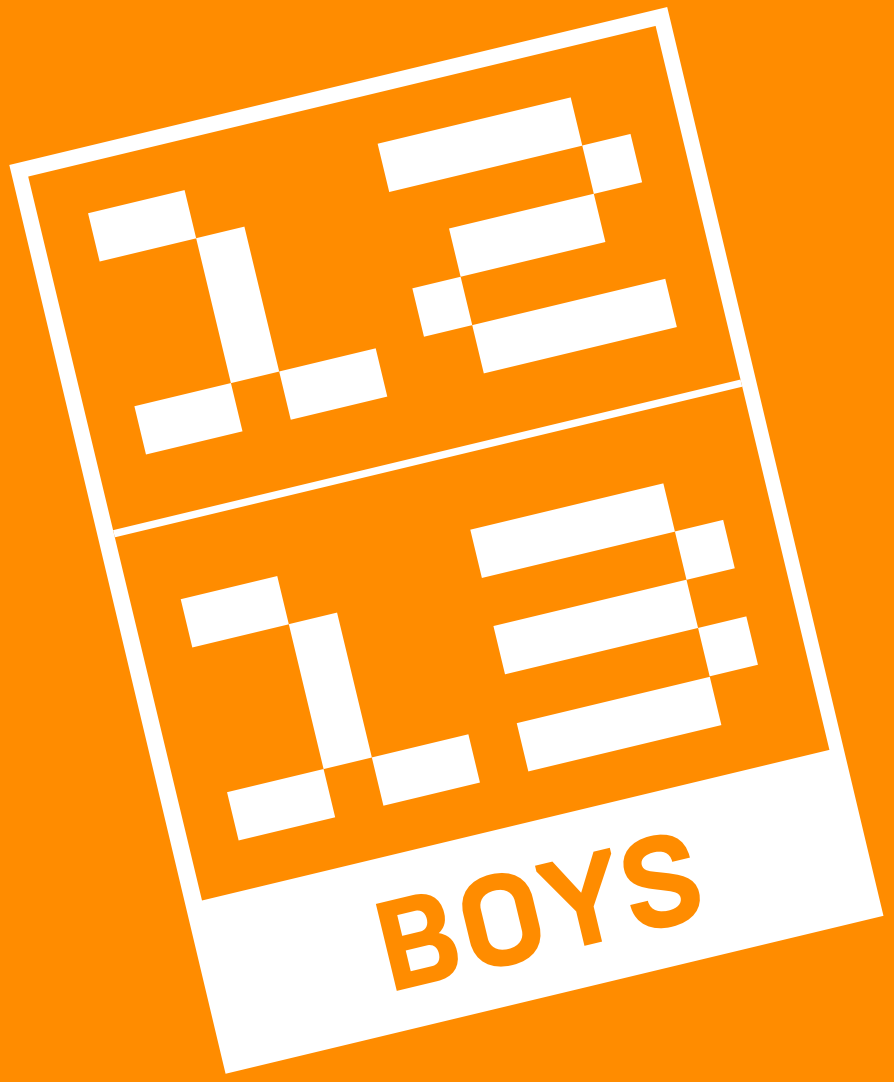
HYROX

RULEBOOK **12-13 YEARS**

YOUNG STARS





If you're 12 or 13, you’re racing in one of two categories: **Girls 12-13, Boys 12-13**



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.

