

RULEBOOK

YOUNG STARS



H Y R O X
YOUNG
STARS

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1 CONCEPT

HYROX Youngstars consists of an adapted workout following the Age Group HYROX race but incorporating age and gender specific adaptations to ensure child racers are competing at a level that is safe and controlled in line with their age and stage of maturation.

The repetition range and/or weights differ between the age groups, this includes the running distance. The 8-9 and 10-11 age groups have a 'Entry', middle and 'Exit' run, the 12-13 age group has an Entry and Exit run whereas the oldest age group has a run lap between each station.

The results and ranking system are based on the fastest time in each respective age group/division. Results are sorted from the fastest to the slowest time.

Participating children ("racers") are registered for this competition by a parent or legal guardian, in compliance with the terms and conditions, and the racers legal representative is accepting the following rules in this rulebook on the racers behalf. For clarification, the following rulebook refers to the legal representative on behalf of the racer ("you") to address the racer and its legal representative.

2 CONDITIONS OF PARTICIPATION

2.1 CONDITIONS OF PARTICIPATION IN HYROX

HYROX Youngstars is a competition open to children ages 8-15 years, qualifications are not required.

By participating in HYROX you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy which can be read at <https://hyrox.com/terms-and-conditions/>.

2.2 PRECONDITIONS FOR PARTICIPATION

- 1 In order to participate in a HYROX event, racers must be at least 8 years old on the day of competition.
- 2 Official rankings will be based on racers' biological gender at birth. However, individuals who wish to participate for recreational purposes only, without being included in the official ranking, may register under their gender identity.
- 3 Each racer and parent or guardian must agree to the terms and conditions of participation.
- 4 The only way to register for a HYROX Youngstars event is via <https://hyrox.com/hyrox-youngstars/>

2.3 PARTICIPATION WITH PHYSICAL LIMITATIONS

Injured racers are responsible for ensuring they have received medical clearance from a qualified health professional prior to participating in a HYROX Youngstars race.

If movement adaptations or modifications to prescribed weights or repetitions are required due to physical limitations (whether temporary or ongoing) resulting from injury, racers must contact the HYROX Youngstars team in advance.

If you require any movement adaptations or need to modify prescribed weights/reps due to injury, please contact the HYROX Youngstars team in advance. We will do our best to support your participation safely. youngstars@hyrox.com

Please note that any modifications made for injury related reasons will result in you being marked as 'Out of Competition'. You will still receive a finish time, but your result will be excluded from official rankings.

3 REGISTRATION

3.1 PARTICIPATE AS AN INDIVIDUAL

At <https://hyrox.com/hyrox-youngstars/> the racers parent or legal guardian can sign up via the 'Register here' button for the specific city.

- 1 Select your division: HYROX Youngstars 8-9, 10-11, 12-13 or 14-15 years. Enter your personal details
- 2 Racers are not allowed to race in any other age group than their age stated on their ID on the day of the race.
- 3 Enter the racers details as well as your personal details
- 4 Sign consent waiver and T&Cs
- 5 They are now registered as an individual racer

4 DIVISIONS AND RANKING SYSTEM

- 4.1 HYROX YOUNGSTARS DIVISIONS
- (A) GIRLS 8-9 YRS

(B) BOYS 8-9 YRS

(C) GIRLS 10-11 YRS

(D) BOYS 10-11 YRS

(E) GIRLS 12-13 YRS

(F) BOYS 12-13 YRS

(G) GIRLS 14-15 YRS

(H) BOYS 14-15 YRS

HYROX Youngstars offers four age groups (AG). The age groups differ in gender,workout repetitions and/or weight. The running distance increases across each division, as detailed below. Racers start in waves based on their age group and gender. Each race start includes only racers of the same age group and gender.

A racer’s AG is determined by their age on the day of race. For example, if the racer is a boy turning 10 at their next birthday in November 2026 but they are competing in an event in April of 2026, they will compete in division (b).

	8-9 YRS	10-11 YRS	12-13 YRS GIRLS	12-13 YRS BOYS	14-15 YRS	14-15 YRS GIRLS	14-15 YRS BOYS
RUN	1 LAP	1 LAP	2 LAP	2 LAP	1 LAP BETWEEN WORK-OUTS	1 LAP	1 LAP
SKI ERG	300M	400M	500M	500M		600M	600M
SLED PUSH	15M - 35KG	15M - 50KG	30M - 60KG	30M - 70KG		30M - 70KG	30M - 102KG
SLED PULL	15M - 25KG (STEPBACK)	15M - 40KG (STEPBACK)	30M - 25KG	30M - 50KG		30M - 50KG	30M - 78KG
BURPEE BROAD JUMPS	20M FROGGER	20M	40M	40M		40M	40M
RUN	1 LAP	1 LAP					
ROW	200M	300M	400M	400M		500M	500M
FARMERS CARRY	50M - 4KG	50M - 6KG	100M - 8KG	100M - 12KG		100M - 12 KG	100M - 16KG
LUNGES	20M	20M	40M - 5KG	40M - 7.5KG		40M - 7.5KG	40M - 10KG
RUN	1 LAP	1 LAP	2 LAPS	2 LAPS			
WALL BALLS	50 SQUATS - 1KG	50 SQUATS - 2KG	50 - 2KG 8FT	50 - 3KG 8 FT		50 - 3KG 8 FT	50 4KG - 9 FT

4.2 RANKING SYSTEM

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each race. Results are sorted from the fastest to the slowest times.

