

Rules and Movement Standards

1. PRECONDITIONS FOR PARTICIPATION

- Age Requirement: Participants must be at least 13 years old on the day of the race.
- Ranking Basis: Official rankings will be determined based on the Athletes biological sex at birth. However, individuals wishing to participate for recreational purposes, without being included in the official ranking, may register under their gender identity.
- Agreement to Terms: Each Athlete must agree to the terms and conditions of participation.
- Registration Process: The only method to register for a Hybrid NW event is via Hybrid Tickets, our official ticketing partner.

1.1 Pregnant Athletes

Pregnant athletes are welcome to participate at their own discretion and responsibility. It is strongly recommended to consult a medical professional prior to competing to assess potential risks. Pregnant athletes wishing to adapt movements or modify prescribed weights/reps should contact the Hybrid NW team in advance. Note that such adaptations will result in the racer being marked as 'Out of Competition,' excluding them from official rankings but allowing them to receive a finish time.

1.2 Participation with Physical Limitations

Injured athletes must obtain medical clearance from a qualified health professional before participating in a Hybrid NW event. Any necessary modifications to movements or prescribed weights/reps must be discussed with the Hybrid NW team beforehand.

Modifications for injury-related reasons will also result in being marked as 'Out of Competition,' with the racer receiving a finish time but being excluded from rankings and qualification opportunities.

2. SINGLES DOUBLES AND TRIBRID RELAY RACE FORMAT

A Hybrid NW race consists of a run followed by a workout station, repeated 9 times. To receive a valid finishing time, racers must:

- Start at their designated start time.
- Complete runs and workouts in the prescribed order (Run 1, Workout Station 1, Run 2, Workout Station 2, etc.) until completing a total of 9 runs and 9 workout stations with a sprint finish.
- The workouts are all in the transition tunnel inside the run track.
- Wear the issued timing chip on an ankle at all times.
- Doubles partners must stay together for all runs and all stations, time penalty applies for not adhering to this.
- Tribrid relay consists of 3 athletes all who must complete 3 runs and 3 stations each.

2.1 Wave Starts

Hybrid NW races utilise wave starts at regular intervals (e.g., every 10 minutes). Each racer will be assigned an official start time communicated prior to race day and confirmed at check-in. Racers must display their official start time visibly on their arm.

Important Notes:

- Starting in an incorrect wave without prior approval will result in disqualification (DQ).
- Timing chips must be worn on the ankle; failure to do so will result in a 'Did Not Start' (DNS) result.
- Avoid entering the course before the official start time to prevent incorrect timing chip activation.
- Once you have completed your race YOU MUST place your timing chip in the bucket at the finish line. Chips not returned will result in a change of £60.

3. STATION RULES AND REGULATIONS

- Complete all of the workout stations in the correct order, 1 to 9.
- Enter and exit each workout station via the designated routes.
- Enter the transition tunnel through the “IN” and exit through the “OUT", entering or exiting through the wrong arch will incur a 2-minute time penalty.
- Complete the prescribed number of repetitions/distances and perform each exercise according to the movement standards and correct weights.
- Only use assigned equipment/lanes/ stations, with penalties for non-compliance.
- Only event-provided chalk may be used at designated workout stations; penalties apply for violations.
- Fluids provided at aid stations are for drinking only and should not be used for active cooling; penalties for misuse.
- No Water/Hydration liquid allowed in to station areas

4. Running Rules

All Hybrid NW courses will feature consistent distances, combining the run course and workout stations. The running segments are typically 600m with variations possible based on the venue.

Racers running at a “fast pace” are required to overtake on the right of the run course, while other racers should stay in the left running lane. Compliance with Hybrid NW crew instructions is mandatory.

5. Movement Standards, Distances, and Weights

It is the responsibility of each racer to complete all run segments and workout stations as prescribed, in the correct sequence, and to clearly demonstrate that all required movement standards are being met throughout the race.

