



RULES AND REGUALTIONS



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Welcome to the GRIDLOCK

The GRIDLOCK Obstacle Course is a 400 to 500mtr OCR course with 10 Obstacles.

The Gridlock is held over three days, with the first two days serving as qualifying and the final day held on a Knockout System.

Top 5 Male & Female athletes are eligible to participate at the World OCR championships in the PRO division <https://ocrworldchampionships.com>

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

! KNOW THE RULES !

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.

! PROOF OF VACCINATION OR NEGATIVE TEST REQUIRED !

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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.
3. Top 16 teams From Relay stages advance to the Final Day. (Subject to results)
4. Top 5 Male & Female athletes are eligible to participate at the World OCR championships in the PRO division <https://ocrworldchampionships.com>
5. Top 32 Participants eligible to OCR WC in their respective age categories.
6. Athletes must follow all rules and guidelines set by the Gridlock officials.
7. Athletes are responsible for their own safety.
8. YOU MUST RING ALL BELLS WITH YOUR HAND ONLY
9. Coaches/Partners/Teammates are not allowed to support participants while standing within the course.
10. Coaches/Partners and Participants are **not allowed to ask for timing at the timing section**, they must check timing as per point 11, please respect time keepers and do not distract them from their duties.
11. Participants must follow results on <https://resultscui.active.com> eventsGridLock2021
12. Participants are not to remain on course location once they have finished their run, waiting areas in accordance to COVID-19 restriction will be marked.
13. Participants waiting their turn may not be in groups of more than Qty 10 and ensure 2 mtrs distance from other participants 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 participant of team that will take on the last run. Failure to do so may result in incorrect timing and will be at the responsibility of the Team.
4. Athletes will receive their race day timing chip prior to the event at Athlete Check In. These are required to start the event and should only be removed once the run has been completed. **(22nd - 23rd September 1:00pm - 7:00pm.)**
5. Athletes who make the final will be judged on placing. First two from each wave passes to next round. Timings are not taken on this day.
6. 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).
7. 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.
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 25 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. The competitors can apply for a one-time entry for both Individual and Relay, an added attempt is available for purchase (€15.00) 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. For Relay, the last runner of the team must wear race number or on the left upper arm in Black Marker and written in Vertical Format.
6. 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 Shoes/Gloves, apparel 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 €2.00.



Section 6: Obstacles

1. 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

2. FLOATING NETS

DESCRIPTION: Suspended climbing Nets.

SUCCESSFUL COMPLETION:

- Athletes must successfully traverse across suspended army nets 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



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3. BALANCE BEAMS

DESCRIPTION: Wooden Beams.

SUCCESSFUL COMPLETION:

- Athletes must successfully make it across the beams without touching the ground. Athletes may only get off the beam after the marked section.

FAILURE MODES:

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

4. INVERTED WALLS

DESCRIPTION: LARGE WALLS AT AN ANGLED ALIGNMENT

SUCCESSFUL COMPLETION:

- Athletes must successfully make it over the walls without touching the ground,

FAILURE MODES:

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

5. UPSIDE DOWN ARMY NET

DESCRIPTION: Upside down army net, 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.

FAILURE MODES:

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



6. ROPE SWING

DESCRIPTION: Hanging 2mtr ropes.

SUCCESSFUL COMPLETION:

- Athletes must successfully make it across the ropes 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

7. 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

8. WEIGHT LIFT

DESCRIPTION: 20Kg Weight must be lifted and dropped over the indicated height twice.

SUCCESSFUL COMPLETION:

- Weight is lifted Over the indicated level.
- Bag must be left in original position.



FAILURE MODES:

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

9. MULTIRIG

DESCRIPTION: Gymnastic Rings & Monkey bar frame.

SUCCESSFUL COMPLETION:

- Athletes must successfully make it across the 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

10. 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



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