



THE GRiD KIDS

COURSE GUIDELINES & RULES



TEAMSPORT



VisitMalta



AGE GROUPS – BOYS & GIRLS

12 to 15

9 to 11

6 to 8

THE
GRID
KIDS



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.**
- Our course is marked with arrows and tape marking, volunteers can only guide you along the correct path, **it is not their job to chase an athlete to ensure they get back on course, it is the elite athlete's responsibility to know the course before race start.** if you get lost or take wrong path it is up to you to find your way back onto the correct path from where you got lost without skipping any obstacles.
 - All participants must abide by the guidelines in this rulebook.
 - As much as we would like to get a race picture for every participant we cannot guarantee.

GENERAL RULES (Elite)

- All Obstacles are Mandatory (Elite). 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 (refer to individual 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** all wear race -Tshirt, 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

GENERAL RULES – ELITE BANDS

- All participants **MUST** wear the elite wristbands on each wrist
- 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 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 Large 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 – RESULTS

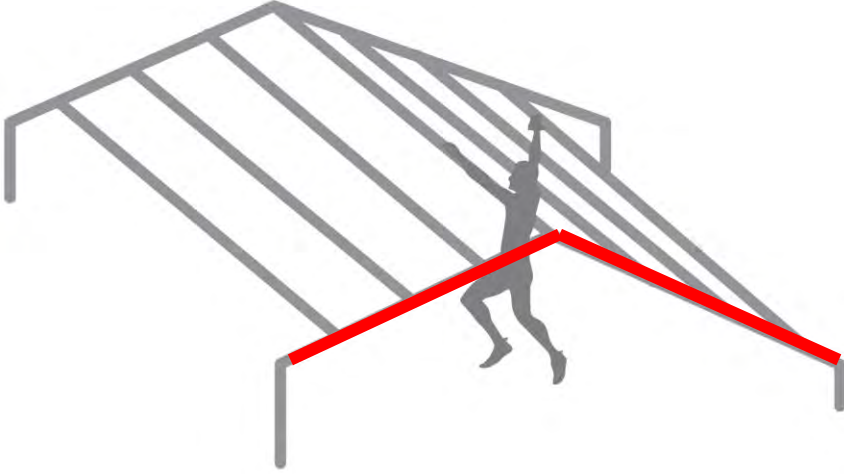
- **NO Elite Participant /Coach/Family Member is to approach the timing table at any time.**
- Family Members/Coaches are **NOT** Marshalls or referees and are not allowed to pressure any Race Marshall or Director.
- Timings need to be checked and confirmed, therefore discussing prior to timing Marshall receiving all updates is disturbing, your times will be available live via **Active Race Reults**
- 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)
- 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.
- OCR is a sports so please act like a sport too.



UNLOCK THE POWER TO PLAY



12TH OCTOBER 2025



Monkey Around

Successful Completion:

1. *Athletes must successfully cross without touching the ground.*
2. *Athlete may use any swing type.*

Failure modes:

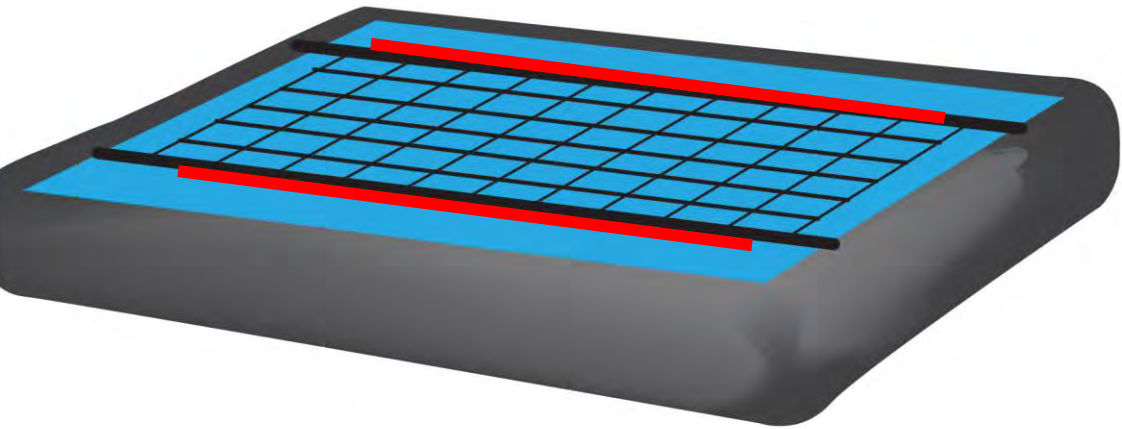
Does not ring bell.

