



MSQUARED ALPHAX

RULES BOOK

SEASON 2025/2026

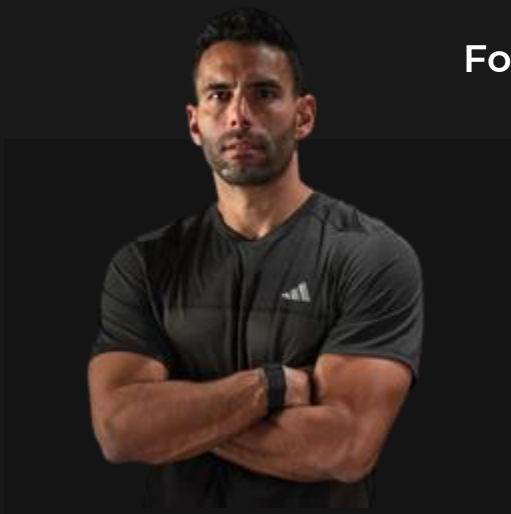
This year ALPHAX brings together a huge community of athletes from all fitness levels and from countries all over the world to compete, gather and celebrate well-being and fitness together.

This year the event will be held on 6th of December at the Grand Egyptian Museum for the 1st time. We promise to keep delivering a one-of-a-kind event and strive to bring the Fitness community together to celebrate health, good habits and sport; all while enjoying being in one of the most historically rich and cultural countries like Egypt.

FOUNDING TEAM



Adam Elzoghby
Founder & Event Director



Aly Mazhar
Technical Director



Moussa AbuTaleb
Co-Founder

CONCEPT

ALPHAX, A MASS PARTICIPATION FITNESS COMPETITION

ALPHAX consists of a 800m run followed by one Fitness station, repeated 10 times. In order to complete the entire ALPHAX race and receive a valid finishing time, the athletes must complete the runs and the 10 different stations in the specific order mentioned here in the rulebook (run,station1, run,station2, etc.) until they have completed a total of 8 km running and 10 stations.

Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each participant must run 800m before each station, i.e. a total distance of 8 km, except for the new Base division where you run 800m followed by 2 stations back to back repeated 5 times until they have completed a total of 4 km running and 10 stations.

The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. In addition to the overall fastest men's and women's times, results are also ranked in age groups (see below), also sorted from the fastest to the slowest time.



CONDITIONS OF PARTICIPATION

ALPHAX is a race open to everyone, qualifications are not required.

By participating in ALPHAX you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy which can be read at

[Privacy Policy | Powered by Competition Corner ® | Official Site](#)

To participate in an ALPHAX event, athletes must be at least 16 years old on the day of race, but if you are younger than 16 years old then you must provide additional parental consent during the on-site check in and a parent or guardian must be available on site. Official rankings will be based on athletes' gender.

Each athlete must agree to the terms and conditions of participation.

The only way to register for a ALPHAX event is via

[Functional fitness competition management platform | Powered by Competition Corner ® | Official Site](#)

ALPHA^X FORMATS

ALPHA^X RACE – FULL COURSE

Combining running with functional fitness, participants must complete 10 fitness stations/workouts, with the race format consisting of an 800-meter run followed by a fitness station culminating in a total distance of **8 kilometers.**

ALPHA^X BASE – SCALED VERSION

AlphaX base is the scaled version of the race, available in solo only where participants will perform 5x 800-meter run followed by 2 fitness stations back-to-back, culminating in a total distance of **4 kilometers.**

DIVISIONS

ALPHAX Divisions

Solo

- Men
- Women

Pairs

- Men's Pairs
- Women's Pairs
- Mixed Pairs

Relay

- 4 Men
- 4 Women
- 2 Men 2 Women

ALPHAX offers three divisions. The divisions differ in gender and weight.

The running distance remains the same across all divisions: everyone must run 800m between each for a total distance of 8 km. Athletes start in waves based on their division. The start always takes place exclusively with athletes of the same division.

ALPHAX Divisions

Solo

- U21
- U30
- U40
- U50
- U60
- +60

Pairs

- (Average age of the team = $(A1+A2)/2$)
- U30
 - U40
 - U50
 - U60
 - 60+

Relay

- (Average age of the team = $(A1+A2+A3+A4)/4$)
- U40
 - 40+

An athlete's age group (AG) is determined by their year of birth

RANKING SYSTEM

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event.

Results are sorted from the fastest to the slowest times. In addition, there is a ranking within the age groups, also sorted from the fastest to the slowest times.

If an athlete competes twice within the same division, only their fastest time will be considered for ranking purposes, and they are not eligible to podium more than once in that division for the same race.

The results will be published immediately after each event ends, and will be available at results. ALPHAX.com.

Any incomplete running laps or deviation from the prescribed repetition range or movement standards will result in a penalty (see Penalties) and/or disqualification. Penalties may be added or amendments made for up to 48 hours after each event ends.

THE RACE

1. ALPHAX SOLO OPEN RACE

An ALPHAX race consists of a 800m run followed by one fitness station, repeated 10 times.

In order to complete the entire ALPHAX race and receive a valid finishing time, the athletes must start at the designated start time, complete the runs and workouts in the designated order (Run 1, workout station 1, Run 2, workout station 2, etc.) until they have completed a total of 8 km running and 10 workout stations whilst wearing their issued timing chip on their ankle at all times.

