

RULEBOOK

SINGLES & DOUBLES

GRIT & GRIND CHALLENGE

SEASON 25/26

HYDRA

ATHLETICS

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1. CONCEPT

The **GRIT & GRIND CHALLENGE, powered by HYDRA Athletics**— is an outdoor, beach-based mass-participation fitness competition that combines endurance running with functional strength and conditioning movements. This unique format creates a truly hybrid, dynamic race environment. The GRIT & GRIND CHALLENGE was founded by TEAM KORE, and authored the official rulebook by Shaan Dias.

Race Format

The GRIT & GRIND CHALLENGE course consists of alternating running segments and functional workout stations:

- 800m run immediately followed by a functional fitness station
- This sequence is repeated 8 times

To officially complete the GRIT & GRIND CHALLENGE and record a valid finishing time, athletes must complete all eight running segments (approximately 7 km total, including transition runs) and all eight workout stations in the prescribed order.

Divisions

Competition standards vary in terms of weights and repetitions, while running distances remain consistent across all divisions. The divisions are:

Open Singles (Male & Female)

Open Doubles (Male & Female)

Masters Doubles (Male & Female)

Rankings & Results

Results are determined by the fastest overall completion time within each division and age group.

- Each age group recognizes the top three finishers (1st, 2nd, and 3rd place).
- An overall leaderboard across all age groups will also award the top three fastest athletes regardless of division or age.
- All results are ranked strictly from fastest to slowest.

2.CONDITIONS OF PARTICIPATION

2.1 Conditions of participation in GRIT & GRIND

GRIT & GRIND is open to all participants — no prior qualifications are required. By registering for and participating in GRIT & GRIND, athletes acknowledge and agree to the official terms and conditions, which include the exclusion of liability and compliance with the Privacy Policy, available at: <https://hydraathletics.lk/terms>

2.2 Preconditions for participation

- Age Requirement: Participants must be at least 18 years of age on the day of the race in order to compete in any HYDRA Athletics event.
- Official Rankings: Rankings are determined based on the athlete's biological sex at birth.
- Terms & Conditions: All participants must acknowledge and agree to the official Terms and Conditions of Participation.
- Registration: The only official method of registration for HYDRA Athletics events will be through www.hydraathletics.com

2.3 Pregnant Racers

- Pregnancy Policy: Pregnant athletes are welcome to participate in HYDRA Athletics events. However, participation during pregnancy is entirely at the discretion and responsibility of the individual. As every pregnancy is unique, HYDRA Athletics strongly recommends consulting with a qualified medical professional prior to competing in order to assess any potential risks.
- Adaptations & Modifications: Any pregnant athlete wishing to adapt movements or modify prescribed weights/repetitions must contact the HYDRA Athletics team in advance. HYDRA Athletics will make every effort to accommodate these requests where possible.
- Competition Status: Please note that any such adaptations will result in the athlete being classified as "Out of Competition." This means they will be excluded from official rankings and qualification spots but will still receive an official finish time.

2.4 Participation with Physical Limitations

- **Medical Clearance:** Injured athletes are solely responsible for obtaining medical clearance from a qualified health professional prior to participating in a HYDRA Athletics race.
- **Adaptations & Modifications:** If movement adaptations or adjustments to prescribed weights/repetitions are required due to temporary or ongoing physical limitations, athletes must contact the HYDRA Athletics team in advance. HYDRA Athletics will make every effort to support safe participation where possible.
- **Competition Status:** Any modifications made for injury-related reasons will result in the athlete being classified as "Out of Competition." Athletes in this category will still receive an official finish time, but their results will be excluded from official rankings and qualification opportunities.

3. REGISTRATION

3.1 Participate as **DOUBLES**

Visit www.hydraathletics.com and click the "Register Here" button.

- Select your desired division: **Doubles or Singles or Masters**
- Complete the registration form by entering all required personal details.
- Once you have completed the registration process, you will be directed either to a secure payment gateway or receive an official email containing payment or transfer instructions. Only upon successful payment will your registration be confirmed, and you will officially become a Hydra Athlete.

3.2 Participate as **SINGLES**

In addition to the Doubles division, athletes may also register as a **Solo Participant**. For detailed information about the HYDRA Singles race, please refer to the Rulebook: Singles section.

3.3 Participate as a **TEAM RELAY**

Athletes may also participate in the **Team Relay** as a team of four. For complete details, please refer to the Rulebook: Team Relay section. This category will be introduced in the upcoming event.

