



Obstacles & Rules Guide 2023



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

INDIVIDUAL EVENTS:



€300



€100



€50

OVERALL CHAMPIONS



€1000



€500



€150

AGE GROUPS

16 to 29

30 to 39

40+



THE
GRiD
CLASSIC

RULE BOOK DISCLAIMER

- Any Participant attempting Obstacles prior to Race day will be disqualified.

Obstacles may still not be ready, and you are putting yourself in danger whilst endangering all the event.

- Obstacles and or course path in this rule book may change or be removed should we have any issues that affect safety.
- Obstacles may not be in order of course and changes may happen
- 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 refusing to complete an obstacle will result in disqualification. **(DNF)**
- After an attempt begins, no body part may touch the ground or the obstacle support structure
- 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 is failed, the athlete must then re-start from the back of the queue in the dedicated lanes
- Athletes must NOT help each other overcoming obstacles
- Athletes may only 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.
- If an athlete fails an obstacle and will not re attempt, athlete must give **PAPER** bracelet to Obstacle Marshall

GENERAL RULES – ELITE BANDS

- All participants **MUST** wear the elite wristbands on each wrist (One Rubber One Paper).
- Finish line Marshall will check bands at finish to ensure no penalties had been listed.
- Each band is numbered accordingly & 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.



FORMAT A



FORMAT B



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.

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.
- *Losing Timing chip on course will result in DNF*

(in order to help in this scenario we may check your Garmin map, however an automatic penalty of 2minutes will be added)



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.
- 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/TheGridCLASSICMAY2023>
- 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.
- If you report a Person or complain regarding your time and are caught in a lie, you will automatically not be eligible for the remainder of the Grid Elite League.
- 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

Distance: Approximately 10Km

Obstacles: 26

Location: Pembroke

 Start / Finish	 Outgoing Route	 Hydration Point
1 Obstacle Marker N°	 Return Route	 First Aid



The George

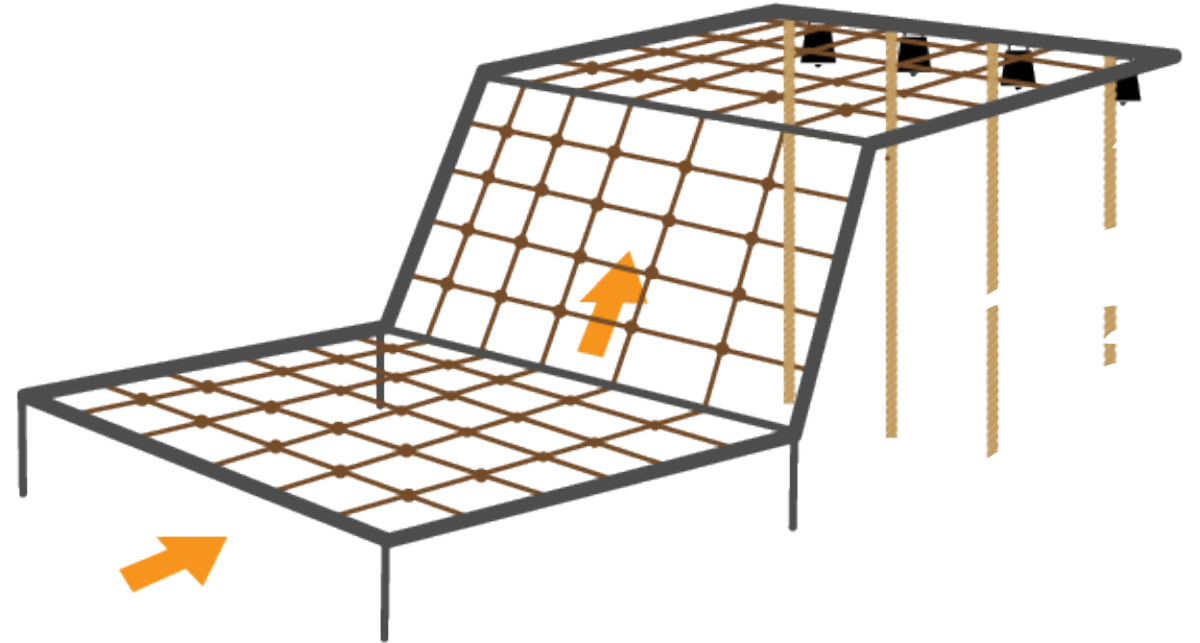
- Attempts: Unlimited

Failed when:

1. Athlete uses the side of the structure to surpass.
2. Does not ring Bell.
3. Athlete gets help from another participant.
4. Athlete touches the ground at any point prior to Bell.

