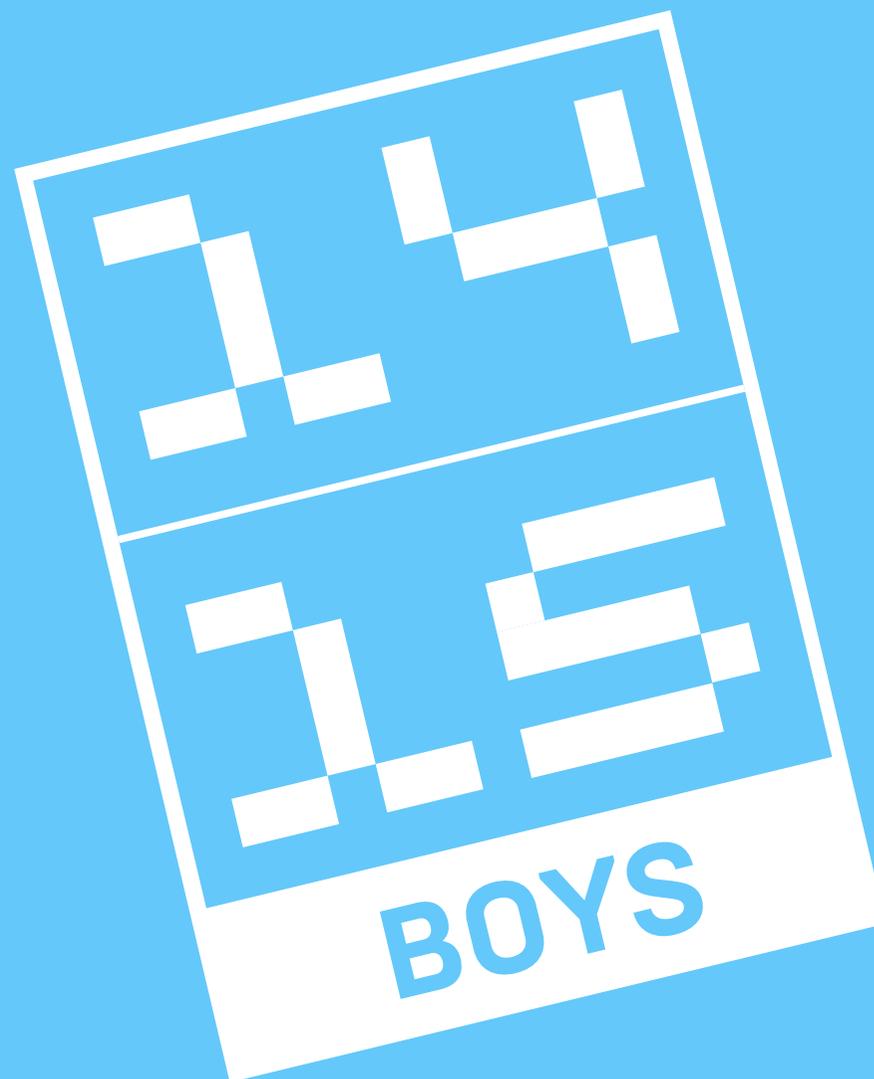
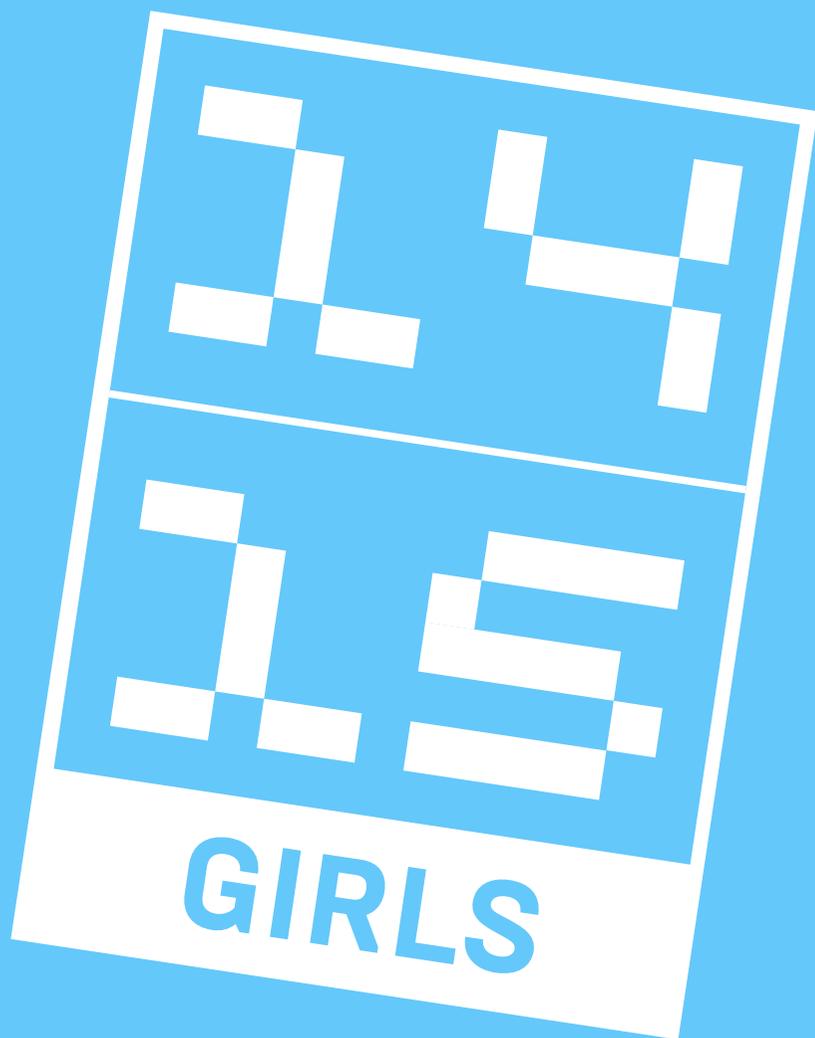


