



THE
GRiD
ELITELEAGUE
★

COURSE GUIDELINES & RULES



THE
GRiD
CLASSIC

THE
GRiD
SPRINT

G
TRAIL

RULES

- Elite Category participants will receive points according to placing from each event, individual points will also be added and allocated to the overall **Best Club** total.
- The Athlete with most overall points from all events will be crowned Grid Elite League champion. (must compete in a minimum of 3 events)
- Cash prize is only for the overall Grid elite league placings. (1st / 2nd / 3rd per Overall categories only)

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

OVERALL ELITE LEAGUE CHAMPIONS



**EURO
1000**



**EURO
500**



**EURO
250**

BEST CLUB



**EURO
500**

**(FREE OPEN WAVE ENTRIES
TO 2025 CLASSIC or SPRINT)**

AGE GROUPS

16 to 29

30 to 39

40 to 49

50+



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, 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

- 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 (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 **PAPER** 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 **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 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.

THE GRID SPRINT



LET THE
FUN
BEGIN

GOLDEN SANDS | 11TH OCTOBER 2025





Burpee Hill

Obstacle Description: Burpees Up a Hill.

Attempts: Unlimited

Failed when:

1. Walk or run **WITHIN** Section.

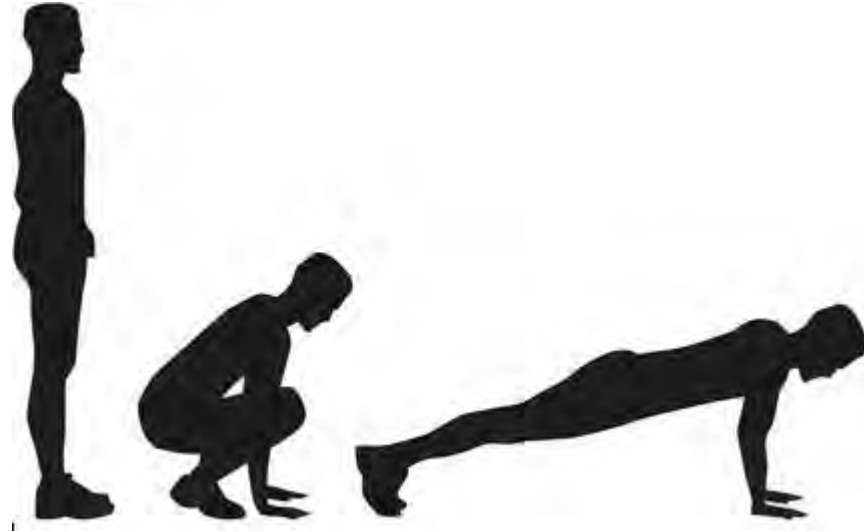
Completed when:

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





KEG CARRY



KEG CARRY

Successful Completion:

1. *Athletes must successfully make IT around the indicated path with keg.*

Failure modes:

Does not drop in indicated area.

USE: HANDS





ARMY CRAWL

Successful Completion:

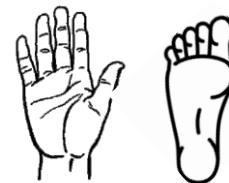
1. *Athletes must successfully make it in and out of the net from the indicated entrance and exit points.*

Failure modes:

Does not use indicated areas.

ARMY CRAWL

USE: HANDS & LEGS





SACK RACE

Successful Completion:

1. *Athletes must successfully complete a loop of the indicated area while inside the sack.*

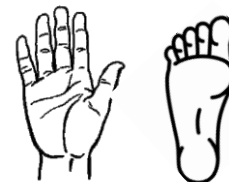
2. Failure modes:

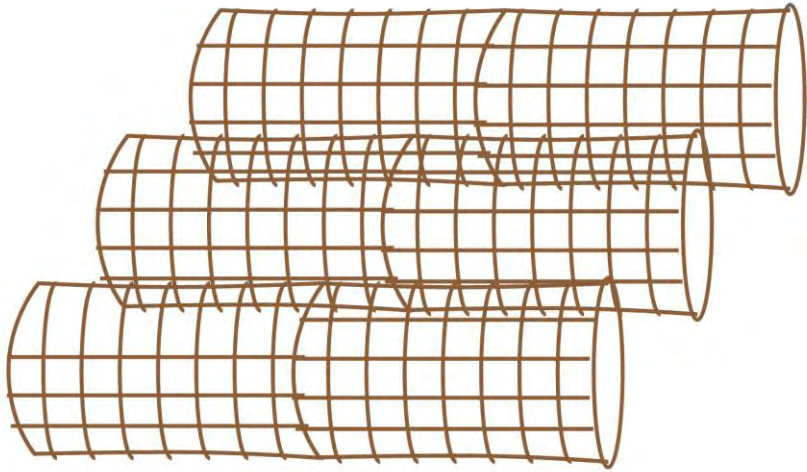
Does not enter sack.

