ADAPTIVE RULE BOOK

1. GENERAL RACE RULES....1
1.1 PRECONDITIONS FOR PARTICIPATION....1
1.2 ADAPTIVE CATEGORIES....2
1.2.1 LOWER LIMB IMPAIRMENT....2
1.2.2 UPPER LIMB IMPAIRMENT....2
1.2.3 SHORT STATURE....2
1.2.4 VISUAL IMPAIRMENT....2
1.2.5 HEARING IMPAIRMENT....3
1.2.6 NEUROLOGICAL MINOR....3
1.2.7 NEUROLOGICAL MAJOR....3
1.2.8 SEATED WITH HIP FUNCTION (SWHF)....3
1.2.9 SEATED WITHOUT HIP FUNCTION (SWOHF)....3
1.2.10 SEATED WITHOUT CORE FUNCTION (SWOC)....3
2. TRYKA RACE FORMAT....4
2.1 WAVE STARTS....4
2.2 TRYKA ADAPTIVE RACE FORMAT....4
3. STATION RULES AND REGULATIONS....6
4. RUNNING/PUSH RULES....6
4.1 RUN/PUSH DISTANCES....7
5. MOVEMENT STANDARDS, DISTANCES, AND WEIGHTS....7
5.1 SKI-ERG....7
5.2 KETTLEBELL FARMER'S CARRY....8
5.3 RAM THRUSTERS – 60 REPS....9
5.4 SLED PUSH....10
5.5 SLED PULL....11
5.6 ROWING MACHINE....12
5.7 WALKING WEIGHTED LUNGES....13
5.8 BURPEE BROAD JUMPS....14
5.9. SPRINT FINISH – 40M....15
6. ANTI-DOPING CODE....16
7.1 PERMITTED ITEMS....16
7.2. PROHIBITED ITEMS....17
8. RULES OF CONDUCT....17
10. DECISIONS AND DISQUALIFICATION....17

11. PENALTY SUMMARY TABLE..... 18
12. DID NOT FINISH..... 21
13. DEVIATIONS FROM MOVEMENT STANDARDS..... 21
14. WORKSTATIONS REQUIREMENTS..... 22
15. AGE CATEGORIES AND DIVISIONS..... 24
16. AID STATIONS.....24
17. MEDICAL..... 25
18. PHOTOGRAPHY AND VIDEOGRAPHY..... 25
19. LOST AND FOUND..... 25
20. EVENT SCHEDULE..... 25
21. RESULTS..... 25

RULE BOOK VERSION 2 25/26

1. GENERAL RACE RULES

1.1 PRECONDITIONS FOR PARTICIPATION

- Participants must be at least 16 years old on the day of the race.
- Official rankings will be determined based on the athlete's biological gender at birth. However, individuals wishing to participate for recreational purposes, without being included in the official ranking, may register under their gender identity.
- Each Athlete must agree to the terms and conditions of participation.
- The only method to register for a TRYKA event is via www.tryka.fit or buy a resale ticket through Hybrid Tickets, our official resale 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 TRYKA team in advance. Such adaptations will result in the athlete being marked as 'Out of Competition,' excluding them from official rankings but allowing them to receive a finish time.

1.2 ADAPTIVE CATEGORIES

1. Lower Limb Impairment
2. Upper Limb Impairment
3. Short Stature Impairment
4 Visual Impairment
5 Hearing Impairment
6 Neurological Impairment: Neurological Major
7 Neurological Impairment: Minor
8. Seated With Hip Function (SWHF)
9 Seated Without Hip Function (SWOHF)
10 Seated Without Core Function (SWOC)

1.2.1 LOWER LIMB IMPAIRMENT

This division is for athletes with a partial or complete loss of function in one or both legs

1.2.2 UPPER LIMB IMPAIRMENT

This division is for athletes with a partial or complete loss of function such as strength range of motion of dexterity in one or both arms, hands or shoulders

1.2.3 SHORT STATURE

This division is for athletes with significantly shorter height due to growth related conditions or skeletal dysplasia

1.2.4 VISUAL IMPAIRMENT

This division is for athletes with partial or complete loss of vision, in either or both eyes.

