

RULEBOOK



STYREKX
X FITNESS RACE

TABLE OF CONTENTS

1. General information.....	3
1. Event format.....	3
2. Target audience.....	3
3. Venue.....	3
2. Participant categories.....	4
1. Race divisions.....	4
2. Age groups.....	4
3. Race structure per category.....	5
3. The race.....	6
1. Preparation.....	6
2. Runs.....	6
4. Workout stations.....	7
1. Row Erg.....	7
2. Sled Push.....	7
3. Ski Erg.....	7
4. Sandbag Lunges.....	7
5. Load Crawl.....	7
6. Sled Pull.....	8
7. Farmers Carry.....	8
8. Wall Balls.....	8
9. Burpee Broad Jumps.....	8
10. Strength Erg.....	8
11. Finish.....	8
5. Rules and standards.....	9
1. General code of conduct.....	9
2. Equipment and personal belongings.....	9
3. Timekeeping.....	9
4. Finish and event management.....	9
5. Stations and execution.....	9
6. Rules for DUOS and TEAMS.....	10
6. Standards per station.....	11
1. Row Erg.....	11

2. Sled Push.....	11
3. Ski Erg.....	11
4. Sandbag Lunges.....	12
5. Load Crawl.....	12
6. Sled Pull.....	13
7. Farmers Carry.....	13
8. Wall Balls.....	13
9. Burpee Broad Jumps.....	14
10. Strength Erg.....	14
7. Safety and health.....	15
8. Judging and penalties.....	16
1. Judges.....	16
2. Penalties.....	16
9. Results and prizes.....	17
10. Participation conditions	18

1 > GENERAL INFORMATION

All participants will receive the final race rules for that specific event prior to a STYREKX event.

1.1. EVENT FORMAT

STYREKX is a (hybrid) fitness race consisting of 10 runs of 800 meters (Olympic distance), each followed by a workout station. In the LIGHT and YOUNGSTER categories, the running distances are cut in half, and participants run 6, 8, or 9 runs of 400 meters.

1.2. TARGET AUDIENCE

STYREKX is designed for both recreational and professional athletes of various levels, with categories for individual participants, duos, and teams. Each participant sets their own pace.

1.3. VENUE

The events take place in indoor venues such as event complexes, featuring a clearly marked course. Access to these venues is subject to the rules and conditions of the location, which can be found on the respective venue's website.

2 > PARTICIPANT CATEGORIES

SOLO	One participant completes the full course.
DUO	Two participants share the burden of the workouts, but collectively run the same distance.
TEAMS	Four participants divide the workouts and running amongst themselves.
XTREME	The ultimate challenge, in which the number of kilograms per workout station is further increased (or scaled up).
LIGHT	The perfect experience for those who want to try STYREKX at an entry level. This is the ideal introduction to fitness racing.
YOUNGSTER	Young participants are also welcome at STYREKX! In modified, lighter formats, athletes from 8 years of age can participate in our YOUNGSTER category.

2.1 RACE DIVISIONS

> WOMEN SOLO	> WOMEN SOLO XTREME	> LIGHT
> MEN SOLO	> MEN SOLO XTREME	> YOUNGSTER 8-11 YEARS
> WOMEN DUO	> WOMEN DUO XTREME	> YOUNGSTER 12-15 YEARS
> MEN DUO	> MEN DUO XTREME	
> MIXED DUO	> MIXED DUO XTREME	
> TEAMS		

2.2 AGE GROUPS

A > 8 TO 11	E > 25 TO 29	I > 45 TO 49	M > 65 TO 69
B > 12 TO 15	F > 30 TO 34	J > 50 TO 54	N > 70 TO 74
C > 16 TO 19	G > 35 TO 39	K > 55 TO 59	O > 75 TO 79
D > 20 TO 24	H > 40 TO 44	L > 60 TO 64	P > 80+

2.3 RACE STRUCTURE PER CATEGORY

STATIONS	X = XTREME	MEN X SOLO / DUO MIX X DUO	WOMEN X SOLO / DUO MEN SOLO / DUO / TEAM MIX DUO	WOMEN SOLO / DUO / TEAM
1 > ROW ERG		1000M	1000M	1000M
2 > SLED PUSH		40M / 204KG	40M / 154KG	40M / 104KG
3 > SKI ERG		1000M	1000M	1000M
4 > SANDBAG LUNGES		60M / 35KG	60M / 25KG	60M / 15KG
5 > LOAD CRAWL		60M / 2X20KG	60M / 2X15KG	60M / 2X10KG
6 > SLED PULL		40M / 155KG	40M / 105KG	40M / 80KG
7 > FARMERS CARRY		160M / 2X34KG	160M / 2X26KG	160M / 18KG
8 > WALL BALLS		80X / 9KG	80X / 6KG	80X / 4KG
9 > BURPEE BROAD JUMPS		60M	60M	60M
10 > STRENGTH ERG		2000KG	1500KG	1000KG

