League of Champions

RACE & OBSTACLE RULE BOOK

2022

THE GRID
ELITELEAGUE

CLASSIC | ARENA | GRIDLOCK | SPRINT

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	RANK	POINTS	RANK	POINTS	RANK	POINTS
1	100	12	48	23	26	34	4
2	95	13	46	24	24	35	2
3	90	14	44	25	22		
4	85	15	42	26	20		
5	80	16	40	27	18		
6	75	17	38	28	16		
7	70	18	36	29	14		
8	65	19	34	30	12		
9	60	20	32	31	10		
10	55	21	30	32	8		
11	50	22	28	33	6		

MEN

RANK	NAME	POINTS
1	**Kyle Darmanin**	100
2	**Luke Cauchi**	95
3	**Ryan Farrugia**	90
4	Leon Chetcuti	85
5	Kurt Camenzuli	80
6	Clayton Abela	75
7	Gabriel Borg	70
8	Stefano Bugelli	65
9	Ryan Scerri	60
10	Adrian Zahra	55

WOMEN

RANK	NAME	POINTS
1	**Yasmine Mcgahern**	100
2	**Ellis Jager**	95
3	**Dzintra Grech**	90
4	Mikaela Borg	85
5	Gabriella Mangion	80
6	Mearaid Ciantar Brown	75
7	Dorien Jager	70
8	Rebecca Galea	65
9	Karn Schembri	60
10	Louise Pisani	55

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 an obstacle 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 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.

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

FORMAT A   **FORMAT B**

- 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.
- In Case of Heavy Arm Tattoos use Format B

GENERAL RULES – TIMING CHIP

- Timing chips are allocated per number and cannot be exchanged.
- Timing chip must be placed within the shoelaces 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.
- 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 _____
- 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

ARENA

TEAMSPORT · 89.7 bay · WAREHOUSE · VisitMalta

BOX JUMPS — NEW

ICE ICE BABY

WEIGHT PULL

MUD MAD

MUD MAD

TIRE CARRY

MUD MAD

6FT WALL

LARGE WALLS

6FT WALL

START

FINISH

FINAL ASSAULT

MULTI-RIG — NEW

KEG CARRY

RING IT — NEW

TOSSMA BALLS

NET FUN — NEW

TUNNEL CRAWL

MONKEY BARS

BATTLEMAX

DIP WALK — NEW

ROPE CARRY

GIZA CLIMB — NEW

CRAWL

ROPE TO ROPE

POOL CRAWL

IRISH TABLE TOP

TA' QALI | 23 JULY-2023

#TRAININSANE   #BEPREPARED

20 OBSTACLES / 5+KM

Small Walls

Obstacle Description: Large Walls

Attempts: Unlimited

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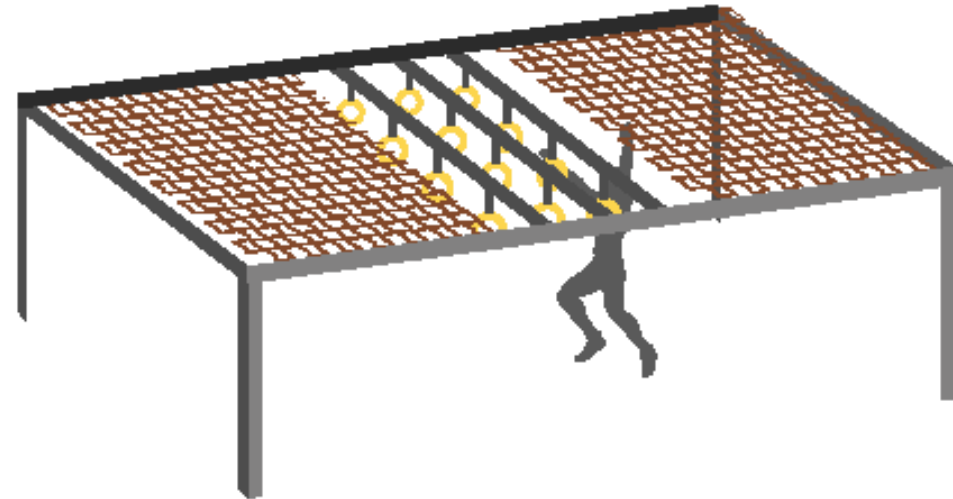An athlete gets help from another participant.

