



RULEBOOK

STYREKX X FITNESS RACE

June 2026

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1 > GENERAL INFORMATION

All participants will receive the final Race Rules for the specific STYREKX event prior to the event.

1.1. EVENT FORMAT

STYREKX is a hybrid fitness race consisting of 10 runs, or 6 to 8 runs for the Youngsters category, of 800 or 400 meters respectively. Each run is followed by a workout station.

1.2. TARGET AUDIENCE

STYREKX is designed for both recreational and professional athletes of various fitness levels, with categories for individual participants, duos, and teams. Every participant can compete at their own pace.

1.3. LOCATION

STYREKX is designed for both recreational and professional athletes of various fitness levels, with categories for individual participants, duos, and teams. Every participant can compete at their own pace.

2 > PARTICIPANT CATEGORIES

- SOLO** One participant completes the entire course.
- DUO** Two participants share the workload at the workout stations while completing the running sections together.
- TEAMS** Four participants divide both the workout stations and the runs among themselves.

2.1 PARTICIPANT DIVISIONS

- YOUNGSTER** Participants can compete SOLO in the YOUNGSTERS division. Ages 8 to 11: 6 workout stations and 6 runs of 400 m. Ages 12 to 15: 8 workout stations and 8 runs of 400 m.
- LIGHT** Participants can compete SOLO or as a DUO in the LIGHT division. This division consists of 10 runs of 400 m and 10 workout stations.
- REGULAR** Participants can compete SOLO, as a DUO, or as a TEAM in the REGULAR division. This division consists of 10 runs of 800 m and 10 workout stations.
- XTREME** Participants compete SOLO or as a DUO in the XTREME division. This division consists of 10 runs of 800 m and 10 workout stations.

Look at all weights per division.

2.2 AGE GROUPS

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

2.3 RULES FOR DUOS AND TEAMS

DUO

A duo may only start a workout station once both participants have arrived at the station. Duo partners remain together throughout the race and decide themselves how to divide the work at each station. If a station includes a designated "DUO" marker, the resting partner must remain on this marker during the workout, except when switching roles within the exercise. At all other workout stations, the resting partner must stay behind the partner who is actively performing the exercise.

TEAM

Team members decide among themselves who completes each run and workout station. The race is considered complete once all team members have finished their assigned sections of the course. Team members who are not actively participating must remain in the Team Zone until it is their turn to take over. Before the race starts, the team must determine the order in which members will participate. The official finish time is recorded when the entire team has crossed the finish line.

TEAM	RACER 1	RACER 2	RACER 3	RACER 4
> RUNS	3	2	3	2
> WORKOUTS	3	2	3	2

WORKOUTS	RACER 1	RACER 2	RACER 3	RACER 4
1 > ROW ERG	X			
2 > SLED PUSH	X			
3 > SKI ERG	X			
4 > SANDBAG LUNGES		X		
5 > LOAD CRAWL		X		
6 > SLED PULL			X	
7 > FARMERS CARRY			X	
8 > WALL BALLS			X	
9 > BURPEE BROAD JUMPS				X
10 > STRENGTH ERG				X

3 > COURSE STRUCTURE

3.1 START

1. Make sure you have completed your warm-up before the race.
2. Be ready in the starting area 10 minutes before your scheduled start time.
3. The clock counts down to zero, after which you begin your first run.

3.2 RUNS

1. The left lane is designated for faster runners.
2. The right lane is designated for recreational runners.
3. Depending on the STYREKX edition, you will complete one or more laps per run.
4. A time penalty will be applied if you do not complete the required number of laps.
5. Each run is followed by a workout station.

3.3 TRANSITION ZONE

Between the race track and the workout stations there is a transition zone, where participants cover a short additional distance depending on the location of the station within the course. The time spent in this zone is recorded separately and counts towards the total finish time.

4 > WORKOUT STATIONS

4.1 ROW ERG

The Row Erg consists of rowing 1,000 meters. This station primarily targets your legs, back, shoulders, and arms. Maintain a consistent technique, a steady pace, and full control throughout the movement.

4.2 SLED PUSH

During the Sled Push, you push a weighted sled over the prescribed distance. Keep your body low, place your hands firmly on the sled, and drive continuously with your legs. This station mainly tests the strength of your legs, core, and shoulders.

4.3 SKI ERG

The Ski Erg consists of a repetitive pulling motion that engages your upper body, core, and arms. Keep the movement controlled and maintain a steady rhythm. Proper technique helps you distribute power and energy efficiently.

