

# RULEBOOK



**STYREKX**  
HYBRID FITNESS RACE

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# **1 > GENERAL INFORMATION**

All participants will receive the final race rules prior to any specific 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.

## **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 LOCATION**

Events take place at indoor venues such as event complexes, with a clearly marked course. The venue's own rules and conditions apply for access and can be found on the venue's website.

## 2 > PARTICIPANT CATEGORIES

STATIONS	X = XTREME		WOMEN X SOLO / DUO		WOMEN SOLO / DUO / TEAM	
	MEN X SOLO / DUO	MIX X 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	

**SOLO** One participant completes the entire course.

**DUO** Two participants share the workout load, but run the same distance together.

**TEAMS** Four participants divide the workouts and running among themselves.

**XTREME** SOLO, DUO or TEAMS compete in the highest category.

### 2.1 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	

## 2.2 RULES FOR DUOS AND TEAMS

### DUO

A DUO may only start a station when both members have arrived. DUOS stay together throughout the race and decide how to divide the stations. If there's a 'DUO' marker at a station, the partner must rest on the marker (except when switching during the exercise). At all other stations, the resting partner stays behind the active partner on the course.

### TEAM

TEAM members decide among themselves who completes which runs and workouts. When all members have completed the course, the race is complete. Non-active team members wait in the TEAM zone until swapped in. Teams agree on their running order beforehand. The finish time is recorded when the entire team crosses the finish line.

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

TEAM	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

### FINISH

The finish time is clocked when the entire team has reached the finish line.

## **3 > COURSE STRUCTURE**

### **START**

1. Make sure you warm up before the race.
2. Be ready in the starting area 10 minutes before your start time.
3. The clock counts down to zero, then you start your first 800m run.

### **RUNS**

1. The left lane is used by fast runners.
2. The right lane is for recreational runners.
3. Depending on the STYREKX edition, you run one or more laps.
4. A time penalty applies if you do not complete the correct number of laps.
5. After each run, you continue to the next workout station.

## 4 > **WORKOUT STATIONS**

### **1. ROW ERG**

Going in with a bang! This 1,000 meters on the rower sets your arms, shoulders, and back on fire right away. No mercy – from the first stroke, your heart rate shoots up. It's about finding rhythm under pressure, keeping explosiveness under tension. Time to fire up your engine and set the tone for the rest of the race.

### **2. SLED PUSH**

Heavily loaded and full throttle forward – this is pure leg power in action. Glutes, quads, calves, and core in overdrive as you push the sled across the track. Low stance, firm grip, and maximum force with every centimeter. It's you versus the resistance, and there's only one winner. No room for excuses while you drive the sled to the finish. Give it your all!

### **3. SKI ERG**

The Ski Erg demands coordination, pace, and control of your upper body. An explosive movement where technique, timing, and tempo are everything. You pull powerfully with lats, shoulders, and triceps while your lung capacity is pushed to its limits. Keep the movement smooth, the transitions quick, and your focus sharp. Here, it's not just about muscle strength but about rhythm under pressure.

### **4. SANDBAG LUNGES**

Burning legs, a fatigued core, and total focus: welcome to Sandbag Lunges. You step forward with a heavy sandbag on your shoulders and there's no room for sloppiness. Every step demands balance, strength, and mental control. This is not an exercise you survive: it's one you master.

### **5. LOAD CRAWL**

Low, heavy, and relentless: the Load Crawl is a primal challenge. You crawl forward while dragging a heavy load. Your shoulders, core, and legs stay under constant tension, while your coordination is put to the test. There's no room for chaos, only determination to keep going. This station is not about speed but about endurance. This is your proving ground.

## **6. SLED PULL**

Rope in your hands, weight at your feet: the Sled Pull demands everything from your upper body. Arms, back, core, and grip work together to pull the sled towards you. It starts with explosive strength but finishes with pure willpower. Perfect your pull with control, work with rhythm, and feel your muscles burn. The Sled Pull requires pure determination and perseverance, so it's time to push your limits.

