

EndurX Official Competition Rules

1. Race Format

EndurX is a fitness race consisting of 8 x 1km runs, each followed immediately by a functional fitness workout station. Athletes complete the runs and stations in a fixed sequence, and the winner is the athlete/team who completes the full course in the fastest time.

Sequence: Run 1km → Sandbag Lunges → Run 1km → Farmers Carry → Run 1km → SkiErg → Run 1km → Dummy Drag → Run 1km → Rowing → Run 1km → Plate GTO → Run 1km → Burpee Broad Jumps → Run 1km → Deadball Over Shoulder → Finish.

Total running distance: 8km. Total stations: 8.

2. Stations

#	Station	Distance / Reps
1	Sandbag Lunges	100m
2	Farmers Carry	200m
3	SkiErg	1000m
4	Dummy Drag	50m
5	Rowing	1000m
6	Plate Ground-to-Overhead (GTO)	50 reps
7	Burpee Broad Jumps	75m
8	Deadball Over Shoulder	50 reps

Distances, rep counts, and station composition may be adjusted by the Race Director for a given event category (Open, Doubles, Relay, Corporate). Any variation must be published to competitors no less than 14 days prior to the event.

3. Categories

- **Open (Men/Women):** Individual, standard course as above.
- **Doubles:** Two athletes share station work; both athletes must run each 1km leg simultaneously.

4. Transition Zones

- Each station has a marked entry and exit lane called the Transition Zone.
- Timing continues through transitions – there is no separate transition clock.
- Equipment must be returned to its designated rack/marker before an athlete exits a station; leaving equipment in the transition lane may incur a time penalty (see Section 6).

5. Station Conduct

- Athletes must complete stations in the marked lane and follow the direction of travel indicated by course marshals.
- Overtaking at any station must not obstruct or endanger another competitor.
- **Sandbag Lunges:** Each rep requires both knees to bend at 90 degrees; the sandbag may be held in a front-rack, shoulder, or overhead carry position for the full 100m (no dragging or rolling the bag).
- **Farmers Carry:** Weights must be carried, not dragged, for the full 200m. If an athlete sets a weight down, they may recover it and continue from that point – no time is stopped, but the clock keeps running.
- **SkiErg / Rowing:** Distance must be completed on the machine as displayed on the monitor; an official will reset the monitor to zero before starting.
- **Dummy Drag:** The dummy must remain in continuous contact with the ground and be dragged (not carried) the full 50m within the marked lane; steering outside the lane markers to gain a mechanical advantage is not permitted. The dummy must fully pass over the distance indicator / turn around point at the end of the lane.

- **Plate Ground-to-Overhead (GTO):** Each rep starts with the plate edge touching the ground and finishes with the plate locked out fully overhead, arms straight, before being returned to the ground under control. Press, push press, or jerk technique are all permitted. Bending the knees and keeping the back straight is recommended for injury prevention but not mandatory.
- **Burpee Broad Jumps:** Chest must contact the ground/floor at the bottom of each burpee, and the broad jump must be a two-footed takeoff and landing, covering the full 75m. Hand placement must be inline with where the feet land.
- **Deadball Over Shoulder:** Each rep requires the ball to be lifted from the ground and tipped over either shoulder before dropping to the ground. Alternating shoulders is permitted but not required. Bending the knees and keeping the back straight is recommended for injury prevention but not mandatory.

6. Penalties

- **Missed reps/incomplete station work:** Athlete must return and complete the outstanding work before finishing the race. No time deduction applies – the clock keeps running.
- **Course cutting (running):** Disqualification from official ranking, unless corrected by the athlete before crossing the finish line (must return to the point where the course was cut).
- **Unsporting conduct / interference with another athlete:** Time penalty at marshal discretion (minimum 1 minute), up to disqualification for serious or repeated offences.
- **Failure to rack equipment / leaving station in disarray:** Time penalty at marshal discretion (30 seconds-1 minute).
- **Assisted station work outside permitted category rules:** Disqualification (e.g. an Open competitor receiving help from a teammate).

7. Equipment and Safety

- All station equipment is provided; no personal equipment may be substituted (own weight belts, gloves, and compression wear are permitted).
- Footwear must be enclosed athletic shoes – no bare feet.
- Athletes must self-assess fitness to compete and disclose any relevant medical conditions on registration.

- Course marshals and medical staff have authority to withdraw an athlete from the course for safety reasons at any point; this decision is final and not subject to appeal during the event.
- Any equipment fault (e.g. faulty Erg, damaged dummy handle, split sandbag) must be reported to the nearest marshal immediately; the athlete will be permitted to move to an alternate available station/equipment without time penalty.

8. Timing and Results

- Official time starts at the starting gun/horn and stops when the athlete crosses the finish line, having completed all runs and stations in the correct order.

9. Race Director Authority

The Race Director (or delegate) has final authority on:

- Course layout, station placement, and any distance/rep adjustments on the day (e.g. weather, equipment availability).
- Penalty application and disqualification decisions.
- Category eligibility disputes.