1.2.5 HEARING IMPAIRMENT

This division is for athletes with partial or complete loss of hearing, in either or both ears.

1.2.6 NEUROLOGICAL MINOR

This division is for athletes with minor neurological impairments that normally affect a single extremity with conditions that cause mild functional deficits.

1.2.7 NEUROLOGICAL MAJOR

This division is for athletes with more severe neurological impairments that normally affect two or more extremities.

1.2.8 SEATED WITH HIP FUNCTION (SWHF)

This division is for athletes with impairments that prevent walking or standing who retain full or partial hip function.

1.2.9 SEATED WITHOUT HIP FUNCTION (SWOHF)

This division is for athletes with impairments that prevent walking or standing who lack functional hip movement.

1.2.10 SEATED WITHOUT CORE FUNCTION (SWOC)

This division is for athletes with impairments that prevent hip and core function.

Athletes must be officially classified into one of these divisions. These divisions are for permanent impairments, not for athletes with temporary injuries.

2. TRYKA RACE FORMAT

2.1 WAVE STARTS

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

Important Notes:

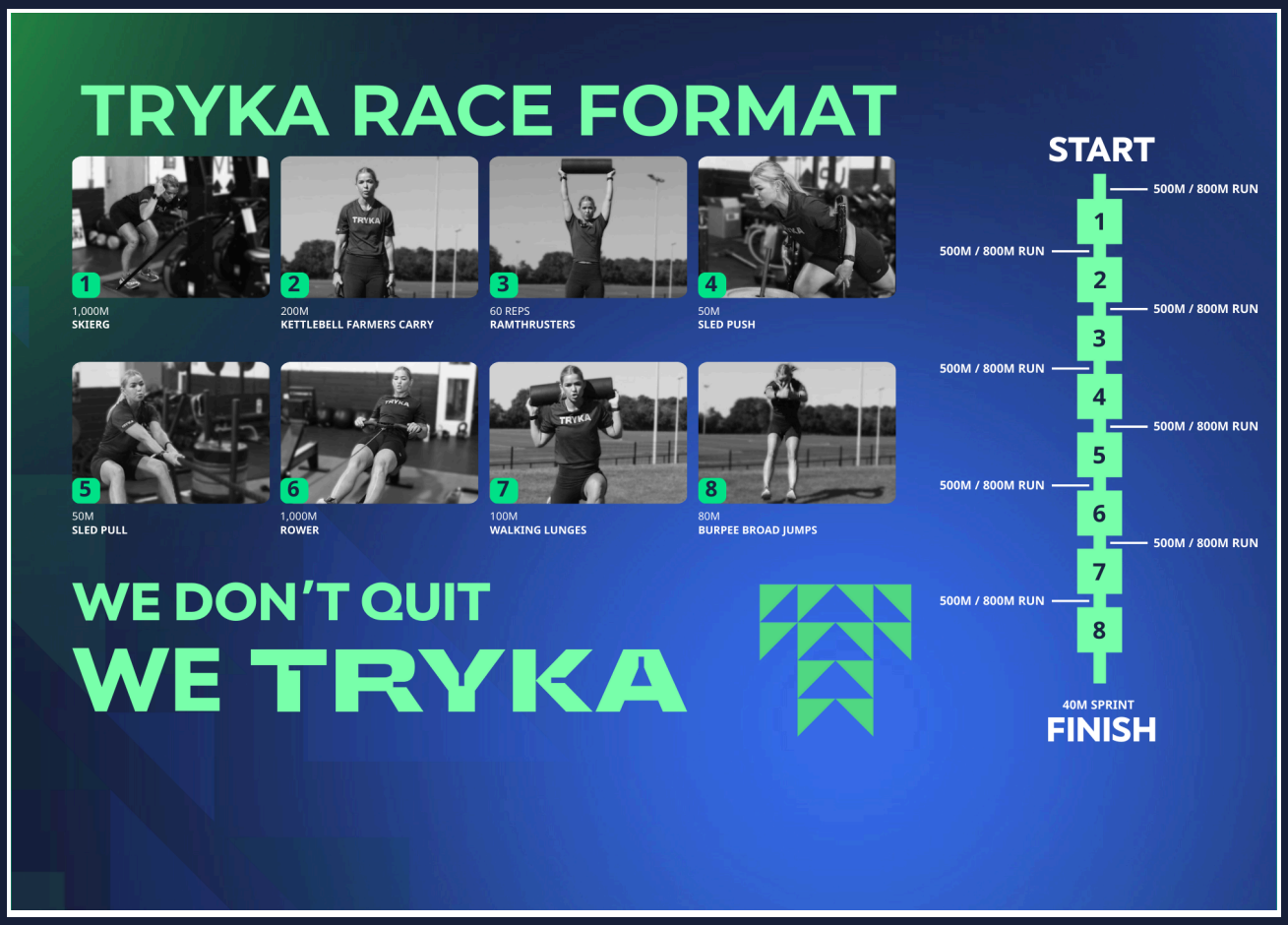
- Starting in an incorrect wave without prior approval will result in disqualification (DQ).
- Timing chips must be worn on the ankle; failure to do so will result in a 'Did Not Start' (DNS) result.
- Avoid entering the TRY Zone or run course before the official start time to prevent incorrect timing chip activation.

