



COMPETITION RULES & REGULATIONS 2026

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PURPOSE OF THIS DOCUMENT

The Red Bull PowerRace is a fitness racing competition combining speed, endurance and functional fitness. The purpose of these Competition Rules & Regulations (the “Competition Rules”) is to ensure a fair, safe, transparent and standardized competition environment for all participants across all participating countries. All athletes, judges, officials and event staff are required to comply with these regulations. Participation in Red Bull PowerRace constitutes acceptance of these Competition Rules, the official Participation Waiver, Liability Disclaimer and Event Terms & Conditions, in each case as amended or supplemented by the Organizer from time to time.

DEFINITION OF TERMS

- Event Venue: entire venue including the sports venue and spectator area
- Sports Venue: part of the Event Venue; accessible only for athletes
- Power Track: running track / running loop
- Power Zone: workout area where all athletes of each heat execute the exercises
- Power Station: area where athletes executes all three exercises on the Power Race Mats
- Exercises: one set of push-ups | one set of sit-ups | one set of squats
- Heat Battles: qualification round | Heats
- National Showdown: finals in each national event
- International Finals: invitation of best ranked men & women of each national event
- Organizer: event partners and authorized representatives, including its affiliates, agents, contractors, involved in the organization and operation of the Red Bull PowerRace event.

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1. PURPOSE OF THE COMPETITION

Red Bull PowerRace is a fitness racing competition designed to identify the fastest, fittest and most complete athletes through a combination of running speed, endurance and functional fitness.

All athletes begin their journey in the Qualification Heats at their respective national Red Bull PowerRace event.

Athletes compete in gender-specific heats, with men and women racing separately. The objective of each athlete is to complete the race in the fastest possible time and, ideally, win their heat.

The winner of each Qualification Heat automatically advances to the National Showdown. The National Showdown field is then completed by the fastest remaining athletes across all Qualification Heats, regardless of heat assignment.

The National Showdown represents the final and decisive race of the event. The winners of the men's and women's National Showdowns are crowned Red Bull PowerRace National Champions.

In addition to the overall rankings, official result lists will include age-group classifications for 40+ Years, 50+ Years, 60+ Years.

The top twelve (12) ranked men and top twelve (12) ranked women from each national event qualify for the Red Bull PowerRace International Final.

Qualified athletes will represent their country at the International Final and receive an invitation including event entry, accommodation and travel support as determined by the Organizer.

At the International Final, athletes will compete through Qualification Heats, Semi-Finals and Finals, to determine the Red Bull PowerRace International Champions.

In addition to the individual titles, countries accumulate points through their qualified athletes. Based on these results, the International Final will also crown the Best National Team, recognising the strongest overall PowerRace nation.

2. COMPETITION MANAGEMENT

The event is managed by:

- Event Director
- Competition Director
- Head Judge
- Power Zone Judges
- Timekeeping Team
- Medical Team

The Competition Director and Head Judge are responsible for enforcing these regulations.

All decisions made by the Competition Director and Head Judge are final.

3. COMPETITION OBJECTIVE

The objective of the competition is to complete seven (7) prescribed segments in the correct order, correct execution, correct number of exercises and achieve the fastest overall race time.

The competition combines running performance with functional fitness capacity. Athletes must manage speed, endurance, fatigue, pacing and exercise execution throughout the entire race.

The race consists of four (4) running segments of 400 metres each and three (3) sets of body weight exercises comprising Push-Ups, Sit-Ups and Squats.

Athletes must complete all seven race segments in the prescribed order. The segments may not be altered and no segment may be skipped. Each exercise must be completed before the athlete is permitted to continue onto the next running segment.

Only repetitions performed according to the Official Movement Standards shall be counted and approved by each Power Station Judge (green flag).

An athlete's official race time begins with the start signal and ends when the athlete crosses the finish line after completing all required race segments.

Athletes are ranked according to their official finish time. The athlete with the fastest valid time is ranked ahead of all other athletes.

4. COMPETITION STRUCTURE

4.1. NATIONAL EVENT

4.1.1. National Qualification

The National Qualification is the first stage of every Red Bull PowerRace National Event.

