

VO2 MAX

HYBRID RACE OFFICIAL RULEBOOK

2026-2027 COMPETITION SEASON

OFFICIAL RULES • COMPETITION STANDARDS
MOVEMENT STANDARDS • ATHLETE GUIDE

“Strength. Endurance. Determination.”

DRAFT - FOR REVIEW

DOCUMENT CONTROL

Item	Details
Document	VO2 Max Hybrid Race Official Rulebook
Competition season	2026-2027
Status	Draft - for operational and legal review
Applies to	VO2 Max Hybrid Race athletes, teams, judges, volunteers, and event staff
Authority	Race Director and Event Organizer

PUBLICATION CHECK

Before final publication, the Race Director should verify all loads, distance conversions, target heights, penalty values, event times, and venue-specific procedures.

How to use this rulebook

This rulebook establishes competition standards for the 2026-2027 season. Athletes are responsible for reading and understanding the rules before entering the competition. Judges and volunteers should use the movement standards and penalty protocols to apply consistent rulings across all divisions.

The Race Director may amend these rules when necessary to improve athlete safety, event operations, or competitive fairness. Significant updates should be communicated through the official event website and registered-athlete email notifications.

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01

WELCOME & SCOPE

Purpose, values, and competition framework

Welcome

Welcome to the Official VO2 Max Hybrid Race Rulebook.

Hybrid Race was created to challenge athletes of every fitness level through a demanding combination of endurance running and functional strength. Every race rewards preparation, resilience, and determination rather than specialization in a single discipline.

Whether you are racing for your first finish, competing with a partner, or chasing a podium in the Advanced division, every athlete is expected to uphold the highest standards of integrity, sportsmanship, and respect.

This rulebook establishes the official standards governing all VO2 Max Hybrid Race events during the 2026-2027 competition season. It provides athletes, judges, volunteers, and event staff with a consistent framework to ensure fairness, athlete safety, and equal competition across every event.

About Hybrid Race

Hybrid Race is an indoor and outdoor fitness racing competition that combines endurance running with functional fitness challenges.

Each race consists of alternating running segments and workout stations completed in a prescribed order. Athletes must complete every running segment and every workout station in order before progressing to the next section of the course.

- Cardiovascular endurance
- Functional strength
- Muscular endurance
- Mental resilience
- Race strategy

Every division follows the same core race format while equipment loads and selected distances differ according to category. Failure to complete a station according to the prescribed movement standard may result in a no-repetition call, time penalty, station restart, or disqualification.

02

ATHLETE RESPONSIBILITIES & ELIGIBILITY

Registration, readiness, identification, and athlete obligations

Athlete Responsibilities

All competitors share responsibility for maintaining a fair, safe, and respectful competition. Every athlete agrees to:

- Follow all published race rules.
- Respect judges and volunteers.
- Demonstrate good sportsmanship.
- Use only assigned equipment.
- Complete every station in order.
- Wear the assigned race bib and timing chip throughout the event.
- Report to the starting area on time.
- Accept judges' decisions respectfully.
- Refrain from unsportsmanlike conduct.

MEDICAL READINESS

Athletes are responsible for ensuring they are medically fit to participate. Participation occurs entirely at the athlete's own risk.

Registration & Eligibility

VO2 Max Hybrid Race welcomes athletes of varying fitness levels through multiple competition divisions. Registration is completed exclusively through the official Hybrid Race website.

- Complete online registration.
- Sign the event waiver.
- Meet the minimum age requirement for the selected division.
- Provide valid identification at athlete check-in.
- Wear the assigned race bib with timing chip during competition.

Athletes who intentionally register for an incorrect division may be moved by the Race Director before competition begins. Transfers between divisions are subject to event policy and may close before race day.

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COMPETITION DIVISIONS

Solo, doubles, masters, and kids categories

Advanced - Solo Male

For experienced hybrid athletes seeking the highest level of competition. This division uses the heaviest prescribed equipment loads and is intended for athletes with advanced strength and endurance capabilities.

Advanced - Solo Female

For experienced hybrid athletes seeking the highest level of competition. This division uses heavier prescribed equipment loads while maintaining identical race distances and movement standards.

Open - Solo Male

For athletes new to hybrid racing or those seeking a more approachable competition experience. Equipment loads are reduced while maintaining the complete race format.

Open - Solo Female

Provides the full race experience while using lighter prescribed equipment loads to encourage broad participation.

Open - Male Duo

Two male athletes work together to complete the prescribed race. Partners may divide work throughout each work-out station according to the official Doubles rules.

Open - Female Duo

Two female athletes complete the race together while sharing the workload throughout each station.

Open - Mixed Duo

One male and one female athlete compete together. Partners may divide work as desired unless otherwise specified within the station rules.

Masters (50+) - Solo Male

For athletes aged 50 years and older. Prescribed loads are reduced while preserving the full race experience.

Masters (50+) - Solo Female

For female athletes aged 50 years and older using reduced equipment loads while maintaining identical race distances.