2.2 TRYKA ADAPTIVE RACE FORMAT

A TRYKA race consists of a run/push followed by a workout station, repeated 8 times. To receive a valid finishing time, athletes 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 8 runs and 8 workout stations.
- For TRYKA 500, the runs are 8 runs of 500m and for TRYKA 800, the runs are 8 runs of 800m.
- The workouts are all in the TRY Zone inside the run track.
- Wear the issued timing chip on an ankle at all times.
- Athletes with major neurological impairments or short stature and seated without core function will compete in the same run/push distance as the Tryka 500 category

- Athletes who are visually or hearing impaired can complete the race with a guide runner to assist with getting around the course and workstations. Guide Runners can not assist in completing the stations. Athletes must provide their own guide runners, they do not need to apply for or pay for a ticket.
- Athletes needing to use additional equipment such as straps, hooks or bands may do so.



3. STATION RULES AND REGULATIONS

- Complete all of the workout stations in the correct order, 1 to 8.
- Enter and exit each workout station via the designated routes.
- Enter the TRY Zone through the designated 'IN' arch and exit through the 'OUT' arch; 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 and lanes at the stations assigned by the judge/headjudge, 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 or Hydration liquid is allowed in the station areas, 2 min penalties apply for each infringement.
- Athletes are not allowed to clear their nose onto the track or station. Spitting on the ground is also forbidden.
- Athletes are not permitted to pour water over their head anywhere on the race track or in stations (Rapid Cooling)

4. RUNNING/PUSH RULES

All TRYKA courses will feature consistent distances, combining the run course, TRY Zone, and workout stations. The running segments are typically 800m and 500m, with variations possible based on the venue.

Athletes running/pushing at a “fast pace” are required to overtake on the right side of the running track, while other athletes should stay on the left side of the running track. Compliance with TRYKA crew instructions is mandatory. Any athlete shoving, pushing or shouting at another athlete to

get out of the way will be subject to penalty, up to and including DQ.

