

USPFC – HYROX 2026

GUIDING BODIES:

HYROX Rule Book for Movement Standards

United States Police & Fire Championships 7944 Convoy Court, San Diego, CA
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Event standards and exercise details will be released 30 days before the competition.

EVENTS

Men's and Women's Individual events will be offered in the following age categories:

18+, 30+, 35+, 40+, 45+, 50+, 60+

EVENT OVERVIEW

Invictus HYROX Training Event Overview:

The Invictus HYROX Training Event integrates running with eight functional workout stations:

- Ski Erg
- Rowing
- Sled/Weight Push
- Sled/Weight Pull
- Farmers Carry
- Sandbag Lunges
- Burpee Broad Jumps
- Wall Balls

To promote broad participation and ensure accessibility, exercise substitutions, reduced distances, and amateur-level weight selections may be incorporated. These adjustments are intended to support participants with varying fitness backgrounds while maintaining the core movement patterns associated with HYROX-style functional fitness.

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This event is not a sanctioned HYROX competition. It is intentionally structured as an inclusive simulation that reflects the functional demands commonly required of police and fire personnel. Emphasis is placed on participation and functional readiness.

The event will be comprised of timed group starts, with the fastest event times for each age category determining winners.

The HYROX Simulation Event is a functional-fitness challenge modeled after the movement patterns and event flow of a traditional HYROX race. This United States Police and Fire Championships (USPFC) version is intentionally designed as an **inclusive, open-level format** that reflects the physical demands commonly required of police and fire personnel while remaining accessible to participants of all fitness backgrounds.

This event is **not a sanctioned HYROX competition**. It is a USPFC-designed simulation that maintains the spirit of HYROX-style fitness while offering a more approachable, community-focused experience.

EVENT CONCEPT

The HYROX Simulation incorporates the five foundational HYROX movement categories:

- **Hinge**
- **Pull**
- **Push**
- **Carry**
- **Run**

Participants will complete a sequence of functional stations and running intervals that mirror the structure of a HYROX event. The USPFC format may utilize **abbreviated distances, modified movement options, and open-level weight standards** to ensure broad participation and reduce barriers for new, returning, or recreational athletes.

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Format & Adaptations

To promote accessibility, safety, and confidence across all ability levels, the event may include:

- **Reduced running distances** appropriate for an open-level field
- **Modified or alternative movement options** that preserve the intended functional pattern
- **Open-level weight standards** aligned with amateur fitness events
- **Simplified station flow** to support clarity and efficient transitions
- **Optional technique or movement substitutions** for injury prevention and inclusivity

These adaptations maintain the intended challenge of HYROX-style fitness—full-body functional work under sustained effort—while ensuring the event remains welcoming and achievable for a wide range of USPFC competitors.

MOVEMENT CATEGORIES & SAMPLE EXERCISE TYPES

The following examples illustrate the types of movements that may appear in the event. **Final exercises, distances, and weight standards will be released to registered competitors 30 days prior to the event.**

Hinge

Movements emphasizing hip extension and posterior-chain engagement. Examples may include: kettlebell deadlifts, sandbag deadlifts, or hip-hinge variations.

Pull

Upper-body and full-body pulling patterns. Examples may include: rowing ergometer intervals, sled pulls, rope pulls, or upright pulls.

Push

Horizontal or vertical pushing patterns. Examples may include: sled pushes, wall-ball throws, push-press variations, or controlled push movements.

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Carry

Loaded carries that reflect real-world occupational demands. Examples may include: farmer's carries, sandbag carries, or front-rack carries.

Run

Running intervals will be integrated into the events. Distances may be abbreviated to support an open-level field.

SANCTIONING & PURPOSE

This event is **not a sanctioned HYROX race**. It is a USPFC-designed simulation intended to:

- Introduce participants to HYROX-style functional fitness
- Provide a safe, supportive environment for testing endurance and movement capacity
- Reflect the real-world physical demands of police and fire service

Encourage camaraderie, wellness, and confidence through shared challenge.