

TRYKA

A woman with blonde hair tied back is performing a lunge on a paved track. She is wearing a black t-shirt and black leggings. She is holding a black barbell with red markings across her shoulders. The track has white lane lines. In the background, there are other people and a blue and white striped canopy.

COME AS YOU ARE. **LEAVE AS MORE**

**RULES AND MOVEMENT STANDARDS
SERIES 2**

RULEBOOK - SINGLES - DOUBLES RELAY - TRYKA JNR - CLAN



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1. GENERAL RACE RULES

1.1 PRECONDITIONS FOR PARTICIPATION

- Participants must be at least 16 years old on the day of the race to compete in the 500, 800, Pro or Relay races. For Tryka JNR and Clan junior athletes must have parental consent and be between 8yrs and 15 yrs old. Athletes under the age of 18 participating in the 500, 800, Pro or Relay races require parental consent.
- 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 PARTICIPATION WITH PHYSICAL LIMITATIONS

Injured athletes must obtain medical clearance from a qualified health professional before participating in a TRYKA event. Any necessary modifications to movements or prescribed weights/reps must be discussed with the TRYKA team beforehand. Modifications for injury-related reasons will also result in being marked as 'Out of Competition,' with the athlete



receiving a finish time but being excluded from rankings and qualification opportunities.

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 SINGLES & DOUBLES RACE FORMAT

A TRYKA race consists of a run 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, TRYKA PRO and TRYKA RELAY the runs are 8 runs of 800m.
- TRYKA JNR and Clan see separate tables in the appendices..
- Wear the issued timing chip on an ankle at all times.
- Doubles partners must stay together for all runs and all stations. A time penalty will apply for non-compliance.
- Doubles operate the stations on IGYG, while they must complete the runs together.



2.3. TRYKA RELAY RACE FORMAT

The TRYKA Team Relay is a 4-person hybrid fitness race combining running and functional workout stations. Designed to challenge strength, endurance, teamwork, and strategy, the relay offers three divisions: Men's, Women's, and Mixed.

Each team member will complete:

- 2 x 800m runs
- 2 workout stations

A relay member may complete their 2 stations consecutively or split, for example relay member 1 can do stations 1 and 2 or alternatively can do stations 4 and 7.

The team will cover 8x800m's of running and 8 functional workout stations between them. Teams failing to have all 4 members complete 2 runs and 2 workstations each will be DQ.