3.4 Registration Summary

Participants can choose from the following divisions:

- **Doubles:** Register as a team of two.
- **Singles:** Register as a solo participant.
- **Team Relay:** Register as a team of four. More information can be found in the

How to Register

- Visit www.hydraathletics.com and click the "Register Here" button.
- Select your desired division (e.g., **Doubles**).
- Enter all required personal details.
- Upon submission, you will be officially registered for the selected division (e.g., as a Doubles Team).

4. DIVISIONS AND RANKING SYSTEM

4.1 GRIT & GRIND Divisions

GRIT & GRIND features multiple divisions, categorized by gender and competitive level:

Women Open Singles

Women Open Doubles

Women Masters Doubles

Women Pro Doubles (Elite 15)

Men Open Singles

Men Open Doubles

Men Masters Doubles

Men Pro Doubles (Elite 15)

Division standards vary in terms of repetitions, weights, and running distances:

Open & Pro Divisions (Men & Women): 800m run between each station

Masters Divisions (Men & Women): 500 m run between each station

- **Note:** Masters athletes have the option to register in the Open Division to complete the full 800 m run per station as a solo participant.
- In the Masters Division, participation is only available in Doubles. Solo participation in Masters is not permitted; athletes wishing to race solo must register in the Open Division.

Racers start in division-specific waves, with each wave composed exclusively of participants from the same division.

4.2 GRIT & GRIND age groups

Open Divisions:

- 18–29
- 30–39
- 40–49
- 50–59

Pro Divisions:

- 18–59

Masters Divisions:

- 40–49
- 50–59

Elite 15 Division:

- Top 15 athletes from the Pro Divisions (Men & Women)

Classification Rules:

Age groups are determined based on the athlete's age on the day of the event.

For Doubles Teams, age groups are classified using the average age of both team members.

Example: Doubles Team Member 1 is 24 years old, and Doubles Team Member 2 is 38 years old. The average age is 31, so the team is classified into age group b (30–39).

4.3 Ranking System

Overall and Division Rankings: Rankings are determined by the fastest completion time within each division. All results are sorted from fastest to slowest.

Age Group Rankings: In addition to division rankings, results are also calculated within each age group, similarly sorted from fastest to slowest.

Multiple Attempts: If a racer competes more than once within the same division, only their fastest time will be considered for ranking purposes. A racer may not place on the podium more than once in the same division for a single event.

Penalties and Disqualifications: Any incomplete running laps or deviations from prescribed repetitions, weights, or movement standards may result in a penalty (see Penalties) or disqualification. Amendments and penalties may be applied for up to 48 hours following the event.

5. ELITE 15

5.1 Elite 15

The Elite 15 is a separate start wave composed of the fastest 15 men Singles and the fastest 15 women Singles from the Pro divisions of the current season (Men Pro and Women Pro), leading up to the FINALE.

Elite 15 racers are excluded from the Singles Age Group (AG) rankings and are therefore ineligible to become AG winners in any Singles division.

Wildcards and Race Adjustments:

HYDRA Athletics reserves the right to hand out wildcards and invite additional racers to the FINALE at its discretion.

HYDRA Athletics also reserves the right to modify the race course or racezone layout to improve spectator viewing or broadcasting opportunities.

Qualification Criteria:

Only athletes competing in the Pro divisions are eligible for the Elite 15.

Athletes must participate in two qualifiers to secure a spot. While attendance at both events is not mandatory, skipping a qualifier may reduce the chances of ranking in the top 15. Participation in both qualifiers is strongly recommended.

There are no age restrictions for participation; the Pro division is open to all eligible competitors.

Finale Invitation:

After both qualifiers, the top 15 athletes in each gender will be invited to the season finale.

Athletes must accept the invitation to confirm their spot. If an invitation is declined, the next fastest athlete in the rankings (e.g., 16th, 17th, etc.) will be offered the spot.

At the start of each new season, the leaderboard resets. Previous season winners, such as the Elite 15 Men champion from Season 25/26, are not automatically guaranteed a spot in the Elite 15 finale for the following season.

6. THE RACE

6.1 Race

Race Formats: **Singles & Doubles** is a Single/Two-person race.

Completion: Singles/Teams must start at their assigned time and complete all runs and workout stations in order (Run 1 → Station 1 → Run 2 → Station 2, etc.), totaling 7 km running and 8 workout stations.

Wave Starts: Races use wave starts (e.g., every 10-15 minutes). Start times are communicated before race day and confirmed at check-in.

Bib Number: Bibs must be visible on the chest at all times.