H Y R O X

RULEBOOK **14-15 YEARS**

תורת המשחקים



If you're 14 or 15, you're racing in one of two categories: **Girls 14-15, Boys 14-15**



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)

- Race mindset!**

- Hair tied back**

- No jewellery is advised**

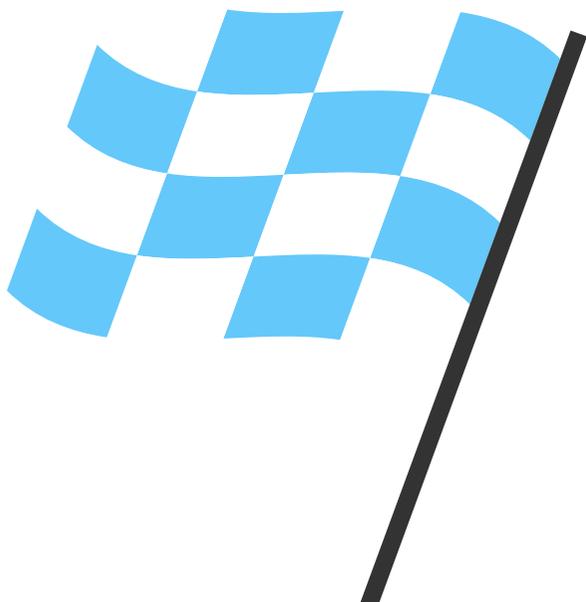
Before you arrive

PRE-RACE CHECKLIST



What Happens on

RACE DAY



1

Check-In with your Parent

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

2

Warm-Up Time (20 Minutes)