4.1 RUN/PUSH DISTANCES

1. Lower Limb Impairment 500/800
2. Upper Limb Impairment 500/800
3. Short Stature Impairment 500 only
4 Visual Impairment 500/800
5 Hearing Impairment 500/800
6 Neurological Impairment: Neurological Major 500 only
7 Neurological Impairment: Minor 500/800
8. Seated With Hip Function (SWHF) 500/800
9 Seated Without Hip Function (SWOHF) 500/800
10 Seated Without Core Function (SWOC) 500/800

5. MOVEMENT STANDARDS, DISTANCES, AND WEIGHTS

It is the responsibility of each athlete 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 recognized. Such actions may result in a no rep or a time penalty, depending on the station.

5.1 SKI-ERG

- The machine monitor will be set to zero by the judge before use.
- The damper can be changed as many times as required by the working athlete.

- Athletes are not permitted to touch the screen on the Ski-Erg, this will result in a time penalty.
- Athletes must remain on platform at all times during the exercise.
- Once distance is completed, the athlete must raise his/her arm to call over a judge to confirm completion.
- Only after the judge confirms the distance has been completed may the athlete leave.
- A time penalty will be added if rules are not followed.

Distances

Lower Limb Impairment:1000 m
Upper Limb Impairment:1000 m
Short Stature Impairment:500 m
Visual Impairment:1000 m
Hearing Impairment:1000 m
Neurological Impairment:1000 m
Seated With Hip Function:900 m
Seated Without Hip Function:800 m
Seated Without Core Function:500 m

5.2 KETTLEBELL FARMER'S CARRY

- Athletes must take the correct weights for their division from the kettlebell storage area; selection of incorrect weights will result in disqualification (DQ).
- With the exception of seated athletes and athletes with impairments that prevent carrying 2 kettlebells, Kettlebells must be carried at the sides with both arms extended. Athletes must carry both kettlebells at all times; handles must remain outside the thighs.

- Seated athletes as well as other adaptive athletes using a wheelchair, kettlebells placed on their lap.
- Kettlebell(s) may be dropped at any time; resting is permitted with kettlebell(s) in hand or placed on the ground.
- The station is complete when the athlete crosses the finish line with kettlebell(s).
- Kettlebells must be returned neatly to the storage area; penalties for non-compliance.

Distances / Weight

Lower Limb Impairment: 200 m at 2 x 16/24 kg (F/M)
Upper Limb Impairment: 200 m at 1 x 16/24 kg (F/M)
Short Stature Impairment: 100 m at 1 x 16/24 kg (F/M)
Visual Impairment: 200 m at 2 x 16/24 kg (F/M)
Hearing Impairment: 200 m at 2 x 16/24 kg (F/M)
Neurological Minor: 200 m at 1 x 16/24 kg (F/M)
Neurological Major: 100 m at 2 x 16/24 kg (F/M)
Seated With Hip Function: 200 m at 2 x 16/24 kg (F/M)
Seated Without Hip Function: 200 m at 2 x 16/24 kg (F/M)
Seated Without Core Function: 200 m at 2 x 16/24 kg (F/M)

5.3 RAM THRUSTERS – 60 REPS

- This station will have AI assisted judging. The athlete must press start on the screen when they get to their designated lane before they start their movements. Failing to press start will result in reps not being counted.

- A full squat parallel for all levels, with the exception of seated athletes, or adaptive athletes not being able to stand unaided.
- Athletes with one arm or hand will use a dumbbell instead
- A full extension overhead at the top is required.
- The RAM may be placed on the ground at any time during the set.
- Athletes must complete 60 reps and return the RAM neatly; penalties for rule violations apply.