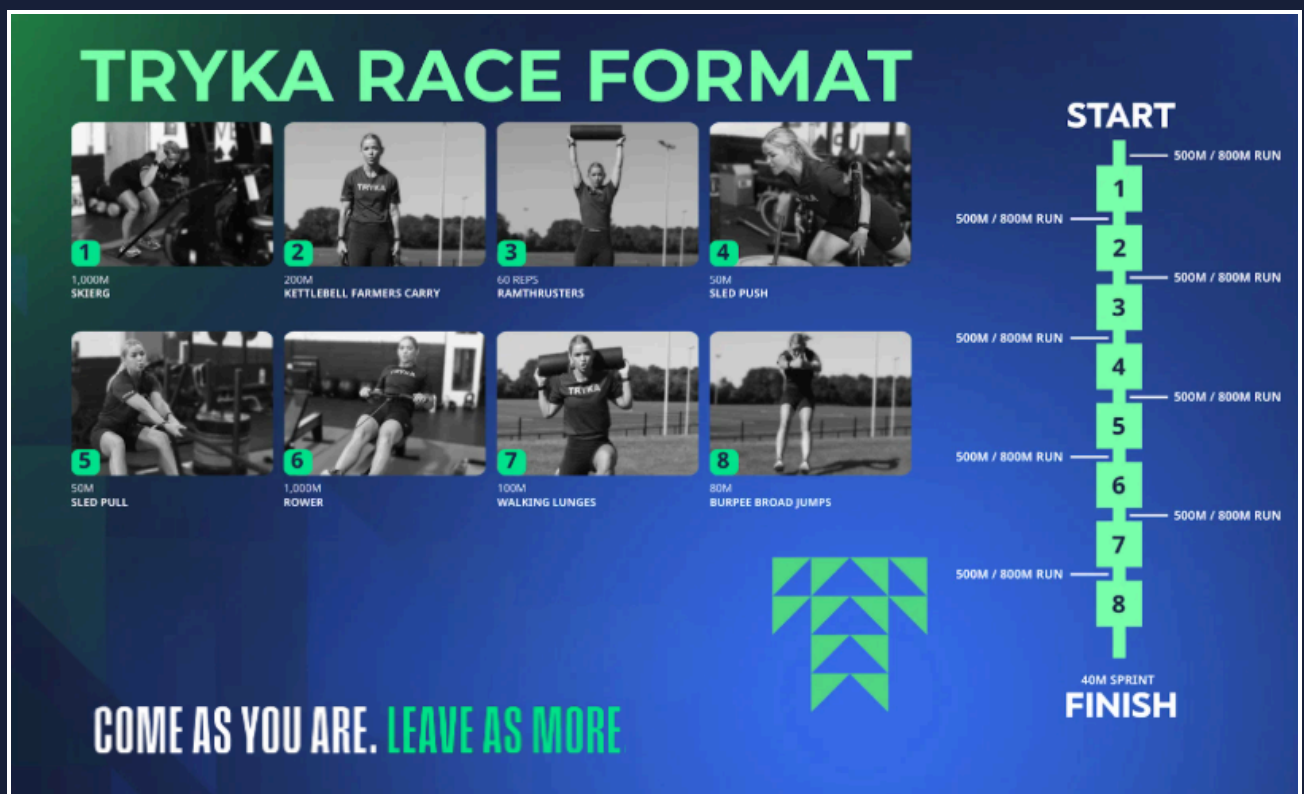
2.31 RELAY CHANGEOVER PROCESS

- The Transition Zone (TZ) is the designated area for changeovers.
- The 3 non-working relay members will remain in the relay holding area
- When the working athlete finishes their run and station and goes out the OUT arch, the team relay number will appear on the relay transition screen. Once this number appears the next relay member can enter the TZ. Relay members standing in the TZ prior to their number appearing on the relay transition screen will be liable to penalty.
- The returning relay member must run to the TZ and high five their teammate to signal the changeover.
- The next athlete may not leave the TZ until they receive a high five from their teammate.
- This process is repeated until the final athlete completes their segment.



2.32 RELAY FINISH LINE

- The final athlete on the team will complete their 800m run and final workout station.
- They will then complete the 40m sprint finish. Once they cross the finish line after the last station, the team's time is officially recorded.
- Teammates may join them after they complete the burpee broad jumps, there will be a designated waiting area, and they can all together as a team complete the 40m sprint. The time is determined for the team when the athlete that completed the burpee broad jumps crosses the line.





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.
- At no time can there be any external assistance, this can result in a penalty up to a DQ.
- 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 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 and variations for Clan and TRYKA JNR.

Athletes running 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.

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.
- 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.
- The working athlete's feet must both remain on the 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.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
- Athletes may change as many times as they wish (YGIG) to complete: however handles cannot be transferred between partners, except for TRYKA JNR and Clan.
- The non-working athlete must stand in a designated marked area, penalties will apply for non compliance.



5.2 KETTLEBELL FARMER'S CARRY

- Athletes must take the correct weights for their division from the kettlebell storage area; selection of incorrect weights may result in disqualification (DQ).
- 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.
- Kettlebells may be dropped at any time; resting is permitted with kettlebells in hand or placed on the ground.
- The station is complete when the athlete crosses the finish line with both kettlebells.
- Kettlebells must be returned neatly to the storage area; penalties for non-compliance.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
- Athletes may change over as many times as desired to complete the distance (IGYG).
- The non-working athlete must be behind the working athlete, penalties for non compliance.
- If the athletes decide to change over, the kettle bells must be placed on the ground and the trailing partner can then pick up the kettle bells.



5.3 RAM THRUSTERS

- 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.
- The athlete must use the correct weight, failure to use the correct weight may result in a DQ
- A full squat parallel for all levels except Pro, where below parallel is required.
- 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 the reps and return the RAM neatly; penalties for rule violations apply.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
- Doubles teams change over of the RAM can be handed between partners.
- Doubles teams may change over as many times as desired to complete the distance (IGYG).
- The non-working athlete must stand in a designated marked area ,penalties will apply for non compliance.



