



League of Champions

RACE & OBSTACLE RULE BOOK
2022

THE
GRID
ELITE LEAGUE
★



CLASSIC

28TH MAY 2022



ARENA

16TH JULY 2022



GRIDLOCK

2ND-4TH SEPTEMBER 2022



SPRINT

8TH OCTOBER 2022

PRIZES

INDIVIDUAL EVENTS:



€350



€150



€0

OVERALL CHAMPIONS



€1500



€750



€500

2022 MEN | WOMEN

LEADER BOARD



MEN

| RANK | NAME | POINTS |
|----------|-----------------------|------------|
| 1 | Kyle Darmanin | 290 |
| 2 | Zak Farrugia | 275 |
| 3 | Richard Grioli | 205 |
| 4 | Neville Gauci | 197 |
| 5 | Marko Nikolic | 185 |
| 6 | Wojtek Stellmach | 182 |
| 7 | Colin Ng | 178 |
| 8 | Ryan Farrugia | 160 |
| 9 | Kurt Camenzuli | 131 |
| 10 | Ryan Scerri | 128 |

WOMEN

| RANK | NAME | POINTS |
|----------|-------------------------|------------|
| 1 | Yasmine Mcgahern | 275 |
| 2 | Louise Pisani | 255 |
| 3 | Rosalie Borg | 248 |
| 4 | Emma Grech | 235 |
| 5 | Gabriella Mangion | 230 |
| 6 | Mearaid C. Brown | 209 |
| 7 | Dzintra Grech | 178 |
| 8 | Mikaela Borg | 173 |
| 9 | Karen Schembri | 170 |
| 10 | Sara Said | 154 |

THE
GRID
SPRINT
♠ POKERSTARS
8th October 2022





MONKEY BARS

H2O

START

ROPE CLIMB

FINAL OBSTACLE

FINISH

TWIN PEAKS

SMALL WALLS

SLIPSLIDE

RED BULL ZONE

TIRE CARRY

HANGING WALLS

THE ROGER

OUTTA DA WATER

FLOATING WALLS

NET CRAWL

BUCKET CARRY

THE WALLS

MUD SPA

BALANCING BEAMS

IRISH TABLE

WEIGHT PULLS

RULE BOOK DISCLAIMER



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

Obstacles may not be in order of the course and changes may be possible to obstacle location.

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
- Use of chalk or similar items is **NOT ALLOWED**
- Use 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 **PAPER** 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.
- Lost timing chip – 2 Min Penalty (when taking Smart Watch reading)

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/TheGridSprintOctober2022Event>
- 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.



1 – Stair Tire Carry (Down)

Obstacle Description: Carry 1 Tire down the stairs.

Attempts: Unlimited

Failed when:

An athlete fails to bring the tire to the drop off point in correct manner.

Completed when:

Tire is dropped off at the indicated drop off point.

Note:

Any style and no help.



2 – Bucket Carry

Obstacle Description: Bucket Carry

Attempts: Unlimited

Failed when:

An athlete drops bucket prior to completing indicated course area for carry. (Must re fill and continue)

Completed when:

Athlete makes it around indicated markings with a full bucket.

Athlete can select to empty or leave bucket full at drop off point

Note:

N/A



3 – Stair Tire Carry (UP)

Obstacle Description: Carry 1 Tire down the stairs.

Attempts: Unlimited

Failed when:

An athlete fails to bring the tire to the drop off point in correct manner.

Completed when:

Tire is dropped off at the indicated drop off point.

Note:

Any style and no help.



4 – Slide Body Pull

Obstacle Description: Long Covered Slide

Attempts: Unlimited

Failed when:

An athlete stands within slide area.

An athlete pushed or disrupt another participants attempt.