Notes:

- Starting outside your assigned wave without approval = DQ.
- Not wearing Bib on the chest = DNS.
- Entering the course before your start time may record an incorrect result. = 20 minute Penalty

Race Sequence: 800m run → 1 workout, repeated 8 times.

6.2 Station Rules and Regulations

Singles Completion: Each Individual will finish all runs and stations in the prescribed order by themselves.

Team Completion: All 8 runs and workout stations must be completed together by the Doubles Team.

Workload Sharing: Each team member (DTM) decides individually how far or how many reps they complete.

Workstations follow the "You Go / I Go" (YGIG) principle: one member works while the other rests, alternating until the station's total target is achieved.

Example – 50 CALORIES Row:

DTM 1 rows while DTM 2 rests

After a self-selected distance (e.g., 15 CALORIES), members switch

Repeat until 50 CALORIES is completed

Station Rules:

- Complete all stations in the correct order.
- Enter and exit via the designated routes; exiting via the 'IN' arch incurs a 2-minute penalty.
- Complete the prescribed repetitions or distances.
- Perform exercises according to the movement standards and with the correct weights.
- Use only the assigned equipment, lane; violations incur a 2-minute penalty per infringement.

- Fluids provided at aid stations are for drinking only. Pouring water over the head or body for cooling purposes is strictly prohibited to prevent slip hazards for other racers and staff. Any violation of this rule will result in a 2-minute penalty per infringement.

6.3 Running

All **Grit & Grind** courses feature consistent distances that combine the run course, racezone, and workout station segments.

Both Doubles Team Members (DTMs) must run together for the entire 800m between each workout station. If one team member runs ahead, a 1-minute penalty will be applied, as this alters the dynamic of the Doubles race.

After the run, both team members must enter the workout station together, and the station cannot begin until both are present. The station may only be exited once all repetitions or distances are completed, and both team members must leave together.

If a Doubles Team accrues more than three penalties for failing to stay together, they will be classified as Out of Competition and will not receive a ranking.

6.4 Judging Teams

A Judging Team is responsible for ensuring that all racers complete each station in a correct and safe manner, working in coordination with the Head Judge of the respective station. Each Head Judge is managed by the Race Directors, who oversee all sporting aspects of the race and make final decisions on judging matters. All decisions of the Lead Race Director are final.

Judging Hierarchy:

Judging Team – Monitors correct and safe execution at each station

Head Judge – Supervises the Judging Team at their station

Race Directors – Oversee all stations and sporting operations

Lead Race Director – Holds ultimate authority;

***** All final calls rest with this position**

7. 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 compliance with all required movement standards throughout the race.

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

Equipment and lane assignments for each station are determined by the Head Judge and their team. Racers are not permitted to choose their own equipment or lane under any circumstances.

7.1 Rowing

Distance 1000m

The damper setting will be adjusted to your category's default by a judge. Before starting, both feet must be securely strapped in. Once you complete the required distance, raise your hand. A judge will confirm your completion before you leave the station.

Doubles

The resting partner may only get on the machine after the active partner has stepped off. Both partners must follow the same rules.

How to avoid Penalties:

Starting without feet strapped in.
Adjusting the damper setting before or during the row.
Leaving without judge confirmation.

Rower Penalty Protocol

- A racer's first infringement will result in a **formal warning**.
- A second infringement will result in a **formal warning**.
- Each subsequent infringement will incur an additional **30 second penalty - no further warnings will be issued. and multiple penalties can be accumulated to your final time.**

	Damper
Open Women Singles	4
Open Women Doubles	4
Masters Women Doubles	4
Open Men Singles	6
Open Men Doubles	6
Masters Men Doubles	6

YGIG Example – 1,000 m Row:

- DTM 1 starts rowing while DTM 2 waits.
- After a self-selected distance (e.g., 200 m), DTM 1 switches with DTM 2.
- DTM 2 continues rowing while DTM 1 rests.
- This alternating process continues until the team has completed the full 1,000 meters.

7.2 Dumbbell Snatch

Reps 30/50 reps. (15/25 per Arm)

Each Team must complete 50 dumbbell snatches — 25 per arm — from the floor to overhead in one smooth motion, finishing one arm before switching. Arms must reach full extension with hips and knees fully extended; press-outs are allowed. Repeated failure to extend fully will incur a NO REP.

Singles Category - Reps will will 30 reps in total, 15 per arm.

For teams, while one member works, the other must remain in place. Teams may switch at any time, but if a switch occurs mid-arm, the incoming member must complete the remaining reps on that arm before moving to the next.

