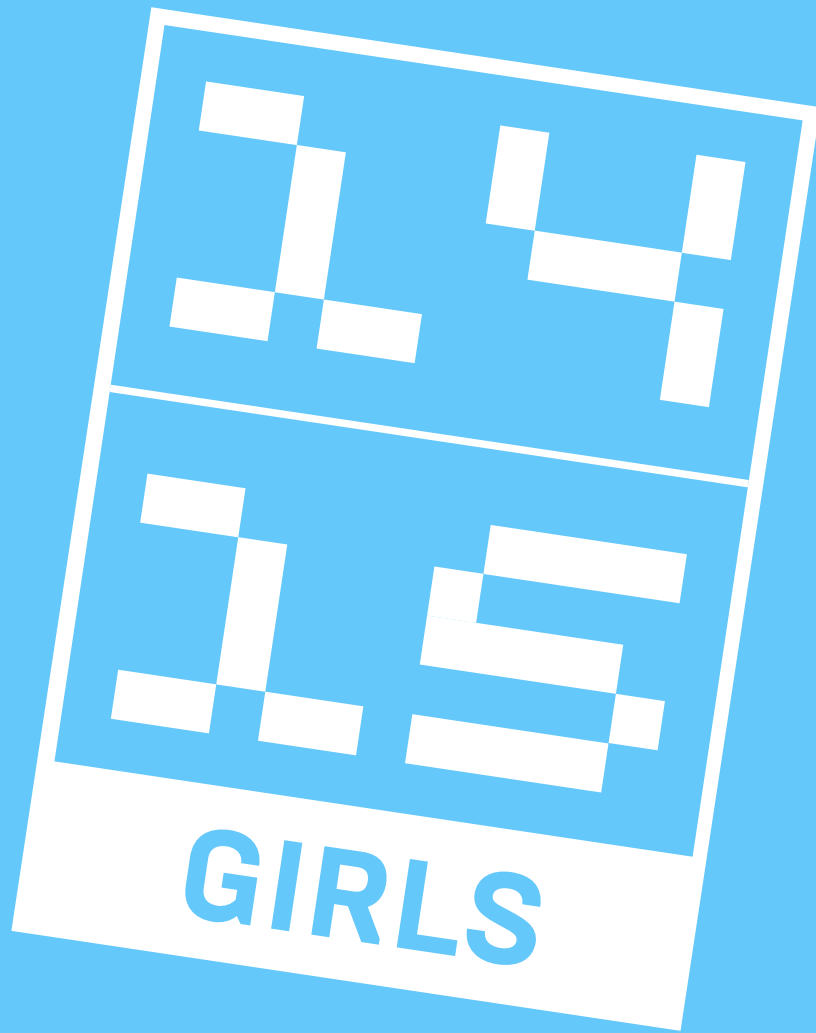
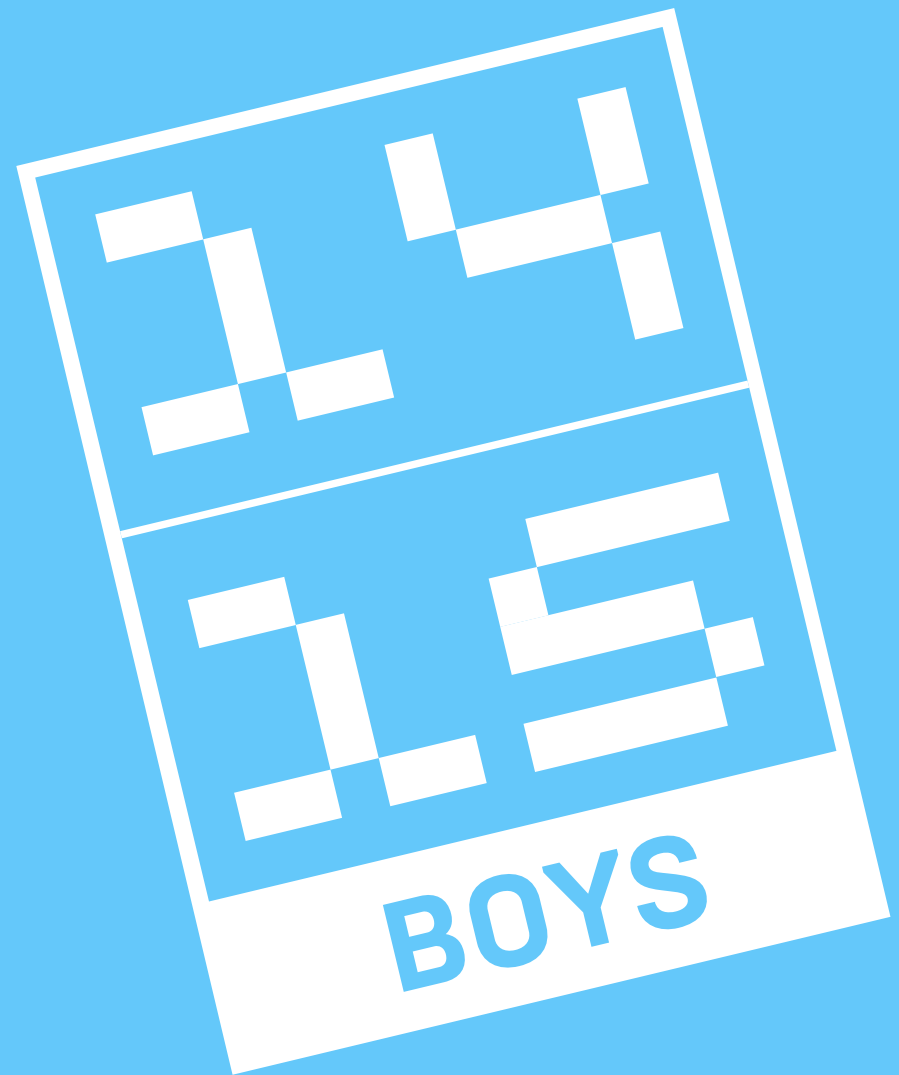