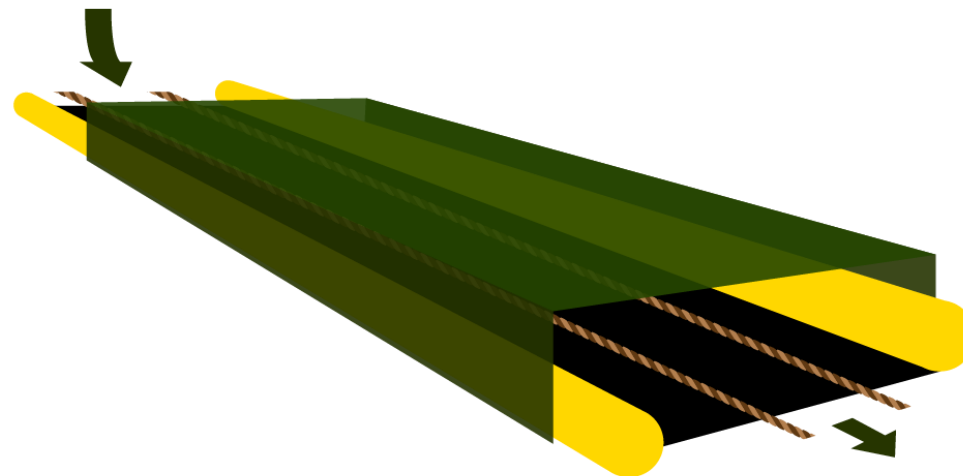
Exists at any point prior to end of slide.

Completed when:

Athlete exits at indicated spot.

Note:

30 MTR



5. – Large Hanging Walls

Obstacle Description: Large Hanging Walls

Attempts: Unlimited

Failed when:

Athlete uses the side of the structure to surpass.

Athlete gets help from another participant.

Athlete fails to ring bell with hands.

Completed when:

Safely makes it across the walls without using any support structure.

Rings the bell.

Note:

N/A



6.

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

Note:

Qty6



7. – The Roger

Obstacle Description: Series of Bars to Cross.

Attempts: Unlimited

Failed when:

Athlete uses the side of the structure to surpass.

Athlete gets help from another participant.

Athlete fails to ring bell with hands.

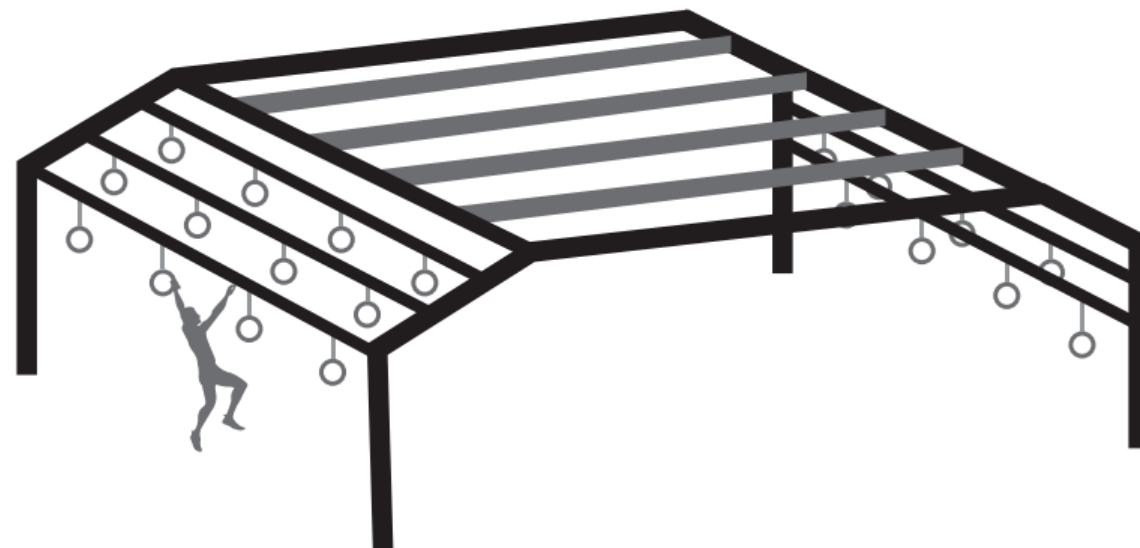
Completed when:

Safely makes it across the obstacle without using any support structure.

