

— M squared. —

**ALPHA**X™  
HYBRID FITNESS RACE

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.

The 2nd edition will be held on the 18th of April at The Egypt International Exhibition Center. 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 is a fitness race format that combines running with functional fitness. Participants complete an 800m run followed by a fitness station, repeated across 10 rounds. To officially finish and receive a valid time, athletes must complete all runs and stations in the exact sequence outlined (run → station → run → station, and so on), totaling 8 km of running and 10 stations.

While weights vary depending on the division, the running distance remains consistent for all, each participant runs 800m before every station. The only exception is the Base division, where participants complete 400m runs followed by 1 station, accumulating 4 km of running across 10 stations.

Rankings are determined by completion time, with results ordered from fastest to slowest within each division. In addition to overall male and female winners, participants are also ranked within specific age categories, based on their finishing times.



## 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](#)

# ALPHAX FORMATS

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## ALPHAX 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.**

## ALPHAX BASE – SCALED COURSE

AlphaX base is the scaled version of the race, available in solo and pairs only where participants will perform either

1. 5x 800-meter run followed by 2 fitness stations back-to-back,

or

2. 10x 400-meter run followed by 1 fitness station, culminating in a total distance of **4 kilometers.**

# DIVISIONS

## ALPHAX Gender Divisions

### Solo (Open/Base)

- Men
- Women

### Pairs (Open/Base)

- 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 station weights.

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 Age 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

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Rankings are determined based on the fastest completion time within each division for every event.

All results are ordered from fastest to slowest, with additional rankings categorized by age groups following the same format.

If an athlete competes more than once in the same division, only their best time will be counted toward the rankings. They are also not permitted to place on the podium more than once within the same division for a single race.

Results are published immediately after the conclusion of each event and can be accessed through [ALPHAX.com](http://ALPHAX.com).

Failure to complete the required running distance, or not adhering to the specified repetition ranges or movement standards, may lead to penalties or disqualification (as detailed in the Penalties section). Event organizers may also apply penalties or make adjustments to results for up to 48 hours after the event has ended.

# THE RACE

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## 1. ALPHAX SOLO OPEN RACE

An ALPHAX race is made up of an 800m run followed by a fitness station, repeated across 10 rounds.

To successfully complete the race and receive an official finishing time, athletes must begin at their assigned start time and follow the prescribed sequence (Run 1 → Station 1 → Run 2 → Station 2, and so on) until they complete a total of 8 km of running and 10 workout stations. Throughout the race, participants are required to wear their assigned timing chip on their ankle at all times.

The event uses a wave start system, with groups starting at scheduled intervals (for example, every 10 minutes). Each athlete is given a specific start time ahead of race day, which is also reconfirmed during check-in.

Athletes must display their official start time clearly on their arm.

**Note 1:** Starting in a wave other than the assigned one without prior approval from race organizers will result in disqualification (DQ).

**Note 2:** Wearing the timing chip on the ankle at all times is mandatory. Failure to do so will result in a “Did Not Start” (DNS) result.

**Note 3:** Athletes should not enter the XZone or the running course before their official start time, as this may activate the timing chip prematurely and lead to an inaccurate race result.

# THE RACE

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## 2. ALPHAX PAIRS OPEN 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

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## 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 Relay Member(RM) has to do at least 2 Full Segments  
(1 segment is **1 x800m run followed by 1 station**) .

Which run/workstations(segment) 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 (2 segments) back to back or can complete one segment and return to the Relay Zone (RZ) whilst another RM completes the next (segment) run/workout station.

For the Final Run to reach the wall balls the 4TM have to do it together and reach the Wall Balls station together and after its completion the 4TM have to pass the finish line

# ALPHA X RACE FULL COURSE STATIONS

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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



