

A background image showing a group of people, mostly men, in a gym setting. They are wearing athletic gear and appear to be participating in a race or workout. The image is slightly blurred, focusing attention on the text overlay.

GYMRACE[®] **RULEBOOK**

Hi GYMRACER,

It might be the wildest workout the gym floor's ever seen, but even GYMRACE needs a few rules.

We've put this document together to make sure that every event is fair, clear, quibble-free (and fun) so we can all have the best day possible.

Take the time to read them through so you know exactly what to expect – but more importantly, so you can start nailing your training.

See you on the starting line,

Team GYMRACE

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1. RACE CATEGORIES:

You can enter GYMRACE within the following 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:

You must be over 16 to compete at GYMRACE. After the event, you will be able to view the online results list using the following age category filters:

16-29
30-39
40-49
50-59
60-69
70+

3. PRICES:

Prizes are available to those competing in the HEAVY categories only. They will be awarded to the top 3 in the following categories (no age classification) in each day of the competition:

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:

Movement standards determine how each exercise should be performed correctly. You don't have to be able to do everything perfectly, but you should give it your best and stay as close to the standard as possible.

Failure to stay close enough to the standard will result in the following:

- 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:

The GYMRAE Judges will be present to supervise the race and ensure fair competition. They want to have a good time as much as you do – so make sure you know and follow the rules.

This will give you the freedom to race without restraint (and they won't have to kill your vibe.)

6. BUDDIES – INSTRUCTIONS:

If you compete in a buddies category, you must start together, run together, and finish together.

Each 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, having done your warm-up (especially running) beforehand.

From 20 minutes before your start time, you can enter the start zone to briefly warm up for any specific movements.

Report to the start box no later than 10 minutes before your start time, where you'll receive the team's final instructions.

Then all that's left is for the adrenaline to kick in and do its thing...

8. RUN:

The race starts with a 1 km run and you'll complete 5 rounds in total across duration of the event. You can check the course and the number of laps each round takes ahead of time.

Run on the right, overtake on the left.

BUDDIES: Begin the run once you have both arrived at the starting line. If one walks, you both walk.

PENALTY: 5 minutes penalty for every 500 metres missed.

9. SLED PUSH:

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

Start behind the line with the axis of the sled on the line. After every 12.5 metres, run around the sled to push it back the other way.

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 metres for men/2.7 metres 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 has confirmed completion.

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:

Start with the kettlebell between the knees, followed by a hip extension. In the final position, the body should be 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 has confirmed completion.

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:

Hold 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 for the other buddy to pick 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 has confirmed completion.

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. Keep going until you complete the full 50 metres.

BUDDIES: Switch immediately behind your buddy.

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

18. FINISH:

After completing the burpee broad jumps, finish with a final sprint to the finish line.

BUDDIES: The time only stops when both have finished, so make sure you both make it over that line.

19. HOUSE RULES:

Some useful dos, don'ts and need-to-knows to make sure you have the best GYM RACE possible:

- Don't forget to hand in your timing chip immediately after finishing
- Listen to the Event Team and always follow their instructions
- No spitting, throwing water over yourself, or anything else that could be dangerous (or kinda gross) in an indoor event space
- No devices such as phones, cameras or headphones during the race, please – let's stay in the zone together
- No sports nutrition may be placed or accepted along the course, but you can bring your own during the race. (There is a drinking station with water on the running course and at the finish.)
- Be sure to keep belongings in your bag. Discarded clothing, snacks and any other personal items will be cleared away.
- The Race Director's decision is final. Even if you disagree with the official results list, no action will be taken to change it.
- Being strong is great, but at GYM RACE, being sporting is the biggest flex.

And finally... don't forget to have fun.