

A background image showing a group of people, mostly men, in a gym setting. They are wearing athletic gear and some have 'GYMRACE' on their shirts. They appear to be participating in a race or workout, with some looking towards the camera and others looking away.

GYMRACE[®] **RULEBOOK**

Hi GYMRACER,

Welcome to the official rules of GYMRACE. Please read this document carefully so that you know exactly what to expect. This will ensure a fair, clear and motivating racing experience for everyone. Good luck and have fun!

Team GYMRACE.

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1. RACE CATEGORIES:

WOMEN SOLO
MEN SOLO

WOMEN SOLO HEAVY
MEN SOLO HEAVY

MEN BUDDIES
WOMEN BUDDIES
MIXED BUDDIES

MEN BUDDIES HEAVY
WOMEN BUDDIES HEAVY
MIXED BUDDIES HEAVY

VIEW THE OVERVIEW OF WEIGHTS PER CATEGORY HERE:

[Check it out here](#)

2. AGE CATEGORIES:

In the online results list, you can filter by age category:16-29

30-39
40-49
50-59
60-69
70+

3. PRICES:

Every day, prizes are awarded to the top 3 in the following categories (no age classification):

WOMEN SOLO HEAVY
MEN SOLO HEAVY
MEN BUDDIES HEAVY
WOMEN BUDDIES HEAVY
MIXED BUDDIES HEAVY

The time and location of the award ceremony will be announced in advance.

4. MOVEMENT STANDARDS:

This explains how each exercise should be performed correctly. You don't have to be able to do everything perfectly, but you are expected to do your best and stay as close to the standard as possible.

In case of incorrect execution:

- 1st warning: verbal correction.
- 2nd warning: penalty (distance, repetition or time).

Distance penalty: metres back.

Repetition penalty: extra repetitions.

Time penalty: time added to your final time.

5. JUDGES:

Judges supervise the race and ensure fair competition. Make sure you know and follow the rules. This will give you the freedom to race without restraint.

6. BUDDIES – INSTRUCTIONS:

Start together, run together, finish together. A workout only starts when both buddies have arrived in the zone and neither buddy leaves the zone until the entire workout is completed. During workouts: feel free to divide the repetitions as you wish. The end time is determined when the second buddy crosses the finish line.

7. START:

Make sure you arrive on time. Do your warm-up (especially running) beforehand. From 20 minutes before your start time, you can enter the start zone to briefly warm up any specific movements. Report to the start box no later than 10 minutes before your start time. There you will receive the final instructions from the team. And then: 3, 2, 1... GO!

8. RUN:

The race starts with a 1 km run. Check the course and the number of laps in advance. Run on the right, overtake on the left.

BUDDIES: Always walk together and only start the workout once you have arrived together.

PENALTY: 5 minutes penalty for every 500 metres missed.

9. SLED PUSH:

Distance: 4 × 12.5 metres (total 50 metres, so twice back and forth).

The athlete starts behind the line with the axis of the sled on the line. After every 12.5 metres, the athlete runs around the sled.

BUDDIES: one pushes, the other runs behind the moving sled without interfering with other lanes. Switching is allowed.

PENALTY: 5 minutes per missed 12.5 metres.

10. 100 X WALL BALL:

Start with the ball in front of your chest. Squat down until your legs are at least parallel to the floor. Throw the ball at the target (3 m for men/2.70 m for women).

BUDDIES: divide the 100 repetitions between yourselves. The buddy who is resting stands on the buddy mat.

PENALTY: after two warnings, 10 extra repetitions.

11. 100 METER SLAM BALL CARRY:

Carry the ball in front of your body with both hands ("hugging" it). Carrying the ball on your shoulder is not allowed. The exercise is only complete once the ball has been returned.

BUDDIES: switch by placing the ball on the ground and picking it up again.

PENALTY: incorrect execution = 5 metres back or +5 minutes per 50 metres short.

12. 1000 METER ROW-ERG:

Start at 0 metres, resistance set to 5 (freely adjustable). You may only dismount when the counter reads 1000 metres and the judge gives permission.

BUDDIES: the active buddy rows, the other buddy waits directly behind the machine. When switching, the rower must have completely dismounted before the other touches the machine.

PENALTY: +5 minutes per 500 metres short.

13. 100 X KETTLEBELL SWING TO OVERHEAD:

The movement starts with the kettlebell between the knees and is followed by a hip extension. In the final position, the body is fully extended: hips and knees fully extended, shoulders above the hips. The kettlebell is raised above the head, with the arms extended or slightly bent, the upper arms next to or just behind the ears.

BUDDIES: the resting buddy stands directly behind the active buddy.

PENALTY: after two warnings, 10 extra repetitions.

14. 1000 METER SKI-ERG:

Start at 0 metres, resistance set to 5 (freely adjustable). You may only dismount when the counter reads 1000 metres and the judge gives permission.

BUDDIES: the resting buddy stands directly behind the active buddy.

PENALTY: +5 minutes per 500 metres short.

15. 100 METER DUMBBELLS FARMER'S CARRY LUNGES:

The athlete holds one dumbbell in each hand next to the body, with arms extended. The dumbbells should not rest on the shoulders or thighs. Each lunge starts from a standing position. One leg steps forward, then the rear knee touches the ground in a controlled movement. From this position, step forward or back to a fully extended position: hips and knees extended, feet next to each other. Stepping forward is allowed, but full hip extension is required. Staying low is therefore not an option. The exercise is repeated until the full distance of 100 metres has been covered.

BUDDIES: switch by putting down the dumbbells; the other buddy then picks them up.

PENALTY: for repeated incomplete execution or after two warnings: 5 metres back.

16. 2000M BIKE-ERG:

Display set to 0, resistance set to 5 (freely adjustable). You may only dismount when the counter reads 2000 metres and the judge gives permission.

BUDDIES: the active buddy cycles, the other buddy waits directly behind the machine. When changing, the cyclist must have completely dismounted before the other touches the machine.

PENALTY: +5 minutes per 500 metres short.

17. BURPEE BROAD JUMP:

Start with a burpee behind the line, then jump with both feet at the same time. No intermediate steps allowed. Hands must be no more than 30 cm in front of the feet during the next burpee.

BUDDIES: switch immediately behind your buddy.

PENALTY: mistake = 5 metres back or +5 minutes if repeated.

18. FINISH:

Finish with a final sprint after the burpee broad jumps.

BUDDIES: the time only stops when both have finished. So finish together.

19. HOUSE RULES:

- Hand in your timing chip immediately after finishing.
- Show not only your strongest side, but also your best and most sporting side.
- Follow the instructions of the Event Team.
- Keep it clean in the indoor location. So, no spitting, throwing water over yourself, or other actions that are more appropriate for an outdoor location.
- No devices such as phones, cameras or headphones during the race – stay connected with each other.

- No sports nutrition may be placed or accepted along the course. You may bring your own during the race. There is a drinking station with water on the running course and at the finish.
- Keep your belongings in your bag. Loose clothing and (sports) nutrition will be cleared away.
- GYMRACE is ultimately responsible for the results list. The Race Director's decision is final. If you disagree with the results list, no protest is possible.