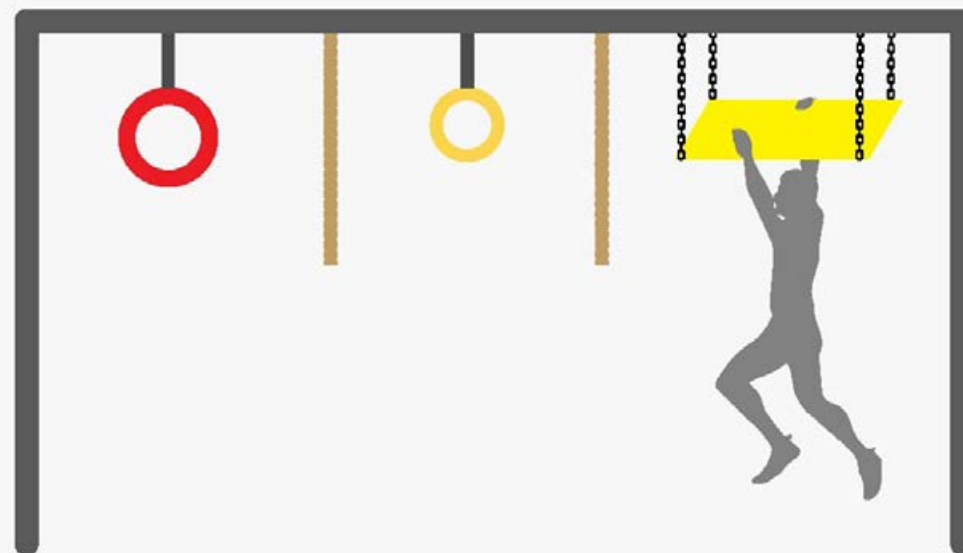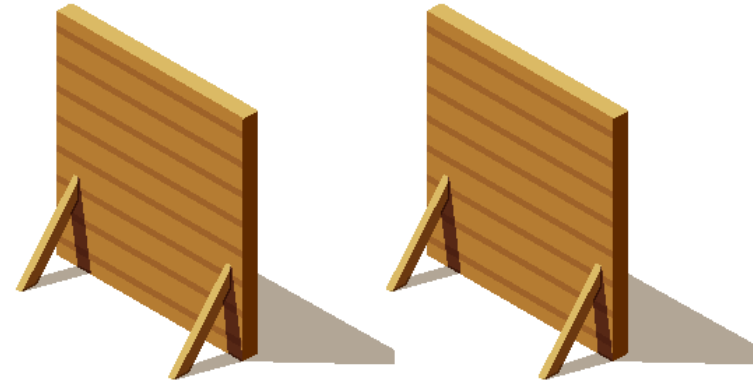**Completed when**:
Safely makes it over the wall without using any support
structure.

