



COURSE GUIDLINES & RULES



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



**EURO
250**



**EURO
100**



**EURO
50**

OVERALL ELITE LEAGUE CHAMPIONS



**EURO
500**



**EURO
250**



**EURO
150**

BEST CLUB



**EURO
500**

(FREE OPEN WAVE
ENTRIES TO 2025)

AGE GROUPS

16 to 29

30 to 39

40+



VisitMalta

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.
- Respect all Marshalls and Volunteers.
- 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
- **If you fail obstacle you get in line behind the next Elite athlete, you do not Skip.**
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 (Reference Obstacle guide)
- 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 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** wear **GRID** race T-shirt, anyone removing or finishing race without T-shirt 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.



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 or Heavy Tattoos , 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.
- *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

- **NO** Elite Participant /Coach/Family Member is to approach the timing table at any time.
- **NO PACING IS ALLOWED**
- Family Members/Coaches **are NOT Marshalls or referees (listen to Marshalls)** 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 [Active race results website.](#)
- 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)
- For any disputes (up to 24 hours after the race) get in touch info@thegridmalta.com, we will revise accordingly if necessary.
- Results and points allocated will be final after 24 hours.
- **Mountain Bike Marshalls will follow waves also to support ground Marshalls.**



LET THE
FUN
BEGIN

**BORN
TO BE
AWESOME**
THE
GRID
SPRINT

GOLDEN SANDS | 12TH OCTOBER 2024





UNLOCK THE POWER TO PLAY



VisitMalta





Burpee Hill –

Obstacle Description: Burpees Up a Hill.
Attempts: Unlimited

Failed when:

1. Walk or run within Section.

Completed when:

Path is done.

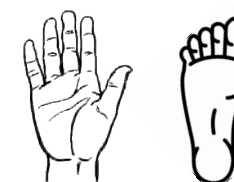
Note:

Form as per image, to get to next burpees you may either take a step or a broad jump. You may select to raise your hands or jump but it is not obligatory.

This is not a crossfit burpee, so chest does not need to touch the ground.



USE: HANDS & LEGS



ADULTS



SACK 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 Object 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.

USE: HANDS



ADULTS

KIDS

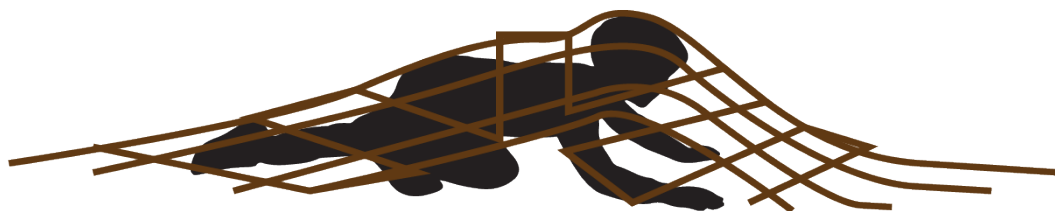


ARMY CRAWL

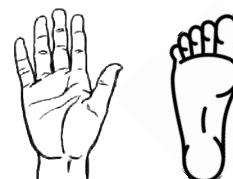
Obstacle Description: CRAWL UNDER NET
Attempts: Unlimited

Completed when:
Make it through

Note:
You must go under the net and NOT over.