Weights

Lower Limb Impairment: 8.5/15 kg (F/M)
Upper Limb Impairment: 5kg dumbell (F/M)
Short Stature Impairment: 5/8.5 kg (F/M)
Visual Impairment: 8.5/15 kg (F/M)
Hearing Impairment: 8.5/15 kg (F/M)
Neurological Minor: 8.5/15 kg (F/M)
Neurological Major: 8.5/15 kg (F/M)
Seated With Hip Function: 5/8.5 kg (F/M)
Seated Without Hip Function: 5/8.5 kg (F/M)
Seated Without Core Function: 5/8.5 kg (F/M)

5.4 SLED PUSH

- The athlete and sled must start behind the line.
- The push is from behind the sled. For seated athletes the sled will be attached to the chair and the athlete will drag the sled. Athletes must provide their own straps.
- Push the sled all the way over the line at the 12.5m mark before changing direction.
- Athletes must stay within their designated lane.

- The entire sled must cross the finish line to complete the station.
- A 1 minute penalty will apply for not adhering to the designated lane.If an athlete(s) completes less than the required number of lengths, a penalty of 3 minutes per length not completed will apply.

Distances / Weight

Lower Limb Impairment: 2x 12,5 m at 75/102 kg incl. Sled (F/M)
Upper Limb Impairment: 4x 12,5 m at 102/152 kg incl. Sled (F/M)
Short Stature Impairment: 2x 12,5 m at sled without weight (F)
Short Stature Impairment:2x 12,5 m at 75 kg incl. Sled (M)
Visual Impairment: 4x 12,5 m at 102/152 kg incl. Sled (F/M)
Hearing Impairment: 4x 12,5 m at 102/152 kg incl. Sled (F/M)
Neurological Minor 4x 12,5 m at 75/102 kg incl. Sled (F/M)
Neurological Major:4x 12,5m at sled without weight (F)
Neurological Major: 4x 12,5m at 75kg incl. Sled (M)
Seated With Hip Function:4x 12,5 m at 75kg incl. Sled (F+M)
Seated Without Hip Function: 2x 12,5 m at 75kg incl. Sled (F+M)
Seated Without Core Function: 2x 12,5 m at sled without weight (F+M)

5.5 SLED PULL

- The athlete must start inside their box and pull the sled towards them.
- The athlete must stay inside the box, cannot step on any of the 4 lines of the box, penalties apply.
- The athlete must pull with both hands, hand-over-hand.
- The athlete must stay standing at all times.
- The entire sled must cross the finish line..
- The rope must be kept in your lane- penalties apply.

Lower Limb Impaired Athletes adapt as followed: Athlete can perform the pull seated or standing

Distances / Weight
Lower Limb Impairment: 2x 12,5 m at 78/103 kg plus sled (F/M)
Upper Limb Impairment: 2x 12,5 m at 78/103 kg plus sled (F/M)
Short Stature Impairment: 2x 12,5 m at sled without weight (F)
Short Stature Impairment: 2x 12,5 m at 50 kg incl. Sled (M)
Visual Impairment: 4x 12,5 m at 78/103 kg plus sled (F/M)
Hearing Impairment: 4x 12,5 m at 78/103 kg plus sled (F/M)
Neurological Minor 4x 12,5 m at 50/75 kg incl. Sled (F/M)
Neurological Major: 4x 12,5m at sled without weight (F)
Neurological Major: 4x 12,5m at 50kg incl. Sled (M)
Seated With Hip Function: 4x 12,5 m at 50 kg incl. Sled (F+M)
Seated Without Hip Function: 2x 12,5 m at 50kg incl. Sled (F+M)
Seated Without Core Function: 2x 12,5 m at sled without weight (F+M)

5.6 ROWING MACHINE

- The machine monitor will be reset to zero by the judge before use.
- The damper can be changed as many times as required by the working athlete.
- Athletes are not permitted to touch the screen on the Rower, doing so will result in a time penalty.
- Once distance is completed, the athlete must raise his/her arm to call over a judge.
- Only after the judge confirms has completed the distance the athlete may leave.
- A time penalty will be added if rules are not followed.

Seated Athletes adapt as followed: The Rower will be separated so that the athlete can use the machine while seated.