An ALPHAX race operates using wave starts at regular scheduled intervals (e.g., every 10 minutes). Each athlete is assigned an official start time, which is communicated prior to race day and confirmed again at check-in.

Athletes must have their official start time clearly visible on their arm.

Note 1: Any athlete who starts in an earlier or later wave than their official assigned start time without prior approval from the Race Organizers will be Disqualified (DQ).

Note 2: It is the athlete's responsibility to wear their timing chip on their ankle at all times while racing. Failure to do so will result in a 'Did Not Start' (DNS) leaderboard result.

Note 3: Athletes must avoid entering the XZone or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.

THE RACE

2. ALPHAX PAIRS RACE

This division may consist of Two men, Two women , or One Man and One Woman

For PAIRS, the 10 runs and workout stations must be completed together.

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

Important 1 After the run, both team members must enter the workout station together. The workout cannot begin until both are present. The station can only be exited once all reps or distance are completed, and both team members must leave together.

Regarding the stations, It is up to each Pairs Team member **(PTM)** to determine how far in distance or how many reps they complete. ALPHAX Pairs workstations follow the principle of **'You Go/I Go'** which means whilst one PTM works, the other PTM rests and vice versa.

YGIG Example 800 meter Row:

PTM 1 starts rowing whilst PTM 2 rests

After a self-selected distance PTM 1 switches with PTM 2.

PTM 2 continues to Row whilst PTM 1 rests

This process is repeated until the entire distance of 800 meters is covered

THE RACE

3. ALPHAX TEAM RELAY RACE

ALPHAX TEAM RELAY is a 4-person-team race.

The RELAY Team can consist of either:

4 Women

4 Men

2 Women and 2 Men

An ALPHAX race consists of a 800m run followed by one workout, repeated 10 times.

Each RM has to run 2 x 800m and perform 2 workout stations at least. Which run/workstations each RM completes is entirely up to the team.

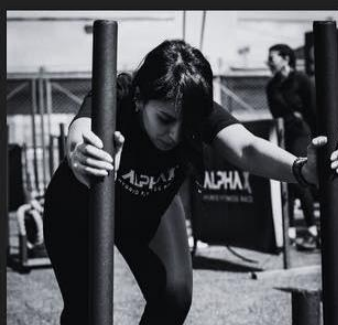
This means one RM can either perform 2 x 800m runs and 2 workout stations consecutively (back to back) or can complete one and return to the Relay Zone (RZ) whilst another RM completes the next run/workout station.



ALPHA^X RACE FULL COURSE STATIONS



800 METERS
ROW



50 METERS
SLED PUSH



50 METERS
BURPEE BROAD JUMP



200 METERS
FARMERS CARRY



80 METERS
SANDBAG LUNGES



800 METERS
SKI [ERG]



50 METERS
SLED PULL



40 BOX
GET OVERS



200 METERS BEAR
HUG WALK



80 REPS
WALLBALLS

ALPHAX RACE

FULL COURSE



ALPHA^X RACE FULL COURSE

WEIGHTS & DISTANCES

STATION	WOMEN SOLO & PAIRS	MEN SOLO, PAIRS & MIXED PAIRS	WOMEN RELAY MIXED RELAY	MEN RELAY MIXED RELAY
800m Row	—	—	—	—
50m Sled Push	100kgs	150kgs	100kgs	150kgs
50m Burpee Broad Jump	—	—	—	—
200m Farmers Carry	2x16kgs	2x24kgs	2x16kgs	2x24kgs
80m Sandbag Lunges	10kgs	20kgs	10kgs	20kgs
800m Ski Erg	—	—	—	—
50m Sled Pull	80kgs	100kgs	80kgs	100kgs
40 Box Get Over	50cm	60cm	50cm	60cm
200m Bear Hug Walk	50lbs	100lbs	50lbs	100lbs
80 Wall Balls	10lbs	14lbs	10lbs	14lbs



THE RACE

4. ALPHAX BASE RACE (SOLO DIVISION)

The Alphax BASE division (Only Solo) is a scaled version of the full AlphaX race, designed for athletes who want to experience the challenge with simplified standards while maintaining the same format, structure, and flow of the main event.

ALPHAX BASE race consists of an 800m run followed by two workouts, repeated 5 times. To receive a valid finishing time, athletes must complete the 5 total runs and 10 workout stations in the correct order (Run 1, Station 1 & 2, Run 2, Station 3 & 4, etc.), and always wear their issued timing chip on their ankle during the race.

Note 1: Any athlete who starts in an earlier or later wave than their assigned start time without prior approval from the Race Organizers will be Disqualified.

Note 2: The athlete is responsible for always wearing their timing chip correctly. Failure to do so will result in a void leaderboard result.

Note 3: Athletes must avoid entering the Alphax Stations or run course before their official start time, as doing so may trigger their timing chip and result in an incorrect race time.

MOVEMENT STANDARDS & FORMAT

All Alphax BASE athletes are required to follow the same movement standards and judging criteria as outlined in the AlphaX SOLO division, unless otherwise specified. Weights and distances are scaled appropriately to ensure accessibility while maintaining the event's competitive integrity.