USE: HANDS & LEGS



ADULTS

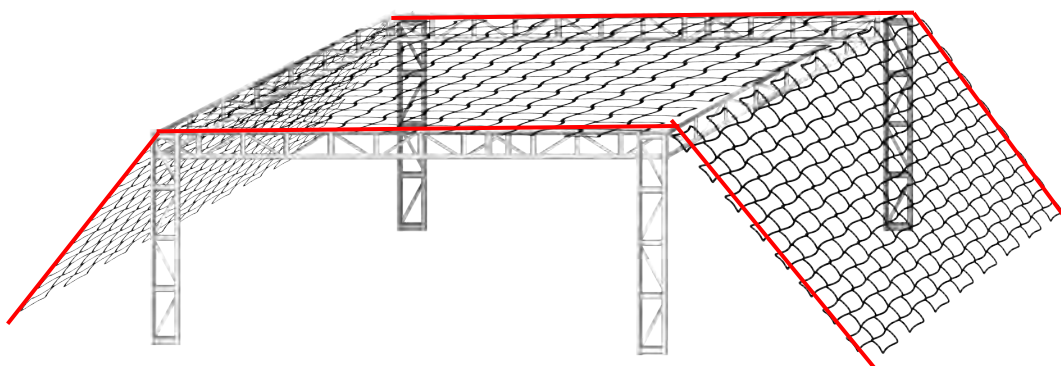


THE TRAPEZIUM

Obstacle Description: NET CLIMB & CROSSING
Attempts: Unlimited

Completed when:
Make it over

Note:
You must go over net.
Do Not Use Supporting Beams (RED)
Stay within safety tape area.



USE: HANDS & LEGS





MED BALL TOSS

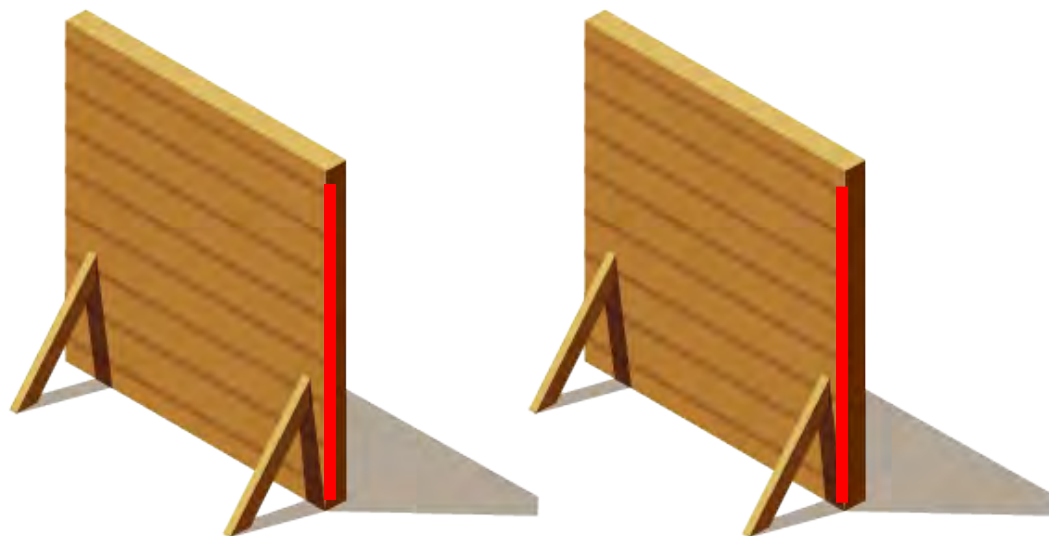
Obstacle Description: TOSS BALL ONTO TARGET
Attempts: Unlimited

Completed when:

- 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,
- If Athlete can hit target without squatting he is allowed to do so.
- Target 10FT Men / 9ft Women
- Weight 10kg Men / 6kg Women

PERFORM: 3 REPS

ADULTS



All Walls Small & Large Walls

Obstacle Description: Climb over onto other side

Attempts: Unlimited

Successful Completion:

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

Failure modes:

Assistance from another competitor

Using any part of the frame

USE: HANDS AND LEGS





King George

Obstacle Description: Traverse from low pipes until rings

Attempts: Unlimited

Successful Completion:

1. *Athletes must successfully make it over the obstacle without touching the ground.*

Failure modes:

Assistance from another competitor

Using any part of the frame



USE: HANDS AND LEGS



MUST RING BELL AT THE END

ADULTS



Lunge Way

Obstacle Description: Lunge across the designated area

Attempts: Unlimited

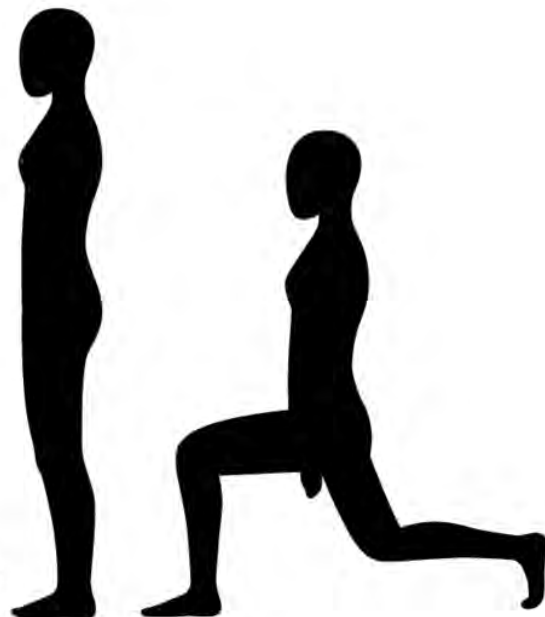
Successful Completion:

- Athletes must traverse through the sand performing the lunge action.*

Failure modes:

Moving through the marked zone walking, jogging, crawling or anyhow other than in the lunge exercise.

Using any part of the frame





Tyre Throw

Obstacle Description: Throw tyre onto beam

Attempts: Unlimited

Successful Completion:

1. *Athletes must throw the tyre into to beam from behind designated line..*

Failure modes:

If tyre falls or does not remain hanging onto the beam

USE: HANDS





Sea Tanks



Obstacle Description: Swim under tanks individually
Attempts: Unlimited

Successful Completion:

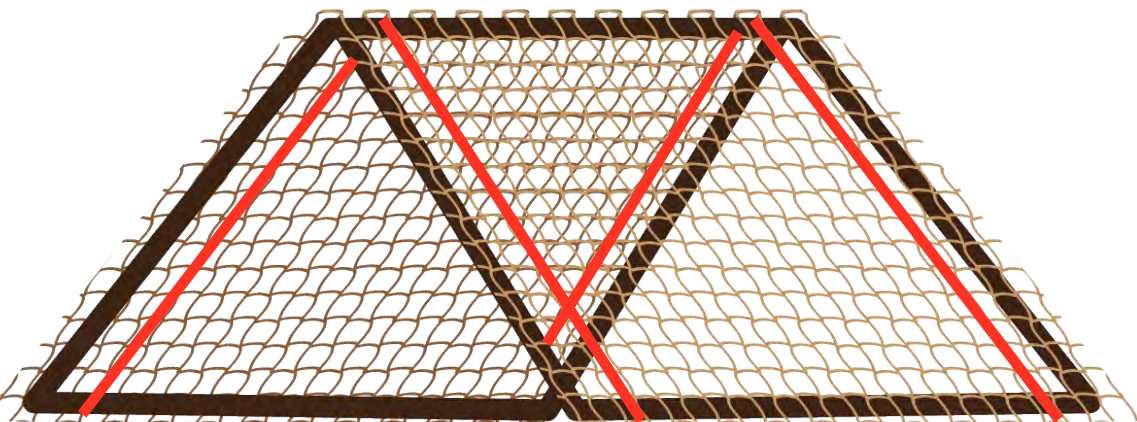
1. Athletes must swim **under** the floating tanks.
2. Athletes can surface after each tank and does not need to go under all tanks without surfacing.

Failure modes:

If Athlete does not manage must swim under all tanks



ADULTS



Giza

Obstacle Description: NET CLIMB & CROSSING

Attempts: Unlimited

Completed when:

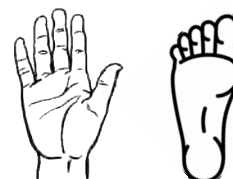
Make it over

Note:

You must go over the marked red safety line.