Dumbbell Snatch Penalty Protocol

Press-outs and pause-and-press techniques are allowed as long as the arm reaches full extension. Failure to achieve full extension will result in a verbal warning, and repeated violations will be counted as **NO REP (NR)**.

	Dumbbell
Open Women Singles	7.5kg
Open Women Doubles	7.5kg
Masters Women Doubles	7.5kg
Open Men Singles	12.5kg
Open Men Doubles	12.5kg
Masters Men Doubles	12.5kg

7.3 Tyre Flip

Distance 30m/50m .

To perform the Tyre Flip, the athlete must squat down, grip the bottom of the tyre, lift, and flip it forward. The tyre must stay within the assigned lane, and it must completely cross the marked line for the lap to count. After completing the required distance, the athlete must wait for the Judge's confirmation before leaving the station.

For Doubles teams, the resting partner must remain behind the active partner at all times. Team members may only switch after completing a full repetition.

Penalties may be incurred for: flipping the tyre outside the assigned lane, switching mid-rep, or failing to fully cross the marked line.

YGIG Example 50m Tyre Flips :

DTM 1 starts Flipping whilst DTM 2 walks behind

After a self selected distance (for example 1 lap) DTM 1 switches with DTM 2.

DTM 2 continues to flip whilst DTM 1 walks behind

This process is repeated until the entire distance of **50m Tyre Flips** is covered

Tyre Flip Penalty Protocol

- A racer's first infringement will result in a **formal warning**.
- A second infringement will result in a **formal warning**.
- Any violation will result in a 30-second penalty. and multiple penalties can be accumulated to your final time.
- **A penalty of 3 minutes will be applied** for each missing lane

	<u>Tyre</u>
Open Women Singles	30kg x 30m
Open Women Doubles	30kg x 50m
Masters Women Doubles	30kg x 50m
Open Men Singles	40kg x 30m
Open Men Doubles	40kg x 50m
Masters Men Doubles	40kg x 50m

7.4 Plate Overhead Carry

Distance 100m.

Athletes must select the correct plate according to their category and carry it with arms fully extended (elbows locked) throughout the 100-meter course. Plates cannot be held close to the head, and participants may choose to walk or run while maintaining proper technique. If a break is needed, the plate may be placed on the ground, and the athlete may resume from the same spot.

For doubles teams, partners may switch at any time, but the active partner must follow the same rules, placing the plate on the ground before the resting partner picks it up to continue. Hand-to-hand transfers between partners are not allowed.

Penalties will be incurred for carrying with bent arms, dropping the plate, or performing hand-to-hand transfers during doubles execution.

YGIG Example – 100m Plate Overhead carry:

- DTM 1 starts carrying the Plate while DTM 2 walks behind.
- After a self-selected distance (e.g., 10 m), DTM 1 switches with DTM 2.
- DTM 2 continues the Plate Overhead Carry while DTM 1 walks behind.
- This alternating process continues until the full 100m distance is completed.

	<u>Plate</u>
Open Women Singles	15kg
Open Women Doubles	15kg
Masters Women Doubles	15kg
Open Men Singles	20kg
Open Men Doubles	20kg
Masters Men Doubles	20kg

7.5 AIR Bike

Distance 1000m

Athletes must adjust the seat to their height before starting and continue until they reach the required distance. Both arms and legs must be used while pedaling. Using only the legs or only the arms will result in a verbal warning, and repeated violations may incur a time penalty. Participants may only exit the station after receiving confirmation from the Judge that the distance has been completed.

For Doubles teams, partners may switch at any time, but the active partner must finish their distance on the bike before the resting partner begins.

Penalties may be incurred for leaving the station before completing the distance, exiting without Judge confirmation, or failing to use both arms and legs during the exercise.

YGIG Example – 1,000 m Bike:

- DTM 1 starts cycling while DTM 2 waits.
- After a self-selected distance (e.g., 200 m), DTM 1 switches with DTM 2.
- DTM 2 continues cycling while DTM 1 rests.
- This alternating process continues until the full 1,000 meters is completed.

7.6 Goblet Squats

Reps 30/50 .