ALPHA^X BASE SCALED VERSION STATIONS



800 METERS
ROW



50 METERS
SLED PUSH



50 METERS
BURPEE BROAD JUMP



200 METERS
FARMERS CARRY



80 METERS
BW LUNGES



800 METERS
SKI [ERG]



50 METERS
SLED PULL



40 BOX
GET OVERS

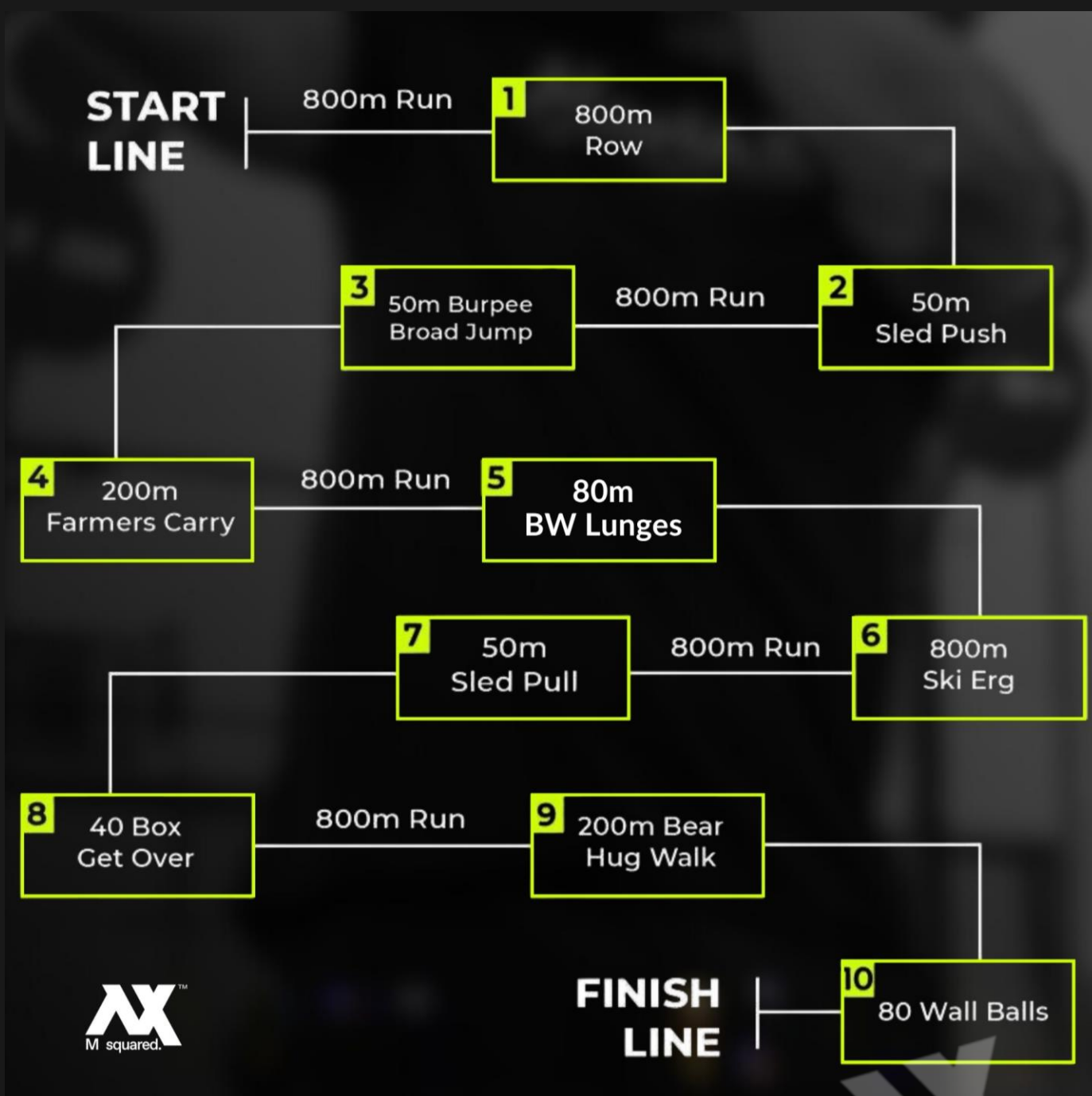


200 METERS BEAR
HUG WALK



80 REPS
WALLBALLS

ALPHA^X BASE SCALED VERSION



ALPHA X BASE – SCALED VERSION

WEIGHTS & DISTANCES

STATION	WOMEN SOLO	MEN SOLO
800m Row	—	—
50m Sled Push	80kgs	100kgs
50m Burpee Broad Jump	BW	BW
200m Farmers Carry	2x12kgs	2x20kgs
80m BW Lunges	BW	BW
800m Ski Erg		
50m Sled Pull	50kgs	80kgs
40 Box Get Over	50cm	60cm
200m Bear Hug Walk	35Lbs	55Lbs
80 Wall Balls	10Lbs	14Lbs

A Judging Team will be responsible for ensuring all athletes complete the stations in the correct and safe manner. The Judges do this in coordination with the Head Judge of the respective station.

The Head Judge of each station is managed by the Race Director, who oversees all sporting aspects of the race and makes the final decisions on all judging matters.

ALL DECISIONS OF THE RACE DIRECTOR ARE FINAL.

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 appears to provide a competitive advantage will not be recognized. Such actions may result in either a no rep or a time penalty, depending on the station.

Additionally, equipment and lane assignments for each station will be determined by the Head Judge and their team. Athletes are not permitted to choose their own equipment or lane under any circumstances.

RUNNING

All ALPHAX courses comprise the same distances and combine the Run Course, XZone and workout station distances.

