



# GRID KIDS 2025 (Easter Edition) Race Guidelines



**The Grid Kids promotes a healthy and active lifestyle to all through this extraordinary experience.**

Grid Kids is a fun obstacle race aimed at kids and teens where parents can accompany their children across a fun-packed course!

We believe in the importance of inclusiveness and fitness for children of all capabilities, as at The Grid, we leave no one behind.

Grid Kids offers both Open Wave categories for those who want to participate just for fun and Elite categories for kids looking to compete at a higher level. This ensures that every child, regardless of their goals, has a chance to enjoy and challenge themselves in the event.



# Elite Category Age Groups

6 to 8

9 to 11

12 to 15

Age groups have been sent in accordance with the Malta OCR committee, may you have questions regarding age groups please contact them directly

# 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 map 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 (ELITE)

- 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 (as will be identified in obstacle rules where necessary)
- 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; 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 –Tshirt in elite waves, 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 bracelet to Obstacle Marshall
- Pacing by coaches, friends and or family is not allowed.

## GENERAL RULES – ELITE BANDS

- All participants **MUST** wear the elite wristbands on each wrist (One Rubber One Paper).
- Athletes must check in at Start area.
- 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 shoelaces 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)

- ***After the race please do not approach timing table for your result, results will be uploaded online once all penalties have been added, approaching the timer may only cause mistakes and lengthen how long it takes the results to be published.***
- **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 with Marshall while he is receiving all updates is disturbing, your times will be available live via **Active Race results**
- 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 future events
- 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](mailto:info@thegridmalta.com), we will In turn revise accordingly if necessary.
- Results and points allocated will be final after 48 hours.
- OCR is a sports so please act like a sport too.



# WE ARE GRID KIDS



# UNLOCK

THE POWER TO PLAY





# 1. GRID CAR WASH

## Successful Completion:

*Must make it across the structure.*

**Failure modes: Avoiding Obstacle ☺**

## Difficulty Level:



## Safety:

Please take care of other Individuals on the obstacle at the same time.

Open Waves: Parents/Guardians are not to attempt obstacle and only guide kids along the structure.



## 2. BEAMS – OVER/UNDER

### Successful Completion:

*Athletes must go over first pole, under second and so on in that format until last beam..*

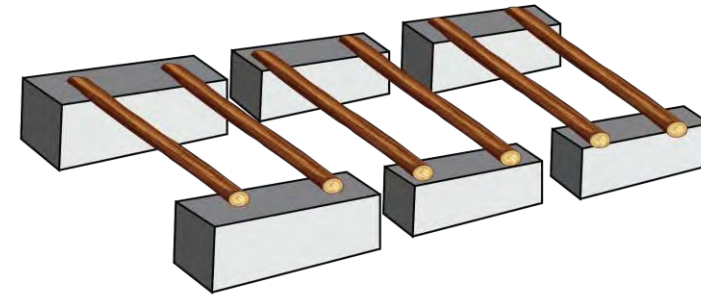
### Difficulty Level



### Safety

*Open Waves: Parents/Guardians are to guide kids along the way, levels of guidance will differ depending on the kid in question.*

*Parents are not to attempt the obstacle.*



## UNDER/OVER BEAMS

**USE: HANDS & LEGS**



### 3 – PIPE PYRAMID

Obstacle Description: Pyramid of Pipes.

Attempts: Unlimited

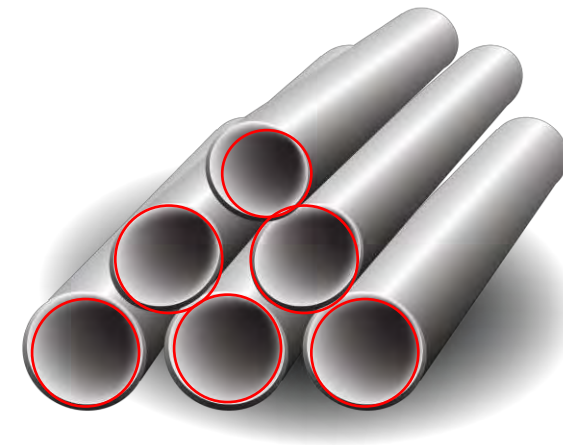
Athlete must pass within the indicated safety area and is not to use the edges of the pipes to hold (red)

Difficulty Level



Safety

Open Waves: Parents/Guardians are to guide along path. Only parent with age groups between 3 to 6 should accompany over if necessary.