Do Not Use Supporting Beams beyond the (RED) line.

USE: HANDS & LEGS





Ring Swing



Obstacle Description: Swing from ring to ring
Attempts: Unlimited

Successful Completion:

1. *Athletes must successfully swing from ring to ring without touching the ground*

Failure modes:

Skipping a ring or touching the ground.

MUST RING BELL AT THE END

USE: HANDS

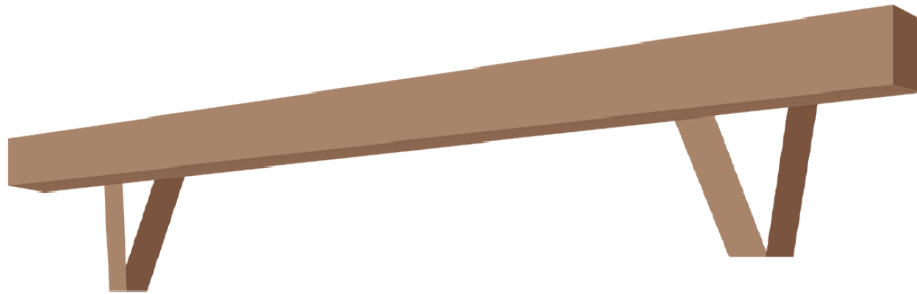


MUST RING BELL AT THE END



ADULTS

KIDS



Balance Beam



Obstacle Description: Balance across the beam
Attempts: Unlimited

Successful Completion:

- Athletes must successfully traverse across the beam without touching the ground*

Failure modes:

Not making it across or touching the ground.
Descending before highlighted area.

USE: LEGS

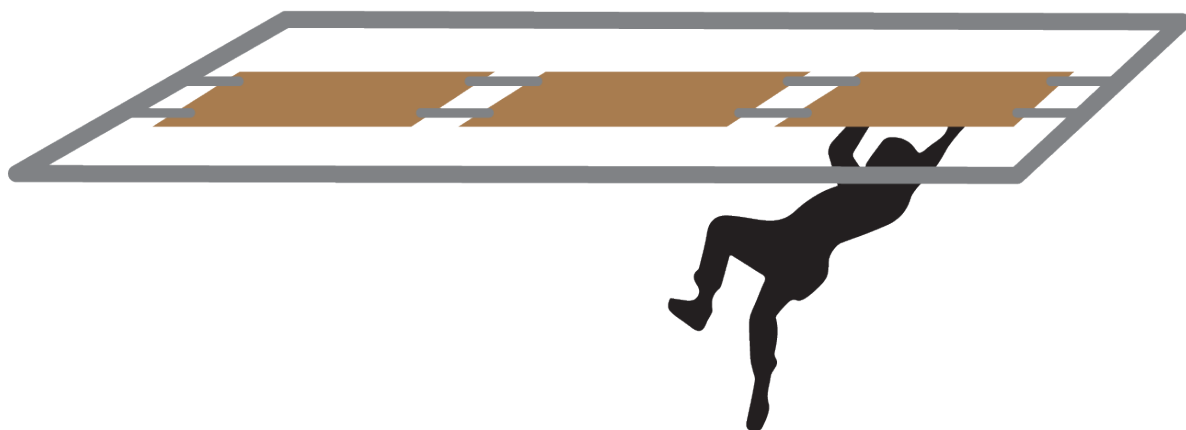


MUST RING BELL AT THE END



ADULTS

KIDS



Hanging Board Shimmy

Obstacle Description: Traverse across all boards

Attempts: Unlimited

Successful Completion:

Must start from first board

Athletes must successfully make it across all boards

Failure modes:

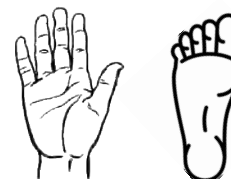
Don't start from first board

Using hanging chains instead of board

Assistance from another competitor

Touching the ground.