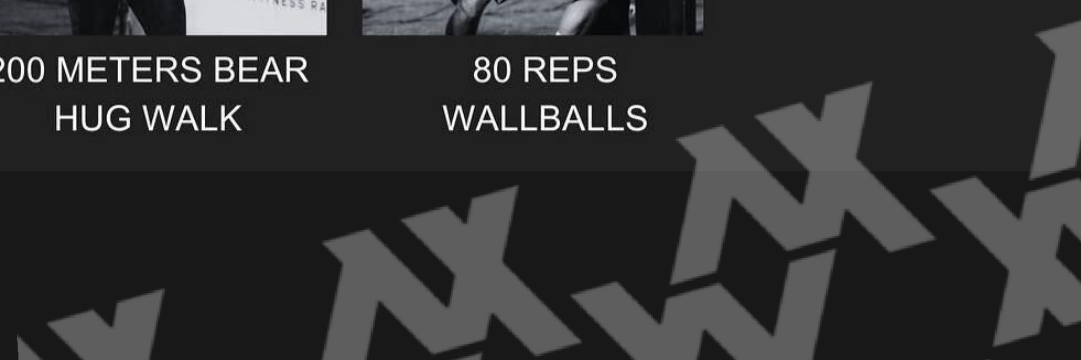
40 BOX  
GET OVERS



200 METERS BEAR  
HUG WALK



80 REPS  
WALLBALLS



# ALPHAX

## RACE FULL COURSE



# ALPHAX 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

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## 4. ALPHAX SOLO BASE RACE

The Alphax BASE division 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 either an 800m run followed by two stations, repeated 5 times or a 400m run followed by 1 station, repeated 10 times . To receive a valid finishing time, athletes must complete the 10 workout stations in the correct order 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.

# THE RACE

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## 5. ALPHAX PAIRS BASE 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 400m 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

# ALPHA X BASE SCALED VERSION STATIONS

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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