All registered athletes are assigned to a Qualification Heat by the Race Committee prior to the event.

Heat sizes may vary depending on the venue, event capacity and total number of participants. Typically, a Qualification Heat consists of between 10 and 25 athletes.

The composition of the Qualification Heats and the allocation of athletes are determined solely by the Race Committee. Assigned heats are final and may not be challenged or changed at the request of participants.

Athletes will be informed of their assigned Qualification Heat before the start of the event and are responsible for reporting to the designated Holding Area on time.

Each Qualification Heat starts simultaneously and is conducted in accordance with the Competition Rules.

The objective of the National Qualification is for athletes to achieve the fastest possible race time. Athletes compete both against the clock and against the other participants within their respective heat.

Athletes are ranked according to their official finish time.

Qualification for the National Showdown is determined as follows:

- The winner of each Qualification Heat automatically qualifies for the National Showdown.
- Additional places are awarded to the fastest athletes across all Qualification Heats who did not win their heat.

The Organizer reserves the right to adjust the number of qualifying athletes depending on the size and operational requirements of the event.

4.1.2. National Showdown

The National Showdown is the final stage of the Red Bull PowerRace National Event.

The National Showdown consists of all Qualification Heat winners, complemented by the fastest remaining athletes from the National Qualification.

The number of athletes competing in the National Showdown shall generally correspond to the size of a standard Qualification Heat, unless otherwise determined by the Organizer.

The National Showdown follows the same race format, competition rules and judging procedures as the National Qualification.

Athletes compete head-to-head to determine the final event rankings.

The National Showdown determines the official Red Bull PowerRace National Champions and final rankings for the respective men's and women's categories.

The twelve (12) highest-ranked athletes in the Men's category and the twelve (12) highest-ranked athletes in the Women's category from the National Showdown qualify for the Red Bull PowerRace International Final.

Qualified athletes earn the right to represent the country in which they achieved their qualification, regardless of their nationality, citizenship or country of residence.

Foreign nationals, expatriates and international residents who qualify through a National Event shall represent the respective host country at the International Final.

Subject to confirmation of participation, qualified athletes will be officially nominated to the national team of their qualifying event country and invited to compete at the Red Bull PowerRace International Final.

4.2. INTERNATIONAL FINALS

The Red Bull PowerRace International Final is the grand finale of the Red Bull PowerRace season, celebrating the top athletes from each National Event and bringing them together to determine the ultimate champions and the best of the best.

Unless otherwise stated, the same competition rules, race segments, movement standards, judging procedures and safety regulations as applied at the National Events shall apply to the International Final.

The International Final includes an individual competition for men and women, as well as an overall Mixed Team Ranking.

Only athletes who have qualified through a Red Bull PowerRace National Event are eligible to participate in the Red Bull PowerRace International Final.

Athletes who qualify for the International Final are required to confirm their participation within the deadline communicated by the Organizer.

Should a qualified athlete decline participation, fail to confirm participation, withdraw, become injured or otherwise be unable to participate, the Organizer reserves the right to allocate the vacant position to another athlete.

Replacement athletes shall be selected based on the official National Showdown results of the respective National Event. Additional qualification places shall be offered in descending order of the National Showdown ranking until the vacant position has been filled.

The organiser reserves the right to determine the final allocation of replacement positions. All decisions regarding athlete replacements are final.

Athletes who qualify for the Red Bull PowerRace International Final but choose not to participate, fail to confirm participation, withdraw, or are otherwise unable to attend shall have no entitlement to any financial compensation, cash payment, reimbursement or other consideration in lieu of participation.

Qualification for the International Final is personal, non-transferable and cannot be exchanged, redeemed or converted into cash, prizes or any other form of compensation.

The Red Bull PowerRace International Champions are determined over three competition rounds.

4.2.1. International First Round

In the First Round, all qualified athletes compete in four (4) pre-set heats. Each heat consists of twelve (12) athletes, subject to final confirmation by the Organizer.

Heats are composed by the Race Committee based on the athletes' qualification times achieved during their respective National Showdown result.