The running splits are always around 800 meters; depending on the venue, this may be split between 1-4 running laps.



1. ROW

DISTANCE 800 METERS.

Prior to starting, the monitor will be (re) set by the Judging Team.

Athletes' feet must be on their rowers' foot plates and their backside on the seat before taking hold of the rower handle. Their feet must remain on the foot plates at all times.

After completing 800m, the athlete must remain seated and raise their arm to request a Judge confirm that the required distance has been completed.

The athlete may only dismount their rower and leave the workout station after receiving the Judge's confirmation of completion.

Note 1: The damper setting on the ergometer is preset to Resistance 6 for all divisions - this may be adjusted as many times as desired by the athlete.

Note 2: The footplates will be preset to Position Number 4 for all divisions. Athletes are permitted to adjust the footplate to their preferred setting before beginning.

1. ROW

PAIRS RULES:

The non-working pair should always stay behind the working pair in the designated area

The non-working pair should stand tall at all times and not allowed to be seated while resting

Passing over the rower handle to your pair isn't allowed, the working pair should put it back to its place.

ROWER PENALTY PROTOCOL:

An athlete's first infringement will result in a formal warning.

A second infringement will result in 15-second penalty.

Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.

If the athlete leaves before completing the 800 meters, they will receive a time penalty or they may be disqualified, depending on the severity of the violation.

If less than 100 m left a 1 min penalty will be applied

For every 100 m not completed a 2 min penalty will be applied

Passing the rower handle andles to the other partner is totally forbidden in Pairs division and will result in 15-second penalty

2. SLED PUSH

DISTANCE 50 METERS.

Each athlete will be assigned a sled lane by a member of the judging team. It is mandatory that the athlete uses the assigned sled lane.

Both sled and athlete must be completely behind the white line prior to starting.

Both sled and athlete must stay within their designated lane and not interfere with a neighboring lane in any way.

The sled must always pass the 12.5m mark (before the end of the lane, completely over the marked white line) before changing direction.

As soon as the athlete completes 4 x 12.5m legs and the entire sled passes the line, the station is complete.

If the athlete completes less than four legs, a penalty of 2 minutes per missing leg will be applied.

2. SLED PUSH

PAIRS RULES:

The non-working pair should always walk behind the working pair while pushing the sled

The non-working pair isn't allowed to help the working pair by any means

SLED PUSH PENALTY PROTOCOL:

An athlete's first infringement will result in a formal warning.

A second infringement will result in a 15-second penalty.

Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.

A penalty of 2 minutes will be applied for each missing leg

3. BURPEE BROAD JUMP

DISTANCE 50 METERS.

The athlete must start by completing a burpee.

The first burpee of each section starts with both hands placed on the ground/ contrasting colored tape behind the white start - line with the athlete's chest on the ground. In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.

The athlete may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must be parallel for taking off and landing. No staggered foot positions, additional steps or shuffles are permitted at any time.

Athletes are permitted to use a knee when coming out of the bottom of the burpee position.

When jumping or stepping out of any burpee, the feet cannot go beyond the athlete's fingertips (overstepping)

When starting all subsequent burpees, the athlete's hands must be placed no more than 30 cm's forward of their toes. The 30 cm measures from the base of the athlete's palms where their hands meet their wrists.

Once the hands are placed on the ground, they cannot be moved forward.

The athlete may then jump or step backwards into the burpee position. In the bottom of all burpees, the athlete's chest must clearly touch the ground. The length of each broad jump is up to the athlete.

3. BURPEE BROAD JUMP

Where turning points are used at the end of each section, athletes are not required to perform the movement around them. However, the athlete must jump across every white start/finish line with both feet fully crossing the line at the end of the section before turning. Each new section must begin from the designated start line position - chest on the ground with hands placed behind the white line .

The workout station is completed once the athlete jumps over the finish line. If either foot lands on the finish line, another burpee broad jump must be completed.

It is the athlete's responsibility to make it clear for the Judges that they are meeting all movement standards.

PAIRS RULES:

The non-working pair should walk behind the working pair at all times while doing the Burpee Broad Jump

The non-working pair isn't allowed to help the working pair by any means

BURPEE BROAD JUMP PENALTY PROTOCOL:

An athlete's first infringement will result in a formal warning.

A second infringement will result in a 15-second penalty.

Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.

4. FARMERS CARRY

DISTANCE 200 METERS.

Depending on the venue, achieving 200 meters may involve multiple laps. It is the athlete's responsibility to familiarize themselves with the athlete map and complete the required number of laps.

It is the athlete's responsibility to select the correct weight of kettlebells appropriate for their division - see options for weights/colors below.

The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/finish line.

The athlete has to carry both kettlebells at all times while they move.

Kettlebells must be carried with both arms extended by the athlete's sides.

Putting down the kettlebells to rest is permitted as long as the kettlebells do not move forward when placing them on the ground.

The workout station is completed once the athlete carries the kettlebells across the finish line and returns them to the correct box, ensuring that the handles remain in the upright position.

4. FARMERS CARRY

PAIRS RULES:

The non-working pair should always walk behind the working pair

The non-working pair isn't allowed to help the working pair by any means

FARMERS CARRY PENALTY PROTOCOL:

Each missing lap will result in a 2-minute penalty.