Drops Prior to ringing bell.

MONKEY AROUND

USE: HANDS





Black Pool

Successful Completion:

1. *Athletes must successfully cross from under the net*

Failure modes:

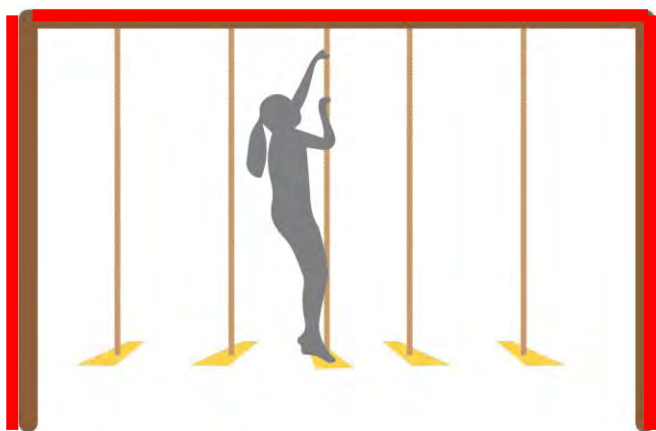
Exits before indicated area.

BLACKPOOL



USE: HANDS & LEGS





Plank It

Successful Completion:

1. *Athletes must successfully cross without touching the ground.*
2. *Athlete may use support ropes.*

3. Failure modes:

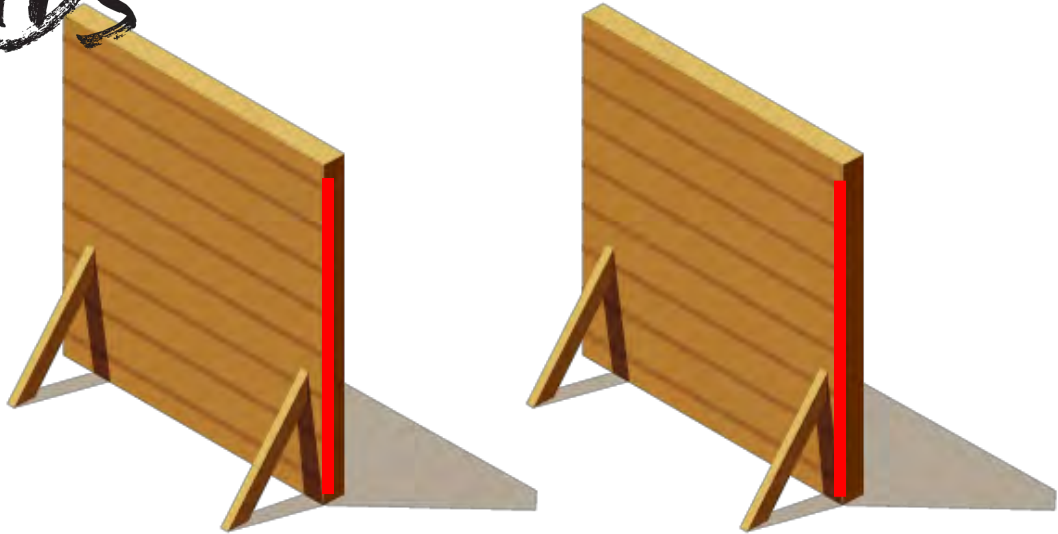
Does not ring bell.

Drops Prior to ringing bell.

USE: HANDS & LEGS



PLANK IT



All Walls - Small & Large Walls

Successful Completion:

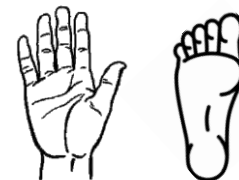
1. *Athletes must successfully make it over the wall.*

Failure modes:

Assistance from another competitor

Using any part of the frame (RED)

USE: HANDS & LEGS





MED BALL TOSS

BALL TOSS

Successful Completion:

1. Athletes must successfully complete three (**3**) repetitions and hit indicated target

2KG for All Age groups.