The objective for each athlete is to either win their heat or achieve the fastest possible race time. Race times are not only used to determine qualification for the Semi-Finals but also contribute to the athlete's final ranking and the accumulation of points for the Mixed Team Championship.

A total of twenty-four (24) athletes qualify for the Semi-Finals. Qualification for the Semi-Finals is determined as follows:

- The winner of each First Round heat automatically qualifies for the Semi-Finals.
- The remaining Semi-Final places are awarded to the fastest twenty (20) non-heat winners across all First Round heats.

4.2.2. International Semi-Finals

The Semi-Finals consist of two (2) heats with twelve (12) athletes each. Heats are composed by the Race Committee based on the athletes' first round times.

A total of twelve (12) athletes qualify for Final "champion's round". Qualification for the Final is determined as follows:

- The winner of each Semi-Final heat automatically qualifies for the Final.
- The remaining Final places are awarded to the fastest ten (10) athletes across both Semi-Final heats.

4.2.3. International Finals – Champions Round

The Final determines the Red Bull PowerRace International Champions.

The Final consists of one (1) heat for the twelve (12) qualified athletes from the Semi-Finals.

The athlete who crosses the finish line first, after completing all required segments (Power Track and Power Stations) in accordance with the official rules, is declared Red Bull PowerRace International Champion of the respective category.

Separate International Champions will be crowned for the Men's and Women's competitions.

4.2.4. Mixed Team Ranking (only in International Finals!)

In addition to the individual competition, the International Final includes a Mixed Team Ranking.

Each participating mixed national team consists of its qualified male and female athletes.

Athletes qualify for and represent the national team of the country in which they earned their qualification at a Red Bull PowerRace National Event.

Representation is based on the qualifying event and not on the athlete's nationality, citizenship or country of residence. Foreign nationals, expatriates and international residents who qualify through a National Event shall represent the respective host country at the International Final.

Athletes score points for their team according to their finishing position in each competition round.

Points from both the Men's and Women's competitions are combined into one overall team ranking.

There shall be no separate Men's Team Championship or Women's Team Championship.

The nation with the highest cumulative points total following completion of the International Final shall be declared the Red Bull PowerRace Mixed Team Champion.

5. RACE SEGMENTS



The Red Bull PowerRace consists of seven (7) consecutive race segments comprising four (4) running segments and three (3) exercise segments.

The running segments are completed on the designated running course, the Power Track. Each running segment has a total distance of 400 metres. Depending on the event venue, the running course may consist of one or multiple laps, provided that the total distance of each running segment equals 400 metres.

The exercise segments are completed within the designated Power Zone.

The Power Zones comprise the following bodyweight exercises: Push-Ups, Sit-Ups, Squats.

EXERCISE SEQUENCE	RUN	PUSH-UPS	RUN	SIT-UPS	RUN	SQUATS	RUN
MEN	400m	40 Reps	400m	40 Reps	400m	40 Reps	400m
WOMEN	400m	30 Reps	400m	30 Reps	400m	30 Reps	400m

5.1. OFFICIAL MOVEMENT STANDARDS

As an international sports competition, Red Bull PowerRace applies standardized movement standards for all exercises.

These standards ensure fair competition, consistent judging and comparability of results across all events worldwide, including the Red Bull PowerRace World Ranking.

5.1.1. RUNNING Segment

All four (4) running segments consist out of 400 metres each and may consist of one or multiple laps. The 400 meters include the route between the running course (Power Track) and the exercise area (Power Zone), including access to and departure from the assigned stations (Power Stations).

Each running segment must be completed on the designated running course as defined by the Organizer. Depending on the venue, the running course may consist of one or multiple laps, provided that the total distance of each running segment equals 400 metres.

Athletes must remain on the designated race course and follow the prescribed route at all times. Course cutting, shortcutting or intentionally leaving the marked route is prohibited. Athletes are responsible for following all course markings and instructions issued by event officials.

Athletes must compete in a safe, fair and respectful manner. Deliberately obstructing, blocking, pushing, holding, endangering or otherwise interfering with another athlete is prohibited. All athletes are expected to respect the health, safety and fair competition rights of fellow participants.

