



Vortex Solo

National rule book

1. Purpose & Authority

This rulebook governs all VORTEX Hybrid Games SOLO competitions.

Judges have final authority on all decisions.

2. Race Format

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

Stations must be completed in numerical order.

After the final station, athletes must complete a mandatory 200m sprint finish.

3. Course & Zones

Athletes must enter and exit stations via the correct IN and OUT zones.

Incorrect entry or exit results in penalty.

4. Penalty Framework

Station penalties consist of redoing incorrect or missed repetitions.

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

Missed running lap results in a 4-minute time penalty.

Incorrect IN or OUT entry/exit results in a 1-minute time penalty.

Missed station results in immediate disqualification.

5. Disqualification (DQ)

Failure to complete the race or final sprint.

Missing a station.

Ignoring judge instructions.

Unsportsmanlike or unsafe conduct.

6. 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.

Station 1: Ski Erg

Total Distance / Volume: 1000m

Protocol

Complete full distance before advancing.

Movement Standards

Full pull required.

Penalties

Incomplete distance must be completed before leaving the station.

Station 2: Sled Push

Total Distance / Volume: 50m

Protocol

Push sled fully across the marked lane.

Movement Standards

Entire sled must cross the line before turning.

Penalties

Incomplete distance requires athlete to return and complete the station.

Station 3: Burpee Broad Jumps

Total Distance / Volume: 80m

Protocol

Advance forward performing burpees until distance is completed.

Movement Standards

Chest and thighs must touch the ground. Hands must be within 30cm of feet on takeoff and landing.

Penalties

Incorrect repetitions must be repeated.

Station 4: Row

Total Distance / Volume: 1000m

Protocol

Row the full prescribed distance.

Movement Standards

Monitor must be reset and full distance completed.

Penalties

Incomplete distance must be completed before advancing.

Station 5: Farmer's Carry

Total Distance / Volume: 200m

Protocol

Carry implements for the full distance.

Movement Standards

Kettlebells must be placed upright back in the box.

Penalties

Incorrect placement must be corrected.

Station 6: Lunges

Total Distance / Volume: 100m

Protocol

Perform walking lunges across the marked distance.

Movement Standards

Rear knee must touch the ground and full hip extension must be achieved.

Penalties

No-reps must be repeated.

Station 7: Wall Balls

Total Distance / Volume: 100 reps

Protocol

Complete all prescribed repetitions.

Movement Standards

Squat below parallel. Ball must clearly hit the target.

Penalties

Missed or invalid repetitions must be repeated.

Station 8: Final Sprint Finish

Total Distance / Volume: 200m

Protocol

Sprint immediately after Wall Balls.

Movement Standards

Complete the full sprint course.

Penalties

Failure to complete the sprint results in disqualification.