



RULES AND REGULATIONS

25th | 26th | 27th September 2020
MARSA ATHLETICS TRACK



WELCOME TO THE GRIDLOCK

The GRIDLOCK Obstacle Course is a 300 to 400mtr OCR course with 10 Obstacles and held over three days, with the first two days serving as qualifying and the final day held on a Knockout System.

The top 32 Men & Women performers receive a performance medal and special discount rates to The Grid Main Event to be held in 2021.

This Rule Book is a guide to serve Competitors and Volunteers and outlines standards of conduct for all athletes.

IT IS THE RESPONSIBILITY OF EACH COMPETITOR TO KNOW & UNDERSTAND THE RULES FOR EACH OBSTACLE. FAILING TO DO ALL OBSTACLES WILL RESULT IN AN IMMEDIATE DISQUALIFICATION. SHOULD A COMPETITOR FAIL AN OBSTACLE DURING AN ATTEMPT THEY MUST RESTART THE OBSTACLE FROM THE BEGINNING.



POKERSTARS

GRIDLOCK GUIDELINES

Section 1: Eligibility & General Code of Conduct

1. To compete in the Gridlock, athletes must be at least 16 (Sixteen) years of age on the day of the event.
2. Top 32 Times from the Individual stages advance to the Final Day.
Top 16 teams From Relay stages advance to the Final Day.
3. Athletes must follow all rules and guidelines set by the Gridlock officials.
4. Athletes are responsible for their own safety. DO NOT ATTEMPT AN OBSTACLE THAT YOU ARE NOT COMFORTABLE IN DOING SO.
5. YOU MUST RING ALL BELLS WITH YOUR HAND ONLY
6. Coaches/Partners/Teammates are not allowed to support participants while standing within the course.
7. Participants must follow ongoing results on <https://resultscui.active.com/events/gridlock> so as to monitor their position and possible advancement to the Final day.
8. For Knock Out Format & Timings, view ANNEX 1 at the end of this document.
9. Participants are not to remain on course location once they have finished their run, waiting areas will be available in accordance to COVID-19 restrictions marked accordingly and are available on a first come first serve basis.
10. Participants/Spectators waiting may not be in groups of more than Qty 10 and must ensure 2 mtrs distance from other Participants/Spectators whilst waiting.

Section 2: Time Keeping

1. Athletes are required to be on location minimum 30 minutes prior to their wave start time, participant must ensure that they have Timing chip secured accordingly and Race Number Visible.
2. Athletes are required to start in their assigned wave, specific to their category. Athletes are not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from competition.
3. Relay Team must assign Race chip to the participant of team that will run the last leg. Failure to do so may result in incorrect timing and will be at the responsibility of the Team.
4. Athletes MUST collect their race pack containing timing chip prior from the Administration Tent prior to their event. Race chip is required to start the event and should only be removed once the run has been completed. We suggest arriving 30mins minimum prior to your start time. ALL CHIPS MUST BE HANDED IN AFTER YOUR RACE.
5. If you are participating in more than one heat, please ensure that you use the appropriate timing chip designated to your heat.
6. Athletes who make the final race day must re collect new Race chip at the event location prior to the start of the Knockout Rounds.
7. Under no circumstances will athletes be permitted to start the event without their Race Chip and Race number.
8. The starting time for all athletes in a specific wave will be the "gun time" (e.g. if a wave starts at 11:15, each athlete in that wave is assigned the same starting time).
9. Race Chip must be attached to the Laces of the participants footwear, any timing chips in any other area may not activate the sensor, this is at the sole responsibility of the Participants.

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Section 3: Racing & Obstacles

1. It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials.
2. Course does not have designated lanes and participants may tackle any lane they find favourable once they arrive first to the obstacle.
3. Participants are not allowed to make contact with any other participant and Pushing of any kind is not allowed.
4. Participants are not allowed to attempt the course prior to the event, any participant found on the course will be immediately disqualified from the competition.
5. No Athlete, at any time, may modify the course marking or the course.
6. Relay Teams can Race in any format they feel is best, it is only necessary that the participant racing the last (4th) leg is in possession of the race chip.
7. All athletes must exit the course once their run is completed, it is not permitted to approach timing table and all results will be available live online.

Section 4: Race Rules

1. Time limit to finish the course is 8 minutes for Individual and 30 Min for Relay.
2. According to the schedule given and times applied for participants must arrive 30 minutes prior to the Start of their wave.
3. Competitors can apply for a one-time entry for both Individual and Relay, an added attempt is available for purchase (€10 per person) if there is a vacant slot within the wave schedules.
4. The Relay team may not replace a team participant unless there is an injury, in case of injury a signed doctor's certificate must be presented up to 12 hours prior to the start.
5. All participants must wear the Race Number provided on the left upper arm in Black Marker and written in Vertical Format.
6. Top 50 Participants will receive access to the Elite Wave in the upcoming Grid Main Event in 2021, the organisers may or may not select to allow other athletes into Elite wave for Main event upon request.
7. Participants must complete all obstacles in order to have a valid race, no penalties are included and run is void in case of obstacle failure.