Distances

Lower Limb Impairment: 1000 m
Upper Limb Impairment: 1000 m
Short Stature Impairment: 500 m
Visual Impairment: 1000 m
Hearing Impairment: 1000 m
Neurological Impairment: 1000 m
Seated With Hip Function: 900 m
Seated Without Hip Function: 800 m
Seated Without Core Function: 500 m

5.7 WALKING WEIGHTED LUNGES

- The athlete must lift up and place the RAM on the back of their shoulders without assistance.
- The RAM must remain on the upper back and not be dropped at any time.
- The RAM cannot touch the ground until 100m is completed, penalties apply
- The lunges must alternate and the trailing knee must touch the ground on each rep.
- Upright walking, shuffles, or extra steps between lunges are not allowed; time penalties will apply
- The athlete can lunge continuously or stop after each lunge with both feet parallel on the ground.
- The Athlete must stand upright on each repetition.
- Athletes not adhering to the standards will receive one warning. Subsequent infringements will result in a penalty: 1 minute for singles and 2 minutes for doubles. Further infringements will lead to additional time penalties. If the RAM touches the floor, a 1-minute penalty for singles and 2-minute time penalty for doubles, will be immediately issued for each instance, without prior warning.
- The RAM must be put back correctly in the designated zone, penalties apply for non compliance.

Seated Athletes as well as other Adaptive Athletes using a wheelchair adapt as followed:
Seated With Hip Function and Seated Without Hip Function: 25 m at 10/20 kg (F/M) Side Sandbag Lift and Turnaround.

Seated Without Core Function: 25 m at 5/10 kg (F/M) Side Sandbag Lift and Turnaround

Athletes with impairments that limit or prevent independent knee bending, particularly those using crutches for walking, will adapt as follows: Athletes will place the sandbag on their shoulders while walking with crutches.

Distances / Weight
Lower Limb Impairment: 100 m at 10/20 kg (F/M)
Upper Limb Impairment: 100 m at 10/20 kg (F/M)
Short Stature Impairment: 50 m at 5/10 kg (F/M)
Visual Impairment: 100 m at 10/20 kg (F/M)
Hearing Impairment: 100 m at 10/20 kg (F/M)
Neurological Minor Impairment: 100 m at 10/20 kg (F/M)
Neurological Major Impairment: 50 m at 5/10 kg (F/M)

5.8 BURPEE BROAD JUMPS

- Hands must be behind the start line; chest-to-floor for each burpee.
- When jumping or stepping out of any burpee, the feet cannot go beyond the athletes fingertips
- On takeoff, feet must be parallel
- The athlete will make a forward jump and the landing must be controlled with both feet parallel.
- A 50cm distance is allowed between hands & feet when dropping into the burpee.
- The length of each jump is at the athlete's discretion.

- An athlete must not shuffle forward or take extra steps, penalties will apply for non compliance.
- Athletes not adhering to the standards will receive one warning. A 1-minute time penalty will then be issued. Additional time penalties will be issued for continued non-compliance without further warnings.

Distances

Seated With Hip Function as well as other Adaptive Athletes using a wheelchair adapt as follows:

80m Chair Dip (90 Degree Elbow) followed by 2 Wheel Length Push

Seated Without Hip Function / Seated Without Core Function adapt as follows:

80m Back Wheel Balance

Athletes with impairments that limit or prevent jumping particularly those using crutches for walking, and their individual ability to walk or jump with those aids adapt as follows: •

40m 2 In-Place Burpees/Walkouts followed by four steps with crutches using 2,3 or 4-Point Gait pattern •

80m 2 In-Place Burpees/Walkouts followed by four Swings with crutches, using Swing To or Through-Gait pattern .

Visual Impaired, step instead of jump.

Short Stature Impairment adapt as follows: 40 m

All others: Distance 80 m

5.9. SPRINT FINISH – 40M

Finish with an unloaded all-out sprint; time is recorded when crossed the finish line.

