

RULEBOOK



STYREKX
XX FITNESS RACE

August 2026

TABLE OF CONTENTS

1. GENERAL INFORMATION	3
1.1 Event format	3
1.2 Target audience	3
1.3 Location	3
2. PARTICIPANT CATEGORIES	4
2.1 Types of Participant Categories	4
2.2 Race Divisions	4
2.3 Age Groups	4
2.4 Race Structure per Category	5
3. THE RACE	6
3.1 Preparation	6
3.2 Runs	6
4. WORKOUT STATIONS	7
4.1 RowErg	7
4.2 Sled Push	7
4.3 SkiErg	7
4.4 Sandbag Lunges	7
4.5 Load Crawl	7
4.6 Sled Pull	7
4.7 Farmers Carry	8
4.8 Wall Balls	8
4.9 Burpee Broad Jumps	8
4.10 StrengthErg	8
4.11 Finish	8
5. RULES AND STANDARDS	9
5.1 General Conduct Rules	9
5.2 Equipment and Personal Belongings	9
5.3 Timekeeping	9
5.4 Finish and Race Organization	9
5.5 Stations and Movement Standards	9
5.6 Rules for DUOS and TEAMS	10
5.6.1 DUO	10
5.6.2 TEAM	10

6. STATION STANDARDS	11
6.1 Row Erg	11
6.2 Sled Push	11
6.3 SkiErg	11
6.4 Sandbag Lunges	12
6.5 Load Crawl	12
6.6 Sled Pull	13
6.7 Farmers	13
6.8 Wall Balls	13
6.9 Burpee Broad Jumps	14
6.10 StrengthErg	14
7. SAFETY AND HEALTH	15
7.1 Medical Check	15
7.2 Hydration	15
7.3 First Aid	15
8. JUDGING AND PENALTIES	16
8.1 Judges	16
8.2 Penalties	16
9. RESULTS AND PRIZES	17
9.1 Timekeeping	17
9.2 Prizes	17
9.3 Results	17
10. PARTICIPATION REQUIREMENTS	18
10.1 Age	18
10.2 Registration	18
10.3 Cancellation	18
11. GLOSSARY	19

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 (6/8 for Youngsters) of 800/400 meters, each followed by a workout station.

FINISH



START

10 STATIONS | 10 X 800M/400M RUNS

1.2. TARGET GROUP

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

1.3. LOCATION

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

2 > PARTICIPANT CATEGORIES

2.1 TYPES OF PARTICIPANT CATEGORIES

SOLO: One participant completes the entire course.

DUO: Two participants divide the workouts but run the same distance together.

TEAM: Four participants divide the workouts and running among themselves.

2.2 TYPES OF RACING DIVISIONS

YOUNGSTERS: Participants can compete SOLO in the YOUNGSTERS category. Ages 8–11 complete 6 stations and 6 runs of 400m. Ages 12–15 complete 8 stations and 8 runs of 400m.

LIGHT: Participants can compete SOLO or as a DUO in the LIGHT category. Participants complete 10 runs of 400m and 10 workout stations.

REGULAR: Participants can compete SOLO, as a DUO, or as a TEAM in the REGULAR category. Participants complete 10 runs of 800m and 10 workout stations.

XTREME: Participants compete SOLO or as a DUO in the XTREME category. Participants complete 10 runs of 800m and 10 workout stations.

[View all weights per division here.](#)

> 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		

2.3 AGE GROUPS

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

2.4 RACE STRUCTURE PER CATEGORY

STATIONS	X = XTREME	MEN X SOLO / DUO MIX X DUO	WOMEN X SOLO / DUO MEN SOLO / DUO / TEAM MIX DUO / TEAM	WOMEN SOLO / DUO / TEAM
RUNS TUSSEN STATIONS		10X 800M	10X 800M	10X 800M
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 / 2X18KG
8 > WALL BALLS		80X / 9KG	80X / 6KG	80X / 4KG
9 > BURPEE BROAD JUMPS		60M	60M	60M
10 > STRENGTH ERG CHEST		2000KG	1500KG	1000KG