5.4 SLED PUSH

- The athlete and sled must start behind the line.
- The push is from behind the sled, with the athlete facing in the direction they are pushing the sled..
- 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 4 lengths, a penalty of 3 minutes per length not completed will apply.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
- Athletes can change over as many times as desired (IGYG).
- The non-working athlete should walk directly behind the working partner during the push, penalties will apply for non compliance.



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.
- If 4 lengths are not completed, a penalty of 3 minutes per length not completed will apply.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
- Athletes can change over as many times as desired (IGYG), but they must stay within their designated lines, lanes and box. The non-working partner must both be on the same side of the station as the working athlete and stand outside the box.
- The non-working athlete CANNOT touch the rope. Change over is done from the rope on the ground, penalties apply. Except for Clan, adults can help smaller athletes.



5.6 ROWING MACHINE

- The machine monitor will be reset to zero.
- The athlete's feet must be secured in the straps before grabbing the handle.
- 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.
- The non-working doubles partner must remain behind Rower at all times during the exercise.
- 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.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
 - Athletes can change over as many times as desired (IGYG).
 - When changing over the working partner must remove their feet from the straps and must release handles before the change over can occur. The non-working double partner may NOT assist with releasing the feet from the straps. Infringement will incur a penalty. Except Clan where adults can assist smaller athletes.
- The non-working athlete must stand in a designated marked area, penalties will apply for non compliance.



5.7 WALKING WEIGHTED LUNGES

- Athletes must take the correct weights for their division from the RAM storage area; selection of incorrect weights may result in disqualification (DQ).
- The athlete must lift up and place the RAM on either their back across both shoulders or they can place it on one shoulder. The athlete must lunge while the RAM is on their shoulder(s)
- The RAM cannot touch the ground until the distance is completed, penalties apply. This applies from the start entrance to the station, to the exit at the station. The RAM cannot be put down in the turn zone on a looped course.
- 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.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
- Athletes can change over at any time (IGYG); the RAM must be handed backwards and not forwards, penalties will apply for non compliance.
- The non-working partner must stay behind the working partner, penalties will apply for non compliance.



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.
- Athlete must complete the distance, jumping from burpee over the finish line
- For doubles team, the non-working athlete must walk behind the working athlete
- 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.

Doubles additional rules:

- Both athletes must be present before the exercise can commence.
- The non-working athlete must stay behind the working partner, penalties will apply for non compliance.
- Athletes not adhering to the standards will receive one warning. A 2-minute penalty will be issued. Additional time penalties will be issued for continued non-compliance without further warnings.



5.9. SPRINT FINISH – 40M

Finish with an unloaded all-out sprint; time is recorded when crossing the finish line, for doubles teams, when both athletes have passed the finish line the time is recorded.

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 Judges, Head Judges or their observations. The use of video or recorded material may be used by the Race Directors in coming to a decision. 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.

The Race Directors also have the authority to award additional penalties or remove penalties from athletes' race records including, making any determinations necessary to ensure the health, safety and wellbeing of athletes and fans and also for items not specifically listed in the rulebook that may arise.



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

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				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	Putting the RAM on the ground	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

RULEBOOK - SINGLES - DOUBLES RELAY - TRYKA JNR - CLAN



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, Kettlebell Farmers 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 (DNF)

An athlete may decide not to continue in the race and will be marked as DNF. The athlete must inform a head judge or race director that they wish to stop racing. They must give the Head Judge/Race Director their race chip and will be considered having left the competition.

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. AGE CATEGORIES AND DIVISIONS

Doubles and Singles

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

Adaptive Doubles and Singles

Lower Limb Impairment

Upper Limb Impairment

Short Stature Impairment

Visual Impairment

Hearing Impairment

Neurological Impairment

Seated With Hip Function

Seated Without Hip Function

Seated Without Core Function

Adaptive ID

Age groups are U40 and 40+. To be able to podium in adaptive doubles, both athletes must be in the same category, i.e both Visual impairment for example.

There is a separate rulebook for Adaptive athletes



Relay

- Under 40 (U40)
- 40+

The divisions for relay are

- Women (4 female athletes) - women's weight category
- Men (4 male athletes) - men weight category
- Mixed (2 male + 2 female athletes) - mixed doubles weight category

Relay members should read the relay explainer information in conjunction with this rulebook.