H Y R O X

RULEBOOK **14-15 YEARS**

תומך
המורה



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**

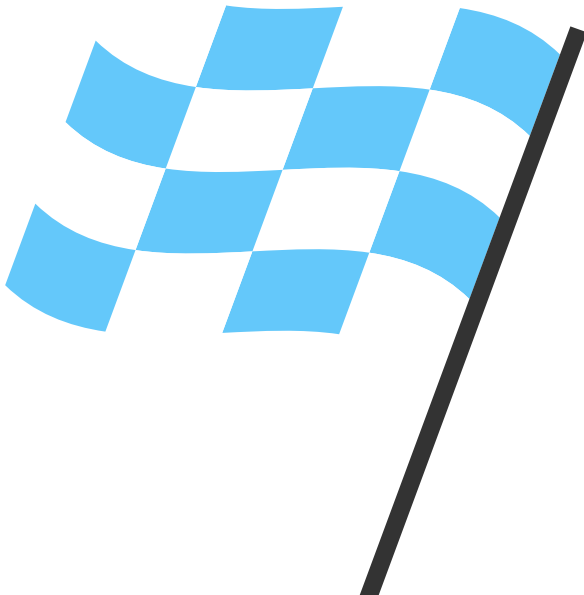
Before you arrive

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)

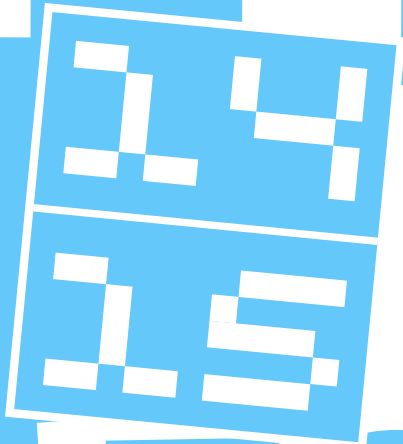
- **Coaches will guide you.**
No parents allowed inside this part.
 - **You'll get warmed up in stages.**
Our coaches will help and make sure you're doing great. We will also make sure you have tried the kit and equipment and also understand the race format ahead.
 - **Your check-in time is 20 minutes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

40m with 7.5 kg

50 reps at 3 kg to 2.4m target

BOYS 14-15

1 LAP between every station

600m

30m at 102 kg

30m at 78 kg

40m

500m

100m with 16 kg each

40m with 10 kg

50 reps at 4 kg to 2.7m target

BASIC RULES

to Remember



Use only your assigned equipment and lane
Wandering = penalty



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



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



No arguing with Judges – ever.
Let performance speak



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 **disqualifie**



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

Penalties (Mistakes
That Slow You Down)

OOPS ZONE

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



A true HYROX Youngstars Racer:



... **races with purpose,**
not chaos



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



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



... earns **respect**
through effort

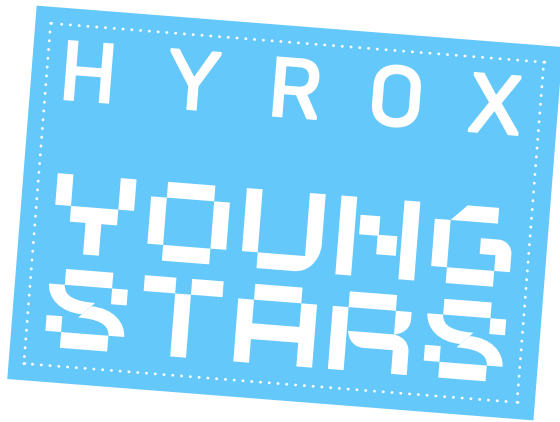


... finishes with
authority

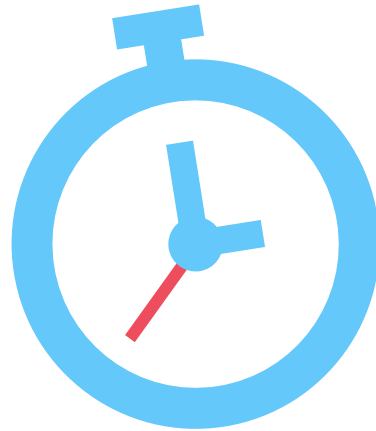


CODE OF CHAMPIONS

AFTER YOU FINISH...



Patch proudly
earned



Time on
the leaderboard



Pride
in your chest

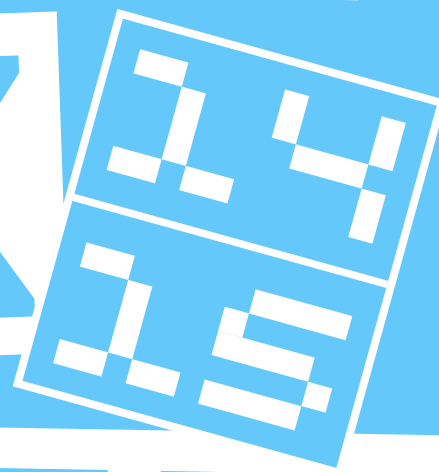
You've completed a tough race and are growing as an athlete – [Ready for the next step?](#)

BE BRAVE
BE STRONG
BE KIND



YOU ARE A

HYROX



YOUNGSTAR

