



HYROX Team Relay Rules and Procedures

Racers must be 16 years or over.

Before the race, please ensure:

- You are fully briefed on the correct technique for each exercise, the distances, weights and reps you will be doing. The staff will demonstrate each exercise.
- You are well warmed up. You should arrive at least 15 minutes early to do a warmup and stretch.
- You are feeling fit and well to take part in the Race Day.
- **Spectators** must remain in the Spectator/Supporter area and are not allowed at the stations.

If a staff member sees an incorrect rep or movement, they will call “no rep” and you will be asked to go back and repeat the movement from where the fault happened, *no arguments*.

Please note: male weights apply to all stations.

The Team must complete 8 workout stations in total in the designated order. Each team member must complete 2 Run/Stations, they do not have to be consecutive Run/Stations.

Team members should go to the seating area available at each station ready for transition between team members. Please bring warm clothing as the Dome will be cold.

After completing both your stations, go to the Spectator/ Supporter area where you can support your teammates. Please remain in this area - free roaming between stations is not allowed.

Race finish – please gather your team together for the presentation of your race patches and a team photo.

Spectators must remain in the Spectator/Supporter area and are not allowed at the stations.

The Race

Run/Station 1	1000m Run You can slow down as and when you need walking or running is permitted.
	1000m Ski Erg Quick Start to get going. You can slow down or stop if needed. <i>On completion move to the next station or transition to another team member.</i>
Run/Station 2	1000m Run You can slow down as and when you need walking or running is permitted.
	50m Sled Push (150KG) Push weighted sled forwards for 50 metres. You may slow down or stop if needed. <i>On completion move to the next station or transition to another team member.</i>
Run/Station 3	1000m Run You can slow down as and when you need walking or running is permitted.
	50m Sled Pull (100KG) Pull weighted sled for 50 metres. You may slow down or stop if needed. <i>On completion move to the next station or transition to another team member.</i>
Run/Station 4	1000m Run You can slow down as and when you need walking or running is permitted.
	80m Burpee Broad Jumps Begin in a standing position. Position your feet shoulder-width apart. Drop into a squat, bend your knees, driving them out slightly past your toes while bringing your butt down. Kick your legs back into a high plank position. Your body should be in a straight line from shoulders to heels. Lower toward the ground then rise back to high plank. Return to a squat position, then stand up straight. <i>On completion move to the next station or transition to another team member.</i>

Run/Station 5	1000m Run You can slow down as and when you need walking or running is permitted.
	1000m Row Quick start to start and must complete 1000m before moving to the next station. You may slow down or stop if needed. <i>On completion move to the next station or transition to another team member.</i>
Run/Station 6	1000m Run You can slow down as and when you need walking or running is permitted.
	200m Farmers Carry (24KG) Pick up your weighted drums and continue 200 metres. You can stop, rest and re grip as needed. <i>On completion move to the next station or transition to another team member.</i>
Run/Station 7	1000m Run You can slow down as and when you need walking or running is permitted.
	100m Lunges (20KG) The sandbag must be carried on your shoulders. Lunges to be done on alternate legs each rep for 100 metres. Your back knee must touch the floor and front leg at 90 degrees. Stop and rest as needed. <i>On completion move to the next station or transition to another team member.</i>
Run/Station 8	1000m Run You can slow down as and when you need walking or running is permitted.
	100 Wall Balls (6KG) With the Ball held at chest height, squat down to 90 degrees, squat up to full extension and throw the ball at the target. The Ball must hit the target and can be caught or allowed to drop to the floor. If dropped to the floor pick up and repeat, if caught, squat back down to 90 degrees and repeat. The No Rep policy will be enforced if the squat is not deep enough, or ball doesn't hit the target. <i>Congratulations, your team has finished!</i>