

2024 | ATHLETE GUIDE - RULE  
BOOK

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# 1. The Event

The Grid Box is a functional fitness event that will challenge you and your team, without using excessive weights and movements. The Grid Box focus is on being achievable for all levels of fitness, it will remain challenging, whilst also rewarding!

The event is split into two sections, Zone 1 and Zone 2 that are done following each other with no breaks. Zone 1 will test your cardio fitness with short runs and body weight exercises / movements, whilst Zone 2 will challenge your strength and grit when it is needed the most!

Zone 1 will have 4 rounds of 400m+ workouts, workout repetitions increasing after each round, once you finish the last workout station you move on directly to ZONE 2 and start the shuttle work, here you will lift some weights (not excessive) and climb the shuttle ladder all the way to the finish line.

Categories will be as follows:

Individual Men / Women and Mixed Doubles together with overall rankings and age group categories.



## 2. Participation

- In order to participate you must be 16+ on the day of the race.
- You must agree with all terms and conditions and follow all required guidelines stated by organiser.
- Registration via [www.thegridmalta.com](http://www.thegridmalta.com)

## 3. Categories

Individual  
Men

Individual  
Women

DOUBLES  
(1M/1F )

## 4. Age Group

16 to 29

30 to 39

40+

## 5. Results and Ranking

Final results and rankings will be communicated on the day and prizes will be given out according to categories and age groups. Cash prizes will only be available for Individual categories. The Grid Box is also part of The Grid Elite league and Individual points will be added to the overall classification table for Grid league that ends with the final race 'The Grid Sprint' on the 12<sup>th</sup> of October.

## 6. Individual

Total distance covered will be equal for both men and women, women will have a different weight category when required with the specific exercise, repetitions and scale will remain equal for both. Waves for Individuals will be of quantity 15.

## 7. Mixed Doubles

Distance and workouts remain the same as individual categories, both participants within the team need to run the total distance together.

Participants may split the workouts and achieve total together. Workout station allows only one participant to work at a given time.

Waves for Mixed doubles will be in teams of 15, with 1 wave having 30 possible individuals. Age Group Category will be allocated according to the average age of the combine athletes.



## 8. Before the race

Race Pack Collection, Race Brief, dates and times will be communicated prior to event by email and social media.

Once Timing Chip is collected it is athletes' responsibility (Lost Timing chip €15.00)

Bag Drop Area will be available at €2.00 per bag. (The Grid is not responsible for lost bags or items)

Make Sure to bring your QR code (screenshot) and Medical form (Printed) filled in to collect pack. If you are collecting on behalf of a friend, you must have the above.

## 9. Start Times

Start time is an **indication only, please refer to your booking wave time.** You must be on site at least 45min prior to start.

**Your wave will start as soon as the group before you finishes AREA 1.** If you miss your start time, we cannot guarantee an extra available slot.

CATEGORY		START TIMES
Individual	Male	7.00 to 9.15
Individual	Female	10.00 to 12.15
Doubles	Mix	13.00 to 13.45
Doubles	Womens	14.30 to 15.15
Doubles	Mens	16.00 to 16.45

# 10. Important Notes for Athletes

Health & Safety – Participants are to follow guidance of marshalls at all times. The Box was created to be achievable for all levels but do make sure that you have a base of fitness and preparation.

**Hydration** – Hydration is up to each individual athlete prior and after. There will be hydration available at the end of the race.

**Starts** – Waves are of qty 15 for both Male and Female, Doubles will be 15 lanes with possible total of 30 participants.

**Exercise Movements** – We understand that various events have different movement requirement, however for our event the movements listed are mandatory.

**Results** – Rankings will be available online, please do not approach timing table for your ranking.

**Presentation** – Presentation schedule will be communicated prior to race day.

*WE ARE NOT IN THE POSITION TO DELAY OR POSTPONE ANY PRESENTATIONS DUE TO ATHLETE OR COACHES PERSONAL AGENDAS.*

**Prize Money** – Prize money is for Individual overall winners only.

## 8. Prize Money



**Prize Money** – Prize money is for Individual overall winners only



## 9. The Race

The event is split into two sections, Area A and B that are done following each other with no breaks. Area A will test your cardio fitness with short runs and body weight exercises/movements, whilst Area B will challenge your strength and grit when it is needed the most!