STATIONS	LIGHT	YOUNGSTER 12-15 YEARS	YOUNGSTER 8-11 YEARS
1 > ROW ERG	500M	500M	250M
2 > SLED PUSH	20M / 50KG	20M / 50KG	x
3 > SKI ERG	500M	500M	250M
4 > SANDBAG LUNGES	20M / BODYWEIGHT	20M / BODYWEIGHT	20M / BODYWEIGHT
5 > LOAD CRAWL	20M / BODYWEIGHT	20M / BODYWEIGHT	20M / BODYWEIGHT
6 > SLED PULL	20M / 35KG	20M / 35KG	x
7 > FARMERS CARRY	80M / 9KG	80M / 9KG	80M / 6KG
8 > WALL BALLS	40X / 4KG	x	x
9 > BURPEE BROAD JUMPS	20M	20M	20M
10 > STRENGTH ERG	x	x	x

In the LIGHT and YOUNGSTER categories, the running distances are cut in half, and participants run 6, 8, or 9 runs of 400 meters.

3 > THE RACE

3.1. PREPARATION

We recommend arriving **at least one hour before your start time**. This will give you enough time to register, collect your bib number and chip timer, and warm up properly in the warm-up area. Come well-prepared; it makes all the difference at the start.

Approximately ten minutes before your start time, report to the start area. Follow the instructions of the crew until you are cleared to begin.

3.2. RUNS

The race starts with an **800-meter run**, followed by the first station. This pattern repeats ten times until the finish.

The **fast lane** is on the left. Be aware of your pace and choose the correct lane so that no one obstructs (or impedes) one another. **Run on the right, overtake on the left.**

Between the runs and stations is a **transition zone** with a hydration point (or water station). Depending on the STYREKX edition, you will run multiple laps. An incorrect number of meters run will result in **a four-minute penalty per missed lap**.

DUO Race: Always stay with your partner. You will run all runs together and complete the race as a team.

4 > **WORKOUT STATIONS**

4.1. ROW ERG

Your STYREKX adventure starts with 1,000 meters of rowing on the **Concept2 RowErg**. You always start from zero. DUOs are allowed to switch at will. The damper (default set to 5) may be adjusted by the active participant. Use your entire body to complete the meters at a fluid pace.

4.2. SLED PUSH

In the Sled Push, you are challenged to push a sled for 40 meters. On every lane you complete, you want to push the sled forward with as much speed and technique as possible. Grip the sled low, so you utilize your strength efficiently and the sled does not tip over.

4.3. SKI ERG

Your race continues with 1,000 meters of skiing on the Concept2 SkiErg. This workout station requires timing, coordination, and strength. Pull the handles from top to bottom, use your entire body, and keep the movement fluid. DUOs may switch whenever they want. The damper (default set to 5) may be adjusted by the active participant. Find your rhythm and keep holding onto it until the last meter.

4.4. SANDBAG LUNGES

The sandbag is ready. Throw it onto your shoulders, take a step, and descend deeply. Your knee touches the ground, you stand back up, and you feel the burn in your legs. For 60 meters, you work with control, balance, and strength. The sandbag may be heavy, but your posture remains strong. Focus, breathe, and move forward.

4.5. LOAD CRAWL

The floor is yours. The Load Crawl is a 60-meter bear crawl with dumbbells: a station that tests strength, coordination, and character. You hold the dumbbells, crawl low, and keep moving. Rest briefly if necessary, but do not let your knees touch the ground.

4.6. SLED PULL

During the Sled Pull, you pull the sled towards you for 40 meters. Maintain tension on the rope and use your entire body to combine control and strength. The sled must constantly remain in motion, and you determine the pace.

4.7. FARMERS CARRY

Two kettlebells, 160 meters, and one mission: keep moving. Grip, posture, and mental strength converge here. Stay upright and keep your shoulders down. The carry begins as soon as you lift the weights and only ends when you have put them down.

4.8. WALL BALLS

During the Wall Balls, you will perform 80 repetitions that require technique and perseverance. Squat deep, throw the ball high, and catch it with control. Aim for the target and keep the rhythm tight. Use the power from your legs to make each repetition feel light.

4.9. BURPEE JUMPS

Over a distance of 60 meters, you alternate burpees with broad jumps. Let your chest touch the ground, stand back up, and jump forward with both feet simultaneously. Work in a fluid motion and maintain pace and control.