Kids Competition Categories

Detailed race formats, distances, equipment loads, and movement standards for each kids category are provided in Section 04.

Kids - Ages 8-9

An introductory youth division using a shortened course and age-appropriate standards, with an emphasis on safe movement, confidence, and enjoyment.

Kids - Ages 10-11

A shortened youth division with age-appropriate distances and loads designed to build safe movement skills, confidence, and race experience.

Kids - Ages 12-15

A youth division that follows the adult race flow with modified distances and age-appropriate weights for a safe and competitive challenge.

DIVISION ASSIGNMENT

The Race Director may correct an athlete's division before competition begins when the registration does not match eligibility or event policy.

04

RACE FORMATS & KIDS DIVISIONS

Prescribed race order for adult and youth categories

Advanced, Open & Masters Race Format

The adult Hybrid Race consists of eight running segments alternated with eight functional workout stations. Athletes must complete every segment in the following order:

1. 1,000 m Run
2. 1,000 m Ski Erg
3. 1,000 m Run
4. 50 m Sled Drag
5. 1,000 m Run
6. 50 m Reverse Sled Drag (walking backward)
7. 1,000 m Run
8. 80 m Burpee Broad Jump
9. 1,000 m Run
10. 1,000 m Row
11. 1,000 m Run
12. 200 m Farmer Carry
13. 1,000 m Run
14. 100 m Sandbag Walking Lunges
15. 1,000 m Run
16. 100 Wall Balls

Athletes must complete all running segments and workout stations in the prescribed order. Failure to do so may result in time penalties or disqualification.

Kids Division - Ages 8-9

This division introduces young athletes to hybrid racing through a shorter course emphasizing movement quality, safety, confidence, and enjoyment.

1. 200 m Run
2. 500 m Ski Erg
3. 25 m Sled Drag
4. 25 m Reverse Sled Drag
5. 40 m Burpee Broad Jump
6. 200 m Run
7. 500 m Row
8. 100 m Farmer Carry
9. 50 m Bodyweight Walking Lunges
10. 200 m Run
11. 50 Bodyweight Squats

Station	Weight / Standard
Sled Drag	25 kg (55 lb)
Reverse Sled Drag	18 kg (55 lb)
Farmer Carry (dumbbells)	4 kg (10 lb) per hand
Walking Lunges	Bodyweight only
Bodyweight Squats	50 repetitions

Kids Division - Ages 10-11

This division introduces young athletes to hybrid racing through a shorter course emphasizing movement quality, safety, confidence, and enjoyment.

1. 200 m Run

2. 500 m Ski Erg
3. 25 m Sled Drag
4. 25 m Reverse Sled Drag
5. 40 m Burpee Broad Jump
6. 200 m Run
7. 500 m Row
8. 100 m Farmer Carry
9. 50 m Bodyweight Walking Lunges
10. 200 m Run
11. 50 Bodyweight Squats

Station	Weight / Standard
Sled Drag	40 kg (90 lb)
Reverse Sled Drag	18 kg (90 lb)
Farmer Carry (dumbbells)	6 kg (15 lb) per hand
Walking Lunges	Bodyweight only
Bodyweight Squats	50 repetitions

Kids Division - Ages 12-15

Designed for youth athletes looking to challenge themselves in a fun, safe, and competitive hybrid fitness race. This division follows the same race flow as the adult event with modified distances and age-appropriate weights.

1. 200 m Run
2. 500 m Ski Erg
3. 25 m Sled Drag
4. 25 m Reverse Sled Drag
5. 40 m Burpee Broad Jumps
6. 200 m Run
7. 500 m Row Erg
8. 100 m Farmer Carry
9. 50 m Dumbbell Walking Lunges
10. 200 m Run
11. 50 Wall Balls

Station	Weight / Standard
Sled Drag	135 lb (61 kg)
Reverse Sled Drag	95 lb (43 kg)
Farmer Carry (dumbbells)	20 lb (9 kg) per hand
Dumbbell Walking Lunges	20 lb (9 kg) dumbbell per hand
Wall Ball	50 reps with a 4 kg (10 lb) ball to a 9 ft target

General Kids Division Rules

- Athletes must complete every station in the prescribed order.
- All station standards and movement requirements must be met before progressing.
- Failure to meet the movement standard may result in a no-repetition call by the judge.
- Unsportsmanlike conduct or failure to follow judge instructions may result in time penalties or disqualification.
- Parents, coaches, and spectators are not permitted to assist athletes while on the race course.
- Athletes should remain in their assigned lane unless directed otherwise by an official.

