



VORTEX RELAYS

Official Rule Book

This rule book governs all Vortex Relays competitions. It establishes the standards, procedures, movement requirements and competition regulations for all teams and athletes.

1. Event Overview

Vortex Relays is a four-athlete team fitness race combining running and functional fitness stations. Teams race against the clock to complete all prescribed work before entering the final 200m team sprint finish. The sled pull station used in other formats is not included in Vortex Relays.

2. Team Composition

- Each team consists of four registered athletes.
- Teams may compete in Male, Female or Mixed divisions.
- Each athlete is responsible for completing their designated relay sections.
- Athletes must remain within their assigned competition category for the duration of the event.
- Each athlete will use the standard competition weight applicable to their sex and division category for all designated functional fitness stations.
- Official station weights will be published by the Event Director prior to competition.

3. Race Format

The race consists of running segments and prescribed functional fitness stations completed in relay format. Only the designated athlete may perform the assigned work unless otherwise specified by event officials.

4. Relay Procedures

- Athlete changeovers must occur within the designated relay zone.
- Teams must complete all prescribed repetitions and distances before advancing.
- Any incomplete repetition will be judged a no-repetition and must be completed again.
- Judges' decisions regarding movement standards are final.

5. Movement Standards

Athletes must demonstrate full range of motion and complete all movements according to official event standards. The Event Director reserves the right to clarify movement standards before competition begins.

6. Penalties

- Missed repetitions must be corrected before progression.
- Course cutting may result in time penalties or disqualification.
- Unsportsmanlike conduct may result in penalties or removal from competition.
- Failure to follow judge instructions may result in additional penalties.

7. 200m Team Sprint Finish

The final phase of the race is a 200-metre sprint finish.

- All four team members must enter the sprint section together.
- All four athletes must complete the entire 200m sprint together as a team.
- Teams may not leave a teammate behind during the sprint section.
- The official finishing time is recorded when the fourth athlete crosses the finish line.
- Failure to finish together may result in a time penalty or disqualification at the discretion of the Race Director.

8. Timing and Rankings

The team with the fastest adjusted time after penalties will be declared the winner. Official timing results are final once published by event officials.

9. Safety and Medical

Athletes participate at their own risk. Event medical personnel retain authority to remove any athlete deemed unable to continue safely.

10. Event Authority

The Race Director and Event Officials reserve the right to modify operational procedures, course layouts, station logistics, and competition requirements when necessary for athlete safety, venue limitations, or event integrity.