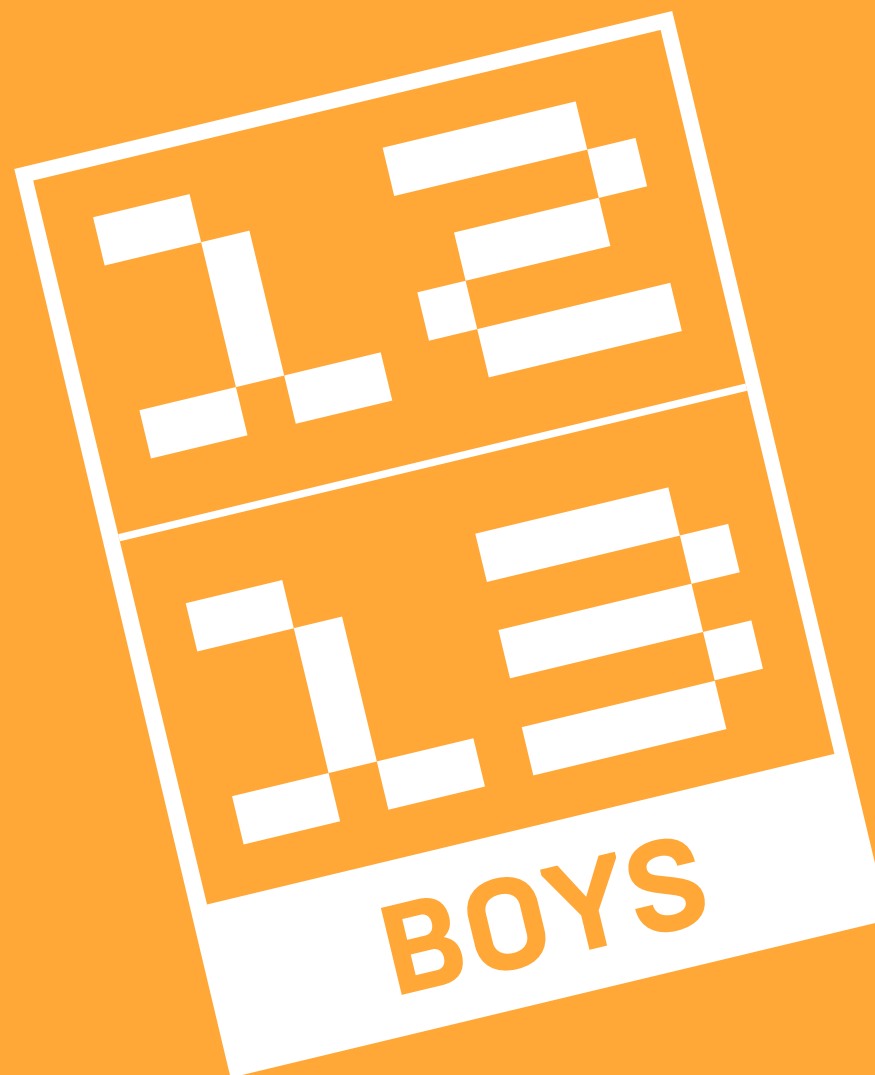


H Y R O X

RULEBOOK **12-13 YEARS**

התקנון
של
המועדון
היהודי
המרכזי



If you're 12 or 13, you're racing in one of two categories: **Girls 12-13, Boys 12-13**



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)

☐ **Focused mindset!**

☐ **Hair tied back**

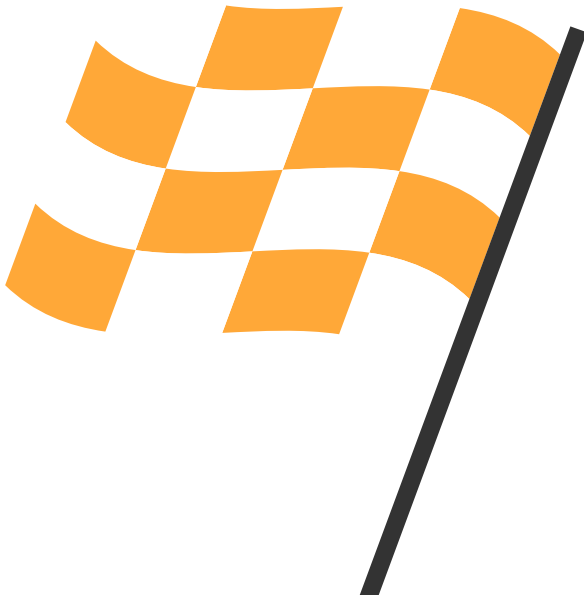
☐ **No jewellery is advised**

Before you arrive

ROOKIE CHECKLIST

What Happens on

RACE DAY



1

Check-In with your Parent

You'll get a **division 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!!

12-13 YEARS



RACE

FORMAT

YOUR RACE

— RUN

01 **SKIERG**

02 **SLED PUSH**

03 **SLED PULL (ROPE)**

04 **BURPEE BROAD JUMPS**

05 **ROWERG**

06 **FARMERS CARRY**

07 **LUNGES**

— RUN

08 **WALL BALL SQUATS**

GIRLS 12-13

2 LAPS*

500 m

30m at **60** kg

30m at **25** kg

40m

400m

100m with **8** kg

40m with **5** kg

2 LAPS*

50 reps at **2** kg to 8ft

BOYS 12-13

2 LAPS*

500 m

30m at **70** kg

30m at **50** kg

40m

400m

100m with **12** kg

40m with **7.5** kg

2 LAPS*

50 reps at **3** kg to 8ft

* Do not enter 'IN' arch on lap 1;
enter 'IN' arch on lap 2

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

No half reps
— full range or redo it
Judges are watching

4

Listen to the Judge's call before moving on
Leaving early = penalty

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:

+30

SECONDS

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

+90

SECONDS

if you **miss 1 lap**

+15

SECONDS

each and every time
you **drop sandbag**
from shoulders



Bad burpee / lunge form
– Judge will give **time-based**
penalties after warnings

Penalties (Mistakes
That Slow You Down)

Penalties don't just
slow you — they erase
your effort.

OOPS ZONE



A true HYROX Youngstars Racer:



... pushes hard
but stays in control



... **finishes with pride,**
not excuses



... **earns respect**
by following the rules

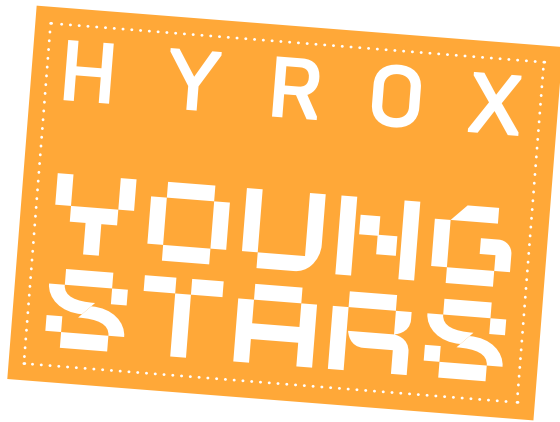


... **never argues**
with Judges



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