05

COMPETITION LOADS

Official adult division weights and wall-ball targets

Advanced Division

Station	Male	Female
Sled Drag	202 kg (445 lb)	152 kg (335 lb)
Reverse Sled Drag	152 kg (335 lb)	102 kg (225 lb)
Farmer Carry	32 kg per hand (70 lb)	24 kg per hand (53 lb)
Sandbag Walking Lunges	30 kg (66 lb)	20 kg (44 lb)
Wall Ball	9 kg (20 lb) to 10 ft	6 kg (13 lb) to 9 ft

Open Division

Station	Male	Female
Sled Drag	152 kg (335 lb)	102 kg (225 lb)
Reverse Sled Drag	102 kg (225 lb)	77 kg (170 lb)
Farmer Carry	24 kg per hand (53 lb)	16 kg per hand (35 lb)
Sandbag Walking Lunges	20 kg (44 lb)	10 kg (22 lb)
Wall Ball	6 kg (13 lb) to 10 ft	4 kg (9 lb) to 9 ft

Masters (50+) Division

Station	Male	Female
Sled Drag	102 kg (225 lb)	77 kg (170 lb)
Reverse Sled Drag	77 kg (170 lb)	60 kg (132 lb)
Farmer Carry	24 kg per hand (53 lb)	16 kg per hand (35 lb)
Sandbag Walking Lunges	20 kg (44 lb)	10 kg (22 lb)
Wall Ball	6 kg (13 lb) to 10 ft	4 kg (9 lb) to 9 ft

Wall-Ball Target Heights

Division	Male Target	Female Target
Advanced	10 ft (3.05 m)	9 ft (2.74 m)
Open	10 ft (3.05 m)	9 ft (2.74 m)
Masters (50+)	10 ft (3.05 m)	9 ft (2.74 m)
Kids 8-11	Not used	Not used
Kids 12-15	9 ft (2.74 m)	9 ft (2.74 m)

06

**GENERAL COMPETITION
RULES**

Course order, equipment use, and compliance

Every athlete must complete the race exactly as prescribed. The official race order must not be altered.

- Complete every running segment.
- Complete every workout station in full.
- Follow all movement standards.
- Use the correct prescribed equipment.
- Use only event-supplied chalk and chalk-related accessories, and only at designated stations where provided.
- Remain within designated competition lanes where applicable.
- Follow all instructions from judges and event staff.

NON-COMPLIANCE

Failure to comply may result in a verbal warning, no rep, time penalty, station restart, disqualification, or removal from the venue depending on the severity of the infringement.

Event-Provided Equipment

Only event-provided competition equipment may be used. Athletes may not substitute or modify equipment. Race officials will inspect equipment before competition. Any damaged equipment must be reported immediately to the nearest judge, and only judges may authorize equipment replacement during the race.

07

MOVEMENT STANDARDS

Official station distances, execution standards, doubles rules, and penalty protocols

JUDGE CONFIRMATION

At stations requiring judge confirmation, athletes must remain at the station until the judge confirms completion and marks the athlete's race bib when applicable.

STATION 01**SKI ERG**

Division	Distance / Repetitions
Advanced / Open / Masters	1,000 metres
Kids	500 metres

Movement Standard

- The monitor must be reset by a judge before the athlete begins.
- The damper is preset to resistance 6 for all divisions and may be adjusted by the working athlete as often as desired.
- The athlete must complete the prescribed distance before leaving the machine.
- Athletes may stop and rest while remaining at the machine.
- Both feet must remain on the SkiErg base. Heels may hang over the edge but may not contact the floor.
- A dynamic or jumping motion is permitted. If the feet temporarily leave the base, they must land back on the base plate.
- After completing the required distance, the athlete must remain on the platform and raise an arm to signal the judge.
- The athlete may leave only after judge confirmation and the station is marked complete.

Doubles Rules

- Partners may switch every 30 seconds or more frequently.
- The outgoing partner must completely release the handles before the incoming partner takes control. Handles may not be passed directly.
- Only one partner may work at a time.

Common Faults & Penalties

- A first foot-placement infringement results in a formal warning.
- A second infringement results in a 15-second penalty.
- Each subsequent infringement incurs an additional 15-second penalty with no further warning.
- Leaving before the required distance is complete.
- Interfering with another athlete.
- Using another athlete's machine.

STATION 02

SLED DRAG

Division	Distance / Repetitions
Adults	50 metres
Kids	25 metres

Movement Standard

- Begin with the sled completely behind the start line.
- Drag the sled using the supplied tow straps or harness while moving forward and facing away from the sled.
- The sled and athlete must remain within the assigned lane.
- The entire sled must cross each turning line before changing direction.
- The athlete must remain standing; pulling from a seated or kneeling position is not permitted.
- The station is complete when the entire sled crosses the finish line and the judge confirms completion.

Doubles Rules

- Only one athlete may pull the sled at a time.
- The non-working partner must walk directly behind the sled throughout the station.
- Partners may switch only after the sled has come to a complete stop.

Penalty Protocol

- First infringement: formal warning.
- Second infringement: 15-second penalty.
- Each subsequent infringement: an additional 15-second penalty.
- Athletes must not impede a neighbouring lane.

