Rules & Course Guidebook

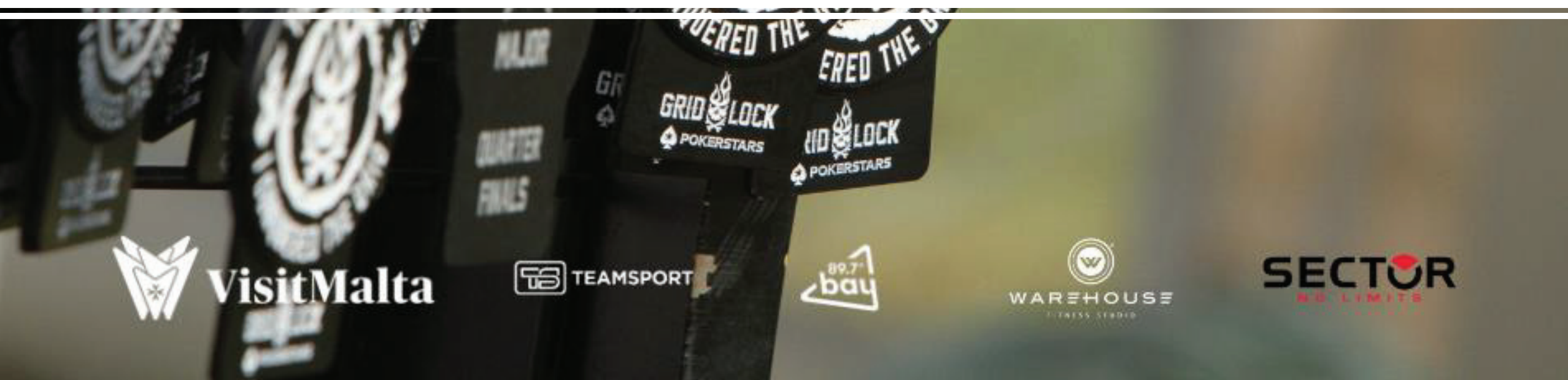VisitMalta · TEAMSPORT · 89.7 bay · WAREHOUSE FITNESS STUDIO · SECTOR NO LIMITS

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.

GRID LOCK

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.

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.

GRID LOCK

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

GRID LOCK

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. Box Jumps
Description: 24' boxes

Successful Completion:

Athletes must successfully make 6 Jumps.

Must use both feet and running start is not allowed.

Failure modes:

Unlimited attempts.

Note

In Case of incorrect jump judge will re quest a re-jump.

BOX JUMPS

3. Beam Hurdles

Successful Completion:

Athletes must successfully make it over all beams.

Failure modes:
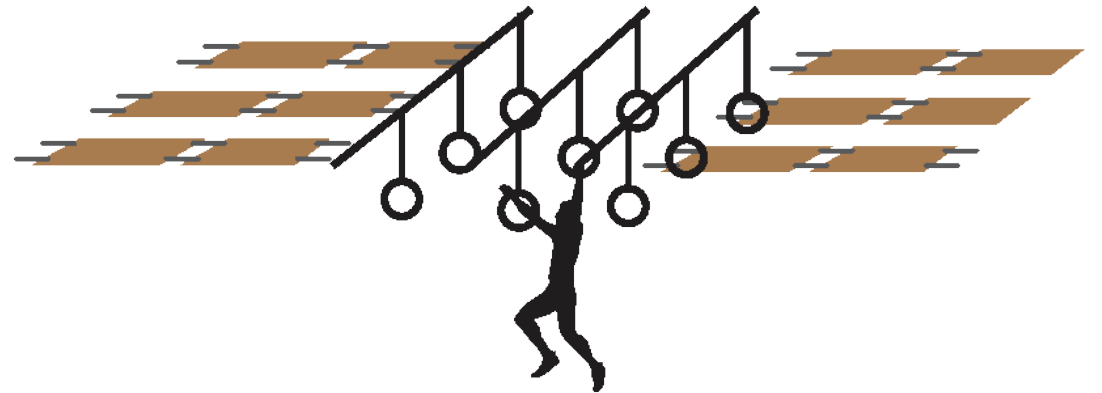
Failure to make it over.

Going under the beams.

4. Hanging Boards
Description – Hanging boards & rings

- **Successful Completion:**

- *Athletes must successfully make it across boards and rings without touching the ground.*

- *Hanging only is allowed.*

- **Failure modes:**

- No use of Legs

- Touches the ground at any time.