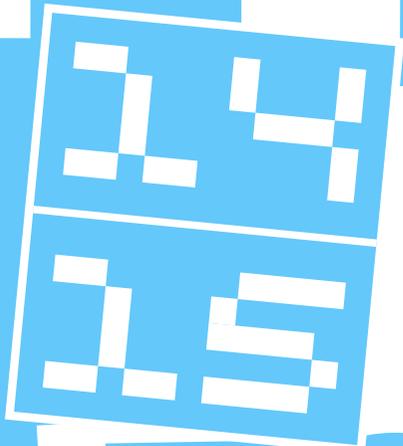
- **Coaches will guide you.**
No parents allowed inside this part.
 - **You'll get warmed up in stages.**
Our coaches will help and make sure you're doing great. We will also make sure you have tried the kit and equipment and also understand the race format ahead.
 - **Your check-in time is 20 minutes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

3

Start Line

Be ready... When the countdown reaches "ZERO" — **you explode.**

14-15 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**

08 **WALL BALL SQUATS**

GIRLS 14-15

1 LAP between **every station**

600m

30m at **70** kg

30m at **50** kg

40m

500m

100m with **12** kg

40m with **7.5** kg

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

BOYS 14-15

1 LAP between **every station**

600m

30m at **102** kg

30m at **78** kg

40m

500m

100m with **16** kg

40m with **10** kg

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

BASIC RULES

to Remember



1

Use only your assigned equipment and lane
Wandering = penalty

2

Enter and exit the correct IN / OUT gates
Wrong arch = penalty

3

No cutting corners.
No missed reps.
No half reps.

4

No arguing with Judges – ever.
Let performance speak

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:

+ 2

MINUTES

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

+ 3

MINUTES

if you **miss 1 lap**

+ 15

SECONDS

1st time you drop sandbag
from shoulders



2nd time you drop sandbag
from shoulders you will
be **disqualified**



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

Penalties (Mistakes
That Slow You Down)

Penalties don't just slow
you down — they remove
you from contention.

OOPS ZONE



A true HYROX Youngstars Racer:



... **rac**es with **purpose**,
not chaos



... **takes correction**,
not offence



... moves with **power**
and **control**



... earns **respect**
through effort

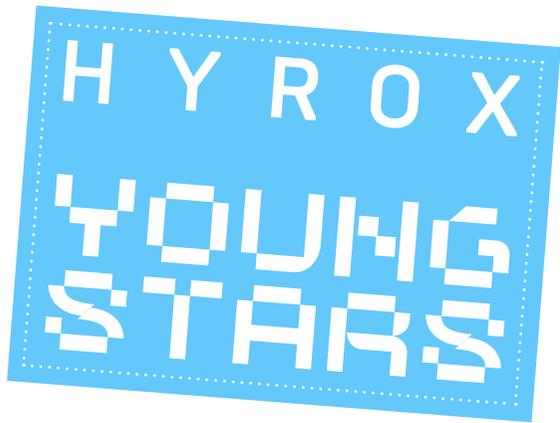


... finishes with
authority

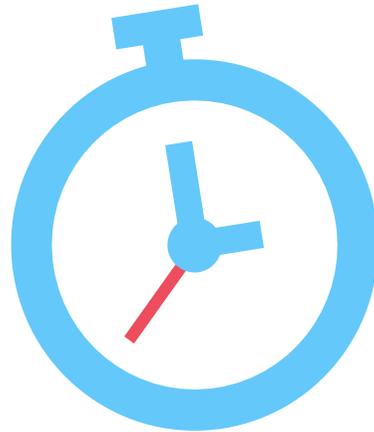


CODE OF CHAMPIONS

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

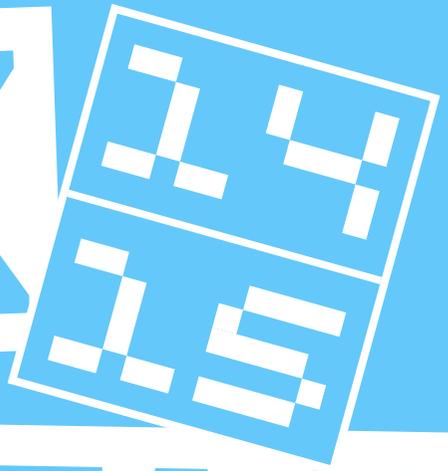
BE STRONG

BE KIND



YOU ARE A

HYROX



YOUNGSTAR