STATIONS	LIGHT SOLO / LIGHT DUO	YOUNGSTER 12-15 YEARS	YOUNGSTER 8-11 YEARS
RUNS TUSSEN STATIONS	10X 400M	8X 400M	6X 400M
1 > ROW ERG	500M	500M	250M
2 > SLED PUSH	40M / 104KG	20M / 50KG	X
3 > SKI ERG	500M	500M	250M
4 > SANDBAG LUNGES	60M / BODYWEIGHT	30M	30M
5 > LOAD CRAWL	60M / BODYWEIGHT	30M	30M
6 > SLED PULL	40M / 80KG	20M / 35KG	X
7 > FARMERS CARRY	160M / 2X18KG	80M / 9KG	80M / 6KG
8 > WALL BALLS	40X / 4KG	X	X
9 > BURPEE BROAD JUMPS	60M	30M	30M
10 > STRENGTH ERG CHEST	500KG	X	X

3 > THE RACE

3.1. PREPARATION

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

Report to the starting area approximately ten minutes before your start time. Follow the crew's instructions until you can begin.

3.2. RUNS

The race starts with an 800/400 meter run, followed by the first station. This pattern repeats ten times until the finish.

The fast lane is on the left. Be mindful of your pace and choose the right lane so that no one obstructs anyone else. Walk on the right, overtake on the left.

Between the runs and stations lies a transition zone with a water station. Depending on the STYREKX edition, you will run multiple laps. An incorrect number of meters run results in a penalty of four minutes per missed lap.

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

4 > WORKOUT STATIONS

4.1. ROW ERG

Your STYREKX adventure begins with rowing on the Concept2 RowErg. You always start from scratch. The damper (standard at 5) may be adjusted by the active participant. Use your entire body to cover the distance at a smooth pace.

4.2. SLED PUSH

In the Sled Push, you are challenged to push a sled. On every track you make, you want to push the sled forward with as much speed and technique as possible. Grip the sled low so that you use your strength effectively and the sled does not tip over.

4.3. SKI ERG

Your race continues with the Concept2 SkiErg. This workout station requires timing, coordination, and strength. Pull the handles from top to bottom, use your whole body, and keep the movement fluid. The damper (standard at 5) can be adjusted by the active participant. Find your rhythm and hold it until the last meter.

4.4. SANDBAG LUNGES

The sandbag is ready. Throw it onto your shoulders, take a step, and sink deep. Your knee touches the ground, you stand up again, and you feel the burn in your legs. 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 ground is yours. The Load Crawl is a dumbbell bear crawl: 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 drop.

4.6. SLED PULL

During the Sled Pull, you pull the sled with weights towards you. Maintain constant tension on the rope and use your entire body to combine strength and control. Set your own pace and work through the movement in a controlled manner. Need a rest? No problem. The sled may come to a complete stop during the exercise.

4.7. FARMERS CARRY

Two kettlebells and one mission: keep walking. Grip, posture, and mental strength come together here. Stay upright and keep your shoulders low. 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 experience repetitions that require technique and perseverance. Squat deep, throw the ball high, and catch it in a controlled manner. Aim for the target and maintain a tight rhythm. Use the power from your legs to make each repetition feel light.

4.9. BURPEE BROAD JUMPS

Over a distance, alternate burpees with wide jumps. Let your chest touch the ground, stand up powerfully, and jump forward with both feet simultaneously. After each jump, land with both feet together and side by side. Work in a fluid motion and maintain tempo and control throughout the exercise.

4.10. STRENGTH ERG CHEST PRESS

The Concept2 Strength Erg (Chest Press) starts at zero and only ends when the division weight is reached. Begin with controlled repetitions to let the machine measure average strength, find your rhythm, and gradually increase the pressure to the end.

4.11. FINISH

The final meters call for focus and effort. 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 RULES OF CONDUCT

- Stick to the designated lanes.
- Do not spit on the track.
- Do not throw water over yourself to cool down.
- Always follow the instructions of the crew and the organization.
- Remain sportsmanlike towards other participants and officials.

5.2. EQUIPMENT AND PERSONAL BELONGINGS

- Phones, earphones, and other electronic devices are not allowed during the race.
- Your own gels and nutrition are allowed, provided they are attached to you before the start.
- Participants are responsible for their own waste.

Loose clothing, food, or other items must be put away. Keep your belongings with you.