4.10. STRENGTH ERG *CHEST PRESS*

The target weight varies per division: **2000 / 1500 / 1000 kg**. The Concept2 Strength Erg (Chest Press) starts at zero and only ends when the division weight is reached. Begin with controlled repetitions to allow the machine to measure the average force, find your rhythm, and gradually increase the pressure until the end.

4.11. FINISH

The final meters require focus and commitment. Maintain your pace and give everything you have left. A strong final sprint determines your finish time and completes your race.

5 > RULES AND STANDARDS

5.1. GENERAL CODE OF CONDUCT

- Stick to the designated lanes.
- Do not spit on the course.
- Do not pour water over yourself for cooling.
- Always follow the instructions of the crew and organization.
- Maintain sportsmanship towards other participants and officials.

5.2. EQUIPMENT AND PERSONAL BELONGINGS

- Phones, earbuds, and other electronic devices are not permitted during the race.
- Personal gels and nutrition are allowed, but must be carried on you from the start.
- Participants are solely responsible for their waste.
- Loose clothing, nutrition, or other items will be cleared away. Keep your belongings with you.

5.3. TIMEKEEPING

- The total time is measured from the start to the finish, including all runs and workout stations.

5.4. FINISH AND EVENT MANAGEMENT

- Hand in your chip timer immediately after the finish.
- STYREKX is responsible for the final results list; protests against these are not possible.
- In exceptional circumstances, the STYREKX team may decide to remove a participant from the race or allow them to skip a station.

5.5. STATIONS AND EXECUTION

- Participants must complete the stations in the specified order.
- Each exercise must be executed according to the prescribed technique. If the technique is not executed correctly, the judge may ask for the repetition of the exercise or award a time penalty.
- The required number of repetitions or distances must be fully completed before proceeding.

- Wait for the judge's signal before leaving a station.
- Always return used equipment neatly; do not throw or place it elsewhere.
- Failure to comply with the rules may result in a penalty issued by the judge.

5.6. RULES FOR DUOS AND TEAMS

5.6.1. DUO

- A DUO can only start a station when both persons have arrived at the station.
- DUOS stay together during the race and determine how they divide the stations. If there is a 'DUO' marking at a station, the DUO partner rests on the marking during the workout (except for switches within the exercise).
- At all other workout stations, the DUO partner stays behind the currently racing partner on the course.
- Personal gels and nutrition are allowed, provided they are stowed on you before the start.
- Participants are solely responsible for their waste. Keep all personal belongings with you; loose items will be removed.

5.6.2. TEAM

- TEAM members decide amongst themselves who completes which runs and workouts.
- The race is fully completed when all TEAM members have gone through the course.
- TEAM members who are not participating wait in the TEAM Zone until they are relieved/replaced (tag-out).
- Prior to the race, the TEAM establishes the running order amongst themselves.

6 > STANDARDS PER STATION

6.1. ROW ERG

6.1.1. SOLO/TEAM

- Secure both feet firmly in the foot straps before beginning to row.
- You may only dismount after the full 1,000 meters have been completed and the judge has given consent (hand up as a sign of agreement).
- The damper may be adjusted by the active participant before or during the row.
- Return the handle with control when leaving the Rog Erg.

6.1.2. DUO

- Only the active participant may adjust the damper.
- The resting participant remains standing on the DUO mat until a switch (tag) moment takes place.
- Participants may decide the moment of the switch amongst themselves.

6.2. SLED PUSH

6.2.1. SOLO/TEAM

- Both the sled and the participant must remain in the assigned lane at all times.
- The entire sled must have crossed the white line to successfully complete the workout station.

6.2.2. DUO

- Only the active participant may push the sled.
- The resting participant must remain directly behind the active participant until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.

6.3. SKI ERG

6.3.1. SOLO/TEAM

- The participant's feet must be on the platform before the workout can begin.
- Both feet may only leave the platform after the full distance has been completed and the judge has given consent (hand up as a sign of agreement).
- The damper may be adjusted both during and before the workout.

6.3.2. DUO

- Only the active participant may adjust the damper.
- The resting participant remains standing on the DUO mat until a switch (tag) moment takes place.
- Participants may decide the moment of the switch amongst themselves.

6.4. SANDBAG LUNGES

6.4.1. SOLO/TEAM

- The first step must be taken from behind the white line.
- Remain in the assigned lane unless you want to overtake. This is allowed via another lane.
- During every repetition, a knee must have touched the ground.
- For every repetition, you must have extended the hips.
- The sandbag must remain on the shoulders at all times, including while resting.

6.4.2. DUO

- The resting participant must remain directly behind the active participant until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.
- The sandbag must be handed off backwards and must not touch the ground.