### AREA ONE:

Run 400mtr + Workout (4 Exercises). With each round your rep qty will increase by 5 reps, starting with 10, ending with 25.

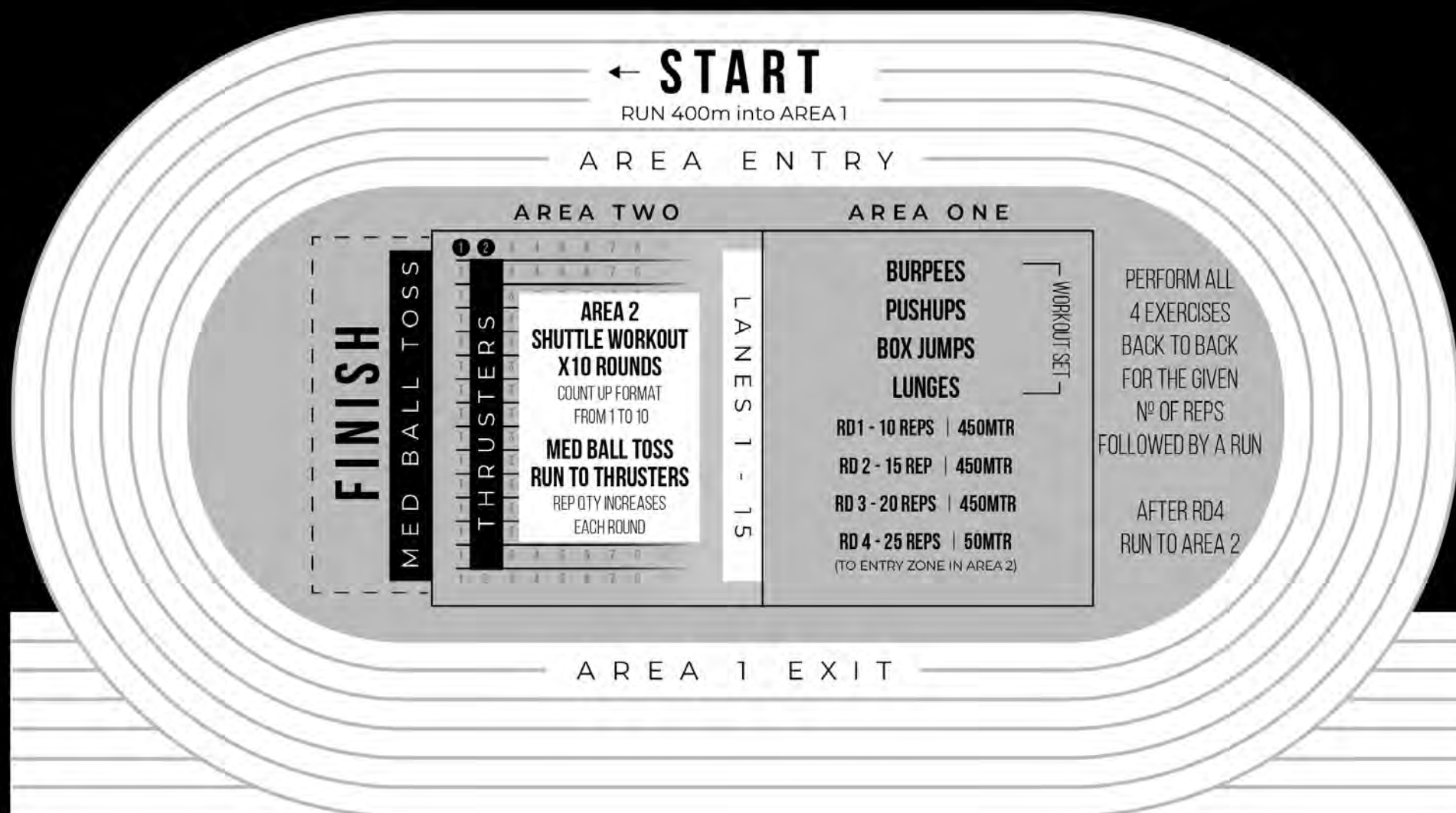
Round 1	- 10 per exercise	40 Total Reps	(4 x 10)
Round 2	- 15 per exercise	60 Total Reps	(4 x 15)
Round 3	- 20 per exercise	80 Total Reps	(4 x 20)
Round 4	- 25 per exercise	100 Total Reps	(4 x 25)

Running distance will always be 400mtr, may vary by laps required depending on location. Transition runs are not added to total distance and may also vary depending on location.