Doubles category Athletes are required to complete 50 goblet squats in total while the **Singles** category Athletes are required to complete 30 reps in total. Holding the prescribed kettlebell or dumbbell close to the chest in a secure position that does not rest on the shoulder. Each repetition begins from a standing position and requires the athlete to descend until the hip crease is clearly below the top of the knees. The movement ends with the athlete returning to a fully extended standing position, with knees and hips locked out. Incomplete squats (not breaking parallel), early lockouts, or improper holding position of the weight will result in a verbal warning. After continued non-compliance,

Squat Penalty Protocol

NO REP Penalty after 2 verbal warning

	<u>Dumbbell</u>
Open Women Singles	15kg
Open Women Doubles	15kg
Masters Women Doubles	15kg
Open Men Singles	20kg
Open Men Doubles	20kg
Masters Men Doubles	20kg

For team execution:

While one team member is performing the exercise, the other member rests. The resting member is to remain in their designated spot and should not walk around or wander.

Teams may switch members at any point. However, if a switch occurs midway through the member will continue the count from where the teammate left off. given he/she will perform correct reps.

7.7 Sandbag Toss

Reps 30/50.

Athletes start with the sandbag on the floor and must toss it over their head repeatedly until completing the required reps. If a rep is performed incorrectly, it must be repeated.

For doubles teams, one partner completes the reps while the other rests. Switching is allowed only after the active partner places the sandbag on the ground. The resting partner must then pick it up and continue from the remaining reps. Hand-to-hand transfers between partners are not allowed.

Penalties will be incurred for tossing the sandbag incorrectly (not over the head) or performing hand-to-hand transfers during doubles execution.

	<u>Sandbag</u>
Open Women Singles	15kg x 30
Open Women Doubles	15kg x 50
Masters Women Doubles	15kg x 50
Open Men Singles	20kg x 30
Open Men Doubles	20kg x 50
Masters Men Doubles	20kg x 50

Doubles Category 50 reps in total

Singles category 30 reps in total

7.8 Military Crawl

Distance 50m.

Both partners must complete this station together, crawling under the net until reaching the end of the course. Only after both partners have finished may they sprint to the finish line. Singles category each athlete must complete the station alone. Penalties may be incurred for one partner finishing alone, sprinting before both partners have completed, or running instead of crawling.

AT THIS STATION, BOTH TEAM MEMBERS WILL HAVE TO CRAWL AND COMPLETE 50M TOGETHER

Crawls Penalty Protocol

a 10-second penalty will be issued for each invalid repetition performed after the warning.

7.9 General rules

- Prior to the competition make sure your bib number is visible in the front and in the back.
- Your bib number must match your starting time.
- The running zone is located outside the race zone where you will run 800m each time from station number 1 to station number 8, completing in total of estimated 7-8km.
- Singles competition - each participant will finish the runs and stations by themselves
- The Doubles competition follows the "you go, I go" principle. That means when doubles athlete 1 works, doubles athlete 2 rests. They can both rest but they can never work at the same time.
- The good news is both doubles partners can share the stations. The bad news is both have to run. And they need to run together, and enter the race zone together to avoid penalties.
- Doubles, Athletes may switch whenever needed, but there must always be one active athlete and one resting athlete.
- Make sure that it's mandatory that you stick with the required station order. Station 1 to Station 8.
- If you mix up the order once, you will get a 3 minute penalty. And a second time will lead to a disqualification.
- Please remember, competitors are not permitted to receive Any beverage or nutritional product from anyone except the aid stations during the event. Doing so can lead to penalties and or disqualification.

7.10 Standard Summary

Open Singles & Doubles Division

	Run	Rowing	Snatch	Tyre	Overhead Plate	Bike	Goblets	Sandbag Toss	Crawl
Women Singles	800m	1000m	7.5kg x 30 reps	30kg x 30m	15kg x 100m	1000m	15kg x 30 reps	15kg x 30	50m
Women Doubles	800m	1000m	7.5kg x 50 reps	30kg x 50m	15kg x 100m	1000m	15kg x 50 reps	15kg x 50	50m
Men Single	800m	1000m	12.5kg x 30 reps	40kg x 30m	20kg x 100m	1000m	20kg x 30 reps	20kg x 30	50m
Men Double	800m	1000m	12.5kg x 50 reps	40kg x 50m	20kg x 100m	1000m	20kg x 50 reps	20kg x 50	50m

Master Division

	Run	Rowing	Snatch	Tyre	Overhead Plate	Bike	Goblets	Sandbag Toss	Crawl
Women Doubles	500m	1000m	7.5kg x 30 reps	30kg x 50m	15kg x 100m	1000m	15kg x 50 reps	15kg x 50	50m
Men Doubles	500m	1000m	12.5kg x 30 reps	40kg x 50m	20kg x 100m	1000m	20kg x 50 reps	20kg x 50	50m

8. Anti Doping Code

HYDRA Athletics is committed to promoting fair play, integrity, and the spirit of competition across all events. We uphold the principles of clean sport and are dedicated to providing a level playing field for all athletes.