Note:
N/A
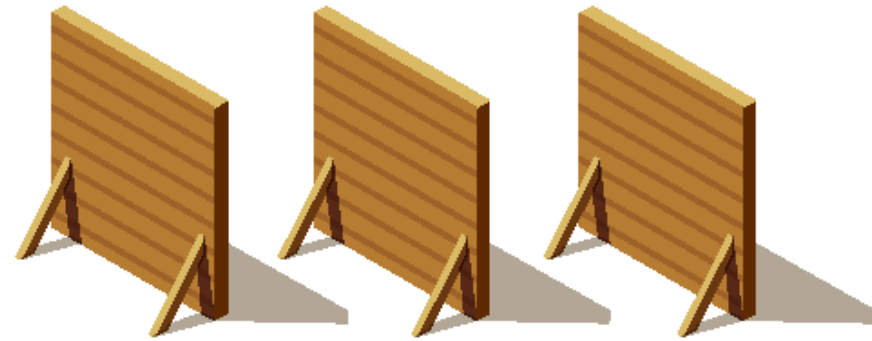
SMALL WALLS

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.
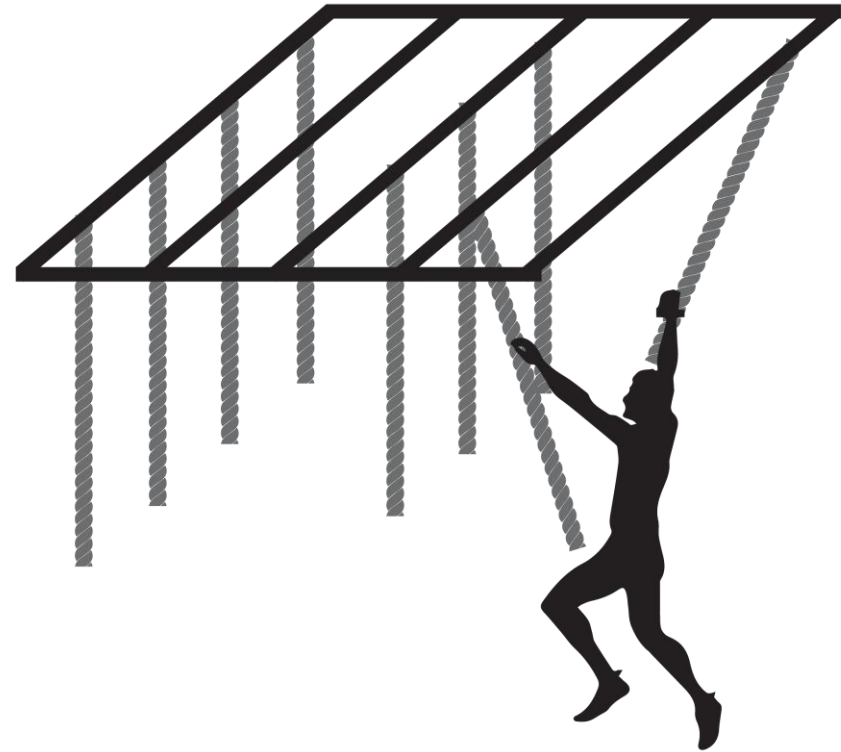
NET FUN

Obstacle Description: Cargo Swing to Rings to Cargo Swing

Attempts: Unlimited

Failed when:
An athlete uses the side of the structure to surpass.
An athlete gets help from another participant.
Athlete uses Legs at any point

Completed when:
Safely makes it across without using any support structure.

Note:
Athlete is Allowed to skip rings

NET TO RINGS

MULTI RIG

Obstacle Description: Rig with Different grips.

Attempts: Unlimited

Failed when:
An athlete uses the side of the structure to surpass.
An athlete gets help from another participant.
Athlete uses Legs at any point

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

Note:
Athlete may skip holds if able.

MULTI RIG

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

STAIR CRAWL

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

LARGE WALLS

Monkey Bars

Obstacle Description: Series of Bars

Attempts: Unlimited

Failed when:
Don't start from First Bar
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.
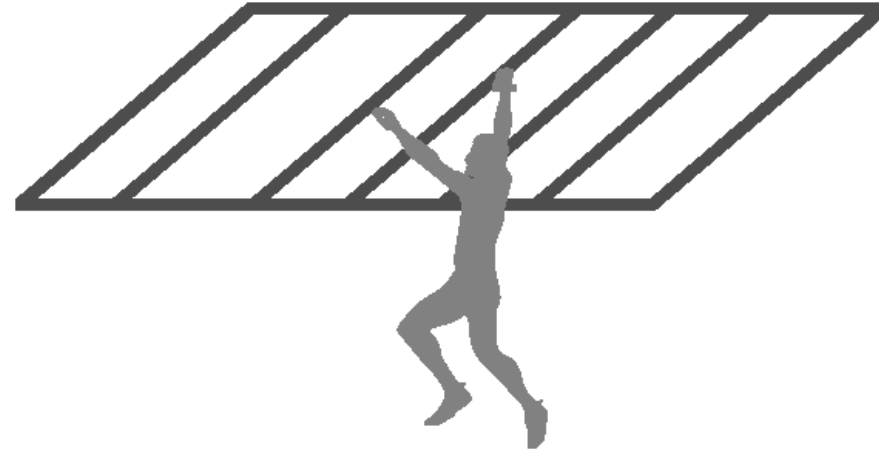
MONKEY BARS

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

ROPE CLIMB

(All Carries)

Obstacle Description: Rope Carry / 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
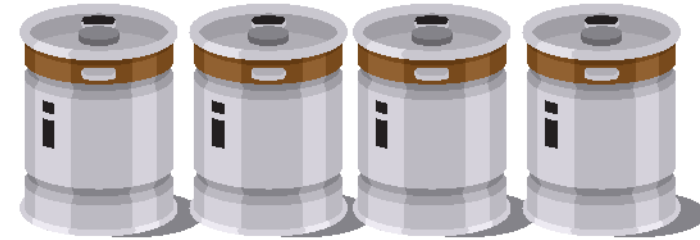
KEG CARRY
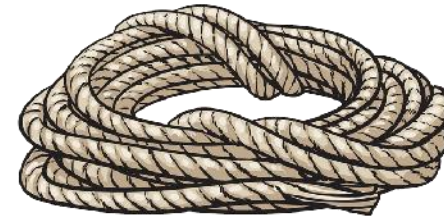
ROPE CARRY

ICE ICE BABY

Obstacle Description: COLD VERY COLD

Attempts: Unlimited

Failed when:
An athlete gets out from Sides or backsout due to cold.

