



League of Champions

RACE & OBSTACLE RULE BOOK
2022

EVENTS



CLASSIC

28TH MAY 2022



ARENA

16TH JULY 2022



GRIDLOCK

2ND-4TH SEPTEMBER 2022



SPRINT

8TH OCTOBER 2022



RULES

- ★ ELITE CATEGORY PARTICIPANTS WILL RECEIVE POINTS ACCORDING TO PLACING FROM EACH EVENT.
- ★ THE ATHLETE WITH THE MOST POINTS FROM ALL THE EVENTS WILL BE THE ELITE CHAMPION.
- ★ PARTICIPANTS MUST COMPETE IN AT LEAST 3 OF THE GRID EVENTS TO BE ELIGIBLE FOR THE OVERALL PRIZE.
- ★ THE GRID ARENA – ENTRY AND WAVE POSITION PLACING WILL BE ASSIGNED FOLLOWING THE RESULTS OF THE GRID CLASSIC.
(WILD CARD ENTRIES WILL BE AVAILABLE).
- ★ CASH PRIZES PER EVENT AND AN ADDED CASH PRIZE WILL BE GIVEN TO THE OVERALL WINNERS.
- ★ CATEGORIES ARE FOR BOTH MALE AND FEMALE.

POINTS

RANK

POINTS

1

100

2

95

3

90

4

85

5

80

6

75

7

70

8

65

9

60

10

55

11

50

RANK

POINTS

12

48

13

46

14

44

15

42

16

40

17

38

18

36

19

34

20

32

21

30

22

28

RANK

POINTS

23

26

24

24

25

22

26

20

27

18

28

16

29

14

30

12

31

10

32

8

33

6

RANK

POINTS

34

4

35

2

PRIZES

INDIVIDUAL EVENTS:



€350



€150



€0

OVERALL CHAMPIONS



€1500



€750



€500

AGE GROUPS

16 to 29

30 to 39

40+

RULE BOOK DISCLAIMER



Obstacles and or course in this rule book may change or be removed from the course should we have any issues that affect safety.

Obstacles may not be in the order of the course map available online and changes may occur.

Should there be changes to the obstacles themselves, participants will be advised prior to race, however general rules will remain the same.

All participants must abide by the guidelines in this rulebook.

GENERAL RULES



- All Obstacles are Mandatory. There are no penalties and a participant may attempt an obstacle as many times as they like. Failing or refuse to complete one will result in disqualification. **(DNF)**
- Feet must be lifted off the ground before the obstacles structure; you may find a starting element.
- After an attempt begins, no body part may touch the ground or the obstacle structure
- Elements connecting holds to the structure ARE part of structure themselves and are **NOT ALLOWED**
- Bells must be touched only with the hands
- Usage of chalk or similar items is **NOT ALLOWED**
- Usage of gloves is **ALLOWED**
- Shoes or other sportswear must not contain dangerous parts (metal spikes, etc...)
- Weights must be gently left on the ground after a carry, they must not be thrown
- Walls must be overcome without the help of the side structures; female athletes may use the additional step if provided
- After the first attempt, an athlete will start from the bottom of the queue in the dedicated lanes
- Athletes must NOT help each other overcoming obstacles
- Athletes may help each other in case of danger
- Athletes cannot be assisted by anyone in any way; they cannot receive any item from people other than race staff: no water, no food, no accessories, etc
- Participants **MUST** all wear race Tee, anyone removing or finishing race without TEE will have a DNF time allocated.



GENERAL RULES – ELITE BANDS

- All participants **MUST** wear the elite wristbands on each wrist.
- Each band is numbered according and participant must ensure that the wristband matches the Race number.
- In case of Obstacle failure, Participant must return the **LEFT** race band to the obstacle marshal.
- Upon finish Participant must show race bands to Finish Marshall to finalise & confirm finish status.



GENERAL RULES – NUMBERS

- All participants are to mark their race number on BOTH ARMS in a LARGE HORIZONTAL FORMAT – FORMAT A (as per image).
- In case of Race Tee being a T-shirt, use format B.

FORMAT A



FORMAT B



GENERAL RULES – TIMING CHIP

- Timing chips are allocated per number and cannot be exchanged.
- Timing chip must be placed within the shoe laces and not further up.
- Placing timing chip in any location other than instructed will result in a DNF timing.



GENERAL RULES – RESULTS

- **NO** Elite Participant /Coach/Family Member is to approach the timing table at any time.
- Family Members/Coaches are **NOT** Marshalls or referees and are not allowed to pressure any Race Marshall or Director.
- If the above occurs participant will automatically receive a **DNF**
- Timings need to be checked and confirmed, therefore discussing prior to timing Marshall receiving all updates is disturbing, your times will be available live via <https://resultscui.active.com/events/GridArea2022TaQaliStadium>
- May you have a report, please discuss **POLITELY** with RACE DIRECTORS after all Elite athletes have arrived, Directors will note down and discuss accordingly, shouting or aggression of any kind will not be accepted.
- Presentations will be done approx 30 minutes after the last Open Wave start time.
- Please do not ask us to start before or to hurry up as you have another appointment (this is not our responsibility)
- May you have a dispute you may (up to 48 hours after the race) get in touch via info@thegridmalta.com, we will In turn revise accordingly if necessary.
- Results and points allocated will be final after 48 hours.