Violations may result in time penalties or disqualification at the discretion of the Head Judge.

The organiser reserves the right to modify sections of the running course due to safety, operational or weather-related reasons.

5.1.2. Official Movement Standard: PUSH-UP

A proper push-up is a bodyweight exercise in which you lower your body from a plank position toward the floor in a controlled manner and then push yourself back up. Maintaining correct body alignment and full range of motion is essential.

Starting Position

- Hands placed slightly wider than shoulder-width apart on the floor.
- Arms straight, shoulders positioned above the hands.
- Legs extended, feet together or slightly apart.
- The body forms a straight line from head to heels.
- Core and glutes engaged, gaze slightly forward/downward.

Lowering Phase

- Bend the elbows and lower the body in a controlled motion.
- Elbows should point slightly backward (about 30–45° from the body).
- Lower the chest until it is just above the floor.

Upward Phase

- Push the body back up using the chest, shoulders, and arms.
- Arms should be almost fully extended at the top.
- Maintain body tension throughout the movement.



Image C) Starting- & End-Position



Image D) Lowering Phase

A push-up counts only when the body moves down and up as one straight unit.

Key Criteria for a Correct Push-Up	Common Mistakes
○ The body remains straight throughout the movement (no sagging hips or raised hips). ○ The chest lowers clearly toward the floor (full range of motion). ○ The arms extend again at the top. ○ The movement is controlled, without bouncing or using momentum ○ The head stays neutral in line with the spine.	○ Hips sagging or raised too high. ○ Elbows flaring too far outward (puts stress on the shoulders). ○ Performing only partial repetitions. ○ Letting the head drop down.

5.1.3. Official Movement Standard: SIT-UP

A proper sit-up is a bodyweight exercise in which a person raises their upper body from a lying position on the back to an upright or seated position by contracting the abdominal muscles, and then lowers the body back to the starting position in a controlled manner.

Starting Position

- Lie flat on your back on the floor or on an exercise mat.
- Knees are bent, typically at about 90 degrees.
- Feet remain flat on the floor and may not be held or anchored

- Hands are usually crossed on the chest, placed beside or behind the head, or held beside the body.
- The shoulder blades and lower back are touching the floor.

Upward Movement

- Contract the abdominal muscles to lift the upper body.
- Raise the torso until it reaches an upright or seated position, or until the elbows reach or pass the knees (depending on the specific standard).

Downward Movement

- Lower the upper body back down in a controlled motion.
- The shoulder blades must touch the floor before the next repetition begins.



Image E) Starting- & End-Position



Image F) Upward Movement

A sit-up counts when the body moves from lying on the back to an upright position and back again with proper control and full range of motion.

Key Criteria for a Correct Sit-Up	Common Mistakes
○ The movement begins from a fully lying position ○ The torso is lifted high enough to meet the required upright position ○ The shoulder blades return to the floor between repetitions ○ The movement is controlled without excessive momentum ○ The feet remain in contact with the floor throughout the exercise	○ Not lowering the shoulders completely to the floor. ○ Using excessive swinging or momentum. ○ Pulling the neck strongly when the hands are behind the head. ○ Allowing the feet to lift off the floor.

5.1.4. Official Movement Standard: SQUAT

A proper squat is a bodyweight or weighted exercise in which a person lowers their body by bending the hips and knees from a standing position until the thighs reach at least parallel to the floor, and then returns to the standing position while maintaining proper body alignment and control.

Starting Position

- Stand upright with feet about shoulder-width apart.
- Toes may point slightly outward (about 10–30 degrees).
- Keep the chest up and back straight.
- Arms can be extended forward or placed comfortably for balance.

Lowering Phase

- Begin the movement by pushing the hips backward and bending the knees.
- Lower the body in a controlled motion.
- Keep the heels on the ground and the knees tracking in the same direction as the toes.
- Continue lowering until the thighs are at least parallel to the floor or slightly below.

Upward Phase

- Push through the heels to extend the hips and knees.
- Return to the fully upright standing position.
- Hips and knees should be fully extended at the top.