Policy Enforcement: HYDRA Athletics enforces a strict anti-doping policy to ensure the health and safety of participants and to uphold the values of honesty, respect, and equality in competition.

Prohibited Substances and Methods: The use of any banned substances or methods that compromise the integrity of the race is strictly prohibited. HYDRA Athletics maintains zero tolerance for violations.

Athlete Compliance: All participants are required to comply with the organisers' anti-doping regulations, including submission to testing both in and out of competition.

Therapeutic Use Exemptions (TUEs): Athletes requiring TUEs must submit applications at least 28 days prior to the event.

Random Testing: HYDRA Athletics reserves the right to conduct random testing at any time to maintain a fair and clean race environment.

9. Clothings, Accessories, Hydration / Nutrition

Racer Responsibility: It is the responsibility of each athlete to ensure they are appropriately dressed for all race activities, taking into account environmental conditions (**Heat & Rain**) and any cultural sensitivities.

Footwear: All athletes must wear closed-toe shoes at all times during the race.

9.1 *The following items may be used/worn during the race:*

Athletes are allowed to use the following equipment during the race:

- Knee Sleeves
- Gloves
- Weightlifting Belts
- Wristbands
- Hydration Packs (energy gels)
- Prescribed Respiratory Devices (e.g., asthma inhalers; see Note 3)

Any item not explicitly listed as permitted is, by default, prohibited.

Note 1: If a racer chooses to use, wear or carry any of the above items, they must do so from the start to the finish of their race. These items may not be handed to or received from anyone else at any point. Doing so constitutes outside assistance and may result in disqualification.

Note 2: Any item NOT listed above should be considered prohibited unless the racer receives written permission from the Race Director prior to race start. Prohibited items will be confiscated and can be recovered at the Customer Service desk after the racer has finished.

Note 3: Compliance with the HYDRA Athletics Anti-Doping Policy must be honored at all times.

9.2 *The following items are strictly forbidden at all times:*

The following items are strictly prohibited during the race:

- Headphones
- Cell Phones
- GoPro or any other type/brand of (body) cameras
- Breathing Apparatus / Compressed Air Cylinders
- VR Headsets
- Helmets

If a medical device requires proximity to a racer's phone during the race, prior approval must be obtained from the Race Director. Contact your local Customer Support team before race day to be connected with the appropriate Race Director.

**** For safety reasons, any clothing or equipment that could pose a risk to other racers is not permitted on the HYDRA Athletics race floor. This includes, but is not limited to, breathing apparatuses, compressed air cylinders, and helmets. While we understand that such items are sometimes worn as part of charity-based initiatives, the safety of all racers remains our top priority. Uniforms and weight vests are still permitted, provided they do not interfere with the safety or performance of other racers.**

9.3 Poor Sportsmanship

- All athletes must act respectfully and fairly at all times.
- Poor sportsmanship — including abuse, threats, deception, or obstructing others — is strictly prohibited.
- Event officials may enforce penalties immediately and without warning.
- Violations may result in time penalties, disqualification, lifetime bans, or legal action.

9.4 General Conduct

- **Littering:** All waste, including paper cups and gel packaging, must be disposed of in the bins provided. Littering on the race floor or course will result in a 2-minute time penalty per infringement.
- **Spitting and Nasal Clearance:** Spitting or clearing the nostrils onto the Racezone floor is strictly prohibited. Each violation will incur a 3-minute time penalty.

9.5 Hydration/Nutrition

- **Water Availability:** Water will be provided at least once per pass through the racezone — before, during, or after each segment.
- **Other Hydration:** Sports drinks or other approved hydration products may also be available at designated aid stations.
- **Personal Nutrition:** Any athlete requiring additional nutrition must carry it from the start of the race.
- **Prohibited Assistance:** Athletes are not permitted to accept beverages or nutritional products from anyone other than the official aid stations.
- **Violation:** Accepting outside assistance constitutes a Disqualification (DQ).

10. Event Day Schedule

10.1 Registration, Bib Number and Wristbands

All race materials (bib number and wrist lanyard) will be issued prior to race day only. No distribution will take place on race day.

Athletes must present a government-issued photo ID and their registration confirmation at Check-In.

Wristbands are color-coded (white, grey, black, or green) according to division and start wave. The wristband must be worn visibly on the wrist at all times. Any other placement may result in an invalid or incomplete time record.