Completed when:
Athlete makes it across.

Note:
N/A

ICE ICE BABY

TOSSMABALL
Description: Must hit the given Target with the medicine ball.

10FT target Men / 9FT Target Wmn.

- **Successful Completion:**

- *Athletes must collect ball from indicated section*

- *Toss the Ball over the designated height x 2, after ball hits ground on second throw athlete must return the ball to the starting position.*

Two repetition are required.

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

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

- **Failure modes:**

- Does not get over designated height

- Ball does not touch ground prior to starting second repetition and returning to collection point.

TOSSMA BALLS
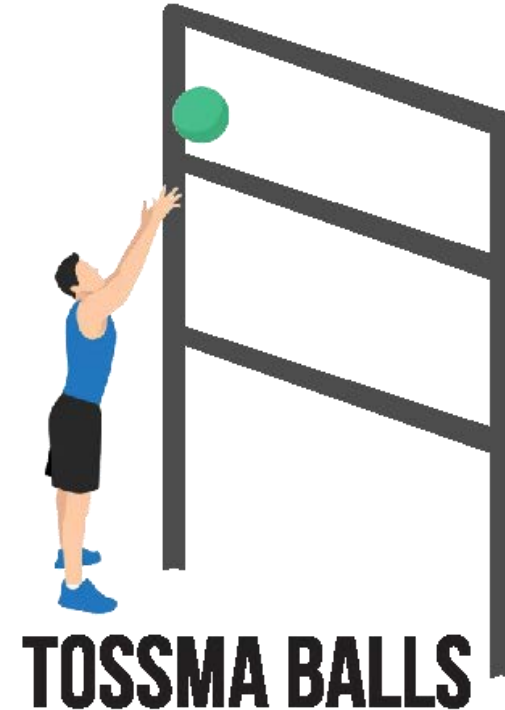
TRICEP DIPS

Attempts: Unlimited

Failed when:
- An athlete gets off prior to making it to indicated dismount indicator.
- Feet touch the ground at any point prior to dismount.
- Uses legs on poles.

Completed when:
Athlete makes it across.
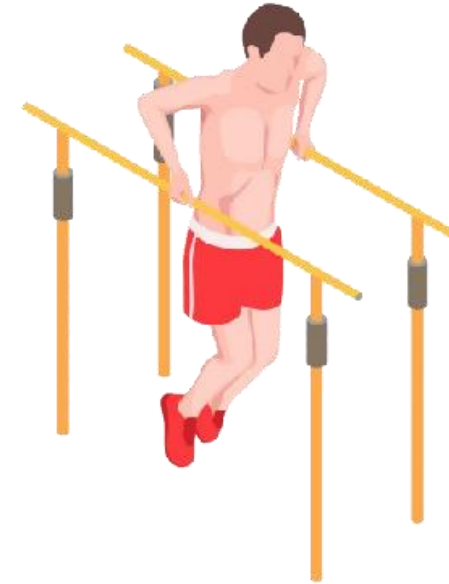
Note:
N/A

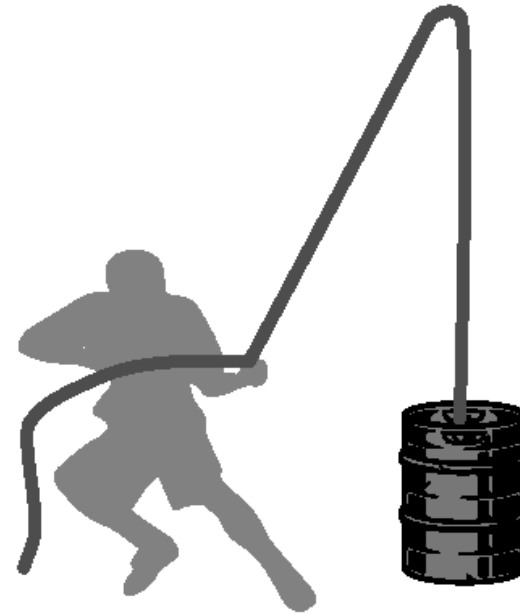**TRICEP DIP PIPES**

WEIGHT PULL

Attempts: Unlimited

Failed when:
- An athlete does not hit Bell at top of the Pull.
- Athlete drops the weight to allow weight freefall.

