



HYROX HalfROX Rules and Procedures

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.

The Race

500m Run (Juniors 150m)

Run distance of 500m. You can slow down as and when you need walking or running is permitted.

Doubles: both team members must run full distance of 500m together, side-by-side.

500m Ski Erg

Quick Start to get going. You can slow down or stop if needed. On completion of 500 metres move to the next station.

Doubles: you may split the distance between team members by any amount. When swapping out team members, it is not allowed to pass the SkiErg handles from one member to the other.

500m Run (Juniors 150m)

Run distance of 500m. You can slow down as and when you need walking or running is permitted.

Doubles: both team members must run full distance of 500m together, side-by-side.

25m Sled Push (152KG male/102KG female/40KG junior)

Push weighted sled forwards for 25 metres. You may slow down or stop if needed.

Doubles: you may split the distance between team members by any amount. The resting member must walk immediately behind the working member during the Sled Push. When transitioning between team members, the working member must stop and move behind the resting member before the resting member continues pushing the sled.

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500m Run (Juniors 150m)

Run distance of 500m. You can slow down as and when you need walking or running is permitted.

Doubles: both team members must run full distance of 500m together, side-by-side.

40m 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.

Doubles: you may split the distance between team members by any amount. The resting member must walk immediately behind the working member during the Burpee Broad Jumps. When transitioning between team members, the resting member will begin by placing their hands where the working member's feet landed, toes and fingers in line.

500m Run (Juniors 150m)

Run distance of 500m. You can slow down as and when you need walking or running is permitted.

Doubles: both team members must run full distance of 500m together, side-by-side.



500m Row

Quick start to start and must complete 250m before moving to the next station. You may slow down or stop if needed.

Doubles: you may split the distance between team members by any amount. When transitioning between team members, the working member must be completely off the machine before the resting member takes position. Team members are not allowed to help each other to embark and disembark on the machine.

500m Run (Juniors 150m)

Run distance of 500m. You can slow down as and when you need walking or running is permitted.

Doubles: both team members must run full distance of 500m together, side-by-side.

100m Farmers Carry (24KG male/16KG female/8KG junior)

Pick up your weighted drums and continue 50 metres. You can stop, rest and re grip as needed.

Doubles: you may split the distance between team members by any amount. The resting member must walk immediately behind the working member during the Farmers Carry. When transitioning between team members, weights may be passed backwards to the resting member or resting member may pick them up off the ground.

500m Run (Juniors 150m)

Run distance of 500m. You can slow down as and when you need walking or running is permitted.

Doubles: both team members must run full distance of 500m together, side-by-side.

50m Lunges (20KG male/10KG female)

The sandbag must be carried on your shoulders. Lunges to be done on alternate legs each rep for 25 metres. Your back knee must touch the floor and front leg at 90 degrees. Stop and rest as needed.

Doubles: you may split the distance between team members by any amount. The resting member must walk immediately behind the working member during the Lunges. When transitioning between team members, sandbags may be passed backwards to the resting member or resting member may pick them up off the ground.

500m Run (Juniors 150m)

Run distance of 500m. You can slow down as and when you need walking or running is permitted.

Doubles: both team members must run full distance of 500m together, side-by-side.

50 Wall Balls (6KG male/4KG female/4KG junior)

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 line. Juniors are to hold weight to chest, squat to 90 degrees and press ball straight out and tap wall in front.

Doubles: you may split the amount of wall balls between team members by any amount. When transitioning between team members, wall ball may be passed to the resting member, or resting member may pick it up off the ground.

Good Luck!