The results will be published immediately after each event ends, and will be available at results.hydrox.com.

Any incomplete running laps or deviation from the prescribed repetition range or movement standards will result in a penalty (see Penalties) and/or disqualification. Penalties may be added or amendments made for up to 48 hours after each event ends.

5 THE RACE

The HYROX Youngstars race differs for each AG, detailed below.

A HYROX Youngstars race operates using wave starts at regular scheduled intervals (e.g., every 10 minutes). Each racer is assigned an official start time, which is communicated prior to race day and confirmed again at check-in.

Racers must have their official start time clearly visible on their arm.

Note 1: Any racer who starts in an earlier or later wave than their official assigned start time without prior approval from the Race Organisers will be Disqualified (DQ).

Note 2: It is the racer's responsibility to wear their timing chip on an ankle at all times while racing. Failure to do so will result in a 'Did Not Start' (DNS) leaderboard result.

Note 3: Racers must avoid entering the Roxzone or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.

All HYROX Youngstars courses will be designed to include a 1-7 station order with station 8 sometimes out of sequence or with a separate 'in'.

5.1 STATION RULES AND REGULATIONS

- 1 Complete all workout stations in the correct order.
- 2 Enter and Exit each workout station via the correct routes.
 - Exiting a workout station via the workout station 'in' arch will result in a 30- second time penalty.
- 3 Complete the prescribed number of repetitions and/or distances.
- 4 Perform each exercise according to the movement standards.
- 5 Perform the exercises/movements using the correct weight[s].
- 6 Only use a piece of equipment/lane/wall ball station assigned by a member of the Race Crew.
- 7 Only event-provided chalk may be used, and only at the workout stations where it is provided. Chalk is not to be taken to any other workout stations or used at different workout stations. Doing so will incur a 2-minute penalty per infringement.
- 8 To avoid creating slip hazards for other racers and staff, the fluids provided at aid stations are for drinking only. They are not to be used for active cooling [e.g. pouring water over the head or body]. Doing so will incur a 2-minute penalty per infringement.

5.2 RUNNING

The HYROX Youngstars running splits are counted by laps where each lap will be between 200-275 metres. To note the first lap and last lap may differ between races. This will be communicated prior to the event, this is to make sure we achieve distances within the range.

DIVISION	RUNNING DISTANCE
8-9 YRS	1 lap 'Entry', 1 lap 'Middle' and 1 lap 'Exit' run*
10-11 YRS	1 lap 'Entry', 1 lap 'Middle' and 1 lap 'Exit' run*
12-13 YRS	2 lap 'Entry' and 2 lap 'Exit' run *
14-15 YRS	1 lap between each workout station

*The 'Entry' lap is at the start of the race, the middle lap is between stations 4 and 5 and the 'Exit' lap is between stations 7 and 8.

5.3 JUDGING TEAMS

A Judging Team will be responsible for ensuring all racers complete the race in the correct and safe manner. The Judges do this in coordination with the Head Judge of the respective station.

The Head Judge of each station is managed by the Race Directors, who oversee all sporting aspects of the competition and make the final decisions on all judging matters.

All decisions of the Lead Race Director are final.

6 MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

Head Judges and Judges are coached to facilitate a nurturing and learning experience for all HYROX Youngstars racers.

Any execution of a run or movement that deviates from the prescribed standards, appears unusual or uncommon, or appears to provide a competitive advantage will not be recognised. Such actions may result in either a no rep or a time penalty, depending on the station.

6.1 SKIERG

DIVISION	SKI DISTANCE DAMPER
8-9 YRS	300 meters 3
10-11 YRS	400 meters 3
12-13 YRS	500 meters 3
14-15 YRS	600 meters 3

- 1 Prior to starting, the monitor will be [re]set by a Judge.
- 2 The racer must have both feet on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The racer's heels are permitted to hang over the edge of the SkiErg base but must not come into contact with the floor.

- 3** After completing the required distance, the racer must remain with both feet on the platform and raise an arm to signal to a Judge that the required distance has been completed.
- 4** The racer may only leave their SkiErg upon receiving the Judge's confirmation of completion.
- 5** The SkiErg handles will be stowed at the mid level handles and must be returned to the same position on finishing the workout.

Note: The damper setting on the ergometer is preset to resistance 3 for all divisions - this may be adjusted as many times as desired by the racer.

SKIERG PENALTY PROTOCOL

- 1** If the racer's feet move from the SkiErg base, this will result in a formal warning.
- 2** If the racer leaves before completing their designated meters, or they do not stow the handles ready for the next racer they will receive a time penalty based on the severity of the infringement.
- 3** If the racer violates any of the above mentioned points, the racer will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

6.2 SLED PUSH

DIVISION	DISTANCE WEIGHT
8-9 YRS	15 meters (2 lanes) 35KG
10-11 YRS	15 meters (2 lanes) 50KG
12-13 YRS GIRLS	30 meters (4 lanes) 60KG
12-13 YRS BOYS	30 meters (4 lanes) 70KG
14-15 YRS GIRLS	30 meters (4 lanes) 70KG
14-15 YRS BOYS	30 meters (4 lanes) 102KG

Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.