### Area TWO:

Participants will enter area B directly following the last workout in area A, participants must enter Area B following the transition path indicated, once within area B participant will run the length of the field and start with 1 rep on Ball toss, working way back to indicated station to commence 1 Rep Thrusters. Process will continue until participant has completed the scale up to 10 reps of each alternatively.

# AREA LAYOUT



# AREA ONE & TWO

**START**

RUN 400M  
ENTER AREA ONE

**1**

PERFORM 10 REPS

BURPEES | PUSHUPS | BOX JUMPS | LUNGES

RUN 450M

**2**

PERFORM 15 REPS

BURPEES | PUSHUPS | BOX JUMPS | LUNGES

RUN 450M

**3**

PERFORM 20 REPS

BURPEES | PUSHUPS | BOX JUMPS | LUNGES

RUN 450M

**4**

PERFORM 25 REPS

BURPEES | PUSHUPS | BOX JUMPS | LUNGES

RUN 50M

**ENTER AREA TWO**

PERFORM

**SHUTTLE WORKOUT 10 ROUNDS**

COUNT UP FORMAT FROM 1 TO 10

**MED BALL TOSS SHUTTLE TO THRUSTERS**

REP QUANTITY INCREASES EACH ROUND

**SPRINT THROUGH TO FINISH**

## 10. Marshalls

Each participant will have a dedicated marshal in area A and B to monitor distance covered and reps within the designated area.

Participants must be respectful to all marshalls at all times, any queries or complaints may be addressed to the race director via email at [operations@thegridmalta.com](mailto:operations@thegridmalta.com). Marshalls will have race supervisor per section monitoring allocated areas.

## 11. The Workouts

Exercises movement standards are available below and rules will be communicated prior to event start, by email and social media. May you have a query please email [operations@thegridmalta.com](mailto:operations@thegridmalta.com)



## Movement standards

Standards are specific to this event and not to be confused with any other event. A repetition that deviates from the standard will be called by Marshall and you must repeat rep to ensure total qty,

### AREA A

- 10. BURPEES
- 11. PUSHUPS
- 12. BOX JUMPS
- 13. LUNGES (WEIGHTED)