Any execution of a run or movement that deviates from the prescribed standards, appears unusual or uncommon, or provides a competitive advantage will not be recognised. Such actions may result in a no rep or a time penalty, depending on the station.

Doubles go on a You Go I Go method (YGIG), which allows changes at any time for doubles. Mixed doubles have some variations on transitions and these are outlined for each station where it differs from YGIG.

5.1 Assault Bike

Solo/Tribryd/Hyteens - 50 cals
Doubles - 100 cals

- Prior to starting the workout the monitor must be set by a Judge. Athletes MUST NOT touch the monitor
- Athlete(s) must have both feet and hands on the bike before starting to move.
- Doubles- The handles and peddles must be still before swapping over.
- After completing the required calories, the athlete(s) must raise his/her arm to call over a judge to confirm the required calories have been completed. The judge will then release the athlete(s) to leave the station
- Rest and interval splits are at the athlete(s) discretion. If the athlete violates any of the above-mentioned points, they will receive a time penalty. The time penalty will be based upon the violation.

5.2 Wall Balls 100

Male - 6kg (10ft target)
Female - 4kg (9ft target)
Hyteens - 4kg (9ft target)
Doubles 100 at weight above

- Each wall ball throw must strike the designated target i.e. Female athletes must hit their target in the centre, Male athletes must hit their target in the centre.
- The movement is initiated by holding the ball standing upright before initiating a squat.
- After the ball touches the target, the athlete catches the ball and initiates a squat movement. The athlete(s) can catch the ball each time, it is allowed to let the ball hit the floor. The ball must be completely still on the floor before resuming reps, ensuring there is no bounce-catch movement.
- At the bottom position of the squat, the athlete's hips must descend lower than his/her knees (below 90°). If the athlete violates any of the above-mentioned points, a No-Rep will be given.
- For doubles the ball must be changed over on the floor and cannot be passed or taken mid air

5.3 Row 1000m

- Prior to starting the workout the monitor must be set by a Judge. The athlete MUST not touch the monitor
- Athletes feet must be in the rowers foot holders and secure before touching the handle.
- After completing the required distance, the athlete(s) must raise his/her arm to call over a judge to confirm the required meters have been completed. The judge will then release the athlete(s) to leave the station
- Damper settings will be set at a minimum of 6. This can be changed to any level as many times as needed.
- If the athlete violates any of the above-mentioned points, they will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.

5.4 Burpee Broad Jump 100m



- The athlete must start by completing a burpee.
- The first burpee starts with hands placed behind the start line.
- The athlete's chest must clearly touch the ground, then the athlete stands up with both feet parallel and jumps forward, jumping and landing with both feet parallel.
- No steps or foot shuffles forward/backwards are permitted during take off and landing.
- Taking any steps forward between the repetitions is not permitted.
- Double partners must walk behind the working partner. They can switch any time and the next burpee must start where your partner finished.
- Once the distance is completed the athlete(s) are clear to enter their next run.
- If the athlete(s) violates any of the above-mentioned points, after a warning, will receive a 5m penalty.

5.5 Lunges 100m

Male - 20kg
Female - 10kg
Mixed Doubles - 20kg
Hyteens - 5kg (adult must use set weight as above)

- The Sandbag Lunge begins and ends behind the marked line.
- The athlete must lift up the sandbag without and place it across both shoulders.
- The athlete starts standing with both feet behind the line before starting their first lunge over the start line.
- During each lunge, the trailing knee must clearly touch the ground.
- Each repetition ends with knees and hips fully extended, the athlete standing tall.
- Lunges must be alternating.
- The athlete can either lunge continuously or stop after each lunge. Taking any steps or shuffles between repetitions is not allowed.
- It is required that the athlete's front foot completely crosses the white line at the end of each lane.
- The station is complete once the athlete lunges across the finish line, front foot completely crossing, and returns the sandbag neatly at the sandbag storage area.
- If the athlete violates any of the above mentioned points, the repetition becomes invalid and a no rep is given and the athlete must redo the rep from their original position.
- Passing of the sandbag between athletes in the doubles is allowed, the sandbag must be passed backwards or sideways, but never forward.
- Double partners must walk behind the working partner. They can switch any time and the next lunge must start where you partner finished
- If the athlete violates any of the above-mentioned points, they will receive a 10m penalty.