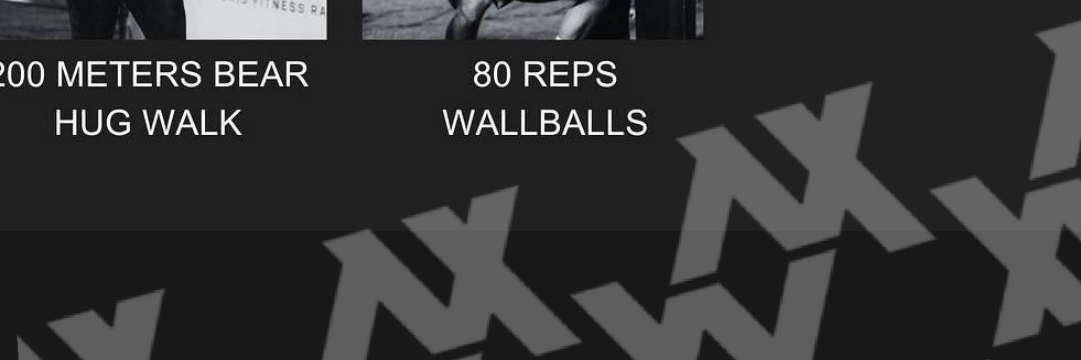
40 BOX  
GET OVERS



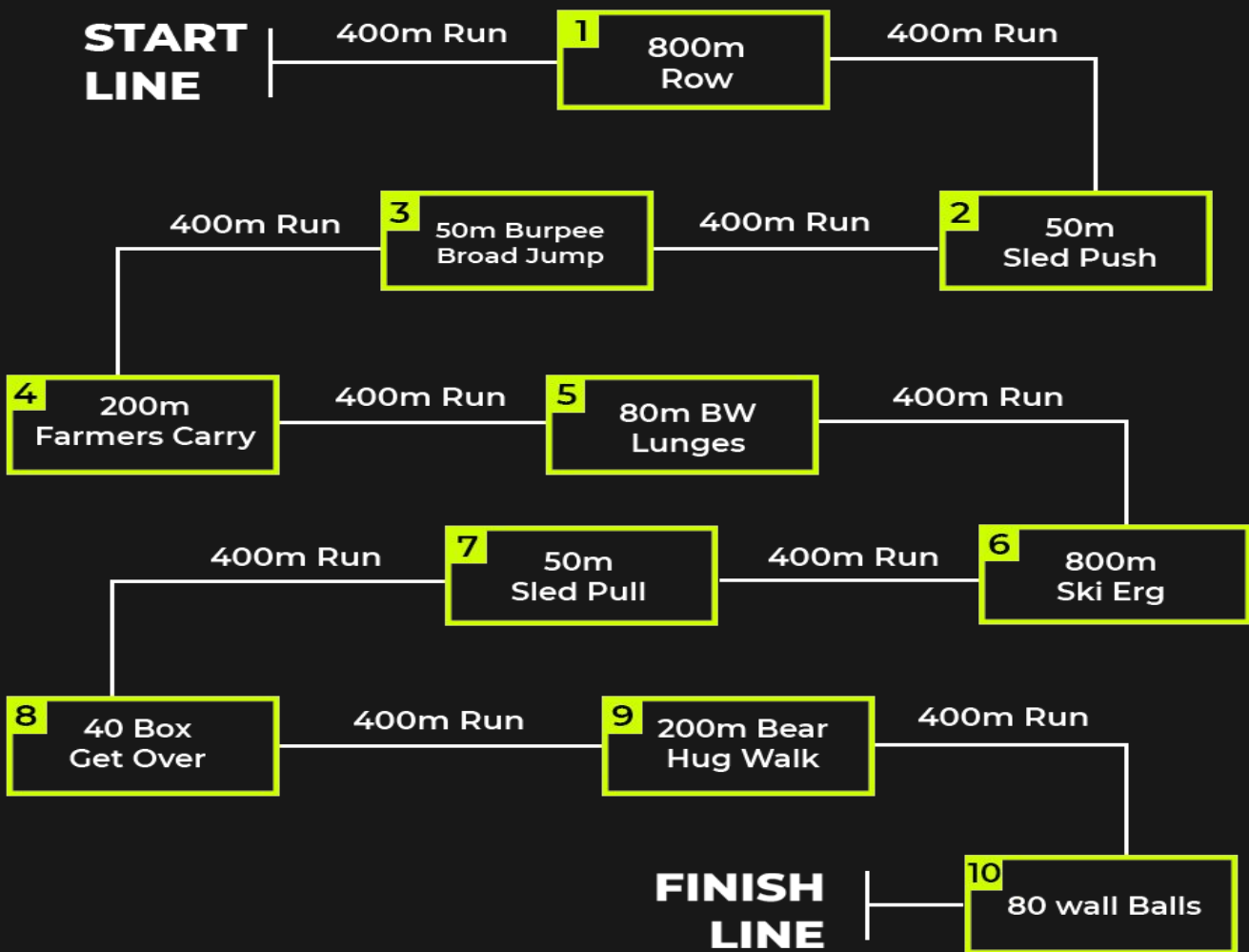
200 METERS BEAR  
HUG WALK



80 REPS  
WALLBALLS



# ALPHA X BASE SCALED VERSION



# ALPHAX BASE – SCALED VERSION WEIGHTS AND DISTANCES

STATION	WOMEN SOLO & PAIRS	MEN SOLO & PAIRS
800m Row	—	—
50m Sled Push	80kgs	100kgs
50m Burpee Broad Jump	—	—
200m Farmers Carry	2x12kgs	2X20kgs
80m Sandbag 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 is responsible for ensuring that all athletes perform each station correctly and safely. They work in coordination with the Head Judge assigned to each station.

Each Head Judge is supervised by the Race Director, who is responsible for all sporting aspects of the event and holds the final authority on any judging decisions.

**ALL DECISIONS OF THE RACE DIRECTOR ARE FINAL.**

## **MOVEMENT STANDARDS, DISTANCES AND WEIGHTS**

Each athlete is responsible for completing all running segments and workout stations in the correct order, while ensuring that all movement standards are clearly met throughout the race.

Any run or movement performed outside the prescribed standards, or in a way that appears unconventional or provides an unfair advantage, will not be accepted. This may result in a no-rep or a time penalty, depending on the station.

Equipment and lane allocations for each station are assigned by the Head Judge and their team. Athletes are not allowed to select their own equipment or lane under any circumstances.

# **RUNNING**

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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

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## **DISTANCE 800 METERS.**

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

Athletes must have their feet secured on the rower's footplates and be seated before grabbing the handle. Their feet must remain on the footplates at all times during the effort.

Once the 800m is completed, the athlete must stay seated and raise their hand to signal for a judge to verify the distance. Only after receiving confirmation can the athlete dismount the rower and leave the station.

**Note 1:** The ergometer damper is preset to Resistance 6 for all divisions, but athletes may adjust it as desired.

**Note 2:** Footplates are initially set to position 4 for all divisions; however, athletes may adjust them to their preferred setting before starting.

# **1. ROW**

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## **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 to the other partner is totally forbidden in Pairs division and will result in 15-second penalty

## 2. SLED PUSH

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### **DISTANCE 50 METERS.**

Each athlete is assigned a specific sled lane by the judging team, and it is mandatory to use that designated lane.

Before starting, both the athlete and the sled must be fully positioned behind the white line. Throughout the station, they must remain within their assigned lane and avoid interfering with adjacent lanes.

The sled must fully cross the 12.5m mark (completely over the white line) before the athlete can change direction. The station is considered complete once the athlete finishes 4 x 12.5m lengths and the sled fully crosses the line.