Completed when:
Athlete softly returns weight to starting position.

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

MUD ATTACK

Obstacle Description: GIZA CLIMB

Attempts: 6MTR PYRAMID CLIMB

Failed when:
An athlete exits the designated path.

Completed when:
Makes it over the structure

Note:
N/A
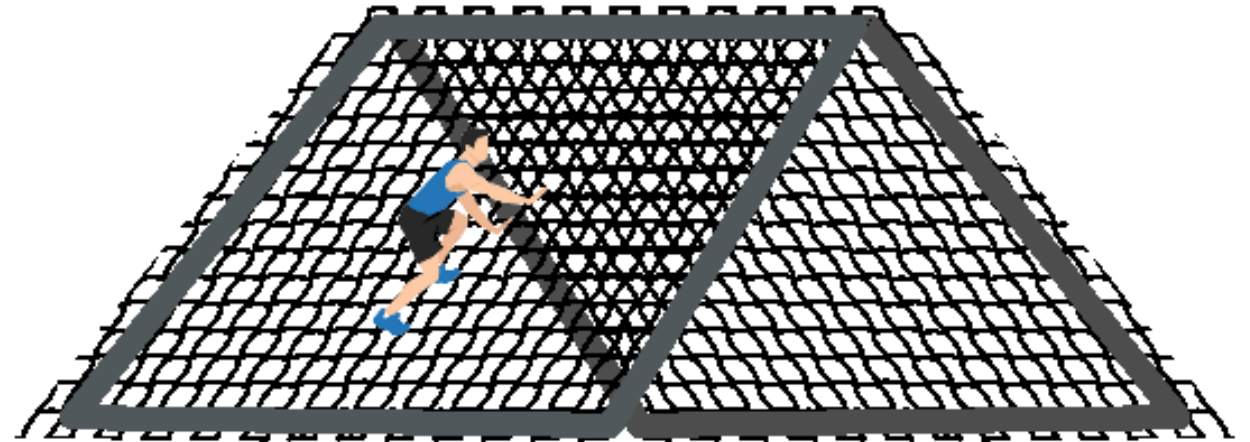
GIZA CLIMB

BOX JUMPS

Obstacle Description: 24' Height

Attempts: Unlimited

Failed when:
Does not Complete 3 rounds (6 Jumps)
Does Not Land Both Feet on the Box & Ground during transition

Completed when:
Both Feet must be flat on top of box and ground for jump to count.
Athlete makes all 6 Jumps

Note:
Athlete May rest
If rest is required and athlete needs more rest time please let next participant advance if necessary.

BOX JUMPS

BattleMaxx Laser Gun

Obstacle Description: Laser Gun

Attempts: 50 Seconds (Distance 5Mtr)

Failed when:
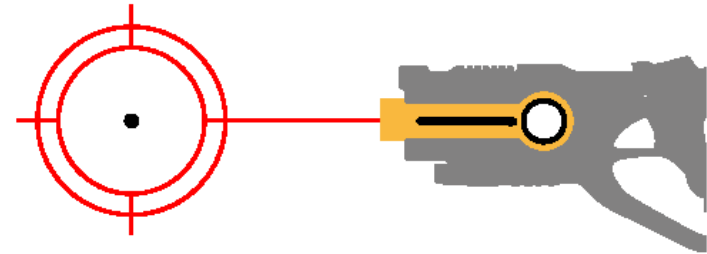1. You Miss the target continuously & run out of time. (you do not lose band – you just waisted precious time)

