

H Y R O X

RULEBOOK **10-11 YEARS**

# פולו וטניס



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

**Photo ID**  
(school or passport)

**A positive attitude** 😊

**Hair tied back**

**No jewellery is advised**

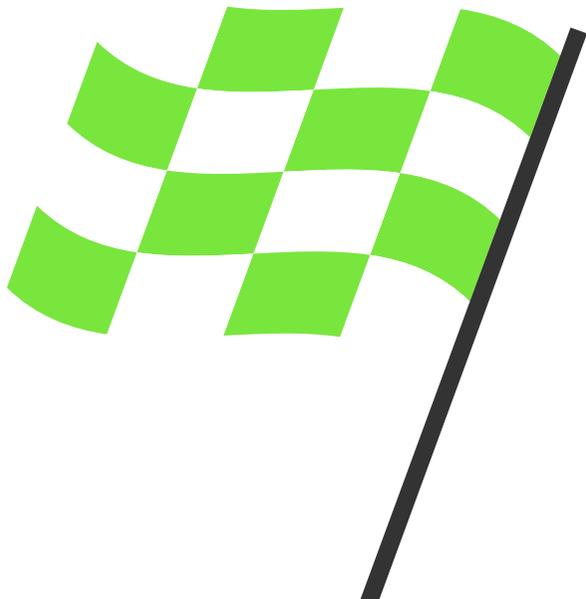
**Before you arrive**

# PRE-RACE 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!

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# 2

## Warm-Up Time (20 Minutes)

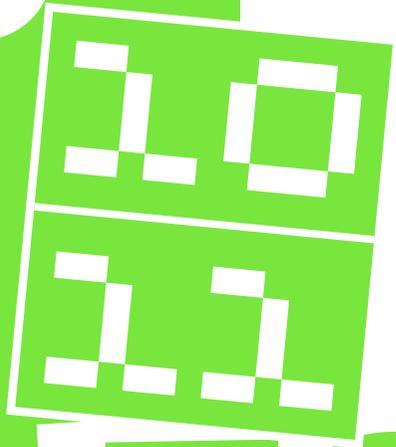
- **Coaches will guide you.**  
No parents allowed inside this part.
  - **You'll get warmed up in stages.**  
Our coaches will help and make sure you're doing great. We will also make sure you have tried the kit and equipment and also understand the race format ahead.
  - **Your check-in time is 20 minutes before your start wave time.**
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# 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

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

01 **SKIERG**

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

02 **SLED PUSH**

Push the sled **15m (45kg)** 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

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



**Use only your assigned equipment and lane**  
No sneaking ahead

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

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**Do all reps and laps properly**  
Missing = time added

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

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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

+ 2

MINUTES

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

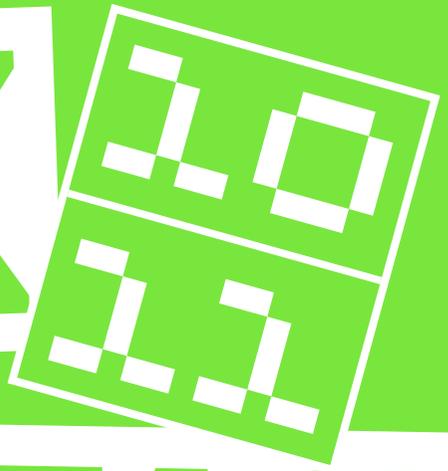
BE STRONG

BE KIND



**YOU ARE A**

**HYROX**



**YOUNGSTAR**