## **7. FARMERS CARRY**

Pick it up and go. The Farmers Carry seems simple, but under this immense weight, everything is put under pressure: grip, shoulders, core, and mental focus. Every step tests your balance and posture. The challenge is to stay calm under pressure and keep moving forward. Don't let go, because this station demands total mastery of body and mind.

## **8. WALL BALLS**

Squat. Throw. Repeat. A brutal combination of legs, shoulders, and endurance. As the reps pile up, you fight fatigue, and yourself. Keep squatting deep, aim high, and control your breathing. Focus on the target, find your rhythm, and hold on, no matter how hard it gets. Keep going strong!

## **9. BURPEE JUMPS**

Jump, drop, push, and repeat it all at maximum intensity. Burpee Jumps combine explosive power with cardio and mental toughness. Each rep demands focus, coordination, and a serious dose of perseverance. There's no easy way out and the only way is forward. This station is all gas, no brakes.

## **10. STRENGTH ERG CHEST PRESS**

Meet the machine that pushes back. The Concept2 Strength Erg is unique and combines strength, rhythm, and endurance. Your chest and triceps are under constant tension, while your breathing and focus are heavily tested. This station is a battle against resistance, and yourself. Power becomes personal here, so it's time to squeeze out the very last bit of effort. Do you have the mental strength to push through the final meters?



## **5 > RULES AND STANDARDS**

### ***ORDER***

Participants must complete the workout stations in the indicated order.

### ***MOVEMENT TECHNIQUE***

Each workout must be performed according to the prescribed technique. It's not a problem if you do not (yet) master the technique, but in that case, the jury will ask you to repeat the workout or impose a time penalty. These penalty seconds are determined by putting you in a resting position for that amount of time during the workout.

### ***REPETITIONS/DISTANCES***

The required number of repetitions or distances must be fully completed before moving on.

### ***TIME REGISTRATION***

The total time is measured from start to finish, including all runs and workouts.

## **6 > HEALTH AND SAFETY**

### ***MEDICAL CHECK***

Participants are aware that they must be in good medical condition to participate in STYREKX.

### ***HYDRATION***

There are drinking stations available along the course.

### ***FIRST AID***

First aid and/or medical teams are present for emergencies.

## **7 > JUDGING AND PENALTIES**

### **JUDGES**

At each station, judges are present to check the correct execution. The decision of the judges is final.

### **PENALTIES**

In case of incorrect execution, penalties or extra repetitions may be imposed.

## **8 > RESULTS AND PRIZES**

### **TIME REGISTRATION**

All participants receive an official finish time.

### **PRIZES**

Prizes are awarded to the top participants in certain categories. The prizes will be announced shortly before the event. A participant can participate multiple times in the same category during an event weekend. A participant can earn a prize only once per category per weekend.

### **RESULTS**

Results are published on the official website within 24 hours after the event. STYREKX is responsible for the final result; there can be no discussion about this, and objections are not possible. The decision of the race management is final.

## 9 > PARTICIPATION CONDITIONS

### **AGE**

The minimum age for participation is 16 years, unless otherwise indicated for a specific category.

### **REGISTRATION**

Registration takes place via the official website: [www.styrekx.com](http://www.styrekx.com).

### **CANCELLATION**

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

## 10 > HOUSE RULES

1. Hand in your timing chip immediately after the finish.
2. Always stay sportsmanlike and respect the instructions of our crew.
3. Keep the environment clean. Do not leave trash on the track. Do not spill water, as this can create dangerous situations.
4. During the race, the use of phones, headphones, or cameras is prohibited.
5. There are refreshment stations along the way. You may bring your own bottle, but you must carry it yourself and you cannot store it along the way or have it handed to you by spectators.
6. Store your bags and belongings in the cloakroom. Unattended items will be taken to lost and found. You are responsible for your own belongings.