STATION 03

REVERSE SLED DRAG

Division	Distance / Repetitions
Adults	50 metres
Kids	25 metres

Movement Standard

- Athletes must remain standing while pulling.
- Move the sled by walking backward while using the supplied tow straps or harness.
- The harness and sled must remain within the assigned lane.
- The sled must completely cross each turning line before changing direction.
- Pulling from a seated or kneeling position is not permitted.
- The station is complete when the entire sled crosses the finish line and the judge confirms completion.

Doubles Rules

- Only one athlete may perform the pull at a time.
- The non-working partner must remain behind and follow the sled until a switch occurs.
- Partners may switch only after the sled has come to a complete stop.

Penalty Protocol

- First infringement: formal warning.

- Second infringement: 15-second penalty.
- Each subsequent infringement: an additional 15-second penalty.
- Athletes must not impede a neighbouring lane.

STATION 04

BURPEE BROAD JUMP

Division	Distance / Repetitions
Advanced / Open / Masters	80 metres
Kids	40 metres

Movement Standard

- Begin the first repetition completely behind the designated start line, with both hands behind the line and the chest on the ground.
- Clear chest contact means the nipple line makes clear contact with the ground.
- Once the hands are placed, they may not be repositioned forward to gain distance.
- The athlete may step or jump out of the burpee and may use a knee when rising from the bottom position.
- The feet must not move beyond the fingertips when stepping or jumping out of the burpee.
- For subsequent repetitions, place the hands no more than 30 cm forward of the toes of the front foot before moving backward into the burpee.
- Both feet must take off and land simultaneously during each broad jump. A maximum 5 cm stagger is permitted between the fronts of the feet.
- Additional steps or shuffles between take-off and landing are not permitted.
- The athlete must jump completely across every turning line and the finish line. If either foot lands on the finish line, another full repetition is required.

Lane & Overtaking Rules

- Athletes should remain within the assigned lane whenever practical.
- Where grid lanes are guides only, a faster athlete may cross lanes to overtake safely without interfering with another competitor.

Doubles Rules

- Only one partner may perform repetitions at a time.
- Partners may switch only after a complete repetition.
- The incoming partner begins the next burpee from where the outgoing partner's feet ended.

Common Faults & Penalties

- Chest does not contact the floor.
- Hands are placed beyond the start line or repositioned forward.
- Feet move ahead of the hands before the broad jump.
- Take-off or landing is staggered by more than 5 cm.
- Stepping or shuffling between take-off and landing.
- Failure to cross a turning line or finish line completely.
- First infringement: formal warning; second and subsequent infringements: 15-second penalties.

STATION 05

ROW ERG

Division	Distance / Repetitions
Advanced / Open / Masters	1,000 metres
Kids	500 metres

Movement Standard

- The monitor must be reset by the judging team before the athlete begins.
- The athlete may adjust the footplates before starting.
- The damper is preset to resistance 6 and may be adjusted by the working athlete as often as desired.
- Solo athletes must remain seated until the full prescribed distance is complete and the judge confirms completion.
- Athletes may stop rowing, return the handle to the holder, and rest with feet on or off the footplates while remaining at the rower.
- The athlete may not stand, leave the seat, or dismount before the required distance is complete.

Doubles Rules

- Partners may switch every 30 seconds or more frequently.
- The outgoing partner must completely release the handle before the incoming partner takes control. Direct handle passing is not permitted.
- Only one athlete may row at a time.
- The non-working athlete may not adjust the damper for the working partner.

Common Faults & Penalties

- Leaving the rower before the required distance is complete.
- Receiving assistance from a partner while rowing.
- Using the incorrect rower.
- First infringement: formal warning; second and subsequent infringements: 15-second penalties.

STATION 06

FARMER CARRY

Division	Distance / Repetitions
Advanced / Open / Masters	200 metres
Kids	100 metres

Movement Standard

- Select the correct dumbbells for the division.
- The carry begins when both dumbbells are removed from the designated start area.
- Carry both dumbbells with arms extended at the athlete's sides while moving.
- Athletes may stop to rest and may place the dumbbells on the ground, provided the dumbbells do not roll or move forward.
- Throwing, rolling, or advancing the dumbbells while setting them down is prohibited.
- Depending on the venue, the prescribed distance may require multiple laps. Athletes are responsible for knowing the required lap count.
- The station is complete once both dumbbells cross the finish line and are returned to the correct marked equipment area.

Doubles Rules

- Only one partner may carry the dumbbells at a time.
- Dumbbells must come to a complete stop before the incoming partner lifts them.
- Throwing or handing the dumbbells directly to a partner is prohibited.

Common Faults & Penalties

- Carrying only one dumbbell.
- Using an incorrect weight.
- Rolling or throwing dumbbells.
- Failing to return equipment correctly.
- Failure to return dumbbells to the correct area or proper position results in a 30-second penalty unless corrected before exiting the Roxzone.
- Completing any part of the station with the incorrect weight requires repeating the entire station with the correct weight; failure to repeat results in disqualification.