Image G) Starting- & End-Position



Image H) Lowering Phase

A squat counts when the body lowers from standing to at least thigh-parallel depth and returns to full standing with proper control and alignment.

<i>Key Criteria for a Correct Squat</i>	<i>Common Mistakes</i>
○ The movement starts from a fully upright standing position. ○ The hips descend until the thighs reach at least parallel to the floor. ○ The heels remain on the ground throughout the movement. ○ The knees track in line with the toes. ○ The back remains neutral and the chest stays upright. ○ The movement is controlled and balanced.	○ Knees collapsing inward. ○ Heels lifting off the floor. ○ Rounding the lower back. ○ Not squatting deep enough (partial range of motion). ○ Leaning excessively forward.

6. RACE FLOW

The race sequence must be completed in the prescribed order. Athletes are not permitted to skip, shorten or alter any race segment.

Prior to the start of each heat, every athlete is assigned a dedicated Power Station within the Power Zone. Athletes must complete all exercise repetitions at their assigned Power Station and may not change stations unless instructed by an official.

The athlete's official race time begins with the start signal and ends when the athlete crosses the finish line after successfully completing all seven (7) race segments in accordance with these regulations.

Athletes who voluntarily withdraw from the competition or are unable to complete the race shall be recorded as Did Not Finish (DNF).

Athletes may interrupt, pause or rest at any time during the execution of an exercise segment. There is no limit on the number or duration of such breaks.

However, the official race time continues to run without interruption throughout the entire competition, including all running segments, exercise segments, transitions and any rest periods taken by the athlete.

6.1. REGISTRATION

Registration should be completed online prior to the event. On-site registration may be offered, subject to availability of remaining start places.

A registration shall only be considered valid once the applicable entry fee has been paid in full.

All athletes are required to complete and accept the official Participation Waiver, Liability Disclaimer and Event Terms & Conditions as part of the registration process.

Prior to the race, athletes must collect their race package, including:

- Official race bib (starting number)
- Official timing chip
- Event information and race materials

Only registered athletes with a valid race bib and timing chip will be permitted to start.

Registration grants the athlete access to the event area and the Red Bull PowerRace Lounge. Access is limited to the registered athlete only and is non-transferable.

The Organiser reserves the right to verify the identity of participants at any time, and to exclude, disqualify or remove any participant who provides false, inaccurate or misleading information or documents.

The official timing chip will be collected by the local Organizer after the race or has to be returned by the athlete. The Organizer may recover from the athlete any reasonable cost of replacing or repairing a timing chip that is lost, damaged or not returned.

6.2. PRE-START PROCEDURE & CHECKS

Athletes must report to the designated Pre-Start Area no later than ten (10) minutes before their assigned start time. Athletes who fail to report on time may be excluded from their heat without any right to refund, reimbursement or compensation, except as required by applicable law.

Before entering the start area, all athletes will undergo a mandatory equipment check by event officials. Athletes must wear their official race bib in a clearly visible manner and correctly wear the official timing chip as instructed by the Organizer.

6.3. START PROCEDURE

All heats start as a mass start. Due to venue-specific constraints, the start area may not accommodate all athletes in the front row. Starting positions are therefore allocated on a first-come, first-served basis within the designated start area.

The start procedure consists of:

- Athlete line-up
- Final instructions
- 30-second warning
- 10-second warning
- Official start signal

Athletes must comply with all instructions issued by race officials during the start procedure.

False starts may result in penalties. Repeated false starts may result in disqualification.

6.4. LAP COUNTING

Depending on the venue layout, a 400-meter running segment may be divided into multiple laps (e.g. 4 × 100 metres).

It is the sole responsibility of each athlete to correctly count and complete the required number of laps and the full prescribed distance of each running segment.

Failure to complete the full running distance, including missed laps, shortened laps or any other deviation from the prescribed course, shall result in disqualification, or other penalty determined by the Organizer or Head Judge.

6.5. TRANSITION BETWEEN RACE SEGMENTS

Athletes may enter their assigned Power Station immediately after completing the preceding running segment.

