



VORTEX
Hybrid Games

Official National DOUBLES
Rulebook

1. Purpose & Authority

This rulebook governs all VORTEX Hybrid Games DOUBLES competitions.

Rules are aligned with HYROX Doubles standards where applicable.

2. Team Composition

Each team consists of two registered athletes.

Athletes must remain together at all times throughout the race.

3. Partner Proximity (HYROX-Standard)

Partners must remain together at all times during the entire race.

This includes running segments, entry and exit zones, and workout stations.

One athlete may not advance ahead of the other at any time.

If separation occurs, athletes must stop and regroup immediately.

4. Race Format

The race consists of alternating 800m runs and workout stations.

Both athletes must complete every run together and enter stations together.

5. Course & Zones

Both athletes must enter and exit stations together via the correct IN and OUT zones.

If either athlete uses the incorrect zone, the penalty applies to the entire team.

6. Work Sharing (HYROX-aligned)

At workout stations, only one athlete may perform repetitions at a time unless otherwise stated.

Both athletes must remain inside the workout zone.

The non-working athlete must remain within the designated waiting area and may not advance.

7. Penalty Framework

Station penalties consist of redoing incorrect or missed repetitions.

Judges may require teams to return to a station if work is incomplete.

Missed running lap by either athlete: 4-minute time penalty.

Incorrect IN or OUT entry/exit by either athlete: 1-minute time penalty.

Missed station: immediate disqualification.

8. Separation Violations

If athletes separate, judges will instruct the team to regroup.

Repeated or deliberate separation may result in time penalty or disqualification.

9. Disqualification (DQ)

Failure of either athlete to complete the race or final sprint.

Missing a station.

Repeated separation after warning.

Ignoring judge instructions.

Unsportsmanlike or unsafe conduct.

10. Athlete Equipment & Attire

Athletic footwear is mandatory.

Shirts are optional unless restricted by venue.

No grips or straps unless medically approved.

Hydration allowed only in designated zones.

Exercise 1: Ski Erg

Total Distance / Volume: 1000m

Open Category Weights:

All Doubles: Concept2 SkiErg

Protocol

One athlete works at a time. Switching permitted.

Partner Position

Non-working athlete must stand next to the working athlete within the marked area.

Penalties

Incomplete distance must be completed before leaving.

Exercise 2: Sled Push

Total Distance / Volume: 50m

Open Category Weights:

Men's & Mixed: 152kg

Women's: 102kg

Protocol

Either athlete may push. Switching permitted.

Partner Position

Non-working athlete must remain beside the lane and may not move ahead.

Penalties

Incomplete distance requires correction.

Exercise 3: Burpee Broad Jumps

Total Distance / Volume: 80m

Open Category Weights:

Bodyweight

Protocol

Only one athlete moves at a time.

Partner Position

Non-working athlete must remain directly beside the working athlete.

Penalties

Incorrect reps must be repeated.

Exercise 4: Row

Total Distance / Volume: 1000m

Open Category Weights:

Concept2 Rower

Protocol

Shared work permitted.

Partner Position

Non-working athlete must remain beside the rower.

Penalties

Incomplete distance must be completed.

Exercise 5: Farmer's Carry

Total Distance / Volume: 200m

Open Category Weights:

Men's & Mixed: 2 × 24kg

Women's: 2 × 16kg

Protocol

Implements carried by one athlete at a time.

Partner Position

Non-working athlete must walk alongside the working athlete.

Standards

Kettlebells must be placed upright back in the box.

Penalties

Incorrect placement must be corrected.

Exercise 6: Lunges

Total Distance / Volume: 100m

Open Category Weights:

Men's & Mixed: 20kg sandbag

Women's: 10kg sandbag

Protocol

One athlete lunges at a time.

Partner Position

Non-working athlete must stay beside or immediately behind the working athlete.

Standards

Rear knee touches ground with full hip extension.

Penalties

No-reps must be repeated.

Exercise 7: Wall Balls

Total Distance / Volume: 100 reps

Open Category Weights:

Men: 6kg high target

Women: 4kg low target

Mixed: men high / women low

Protocol

Athletes alternate freely.

Partner Position

Non-working athlete must stand next to the working athlete behind the line.

Standards

Ball must hit target. Squat below parallel.

Penalties

Incorrect reps must be repeated.

Exercise 8: Final Sprint Finish

Total Distance / Volume: 200m

Open Category Weights:

Bodyweight sprint

Protocol

Both athletes must sprint together.

Timing

Time stops when the last athlete crosses the finish line.

Penalties

Failure by either athlete results in disqualification.