USE: HANDS AND LEGS



MUST RING BELL AT THE END



ADULTS

KIDS



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.

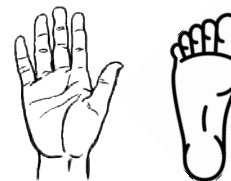
Completed when:

Rings bell with hands.

Note:

N/A

USE: HANDS & LEGS

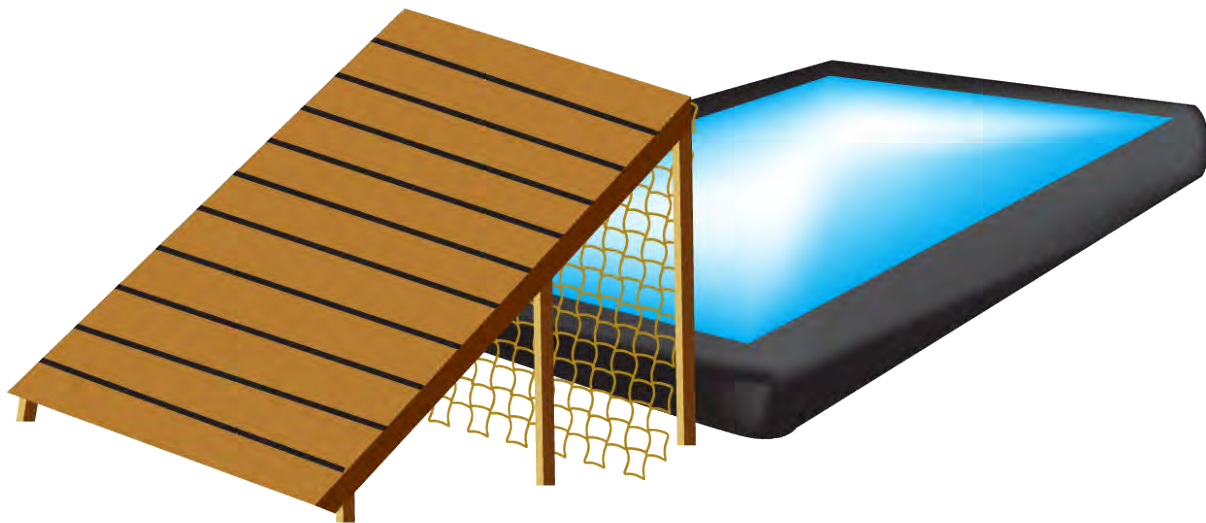


MUST RING BELL AT THE END



ADULTS

KIDS



Team Wall

Obstacle Description: Climb over wall and into the pool

Attempts: Unlimited

Successful Completion:

- Athletes must successfully make it over the wall.*

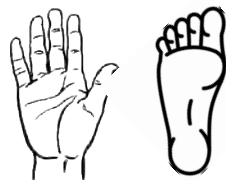
Failure modes:

Assistance from another competitor (Elite)