Completed when:
When you hit the Target

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

MULTIMAXX

BATTLEMAXX LASER GUN

Ring Slide
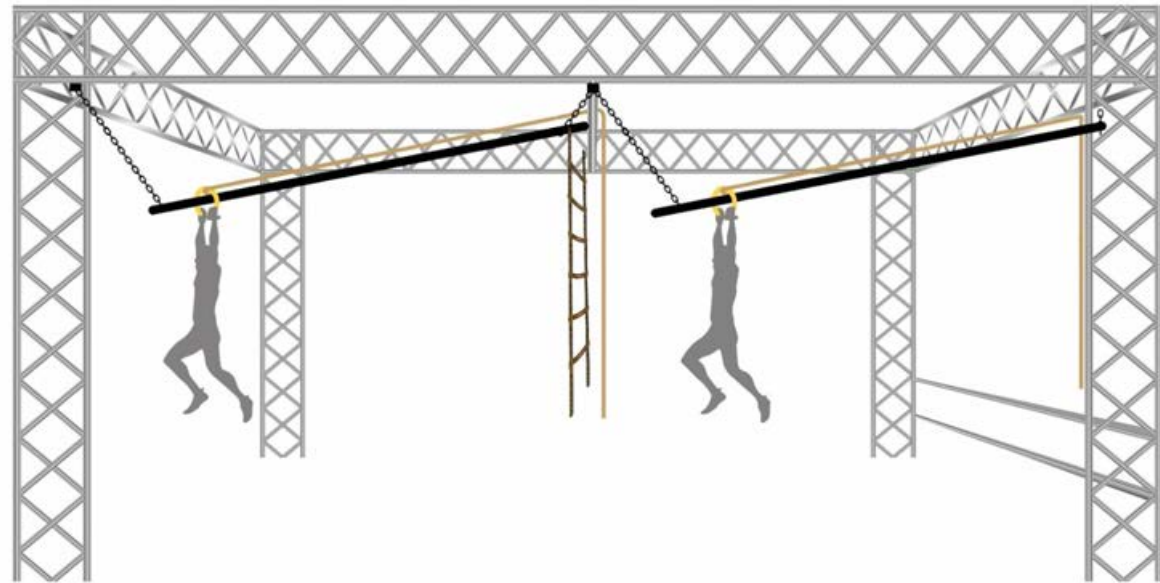
Attempts: Unlimited

Failed when:
Does not Hit bell on descent
Feet hit the ground before bell

Completed when:
Athlete Hits Bell (Hands Only)

Note
Athlete needs to Pull ring back to starting point
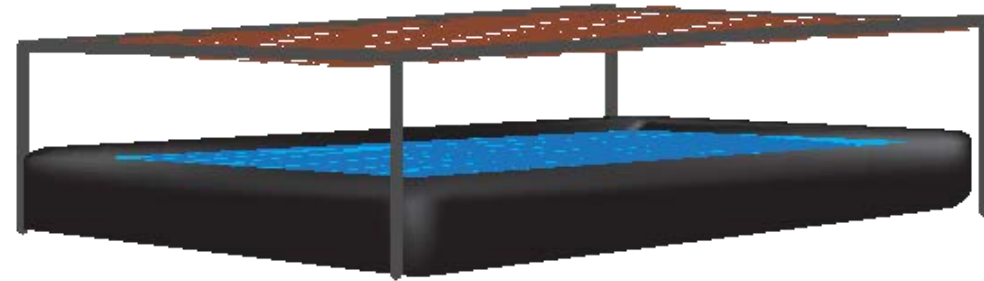attempt

Obstacle Description: POOL CRAWL

Attempts: 1

Failed when:
An athlete exits the designated path.

Completed when:
Makes it across the pool under structure

Note:
N/A

POOL CRAWL

Obstacle Container Slide
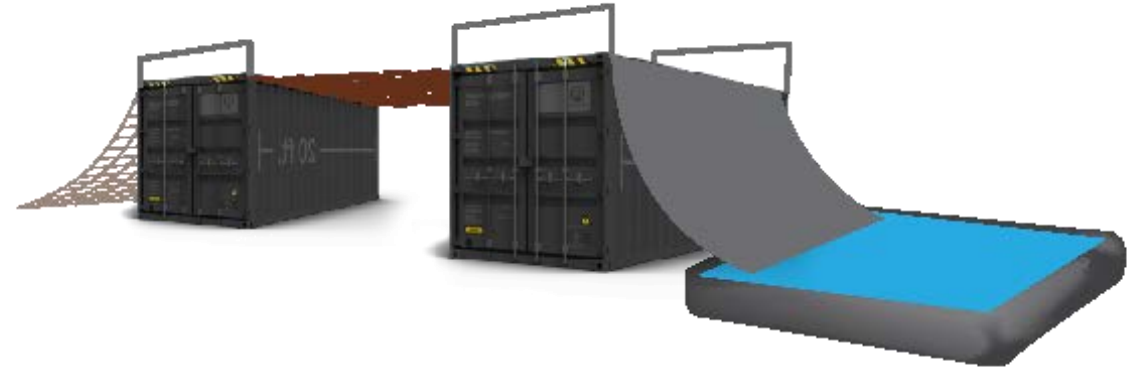
Attempts: 1

Failed when:
An athlete exits the designated path.

Completed when:
Makes it over the structure

Note:
N/A

CONTAINER TO SLIDE

THE GRID
ELITELEAGUE