### AREA B

#### KB Thrusters

- 16 KG Men
- 12 KG Men

#### Ball Toss

- 10Kg Men / 10Ft
- 6kg women/ 9Ft Wmn

AT NO TIME ARE COACHES AND OR FOLLOWERS ALLOWED WITHIN RACING AREA

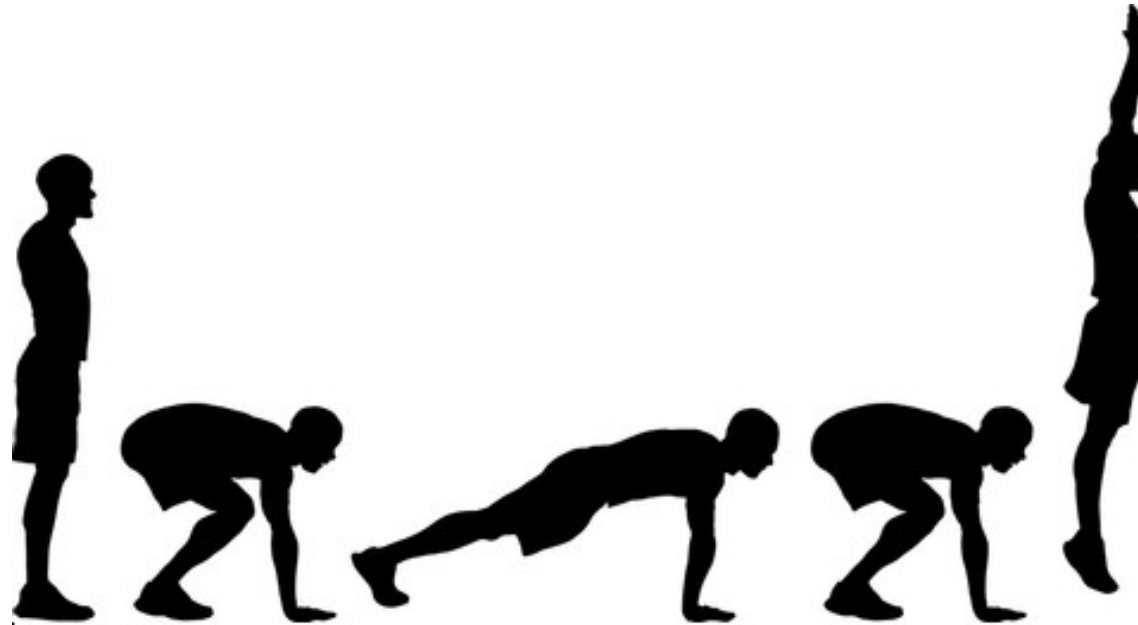


# Area 1 – Exercise 1

## Burpee

- The athlete starts within the designated area.
- The athlete must start from a standstill position,
- In the bottom position, the athletes must extend and form a push up position with hands on foam roller.
- Then, the athlete stands up and raises foam roller over head
- Athlete may rest as they wish within reps.
- The stage is complete once athlete completes designated rep quantity.

- REPS (10 – 15 – 20 - 25)
- Equipment (Foam Roller)

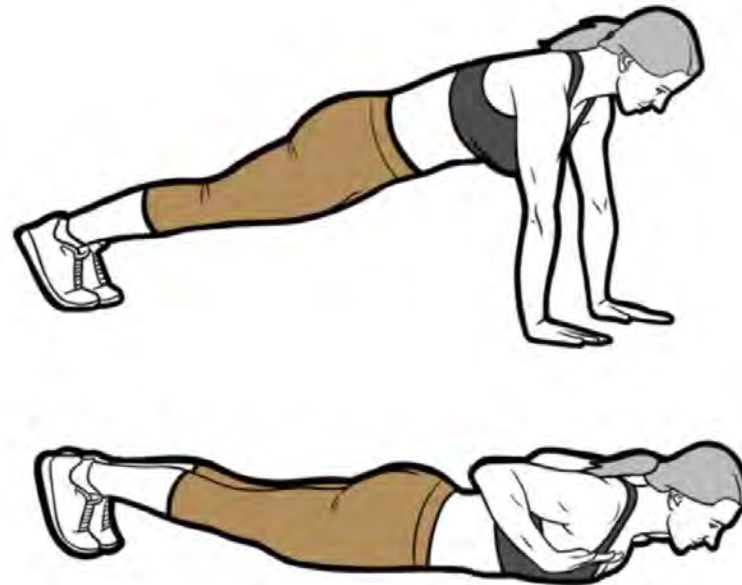


# Area 1 – Exercise 2

## Push ups

- The athlete starts within the designated area.
- The athlete must start from a push up position (wide or narrow stance is up to athlete)
- Athlete must lower body to ground and lift palms off the floor to commence next repetition.
- Athlete may rest as they wish within reps but must hold push up position, touching ground with knees during rest will require reps qty to re start.
- The stage is complete once athlete completes designated rep qty.

REPS (10 – 15 – 20 - 25)



# Area 1 – Exercise 3

## Box Jumps

- The athlete starts within the designated area.
  - The athlete must start from a standstill position
  - The Athlete may use a Jump with both feet or a step up
  - Important that both feet must be on top of the box at the same time prior to returning to decent.
  - Athlete reps must be done alternating from side to side until total quantity is met.
  - Athlete may rest as they wish within reps.
  - The stage is complete once athlete completes designated rep qty.
- 
- REPS (10 – 15 – 20 - 25)
  - Equipment (BOXES)





# Area 1 – Exercise 4

## Backward lunge

- The athlete starts within the designated area.
  - The athlete must start from a standstill position with Sandbag on shoulders.
  - Place designated weight on shoulders (15KG Men / 10Kg Women)
  - In the bottom position, the athlete's knee must touch the ground alternating from left to right (each leg is one rep) until rep qty is reached.
  - Athlete may rest as they wish within reps.
  - The stage is complete once athlete completes designated rep quantity.
- 
- REPS (25 – 20 – 15 - 10)
  - Equipment Sandbag
  - Men – 15kg
  - Women – 10kg



## Movement standards

Standards are specific to this event and not to be confused with and other event. A repetition that deviates from the standard will be called by marshall and you must repeat rep to ensure total qty,