Using any part of the frame

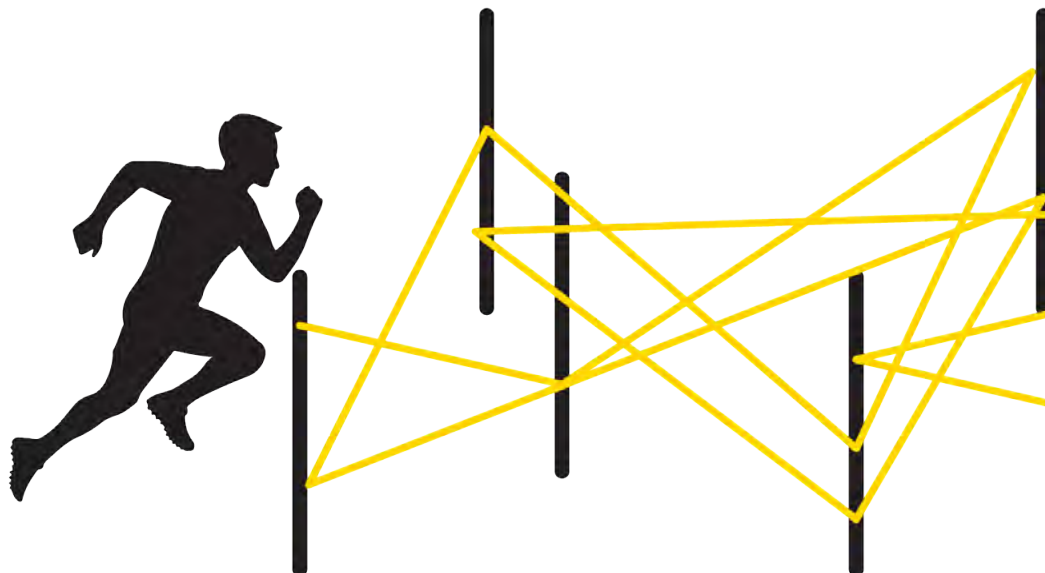
Jump from top into pool (must descend the net)

USE: HANDS & LEGS



ADULTS

KIDS



The Maze

Obstacle Description: Crossing across rope
Attempts: Unlimited

Failed when:

1. Breaks rope

Completed when:
Clears Maze Path.

Note:

You may go over or under.



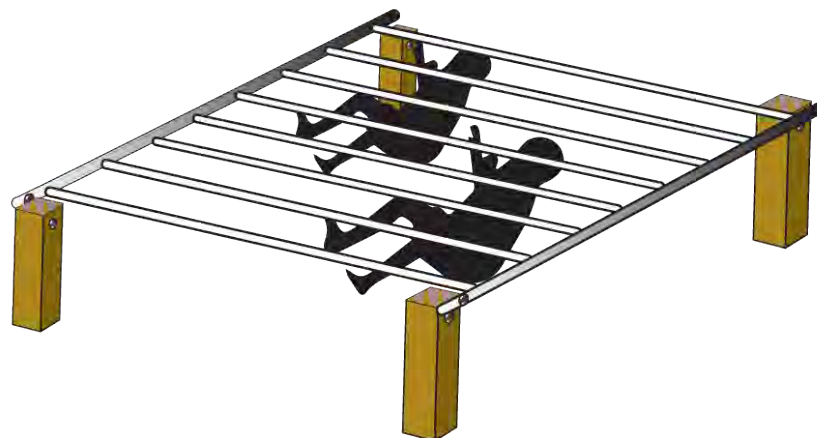
ADULTS

KIDS



INVERTED MONKEY BARS

Obstacle Description: Low Monkey Bars
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.

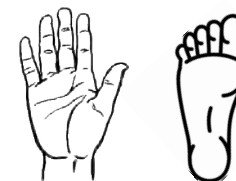
Completed when:

Rings bell with hands.