If the athlete fails to return their kettlebells to the correct area and/or they are not left in the upright position, a 1-minute penalty shall apply. If an athlete returns to correct their infringement before exiting the Xzone, this penalty will not be applied.

If an athlete completes all/part of the Farmers Carry using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification (DQ).

5. LUNGES

DISTANCE 80 METERS.

It is the athlete's responsibility to select the correct weight of sandbag for their division - see options for weights below.

The Sandbag Lunges begins and ends with the removal/return of the sandbag from the marked area next to the start/ finish line.

The athlete must lift up the sandbag without assistance and place it across both shoulders. It must remain on both shoulders at all times throughout the station, including in the turn zones

The athlete starts by standing tall with both feet behind the line before beginning their first lunge across the start line.

During each lunge, the trailing knee must clearly touch the ground and each repetition ends with the athlete standing tall, knees and hips fully extended.

Lunges must be alternating i.e. alternating knees touching the ground.

The athlete can either lunge continuously or stop between each lunge with both feet parallel on the ground. It is not permitted to take any steps or shuffles between repetitions.

It is required that the athlete's front foot must completely cross the white line at the end of each lane, and the finish line.

The athlete does not need to lunge around the turning points at the end of each lane. However, they are required to restart each working section with two feet behind the white line and by lunging across it .

The station is complete once the athlete's leading foot completely crosses the finish line. They must then return the sandbag to the correct marked area.

5. LUNGES

PAIRS RULES:

The non-working pair should walk behind the working pair at all times

The non-working pair isn't allowed to help the working pair by any means

SANDBAG LUNGES PENALTY PROTOCOL:

An athlete's first infringement will result in a formal warning.

A second infringement will result in a 15-second penalty.

If the athlete fails to return their sandbag to the correct area, a 1-minute penalty shall apply. If an athlete returns to correct their infringement before exiting the Xzone, this penalty will not be applied.

If an athlete completes all/part of the Sandbag Lunges using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification (DQ).

The sandbag must remain on both shoulders at all times and the athlete is not permitted to put the sandbag down at any time during the workout station, including the turn zones.

The first infringement will result in a 15-second penalty i.e. no warning. A second infringement will result in disqualification.

6. SKI ERG

DISTANCE 800 METERS.

Prior to starting, the monitor will be (re)set by a Judge.

The athlete must have both feet on the Ski-Erg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The athlete's heels are permitted to hang over the edge of the Ski-Erg base but must not come into contact with the floor.

After completing the required distance, the athlete must remain with both feet on the platform and raise an arm to signal to a Judge that the required distance has been completed.

The athlete may only leave their SkiErg upon receiving the Judge's confirmation of completion.

Note: The damper setting on the ergometer is preset to resistance 6 for all divisions - this may be adjusted as many times as desired by the athlete.

6. SKI ERG

PAIRS RULES:

The non-working pair should stay behind the working pair at all times in the designated area

The non-working pair should stand tall at all times and not allowed to be seated while resting

Passing over the ski handle to your pair isn't allowed, the working pair should put it back to its place.

SKI-ERG PENALTY PROTOCOL:

If the athlete's feet move from the Ski-Erg base, this will result in a formal warning.

A second infringement will result in a 15-second penalty.

Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.

If the athlete leaves before completing the 800 meters, they will receive a time penalty or be disqualified, depending on the severity of the violation.

If less than 100 m left a 1 min penalty will be applied

For every 100 m not completed a 2 min penalty will be applied

Passing the ski handles to the other partner is totally forbidden in Pairs division and will result in 15-second penalty

7. SLED PULL

DISTANCE 50 METERS.

Each athlete will be assigned a sled lane by a member of the judging team. It is mandatory that the athlete uses the assigned sled lane.

Both sled and athlete must be completely within their respective Athletes Box prior to starting.

At all times, the athlete must remain within their designated working space (known as the Athletes Box with 1x2m dimensions) at each end of their lane. Athletes are not permitted to step on the solid line at the front or back of the Athletes Box while holding the rope.

The sled must always pass the 12.5m mark (before the end of the lane, completely over the marked white line) before changing direction.

Once the athlete pulls the entire sled past the 12.5m mark, the athlete then runs to the opposite of their lane and pulls the sled back.

At all times, the athlete must remain standing; it is not permitted to pull the sled from a seated or kneeling position.

At all times, the athlete must make sure that their rope remains in their lane - it may extend out of the back of their lane, but may not impede a neighboring lane.

As soon as the athlete has completed 4 x 12.5 m leg and the entire sled passes the line, the station is complete.

7. SLED PULL

PAIRS RULES:

The non-working pair should always walk behind the working pair while pulling the sled

The non-working pair isn't allowed to help the working pair by any means

SLED PULL PENALTY PROTOCOL:

An athlete's first infringement will result in a formal warning.

A second infringement will result in a 15-second penalty.

Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.

A penalty of 2 minutes will be applied for each missing leg

8. BOX GET OVER

40 BOX GET OVER - STEP-UPS ARE ALLOWED.

Athletes must begin standing fully upright on the ground, feet together or shoulder-width apart. Hands may be used for balance but cannot push off the box.

Repetition ends when the athlete steps or jumps down to the other side. Both feet must make contact on the top of the box before stepping down.

No jumping directly over without foot contact. Athletes Must show brief control on top of the box before descent.