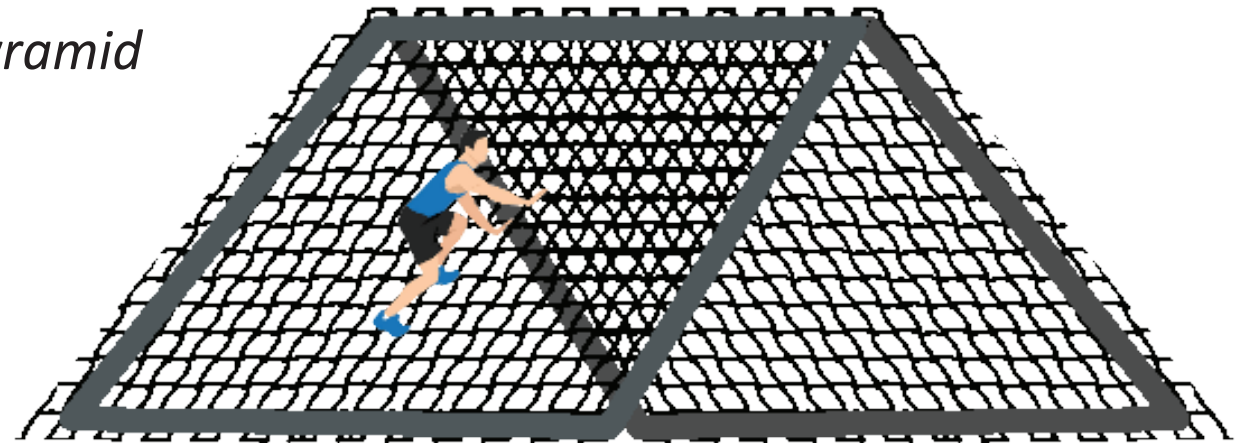# 5. Pyramid
Description – Large Pyramid with Army rope climb

Successful Completion:

Athletes must successfully make it over the pyramid within the designated area.

Failure modes:

No use of Structure

Exists Safety area.

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6. 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.

Sled Must be returned to starting position as found.

Weight 20Kg + Sled – To Confirm

Failure modes:

Assistance from another competitor

Fails to return sled to original starting position.

Turning prior to indicated mark.

Colliding with another participant in order to take an advantage.

7. Low Rings
Description: Rings at a low height

Successful Completion:

Athletes must successfully make it across the structure without touching the ground.

Athlete may use feet to hook onto rings.

Athlete may skip rings.

Failure modes:

Feet touch the Ground at any Time

8. The Rig
Description: Mix of Army Net &Rings divided by Walls.
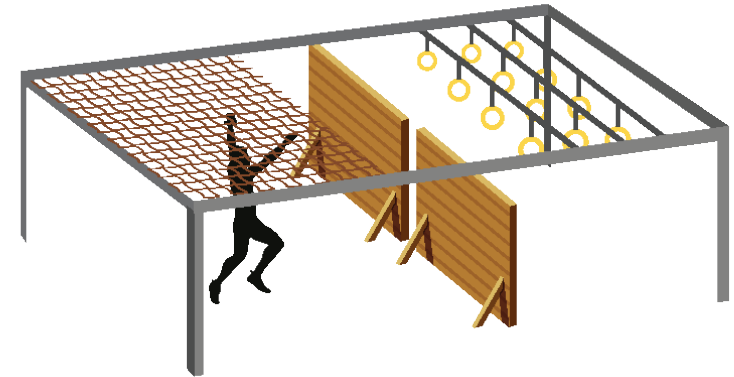
Successful Completion:

Athletes must successfully make it across the structure without touching the ground.

Athlete may use feet to change over from net to walls and walls to rings.

Failure modes:

Feet touch the Ground at any Time

Uses the Structure.

9. Endless Rope
Description: Mixed rope Sections.
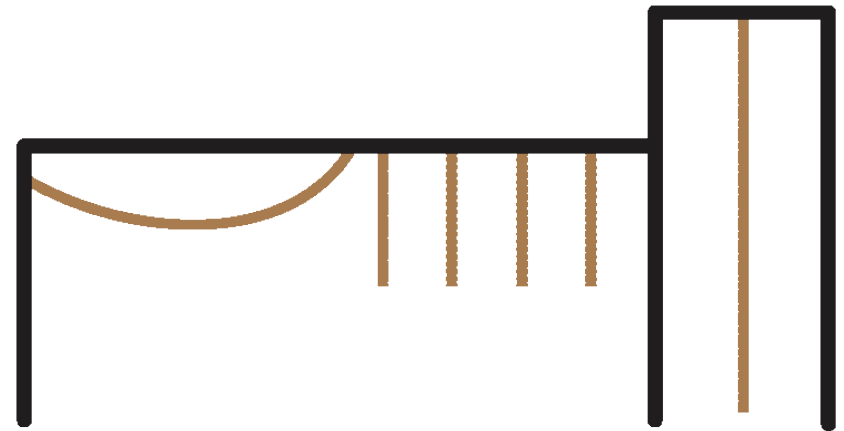
Successful Completion:

Athletes must successfully make it across the structure without touching the ground.

Endless Rope is divided into three sections:

1. *Rope Shimmy*

2. *Rope-To-Rope*

3. *Rope climb*

4. *Athletes may use legs to hook.*

Failure modes:

Feet touch the Ground at any Time

10. Net Crawl
Description: Low Net

Successful Completion:

Athletes must successfully make it under the net.

Failure modes:

Exists safety area.

Purposely colliding with another athlete