Section 5: Race Gear

1. Gloves are allowed
2. Glasses are allowed; however, we suggest and encourage removal unless totally necessary.
3. Apart from apparael, shoes and gloves it is not allowed to use performance enhancing clothing, such as Spiked footwear, Chalk or any other aids that may enhance the grip of a participant.
4. All participants gear must be kept clear of Race area. A Bag drop section will be available at €2.



TEAMSPORT

Section 6: Obstacles

1. FLOATING WALLS

DESCRIPTION: Suspended climbing walls.

SUCCESSFUL COMPLETION:

- ☐ Athletes must successfully traverse across all suspended walls in succession without contact to the ground, bell must be hit using hands only.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Using any part of the frame to complete the obstacle.
- ☐ Any part of the body touches the ground between the entrance and exit points.
- ☐ Bell – **YES**
- ☐ **MUST COMPLETE**

2. 6FT VERTICAL WALLS

DESCRIPTION: 6FT WOODEN WALLS.

SUCCESSFUL COMPLETION:

- ☐ Athletes must successfully make it over the walls.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Using any part of the frame to complete the obstacle.
- ☐ Bell – **NO**
- ☐ **MUST COMPLETE**

3. MONKEY BARS

DESCRIPTION: Monkey Bars, Complete with hands only.

SUCCESSFUL COMPLETION:

- ☐ Athletes must successfully make it across the monkey bar distance without touching the ground, any swing style is allowed.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Using any part of the frame to complete the obstacle.
- ☐ Bell – **YES**
- ☐ **MUST COMPLETE**

4. RINGS

DESCRIPTION: Gymnastic RINGS Frame.

SUCCESSFUL COMPLETION:

- ☐ Athletes must successfully make it across the rings frame distance without touching the ground, any swing style is allowed.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Using any part of the frame to complete the obstacle.
- ☐ Bell – **YES**
- ☐ **MUST COMPLETE**

5. ROPE CLIMB

DESCRIPTION: Vertical suspended rope with a bell at the top.

SUCCESSFUL COMPLETION:

- ☐ Athletes must start from the ground.
- ☐ Athletes must ring a bell (WITH THEIR HAND ONLY)
- ☐ Athletes must descend back to the ground.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Failure to ring bell.
- ☐ Using any part of the frame to complete the obstacle.
- ☐ Bell – **YES**
- ☐ **MUST COMPLETE**

6. TEAMSPORT BOXING BAG FLIP

DESCRIPTION: 60Kg Boxing Bag must be flipped twice, bag must be stood vertically and dropped into original position.

SUCCESSFUL COMPLETION:

- ☐ Bag Rotates from Horizontal – Vertical – Horizontal
- ☐ Bag must be left in original position.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Failure to fully lift into Vertical position.
- ☐ Bell – **NO**
- ☐ **MUST COMPLETE**

7. BARREL - WEIGHT LIFT

DESCRIPTION: Weight lift up onto Barrel

SUCCESSFUL COMPLETION:

- ☐ Remove Weight from the Barrel.
- ☐ Run towards designate flag with the Weight
- ☐ Return towards the Barrel and place Weight as initially found.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Failure to fully complete distance.
- ☐ WEIGHT MUST REMAIN A TOP OF BARREL
- ☐ **MUST COMPLETE**

8. 10FT NET CLIMB

DESCRIPTION: Army Net Climb

SUCCESSFUL COMPLETION:

- ☐ Athletes must successfully make it over the frame

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Using any part of the frame to complete the obstacle.
- ☐ Bell – **NO**
- ☐ **MUST COMPLETE**

9. ROPE SHIMMY

Description: Upside down rope hang to cross the frame

SUCCESSFUL COMPLETION:

- ☐ Athletes must successfully make it across the rope frame distance without touching the ground, any swing style is allowed.
- ☐ To attempt this obstacles hands must not exceed the marked section on the rope at start and must ring the bell with a hand once completed.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Using any part of the frame to complete the obstacle.
- ☐ Any body part touching the ground prior to bell ring.
- ☐ Bell – **YES**
- ☐ **MUST COMPLETE**

10. TIRE RUN

Description: Tire Run

SUCCESSFUL COMPLETION:

- ☐ Athletes must successfully make it across all the tires, feet must enter each tire along their path.

FAILURE MODES:

- ☐ Assistance from another competitor.
- ☐ Stepping on the Tire itself and not within centre.
- ☐ Skipping Tires
- ☐ Bell – **NO**
- ☐ **MUST COMPLETE**



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MEDICAL FORM AND DISCLAIMER

FULL NAME: _____

TEL/MOB: _____

The events first aid unit will retain a paper copy of this information as a confidential record during the event only. This information is for use by the first aid unit. It may be passed to appropriate parties where deemed necessary. This questionnaire is designed to assist the event support team in assessing and caring for injured parties. Anyone for whom the first aid unit have a responsibility for will be required to complete this form. In the event of injury, there will be reduced need to question individuals or transmit personal medical information, as this will already be in hand, improving levels of care and confidentiality.