- 1 Both sled and racer must be completely behind the white line prior to starting.
- 2 Both sled and racer must stay within their designated lane and not interfere with a neighbouring lane in any way.
- 3 The sled must always pass the 7.5m mark (end of the lane) entirely before changing direction.
- 4 As soon as the racer completes their total required distance and the entire sled passes the line, the workout station is complete.

SLED PUSH PENALTY PROTOCOL

- 1 A racer's first infringement will result in a formal warning.
- 2 A penalty of 1 minute will be applied for each missing lane no warnings will be issued.
- 3 If the racer violates any of the above mentioned points upon the second warning, the racer will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

6.3 SLED PULL / DRAG

DIVISION	DISTANCE WEIGHT
8-9 YRS (DRAG)	15 meters (2 lanes) 25KG
10-11 YRS (DRAG)	15 meters (2 lanes) 40KG
12-13 YRS (PULL) GIRLS	30 meters (4 lanes) 25KG
12-13 YRS (PULL) BOYS	30 meters (4 lanes) 50KG
14-15 YRS (PULL) GIRLS	30 meters (4 lanes) 50KG
14-15 YRS (PULL) BOYS	30 meters (4 lanes) 78KG

SLED DRAG

Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.

- 1 Racers may pull on the rope loop to move the sled down the lane, they must have both hands on the rope prior to starting the sled drag and remain in their lane at all times.

- 2 The sled must always pass the 7.5m mark (end of the lane, completely over the white line) before changing direction.
- 3 At all times, the racer must remain facing towards the sled; it is not permitted to pull the sled from while facing the direction of sled travel.
- 4 As soon as the racer has completed their total required distance and the entire sled passes the line, the workout station is complete.
- 5 A penalty of 1 minute will be applied for each missing lane no warnings will be issued

SLED PULL

Each racer will be assigned a sled lane by a member of the judging team. It is mandatory that the racer uses the assigned sled lane.

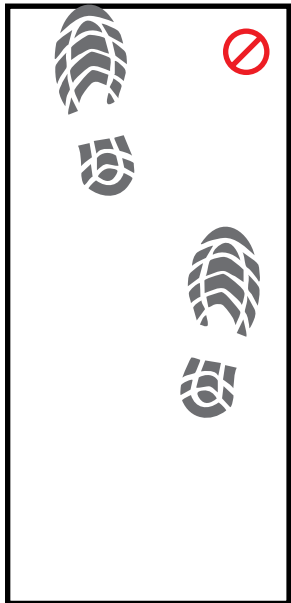


FIG 001



FIG 002

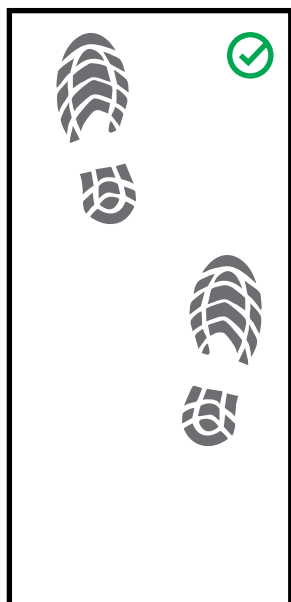


FIG 003

- 1 Both sled and racer must be completely within their respective Racer Boxes prior to starting.
- 2 At all times racers must remain within their designated working space (known as the Racer's Box) at each end of their lane.
 - a Racers are not permitted to step on the solid line at the front (see Fig: 001 & 002) or back of the Racers Box (see Fig: 003) while holding the rope.
- 3 The sled must always pass the 7.5m mark (end of the lane, completely over the white line) before changing direction.
- 4 Once the racer pulls the entire sled past the 7.5m mark, the racer then runs to the opposite of their lane and pulls the sled back.
- 5 At all times, the racer must remain standing; it is not permitted to pull the sled from a seated or kneeling position.
- 6 At all times, the racer must make sure that their rope or drag handles remain in their lane - it may extend out of the back of their lane, but may not impede a neighbouring lane.
- 7 As soon as the racer has completed their total required distance and the entire sled passes the line, the workout station is complete.
- 8 A penalty of 1 minute will be applied for each missing lane no warnings will be issued

- 1** A racer's first infringement will result in a formal warning.
- 2** A penalty of 1 minute will be applied for each missing lane no warnings will be issued.
- 3** If the racer violates any of the above mentioned points upon the second warning, the racer will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

6.4 BURPEE BROAD JUMP | FROGGER JUMP

DIVISION	DISTANCE
8-9 YEARS - FROGGER	20 meters
10-11 YEARS	20 meters
12-13 YEARS	40 meters
14-15 YEARS	40 meters

FROGGER JUMP

- 1 The racer must start with both hands and feet behind the white line on the floor.
- 2 The racer then must complete a two hand / two feet jump forward.
- 3 The back of the hands may be no more than 30cm from the front of the foot.
- 4 The workout station is completed once the racer jumps over the finish line. If either foot lands on the finish line, another frogger jump must be completed.

