

HYROX TRAINING CLUB



HALF ROX Race Day Rules and Standards

This event offers a condensed version of the traditional HYROX race, with half the distance and fewer repetitions. Participants will challenge their strength, endurance, and mental resilience through a series of running and functional fitness stations. Open to both seasoned athletes and those new to fitness racing, it provides an exciting, supportive atmosphere that celebrates the HYROX community. Competitors can race individually or in pairs, with heat times available upon registration. Open to all members of the community, not just Iolite Members.

Race Format

1. 500m Run
2. 500m Skierg
3. 500m Run
4. 25m Sled Push (2 x 12.5m)
5. 500m Run
6. 25m Sled Pull (2 x 12.5m)
7. 500m Run
8. 40m Burpee Broad Jump
9. 500m Run
10. 500m Row
11. 500m Run
12. 100m Farmer's Carry
13. 500m Run
14. 40m Sandbag Lunges
15. 500m Run
16. 50 Wall Balls

HYROX TRAINING CLUB

Weights and Standards by Division

Women:

- Sled Push: 200 lbs
- Sled Pull: 175 lbs
- Farmer's Carry: 2 x 30 lbs
- Sandbag Lunges: 30 lbs (11.3 kg)
- Wall Balls: 10 lbs, 2.7m (8.9 ft) target height

Men:

- Sled Push + Pull: 300 lbs
- Sled Pull: 250 lbs
- Farmer's Carry: 2 x 50 lbs
- Sandbag Lunges: 50 lbs
- Wall Balls: 14 lbs , 3m (9.8 ft) target height

Mixed Doubles + Mixed Relay:

- Both partners & use the Men's weights.

General Rules

1. Complete all runs and workouts in the correct sequence.
2. Perform exercises according to the movement standards.
3. Notify a referee for verification of completed distances/reps when applicable.
4. Permitted Equipment:
 - Knee sleeves
 - Gloves
 - Weightlifting belts
 - Wristbands
 - Hydration packs
5. Prohibited Items:
 - Headphones
 - Lifting straps
 - Cell phones

H Y R O X TRAINING CLUB

Movement Standards

500m Run

- Runs will occur outdoors, unless inclement weather requires treadmill use.
-

Ski Erg (500m)

- Monitor: Must be reset by a referee before starting.
 - Foot Placement: Feet must remain on the platform during the workout.
 - Completion Verification: Raise an arm upon finishing to confirm with a referee.
 - Resistance Settings:
 - Women: Default 5 (adjustable pre-start; cannot be changed mid-workout).
 - Men: Default 6 (same adjustment rule applies).
 - Doubles: Partner must stand directly behind partner while at rest. Partner cannot pass handles.
-

Sled Push (2 x 12.5m)

- Starting Position: Athlete must stand fully behind the starting line.
 - Execution:
 - Push the sled past the 12.5m marker.
 - Switch sides and push back.
 - Rules:
 - Stay within the designated lane (Athlete's Box).
 - Keep the rope clear of others' lanes.
 - Completion: Station is complete once the sled fully crosses the finish line.
 - Penalties: 3 minutes for each incomplete pass.
 - Doubles: Partner must stay and follow directly behind partner at all times while at rest.
-

H Y R O X TRAINING CLUB

Sled Pull (2 x 12.5m)

- Starting Position: Athlete must stand fully behind the starting line.
 - Execution:
 - Pull the sled past the 12.5m marker.
 - Switch sides and pull back.
 - Rules:
 - Remain standing during the pull (no kneeling or sitting).
 - Stay within the designated lane (Athlete's Box).
 - Keep the rope clear of others' lanes.
 - Completion: Station is complete once the sled fully crosses the finish line.
 - Penalties: 3 minutes for each incomplete pass.
 - Doubles: Partner must stay directly behind partner at all times while at rest. Non working partner may NOT touch or manage rope.
-

Burpee Broad Jump (40m)

- Starting Position: Begin upright, feet behind the line.
 - Movement Details:
 - Racer must begin with a burpee with feet behind the line
 - Hands must be placed no more than one foot-length from feet.
 - Chest must touch the ground at the bottom of the burpee.
 - Jump forward with both feet simultaneously (no steps forward between jumps).
 - Completion: Station is complete once the athlete crosses the finish line.
 - Penalties: Invalid reps result in a 5m penalty after two warnings.
 - Doubles: Partner must stay and follow directly behind partner at all times while at rest.
-

500m Row

- Monitor: Must be reset by a referee before starting.
- Foot Placement: Feet must remain on the rower platform during the workout.
- Completion Verification: Raise an arm upon finishing to confirm with a referee.
- Resistance Settings:

H Y R O X TRAINING CLUB

- Women: Default 5 (adjustable pre-start; cannot be changed mid-workout).
- Men: Default 6 (same adjustment rule applies).
- Doubles: Partner must stand directly behind partner at all times while at rest.

Farmer's Carry (100m)

- Execution:
 - Carry kettlebells at all times, with arms fully extended.
 - Putting kettlebells down to rest is allowed.
- Completion: The station is complete once kettlebells are returned to the marked area.
- Weights:
 - Women: 2 x 25 lbs (11.3 kg each)
 - Men: 2 x 50 lbs (22.7 kg each)
- Doubles: Partner must stay and follow directly behind partner at all times while at rest.

Sandbag Lunges (40m)

- Execution:
 - Lift the sandbag (without assistance) and place it on your shoulders.
 - Perform alternating lunges, ensuring the rear knee touches the ground and hips are fully extended at the top.
 - No steps are allowed between lunges.
 - The sandbag must remain on shoulders at all times.
- Completion: Station is complete once the athlete crosses the finish line and returns the sandbag to the marked area.
- Weights:
 - Women: 30 lbs (11.3 kg)
 - Men: 50 lbs (22.7 kg)
- Penalties:
 - Putting the sandbag down results in a 5m penalty (first offense).
 - A second offense leads to disqualification.

HYROX TRAINING CLUB

- Doubles: Partner must stay and follow directly behind partner at all times while at rest.
-

Wall Balls (50 reps)

- Execution:
 - Squat with hips below knees (90°) and throw the ball to the designated target.
 - Catch the ball and repeat.
 - Missed targets or improper squats result in invalid reps.
 - Target Heights:
 - Women: 10 lbs (4.4 kg), 2.7m (8.9 ft)
 - Men: 14 lbs (6.4 kg), 3m (9.8 ft)
 - Doubles: Partner must stay and follow directly behind partner at all times while at rest. When switching, the ball must be picked up off the floor and not handed over to partner.
-

Code of Conduct

- Participants must compete honorably and adhere to the movement standards.
 - Poor sportsmanship (e.g., deception, obstruction, disputes) can lead to penalties, disqualification, and bans from future events.
 - Violations of event policies will result in consequences at the organizers' discretion, with no refunds for disqualifications.
-

Please arrive for check in a minimum of 15 minutes before your scheduled heat so you have time to get warmed up and ready for your race. If you miss your heat time you may run at a later time if one is available, however this is not guaranteed.

HOSTED BY IOLITE FITNESS STUDIO – OFFICIAL HYROX AFFILIATE GYM!