STATION 07

SANDBAG WALKING LUNGES

Division	Distance / Repetitions
Advanced / Open / Masters	100 metres
Kids	50 metres; bodyweight for ages 8-11

Movement Standard

- Begin standing tall with both feet behind the start line and enter the lane with a lunge.
- The sandbag must remain fully supported on the athlete's shoulders or body throughout the station.
- Each repetition begins with a forward step.
- The trailing knee must make clear contact with the ground.
- Each repetition ends with the athlete standing tall, knees and hips fully extended.
- Lunges must alternate left and right.
- Athletes may lunge continuously or pause with both feet parallel; steps or shuffles between repetitions are not permitted.
- The leading foot must completely cross every turning line and the finish line.
- At a turning point, the athlete may turn without lunging around the point but must restart with both feet behind the line and lunge across it.
- The station ends when the leading foot completely crosses the finish line and the sandbag is returned to the correct marked area.

Equipment & Doubles Rules

- The sandbag may not touch the ground, barricades, feet, or another surface to remove the load.
- The bag may be adjusted while it remains supported by the athlete's body.
- Only one partner may perform lunges at a time.
- Partner exchanges must occur behind the working athlete.
- The sandbag must be transferred directly from one athlete to the other and may not be placed on the ground during a change.

Common Faults & Penalties

- Trailing knee fails to touch the ground.
- Failure to stand fully upright.
- Non-alternating lunges.
- Sandbag touches the ground or another surface.
- Forward hand-off of the sandbag.
- Stepping over the finish line without a final lunge.
- First infringement: formal warning; second infringement: 15-second penalty.

- Failure to return the sandbag to the correct area results in a 30-second penalty unless corrected before exiting the Roxzone.
- Using the incorrect weight requires repeating the full station; failure to repeat results in disqualification.
- Each instance of resting the sandbag on a prohibited surface results in a 15-second penalty.

STATION 08

WALL BALLS

Division	Distance / Repetitions
Advanced / Open / Masters	100 repetitions
Kids 12-15	50 repetitions
Kids 8-11	50 bodyweight squats

Movement Standard

- Select the correct wall ball and target for the division.
- Begin each repetition standing tall with hips and knees fully extended while holding the ball with both hands.
- The athlete may not pick the ball up from the ground and immediately throw it at the target without first establishing the standing start position.
- Perform a full squat with the hips descending below the knees, then throw the ball with both hands to strike the designated target.
- After the ball contacts the target, the athlete may catch it and begin the next repetition or allow it to fall to the ground.
- If the ball hits the ground, the athlete must re-establish a fully upright start position before beginning the next squat.
- The athlete may not catch the ball after a bounce and continue directly into the next repetition.
- Where no digital target is used, the athlete may proceed only after the judge confirms all valid repetitions are complete.

Doubles Rules

- Partners may divide repetitions in any combination.
- Only one partner may perform repetitions at a time.
- Partners may switch after a valid repetition.
- The working partner may place the ball on the ground or hand it to the incoming partner. Tossing or throwing the ball is prohibited.
- The ball must come to a complete stop before transfer.

Additional Rules & No-Reps

- A repetition is a no rep when squat depth, standing position, ball weight, or target contact does not meet the standard.
- No warning is required for a wall-ball no rep.
- Athletes may remove shoes at the wall-ball station and place them under the rig, but must take the shoes when leaving for the finish.
- Athletes should avoid running under the wall-ball rig.
- Use of powdered chalk at the wall-ball station results in a 2-minute penalty.
- A squat depth box may be used only at the judge's discretion as a depth indicator. It may not be requested by the athlete or used for sitting or resting.

Target Heights

Division	Male	Female
Advanced	10 ft (3.05 m)	9 ft (2.74 m)
Open	10 ft (3.05 m)	9 ft (2.74 m)
Masters (50+)	10 ft (3.05 m)	9 ft (2.74 m)
Kids 8-11	Not applicable	Not applicable
Kids 12-15	9 ft (2.74 m)	9 ft (2.74 m)

08

DOUBLES COMPETITION

Team responsibilities and partner switching standards

General Doubles Rules

Both partners are equally responsible for completing the race.

- Start together.
- Finish together.
- Cross the finish line together.
- Remain inside the designated competition area.
- Follow all station-specific partner rules.

Partners may divide work in any manner unless otherwise stated within the station standards. Only one athlete may perform work at a time unless a station specifically allows simultaneous movement. Failure to follow doubles-specific rules may result in time penalties or disqualification.

Switching Standards

- Equipment must come to a complete stop before transfer unless the station standard states otherwise.
- Equipment may never be thrown toward a partner.
- The incoming athlete may not begin before the outgoing athlete has completed the repetition or station requirement.
- Both partners must remain inside designated station boundaries during exchanges.
- Station-specific rules always take precedence over these general standards.