BURPEE BROAD JUMP

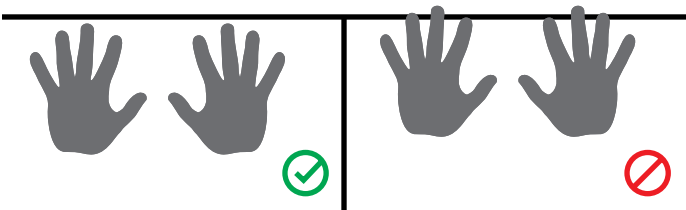


FIG 004



FIG 005

- 1 The racer must start by completing a burpee.
- 2 The first burpee of each section starts with both hands placed on the ground/contrasting coloured tape behind the white start-line with the racer's chest on the ground (see Fig: 004).
a In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.
- 3 The racer may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must be parallel for taking off and landing (see Fig: 005). No staggered foot positions, additional steps or shuffles are permitted at any time.
- 4 Racers are permitted to use a knee when coming out of the bottom of the burpee position.

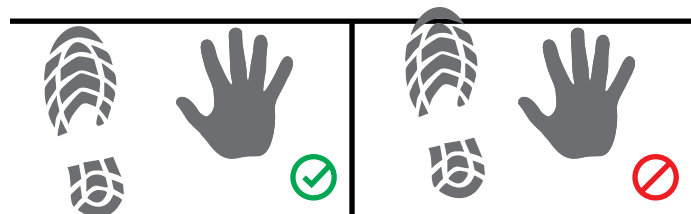


FIG 006

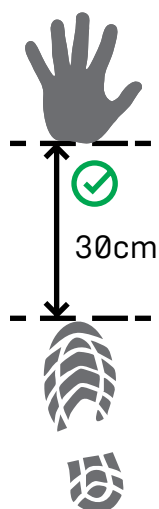


FIG 007



FIG 008

- 5 When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips (overstepping) [see Fig 006].
- 6 When starting all subsequent burpees, the racer's hands must be placed no more than 30 cm's forward of their toes.
 - a The 30 cm measures from the base of the racer's palms where their hands meet their wrists [see Fig: 007]
 - b Once the hands are placed on the ground, they cannot be moved forward.
- 7 The racer may then jump or step backwards into the burpee position. In the bottom of all burpees, the racer's chest must clearly touch the ground.
- 8 The length of each broad jump is up to the racer.
- 9 If grid lanes are in place, they are there as a guide only - it is not mandatory to stay in the same lane i.e. a faster racer can cross lanes to overtake a slower racer.
- 10 Where turning points are used at the end of each section, racers are not required to perform the movement around them. However, the racer must jump across every white start/finish line with both feet fully crossing the line at the end of the section before turning. Each new section must begin from the designated start line position - chest on the ground with hands placed behind the white line [see Fig: 008].
- 11 The workout station is completed once the racer jumps over the finish line. If either foot lands on the finish line, another burpee broad jump must be completed.

It is the racer's responsibility to make it clear for the Judges that they are meeting all movement standards.

- 1 A racer’s first infringement will result in a formal warning.
- 2 If the racer violates any of the above mentioned points upon the second warning, the racer will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.
- 3 Judges and Head judges will stop and assist racers where necessary to ensure the race standards are being met, coaching and nurturing HYROX Youngstars racers through the movement standards.

6.5 ROWING

DIVISION	ROW DISTANCE DAMPER
8-9 YEARS	200 meters - 4
10-11 YEARS	300 meters - 4
12-13 YEARS	400 meters - 4
14-15 YEARS	500 meters - 4

- 1 Prior to starting, the monitor will be (re)set by the Judging Team.
- 2 Racers’ feet must be on their rowers’ foot plates and their backside on the seat before taking hold of the rower handle. Their feet must remain on the foot plates at all times.
- 3 After completing their designated distance, the racer must remain seated and raise their arm to request a Judge confirm that the required distance has been completed.
- 4 The racer may only dismount their rower and leave the workout station after receiving the Judge’s confirmation of completion.

Notes 1: The damper setting on the ergometer is preset to Resistance 4 for all divisions - this may be adjusted as many times as desired by the racer.

Notes 2: The footplates will be preset to Position Number 2 for all divisions. Racers are permitted to adjust the footplate to their preferred setting before beginning.

- 1 A racer’s first infringement will result in a formal warning.
- 2 If the racer leaves before completing their designated distance, they will receive a time penalty or they may be disqualified, depending on the severity of the violation.
- 3 If the racer violates any of the above mentioned points, the racer will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

6.6 KETTLEBELL FARMERS CARRY

DIVISION	DISTANCE WEIGHT
8-9 YEARS	50 METERS 4KG
10-11 YEARS	50 METERS 6KG
12-13 YEARS GIRLS	100 METERS 8KG
12-13 YEARS BOYS	100 METERS 12KG
14-15 YEARS GIRLS	100 METERS 12KG
14-15 YEARS BOYS	100 METERS 16KG

50M = 1 LAP, 100M = 2 LAPS.

The racer will pick up 2 Kettlebells,only the weight designated to the division will be available to be selected.

- 1 The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/ finish line.
- 2 The racer has to carry both kettlebells at all times while they move.
- 3 Kettlebells must be carried with both arms extended by the racer’s sides.
- 4 Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.

- 5 The workout station is completed once the racer carries the kettlebells across the finish line and returns them to the correct box, ensuring that the handles remain in the upright position.