Standard Box Height: Men – 60cm (24”) | Women – 50cm (20”)

PAIRS RULES:

The non-working pair should stay behind the working pair at all times in the designated area and should stand tall at all times and not allowed to be seated while resting

BOX GET OVER PENALTY PROTOCOL:

No-Rep Faults:

Hands push off your legs or the box to assist movement.

Jumping directly over without establishing contact on the top.

One foot only on the box before stepping down.

Failure to maintain control (falling off, slipping, etc.).

Athletes must repeat the invalid rep immediately.

For every rep short of 40 at the station exit, the athlete receives a 15-second penalty per missing rep.

9. BEAR HUG WALK

DISTANCE 200 METERS.

Depending on the venue, achieving 200 meters may involve multiple laps. It is the athlete's responsibility to familiarize themselves with the athlete map and complete the required number of laps.

It is the athlete's responsibility to select the correct weight of Sandstone appropriate for their division - see options for weights/colors below.

The Bear Hug Walk begins and ends with the removal/return of the Sandstone from the marked box next to the workout station start/finish line.

The athlete has to carry the Sandstone at all times while they move and it must be carried at a front position with both arms.

Putting down the Sandstone to rest is permitted as long as the Sandstone do not move forward when placing them on the ground.

The workout station is completed once the athlete carries the Sandstone across the finish line and returns them to the correct box, ensuring that the Sandstone is in its proper position.

9. BEAR HUG WALK

PAIRS RULES:

The non-working pair should walk behind the working pair at all times

The non-working pair isn't allowed to help the working pair by any means

BEAR HUG WALK PENALTY PROTOCOL:

Each missing lap will result in a 2-minute penalty.

If the athlete fails to return their Sandbag to the correct area, a 1 minute penalty shall apply. If an athlete returns to correct their infringement before exiting the Xzone, this penalty will not be applied.

If an athlete completes all/part of the Farmers Carry using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification (DQ).

10. WALL BALLS

80 REPS

It is the athlete's responsibility to ensure they have selected the correct weight of wall ball relevant to their division.

The athlete must start by standing tall (hips and knees extended), holding the wall ball with both hands i.e. it is not permitted for athletes to pick the wall ball up from the ground and immediately throw it at the target.

The athlete then squats below parallel and throws the ball (with both hands) as they stand up, striking the correct target on the wall ball rig - this is counted as one repetition.

Each wall ball throw must strike the designated target i.e. female athletes must hit their target in the strike zone, male athletes must hit their target in the strike zone.

After the ball touches the target, the athlete either catches the ball or initiates the movement again or alternately, the athlete allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat. Athletes are not permitted to catch the ball after it bounces and continue with the next repetition.

At the bottom position of the squat, the athlete's hips must descend lower than their knees (also known as; below parallel or below 90°)

10. WALL BALLS

Athletes may only proceed to the Finisher Stage once the judge confirms that 80 valid Wall Ball repetitions have been completed.

Athletes are permitted to remove their shoes once they arrive at their designated target. The athlete must place the shoes under the rig. After completing 80 valid wall balls the athlete is required to take their shoes with them to the Finisher Stage - athletes are not permitted to return to the wall ball area after completing the race.

Athletes must NOT run underneath the wall ball rig when making their way to the Finisher Stage - they must go via the outside of the wall ball rig.

If the athlete breaches any of these requirements, that repetition will be deemed a 'no rep'

If the athlete leaves their station before reaching 80 valid reps, they will not be called back to complete the remainder. Instead, a 15-second time penalty will be applied for each incomplete repetition.

Note: Squat Depth Boxes

A squat depth box may be used at the Judge's discretion to assist in assessing whether an athlete's squat meets the required depth. They cannot be requested by an athlete. These boxes are not to be used for resting or sitting - they serve solely as a depth indicator, not as a resting opportunity during the workout.

10. WALL BALLS

PAIRS RULES:

The non-working pair should always stay behind the working pair in the designated area

The non-working pair should stand tall at all times and not allowed to be seated while resting

WALL BALL PENALTY PROTOCOL:

No warnings are given, it is either a rep or a no-rep.

Each missing rep will incur a 15-second penalty.

If an athlete uses powdered chalk at the wall ball workout station, a 2-minute penalty will apply.

CLOTHING GUIDELINES

It is the responsibility of the athlete to ensure that they are appropriately dressed.

All athletes are required to wear closed-toe shoes at all times during the race, except at the Wall Ball workout station where athletes may remove their shoes to complete the Wall Balls.

FOLLOWING ITEMS MAY BE USED DURING THE RACE:

- Knee Sleeves, Gloves (not grips), Weightlifting Belt, Wristbands, and Hydration Packs
- Asthma inhalers or similar prescribed respiratory devices
- Any item not explicitly listed as permitted is, by default, prohibited.

Note 1: If an athlete 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 athlete 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 athlete has finished.

Note 3: Compliance with the ALPHAX Anti-Doping Policy must be honoured at all times.

ACCESSORIES GUIDELINES

FOLLOWING ITEMS ARE STRICTLY FORBIDDEN AT ALL TIMES:

- All types of Headphones
- Cell Phones*
- VR Headsets
- GoPro or any other type/brand of (body) cameras
- Helmets**
- Breathing apparatus**
- Compressed air cylinders**

* If a medical device that requires proximity to an athlete's phone is necessary during the race, prior approval must be obtained from the Race Director. Please 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 athletes is not permitted on the ALPHAX 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 athletes remains our top priority. Uniforms and weight vests are still permitted, provided they do not interfere with the safety or performance of other athletes.

