

HYROX Penalties 2026/27: Rules and Printable Race Card

Checked 28 October 2026 against the official 2026/27 English Singles and Doubles PDFs. The table summarizes their 23-code penalty tables; it is not every rule or every sanction. Relay and Adaptive need their own rulebooks.

The 23 penalty codes

Cod e	What happened	Listed consequence
01	Run lap omitted	3 / 5 / 7 min for 4 / 3 / 2-lap layouts; DQ for 1-lap layout
02	Whole run or station omitted	DQ
03	Stations in wrong sequence	First: 3 min; repeat: DQ
04	Roxzone arch used backwards	2 min each
05	Wrong station entrance or exit	2 min each
06	SkiErg distance unfinished	DQ
07	Rowing distance unfinished	DQ
08	Wall Balls unfinished	DQ
09	Sled lane omitted	DQ
10	Burpee Broad Jump fault	15 s each, subject to warning protocol
11	Farmers Carry lap omitted	DQ
12	Kettlebells returned incorrectly	30 s; correction exception below
13	Wrong carry or lunge load	DQ; repeat-station requirement below
14	Lunge knee contact or extension fault	15 s each, subject to warning protocol
15	Sandbag unloaded from shoulders	15 s each
16	Waiting after own wave starts	1 min may apply
17	Chalk used outside permitted conditions	2 min
18	Outside help received	2 min each
19	Unapproved wave change	DQ
20	Racing without timing chip	DNS
21	Spitting or clearing nose onto floor	2 min or DQ; Race Director decides
22	Littering or aid-fluid cooling	2 min each
23	Unsporting conduct	2 min or DQ; Race Director decides

Read the table with the station protocol

DQ means disqualification; DNS means Did Not Start. For movement faults at stations 1-7, section 12.2 describes one warning per station, then an invalid repetition and the relevant penalty on the next infringement, even if it is a different fault. Explicit station protocols and immediate sanctions still apply. Wall Balls use valid reps or no-reps without a warning.

Three exceptions worth checking

At the carry and lunges, using the wrong weight requires repeating the whole station with the correct weight; not doing so leads to DQ. Incorrectly returned kettlebells, or a sandbag left outside its return area, can cost 30 seconds; correcting the return before leaving the Roxzone avoids that return penalty. Unloading the sandbag from the shoulders carries 15 seconds per infringement, including resting it on another surface. See sections 8.6-8.7.

Chalk, drinks and conduct

Use only event-provided chalk at the sled pull and Farmers Carry. Do not take it to another station. Aid-station fluids are for drinking, not pouring over yourself. Code 21 lists two minutes or DQ at the Race Director's discretion; section 10.4 separately describes a two-minute penalty for spitting or clearing the nose onto the floor. We retain both statements rather than promising a fixed outcome.

Doubles has an additional running rule

Both partners run every segment together, enter each station together and leave together after completing its work. If one runs ahead, section 7.3 specifies one minute. More than three penalties for failing to stay together puts the team Out of Competition without a ranking. The current text does not state a ten-second allowance. This is separate from the 23-code table.

Missing work is different from a missed lap

An omitted whole run or an unfinished station leads to DQ. A missed run lap uses the venue-dependent code 01. A racer unable to finish a station receives no final time or ranking but may continue; a racer disqualified by a Race Director must stop. Those are different situations under sections 12.3-12.4.

Use the reference before your wave

Check your event map's lap count, assigned equipment and division loads. Practise the movements under control. Ask a judge about an unclear procedure before starting, and read the current rulebook if it changes. This card is a preparation aid, not permission to ignore event instructions.

Sources and related preparation

HYROX Singles 2026/27: 8.6-8.8, 10, 12. https://maintain.hydrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf

HYROX Doubles 2026/27: 7.2-7.3, 8.6-8.8, 10, 12.

https://maintain.hydrox.com/rulebooks/HYROX_RulebookDoubles_EN.pdf