FARMERS CARRY PENALTY PROTOCOL

- 1 Each missing lap will result in a 1 minute penalty.
- 2 Racers need to return their kettlebells to the correct area with the handles in the upright position. If a racer returns to correct their infringement before exiting the Roxzone, the penalty will not be applied.
- 3 If the racer violates any of the above mentioned points, the racer will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

6.7 SANDBAG LUNGE

DIVISION	DISTANCE WEIGHT
8-9 YEARS	20 METERS NO WEIGHT
10-11 YEARS	20 METERS NO WEIGHT
12-13 YEARS GIRLS	40 METERS 5KG
12-13 YEARS BOYS	40 METERS 7.5KG
14-15 YEARS GIRLS	40 METERS 7.5KG
14-15 YEARS BOYS	40 METERS 10KG

Only the weight designated to the division will be available to be selected.

LUNGE - NO WEIGHT

- 1 The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line.
- 2 During each lunge, the trailing knee must clearly touch the ground.
- 3 Each repetition ends with the racer standing tall, knees and hips fully extended.
- 4 Lunges must be alternating i.e. alternating knees touching the ground.

LUNGE - WITH SANDBAG

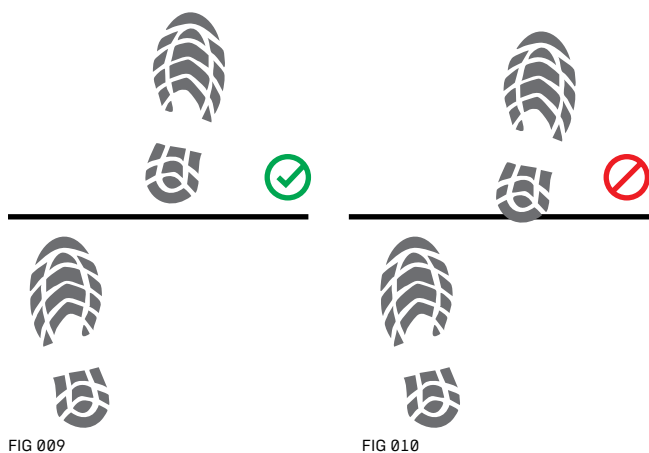


FIG 009

FIG 010

- 5 The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
 - 6 It is not permitted to take any steps or shuffles between repetitions.
 - 7 It is required that the racer's front foot must completely cross the white line at the end of each lane, and the finish line.
 - 8 The racer does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it (see Fig: 009).
 - 9 The station is complete once the racer's leading foot completely crosses the finish line.
- 1 The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
 - 2 The racer must lift up the sandbag without assistance and place it across both shoulders. It must remain on both shoulders at all times throughout the station, including in the turn zones.
 - 3 The racer starts by standing tall with both feet behind the line before beginning their first lunge across the start line (see Fig: 010).
 - 4 During each lunge, the trailing knee must clearly touch the ground.
 - 5 Each repetition ends with the racer standing tall, knees and hips fully extended.
 - 6 Lunges must be alternating i.e. alternating knees touching the ground.
 - 7 The racer can either lunge continuously or stop between each lunge with both feet parallel on the ground.
 - 8 It is not permitted to take any steps or shuffles between repetitions.
 - 9 It is required that the racer's front foot must completely cross the white line at the end of each lane, and the finish line.
 - 10 The racer does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it (see Fig: 010).
 - 11 The station is complete once the racer's leading foot completely crosses the finish line. They must then return the sandbag to the correct marked area.

SANDBAG LUNGE PENALTY
PROTOCOL

- 1 A racer’s first infringement will result in a formal warning.
- 2 The sandbag must remain on both shoulders at all times and the racer is not permitted to put the sandbag down at any time during the workout station, including the turn zones. The first infringement will result in a 15-second penalty, further infringements will result in additional 15 second penalties on top of the original penalty. I.e if you put the sandbag down 4 times you would receive a 60 second penalty.
- 3 Racers need to return their sandbags to the correct area. If a racer returns to correct their infringement before exiting the Roxzone, the penalty will not be applied.
- 4 If the racer violates any of the above mentioned points, the racer will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

6.8 WALL BALLS

DIVISION	QUANTITY WEIGHT HEIGHT
8-9 YEARS	50 SQUATS 1KG
10-11 YEARS	50 SQUATS 2KG
12-13 YEARS GIRLS	50 2KG 2.4M
12-13 YEARS BOYS	50 3KG 2.4M
14-15 YEARS GIRLS	50 3KG 2.4M
14-15 YEARS BOYS	50 4KG 2.7M

ONLY THE WALL BALL WEIGHT DESIGNATED TO THE DIVISION WILL BE AVAILABLE TO BE SELECTED.

SQUATS

- 1 The racer must start by standing tall (hips and knees extended), holding the wall ball with both hands (see Fig: 011) it is not permitted to go straight into a squat without first standing tall.
- 2 The racer then squats below parallel and then returns to a standing tall (hips and knees extended) position before returning to the squat.
- 3 At the bottom position of the squat, the racer’s hips must descend lower than their knees (also known as; below parallel or below 90º) (see Fig: 012).

- 4 Racers may only proceed to the Finisher Stage once their Judge confirms that 50 valid Squat repetitions have been completed.
- 5 Racers are permitted to remove their shoes once they arrive at their designated target. The racer must place the shoes under the rig. After completing 50 valid Squats the racer is required to take their shoes with them to the Finisher Stage - racers are not permitted to return to the wall ball area after completing their race.
- 6 Racers must NOT run underneath the wall ball rig when making their way to the Finisher Stage - they must go via the outside of the wall ball rig.
- 7 If the racer breaches any of these requirements, that repetition will be deemed a 'no rep'.