6. ANTI-DOPING CODE

TRYKA enforces an anti-doping policy to promote fair play and integrity. All athletes are expected to comply with the organisers' anti-doping regulations, including submitting to testing for banned substances. TRYKA reserves the right to conduct random testing at any time.

7. CLOTHING, ACCESSORIES, HYDRATION AND NUTRITION

Athletes 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.

7.1 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.

7.2. PROHIBITED ITEMS

The following items are strictly forbidden:

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

8. RULES OF CONDUCT

By registering for a TRYKA event, athletes agree to compete fairly and honourably, adhering to the TRYKA 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 TRYKA races. Participants disqualified or banned will not receive refunds. Abuse of race crew will result in penalties up to DQ.

9. TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-8, 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.

10. DECISIONS AND DISQUALIFICATION

Race Directors have the authority to disqualify an athlete(s) 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 on all matters.

Race Directors may make any decisions they deem necessary including awarding or removing penalties. The Race Directors' decisions are final.

11. PENALTY SUMMARY TABLE

Code	Category	Rule	Description	Penalty
P1	General	2	Doubles partners not staying together	2 minute per run/workout station
P2	General	2	Not wearing timing chip while racing	Did Not Start (DNS)
P3	General	3	Using chalk outside designated stations	2 minutes per infringement
P4	General	3	Outside assistance	2 minutes per infringement up to DQ
P5	General	3	Incorrect start time without permission	DQ
P6	General	3	Spitting or clearing nose	2 minutes up to DQ (Race Director decision)

P7	General	3	Littering, rapid cooling	2 minutes per infringement
P8	Station	3	Missing Station	DQ
P9	Station	3	Incorrect workout station order	5 minutes for per infringement
P10	Station	3	Incorrect use of IN/OUT arches	2 minutes per infringement
P11	Station	3	Incorrect use of workout station entry/exit	2 minutes per infringement
P12	Stations	3	Not using assigned equipment/lane	2 minutes per infringement
P13	Run	4	Missing Run Lap	3 mins - 4 lap set up 5 mins - 3 lap set up 7 mins - 2 lap set up DQ - 1 lap setup
P14	Kettlebell Farmers Carries	5.2	Missing Kettlebell Farmers Carries Lap	3 minutes per lap
P15	Kettlebell Farmers Carries	5.2	Incorrectly returned kettlebells	30 seconds
P16	RAM Thrusters	5.3	Missing Ram Thruster repetition	15 seconds per missing rep
P17	Walking weighted lunges	5.7	Trailing knee not touching ground at Walking Weighted Lunges	15 seconds per infringement
P18	Walking weighted lunges	5.7	Removal of RAM from shoulders	1 min penalty Singles, 2 mins Doubles per infringement

P19	Burpee Broad Jump	5.8	Burpee Broad Jump violations	15 seconds singles, 30 seconds Doubles per infringement
P20	General	7	Unsporting behaviour	2 minutes up to DQ (Race Director decision)
P21	Ski/Row	5.1, 5.6	Leaving Ski-Erg or Rower early	Min penalty 10 seconds to DQ
P22	Ski/Row	5.1, 5.6	Feet not on Ski-Erg base or not on Rower footplates before touching the handles	15 seconds per infringement
P23	Kettlebell Farmer's Carries, RAM Thrusters, Weighted Walking Lunges	5.2, 5.3, 5.7	Incorrect weight at RAMFIT Thrusters, Kettlebell Farmers Carries or Walking Weighted Lunges	DQ
P24	Sled	5.4, 5.5	Missing Sled length	3 minutes per length
P25	Sled	5.5	Standing on box line	15 seconds singles, 30 seconds Doubles per infringement
P26	Sled	5.5	Partner interfering with the rope	15 seconds singles, 30 seconds Doubles per infringement
P27	Sled	5.5	Partner not on same side	30 seconds per infringement
P28	Burpee Broad Jump, Sled Push, Weighted Walking Lunges, KettlebellFarmers carries	5.2, 5.4, 5.5, 5.8	Non working Partner not walking behind working partner	30 seconds per infringement