TRYKA JNR

8yrs-9yrs

10yrs-11yrs

12yrs-13yrs Boys

12yrs-13yrs Girls

12yrs-13yrs Mixed

14yrs-15yrs Boys

14yrs-15yrs Girls

14yrs-15yrs Mixed

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 40-44 age group.



15. 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

16. 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.

17. 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. TRYKA also reserves the right to remove anyone from the event that is taking photography or videography for paid or commercial purposes.

18. 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.

19. 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.



20. RESULTS

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

21. TIMING CHIP

Athletes receive a timing chip in order to record their race timings. This chip must be worn on their ankle. The chip needs to be returned at the chip collection point. Failure to return the chip will leave the athlete liable to a €50 charge.

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



APPENDICES - STATION REQUIREMENTS AND WEIGHTS

SINGLES

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

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DOUBLES

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	8.5kg/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

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RELAY

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 reps	8.5kg/15kg x 60 reps	15kg x 60 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



CLAN

All 4 clan members complete the runs together. You must all stay together on the runs and you cannot start the stations until all members of the clan are at the workstation. For runs 1 to 7 the 1st time you see “IN” you go IN, for run 8 the 1st time you see station 8 you go into station 8.

Station 1 - Compete as team of 4

Station 2 - Compete as a doubles 1 adult 1 child

Station 3 - Compete as team of 4

Station 4 - Compete as a doubles 1 adult 1 child

Station 5 - Compete as a doubles 1 adult 1 child

Station 6 - Compete as team of 4

Station 7 - Compete as a doubles 1 adult 1 child

Station 8 - Compete as team of 4

RULEBOOK - SINGLES - DOUBLES

RELAY - TRYKA JNR - CLAN



RACE FORMAT



Group

Adults + 8-9 Years. Boys & Girls

Adults

Youngsters

01

SkiErg* 1,000m

350m

150m

02

Kettlebell Farmers Carry 200m**

4kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04

Sled Push 4 × 12.5**

36.5 kg

05

Sled Pull 4 × 12.5**

25kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

Body Weight

08

Burpee Broad Jumps 80m**

20m each

Sprint Finish 40m

* Suggested Split

** See comments for breakdown



RACE FORMAT



Group

Adults + 10-11 Years. Boys & Girls **Adults** **Youngsters**

01

SkiErg* 1,000m

350m

150m

02

**Kettlebell
Farmers Carry** 200m**

4kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04

Sled Push 4 × 12.5**

36.5 kg

05

Sled Pull 4 × 12.5**

25kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

Body Weight

08

**Burpee Broad
Jumps** 80m**

20m each

Sprint Finish 40m

* Suggested Split

** See comments for breakdown



RACE FORMAT



Group

Adults + 12-13 Years. Boy

Adults

Youngsters

01

SkiErg* 1,000m

350m

150m

02

**Kettlebell
Farmers Carry** 200m**

4kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04

Sled Push 4 × 12.5**

75kg

05

Sled Pull 4 × 12.5**

50kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

5kg

08

**Burpee Broad
Jumps** 80m**

20m each

Sprint Finish 40m

* Suggested Split

** See comments for breakdown



RACE FORMAT



Group

Adults + 12-13 Years. Girl

Adults

Youngsters

01

SkiErg* 1,000m

350m

150m

02

**Kettlebell
Farmers Carry** 200m**