6.5. LOAD CRAWL

6.5.1. SOLO/TEAM

- The glutes must not stick out above shoulder height in the crawl position.
- Remain in the bear crawl position while moving forward.
- The dumbbells may only be moved while remaining in the crawl posture. During rest periods, you must leave them on the ground.
- The dumbbells must be held while moving and may not be thrown, rolled, or dragged.
- The knees may not touch the ground during the crawl.

6.5.2. DUO

- The resting participant must remain directly behind the active participant until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.
- The dumbbells remain where the participant stops the crawl. The next participant continues from that point.

6.6. SLED PULL

6.6.1. SOLO/TEAM

- The sled and the participant must remain in the assigned lane at all times.
- The sled must fully pass over the white cross for the length to be counted as valid.

6.6.2. DUO

- The resting participant must remain directly behind the active participant until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.

6.7. FARMERS CARRY

6.7.1. SOLO/TEAM

- Hold the kettlebells with arms extended next to your body.
- During rest periods, the kettlebells may be put down on the ground.
- Both kettlebells must be moved simultaneously (not one by one).

6.7.2. DUO

- The resting participant must remain directly behind the active participant until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.
- When switching, the kettlebells are set down on the ground; the resting participant then picks them up and continues walking or running.

6.8. WALL BALLS

6.8.1. SOLO/TEAM

- The wall ball must hit the center of the target; grazing the edge does not count as a valid repetition.
- The hips must descend to parallel with or below the knees for the repetition to count.
- The target height for men is 3.00 meters (hitting the center of the target).
- The target height for women is 2.70 meters (hitting the center of the target).

6.8.2. DUO

- The resting participant must remain directly behind the active participant until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.

6.9. BURPEE JUMPS

6.9.1. SOLO/TEAM

- The first burpee starts with the hands positioned before the line.
- Jump with both feet simultaneously and side-by-side.
- After the burpee broad jump, the hands may be placed a maximum of 30 centimeters in front of you for the next repetition.
- The chest must touch the ground for the repetition to count.
- Remain in your assigned lane, unless overtaking.

6.9.2. DUO

- The resting participant must remain directly behind the active participant until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.

6.10. STRENGTH ERG CHEST PRESS

6.10.1. SOLO/TEAM

- Only dismount after the full number of kilograms for your division has been achieved.
- Only leave the station after the judge has given consent (hand up as a sign of confirmation).

6.10.2. DUO

- The resting participant remains standing on the DUO mat until a switch moment takes place.
- Participants may decide the moment of the switch amongst themselves.

7 > SAFETY AND HEALTH

MEDICAL CHECK

Participants acknowledge that they must be in sound medical condition to participate in STYREKX.

HYDRATION

Hydration stations are available on the course.

FIRST AID

First Aid is available for emergencies.

8 > JUDGING AND PENALTIES

8.1. JUDGES

Judges will be present at every station to verify correct execution. The judge's decision is final.

8.2. PENALTIES

During every STYREKX race, fair and safe execution of the race is monitored. Judges verify that participants correctly execute the stations and runs according to the established rules.

In case of a violation of the station or race guidelines, participants will **first receive a warning**, and a **penalty** will only be issued upon repetition. The penalties per workout station are as followed:

STATIONS	PENALTY'S
1 > ROW ERG	100M
2 > SLED PUSH	5M
3 > SKI ERG	100M
4 > SANDBAG LUNGES	10M
5 > LOAD CRAWL	5M
6 > SLED PULL	5M
7 > FARMERS CARRY	20M
8 > WALL BALLS	5 REPETITIONS
9 > BURPEE BROAD JUMPS	5M
10 > STRENGTH ERG	200KG / 150KG / 100KG

9 > RESULTS AND PRIZES

TIMEKEEPING

All participants will receive an official finishing time.

PRIZES

The timekeeping determines the official results; these will be published via the official STYREKX channels within 24 hours after the event. Solely in the XTREME categories, a prize will be awarded to the fastest participant(s) at the end of the competition day.

One winner per division will be proclaimed per competition day. For DUOS and TEAMS, the collective finishing time counts as the result.

The judges and organization reserve the right to apply an additional assessment in case of equal times or exceptional circumstances. The decision of STYREKX is final in all cases.

RESULTS

Results will be published on the official website within 24 hours after the event. STYREKX is responsible for the final results; these cannot be discussed, and objections are not possible. The Race Management's decision is final.

10 > PARTICIPATION CONDITIONS

AGE

The minimum age for participation in most STYREKX categories is 16 years. Specifically in the YOUNGSTER category, athletes from 8 years of age are allowed to participate.

REGISTRATION

Registration takes place via the official website: www.styrekx.com.

CANCELLATION

In case of cancellation by the organization, participants will receive a voucher for a future event.