WALL BALLS

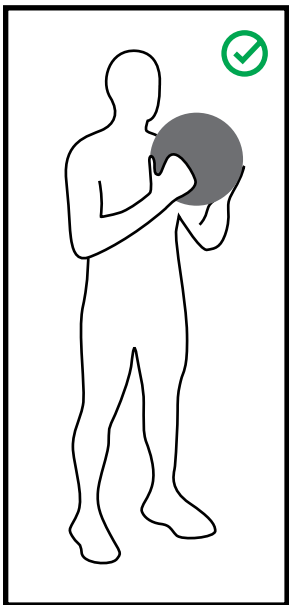


FIG 011

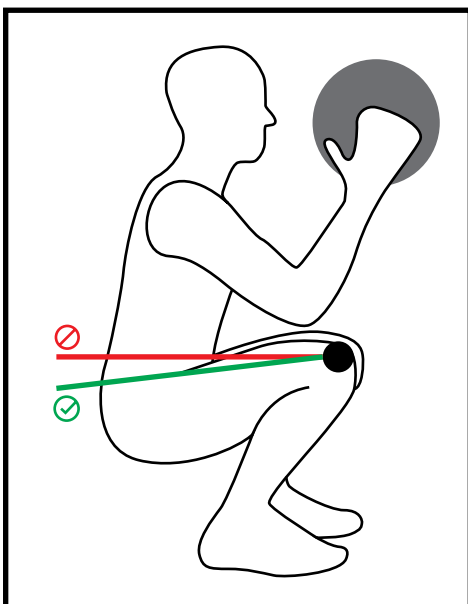


FIG 012

- 1 The racer must start by standing tall (hips and knees extended), holding the wall ball with both hands [see Fig: 011] i.e. it is not permitted for racers to pick the wall ball up from the ground and immediately throw it at the target.
- 2 The racer then squats below parallel and throws the ball [with both hands] as they stand up, striking the correct target on the wallball rig - this is counted as one repetition.
- 3 Each wall ball throw must strike the designated target strike zone.
- 4 After the ball touches the target, the racer either catches the ball and initiates the movement again or alternately, the racer allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat. Racers are not permitted to catch the ball after it bounces and continue with the next repetition.
- 5 At the bottom position of the squat, the racer's hips must descend lower than their knees (also known as; below parallel or below 90°) [see Fig: 012].
- 6 Where no digital targets are in use, racers may only proceed to the Finisher Stage once their Judge confirms that 50 valid Wall Ball repetitions have been completed.

DIGITAL WALL BALL TARGET PROTOCOL

- 7 Racers are permitted to remove their shoes once they arrive at their designated target. The racer must place the shoes under the rig. After completing 50 valid wall balls the racer is required to take their shoes with them to the Finisher Stage - racers are not permitted to return to the wall ball area after completing their race.
- 8 Racers must NOT run underneath the wall ball rig when making their way to the Finisher Stage - they must go via the outside of the wall ball rig.
- 9 If the racer breaches any of these requirements, that repetition will be deemed a 'no rep'

When digital Wall Ball targets are in use, the system will automatically register both valid reps and no-reps. These will be displayed in real-time on the racer interface.

Judges are responsible for assessing the racer's starting position and squat depth. If a no-rep is identified by the Judge, it will be recorded using their digital interface and displayed on the racer's screen.

Racers may only proceed to the Finisher Stage once they confirm their digital interface shows that 50 valid Wall Ball repetitions have been completed.

If the racer leaves their station before reaching 50 valid reps, they will not be called back to complete the remainder. Instead, a 15-second time penalty will be applied for each incomplete repetition.

WALL BALL PENALTY PROTOCOL

- 1 No warnings are given, it is either a rep or a no-rep.
- 2 After crossing the finish line, each missing rep will incur a 15-second penalty.

7. ANTI DOPING CODE

HYROX Youngstars is committed to promoting fair play, integrity and the spirit of competition within all events. HYROX Youngstars firmly believes in the principles of clean sport and is dedicated to creating an environment where racers can compete on a level playing field.

As such, HYROX Youngstars is committed to upholding the an anti-doping code to the WADA guidelines to ensure the health and safety of all racers and to uphold the values of honesty, respect and equality in sports. All events are dedicated to maintaining the highest ethical standards with zero tolerance for the use of prohibited substances or methods that may compromise the integrity of the race. If the racer is in need of taking/wearing medical devices before/ during the race, we strongly advise the parents or legal guardians to contact the official race directors before the start of a competition and seek approval.

All racers participating in HYROX Youngstars events are expected to comply with the organisers' anti-doping regulations.

8. CLOTHING, ACCESSORIES, HYDRATION/ NUTRITION

It is the responsibility of the parent to ensure that their child is appropriately dressed during a HYROX Youngstars race, this includes any cultural sensitivities that should be observed.

All racers are required to wear closed-toe shoes at all times during the race, except at the Wall Ball workout station where racers may remove their shoes to complete the Wall Balls.

Please ensure your child is wearing appropriate clothes to race in:

- T-shirt
- Vest
- Shorts
- Suitable running trainers

*Note- we adhere to safeguarding policies which require athletes to keep their T-shirt or vest on at all times, this includes female crops. Ensure your child is appropriately dressed to race.

