



HYBRID 800

PENALTIES GUIDE



TIME PENALTIES

- 1** Missing a Lap: +2:00 for each missed lap.
- 2** Incorrect Workout Order: +1:30 for each station completed out of order.
- 3** Swapped Transitions (In/Out): +2:00 for each instance of incorrect transition order.
- 4** Doubles Not Running Together: +2:00 if doubles partners are not running side by side. Each partner has a 20-second transition window between the in/out gate and stations.
- 5** Starting a Station Without Your Partner: +2:00 if one partner begins before the other arrives.
- 6** Inappropriate Behaviour (First Offence): +2:00 penalty.
- 7** Abusive Behaviour or Language: +2:00 per instance.
- 8** Leaving a Station Without Judge Approval: +2:00 penalty.
- 9** Stepping Out of Station (Second Offence): +0:30 for the second violation.

MOVEMENT PENALTIES

ASSAULT BIKE

Pedals Moving During Transition: Warning for first offence; **+1:00 for second.**

Doubles – Resting Athlete: Must remain behind the bike. Warning for first offence; **+0:30 for second.**

FARMERS CARRY

Incorrect Placement: Kettlebells must be placed in the designated area upon completion. **Failure to do so: +0:30.**

Dropping or Throwing Kettlebells: **+0:30 per incident.**

Pushing Kettlebells Forward When Placing Down: **+0:30.**

DEVIL PRESS (DOUBLES)

Passing Dumbbells: Warning for first incident; **+0:30 for second.**

Incomplete Arm Extension = **'No rep.'**

ROW

Damper Adjustments: Only one adjustment allowed after the workout begins; **additional changes: +0:30 each.**

Passing Handle: Warning for first incident; **+0:30 for second.**

Incorrect Foot Placement: **+0:30.**

Doubles – Resting Athlete: Must remain behind the rower. Warning first; **+0:30 second.**

**PUSH
PAST
POSSIBLE.**

DUMBBELL SNATCH

Passing Dumbbell (Doubles): Warning first; +0:30 second .

Dropping Dumbbell: First drop = 'no rep'; second drop = +0:30.

Failure to Alternate Below Shoulder: First = 'no rep'; repeated = +0:30.

Doubles – Resting Athlete: Must stay within the designated zone.
Warning first; +0:30 second.

SANDBAG LUNGES

Dropped Sandbag: 1st drop: Move back 2m. 2nd drop: Disqualification.

Back Knee Not Touching Floor: Warning first; +0:30 second.

Hips Not Fully Extended: Warning first; +0:30 second.

Failure to Clear Line: Additional lunge required.

Incorrect Sandbag Placement: +0:30 if not corrected immediately.

BURPEE BROAD JUMP

Incorrect Form: Feet must leave and land together. No steps, shuffles, or staggered jumps. Violation = redo.

Failure to Clear Line: Additional burpee required.

Repeated Violations: After one warning, subsequent violations result in moving back 2 barriers (singles) or 4 barriers (doubles).

SKI ERG

Damper Adjustments: One allowed after the start; additional = +0:30 each.

Incorrect Foot Placement: +0:30.

Jumping or Feet Off Platform: Warning first; +0:30 subsequent.

Passing Handles: Warning first; +0:30 subsequent.

Doubles – Resting Athlete: Must stay behind partner in designated zone.
Warning first; +0:30 second.

BEAR CRAWL

Crossing Line Early: **+2m added** to total distance.

Incorrect Form: **Redo movement.**

WALL BALLS

Doubles – Resting Athlete: Must stay in designated area. Warning first; **+0:30 second.**

Passing the Ball: Warning first; **+0:30 subsequent.**

Incorrect Movement: **‘No rep.’**

DISQUALIFICATION

No Timing Chip: Starting the race without a timing chip results in a Did Not Start (DNS) status.

Only One Athlete Running (Doubles): Both partners must complete all runs together

Athlete Swapping: The same athletes who start must also finish the event.

Skipping an Entire Station or 800m Run: You may complete the race, but you will not appear on the leaderboard.