P29	Ski/Row	5.1, 5.3, 5.6,	Non working Partner not standing in the designated spot	30 seconds per infringement

12. DID NOT FINISH

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

13. DEVIATIONS FROM MOVEMENT STANDARDS

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

14. WORKSTATIONS REQUIREMENTS

Singles	Women	Men	Women Pro	Men Pro
Ski Erg	1000m	1000m	1000m	1000m
Kettlebell Farmer's Carries	16kg x 2	24kg x 2	24kg x 2	32kg x 2
RAMFIT Thrusters	8.5kg x 60 reps	15kg x 60 reps	15kg x 60 reps	20kg x 60 reps
Sled Push 4 x 12.5m	100kg x 50m	150kg x 50m	150kg x 50m	200kg x 50m
Sled Pull 4 x 12.5m	75kg x 50m	100kg x 50m	100kg x 50m	150kg x 50m
Rowing Machine	1000m	1000m	1000m	1000m
Walking Weighted Lunges	10kg x 100m	20kg x 100m	20kg x 100m	30kg x 100m
Burpee Broad Jump	80m	80m	80m	80m

Doubles	Women	Men/Mixed	Women Pro	Men Pro
Ski Erg	1000m	1000m	1000m	1000m
Kettlebell Farmer's Carries	16kg x 2	24kg x 2	24kg x 2	32kg x 2
RAMFIT Thrusters	8.5kg x 60 reps	15kg x 60 reps	15kg x 60 reps	20kg x 60 reps
Sled Push 4 x 12.5m	100kg x 50m	150kg x 50m	150kg x 50m	200kg x 50m
Sled Pull 4 x 12.5m	75kg x 50m	100kg x 50m	100kg x 50m	150kg x 50m
Rowing Machine	1000m	1000m	1000m	1000m
Walking Weighted Lunges	10kg x 100m	20kg x 100m	20kg x 100m	30kg x 100m
Burpee Broad Jump	80m	80m	80m	80m

Relay	Women	Mixed	Men
Ski Erg	1000m	1000m	1000m
Kettlebell Farmer's Carries	16kg x 2	24kg x 2	24kg x 2
RAMFIT Thrusters	8.5kg x 60	15kg x 60	15kg x 60

	reps	reps	reps
Sled Push 4 x 12.5m	100kg x 50m	150kg x 50m	150kg x 50m
Sled Pull 4 x 12.5m	75kg x 50m	100kg x 50m	100kg x 50m
Rowing Machine	1000m	1000m	1000m
Walking Weighted Lunges	10kg x 100m	20kg x 100m	20kg x 100m
Burpee Broad Jump	80m	80m	80m

15. AGE CATEGORIES AND DIVISIONS

These are the age group and divisions and apply to all single and categories

- U24 (16 - 24)
- 25 - 29
- 30 - 34
- 35 - 39
- 40 - 44
- 45 - 49
- 50 - 54
- 55 - 59
- 60 - 64
- 65 - 69
- 70+

Single division - Women 500, Women 800, Men 500, Men 800, Women Pro and Men Pro and Adaptive

16. AID STATIONS

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

17. MEDICAL

Medical personnel will be present at the event. Athletes experiencing medical issues should seek assistance from medical staff. Medical staff have the authority to remove an athlete from the competition if they deem it necessary for the athlete's safety.

18. PHOTOGRAPHY AND VIDEOGRAPHY

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

19. LOST AND FOUND

A lost and found area will be designated at the event. TRYKA 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.

20. 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.

21. RESULTS

Official results will be posted on the TRYKA website after the event. Athletes can view their individual results and rankings.

This rule book serves as a comprehensive guideline for all participants in TRYKA events, ensuring a fair, respectful, and competitive environment for all athletes.