5.6. DB Snatch - 100 reps

Male - 20kg
Female - 10kg
Doubles at weights above
Hyteens - 5kg

- Athlete(s) will be designated a mat and DB by the judge, they must stick to their designated zone.
- Each rep must be alternate. No bouncing the DB. The non lifting arm cant touch the body
- At least ONE part of the dumbbell makes contact with the floor.
- Hands may be changed at any point during the rep. Only one hand may thrust the dumbbell overhead, with full extension of the hips, knees and elbows at lock-out.
- Mixed Doubles - The Female has the option to complete their reps at the scaled weight.
- Only one athlete within the pair can complete their reps at one time. The dumbbell must be on the floor before their partner takes over. Rep ranges and rest is at the athlete's discretion.
- A no-rep will be given if any of the above rules are violated.

7. Farmers Carry 200m

Male - 48kg (2 x 24kg)
Female - 32kg (2 x 16kg)
Mixed Doubles - 48kg (2 x 24kg)
Hyteens - 20kg (2 x 10kg)

- The kettlebell Farmers Carry begins and ends behind the line.
- The athlete has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended by the athlete's sides.
- Putting down the kettlebells to rest is allowed as long as the kettlebells do not move forward when placing them on the ground.
- The station is completed once the athlete(s) carries the kettlebells across the finish line and returns them to the correct box. Kettlebells must be placed so they are sat in an upright position.
- Hyteens- The teen must complete a minimum of 100m total length (Must complete 50% of the station), rest and when to swap between the adult and teen is at participants discretion.
- The non-working athlete must walk behind the working athlete. They can switch any time the partner must start where the other partner finished
- Only event supplied chalk can be used at this station.
- If the athlete(s) violates any of the above-mentioned points, they will receive a time penalty issued by the Judge. The time penalty will be based upon the violation.

5.8. Ski erg - 1000m

- Prior to starting the workout the monitor must be set by a Judge. The athlete MUST not touch the monitor.
- Athletes' feet must be on the platform and secure before touching the handle.

- After completing the required distance, the athlete(s) must raise his/her arm to call over a judge to confirm the required calories have been completed. The judge will then release the athlete(s) to leave the station
- Damper settings will be set at a minimum of 6. This can be changed to any level as many times as needed.
- If the athlete violates any of the above-mentioned points, they will receive a time penalty issued by the Judge. The time penalty will be based upon the violation.

5.9 Sled Push 60m

Male - 100kg
Female - 75kg
Mixed Doubles 100kg
Hyteens - 50kg

- Each athlete/team will be assigned a lane by one of the judging team. It is mandatory that the athlete(s) use the assigned sled lane
- Both sled and athlete(s) must be completely behind the line prior to starting.
- The sled must always pass 15m mark (end of trip) entirely before change of direction
- As soon as the athlete completes their correct distance and the entire sled passes the line, the station is complete.
- Hyteens- The teen should complete a minimum of 30m total length (Should complete 50% of the station), rest and when to swap between the adult and teen is at participants discretion.
- A penalty of 3 minutes per length not completed in full as per above stipulations will be applied.

5.10 Sprint Finish – 200m

- Finish with an unloaded all-out sprint; time is recorded when crossing the finish line, for doubles teams, when the chipped athlete passes the finish line.