2.5kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04

Sled Push 4 × 12.5**

50kg

05

Sled Pull 4 × 12.5**

36.5kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

5kg

08

**Burpee Broad
Jumps** 80m**

20m each

Sprint Finish 40m

* Suggested Split

** See comments for breakdown



RACE FORMAT



Group

Adults + 14-15 Years. Boy

Adults

Youngsters

01

SkiErg* 1,000m

350m

150m

02

**Kettlebell
Farmers Carry** 200m**

16kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 8.5kg

04

Sled Push 4 × 12.5**

100kg

05

Sled Pull 4 × 12.5**

75kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

10kg

08

**Burpee Broad
Jumps** 80m**

20m each

Sprint Finish 40m

* Suggested Split

** See comments for breakdown



RACE FORMAT



Group

Adults + 14-15 Years. Girl

Adults

Youngsters

01

SkiErg* 1,000m

350m

150m

02

**Kettlebell
Farmers Carry** 200m**

8kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04

Sled Push 4 × 12.5**

75kg

05

Sled Pull 4 × 12.5**

50kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

8.5kg

08

**Burpee Broad
Jumps** 80m**

20m each

Sprint Finish 40m

* Suggested Split

** See comments for breakdown



TRYKA JNR

TRYKA
JNR

8-9 YRS

RUN	2nd IN
SKI ERG	300m
KETTLE BELL FARMER'S CARRY	4kg x 2 - 100m
RAM THRUSTERS	30 Reps x 5kg
SLED PUSH	36.5kg x 25m
SLED PULL	25kg x 25m
ROWING MACHINE	300m
WALKING WEIGHTED LUNGES	Body Weight x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m

IN refers to the IN Arch at the entrance to the TRYZONE stations.





TRYKA JNR

10-11 YRS

RUN	In 1st IN
SKI ERG	300m
RUN	In 1st IN
KETTLE BELL FARMER'S CARRY	4kg x 2 - 100m
RUN	In 1st IN
RAM THRUSTERS	30 x 5kg Reps
RUN	In 1st IN
SLED PUSH	36.5kg x 25m
RUN	In 1st IN
SLED PULL	25kg x 25m
RUN	In 1st IN
ROWING MACHINE	300m
RUN	In 1st IN
WALKING WEIGHTED LUNGES	Body Weight x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m



IN refers to the IN Arch at the entrance to the TRYZONE stations.



TRYKA Jnr

12-13 YRS / BOYS/MIXED

RUN	In 1st IN
SKI ERG	500m
RUN	In 1st IN
KETTLE BELL FARMER'S CARRY	4kg x 2 - 200m
RUN	In 1st IN
RAM THRUSTERS	30 Reps x 5kg
RUN	In 1st IN
SLED PUSH	75kg x 25m
RUN	In 1st IN
SLED PULL	65kg x 25m
RUN	In 1st IN
ROWING MACHINE	500m
RUN	In 1st IN
WALKING WEIGHTED LUNGES	5kg x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m



IN refers to the IN Arch at the entrance to the TRYZONE stations.



TRYKA JNR

12-13 YRS / GIRL

RUN	In 1st IN
SKI ERG	500m
RUN	In 1st IN
KETTLE BELL FARMER'S CARRY	4kg x 2 - 200m
RUN	In 1st IN
RAM THRUSTERS	30 Reps x 5kg
RUN	In 1st IN
SLED PUSH	50kg x 25m
RUN	In 1st IN
SLED PULL	50kg x 25m
RUN	In 1st IN
ROWING MACHINE	500m
RUN	In 1st IN
WALKING WEIGHTED LUNGES	5kg x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m



IN refers to the IN Arch at the entrance to the TRYZONE stations.



TRYKA Jnr

14-15 YRS / BOYS/MIXED

RUN	In 2nd IN
SKI ERG	750m
RUN	In 2nd IN
KETTLE BELL FARMER'S CARRY	16kg x 2 - 200m
RUN	In 2nd IN
RAM THRUSTERS	30 Reps x 8.5kg
RUN	In 2nd IN
SLED PUSH	100kg x 50m
RUN	In 2nd IN
SLED PULL	75kg x 50m
RUN	In 2nd IN
ROWING MACHINE	750m
RUN	In 2nd IN
WALKING WEIGHTED LUNGES	10kg x 50m
RUN	2nd in to Station 8
BURPEE BROAD JUMPS	80m
SPRINT FINISH	40m



IN refers to the IN Arch at the entrance to the TRYZONE stations.



TRYKA JNR

14-15 YRS / GIRL

RUN	In 2nd IN
SKI ERG	750m
RUN	In 2nd IN
KETTLE BELL FARMER'S CARRY	8kg x 2 - 200m
RUN	In 2nd IN
RAM THRUSTERS	30 Reps x 5kg
RUN	In 2nd IN
SLED PUSH	75kg x 50m
RUN	In 2nd IN
SLED PULL	65kg x 50m
RUN	In 2nd IN
ROWING MACHINE	750m
RUN	In 2nd IN
WALKING WEIGHTED LUNGES	8.5kg x 50m
RUN	2nd in to Station 8
BURPEE BROAD JUMPS	80m
SPRINT FINISH	40m



IN refers to the IN Arch at the entrance to the TRYZONE stations.