HYDRATION/NUTRITION

During the race, water will be made available at least once during, before or after each pass through the Xzone. A sports drink or other hydration product may also be available. Any athletes desiring nutrition must carry it on their person from the start of the race.

Athletes are not permitted to accept any beverage or nutritional product from anyone except the aid stations during their event. Doing so is considered 'outside assistance' and carries a 3-minute time penalty per infringement.

POOR SPORTSMANSHIP

Any form of poor sportsmanship, including threatening and/or abusive behaviour towards event staff, judges, volunteers, spectators or fellow athletes can lead to penalties and/or disqualification. These penalties can also be applied retrospectively following a race.

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

GENERAL CONDUCT

Littering is prohibited. For example, all paper cups and used gel packaging must be discarded in the bins provided, not on the Xzone floor or run course. Each infringement can result in a 2-minute time penalty.

Spitting or clearing of nostrils onto the floor is strictly prohibited. Each infringement will result in a 2-minute time penalty.

EVENT DAY SCHEDULE

On event day, athletes will encounter the following areas.

REGISTRATION, TIMING CHIP AND WRISTBANDS

Once athletes arrive at the venue, they will need to attend the athlete Check-in area where they will receive their timing chip/ankle strap, athlete number and wrist lanyard.

Athletes need to bring a government issued photo ID and their registration confirmation.

Each athlete also receives a timing chip for recording the athlete's time(s) during the race. This chip must be attached to their ankle. It is the athlete's responsibility to wear the timing chip correctly on their ankle throughout the race. Pairs and Relays will carry one chip per team.

CHANGING ROOMS AND BAG DROP AREA

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

WARM-UP AREA

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

START ZONE AREA

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

TIME PENALTIES

MISSING RUN LAPS

If an athlete does not run the correct number of laps, a time penalty of 3-7 minutes per lap will be applied and added to their final result time.

For example: For a specific venue, the time penalty could be 5 minutes. The athlete's final result time is 1:00 but if they missed 2 run laps throughout the race their final result time will be 1:10 (2 x 5 minute penalties).

COMPLETING THE STATIONS IN THE INCORRECT ORDER

If an athlete does not complete the station in the correct sequence (1-10), they are permitted to complete missing stations prior to entering station 10 (Wall Balls).

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.

MISSED STATION / MISSED 800M RUN

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

Confusion of Xzone IN and OUT

Each time an athlete runs into the Xzone via the OUT arch, or out of the Xzone via the IN arch they will receive a 2-minute penalty.

TIME PENALTIES

Time penalties can be issued on the run and at Stations 1-10. Time penalties depend on the infringement and Station.

Many penalties are automatically detected by the timing system using chip reads — 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 kettlebells correctly, or a no-rep on wall ball squats — can be penalized in real time by Judges or Head Judges.

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

For Stations 1–7,9 , athletes will receive one warning per station for not meeting movement standards. On the second infringement - regardless of type - the repetition is deemed invalid and the athlete will receive the associated time or distance penalty. Any further violations within the same station will incur additional penalties.

For stations 8,10 you have to complete the designated number of reps according to the correct motion standards.

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

TIME PENALTIES

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).

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.

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 recognized and will result in an invalid repetition (no rep) or a time penalty.

RULES OF CONDUCT

- By registering for an ALPHAX event, athletes are agreeing to compete in a fair and honorable manner and to abide by the ALPHAX 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 ALPHAX races and/or legal action.
- Any participant who is disqualified from an ALPHAX 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.
- To participate in any stage of ALPHAX, all athletes (individuals/team) must agree and abide to all the rules and policies, including, without limitation, the assumption of risk, and publicity release, all of which are incorporated by reference, and to the decisions of ALPHAX, which are final and binding in all respects.
- All athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by ALPHAX, paid and validly registered for entry, completed an online and/or on-site check-in process, and must be wearing official event identification and/or credentials where specified.

RULES OF CONDUCT

- ALPHAX prohibits athletes from using any illegal performance enhancing substances. If it is found that an athlete is under the influence or use of such substances, ALPHAX reserves the right to disqualify the athlete from the competition and/or revoke any prizes earned while under the influence or during the use of such substances.
- This Guide is not intended as a limitation on ALPHAX staff rights to operate ALPHAX in any manner it sees fit. ALPHAX, reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator at any time, with no further obligation or duty to such individual.
- ALPHAX has, and may, delegate to an On-site Director, the absolute authority on any final ruling including, without limitation, disqualification of an athlete, removal of spectator(s), or dismissal of any attendee. • It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested.
- Photography and footage: non-professional, non-flash photography, and video cameras are permitted at any of ALPHAX Fitness events for personal use only. All cameras (video and still) must be handheld with a telephoto lens no longer than 12.7 cm (5 inches) in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than 12.7 cm (5 inches) in length (professional photography equipment) are not permitted.