09

EVENT-DAY PROCEDURES

Identification, check-in, warm-up, start, and running-course rules

Timing Chips & Athlete Identification

Every athlete will receive a race bib with an embedded timing chip. The race bib must remain securely fastened and clearly visible throughout the event, and must be accessible to judges for station and run completion marks where applicable.

- Failure to wear a race bib may result in a missing time, incorrect finish time, or disqualification from official results.
- Athletes may not exchange race bibs with another participant.

Athlete Check-In

Athletes should arrive at least 45 minutes before their scheduled start time. Check-in includes:

- Identity verification.
- Signed waiver confirmation.
- Race bib collection.
- Final event information.
- Division verification.

Late arrivals may not be permitted to start once their assigned wave has begun.

Warm-Up Area

A designated warm-up area will be available. Athletes may enter no more than 30 minutes before their scheduled start time.

- Only athletes competing within the next 30 minutes may enter.
- Spectators, coaches, family members, and support personnel are not permitted inside.
- Athletes must follow event-staff instructions.
- Warm-up equipment must remain inside the designated zone.
- Athletes must share equipment and limit use during busy periods.
- Unsafe behaviour or equipment misuse may result in removal or additional disciplinary action.

START CORRAL

Athletes must report to the Start Corral 10 minutes before the scheduled start time, regardless of the warm-up routine.

Start Procedure

Athletes assemble in the designated start corral 10 minutes before their wave. Before the start, race bibs will be verified, final instructions will be provided, and judges may inspect mandatory equipment. False starts may result in a time penalty or removal from the current wave.

Running Course

The running course connects every workout station. Athletes must:

- Complete every prescribed lap.
- Follow directional signage.
- Stay within marked course boundaries.
- Yield safely when overtaking slower athletes.
- Never intentionally obstruct another competitor.

Failure to complete the prescribed running distance results in disqualification.

10

ATHLETE CONDUCT, EQUIPMENT & NUTRI- TION

Permitted items, prohibited assistance, fair play, and media

Permitted Athlete Equipment

- Athletic footwear.
- Knee sleeves.
- Wrist wraps.
- Weightlifting belt.
- Athletic tape.
- Personal hydration carried from the start.
- Medical braces approved by the Race Director.

The Race Director may prohibit any item considered unsafe.

Prohibited Equipment

- Headphones.
- Mobile phones.
- Cameras attached to the body.
- Drones.
- Roller skates or wheeled footwear.
- Unauthorized chalk.
- Outside resistance devices.
- Motorized assistance.
- Any equipment that provides an unfair competitive advantage.

Medical devices may be permitted with prior approval from the Race Director.

Hydration & Nutrition

Athletes may consume food or fluids carried by the athlete during the race. A water station will be provided at a designated location. Athletes are encouraged to practise their race-day nutrition strategy during training.

- Outside assistance is prohibited. Athletes may not receive food, drinks, equipment, or pacing assistance from spectators or coaches while on course.
- Litter must be discarded in provided bins, not on the Roxzone floor or running course. Each infringement may result in a 2-minute penalty.
- Spitting or clearing nostrils onto the floor is prohibited. The rulebook penalty table provides the applicable sanction.

Athlete Conduct & Fair Play

Hybrid Race promotes respect, integrity, and community. Athletes shall respect judges, volunteers, fellow competitors, spectators, and event equipment, and must follow instructions immediately.

- Abuse toward judges, volunteers, spectators, or athletes.
- Deliberate interference with another competitor.
- Intentional equipment misuse.
- Course cutting.
- Dishonest conduct.
- Unsanctioned outside assistance.
- Threatening behaviour or deliberate intimidation.

The Race Director may apply time penalties, disqualification, or removal from the venue for serious misconduct.

Code of Fair Play

- Compete honestly.
- Respect officials and volunteers.
- Respect fellow competitors.

- Encourage others.
- Protect the reputation of the sport.

Winning through deception is inconsistent with the values of Hybrid Race.

Photography & Media

By participating, athletes acknowledge that official photographers and videographers may capture images and video throughout race weekend. Content may be used for event promotion, social media, website content, sponsor marketing, and future event advertising.

11

PENALTIES & DISQUALIFICATION

Warnings, time penalties, no reps, station restarts, and disqualification

The penalty system is designed to protect athlete safety, maintain fair competition, and ensure consistent movement standards across all divisions. Athletes are responsible for knowing and performing every movement correctly.

Available Penalties

- Verbal warning.
- Time penalty.
- Repetition not counted (no rep).
- Station restart.
- Disqualification (DQ).

The Head Judge and Race Director may issue immediate penalties without a warning when athlete safety or deliberate rule violations are involved.

General Time-Penalty Table

Infraction	Penalty
Incorrect station entry or exit	2 minutes
Unsportsmanlike conduct	Up to disqualification
Outside assistance	2 minutes per occurrence
Equipment interference	2 minutes
Failure to remain in assigned lane	15 seconds, where applicable
Failure to follow judge instructions	2 minutes
Spitting or clearing nose on course	Up to disqualification
Dangerous conduct	Up to disqualification
Course cutting	Disqualification
Missing required run distance	Disqualification
Missing an entire station	Disqualification

Time penalties are added to the athlete's official finish time.