PIPE PYRAMID

USE: HANDS & LEGS



## 4 – GIZA

**Obstacle Description:** Make it over the pyramid structure  
**Attempts:** Unlimited

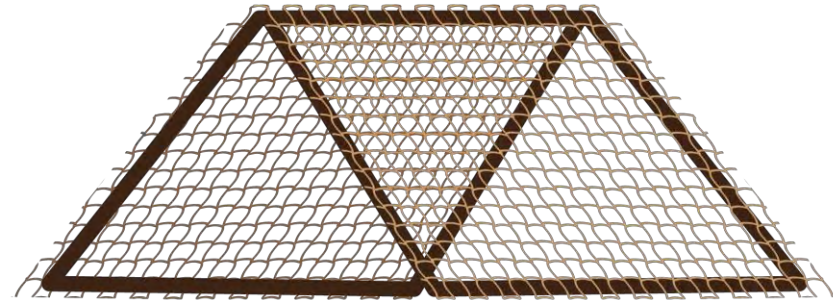
**Failed when:**  
Avoiding Obstacle

**Difficulty Level**



### Safety

Open Waves Parents/Guardians can guide the kids to the top of the Obstacle ensuring the transition over is safe and done in a timely manner.



GIZA

**USE: HANDS & LEGS**



## 5 – SEASAW

### Obstacle Description:

Athletes must balance across until they arrive at the indicated tape allowing them to get down.

### Failed when:

Athletes must not get off obstacle until they are over the indicated markings. .

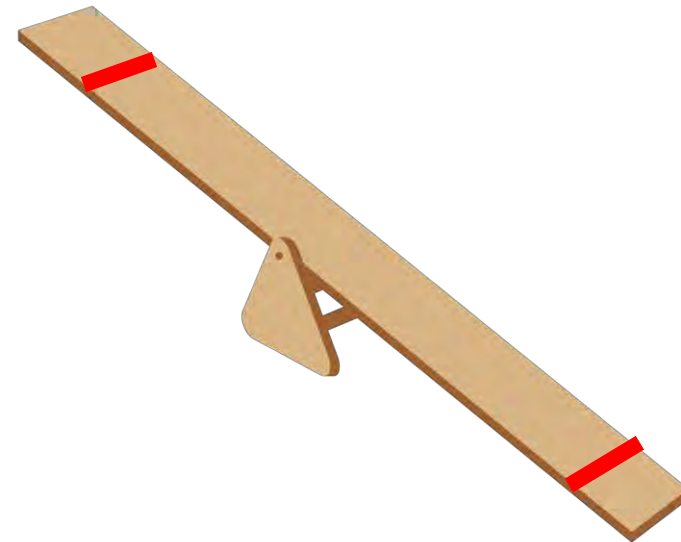
Avoiding Obstacle

### Difficulty Level



### Safety

Athletes must wait there turn if obstacle is in use.  
Parents/Guardians can guide the kids into and across, Parents are not to try.



**SEE-SAW**

**USE: LEGS**



## 6. The Worm Hole

### Failed when:

Avoiding Obstacle

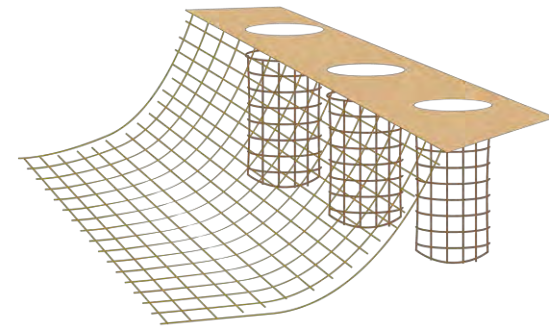
### Difficulty Level



### Safety

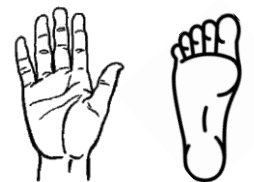
Open Waves; Parents/Guardians can guide the kids up the net and ensure they get to the top; our marshals will guide from top.

Parents/Guardians are not to attempt.



THE WORM HOLE CLIMB

USE: HANDS & LEGS



## 6. Pot Noodle

**Obstacle Description:** Pool crossing

**Attempts:** Unlimited

**Failed when:**

1. Turns back.

**Completed when:**

Exits from indicated area

**Difficulty**



**Safety**

Open Waves: Parents/Guardian may guide the kids,



**USE: HANDS & LEGS**



## 7. 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 (RED)

### Difficulty Level



### Safety

Open Waves: Parents/Guardian may guide the kids, Parents are not to climb walls.



SMALL WALLS

USE: HANDS & LEGS





## 8. Monkey Bars

- **Successful Completion:**
- *Athletes must hit bell.*
- *Complete without feet touching the ground.*

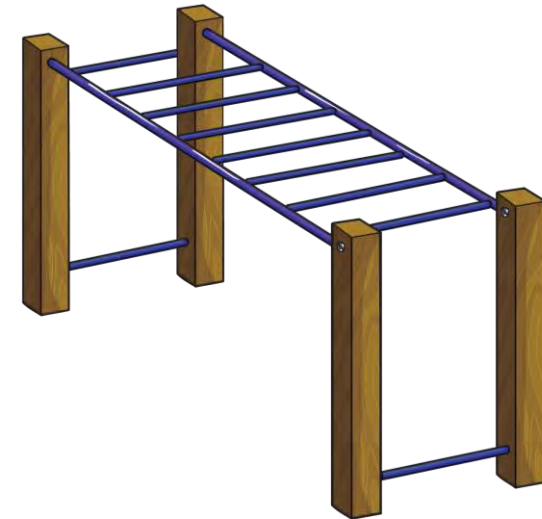
### Failure modes:

- Does not hit bell
- Body part touches the ground.
- **Difficulty Level**



### Safety

*Open Waves: Parents/Guardians are to support at all times, capabilities will vary depending on child.*



**MONKEY BARS**

**USE: HANDS**



# 10 – SKIP – MUD BATH



**Attempts: Unlimited**

**Failed when:**

Athlete misses the target

**Difficulty**

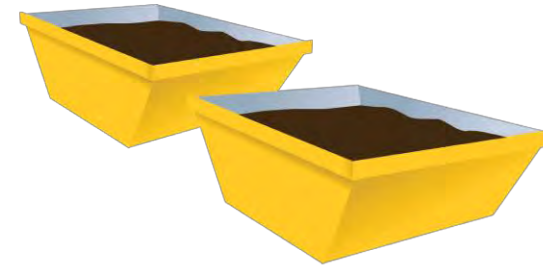


**Completed when:**

Athlete enters and exists from indicated areas. .

**Safety**

Open Waves; Parents/Guardian can watch and help from side.



**SKIP MUD BATH**

**USE: HANDS & LEGS**



# 11 – SACK HOP

**Obstacle Description:** Selection of sacks.

Sacks may vary in size; selection of sack is at the discretion of the athlete and is on first come first select basis.

**Attempts:** Unlimited

**Failed when:**

Athlete does not pass from indicated area.

Athlete gets out of sack prior to marked area.

**Difficulty**



**Completed when:**

Successfully hops from point A to Point B while in sack.

**Safety**

Open Waves; Parents/Guardian are to accompany along the obstacle & help if necessary, **Parents are not to do sack hop.**



**SACK HOP**

**USE: HANDS & LEGS**



## 12 – Weighted bucket

**Attempts: Unlimited**

### Failed when:

Athlete fails to lift the bucket high enough to hit the bell at the top.

Athlete lets go of rope from top to drop to bottom.

Athlete must slowly release the bucket until hitting the bell at the bottom of the structure.

### Difficulty

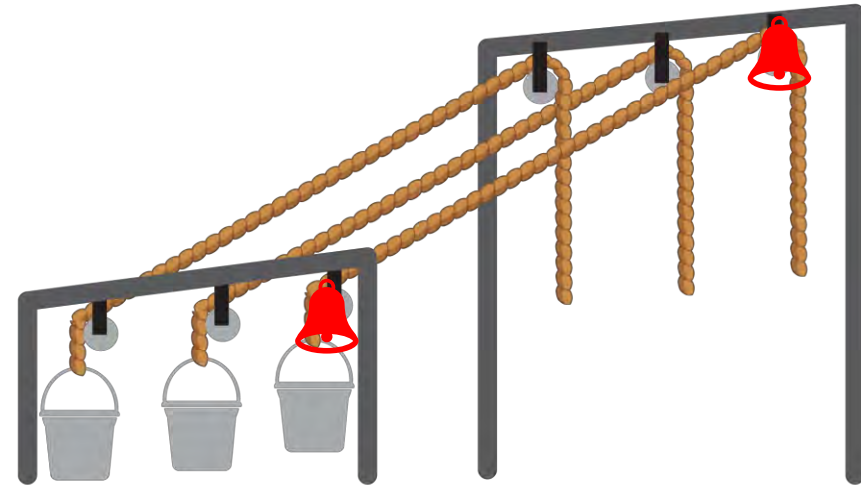


### Completed when:

When you get to the end point.

### Safety

Open; Parents/Guardian can help if needed.



*Image is as reference only*

**WEIGHTED BUCKET**

**USE: HANDS**



## 13 – SMOKE HOUSE

**Obstacle Description:** Low structure to crawl under.

**Attempts:** Unlimited

**Failed when:**

You avoid the structure.

**Difficulty**



**Completed when:**

When you exit from other side.

**Safety**

Open Waves; Parents/Guardian may guide the kids,



SMOKE HOUSE

# 14. Balance Beams

## Successful Completion:

1. *Athletes must successfully make it across marked area before touching ground.*
2. *Must start and finish before and after indicated colour or marker.*

## Failure modes:

Assistance from another competitor

Mounts or dismounts before or after marking.

### Difficulty



### Safety

Parents/Guardian may guide the kids,



## BALANCE BEAMS

USE: LEGS



# 15. The Finisher

**Successful Completion:**

*Must make it over the area*

**Failure modes:**

**Avoiding Obstacle**

**Difficulty Level:**



**Safety:**

Please take care of other Individuals on the obstacle at the same time.

Please stay within the designated area (towards middle)

Open Waves; Parents/Guardians may attempt obstacle and guide kids along.