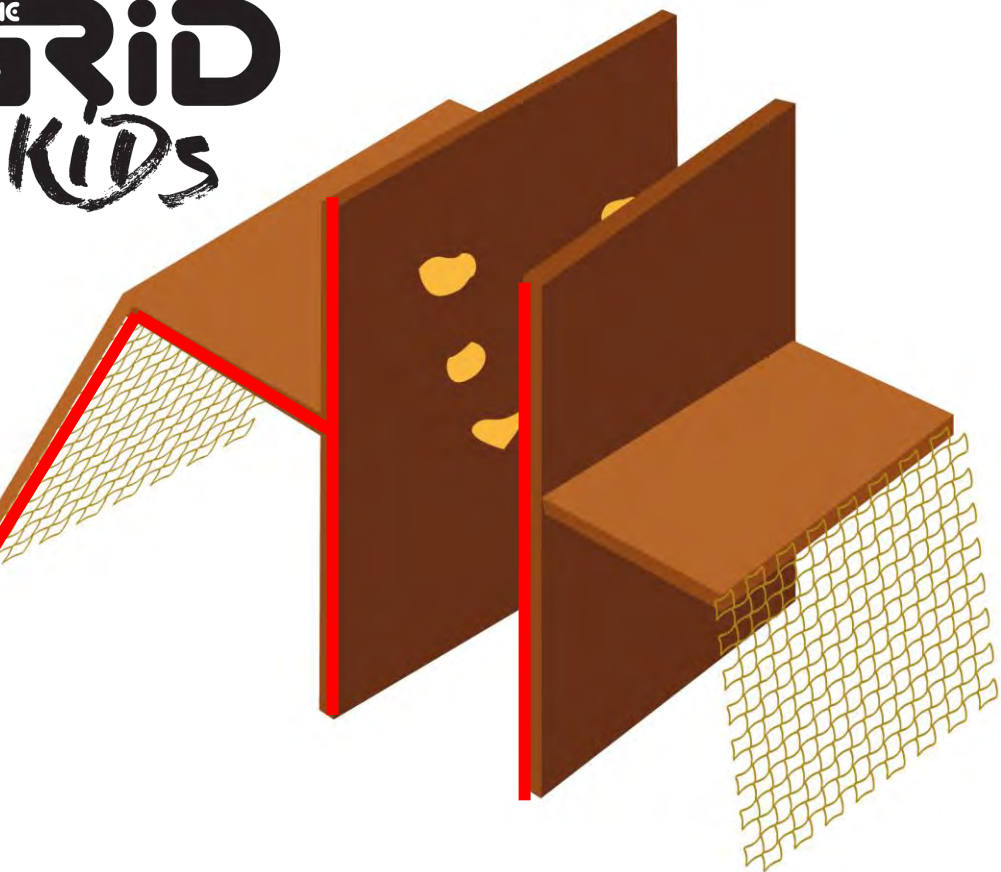
Failure modes:

Assistance from another competitor
Does not finish indicated repetitions.

USE: HANDS



RiD
KIDS



CLIMBERS WALL

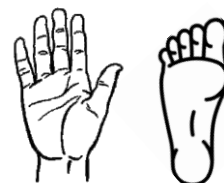
Successful Completion:

1. *Athletes must successfully pass across the structure.*

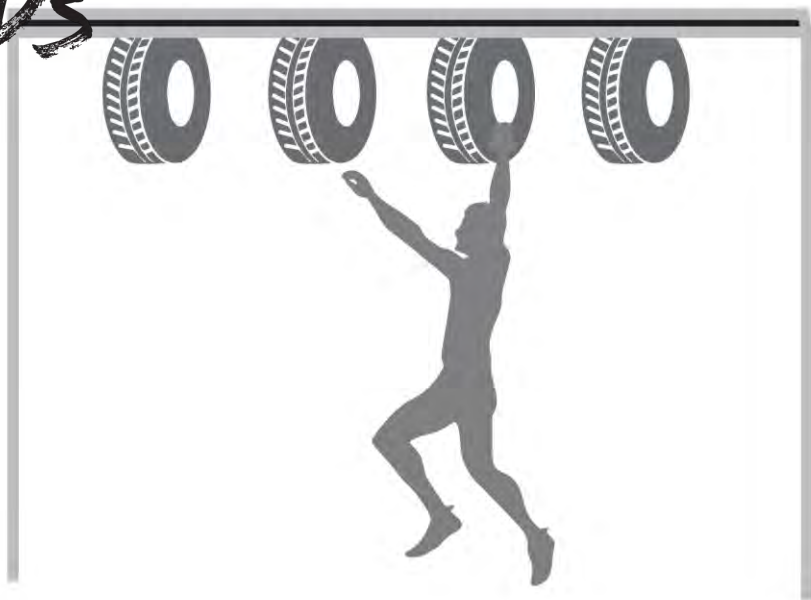
Failure modes:

Using Sides of support walls.