Completed when:

- Rings bell with hands.



THE GEORGE

Rings

Obstacle Description: Series of Rings

Attempts: Unlimited

Failed when:

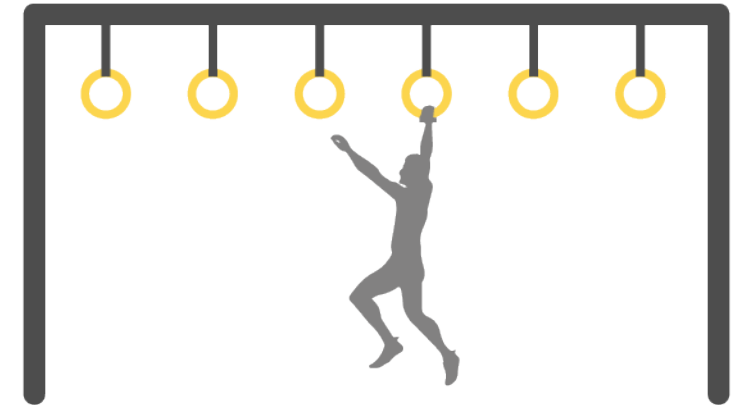
1. An athlete touches the ground or uses the structure
2. Rings the bell with anything but hands.

Completed when:

The bell is touched with a hand

Note:

Any Swing style is available.



RING SWING

Over-Under Weave Beams

Obstacle Description: Large Beams to clear without touching floor.

Attempts: Unlimited

Failed when:

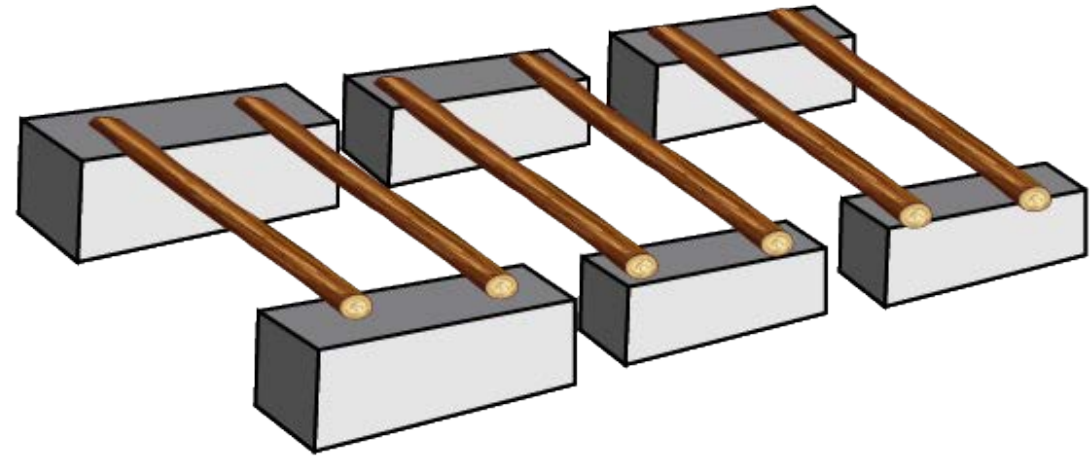
1. Athlete fails to clear all beams without touching the floor
2. Athlete does under only or over only.
3. Athlete does not go Over / Under in sequence.

Completed when:

All beams are cleared.

Note:

Any style and no help.



THE WEAVE



CLIFF JUMP

The Plunge

Obstacle Description: 7.5 Mtr Jump into the Sea

Attempts: 1

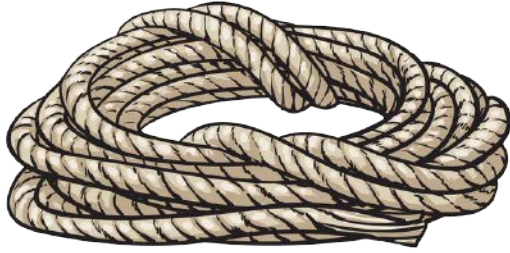
Failed when:

1. An athlete touches another athlete prior to jump
2. An Athlete ignores Marshalls guidance.

Completed when:

Note:

N/A



ROPE CARRY



KEG CARRY

(All Carries)

