



GYMRACE[®]

RULEBOOK 2025

Hi GYMRACER,

Below you'll find the GYMRACE rulebook.

Read the rules carefully so that it is clear what to do and how. This way, you can race unleashed and compete in a fair way. This motivates you to give your best.

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

CATEGORIES AND WEIGHT OVERVIEW

[VIEW HERE](#)

2. AGE GROUPS:

In the online results, you can filter by age group.

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

3. PRIZES:

For the following categories, there will be an award ceremony on each race day, during which the top three in the overall rankings (not per age category) of the categories listed below will receive a prize. The times and locations of the award ceremonies will be announced.

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

4. MOVEMENT STANDARDS:

Below is stated how to perform the exercises. The so-called movement standards.

Even if you are not yet able to perform an exercise correctly, you are still welcome to race! This is a great step on your path to becoming fitter.

If you do not meet the movement standards during the race, you will receive a warning from the judge. A second warning will result in a distance, rep and/or time penalty. A distance penalty means you will be moved back a few metres and have to complete the exercise again. A rep penalty means you have to do a certain number of extra repetitions. Finally, a time penalty means your start number will be noted and time will be added to your finish time. This is how we keep the results list fair.

5. JUDGES:

A race requires judges (referees). They are there to supervise the race and ensure it is fair. Make sure you know the rules and that you follow them. Then you can race without any inhibitions, which is the best experience.

6. BUDDIES - INDICATIONS:

- As buddies, you always do the 1KM run together. So, one person doesn't run ahead of the other.
- In the workout zones, you can divide the exercises however you want. For example, you can divide 1000 metres of rowing into 500 metres per buddy, or any other way you like. Another example: you can divide the 100 wall balls with your buddy however you want. For example, you can choose to alternate sets of 10, or opt for larger sets of 25 or any other number. The important thing is that 100 wall balls are performed correctly in the end.
- Stay close to your buddy from start to finish. Only when both of you have arrived at a workout zone does the workout start, and only when an exercise has been completed do you leave the workout zone together and start the next exercise or run together. The finish time is only clocked when the second buddy has finished.

7. START:

Make sure you have done your own warm-up on time and are ready at the start box entrance 10 minutes before your assigned start time. In the starting area, you will get the final instructions before the race starts.

And then it's race time: 3,2,1, GO!

8. RUN:

You start with a 1 km run. Double-check the route before the race and how many laps you need to run. Keep to the right of the running track as much as possible. The left lane is only for overtaking.

BUDDIES: run together and must arrive at the workout zone together before starting the exercise. Only when an exercise has been completed do they leave the workout zone together and start the next exercise or run together.

PENALTIES: If you run too few laps, 5 minutes will be added to your final time for every 500 metres missed.

9. 50M SLED PUSH:

There are lines on the floor at the start and finish of the 12.5 metres. The athlete and the sled start behind the line. As soon as the sled has completely crossed the line after 12.5 metres, the athlete runs around the sled and pushes it back. This is repeated until 4 x 12.5 metres have been completed.

BUDDIES: One buddy pushes. The other is not allowed to touch the sled. The buddy who is not pushing runs behind the buddy with the sled and does not get in the way of other athletes. The buddies may switch places several times.

PENALTIES: If you do not complete the full 50 metres, 5 minutes will be added to your final time for every 12.5 metres missed.

10. 100 X WALL BALL:

A repetition starts standing with the ball in front of the chest. The movement is then initiated with a squat to at least parallel (to or below 90 degrees). The wall ball is then thrown against the target. Target height: men: 3 metres, women 2.70 metres.

BUDDIES: Together responsible for a total of 100 wall balls. You may switch partners multiple times. The buddy who is resting stands directly behind the wall ball target on the buddy mat.

PENALTIES: If you do not perform the wall ball correctly, you will receive a warning. This includes not hitting the target or not squatting low enough. If you are unable to perform the exercise correctly, you are expected to complete as many repetitions as possible. A second warning will result in a rep penalty. This means you have to do 10 extra repetitions. If this rule is abused, a judge may decide to add 5 minutes to your final time.

11. 100M SLAM BALL CARRY:

Before the start line, pick up the ball and hold it with both hands in front of your body. Carrying the ball in any other way is not allowed. The exercise is only complete once you have crossed the finish line and returned the ball to the correct place.

BUDDIES: run behind your buddy who is holding the ball. When changing buddies, drop the ball on the ground and pick it up again.