USE: HANDS & LEGS



CLIMBERS WALL



Monkey Tyres

Successful Completion:

1. *Athletes must successfully cross without touching the ground.*
2. *Athlete may use any swing type.*

Failure modes:

Does not ring bell.

Drops Prior to ringing bell.

MONKEY TYRE

USE: HANDS





Yellow Pyramid

Successful Completion:

1. *Athletes must successfully cross over the inflatable.*

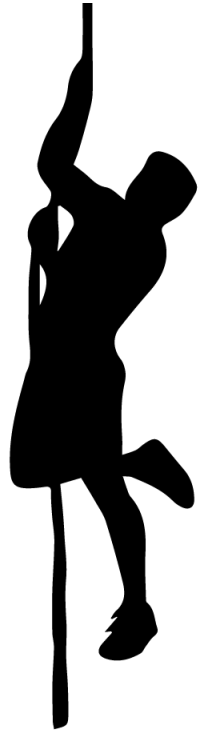
Failure modes:

Skips obstacle.

YELLOW PYRAMID

USE: HANDS & LEGS





ROPE CLIMB

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.

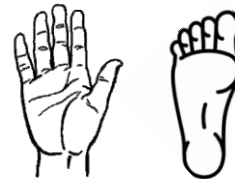
Completed when:

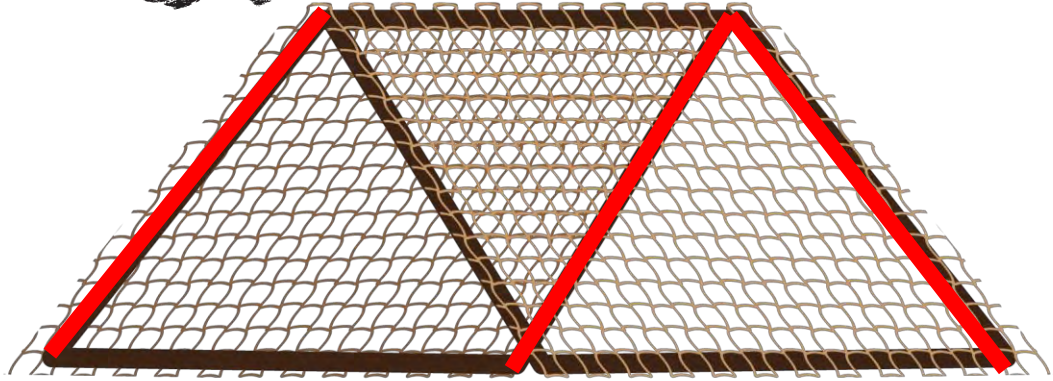
Rings bell with hands.

Note:

N/A

USE: HANDS & LEGS





GIZA

GIZA

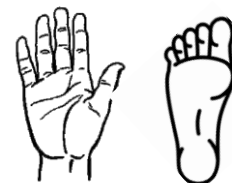
Successful Completion:

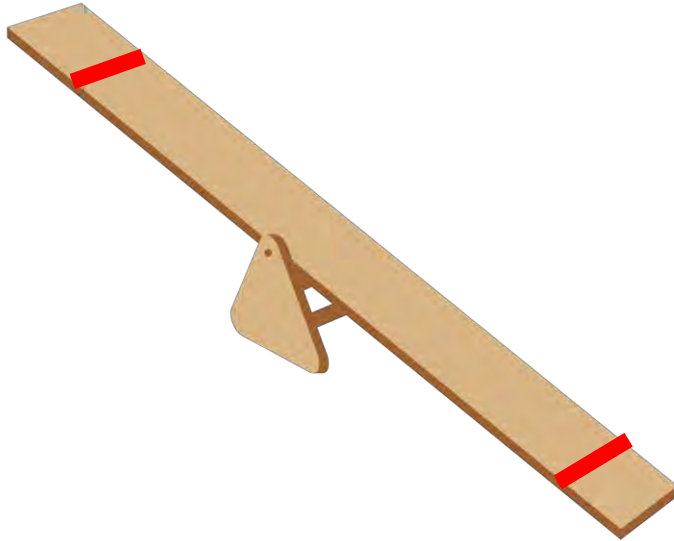
1. *Athletes must successfully make it over the net.*
2. *Must not use side of structure (red) for safety.*