Rings thee bell.

Note:

N/A



8. – Floating Sea Walls

Obstacle Description: Large Floating Walls

Attempts: Unlimited

Failed when:

Athlete gets help from another participant.

Completed when:

Safely makes it over the walls

Note:

QTY 2



9. – Sea Ramp

Obstacle Description: Cargo Net Climb out of Sea

Attempts: Unlimited

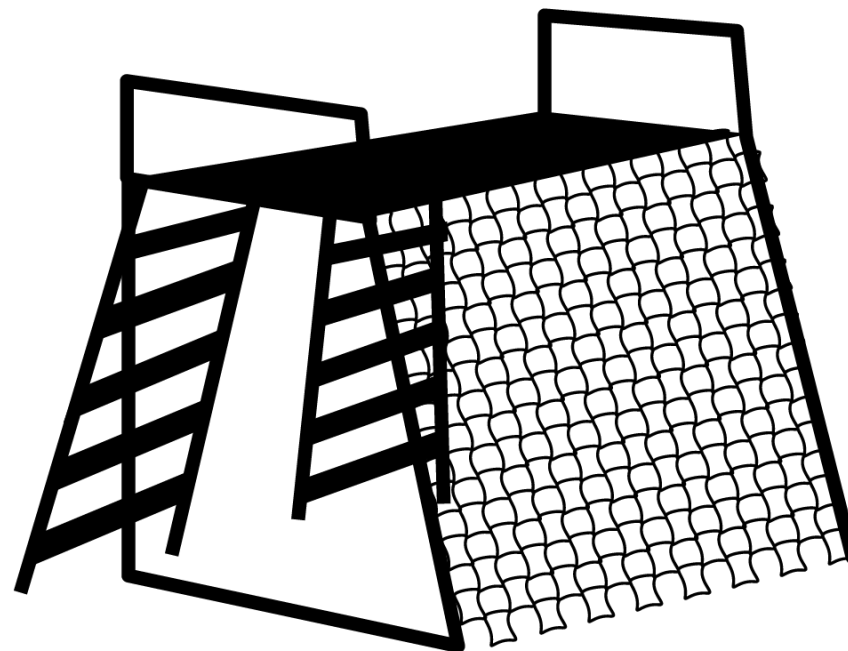
Failed when:

Athlete gets help from another participant.

Completed when:

Safely makes it over the walls

Note:



10 – Balance Beams

Obstacle Description: Hanging beam Traverse

Attempts: Unlimited

Failed when:

Athlete uses the side of the structure to surpass.

Athlete gets help from another participant.

Athlete steps off the beam. (must re start)

Completed when:

Safely makes it across the beam without using any support structure.

Rings Bell

Note:

N/A



11 – Weight Pull

Obstacle Description: Hanging Weight

Attempts: Unlimited

Failed when:

Athlete fails to lift weight to indicated height
Athlete releases weight from height to drop.

Completed when:

Athlete Lift weight to indicated Height
Athlete lowers weight cautiously to start position.

Note:

Weight -



12.

Irish Table Top

Description: Large wall with extended top.

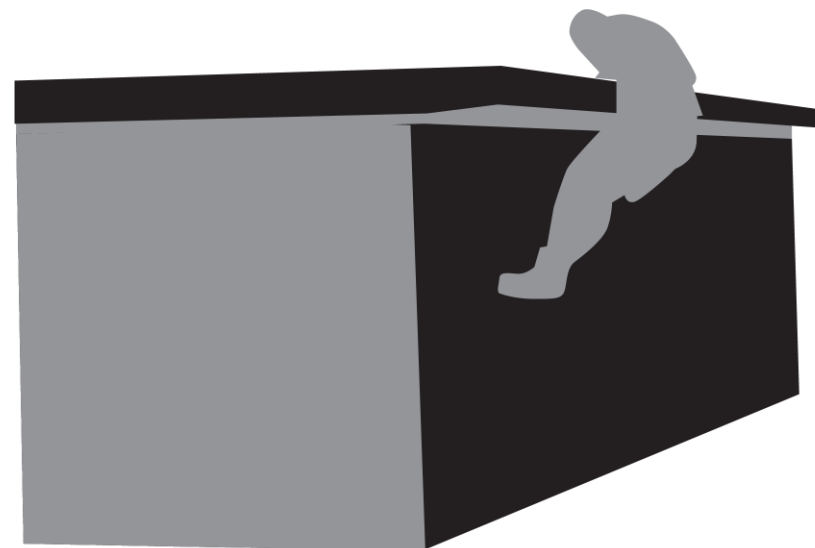
Successful Completion:

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.



13 – Large 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



14 – Twin Peaks

Obstacle Description: Two Large Pyramids+Crossing

Attempts: Unlimited

Failed when:

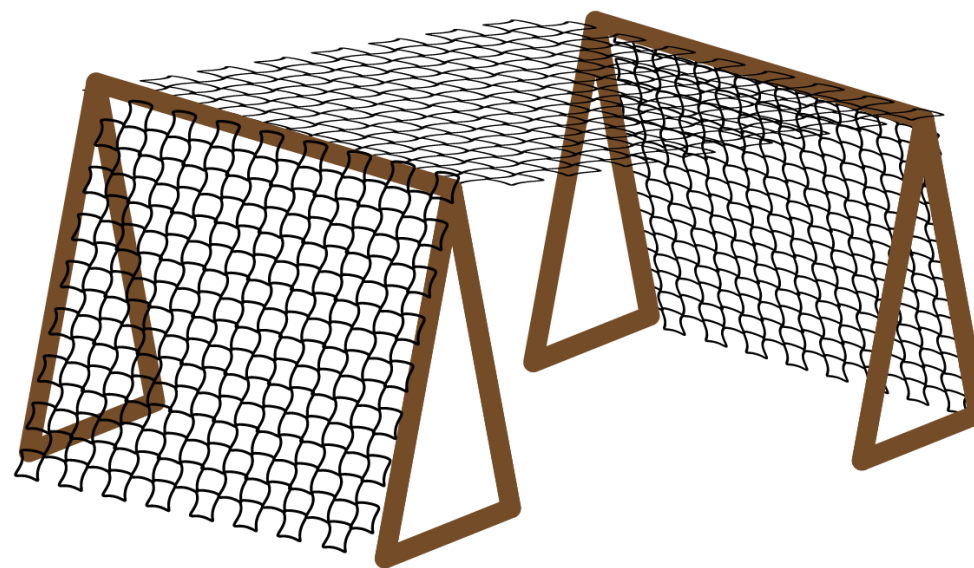
An athlete uses the side of the structure to surpass.
An athlete gets help from another participant.

Completed when:

Safely makes it over & Across the Pyramids

Note:

Pyramid Height 6Mtr



15. 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

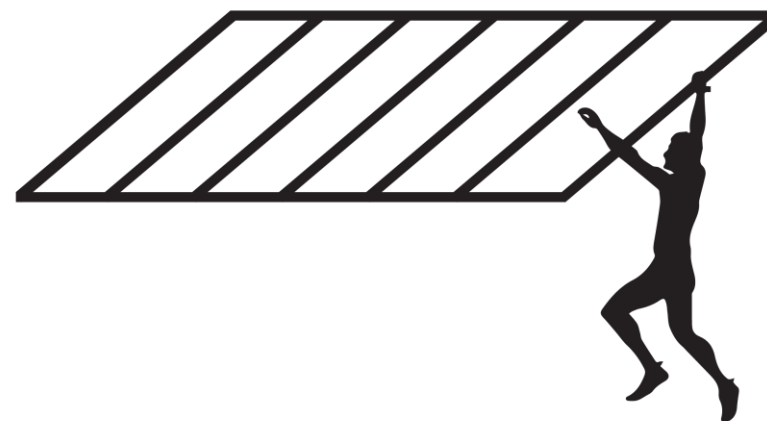
Athlete must ring bell to complete.

Failure modes:

Assistance from another competitor

Not hitting the bell.

