

H Y R O X

RULEBOOK **8-9 YEARS**

HYROX RUND STARTARS



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)

☐ **Biggest smile ever** 😊

☐ **Hair tied back**

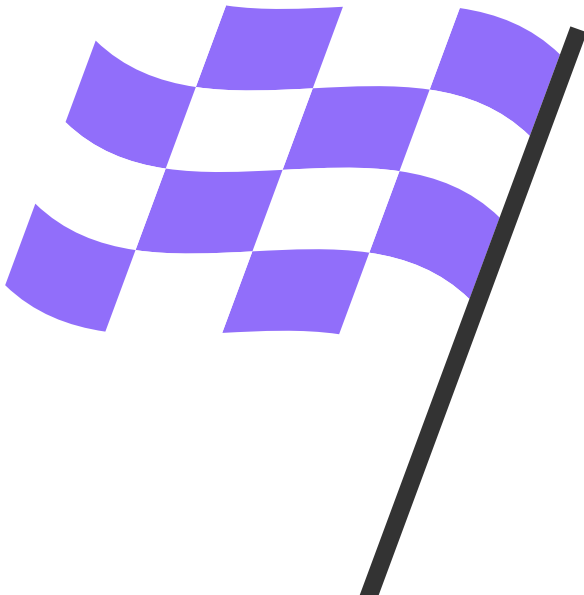
☐ **No jewellery is advised**

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)

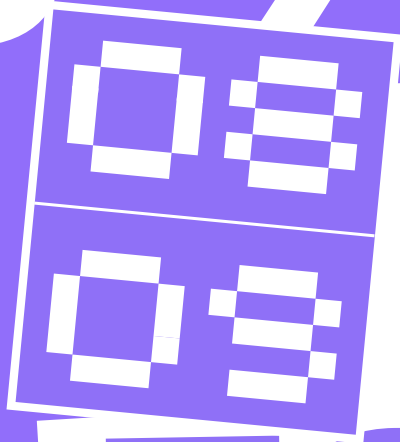
- **Coaches will guide you.**
No parents allowed inside this part.
 - **You'll get warmed up in stages.**
Our coaches will help and make sure you're doing great. We will also make sure you have tried the kit and equipment and also understand the race format ahead.
 - **Your start time is the time to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

3

Start Line

Stay in your wave [group] and wait for...
3, 2, 1,... GO!!

8-9 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 **300m**

02 **SLED PUSH**

Push the sled **15m (35kg)** forward and back over the lines

03 **SLED DRAG (ROPE)**

Drag the sled **15m (25kg)** using the rope attached

04 **FROGGER JUMP**

Jump forward with hands + feet together for **20m**

— RUN 1 LAP

from the 'OUT' arch to the 'IN' arch as directed at the warm-up

05 **ROWERG**

Row **200m**

06 **FARMERS CARRY**

Carry two **4kg** kettlebells for **50m** (1 lap)

07 **LUNGES**

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

— RUN 1 LAP

from the 'OUT' arch to the 'IN' arch as directed at the warm-up

08 **WALL BALL SQUATS**

Do **50** squats holding a **1kg** ball

ROOKIE RULES

to Remember



**Stay in your lane
and equipment**
No swapping allowed



**Go in and out of
the correct gates**
Wrong way = slow down!



Do all reps and laps
Missing one =
penalty time



Be kind & listen to Judges
They're there to help you
succeed and be safe



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**

+ 30

SECONDS

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



If your frogger jump is
not clear enough, **the Judge**
will ask you to redo it

Penalties (Mistakes
That Slow You Down)

OOPS ZONE

Think of penalties like
tripping on a banana peel
— it slows you down!



A true HYROX Youngstars Racer:



... follows **the rules**



... **cheers** for other racers



... **tries** their best
whilst having **fun**



... **smiles** across the
finish line

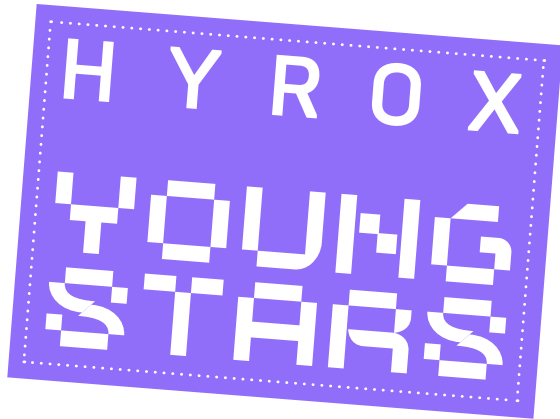


... **says** **"Thank You"**
to Judges

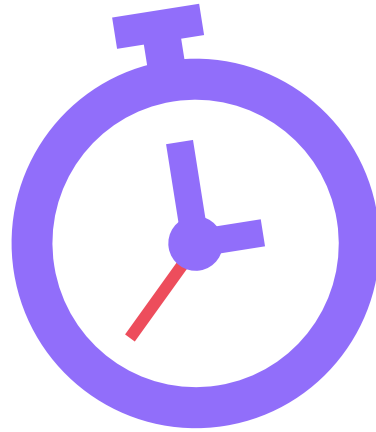


CODE OF CHAMPIONS

AFTER YOU FINISH...



You'll get your
patch



Your **official time**
will go online



Go find **your family** —
They'll be so proud!

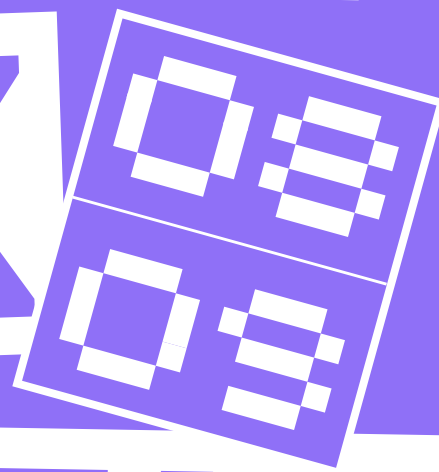
You can only leave the Recovery Zone when your **registered parent** or **guardian comes to collect you.**

BE BRAVE
BE STRONG
BE KIND



YOU ARE A

HYROX



YOUNGSTAR