INVERTED MONKEY BARS



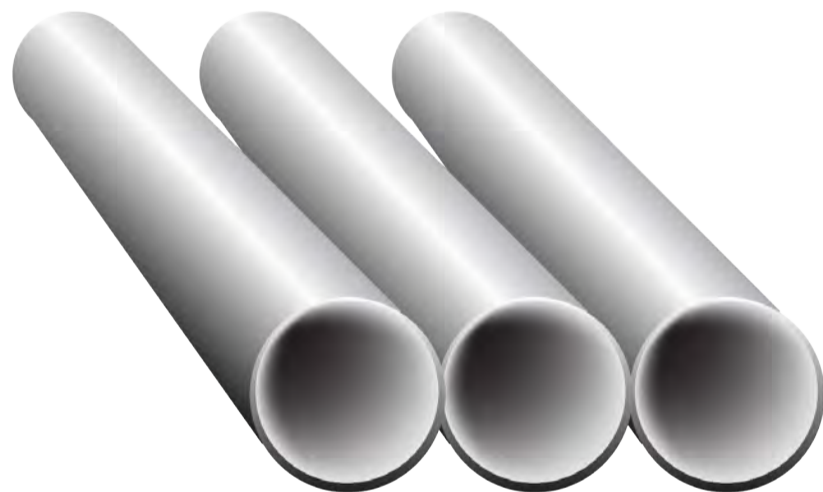
USE: HANDS & LEGS



MUST RING BELL AT THE END

ADULTS

KIDS



Pipe Tunnel

Obstacle Description: Get through the tunnel

Attempts: Unlimited

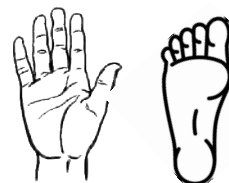
Successful Completion:

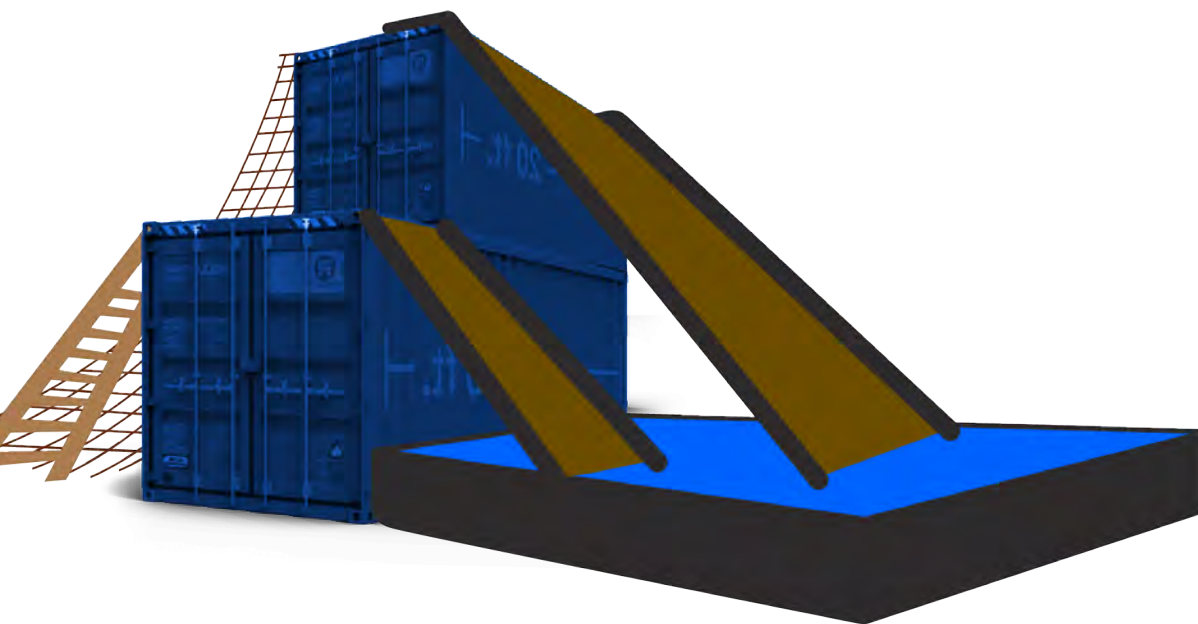
1. *Athletes must successfully make it through the pipe tunnel*

Failure modes:

Avoiding the obstacle or not making it through.

USE: HANDS





Finish

Obstacle Description:

**ELITE ADULTS MUST ONLY USE THE NET TO CLIMB ONTO THE CONTAINER.
KIDS ELITE CAN CHOOSE
DOWN THE SLIDE INTO THE POOL.**

Must:

Sit Down on Slide

Completed when:

Exit pool



USE: HANDS & LEGS

ADULTS

KIDS