The bib number must be displayed visibly on the chest for the full duration of the race.

Doubles Division: Two bibs with the same number will be issued (one per athlete).

Relay Division: Two/Four bibs with the same number will be issued (one per athlete).

Athletes who fail to collect their race materials prior to race day will be deemed to have withdrawn from the race and will not be permitted to start.

10.2 Changing Rooms and Bag Drop Area

Changing rooms and a secure bag drop will be available at the venue. However, the organiser accepts no responsibility for any lost or stolen bags or items.

10.3 Warm Up Area

A designated warm up area with equipment relevant to the race will be available to all racers. Spectators are not permitted in the warm up area - **it is exclusively for the use of ATHLETES.**

10.4 Start Zone Area

Ten minutes prior to a racer's start time, the racer must assemble at the start tunnel area to receive official instructions about the race start.

11. Penalties

Summary Table

ACTIVITY	FIRST WARNING	SECOND WARNING	FIINAL
Missing Run or Station	-	-	DQ
Incorrect workout station Order	-	3min Penalty	DQ
Incorrect Use of IN/OUT Arches	-	-	3min Penalty
Incorrect Use of workout station Entry/Exit	-	-	3min Penalty
DB Snatch - reps	Verbal Warning	Verbal Warning	NO REP
DB Snacth finish - safely placing the DB on the floor	Verbal Warning	Verbal Warning	30 secs Penalty
Tyre Flip - Switching lanes, dragging, pushing, not crossing the line fully	Verbal Warning	Verbal Warning	30 secs Penalty
Plate Overhead Carry	Verbal Warning	Verbal Warning	30 secs Penalty
Rowing - setting up	-	-	30 secs Penalty
Rowing - Leaving	-	-	30 secs Penalty
Goblet Squats	Verbal Warning	Verbal Warning	NO REP
Military Crawls	Verbal Warning	Verbal Warning	30 secs Penalty
Sand Bag Toss	Verbal Warning	Verbal Warning	NO REP
Air Bike - Setting up	-	-	30 secs Penalty
Air Bike - Leaving/incorrect distance	-	-	30 secs Penalty
Doubles Partners Not Staying together	-	-	30 secs Penalty
Not using the assigned lane	-	-	30 secs Penalty
Outside Assistance	-	-	DQ
Incorrect Start Time (without permission)	-	-	DQ
Not Wearing Bib number throughout the race	-	-	DQ
Spitting or Clearing Nose	-	-	3min Penalty
Littering, Rapid Cooling	-	-	3min Penalty
Unsporting Behaviour	-	-	DQ

11.1 Time Penalties

11.1.1 Missing Run Laps

If a racer does not run the correct number of laps, a time penalty of 8-10 minutes per lap will be applied and added to their final result time.

For example: For a specific venue, the time penalty could be 8 minutes. The racer's final result time is 1:24 but if they missed 2 run laps throughout the race their final result time will be 1:40 (2 x 8 minute penalties).

11.1.2 Completing the Stations in the Incorrect Order

If a racer does not complete the station in the correct sequence (1-8), they are permitted to complete missing stations prior to entering station 8 (Military Crawl).

Completing the stations in the incorrect order will result in a 3-minute penalty. If more than one is completed out of order, the participant will automatically be disqualified.

11.1.3 Missed / Missed 1k Run

Missing an entire station or 800m. run will lead to a disqualification.

11.1.4 Confusion of racezone IN and OUT

Stations 1–4

- Athletes must access these stations through **ARCH 1**
- Upon completion, athletes are required to exit through the same designated point before proceeding to the next segment of the race.

Stations 5–8

- Athletes must access these stations through **ARCH 2**.
- Upon completion, athletes are required to exit through the corresponding designated point before continuing.

11.2 Time Penalties

Time penalties can be issued on the run and at Stations 1-8. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the Manual system — for example, incorrect use of the IN/OUT arches or missing sled laps.

Infractions related to movement standards or rep counts — such as using the wrong weights, failing to return Dumbbells correctly, or a no-rep on Dumbbell Snatch & Goblet squats can be penalised in real time by Judges or Head Judges.

Only Race Directors have the authority to disqualify (DQ) a racer, based on input from Head Judges, Judges, or their own direct observations.

For Stations 1–7, racers will receive one warning per station for not meeting movement standards. On the second infringement - receive one warning per station - the repetition is deemed invalid and the racer will receive the associated time or distance penalty. Any further violations within the same station will incur additional penalties.

Note: Certain violations may result in immediate penalties without warning, depending on their severity.