8.1 THE FOLLOWING ITEMS MAY BE USED/WORN DURING THE COMPETITION:

- 1 Knee Sleeves
- 2 Gloves (not grips)
- 3 Weightlifting Belt
- 4 Wristbands
- 5 Hydration Packs
- 6 Noise cancelling headphone or ear defenders due to medical reasons.
- 7 Asthma inhalers or similar prescribed respiratory devices*

Any item not explicitly listed as permitted is, by default, prohibited.

Note 1: If a racer chooses to use, wear or carry any of the above items, they must do so from the start to the finish of their race. These items may not be handed to or received from anyone else at any point. Doing so constitutes outside assistance and may result in disqualification.

*inhalers may be passed from or to a parent during a race as required.

Note 2: Any item NOT listed above should be considered prohibited unless the racer receives written permission from the Race Director prior to race start. Prohibited items will be confiscated and can be recovered at the Customer Service desk after the racer has finished.

8.2 THE FOLLOWING ITEMS ARE STRICTLY FORBIDDEN AT ALL TIMES:

- 1 Cell Phones
- 2 VR Headsets
- 3 GoPro or any other type/brand of [body] cameras
- 4 Chewing gum

8.3 POOR SPORTSMANSHIP

Any form of poor sportsmanship from the athlete or supporting parents/guardians, including threatening and/or abusive behaviour towards event staff, judges, volunteers, spectators or fellow racers can lead to penalties and/or disqualification. These penalties can also be applied to the racers results retrospectively following a race.

Poor sportsmanship is defined as attempts at deception, manipulation or excessive disputes as well as disrupting and/or obstructing other participant can lead to penalties, disqualification, a lifetime ban from HYROX Youngstars and HYROX competitions and/or legal action.

8.4 GENERAL CONDUCT

Littering is prohibited. For example, all paper cups and used gel packaging must be discarded in the bins provided, not on the Roxzone floor or run course. Each infringement can result in a 2-minute time penalty.

Spitting or clearing of nostrils onto the floor is strictly prohibited. Each infringement will result in a 2-minute time penalty.

8.5 HYDRATION/NUTRITION

During the race, water will be made available at least once during, before or after each pass through the Roxzone. A sports drink or other hydration product may also be available. Any racers desiring nutrition must carry it on their person from the start of the race.

Racers are advised to use the aid stations during the event and it is not allowed to accept any beverage or nutritional product from anyone except the aid stations during their event. If you have a medical reason for requiring assistance from external sources during the race please contact HYROX Youngstars prior to the event to seek approval.

9. EVENT DAY SCHEDULE

9.1 REGISTRATION, TIMING CHIP AND WRISTBANDS

On event day, racers will encounter the following areas.

Once racers arrive at the venue, they will need to attend the HYROX Youngstars racer Check-in area with their designated parent/guardian, where they will receive their timing chip/ankle strap, racer number and wrist lanyard.

Racers need to bring a government or school issued photo ID with their date of birth and their registration confirmation.

Depending on the division, the wristband will be either purple, green, orange or blue. This is used to identify the participant's start wave and division during the competition and must be worn visibly on the wrist. Parents will also be issued a wristband to show they are the designated parent/guardian of a HYROX Youngstars racer.

Each racer also receives a timing chip for recording the racer's time(s) during the competition. This chip must be attached to an ankle.

Any other position may lead to an invalid or incomplete time record - it is the racer's responsibility to wear the timing chip correctly on an ankle throughout the race.

9.2 CHANGING ROOMS AND BAG DROP AREA

There will be a HYROX Youngstars designated Changing rooms and a secure bag drop will be available at the venue. However, the organiser accepts no responsibility for any lost or stolen bags or items.

9.3 WARM UP AND START ZONE

All HYROX Youngstars racers will be guided through a 25-minute race brief and warm-up process designed to familiarise them with the race format and prepare them both physically and mentally for the challenge ahead.

ARRIVAL & CHECK-IN

- 1 Your race start time is your arrival time at warm up. Racers must report to the Athlete Check-In Area at this time. If racers miss their allocated check in time they may not be able to race, please adhere to start time and check in.
- 2 Athletes will not be able to check in to the warm up area until their designated check in time.
- 3 Here, they will receive the race briefing and transition from parent/guardian care into the warm-up process.
- 4 At this point, we kindly ask parents to allow the racers to fully immerse themselves in the HYROX Youngstars experience and follow the guided warm-up journey with their fellow racers. Parents may move to a vantage point to see their Youngstar in action.

WARM-UP SEQUENCE (20 MINUTES TOTAL):

- 1 5 min – Race Brief & Format Familiarisation
 - Introduction to the race layout, rules, and flow.
- 2 5 min – Physical Warm-Up & Heart Rate Raiser
 - Exercises to elevate energy levels and get the body race-ready.
- 3 5 min – Mobility & Activation
 - Dynamic movements to prepare muscles and reinforce the key movement standards.
- 4 5 min – Equipment Testing
 - Racers are able to test the equipment ready to take on the race
- 5 5 min – Start Line Familiarisation
 - Racers prepare themselves to line up for their start and are introduced to the start tunnel, there is water available prior to start tunnel entry.

10. PENALTIES

10.1 TIME PENALTIES

10.1.1 MISSING RUN LAPS

If a racer does not run the correct number of laps, a time penalty of 90 seconds per lap will be applied and added to their final result time.