PENALTIES: If you carry the ball incorrectly, you will receive a warning. If you carry the ball incorrectly again, you will be set back 5 metres. If you do not complete the entire distance, 5 minutes will be added to your final time for every 50 metres.

12. 1000M ROW-ERG:

The judge ensures that your display is set to 0 metres and the resistance is set to 5. You may adjust the resistance yourself. You may not step off the machine until the counter reads 1000 metres and the judge has given you permission to do so.

BUDDIES: the buddy who is resting stands directly behind the buddy who is active. When switching, wait until the buddy has completely stepped off the machine. The Row Erg must not be touched by the buddy who is not active.

PENALTIES: If you do not perform the exercise correctly or do not complete the full distance, 5 minutes will be added to your final time for every 500 metres missed.

13. 100 X KETTLEBELL SWING TO OVERHEAD:

Swing the kettlebell from between your knees to directly above your head, in a standing position. Your arms do not need to be fully extended. In the upper position, your upper arms should be alongside your ears. After returning the kettlebell to the correct position, the exercise is complete.

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

PENALTIES: If you do not perform the exercise correctly, you will receive a warning. This includes not completing the Kettlebell Swing. If you are unable to perform the exercise correctly, you are expected to complete as many repetitions as possible. A second warning will result in a rep penalty. This means that you must do 10 extra repetitions. If this rule is abused, a judge may decide to add 5 minutes to your final time.

14. 1000M SKI ERG:

The judge ensures that your display is set to 0 metres and the resistance is set to 5. You may adjust the resistance yourself. You may not step off the machine until the counter reads 1000 metres and the judge has given you permission to do so.

BUDDIES: the buddy who is resting stands directly behind the buddy who is active. When changing buddies, wait until the buddy has completely stepped off the machine. The Ski Erg must not be touched by the buddy who is not active.

PENALTIES: If you do not perform the exercise correctly or do not complete the full distance, 5 minutes will be added to your final time for every 500 metres missed.

15. 100M DUMBBELL FARMER'S CARRY LUNGES:

Before the start line, pick up the dumbbells and start the first lunge. The dumbbells should be held in your hands and should not rest on your shoulders, for example. With each step, one knee should (carefully) touch the floor. This is the lowest position. When standing up, the legs and hips are fully extended and the feet are back on the ground next to each other. This is the top position. Only when you have crossed the finish line and put the dumbbells back in the correct place is the exercise complete.

BUDDIES: run behind your buddy. When switching, put down the dumbbells and let the other buddy pick them up.

PENALTIES: If you do not perform the exercise correctly, you will be set back 5 metres and start again. If you continue to perform the exercise incorrectly, do not cover enough distance or do not put the dumbbells back correctly, 5 minutes will be added to your final time.

16. 2000M BIKE-ERG:

The judge ensures that your display is set to 0 metres and the resistance is set to 5. You may adjust the resistance yourself. You may not step off the machine until the counter reads 2000 metres and the judge has given permission to do so.

BUDDIES: the buddy who is resting stands directly behind the buddy who is active. When changing, wait until the buddy has completely stepped off the machine. The Bike Erg must not be touched by the buddy who is not active.

PENALTIES: If you do not perform the exercise correctly or do not complete the full distance, 5 minutes will be added to your final time for every 500 metres missed.

17. 50M BURPEE BROAD JUMP:

The athlete places their hands in front of the starting line and begins the first burpee, then jumps over the starting line. During the burpee, the chest must touch the ground and the hands must not be moved forward. When standing up, the feet must not pass the hands. From this position, the athlete jumps forward with both feet at the same time. No intermediate steps are allowed. After the jump, the athlete places their hands on the ground, no more than 30 centimetres in front of their feet. The athlete then begins the next burpee. This is repeated until the athlete has jumped over the finish line.

BUDDIES: run behind their buddy. When changing, the hands are placed directly next to the buddy's feet after landing.

PENALTIES: If you do not perform the exercise correctly, the repetition does not count and you must do it again. This means that you must go back 5 metres and perform the

exercise again. If you perform the exercise incorrectly again or do not cover enough distance, 5 minutes will be added to your final time.

18.FINISH:

After the burpee broad jumps, sprint to the finish line for an epic finish.

BUDDIES: The time stops as soon as both buddies have finished. So, finish together.

19. HOUSEHOLD 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 the indoor location clean. This means 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, but 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 water station on the running course and at the finish line.
- 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 leader's decision is final. If you disagree with the results list, no protest is possible.