



RULES & REGULATIONS

Participants must be 16 years of age or older.

COMMUNITY DIVISION

The Community Division is designed to be fun, welcoming, and accessible to participants of all fitness levels. Athletes are not required to meet the movement standards specific to the Elite Division and may modify movements as needed, including performing movements without weight when necessary. Participants are encouraged to challenge themselves, support their teammates, and enjoy the event.

ELITE DIVISION PARTICIPANTS

Participants in the Elite Division must perform all movements in accordance with the prescribed standards and follow all competition rules and regulations. If a movement is not completed to the required standard, the judge will issue a no-rep, and the participant must repeat the repetition until it is completed correctly.

RELAY FORMAT – BOTH DIVISIONS

- Only one teammate may work at a time
- Participants must tag/tap in the next teammate before they begin
- Teams may divide repetitions however they choose to best manage fatigue and strategy

EVENT DAY EXPECTATIONS

- Arrive at least 15-30 minutes prior to scheduled heat start time
- Check-in at registration table. All participants will sign a waiver at the event.
- Pick up YROX shirt. *Shirt guaranteed if team registration was completed prior to October 12th.*
- Warm up in designated warm-up area before your heat. Participants will report to a designated area 5 minutes before heat time for additional instructions.
- Event timing is provided by TimerGuys. Results will be displayed throughout the entirety of the event.

HALLOWEEN THEME: Costumes are encouraged! Please ensure costumes are safe, allow for full movement, and do not interfere with equipment or other participants.

MOVEMENT STANDARDS

All movements must be completed according to the standards below. Elite Division participants who fail to meet a movement standard will receive a no-rep from the judge and must repeat the repetition.

ROWER

- The damper setting will be preset to 10 for all categories. Participants may adjust the damper at any time if desired.

BURPEE BROAD JUMPS

- Chest must touch ground on each repetition
- Hands and Feet must be within 6 inches of each other before the jump
- No additional steps or shuffling are permitted between repetitions

BALL SLAMS

- Ball must extend fully above head before each slam
- Hips and knees must reach full extension before initiating the slam

FARMER'S CARRY

- Carry one weight plate in each hand
- Go around the cone at each end of the marked distance

WALKING LUNGES

- Knee must touch ground
- Feet must come together in a full standing position before stepping into the next lunge with the opposite leg
- Weight must be carried on the back or hugged against the chest
- No additional steps or shuffling are permitted between repetitions

THRUSTERS

- Squat must be below parallel
- Plate must extend above head
- Hips and knees must reach full extension at the top of the movement

CATEGORY	MOVEMENT	WEIGHT	SLED
All women's team	Thrusters, Lunges, Farmer's Carry, Ball Slams	25lb plate(s), 20lb ball	One 45lb plate
All men's team	Thrusters, Lunges, Farmer's Carry, Ball Slams	45lb plate(s), 25lb ball	Two 45lb plates
Mixed Team	Thrusters, Lunges, Farmer's Carry, Ball Slams	45lb plate(s), 25lb ball	Two 45lb plates