10.1.2 COMPLETING THE STATIONS IN THE INCORRECT ORDER

If a racer does not complete the station in the correct sequence [1-8], they are permitted to complete missing stations prior to entering station 8 (Wall Balls).

Completing the stations in the incorrect order will result in a 1-minute penalty.

10.1.3 MISSED RUN / MISSED STATION

Missing an entire station or run will lead to a 2-minute penalty.

10.2 TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-8. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the timing system using chip reads — for example, missing sled laps.

Infractions related to movement standards or rep counts — such as using the wrong weights, failing to return kettlebells correctly, or a no-rep on wall ball squats — can be penalised in real time by Judges or Head Judges.

Only Race Directors have the authority to disqualify (DQ) a racer, based on input from Head Judges, Judges, or their own direct observations.

For Stations 1–7, racers will receive one warning per station for not meeting movement standards. On the second infringement - regardless of type - the repetition is deemed invalid and the racer will receive the associated time or distance penalty. Any further violations within the same station will incur additional penalties.

Note: Certain violations may result in immediate penalties without warning, depending on their severity.

10.3 DID NOT FINISH

If a participant does not finish a station they will not receive any results data and will be excluded from all rankings and awards. However, they may continue with the race (without a final time).

10.4 DISQUALIFICATION

If a participant has been disqualified by a Race Director during a race, they will not receive any results data from that race and will be excluded from all rankings and awards related to it. Once disqualified, the participant may not continue competing in that specific race.

10.5 DEVIATIONS FROM THE MOVEMENT STANDARDS

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time penalty.

CODE	REASON	PENALTY
001	MISSING LAP RUN	90 SECONDS
002	MISSING RUN OR STATION	2 MINUTES
003	INCORRECT WORKOUT STATION ORDER	1 MINUTES
004	NA	NA
005	INCORRECT USE OF WORKOUT STATION ENTRY/EXIT	30 SECONDS PER INFRINGEMENT
006	FEET NOT ON SKIERG BASE OR NOT ON ROWER FOOTPLATES BEFORE TOUCHING THE HANDLE	15 SECONDS PER INFRINGEMENT
007	LEAVING SKIERG OR ROWER EARLY	STATE: MIN PENALTY 10 SECS TO DQ DEPENDING ON THE SEVERITY OF THE VIOLATION. NOTES TO LABS: > 980 METRES = 10 SECONDS > 900 - 979 METRES = 2 MINUTES < 899 = DQ
008	MISSING SLED LAP	1 MINUTES PER LANE
009	BURPEE BROAD JUMP	15 SECONDS PER INFRINGEMENT
010	MISSING FARMERS CARRY LAP	1 MINUTES PER LANE
011	INCORRECTLY RETURNED KETTLEBELLS	30 SECONDS
012	NA	NA
013	TRAILING KNEE NOT TOUCHING THE GROUND/NOT STANDING TALL AT LUNGES	15 SECONDS PER INFRINGEMENT
014	REMOVAL OF SANDBAG FROM SHOULDERS	15 SECONDS (FIRST INFRINGEMENT) ADDITIONAL 15 SECONDS FOR FURTHER INFRINGEMENTS
015	MISSING WALL BALL REPETITION	15 SECONDS PER MISSING REP
016	USING CHALK ANYWHERE BUT SLED PULL & FARMERS CARRY	2 MINUTES PER INFRINGEMENT
017	NA	NA
018	NA	NA
019	OUTSIDE ASSISTANCE	2 MINUTES PER INFRINGEMENT
020	INCORRECT START TIME [WITHOUT PERMISSION]	DQ
021	NOT WEARING TIMING CHIP WHILE RACING	DID NOT START (DNS)
022	SPITTING OR CLEARING NOSE	2 MINUTES OR DQ [RACE DIRECTOR DECISION]
023	LITTERING, RAPID COOLING	2 MINUTES PER INFRINGEMENT
024	UNSPORTING BEHAVIOUR	2 MINUTES OR DQ [RACE DIRECTOR DECISION]

11. RULES OF CONDUCT

By registering for a HYROX Youngstars event, racers and parents and or legal guardians are agreeing to compete and support in a fair and honorable manner and to abide by the HYROX Youngstars Code of Conduct, which upholds the core values that ensure a respectful and inclusive race environment for all.

Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYROX Youngstars and HYROX competitions and/or legal action.

Any participant who is disqualified from a HYROX competition or banned from future events will not receive a refund for any fees or dues. This also applies to behavior that could harm or disturb participants, volunteers, staff, sponsors and spectators. Any of the aforementioned actions may be taken against any participant at the discretion of event organisers.

11.1 PARENTS' CODE OF CONDUCT – RACE BY THE RULES

Your Responsibilities

- 1 Ensure your child wears appropriate kit
- 2 Only allow your child to race if they are well
- 3 Be punctual for registration and collection
- 4 Show respect to everyone

Help Us Create the Best Possible Environment

- **Positive reinforcement**
Focus on learning and fun. Applaud effort and hard work, not just results or your own child's performance. Avoid criticism, and never use abusive, offensive, or foul language.
- **Child welfare**
Please allow welfare and medical staff to do their job. Decisions are always made in the best interests of your child's health and safety.
- **Respect officials**
Accept officials' decisions without shouting, arguing, or challenging authority.
- **Child enjoyment**
Remember, this event is for your child's enjoyment, not parental pressure or ego.