



5KX T

R A C E



RULES & GUIDELINES

WWW.5KRACE.COM |   @5KXRACE

GENERAL: Athletes must be respectful and courteous to all competitors, spectators, race officials, and race staff. Athletes may never intentionally impede or disrupt the progression of another competitor. Additionally, athletes must follow all rules in good faith, including adherence to course markings, rules for proper execution of required repetitions and form for functional fitness exercises. Failure to adhere to these guidelines may lead to disqualification.

Athletes must fully complete all runs and functional fitness exercises in order to be eligible for awards/prizes.

Spectators or fellow athletes may hand athletes snacks/beverages, towels, chalk, shoes/shirts, lifting belts (no lifting straps), gloves, and verbal encouragement as needed. However, athletes are not allowed to leave these items unattended or in any place that may hinder another athlete. Failure to comply with this rule will lead to disqualification.

Athletes are allowed rest during repetitions of functional fitness exercises. However, if the athlete is resting, and another competitor needs use of the exercise equipment of the resting athlete, they will be given priority. For instance, if an athlete is resting after 12 reps of a 25 rep deadlift, and another athlete approaches for their first reps, the resting athlete must allow the approaching athlete to use their barbell until that athlete finishes, or needs a rest themselves.

GENERAL DOUBLES TEAMS RULES:

Teammates must wear some form of matching shirts/tops/bottoms/socks to make it very clear that they are a team.

Athletes must stay within a few feet of their teammate at all times, and must complete all runs together.

Teammates may split up the completion of all functional fitness exercises at their discretion.

Only one person on a team may be completing an exercise at a time. If splitting reps of an exercise, partners must physically tag in, and share the same equipment (barbell/sled/dumbbells, etc).

Teammates can not move ahead to the next exercise until the previous one is fully completed.

JUDGING: If a course judge instructs you to do something that is within the written rules of these course instructions, you must comply. Failure to adhere to verbal instruction will result in race disqualification. If you feel a judge is not following course rules and guidelines, you may request the head official. If the head official is unavailable, you must follow the judge's verbal instruction to avoid disqualification.

AWARDS: There will be recognition and/or awards for the Top 3 Overall Male and Female athletes in each individual division HVY, MID, LITE. There will be recognition but no Awards for the Top 3 Overall Male, Female, and Coed teams in each doubles team division HVY, MID, LITE. There will be no age based awards/recognition in the inaugural competition, but they may be added in the future.

Athletes must be in attendance at the Award Ceremony, in order to receive their awards.

RACE STRUCTURE

Start → 800m Run → **Station 1** → 800m → **Station 2** → 800m → **Station 3** → 800m → **Station 4** → 800m → **Station 5** → 800m Run to **Finish**

RACE DIVISIONS

HVY: Advanced athletes seeking maximum challenge.

MID: Intermediate athletes.

LITE: Recreational/beginner-friendly with lighter loads and modifications.

STATIONS

STATION 1. 3 Rounds: 5 Deadlifts + 5 Over Bar Burpees

- **Deadlift:** Floor to full lockout (hips and knees extended; no dropping bar; weight plates must touch ground each rep).

- Deadlift Weights:

HVY: Men 225 lb / Women 185 lb

MID: Men 185 lb / Women 135 lb

LITE: Men 135 lb / Women 95 lb

- **Over Bar Burpee:** Lateral jump or steps over barbell.

STATION 2. 3 Rounds: 1 Rope Climb + 15 Wall Balls

- **Rope Climb:** 12 ft to touch a marked target, controlled descent encouraged.

- Rope Scaling Options: Athletes may choose to complete 5 Dual Dumbbell Devil Press Burpees in substitution for each rope climb.

HVY 50/30 lb (per hand)

MID 30/20 lb (per hand)

LITE 20/10 lb (per hand)

- **Wall Ball:** Full squat with hips below parallel + hit clear target (10 ft men / 9 ft women)

- Wall Ball Weights:

HVY 30/20 lb

MID 20/14 lb

LITE 14/10 lb

STATION 3. 3 Rounds: 5 Box Jumps or Step-Ups + 1 Sandbag Over the Box

- **Box Jumps or Step Ups:** Both feet must touch the top of the box and the ground on each side of the box.

- Box Jump or Step Up Heights:

HVY 24/24"

MID 24/20"

LITE 24/20"

- **Sandbag Over the Box:**

- Sandbag Weights:

HVY 150/100 lb

MID 100/75 lb

LITE 75/50 lb

STATION 4. 3 Rounds: SLED Push-Pull

- **SLED Push-Pull: 60m Total**

- SLED Weights

HVY 270/225 lb

MID 225/180 lb

LITE 180/135 lb

STATION 5. 3 Rounds: 5 DB Hang Clean & Press + 10 DB Lunges

- **DB Hang Clean & Press:** From hang position to full overhead lockout (split or push press allowed).

- DB Weights (per hand):

HVY 50/30 lb

MID 30/20 lb

LITE 20/10 lb

- **DB Lunges:** May be walking or reverse lunges, depending on venue. Knees must touch the ground and hips must extend fully on each rep. Lunge count is total.

- DB Weights (per hand):

HVY 50/30 lb

MID 30/20 lb

LITE 20/10 lb

QUESTIONS: info@5kxrace.com



THE 5k FOR THE
HYBRID ATHLETE.