General Disqualification

- Failure to complete every station.
- Failure to complete every prescribed run.
- Intentionally shortening the course.
- Using incorrect equipment after judge correction.
- Repeated failure to follow judge instructions.
- Aggressive or abusive behaviour.
- Physical interference with another competitor.
- Deliberate cheating.
- Use of unauthorized performance-enhancing devices.
- Receiving unauthorized outside assistance.
- Tampering with timing equipment.

Disqualified athletes may continue moving through the course only if instructed by the Race Director. Official finishing times will not be recorded for disqualified athletes.

12

OFFICIALS, JUDGING & VOLUNTEERS

Authority, responsibilities, standardized commands, and impartial conduct

General Judge Responsibilities

- Verify movement standards.
- Count valid repetitions where required.
- Monitor station completion.
- Observe equipment usage.
- Record rule infringements.
- Communicate warnings and penalties clearly.

Judges must remain impartial. The Head Judge has final authority within each station, and the Race Director has final authority over all competition rulings.

Race Director

- Competition oversight.
- Athlete safety.
- Final interpretation of the rulebook.
- Resolution of disputes.
- Approval of penalties.
- Event suspension or cancellation when necessary.

All decisions made by the Race Director are final.

Head Judges

- Supervise station judges.
- Ensure movement standards are applied consistently.
- Confirm penalties.
- Resolve station-specific issues.
- Communicate with the Race Director.

Station Judges

- Verify movement standards.
- Count repetitions where required.
- Monitor equipment use.
- Communicate no reps and penalties.
- Record penalties.
- Confirm station completion.

Standard Judge Commands

Judge Command	Meaning
Good Rep	The repetition met all required movement standards.
No Rep	The repetition did not meet the standard and must be repeated.
Stand Tall	The athlete has not reached full hip or knee extension.
Depth	The required squat or lunge depth was not reached.
Target	The wall ball did not contact the designated target.
Warning	The judge has identified an infringement and issued a formal warning.
Penalty	A penalty has been assessed following an infringement or prior warning.

Athletes are expected to respond immediately to judge instructions.

Volunteer Conduct

- Treat every athlete equally.
- Avoid coaching competitors.
- Do not discuss penalties with spectators.
- Report unsafe conditions immediately.
- Maintain professionalism throughout the event.

Volunteers may not provide assistance that could influence an athlete's performance.

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**SAFETY, MEDICAL &
CONTINGENCY POLICIES**

Medical authority, equipment failure, course changes,
and weather

Safety Policy

Athlete safety is the highest priority. Medical personnel may remove an athlete from competition when continued participation presents a significant risk.

- Heat illness.
- Serious injury.
- Loss of consciousness.
- Medical emergency.
- Unsafe behaviour.

Medical removal is final and may not be appealed.

Medical & Emergency Procedures

- Stop an athlete for safety reasons.
- Remove an athlete from competition.
- Assess injuries.
- Recommend withdrawal from the race.

If medical personnel determine that an athlete cannot continue safely, the athlete will be withdrawn. Athletes may not refuse emergency medical intervention if they are deemed incapable of making informed decisions.

Equipment Failure

- Notify the nearest judge immediately.
- Do not attempt to repair event equipment.
- Wait for instruction from the Head Judge.
- Replacement equipment will be provided when available.

Intentional damage to equipment may result in disqualification.

Course Changes

The Race Director may modify the course because of safety concerns, weather, equipment failure, venue restrictions, or an emergency. Changes will be communicated as early as reasonably possible.

Weather Policy

The event may be delayed, suspended, modified, or cancelled due to lightning, extreme heat, high winds, smoke, flooding, or other hazardous conditions. Athlete safety always takes precedence over competition.

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**RESULTS, APPEALS,
PROTESTS & AWARDS**

Official results, review windows, and podium decisions

Official Results

Official finishing times will be published after the event. Results remain unofficial until all penalties have been reviewed. The Race Director may revise results when timing errors, confirmed penalties, or post-race rule violations are identified. The Race Director's decision regarding official results is final.

Appeals

Athletes wishing to question a ruling must submit the concern to Race Headquarters within 30 minutes of finishing. Appeals must be respectful and based on factual information. Spectator video will not overturn a judge's decision. No further appeals will be accepted after official results are published.

Protests

A formal protest may be submitted regarding incorrect finishing times, misapplied penalties, or administrative errors. Protests must:

- Be submitted within 30 minutes of finishing.
- Be respectful.
- Clearly state the concern.
- Include supporting information where available.

Movement-standard decisions made by judges during competition are judgments of fact and are generally not subject to protest unless a clear administrative error occurred.

Awards & Podiums

Awards will be presented for divisions and categories announced by the Event Organizer. Results may be adjusted before podium presentations when penalties or timing corrections are confirmed.

