medical Information (please attach relevant medical documentation)

Diagnosis (Please use the WHO ICD 11 classification if possible):

5. Medication Details

Prohibited Substance(s)/Method(s) Generic name(s)	Dosage	Route of Administration	Frequency	Duration of Treatment
1.				
2.				
3.				
4.				
5.				

Evidence confirming the diagnosis must be attached and forwarded with this application. The medical information must include a comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies. Copies of the original reports or letters should be included when possible. In addition, a short summary that includes the diagnosis, key elements of the clinical exams, medical tests and the treatment plan would be helpful.

If a permitted medication can be used to treat the medical condition, please provide justification for the therapeutic use exemption for the prohibited medication.
HYROX-World is following the TUE guidelines of WADA (World anti Doping Agency).
WADA maintains a series of TUE Checklists to assist athletes and physicians in the preparation of complete and thorough TUE applications. These can be accessed by entering the search term "Checklist" on the WADA website: https://www.wada-ama.org.

6. Medical Practitioner's Declaration

I certify that the information in sections 4, 5 and 6 is accurate. I acknowledge and agree that my personal information may be used by HYROX-World, or Anti-Doping Organization(s) (ADO) to contact me regarding this TUE application, to verify the professional assessment in connection with the TUE process, or in connection with Anti-Doping Rule Violation investigations or proceedings.

Name: _____

Medical specialty: _____

License number: _____ License body: _____

Address: _____

City: _____ Country: _____

Postcode: _____

Telephone: _____ Fax: _____
(with International code)

E-mail: _____

Signature of Medical Practitioner: _____ Date: _____.

7. Athlete's Declaration

I, _____, certify that the information set out at sections 1, 2, 3 and 7 is accurate and complete.

I authorize my physician(s) to release the medical information and records that they deem necessary to evaluate the merits of my TUE application to the following recipients: HYROX-World responsible for making a decision to grant, reject, or recognize my TUE by respect the ISTUE; the physicians who are members of the decision making Committees, who may need to review my application in accordance with the HYROX Anti-Doping Code and International Standards; and, if needed to assess my application, other independent medical, scientific or legal experts.

I further authorize _____, to release my complete TUE application, including supporting medical information and records, to other ADO(s) and WADA for the reasons described above, and I understand that these recipients may also need to provide my complete application to their TUEC members and relevant experts to assess my application.

I have read and understood the TUE Privacy Notice (below) explaining how my personal information will be processed in connection with my TUE application, and I accept its terms.

Athlete's signature: _____ Date: _____

Parent's/Guardian's signature: _____ Date: _____

(If the Athlete is a Minor or has an impairment preventing them from signing this form, a parent or guardian shall sign on behalf of the Athlete)

Instructions to HYROX-World for Privacy Notice
(Please remove this box from your application once completed)

[With respect to the TUE Privacy Notice (below), HYROX-World is encouraged to:

- ⇨ **Adjust the following line to add a link to their detailed privacy notice: *"You may also consult HYROX-World where submit your TUE application to for more details about its processing of your PI* [1] *"* (under "Types of Recipients";**
- ⇨ **Replace or adjust the text of the "Fair & Lawful Processing** [2]**" *Section* with the list of relevant legal grounds specific to your jurisdiction).**

TUE Privacy Notice

This Notice describes the personal information processing that will occur in connection with your submission of a TUE Application.

TYPES OF PERSONAL INFORMATION (PI)

- The information provided by you or your physician(s) on the TUE Application Form (including your name, date of birth, contact details, sport and discipline, the diagnosis, medication, and treatment relevant to your application);
- Supporting medical information and records provided by you or your physician(s); and
- Assessments and decisions on your TUE application by HYROX World and their TUE Committees and other TUE experts, including communications with you and your physician(s), or support personnel regarding your application.

PURPOSES & USE

Your PI will be used in order to process and evaluate the merits of your TUE application in accordance with the International Standard for Therapeutic Use Exemptions. In some instances, it could be used for other purposes in accordance with the HYROX Anti-Doping Code (HYROX-ADC), regarding the International Standards, and the World Anti-Doping Code This includes in rare cases, investigations, or related procedures in the context of a suspected Anti-Doping Rule Violation (ADRV).

TYPES OF RECIPIENTS

Your PI, including your medical or health information and records, may be shared with the following:

- HYROX-World responsible for making a decision to grant, reject, or recognize your TUE, as well as their delegated third parties (if any). Members of the TUE Committees (TUECs) of HYROX-World; and
- Other independent medical, scientific or legal experts, if needed.

Note that due to the sensitivity of TUE information, only a limited number of HYROX-Worldstaff will receive access to your application. HYROX-World must handle your PI in accordance with the International Standard for the Protection of Privacy and Personal Information (ISPPPI). You may also consult HYROX-World to which you submit your TUE application to obtain more details about the processing of your PI (https://hyroxdach.com/privacy-policy/).[1]

FAIR & LAWFUL PROCESSING

When you sign the Application for Athlete License, you are confirming that you have read and understood this TUE Privacy Notice. Where appropriate and permitted by applicable law, HYROX-World and other parties mentioned above may also consider that this signature confirms your express consent to the PI processing described in this Notice. Alternatively, HYROX-World and these other parties may rely upon other grounds recognized in law to process your PI for the purposes described in this Notice, such as the important public interests served by anti-doping, the need to fulfill contractual obligations owed to you, the need to ensure compliance with a legal obligation or a compulsory legal process, or the need to fulfill legitimate interests associated with their activities.[2]

RIGHTS

You have rights with respect to your PI under the ISPPPI, including the right to a copy of your PI and to have your PI corrected, blocked or deleted in certain circumstances. You may have additional rights under applicable laws, such as the right to lodge a complaint with a data privacy regulator in your country.

Where the processing of your PI is based on your consent, you can revoke your consent at any time. To do so, you must notify HYROX-World and your physician(s) of your decision. If you withdraw your consent or object to the PI processing described in this Notice, your TUE will likely be rejected as HYROX-World will be unable to properly assess it in accordance with the Code and International Standards.

In rare cases, it may also be necessary for HYROX-World to continue to process your PI to fulfill obligations under the HYROX Anti-Doping Code and the International Standards, despite your objection to such processing or withdrawal of consent (where applicable). This includes processing for investigations or proceedings related to ADRV, as well as processing to establish, exercise or defend against legal claims involving you, WADA and/or an ADO.

SAFEGUARDS

All the information contained in a TUE application, including the supporting medical information and records, and any other information related to the evaluation of a TUE request must be handled in accordance with the principles of strict medical confidentiality. Physicians who are members of a TUE Committee and any other experts consulted must be subject to confidentiality agreements.

Under the ISPPPI, HYROX-World staff must also sign confidentiality agreements, and HYROX-World must implement strong privacy and security measures to protect your PI. The ISPPPI requires HYROX-World to apply higher levels of security to TUE information, because of the sensitivity of this information. You can find information about security in our HYROX Privacy policy.

RETENTION

Your PI will be retained by HYROX-World for the retention periods described in Annex A of the ISPPPI. TUE certificates or rejection decisions will be retained for 10 years. TUE application forms and supplementary medical information will be retained for 12 months from the expiry of the TUE. Incomplete TUE applications will be retained for 12 months.

CONTACT

Consult _____ [3] at _____. [3] for questions or concerns about the processing of your PI. To contact HYROX-World, use datenschutzbeauftragter@hyrox.com. .