

H Y R O X

RULEBOOK **10-11 YEARS**

פונקציונליות
התאמה



There will always be a **WELFARE PERSON** from HYROX
to help keep people safe and well.
You can speak to them if anything is worrying you.

☐ **Sports clothes**
– t-shirt/vest and shorts

☐ **Closed toe running shoes**

☐ **Water bottle**
– for before and after your race

☐ **No chewing gum allowed**

☐ **Photo ID**
(school or passport)

☐ **A positive attitude 😊**

☐ **Hair tied back**

☐ **No jewellery is advised**

Before you arrive

ROOKIE CHECKLIST

What Happens on

RACE DAY



1

Check-In with your Parent

You'll get a **wristband** and a **timing chip** on your ankle — Keep them safe!

2

Warm-Up Time (25 Minutes)

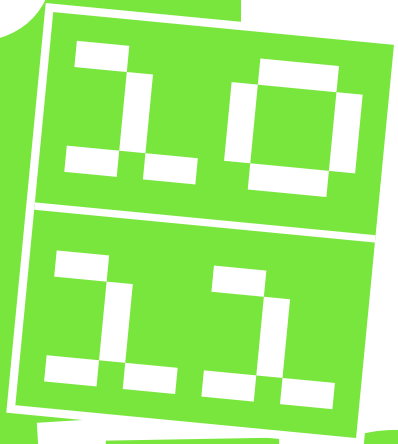
- **Coaches will guide you.**
No parents allowed inside this part.
 - **You'll get warmed up in stages.**
Our coaches will help and make sure you're doing great. We will also make sure you have tried the kit and equipment and also understand the race format ahead.
 - **Your start time is the time to arrive at warm up for your check in**
-

3

Start Line

Stay in **your assigned wave.**
When the buzzer goes... you own that course!!

10-11 YEARS



RACE

FORMAT

YOUR RACE

— RUN 1 LAP

01 **SKIERG**

From the start tunnel you will run to the 'IN' arch

Pull the handles until your screen reaches **400m**

02 **SLED PUSH**

Push the sled **15m (50kg)** forward and back over the lines

03 **SLED DRAG (ROPE)**

Drag the sled **15m (40kg)** using the rope attached

04 **BURPEE BROAD JUMPS**

Full burpee before the start line, then jump forward, continue Burpees for **20m**, feet must fully cross the line

— RUN 1 LAP

from the 'OUT' arch you will run to the 'IN' arch

05 **ROWERG**

Row **300m**

06 **FARMERS CARRY**

Carry two **6kg** kettlebells for **50m** (1 lap)

07 **LUNGES**

Lunge **20m**— knee must touch the floor each time

— RUN 1 LAP

from the 'OUT' arch you will run to the 'IN' arch

08 **WALL BALL SQUATS**

Do **50** squats holding a **2kg** ball

BASIC RULES

to Remember



1

Use only your assigned equipment and lane
No sneaking ahead

2

Enter and exit the correct IN / OUT gates
Wrong way = slow down!

3

Do all reps and laps properly
Missing = time added

4

Be respectful to the Judges, they are making sure everything is fair

5

If in doubt, always wait for your Judge to say **"YOU'RE DONE!"**

DON'T WORRY!

If you make a mistake, your race keeps going...
but it adds time to your score:



If your **squat**
is not low enough
– No REP

+ 30

SECONDS

if you go in the **wrong**
station arch



If your Burpee Broad Jumps
are done incorrectly **the**
Judge will ask you to redo it

+ 30

SECONDS

If you **drop the kettlebells** forward
or **forget to return** them

Penalties (Mistakes
That Slow You Down)

Tip: Fast racers focus
and earn clean reps

OOPS ZONE



A true HYROX Youngstars Racer:



... **respects** Judges
and Competitors



... **handles pressure,**
even when tired



... **doesn't cheat**
or cut corners



... **celebrates others,**
not just themselves



... **finishes strong!!**

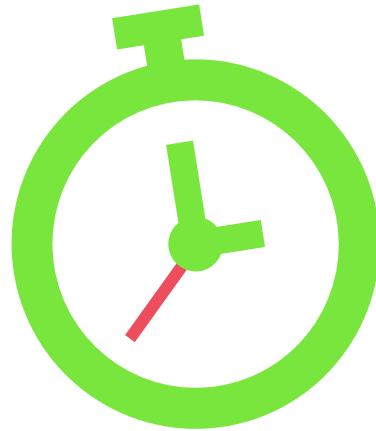


CODE OF CHAMPIONS

AFTER YOU FINISH...



Patch proudly
earned



Time on
the leaderboard



Pride
in your chest

You've completed a tough race and are growing as an athlete – **Ready for the next step?**

BE BRAVE
BE STRONG
BE KIND



YOU ARE A

HYROX

YOUNGSTAR