4.4 SANDBAG LUNGES

During the Sandbag Lunges, you carry a sandbag on your shoulders while performing lunges over the prescribed distance. Each step must be executed in a controlled manner. Focus on balance, posture, and a full range of motion.

4.5 LOAD CRAWL

In the Load Crawl, you crawl forward while dragging a weight behind you. Stay low to the ground and use your arms, legs, and core to move yourself forward. Control and continuous movement are more important than speed.

4.6 SLED PULL

Use your arms, back, grip, and core to move the sled in a controlled manner. Maintain a stable position and use short, powerful pulls to keep the sled moving.

4.7 FARMERS CARRY

During the Farmers Carry, you carry weights over the prescribed distance. Keep your torso upright, your shoulders stable, and your grip firm. Walk in a controlled manner and only put the weights down when permitted according to the rules.

4.8 WALL BALLS

During the Wall Balls station, perform a squat followed by throwing the ball at the designated target. A repetition only counts if the squat reaches the required depth and the ball hits the correct target. Maintain a steady rhythm and focus on proper execution.

4.9 BURPEE JUMPS

During the Burpee Jumps station, perform a burpee and then jump forward. Each repetition must be completed according to the prescribed standard. Stay within your lane and progress step by step towards the end of the station.

4.10 STRENGTH ERG CHEST PRESS

During the Strength Erg Chest Press, you push against the resistance of the machine. This station primarily targets your chest, triceps, shoulders, and core. Keep your body stable, push in a controlled manner, and continue until you have completed the required total workload.

5 > RULES AND STANDARDS

5.1 ORDER OF STATIONS

Participants must complete the workout stations in the prescribed order.

5.2 MOVEMENT TECHNIQUE

Each exercise must be performed according to the prescribed technique. If a participant is unable to perform the movement correctly, the judges may require the workout to be repeated or impose a time penalty. The duration of the penalty is determined by the judges. During this penalty period, the participant must remain at rest.

For the LIGHT and YOUNGSTERS divisions, judging will be less strict and more focused on coaching and guidance.

5.3. REPETITIONS AND DISTANCES

The required number of repetitions, prescribed weight, or designated distance must be completed in full before proceeding to the next part of the course.

5.4. TIMEKEEPING

The total race time is measured from the official start until the participant crosses the finish line, including all runs, workout stations, and transition zones.

6 > SAFETY AND HEALTH

6.1 MEDICAL CHECK

Participants acknowledge that they must be in good physical and medical condition to participate in STYREKX.

6.2 HYDRATION

Water stations are available throughout the course.

6.3 FIRST AID

First aid and/or medical teams are present on site to provide assistance in case of emergencies.

7 > JUDGING AND PENALTIES

8.1 JUDGES

Judges are present at every workout station to verify that exercises are performed according to the prescribed standards. The judges' decisions are final and binding.

8.2 PENALTIES

In the event of incorrect execution, judges may impose time penalties or require additional repetitions to be completed.

8 > RESULTS AND AWARDS

8.1 TIMEKEEPING

All participants receive an official finish time.

8.2 PRIZES

Prizes are awarded to the top three finishers in selected categories. The prize categories will be announced shortly before the event. A participant may compete multiple times in the same category during an event weekend. However, a participant can win a prize only once per category during that weekend.

8.3 RESULTS

Official results will be published on the STYREKX website within 24 hours after the event. STYREKX determines the official final results. No appeals can be made against these results. The decision of the Race Director is final and binding.

9 > TERMS OF PARTICIPATION

AGE

The minimum age for participation is 16 years, unless a different minimum age is specified for a particular category.

REGISTRATION

Registration is available through the official website: STYREKX.com.

CANCELLATION

If an event is cancelled by the organizer, participants will receive a voucher that can be used for a future event.

10 > HOUSE RULES

1. Hand in your timing chip immediately after crossing the finish line.
2. Always show good sportsmanship and respect the instructions given by our crew.
3. Help keep the venue clean. Do not leave any litter on the course. Do not spill water intentionally, as this may create hazardous situations.
4. The use of mobile phones, headphones, or cameras during the race is prohibited.
5. Hydration stations are available along the course. You may bring your own water bottle, but you must carry it yourself throughout the race. Bottles may not be stored along the course or handed to you by spectators.
6. Store your bags and personal belongings in the cloakroom. Unattended items will be moved to the lost and found. Participants are responsible for their own belongings.