Obstacle Description: All Carries

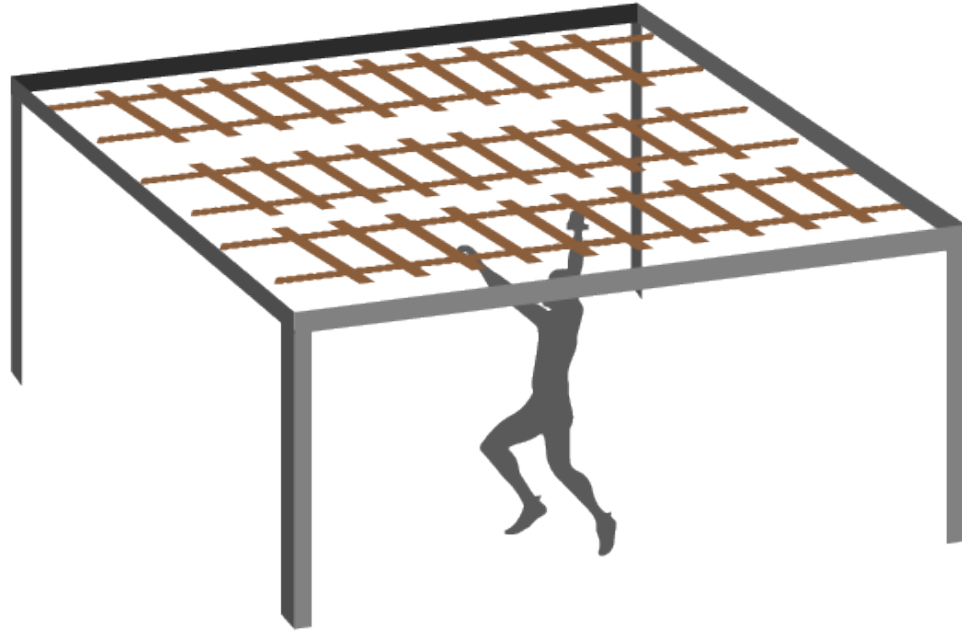
Attempts: Unlimited

Failed when:

1. An athlete touches another athlete, does not complete all marked section.
2. 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.



HORIZONTAL HANGING LADDER

Ladder Crossing

Obstacle Description: Safety Ladder Crossing

Attempts: Unlimited

Failed when:

1. Don't start from First Bar
2. An athlete touches the ground or uses the structure
3. Rings the bell with anything but hands.

Completed when:

The bell is touched with a hand

Note:

Any Swing style is available.



BALANCING BEAMS

10 – Balance Beams

Obstacle Description: Hanging beam Traverse

Attempts: Unlimited

Failed when:

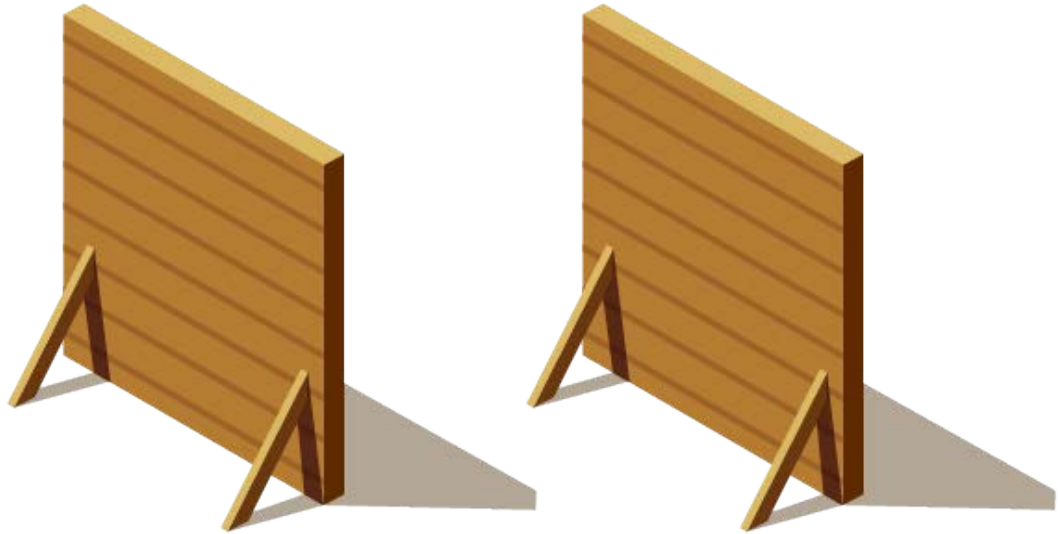
1. Athlete uses the side of the structure to surpass.
2. Athlete gets help from another participant.
3. Athlete steps off the beam. (must re start)