THE GRID ARENA COURSE MAP



25 OBSTACLES / 5+KM



#TRAININSANE

TA' QALI 16 JULY-2022

#BEPREPARED

Large Tyre Flip

Obstacle Description: Large Tyres

Attempts: Unlimited

Failed when:

An athlete fails to flip the tyre Front and Back

Completed when:

The Tyre is flipped once frontwards and another backwards to starting position.

Note:

Any style and no help.



Over-Under Weave Beams

Obstacle Description: Large Beams to clear without touching floor.

Attempts: Unlimited

Failed when:

An athlete fails to clear all beams without touching the floor

Completed when:

All beams are cleared.

Note:

Any style and no help.



(All Carries)

Obstacle Description: Beer Keg Carry

Attempts: Unlimited

Failed when:

An athlete touches another athlete, does not complete all marked section.

Throws Keg at drop off area (Must lower down slowly)

Completed when:

Athlete completes designated marked area carrying the Keg and lowers gently at pick up area.

Note:

N/A



Walls

Obstacle Description: Large Walls

Attempts: Unlimited

Failed when:

An athlete uses the side of the structure to surpass.
An athlete gets help from another participant.

Completed when:

Safely makes it over the wall without using any support structure.

Note:

N/A



Multi Rig

Obstacle Description: Series of Rings & Ropes

Attempts: Unlimited

Failed when:

Skips a ring or rope.

An athlete touches the ground or uses the structure

Rings the bell with anything but hands.

Completed when:

The bell is touched with a hand

Note:

Skipping ring by swing not allowed.



Monkey Bars

Obstacle Description: Series of Bars

Attempts: Unlimited

Failed when:

An athlete touches the ground or uses the structure
Rings the bell with anything but hands.

Completed when:

The bell is touched with a hand

Note:

Any Swing style is available.



Obstacle Description: Stair Crawl

Attempts: Unlimited

Failed when:

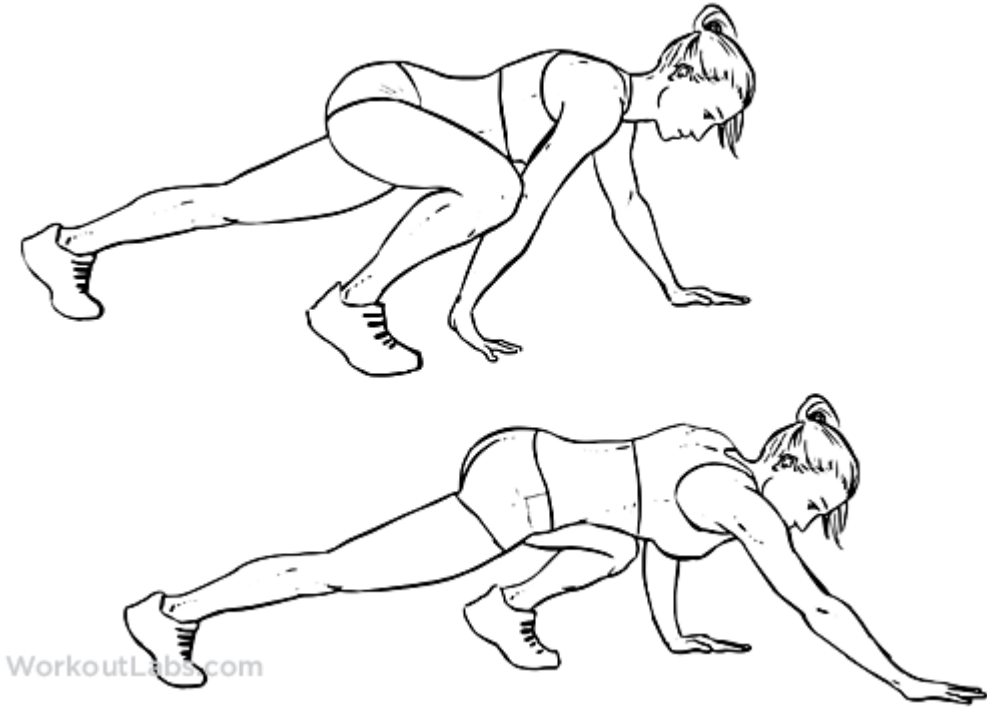
An athlete stands on two feet prior to arriving at last step.

Completed when:

Athletes hands touch last top step.

Note:

N/A



Rope Climb

Obstacle Description: Rope Climb

Attempts: Unlimited

Failed when:

An athlete uses the side of the structure to surpass.

Does not ring Bell.

An athlete gets help from another participant.

Completed when:

Rings bell with hands.

Note:

N/A





Obstacle Description: Wall Over Pool

Attempts: Unlimited

Failed when:

An athlete uses the side of the structure to surpass.
Does not ring Bell.

An athlete gets help from another participant.

An Athlete drops into the pool. (Must restart)

Completed when:

Rings bell with hands.

Note:

N/A



Obstacle Description: The George

Attempts: Unlimited

Failed when:

An athlete uses the side of the structure to surpass.
Does not ring Bell.

An athlete gets help from another participant.

An Athlete touches the ground at any point prior to Bell.

Completed when:

Rings bell with hands.

Note:

N/A



Obstacle Description: Shimmy

Attempts: Unlimited

Failed when:

An athlete uses the side of the structure to surpass.
Does not ring Bell.
An Athlete touches the ground at any point prior to Bell.

Completed when:

Rings bell with hands.

Note:

N/A



Obstacle Description: Moto Cross Crazy

Attempts: Unlimited

Failed when:

An athlete exits the designated path.

Completed when:

Complete all path.

Note:

N/A



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