Each athlete is assigned a specific Power Station prior to the start of the heat. The assigned Power Station number corresponds to the additional number on the athlete's race bib and is clearly marked within the Power Zone.

Athletes must perform all prescribed exercise repetitions exclusively at their assigned Power Station. Repetitions performed at another Power Station shall not be counted and may result in disqualification.

The athlete may begin the prescribed exercise repetitions at their own discretion and without instruction from the Power Station Judge.

However, athletes may only leave their assigned Power Station after receiving clearance from the Power Station Judge (green flag).

Judge clearance constitutes official confirmation that the required number of valid repetitions has been completed in accordance with the Official Movement Standards.

Athletes leaving a Power Station before receiving clearance may:

- be recalled to the station
- be disqualified

6.6. RACE FINISH

An athlete is deemed to have finished the race upon crossing the finish line after successfully completing all seven (7) race segments in the prescribed order and in accordance with these Competition Rules.

The athlete's official race time is determined by the timing chip and recorded at the moment the athlete's timing chip crosses the finish line.

In the event of a close finish or photo finish decision, the final time (position of the timing chip) shall be decisive for determining the athlete's finishing order and official race time.

Athletes who fail to complete all race segments, perform the prescribed exercises correctly, or follow the required race segments shall not receive a valid finish result.

7. JUDGING & TIME KEEPING

7.1. POWER STATION JUDGING

Each Power Station is supervised by an official Power Station Judge. The Power Station Judge is responsible for verifying athlete identity and station allocation, counting repetitions, monitoring movement quality and ensuring compliance with the Official Movement Standards.

The Power Station Judge shall ensure that athletes perform their exercises only at their assigned Power Station and that the Power Station number corresponds to the number on the athlete's race bib.

Only repetitions performed in accordance with the official movement standards shall be counted as valid repetitions. Athletes must remain at their assigned Power Station until the required number of valid repetitions has been completed and approved by the Power Station Judge.

The Power Station Judge may provide verbal instructions and corrections where necessary. Repetitions that do not meet the Official Movement Standards shall not be counted and may need to be repeated by the athlete.

The Power Station Judge's decision regarding movement validity, repetition count and completion of the exercise segment is final and binding.

Upon successful completion of the exercise segment, the Power Station Judge will grant clearance to the athlete. Only after receiving such clearance may the athlete leave the Power Zone and continue to the next race segment.

Athletes who are unable to complete an exercise segment shall not be permitted to continue the race and shall be recorded as Did Not Finish (DNF).

7.2. TIMEKEEPING

Official timing shall be performed exclusively by the organiser's timing system. Personal watches, fitness trackers and GPS devices have no official standing. Official race time begins with the start signal and ends when the athlete crosses the finish line.

7.3. DISQUALIFICATION

An athlete may be disqualified for:

- Failure to complete required repetitions
- Failure to execute exercises in the correct order
- Leaving a Power Station without judge clearance
- Course cutting
- Not wearing race bib or timing chip
- Unsportsmanlike conduct
- Aggressive behaviour
- Repeated rule violations
- Ignoring official instructions
- Fraudulent participation
- Breach of Competition Rules

Disqualification, penalties and result amendments, may occur during or after the competition, including after video review, timing review or other investigation. Disqualified athletes shall not be entitled to a refund, reimbursement or compensation.

Video review may be used where available, and the Organizer may impose additional sanctions, including exclusion from future events, where misconduct, fraud or safety risks justify such action.

8. ATHLETE OUTFIT & EQUIPMENT

8.1. MANDATORY EQUIPMENT:

- Running shoes
- Sportswear appropriate for athletic competition
- The official race bib (starting number) must be worn on the front of the athlete's shirt/short and remain clearly visible at all times throughout the competition.

8.2. NOT PERMITTED:

- Barefoot participation
- Open footwear
- Spiked shoes
- Unsafe equipment
- Equipment creating an unfair competitive advantage
- The use of earphones, headphones or similar audio devices is prohibited. Athletes must be able to hear the start signal, safety announcements, instructions from event officials and commands issued by Power Station Judges at all times.
- Clothing, equipment, symbols, slogans or designs that are unlawful, offensive, discriminatory, extremist or otherwise inconsistent with the spirit and values of the event.