5.3. TIME RECORDING

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

5.4. FINISH AND ORGANIZATION

- Hand in your chip timer immediately after finishing.
- STYREKX is responsible for the list of results; protests against this are not possible.
- In exceptional situations, the STYREKX team may decide to remove a participant from the race or have them skip a station.

5.5. STATIONS AND EXECUTION

- Participants must complete the stations in the indicated order.
- Each exercise must be performed according to the prescribed technique. If the technique is not performed correctly, the jury may request that the exercise be repeated or impose a time penalty.
- The required number of repetitions or distances must be completed in full before continuing.
- Wait for the judge's signal before leaving a station.
- Always return used equipment neatly; do not throw it or place it elsewhere. The judge may impose a penalty for failure to comply with the rules.

5.6. RULES FOR DUOS AND TEAMS

5.6.1. DUO

- A duo can only start a station if both people have arrived at the station.
- Duos stay together during the race and decide how to divide the stations.
- If there is a 'DUO' marker at a station, the duo partner remains resting on the marker throughout the workout (except during changes within the exercise).
- At all other workout stations, the duo partner stays behind the partner currently racing on the course.
- Personal gels and food are permitted, provided they are on you before the start. Participants are responsible for their own waste.
- Loose clothing, food, or other items must be put away. Keep your belongings with you.

5.6.2. TEAM

- Team members agree among themselves who completes which workout.
- For every workout, one run is completed.
- When all team members have completed the course, the race is fully finished.
- Team members who are not participating wait in the TEAM zone until they are relieved.
- Prior to the race, the team determines the leading order amongst themselves.

6 > STANDARDS PER STATION

6.1. ROW ERG

6.1.1. SOLO/TEAM

- Place both feet firmly in the foot straps before you start rowing.
- You may only dismount after the full distance has been completed and the judge has given permission (hand raised as a sign of agreement).
- The damper may be adjusted by the active participant before or during rowing.
- Return the handle to the rower in a controlled manner when leaving the rower.

6.1.2. DUO

- Only the active participant may adjust the damper.
- The resting participant remains standing on the DUO mat until a changeover takes place.
- Participants may decide the exchange moment 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 remains standing directly behind the active participant until a changeover takes place.
- Participants may decide the exchange moment 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 when the full distance has been completed and the judge has given permission (hand raised as a sign of agreement).
- The damper may be adjusted both during and before skiing.

6.3.2. DUO

- Only the active participant may adjust the damper.
- The resting participant remains standing on the DUO mat until a changeover takes place.
- Participants may decide the exchange moment amongst themselves.

6.4. SANDBAG LUNGES**6.4.1. SOLO/TEAM**

- The first step must be taken from behind the white line.
- Stay in the assigned lane unless you wish to overtake. You may do so via another lane.
- With every repetition, a knee must have touched the ground.
- You must keep your hips straight for every repetition.
- The sandbag must remain on the shoulders at all times, even while resting.

6.4.2. DUO

- *The resting participant remains standing directly behind the active participant until a changeover takes place.*
- Participants may decide the exchange moment amongst themselves.
- The sandbag must be pointed backwards and must not touch the ground.

6.5. LOAD CRAWL**6.5.1. SOLO/TEAM**

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

6.5.2. DUO

- The resting participant remains standing directly behind the active participant until a changeover takes place.
- Participants may decide the exchange moment amongst themselves.
- The dumbbells remain at the spot 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 move completely over the white cross for the track to count as valid.

6.6.2. DUO

- The resting participant remains standing directly behind the active participant until a changeover takes place.
- Participants may decide the exchange moment amongst themselves.

6.7. FARMERS CARRY

6.7.1. SOLO/TEAM

- Hold the kettlebells next to your body with straight arms.
- During rest periods, the kettlebells may be placed on the floor.
- Both kettlebells must be moved simultaneously (not one by one).

6.7.2. DUO

- The resting participant remains standing directly behind the active participant until a changeover takes place.
- Participants may decide the exchange moment amongst themselves.
- When changing, the kettlebells are placed 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; scraping along the edge does not count as a valid repeat.
- The hips must come parallel to 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 remains standing directly behind the active participant until a changeover takes place.
- Participants may decide the exchange moment amongst themselves.