Not utilising first pole

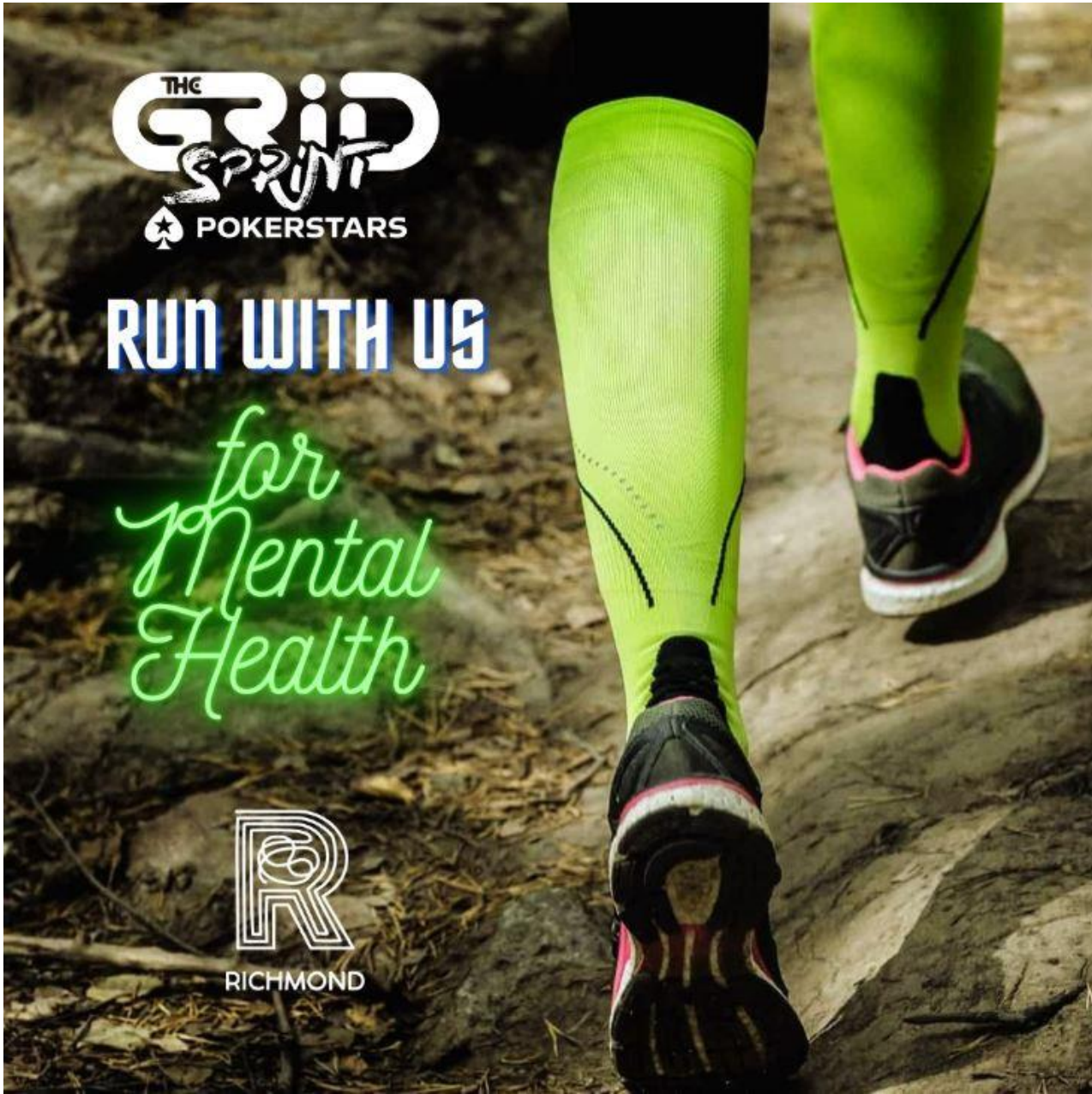


17. ROPE CLIMB

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.







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