5.11 Tribrid Relay

Each athlete must complete 3 stations each, they can be done consecutively or in any order. Any team where each athlete does not complete 3 stations and 3 runs each will be DQ. Mixed teams will do their respective weights at each station, men will do men's weights and women will do women's weights

Athletes after completing their station(s) will tag their partner in the Tag Zone. You must pass your timing chip onto your partner and they must fix it to their ankle BEFORE making their way out of the Tag Zone

Once the athlete completing the Sled push go in the “IN”,their team members may join them and go to the Sled Push. The non-working team members MUST stay at the relay members viewing zone OUTSIDE the Sled Push and wait for their team member to complete the station.

Once the working member completes the station the relay team may run for the line together. The time finishes when the chipped team member crosses the line. You cannot change the chip from the athlete that completed the sled push to one of the other athletes, this will result in a DQ.

6. Clothing, Accessories, Hydration and Nutrition

Racers must be appropriately dressed for the event and wear closed-toe shoes at all times.

Clothing & accessories must be carried by the athlete for the entire race. It is forbidden to give athletes any external hydration, equipment or any other item. Non compliance may result in DNQ.

6.1 Permitted Items

- Knee sleeves
- Gloves (not grips)
- Weightlifting belts
- Wristbands
- Hydration packs
- Watches and trackers, such as Myzone
- Prescribed respiratory devices (e.g., asthma inhalers) require a medical certificate and it must be carried by the athlete.
- Noise reduction devices for those with sensory issues, will need to be pre-approved and noted on the athlete's number.

Items not explicitly listed are prohibited unless prior written permission is obtained. Prohibited items will be confiscated.

6.2 Prohibited Items

The following items are strictly forbidden:

- Headphones
- Cell phones (unless approved for medical reasons)
- VR headsets
- Cameras
- Helmets and breathing apparatuses

7. Rules of Conduct

By registering for a Hybrid NW event, racers agree to compete fairly and honourably, adhering to the Hybrid NW Code of Conduct, which upholds respect and inclusivity. Poor sportsmanship, including deception or disruption of other participants, can lead to penalties, disqualification, or a lifetime ban from Hybrid NW races. Participants disqualified or banned will not receive refunds. Abuse of race crew will result in penalties up to DQ.

8. Time Penalties

Time penalties can be issued on the run and at Stations 1-9, depending on the infringement. Many penalties are automatically detected by the timing system, while others may be assessed in real time by Judges, Head Judges or Race Directors.

8.1 Disqualification



Race Directors have the authority to disqualify a racer based on input from Head Judges or their observations. If a participant is disqualified, they will not receive results data and will be excluded from rankings and awards. Race Directors' decisions are final.

9. Did Not Finish

If a participant misses a station, they will not receive results data and will be excluded from rankings and awards. However, they may continue the race without a final time.

10. Deviations from Movement Standards

Any execution of a movement that deviates from the movement standards or provides a competitive advantage will not be recognised and will result in an invalid repetition (no rep) or a time penalty.

11. Age Categories

- Hyteens
- Under 20 (16 - 20)
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60+

A participant‘s age group is determined by their age at the date of the event. If an athlete will turn 40 at their next birthday in December 2025 and they are competing in an event in October of 2025, they will compete in age group 35-39

For doubles, you add the age of the two athletes on race day and divide by 2. That will determine your age category. So athlete 1 is 52 and athlete 2 is 36 on race day, they will race in the 40-49 age group.

12. Aid Stations

Aid stations will be strategically placed along the run course and within the Transition Zone. Water and hydration fluids will be available at designated points in the Transition Zone

13. Photography and Videography

Hybrid NW reserves the right to use photographs and videos taken at the event for promotional purposes. Racers agree to this by participating in the event.

14. Lost and Found

A lost and found area will be designated at the event. Hybrid NW is not responsible for lost or stolen items., and does not take any responsibility for any items that are left at the bag drop. Bag drop is used at the athlete's risk.

15. Event Schedule

A detailed event schedule will be provided closer to the event date. Athletes are responsible for knowing their start time and the overall schedule. All schedules are provisional until the race times are issued, which dictates the final schedule