If fewer than four lengths are completed, a penalty of 2 minutes will be added for each missing length.

## **2. SLED PUSH**

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### **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

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### **DISTANCE 50 METERS.**

The athlete must start by completing a burpee.

The first burpee in each section begins with both hands placed on the ground or contrasting tape behind the white start line, with the athlete's chest in contact with the ground. "Chest on the ground" is defined as the nipple line clearly touching the surface.

From this position, the athlete may step or jump out of the burpee and perform a broad jump forward over the start line. For every broad jump, both feet must take off and land together in a parallel position, staggered feet, extra steps, or shuffling are not allowed.

Athletes are allowed to use a knee when rising from the bottom of the burpee. However, when stepping or jumping out, the feet must not pass beyond the athlete's fingertips (no overstepping).

For all subsequent burpees, the hands must be placed no more than 30 cm in front of the toes, measured from the base of the palms. Once the hands are set on the ground, they cannot be moved forward.

The athlete may then step or jump back into the burpee position, ensuring that the chest clearly touches the ground at the bottom of each repetition. The distance covered in each broad jump is at the athlete's discretion.

## 3. BURPEE BROAD JUMP

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At sections with turning points, athletes are not required to move around the markers. However, they must jump over each white start/finish line, ensuring both feet fully clear the line before turning.

Each new section must begin from the correct starting position, with the chest on the ground and hands placed behind the white line.

The station is considered complete once the athlete successfully jumps over the finish line. If either foot lands on the line, an additional burpee broad jump must be performed.

It is the athlete's responsibility to clearly demonstrate to the judges that all movement standards are being properly met.

### **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

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### **DISTANCE 200 METERS.**

Depending on the venue layout, completing the 200 meters may require multiple laps. Athletes are responsible for reviewing the course map and ensuring they complete the correct number of laps.

It is also the athlete's responsibility to choose the appropriate kettlebell weight for their division (refer to the designated weight/color options).

The Farmers Carry starts by picking up the kettlebells from the marked box beside the start/finish line and ends by returning them to the same location.

Athletes must carry both kettlebells at all times while moving, with arms fully extended by their sides. They are allowed to put the kettlebells down to rest, provided they do not move them forward when placing them on the ground.

The station is completed once the athlete crosses the finish line with the kettlebells and returns them to the correct box, making sure the handles are positioned upright.

## 4. FARMERS CARRY

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### **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

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## **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

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## **DISTANCE 800 METERS.**

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

Athletes must keep both feet on the SkiErg platform throughout the exercise. While lifting the feet during movement is allowed, the heels may extend beyond the edge of the platform but must not touch the ground.

Once the required distance is completed, the athlete must remain on the platform with both feet in place and raise one arm to signal a judge for verification.

The athlete is only permitted to leave the SkiErg after receiving confirmation from the judge.

**Note:** The ergometer damper is preset to resistance level 6 for all divisions, but athletes may adjust it as desired.

# 6. SKI ERG

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## **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**

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### **DISTANCE 50 METERS.(12.5m x 4 legs)**

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

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### **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

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### **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

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### **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

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## 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 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

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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

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## **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

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Athletes are responsible for their own attire and must wear closed-toe footwear throughout the event. The only exception is the Wall Ball station, where shoes may be removed.

## **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

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## **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**

**No Littering:** All trash, including cups and gel packets, must be placed in bins rather than on the floor or course.

**No Spitting:** Spitting or clearing nostrils onto the ground is strictly forbidden.

**Penalties:** Each violation of these rules will result in a 2-minute time penalty.

# EVENT DAY SCHEDULE

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On event day, athletes will encounter the following areas.

## **REGISTRATION, TIMING CHIP AND WRISTBANDS**

Upon arrival, athletes must present a government photo ID and registration confirmation at the check-in area. There, you will collect your athlete number, wrist lanyard, and timing chip.

### Timing Chip Requirements

**Placement:** The chip must be securely fastened to your ankle for the duration of the race.

**Responsibility:** You are responsible for ensuring the chip is worn correctly to track your time.

**Teams:** Pairs and Relay teams will use a single chip per group

## **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

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## **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

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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

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## **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

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- 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

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- 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

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- 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

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- 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

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- 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**

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- 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:

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## 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:

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## 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:

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## 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:

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## 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:

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## 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.

— M squared. —

**ALPHA**X™  
HYBRID FITNESS RACE

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2025/2026