11.3 Did Not Finish

If a participant does not finish a station they will not receive any results data and will be excluded from all rankings and awards. However, they may continue with the race (without a final time).

11.4 Disqualification

If a participant has been disqualified by a Race Director during a race, they will not receive any results data from that race and will be excluded from all rankings and awards related to it. Once disqualified, the participant may not continue competing in that specific race.

11.5 Deviations from the Movement Standards

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time penalty.

12. Athlete Registration

12.1 Non-Refundable: All athlete ticket purchases are final. Once a ticket has been purchased, no refunds will be issued under any circumstances, including but not limited to withdrawal, injury, or scheduling conflicts.

12.2 Non-transferable: Athlete tickets are strictly non-transferable. They cannot be reassigned, sold, gifted, or otherwise transferred to another individual. Entry will only be granted to the registered athlete whose details were provided at the time of purchase.

12.3 Identity Verification: Event organizers reserve the right to request valid identification upon check-in. Any discrepancy between the registration and the registered athlete will result in denial of entry, and fees will be non-refundable.

12.4 Event Participation: Only individuals with a valid athlete registration are permitted to compete. Possession of an athlete registration signifies agreement to comply with all event rules, regulations, and waivers.

13. Spectator Tickets

13.1 Admission Only: A spectator ticket grants entry to the event venue as a spectator only. It does not permit participation in any competition, activity, or challenge designated for athletes.

13.2 Transferable: Spectator tickets are transferable; however, they are strictly non-transferable for resale. Under no circumstances may tickets be sold, exchanged for monetary value, or otherwise used for commercial purposes.

13.3 No Access to Athlete Areas: Spectator ticket holders are prohibited from entering restricted areas, warm-up zones, or any part of the event designated for registered athletes.

13.4 Final Sale: All spectator ticket purchases are final. No refunds, exchanges, or cancellations will be accepted.

14. Terms & Conditions

14.1 Eligibility & Participation

- Affirm that I meet the age, fitness, and eligibility requirements established by Hydra Athletics Challenge ("Organizers").
- I agree to abide by all official event rules, movement standards, and instructions from event staff, referees, or judges.
- I understand that the Organizers reserve the right to deny or revoke entry at their sole discretion.
- I am participating voluntarily.

14.2 Assumption of Risk

- I acknowledge that Hydra Athletics involves demanding physical activity, which may include running, lifting, carrying, climbing, and exposure to varied environments.
- I voluntarily assume all risks of injury, illness, accident, or death arising from my participation.

14.3 Medical & Safety

- confirm that I am medically fit to participate and have no condition that could endanger myself or others.
- I authorize the Organizers to arrange emergency medical treatment on my behalf, at my expense if required.
- I've disclosed all medical/injury conditions.

14.4 Liability Waiver

- I understand the physical nature of the program.
- I release, discharge, and hold harmless Hydra Athletics Challenge, its organizers, sponsors, affiliates, volunteers, and staff from any claims, demands, damages, or causes of action arising from participation, except where prohibited by law.

14.5 Code of Conduct

- I agree to compete fairly, respect fellow participants, and follow all safety guidelines.
- I understand that misconduct, cheating, or unsportsmanlike behavior may result in disqualification without refund.

14. Terms & Conditions

14.6 Media Release

- grant the Organizers the right to capture, use, and publish my name, image, voice, and performance in any media for promotional and commercial purposes, worldwide and without compensation.

14.7 Data & Privacy

- I consent to the collection and processing of my personal information for event registration, communication, administration, and marketing purposes, in accordance with applicable laws.

14.8 Finality of Decisions

- I acknowledge that all rulings, timings, penalties, and decisions made by the Organizers or event officials are final and binding.

14.9 Governing Law

- I agree that this Agreement shall be governed by and interpreted under the laws of Sri Lanka.

15. Rules Of Conduct

By registering for a HYDRA event, racers are agreeing to compete in a fair and honorable manner and to abide by the HYDRA Code of Conduct, which upholds the core values that ensure a respectful and inclusive race environment for all.

Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from HYDRA races and/or legal action.

Any participant who is disqualified from a HYDRA race or banned from future events will not receive a refund for any fees or dues. This also applies to behavior that could harm or disturb participants, volunteers, staff, sponsors and spectators. Any of the aforementioned actions may be taken against any participant at the discretion of event organisers.

DISCLAIMER

The details outlined in this document represent the proposed plan for the challenge. Please note that event structure, stations, rules, and other elements are subject to change. Final information will be confirmed and communicated prior to the event