Failure modes:

Assistance from another competitor

USE: HANDS & LEGS





SEE-SAW

SEE-SAW

Obstacle Description:

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

Failed when:

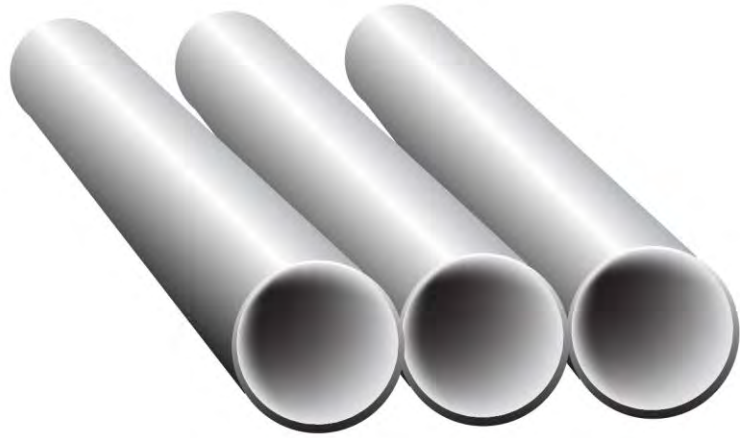
- Athletes must not get off obstacle until they are over the indicated markings. .
- Avoiding Obstacle

Safety

Athletes must wait there turn if obstacle is in use.

USE: LEGS





3 Pipes

Successful Completion:

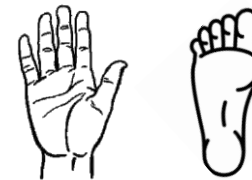
1. *Athletes must successfully make across pipe from within.*

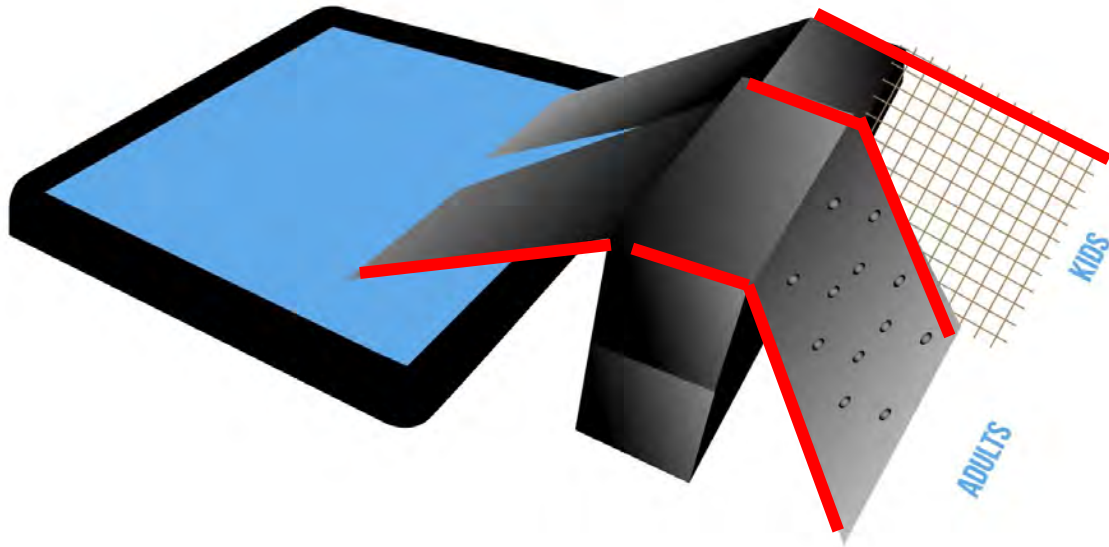
2. Failure modes:

Skips the obstacles.

3 PIPES

USE: HANDS





BIG FINISH

Obstacle Description:

Large containers with climbing structure and slide to finish.

Successful Completion:

1. *Athletes must successfully make it over the structure and down the slide.*
2. *Must not use side of structure (red) for safety.*
3. *Kids 9+ may use climbing wall.*

Failed when:

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

Safety

Athletes must wait there turn if obstacle is in use.



USE: HANDS & LEGS