Completed when:

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

Note:

N/A



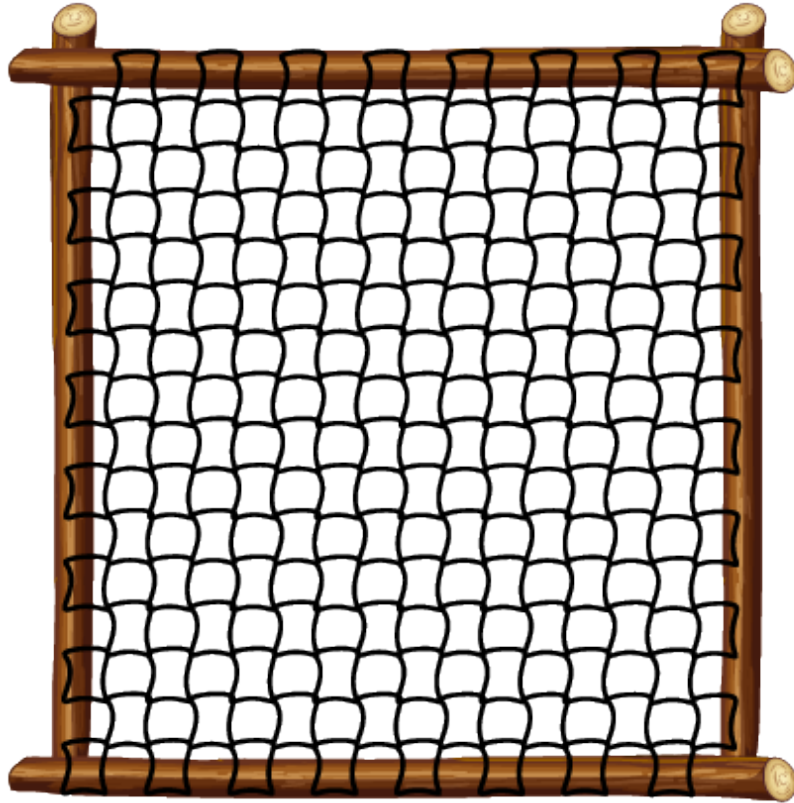
All Walls Small & Large Walls

Successful Completion:

1. *Athletes must successfully make it over the wall.*

Failure modes:

Assistance from another competitor
Using any part of the frame



20FT NET CLIMB

20FT NET CLIMB

Obstacle Description: Large Net Climb

Attempts: Unlimited

Failed when:

1. An athlete touches another athlete on the net.
2. An Athlete uses the sides of the structure to climb.

Completed when:

Athlete makes it over the Net.

Note:

N/A



LARGE TYRE FLIP

Large Tyre Flip

Obstacle Description: Large Tyres

Attempts: Unlimited

Failed when:

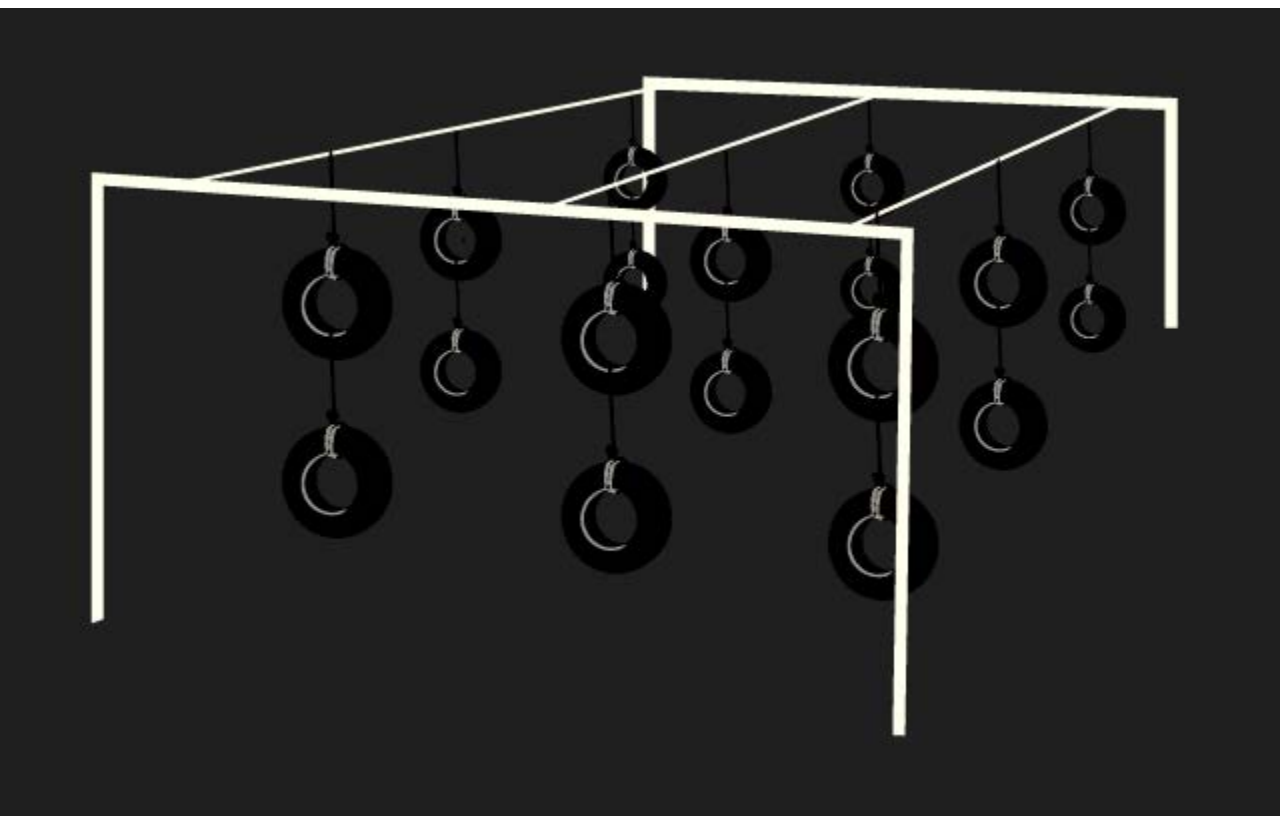
1. An athlete fails to flip the tyre Front and Back

Completed when:

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

Note:

Any style and no help.



Hanging Tyres

Obstacle Description: Set of Hanging Tyres

Attempts: Unlimited

Failed when:

1. Don't start from First Tyre
2. An athlete touches the ground or uses the structure
3. Rings the bell with anything but hands.

Completed when:

The bell is touched with a hand

Note:

Any Swing style is available



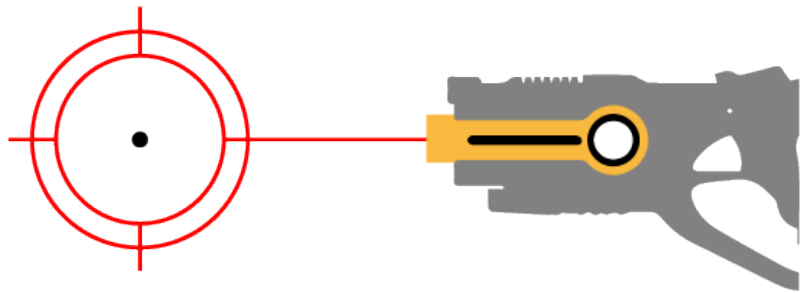
Tyre Jump

Successful Completion:

1. *Athletes must successfully make it over the tyres.*

Failure modes:

- Assistance from another competitor
- Going Under
- Using any part of the frame



LASER GUN

BattleMaxx Laser Gun

Obstacle Description: Laser Gun

Attempts: 50 Seconds (Distance 5Mtr)

Failed when:

1. You Miss the target continuously & run out of time.

Completed when:

When you hit the **Target x 5 times**

Note:

You are able to leave before the 50 seconds run out if you hit 5 targets.

Obstacle Description: Multi-Rig

Attempts: Unlimited

Failed when:

1. An athlete touches the ground or uses the structure
2. Skips one of the Grips available.
3. Rings the bell with anything but hands.

Completed when:

The bell is touched with a hand

Note:

Any Swing style is available.



MULTI RIG

Rope Climb

Obstacle Description: Rope Climb

Attempts: Unlimited

Failed when:

1. An athlete uses the side of the structure to surpass.
2. Does not ring Bell.
3. An athlete gets help from another participant.

Completed when:

Rings bell with hands.

Note:

N/A



ROPE CLIMB

THE
Grid
C L A S S I C