6.9. BURPEE JUMPS

6.9.1. SOLO/TEAM

- The first burpee starts with the hands in front of the line.
- You start with the burpee first, then the jump.
- Jump with both feet at the same time and side by side, and land this way as well.
- 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.
- Stay in your assigned lane, unless you are overtaking.

6.9.2. DUO

- The resting participant remains standing directly behind the active participant until a changeover takes place.
- Participants may decide the exchange moment 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 reached.
- Leave the station only after the judge has given their approval (hand raised as a sign of confirmation).

6.10.2. DUO

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

7 > SAFETY AND HEALTH

7.1 MEDICAL CHECK

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

7.2 HYDRATION

Drink stations are available on the course.

7.3 First Aid

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

8 > JUDGING AND PENALTY POINTS

8.1. JURY MEMBERS

Jury members are present at each station to verify the correct execution. The jury's decision is binding.

8.2. PENALTIES

During every STYREKX race, the fair and safe execution of the race is ensured. Judges check whether participants perform the stations and runs correctly according to the established rules.

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

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

If a participant leaves the station prematurely without fully completing the imposed penalty, a penalty of 5 minutes will follow. This also applies if the participant has already left the station before the error is detected and is therefore unable or unwilling to complete the penalty.

9 > RESULTS AND PRIZES

9.1 TIME RECORDING

All participants will receive an official end time.

9.2 PRIZES

In every race division, with the exception of the LIGHT and YOUNGSTER categories, a prize will be awarded to the fastest participant(s) at the end of the race day. Timekeeping determines the official results; these will be published via the official STYREKX channels within 24 hours of the event's conclusion.

One winner per division is announced per match day. For duos and teams, the combined finish time counts as the result.

The jury and the organization reserve the right to apply an additional assessment in the event of equal times or special circumstances. The decision of STYREKX is binding in all cases.

9.3 RESULTS

Results will be published on the official website within 24 hours after the event. STYREKX is responsible for the final result; this cannot be disputed, and objections are not possible. The decision of the race management is binding.

10 > CONDITIONS OF PARTICIPATION

10.1 AGE

The minimum age for participation in the various categories of STYREKX is as follows:

- XTREME: from 18 years
- REGULAR: from 18 years old
- LIGHT: from 16 years
- DUO LIGHT: from age 12, where the other partner must be at least 18 years old.
- YOUNGSTER: from 8 years old

10.2 REGISTRATION

Registration takes place via the official website:

www.styrekx.com.

10.3 CANCELLATION

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

11 > BEGRIPPENLIJST

Fitness race: A form of competition in which running is combined with various fitness exercises.

Run: A running event of the race. Depending on the category, this is 400 or 800 meters.

(Workout) station: A fitness component that is performed after every run.

SOLO: Race format where one participant completes the entire course and all workouts.

DUO: Race format where two participants divide the workouts and run the same distance together.

TEAM: Race format where four participants divide the workouts and running among themselves.

YOUNGSTERS: Participant category for young people aged 8 and up, with an adapted race structure.

LIGHT: Race category with 10 runs of 400 meters and 10 workout stations (light).

REGULAR: Race category with 10 runs of 800 meters and 10 workout stations (average).

XTREME: Race category with 10 runs of 800 meters and 10 workout stations (heavy).

Fast lane: The left lane used to overtake other participants.

Transition zone: Zone between a run and a workout station, with a drinking point.

Penalty: A time penalty imposed when a participant violates a rule or fails to perform a part correctly.

Judge / juror: Official who checks whether a participant performs an event according to the rules.

DUO mat: Designated spot where the resting participant must wait during certain DUO workouts.

TEAM zone: Designated zone where team members wait until they are relieved.

Transition moment: The moment when the active participant within a DUO or TEAM is relieved by another participant.

Damper: Setting on the RowErg, StrengthErg, or SkiErg used to adjust the resistance.

Target: The target at which the wall ball must be thrown.

Division weight: The prescribed weight associated with a specific racing division.

Chip timer: Chip used to record the participant's time.

Entry Certificate: Proof that the participant receives prior to the race.

Starting area: Area where participants report approximately ten minutes before their start.

Warm-up area: Space where participants can warm up before the race.

Crew: Employees of the organization who guide participants during the event.

Official finish time: The recorded time from the start to the finish, including runs and workout stations.