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EQUIPMENT SPECIFICATIONS, TIMING & DEFINITIONS

Standardized equipment, lane setup, scoring, and key terms

General Equipment Specifications

All competition equipment must meet specifications established by the Event Organizer. Only equipment supplied by the Event Organizer may be used. Equivalent equipment may be substituted when necessary, provided dimensions and prescribed competition weights remain equivalent.

Sled Specifications

- Competition surface.
- Prescribed total sled weight, including sled and plates.
- Standard pulling strap.
- Standard pulling rope for the Reverse Sled Drag.
- Identical lane lengths for all competitors.

Judges will verify sled loading before each competition wave. Athletes may not alter, remove, or add plates.

Ergometer Specifications

- Ski Ergs and Row Ergs will be calibrated according to manufacturer recommendations.
- The monitor must be reset before use.
- The damper may be adjusted only by the working athlete.
- Row Erg footplates may be adjusted before beginning.
- Judges may verify monitor distance at any time.

The distance displayed on the monitor is official.

Dumbbells & Sandbags

- Identical weights within each division.
- Uniform handle dimensions where applicable.
- Clearly marked competition weights.
- Inspection before each competition wave.

Athletes may not exchange equipment with another lane.

Wall-Ball Standards

- Match the prescribed division weight.
- Be supplied by the Event Organizer.
- Meet official diameter and construction standards.
- Be inspected before competition.

Target heights will be measured before competition. Targets outside the prescribed height tolerance will be adjusted before the start.

Lane Layout & Judge Positioning

Lane markings identify the start line, finish line, turning lines, and equipment-placement zones. Athletes must remain within the assigned lane unless directed otherwise. Judges will be positioned to observe movement standards, equipment usage, lane boundaries, repetition completion, and safety concerns. Athletes must not obstruct or interfere with judges.

Timing & Scoring

Electronic timing records start time, finish time, and overall race time. Timing begins when the athlete crosses the official start line and ends when the athlete crosses the finish line after completing every prescribed station. The electronic system is the official record. If the system fails, the Event Organizer's backup timing procedures will be used.

Definitions

Term	Definition
Athlete	A registered participant competing in the event.
Judge	An official responsible for enforcing movement standards and competition rules.
Head Judge	The official with authority over a workout station.
Race Director	The individual with final authority over all event operations.
No Rep	A repetition that does not satisfy the prescribed movement standard and does not count toward completion.
Station	A prescribed functional fitness exercise completed between running segments.
Lane	The designated competition area assigned to an athlete or team.

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**CHECKLISTS, TIMELINE
& FINAL STATEMENT**Practical race-day reference for athletes, volunteers,
and judges**Athlete Checklist**

- Complete registration.
- Review the latest rulebook.
- Pack required clothing.
- Bring identification.
- Bring hydration and nutrition.
- Wear appropriate footwear.
- Arrive at least 45 minutes before the start time.
- Enter the warm-up area no earlier than 30 minutes before the scheduled wave.
- Report to the Start Corral 10 minutes before the scheduled start.

Volunteer Checklist

- Arrive for the scheduled briefing.
- Wear official volunteer identification.
- Review station standards.
- Know emergency procedures.
- Maintain impartiality.
- Communicate clearly with athletes.
- Report safety concerns immediately.

Judge Checklist

- Confirm correct equipment weights.
- Verify lane setup.
- Confirm turning-line visibility.
- Confirm start and finish lines.
- Reset monitors on Ski Ergs and Row Ergs.
- Confirm athlete understanding of station entry.

Example Race-Day Timeline

Time	Activity
7:15 a.m.	Athlete check-in opens
7:30 a.m.	Warm-up area opens
7:50 a.m.	Athletes report to Start Corral
7:55 a.m.	Race briefing
8:00 a.m.	First wave starts

Subsequent waves will begin according to the published event schedule. The official event timetable will be released before race day.

Rule Amendments

This rulebook may be amended by the Event Organizer to improve athlete safety, event operations, competitive fairness, or equipment standards. The most current version published on the official event website supersedes all previous editions. Athletes are responsible for reviewing the latest version before race day.

Closing Message

Thank you for choosing to compete in the VO2 Max Hybrid Race. Every athlete who steps onto the start line has committed to challenging themselves through endurance, strength, and determination.

Whether your goal is to finish, achieve a personal best, or stand on the podium, we hope your experience reflects the spirit of our community - one built on resilience, respect, and continuous improvement.

We look forward to welcoming you to the start line and celebrating your accomplishment at the finish.

RACE HARD. RACE FAIR. FINISH PROUD.

FINAL ACKNOWLEDGEMENT

By registering for and participating in a VO2 Max Hybrid Race event, athletes acknowledge that they have read, understood, and agree to comply with the rules, regulations, movement standards, and competition procedures in this rulebook.

Train with purpose. Compete with integrity. Finish with pride.