### AREA B

#### **KB Thrusters**

- **16 KG Men**
- **12 KG Wmn**

#### **Ball Toss**

- **10Kg Men – Women**
- *10FT target Men / 9FT Target*



# Area 2

## Wall Ball Toss

- The athlete starts within the designated area equal to the stage they are at, and the reps required.
- The athlete must start from a stand position.
- Athlete picks ball from the indicated area, stands in upright position and throws ball to indicated area, Athlete must then enter a squat position and repeat accordingly. 90deg bend or more.  
(Marshall will call out rep if standard is not met and repetition is required)
- Athlete must hit the indicated area for each category. (10ft Men / 9Ft Women)
- Once final rep is done athlete returns ball to start position and continues with area requirements.
- Athlete may rest as they wish within reps.
- The stage is complete once athlete completes designated rep qty.

REPS (1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10) (Alternating with thrusters)

Equipment : Slam Ball (Men 10kg) | (Women 6kg)

Height : 10FT Men | 9FT Women



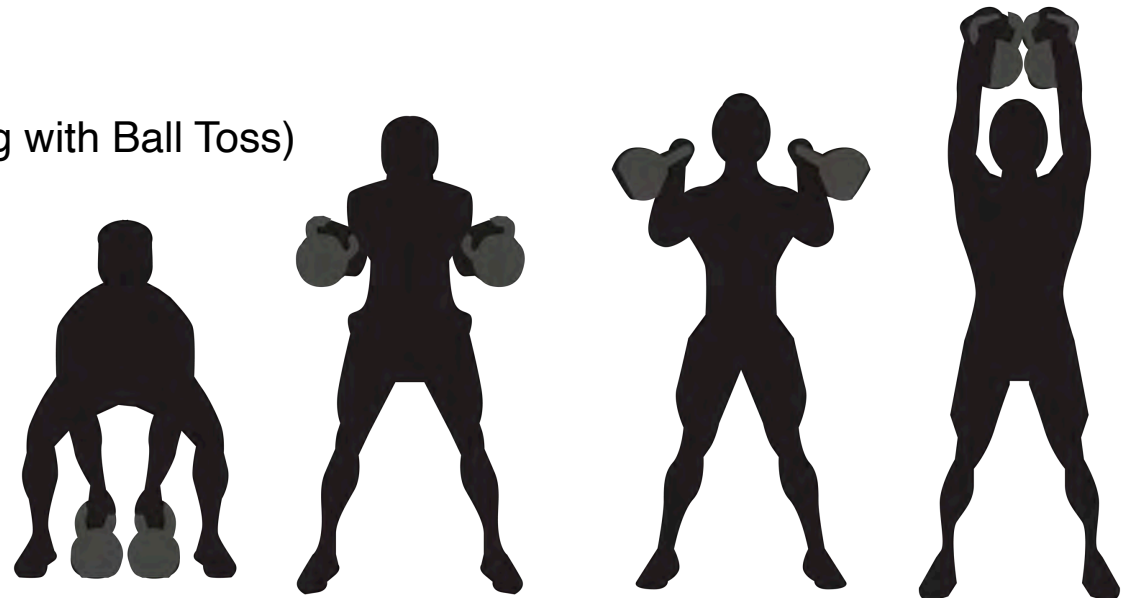
## Area 2

### Kettle Bell Thrusters

- The athlete starts within the designated area equal to the stage they are at, and the reps required.
- The athlete must start from a standing position, squat and lift KB over shoulders extending arms.
- At the bottom of the squat bottom of KB must touch the ground to start next rep.
- Athlete must lift both weights simultaneously repeating as per required reps.
- Athlete may rest as they wish within reps.
- The stage is complete once athlete completes designated rep qty.
- Following stage athlete must run to FINISH

REPS (1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10) (Alternating with Ball Toss)

Equipment: Kettle Bells (16kg Men / 12kg Women)



## 10. Photography & Videography

- Athletes are allowed to take personal photographs and videos from the supporter's area, coaches and followers are not allowed within race area at any time, it is strictly participants only.
- We do try and get everyone's photo included, but we cannot guarantee.

## 10. CONDUCT

- By applying for the event participants agree to our T&C's.
- Participants guarantee to compete in a friendly and positive manner.
- Cheating, excessive complaining, disturbing, any forms of fighting will result in disqualification, and or possible ban from all Grid organised events without possibility of refunds.
- Coaches and followers are not allowed within race area at any time, it is strictly participants only.