Thank you for your co-operation.

Date of Birth

List any current medical or psychiatric conditions.

Do you have significant past medical or psychiatric problems including:
High Blood Pressure | Epilepsy | Heart Disease | Stroke | Asthma | Diabetes?

Please list any medication taken including, bought at a chemist, prescribed, contraception etc.

Please list any allergies (drug / other) and state whether minor irritation / rash or life threatening.

Are you pregnant? YES or NO (Female only)

Please provide two emergency contacts:

Name: _____ Name: _____

Relationship: _____ Relationship: _____

Address: _____ Address: _____

Contact: _____ Contact: _____

I confirm that I have read and understand the questionnaire and that the information I have provided is accurate to the best of my knowledge.

I declare I am physically fit and healthy enough to take part in activities at the event. I acknowledge that taking part in adventure events (or for crew and marshals - working at the event) can be hazardous, and waive and renounce any rights and claims for damages I may have against the organiser or his agents for loss/injury as a result of participation in this event. If you are under 18, your parent / guardian MUST sign their consent for you to take part on the day in person, at the event.

I consent to the sharing of this information at the discretion of the first aid where deemed necessary.

IMPORTANT

PLEASE WRITE YOUR NAME, ANY CURRENT MEDICATION, ANY ALLERGIES AND EMERGENCY CONTACT NUMBERS AND RACE

NUMBER ONTO THIS FORM.

SIGNATURE: _____

RACE N°: _____

SUPPLIED BY GRID OFFICIALS

!!! PRINT - FILL IN AND PRESENT TO ADMIN STALL ON THE DAY !!!

ANNEX 1 - SUNDAY KNOCKOUT FORMAT AND START TIMES

RELAY

Sweet 16			SEMI			FINAL			SEMI			Sweet 16		
START												START		
6.40AM												8.00AM		
A	1st	1										9 2nd	C	
	8th	2										10 7th		
	12th	3										11 11th		
	16th	4										12 15th		
START			START			START			START			START		
9.20AM			10.40AM			10.00AM			10.00AM			8.40AM		
A1	Wn A	1	A1	Wn A1	1 Wn C	B1	Wn B	3 Wn D	B	13 4th	D			
	Ru A	2		Ru A1	2 RU C		14 5th							
	Wn B	3		Wn B1	3 Wn D		15 9th							
	Ru B	4		Ru B1	4 RU D		16 13th							
START												START		
7.20AM												8.40AM		
B	3rd	5										13 4th	D	
	6th	6										14 5th		
	10th	7										15 9th		
	14th	8										16 13th		

WOMEN

TOP 32			Sweet 16			SEMI			FINAL			SEMI			Sweet 16			TOP 32		
11.30AM																		12.30		
A	1st	1																17 2nd	E	
	16th	2																18 15th		
	24th	3	13.30												14.00			19 23rd		
	32nd	4	A1			Wn A	1				11 Wn E			C1			20 31st			
11.45AM																		12.45		
B	3rd	5																21 4th	F	
	14th	6				14.30			15.00			14.45						22 13th		
	22nd	7				A2			Wn A1	1	1 Wn C 1	B2			23 21st					
	30th	8							Ru A1	2	2 Ru C 1				24 29th					
12.00																		13.00		
C	5th	9																25 6th	G	
	12th	10	13.45									14.15			26 11th					
	20th	11										D1			27 19th					
	28th	12	B1			Wn C	7				15 Wn G			28 27th						
12.15																		13.15		
D	7th	13																29 8th	H	
	10th	14													30 9th					
	18th	15													31 17th					
	26th	16													32 25th					

MEN

TOP 32			Sweet 16			SEMI			FINAL			SEMI			Sweet 16			TOP 32		
15.30																		16.30		
A	1st	1																17 2nd	E	
	16th	2																18 15th		
	24th	3	17.30												18.00			19 23rd		
	32nd	4	A1			Wn A	1							11 Wn E			20 31st			
15.45																		16.45		
B	3rd	5																21 4th	F	
	14th	6																22 13th		
	22nd	7	18.30			Wn A1	1	19.00			1 Wn C1				23 21st					
	30th	8	A2			Ru A1	2	Ru A2			2 Ru C1	18.45			24 29th					
16.00																		17.00		
C	5th	9																25 6th	G	
	12th	10																26 11th		
	20th	11	17.45			Wn C	7							15 Wn G			27 19th			
	28th	12	B1			Ru C	8							16 Ru G			28 27th			
16.15																		17.15		
D	7th	13																29 8th	H	
	10th	14																30 9th		
	18th	15													17 Wn H			31 17th		
	26th	16													18 Ru H			32 25th		



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