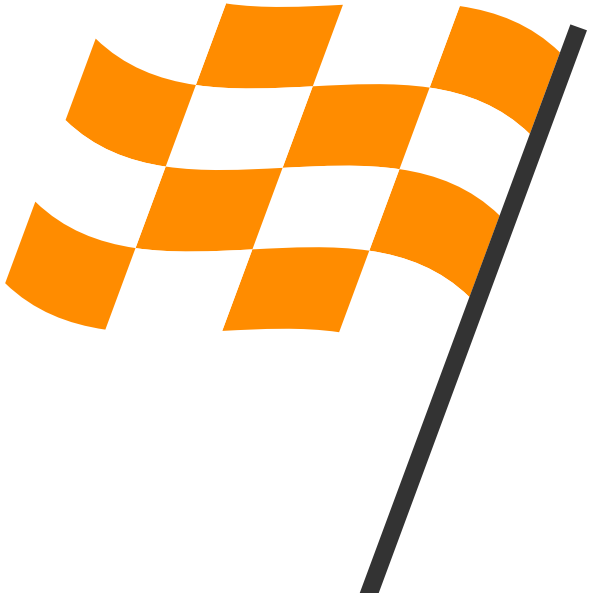
- [ ] **Sports clothes**
  – t-shirt/vest and shorts
- [ ] **Closed toe running shoes**
- [ ] **Water bottle**
  – for before and after your race
- [ ] **Photo ID**
  (school or passport)
- [ ] **Focused mindset!**
- [ ] **Hair tied back**
- [ ] **No jewellery is advised**

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)

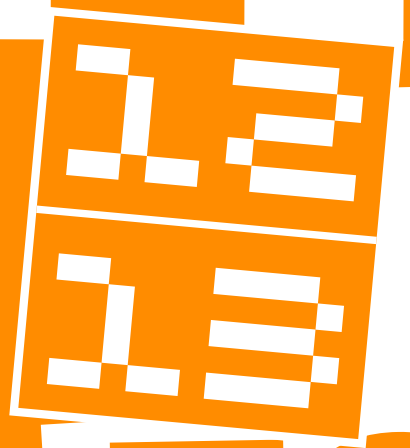
- **Coaches will guide you.**
  No parents allowed inside this part.
- **You'll get warmed up in stages.**
  Our coaches will help and make sure you're doing great. We will also make sure you have tried the kit and equipment and also understand the race format ahead.
- **Your check-in time is 20 minutes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

3

Start Line

Stay in **your assigned wave.**
When the buzzer goes... you own that course!!

12-13 YEARS



RACE FORMAT

YOUR RACE	GIRLS 12-13	BOYS 12-13
— RUN	2 LAPS*	2 LAPS*
01 **SKIERG**	500 m	500 m
02 **SLED PUSH**	30m at **60** kg	30m at **70** kg
03 **SLED PULL (ROPE)**	30m at **25** kg	30m at **50** kg
04 **BURPEE BROAD JUMPS**	40m	40m
05 **ROWERG**	400m	400m
06 **FARMERS CARRY**	100m with **8** kg each	100m with **12** kg each
07 **LUNGES**	40m with **5** kg	40m with **7.5** kg
— RUN	2 LAPS*	2 LAPS*
08 **WALL BALL SQUATS**	50 reps at **2** kg to 2.4m target	50 reps at **3** kg to 2.4m target

* Do not enter 'IN' arch on lap 1; enter 'IN' arch on lap 2

BASIC RULES

to Remember



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

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

3. **No half reps — full range or redo it**
   Judges are watching

4. **Listen to the Judge's call before moving on**
   Leaving early = penalty

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

DQ
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)

OOPS ZONE



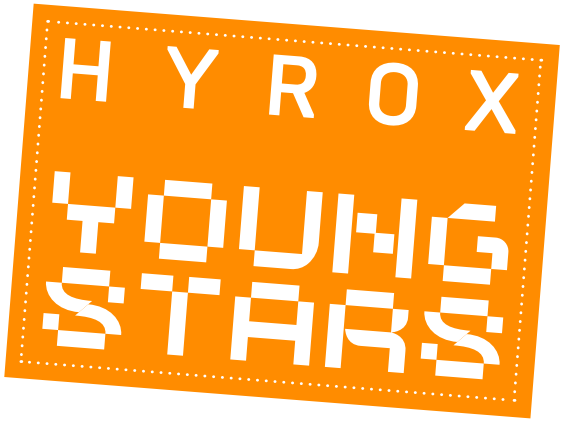
A true HYROX Youngstars Racer:

- … pushes hard **but stays in control**
- … **finishes with pride,** not excuses
- … **earns respect** by following the rules
- … **never argues** with Judges



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


HYROX