The Organizer reserves the right to prohibit, remove, or confiscate any equipment deemed unsafe, unfair or otherwise not expressly permitted under these rules.

The Athlete must bring his/her own outfit & equipment.

9. ATHLETE BEHAVIOUR

9.1. ATHLETE CONDUCT

Athletes must:

- Respect judges
- Respect event staff
- Respect volunteers
- Respect competitors
- Respect spectators

Athletes must behave in a sportsmanlike manner throughout the event. Unsportsmanlike behaviour will not be tolerated.

9.2. PROHIBITED BEHAVIOUR

The following actions are prohibited:

- Aggressive conduct
- Physical interference with competitors
- Abuse of judges, staff or volunteers
- Deliberate obstruction
- Equipment tampering
- Course cutting
- Misrepresentation of identity
- Use of another athlete's race bib

Penalty decisions are final.

10. MEDICAL & SAFETY RULES

Athletes participate entirely at their own risk. Athletes participate in Red Bull PowerRace entirely at their own risk and voluntarily assume all risks inherent in the event, including risks of injury, illness, disability, death,

property loss, and infection. Each athlete is solely responsible for assessing whether he or she is fit, healthy and medically able to participate.

To the maximum extent permitted by applicable law, the Organizer and their affiliates, officers, employees, agents, contractors, sponsors and event partners disclaim liability for any loss, damage, injury, illness, death or property damage arising from participation in or attendance at the events, including indirect or consequential losses and travel or accommodation costs, except where liability cannot be excluded by law.

As part of the registration process, all participants are required to accept and sign the official Participation Waiver and Liability Disclaimer.

Failure to submit the required waiver may result in exclusion from the event and refusal of participation.

Athletes must immediately stop racing if experiencing:

- Chest pain
- Severe dizziness
- Loss of coordination
- Serious injury
- Any medical emergency

The medical team may remove an athlete from competition if participation is deemed unsafe, including where the athlete shows symptoms of illness, injury or other health risk. Such removal shall not entitle the athlete to any refund, reimbursement or compensation, except as required by applicable law.

Such decisions are final.

11. EVENT MODIFICATIONS

The Organiser reserves the right, at its sole discretion and without liability, to:

- Modify heat structures
- Modify qualification systems
- Modify start procedures
- Adjust Power Zone layouts
- Adjust schedules
- Modify sections of the Power Track

Such changes may be required for safety, operational or weather-related reasons.

12. FORCE MAJEURE

The Organiser may postpone, suspend, shorten, relocate, or cancel all or part of the competition due to circumstances beyond reasonable control or where reasonably necessary to protect safety, comply with legal requirements or address operational constraints.

These include:

- Extreme weather
- Public safety concerns
- Government restrictions
- Natural disasters
- Force majeure events

No athlete shall have a claim arising from such decisions, including for travel, accommodation or other incidental costs.

13. MEDIA AND IMAGE RIGHTS

By participating, athletes grant the Organizer and its affiliates a perpetual, worldwide, royalty-free right to record, photograph, film and use their name, image, likeness, voice and performance for promotional, commercial and editorial purposes.

All intellectual property rights relating to the Red Bull PowerRace event, including the event name, logos, competition format, graphics, photographs, videos and promotional materials remain the exclusive property of the Organizer and/or its licensors. Athletes may not use or reproduce such rights in any manner that suggests sponsorship, endorsement, affiliation or other commercial association without prior written consent.

14. FINAL AUTHORITY

The Competition Director and Head Judge retain final authority over all sporting matters.

All decisions made by Competition Management are final and binding.

Any protest must be submitted in writing within thirty (30) minutes following publication of provisional results, failing which the athlete waives the right to challenge the relevant result or decision.

The Organizer may review and amend decisions, penalties, rankings and results in the event of manifest error, technical malfunction, timing issue, video evidence, rule breach, fraud, or other reasonable grounds.
