RULES & REGULATIONS

WELCOME TO THE GRIDLOCK

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

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

The rule book is a guide to serve competitors and volunteers and outlines standards of conduct for all athletes and Obstacle rules.

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Section 1. Eligibility & General Code of Conduct

1. To complete in the Gridlock, athletes must be at least 16 years of age on the day of the event.

2. Top 32 times from the individual stages advance to knockout rounds.

3. Top 16 teams from relay advance to the final day.

4. Athletes must follow all race and obstacle rules.

5. You must ring all bells (when necessary) with your hands only.

6. Athletes are responsible for their own safety.

7. Coaches/Trainers/Teammates are not allowed to support participants while standing within the course.

8. Coaches/Partners are not allowed to ask timing result at the timing section, they must check timing online.

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Section 2. Time Keeping

1. Athletes are required to be on location min 30 minutes prior to their wave start. Participants must ensure that they have race number clear and visible on BOTH arms.

2. Athletes are required to start in their assigned wave and changing wave start is not permitted.

3. Athletes who make the final will be judged on placing. First two from each wave passes to next rounds and no timing is given out on the day, timing will only be utilised for overall elite League placing.

4. The starting time for all athletes is specific, please ensure to keep your time and arrive at least 30min prior to start.

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Section 3. Racing & Obstacles

1. It is the responsibility of all athletes to stay on course and within boundaries.

2. Course does not have designated lanes and participants may take any lane they find favours them 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 attempting obstacle will be automatically disqualified.

5. No athlete at any time may modify course marking.

6. Relay teams can race in any format they feel is best.

Section 4. Race rules

1. Time limit to finish the course is 8 minutes for Individual and 25 Min for Relay.

2. Participants must arrive minimum of 30 minutes prior to start.

3. The competitors can apply for a re-run on Friday and Saturday if a slot is available at euro15.00

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Section 6. Obstacles

1. **6FT Vertical Walls**
Description: 6FT wooden straight walls

Successful Completion:

Athletes must successfully make it over the wall.

Failure modes:

Assistance from another competitor

Using any part of the frame

2. **Rope** *to* **Rope**
Description: Long ropes hanging adjacent to each other.

Successful Completion:

Athletes must successfully make it across the entire obstacle.

Must ring Bell

Must grab first rope.

Athletes foot may not start further in than the marked area.

Failure modes:

Assistance from another competitor

Using any part of the frame

Not hitting bell

Foot starts inside the indicated mark.

3. **Hanging Boards**
Description: Hanging Ply wood Board.

Successful Completion:

Athletes must successfully make it across the entire obstacle without touching the ground

Must ring Bell

Failure modes:

Assistance from another competitor

Using any part of the frame or chains.

Not hitting bell

4. **Sled Push or Pull**
Description: Sled Push + Weight

Successful Completion:

Athletes must successfully push the sled across the indicated distance and return to the start point.

Failure modes:

Assistance from another competitor

Turning prior to indicated mark.

Colliding with another participant in order to take an advantage.

5. **Monkey Bars**
Description: a set of poles so as to cross entire structure.

Successful Completion:

Athletes must use first pole.

Athlete may use any swing style

Athlete must ring bell to complete.

Failure modes:

Assistance from another competitor

Not hitting the bell.

Not utilising first pole

6. **Irish Table Top**
Description: Large wall with extended top.

Successful Completion:

Athletes makes it over the wall without using assistance or the frame of the structure.

Failure modes:

Assistance from another competitor

Uses frame for help.

7. **Capt Hook**

Description: Monkey bar set up that must be crossed utilising metal Hooks.

- **Successful Completion:**

- *Athletes makes it across the structure using the metal hooks.*

- *Athletes must return hooks to start position and place hooks as found to advance.*

- **Failure modes:**

- Athlete does not hit bell

- Athlete throws hooks to the ground

- Athlete does not return hooks to start position.
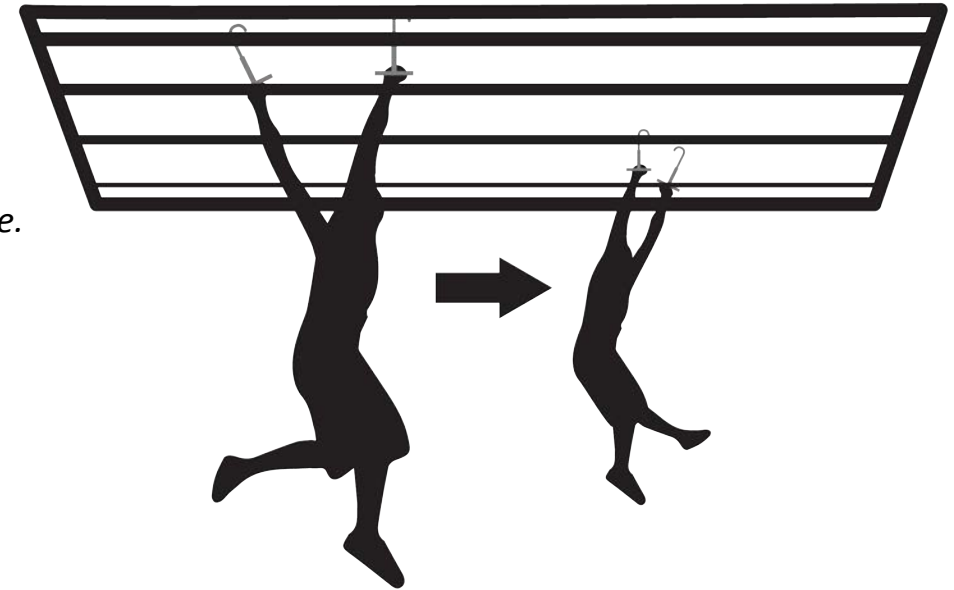
8. TOSSMABALL
Description: Must hit the given Target with the medicine ball. 10FT target Men / 9FT Target Women.

- **Successful Completion:**

- *Athletes must toss the ball onto indicated height.*

- *Three repetitions are required.*

- *Med Ball must touch the ground to re start second rep.*

- *Med Ball must be placed as found to advance.*

- **Failure modes:**

- Does not hit target

- Ball does not touch ground prior to starting second repetition.

9. THE RON
Description: Ring Structure with rings increasing and decreasing in height.

- **Successful Completion:**

- *Athletes must use each ring.*

- *Must ring bell*

- *Complete without feet touching the ground.*

- **Failure modes:**

- Does not hit bell

- Body part touches the ground.

- Skips a ring.

10. **ROPE CLIMB**
Description: Hanging rope

- **Successful Completion:**

- *Athletes must hit bell.*

- *Complete without feet touching the ground.*

- **Failure modes:**

- Does not hit bell

- Body part touches the ground.