RULES OF CONDUCT

- ALPHAX race is owned & managed by In The Zone Sports, both have the right to use any photo/video taken from the event without any restrictions and all athletes comply with and agree to that.
- Your registration to the event indicates that you have read the rules and WAIVE, RELEASE, AND DISCHARGE ALPHAX from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to you. I INDEMNIFY, HOLD HARMLESS, AND WILL NOT SUE the entity and/or persons organizing this event and waive them from any and all liabilities or claims made as a result of participation in this activity or event, whether caused by the negligence of release or otherwise,

SPORTSMANLIKE

- A sportsmanlike manner should be followed by all athletes and their supervisors.
- Athletes aren't allowed to assault the judges or organizers verbally or physically at any time and if any athlete is facing any problem should report to the head of judges and wait for his/her decision, and in case the athlete didn't follow the procedures, the athlete may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
- Athletes aren't allowed to interfere or harass other participants during their workouts, and in case any athlete was involved in deliberately harming other participants, he/she will be considered disqualified from the competition.
- In case the athlete's coach or friend interfered or harassed other participants or assaulted any of the judges or organizers verbally or physically at any time, this athlete will be disqualified immediately.

SPORTSMANLIKE

- In case any huge issue occurred with any of the athletes; individuals or teams, that the head of judges couldn't take the best decision, the On-site Director can interfere and has absolute authority to take the decision that best suits the situation.
- Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse, alteration of equipment, or refusal to follow instruction) or that interferes with an athlete's and event judge's communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the event, is not allowed.
- All information provided, either in registration submissions, video submissions, scores, times, or reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the rules or intent of the rules of ALPHAX, including lying (as one example) will result in disqualification.

PARTICIPATION REQUIREMENTS

- ALPHAX reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams, or others to participate in any stage of the competition. This decision may be made to preserve the traditions and spirit of ALPHAX or for any other reason at the sole discretion of ALPHAX
- All athletes must validly and truthfully register online at the official registration and scoring platform Competition Corner and it is the athlete's sole responsibility to provide current, valid, and truthful information, including an email address.
- All athletes younger than 16 years old must provide additional parental consent during the on-site check in and a parent or guardian must be available onsite.

PENALTIES SUMMARY:

1. ROW PENALTIES:

- An athlete's first infringement will result in a formal warning
- A second infringement will result in 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty no further warnings will be issued.
- If the athlete leaves before completing the 800 meters, they will receive a time penalty or they may be disqualified, depending on the severity of the violation.
- If less than 100 m left a 1 min penalty will be applied For another 100 m not completed a 2 min penalty will be applied
- Passing the rower handle to the other partner is totally forbidden in Pairs division and will result in 15-second penalty.

2. SLED PUSH PENALTIES:

- An athlete's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- A penalty of 2 minutes will be applied for each missing leg

PENALTIES SUMMARY:

3. BURPEE BROAD JUMP PENALTIES:

- An athlete's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty
- Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.

4. FARMERS CARRY PENALTIES:

- Each missing lap will result in a 2-minute penalty.
- If the athlete fails to return their kettlebells to the correct area and/or they are not left in the upright position, a 1-minute penalty shall apply. If an athlete returns to correct their infringement before exiting the Xzone, this penalty will not be applied.
- If an athlete completes all/part of the Farmers Carry using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification (DQ).

PENALTIES SUMMARY:

5. SANDBAG LUNGES PENALTIES:

- An athlete's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- If the athlete fails to return their sandbag to the correct area, a 1-minute penalty shall apply. If an athlete returns to correct their infringement before exiting the Xzone, this penalty will not be applied.
- If an athlete completes all/part of the Sandbag Lunges using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification (DQ).
- The sandbag must always remain on both shoulders, and the athlete is not permitted to put the sandbag down at any time during the workout station, including the turn zones. The first infringement will result in a 30-second penalty i.e. no warning. A second infringement will result in disqualification.

PENALTIES SUMMARY:

6. **SKI-ERG PENALTIES:**

- If the athlete's feet move from the Ski-Erg base, this will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.
- If the athlete leaves before completing the 800 meters, they will receive a time penalty or be disqualified, depending on the severity of the violation.
- If less than 100 m left a 1 min penalty will be applied
- For every 100 m not completed a 2 min penalty will be applied
- Passing the ski handles to the other partner is totally forbidden in Pairs division and will result in a 15-second penalty

7. **SLED PULL PENALTIES:**

- An athlete's first infringement will result in a formal warning.
- A second infringement will result in a 15-second penalty.
- Each subsequent infringement will incur an additional 30-second penalty - no further warnings will be issued.
- A penalty of 2 minutes will be applied for each missing leg

PENALTIES SUMMARY:

8. BOX GET OVER PENALTIES:

- No-Rep Faults:
 - Hands push off the box to assist movement.
 - Hands push off the legs to assist movement.
 - Jumping over without establishing contact on the top
 - One foot only on the box before stepping down.
 - Failure to maintain control (falling off, slipping, etc.).
 - Athletes must repeat the invalid rep immediately.
 - For every rep short of 40 at the station exit, the athlete receives a 10-second penalty per missing rep.

9. BEAR HUG WALK PENALTIES:

- Each missing lap will result in a 2-minute penalty.
- If the athlete fails to return their Sandbag to the correct area, a 1 minute penalty shall apply. If an athlete returns to correct their infringement before exiting the Xzone, this penalty will be removed
- If an athlete completes all/part of the Farmers Carry using the incorrect weight, they are required to repeat the entire workout. Failure to do so will result in Disqualification (DQ).

10. WALL BALL PENALTIES:

- No warnings are given, it is either a rep or a no-rep.
- Each missing rep will incur a 15-second penalty.
- If an athlete uses powdered chalk at the wall ball workout station, a 2 minute penalty will apply.



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RULES BOOK

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