Exits or enters sack prior to the indicated area.

SACK RACE

USE: HANDS & LEGS





WORM HOLE

Worm Hole

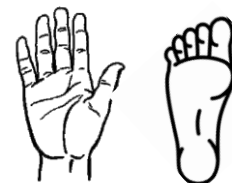
Successful Completion:

1. *Athletes must successfully enter and exit the tunnel.*

1. Failure modes:

Does not enter the tunnel.

USE: HANDS & LEGS





Sand Bag Lunges

Successful Completion:

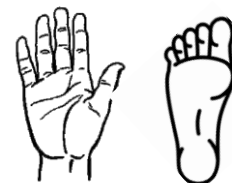
1. *Athletes must successfully complete loop of indicated area.*
2. *Athlete may hold bag in front or on shoulders.*

3. Failure modes:

Does not complete indicated path.

Walks at any point within the indicated path.

USE: HANDS & LEGS



SAND BAG LUNGES



Multi Rig

Successful Completion:

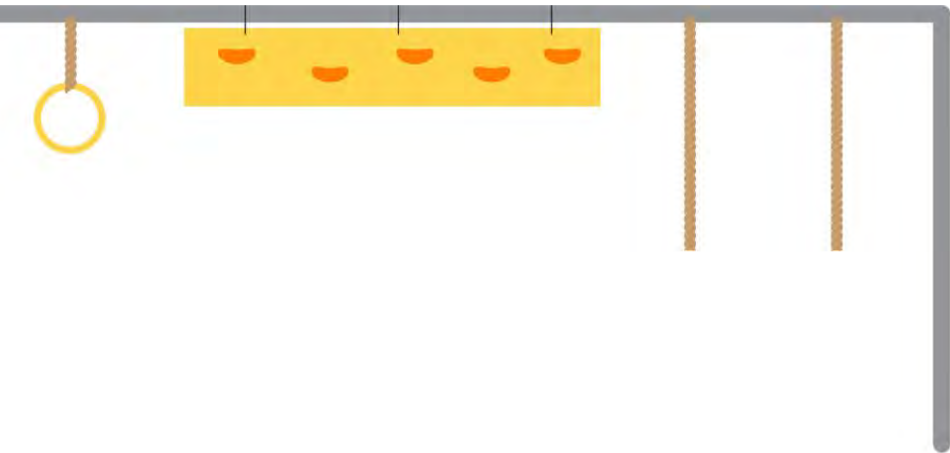
1. *Athletes must successfully cross rig without touching the ground.*
2. *Athlete must use all grips.*

Failure modes:

Does not use ALL grips.

Does not ring bell.

ATHLETES MAY ONLY USE FEET TO HOOK WITH INITIAL ROPES

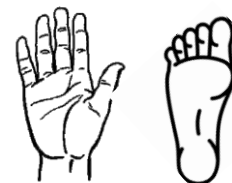


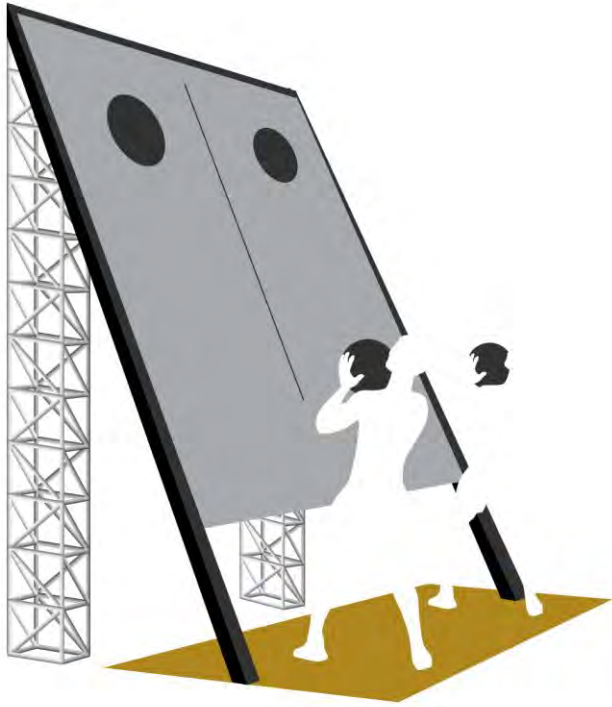
MULTI RIG



VisitMalta

USE: HANDS & LEGS





HOLE IN ONE

Successful Completion:

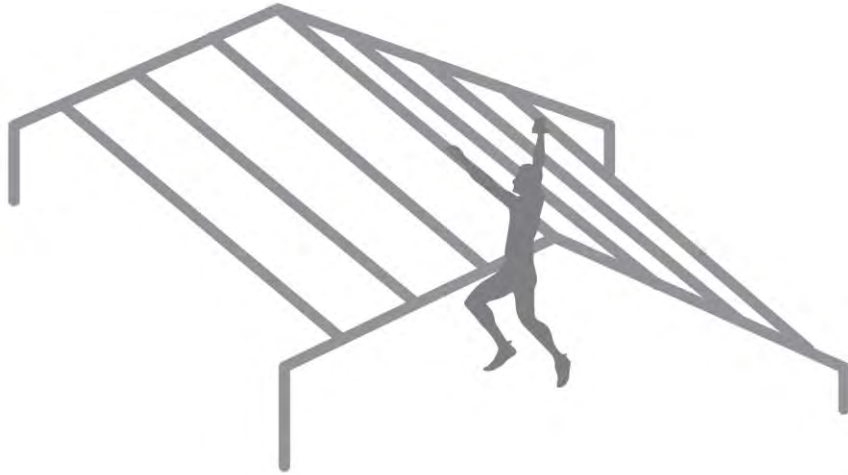
1. *Athletes must successfully throw the med ball into the hole Athlete must use all grips.*

Failure modes:

Misses hole & gives up.

USE: HANDS





MONKEY AROUND

Monkey Around

Successful Completion:

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

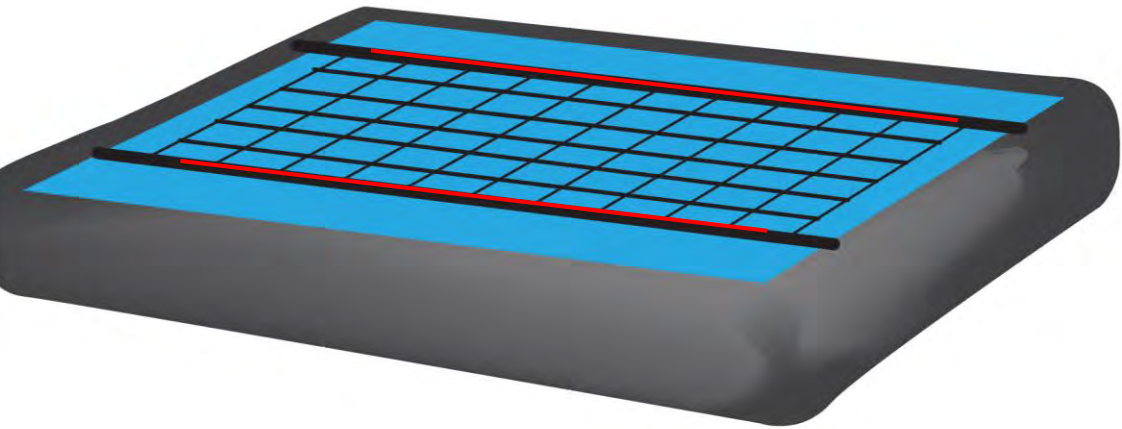
Failure modes:

Does not ring bell.

Drops Prior to ringing bell.

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

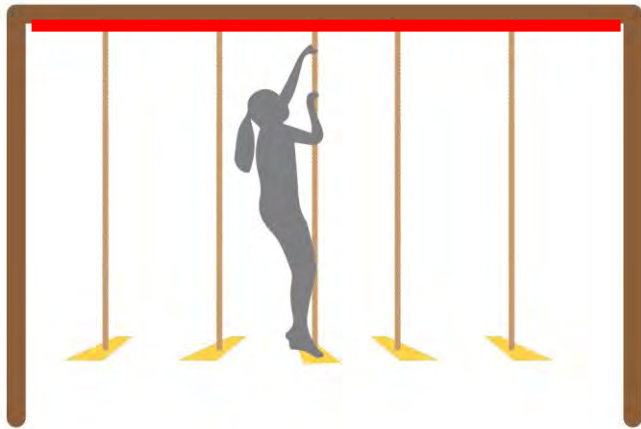
Successful Completion:

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

Failure modes:

Does not ring bell.

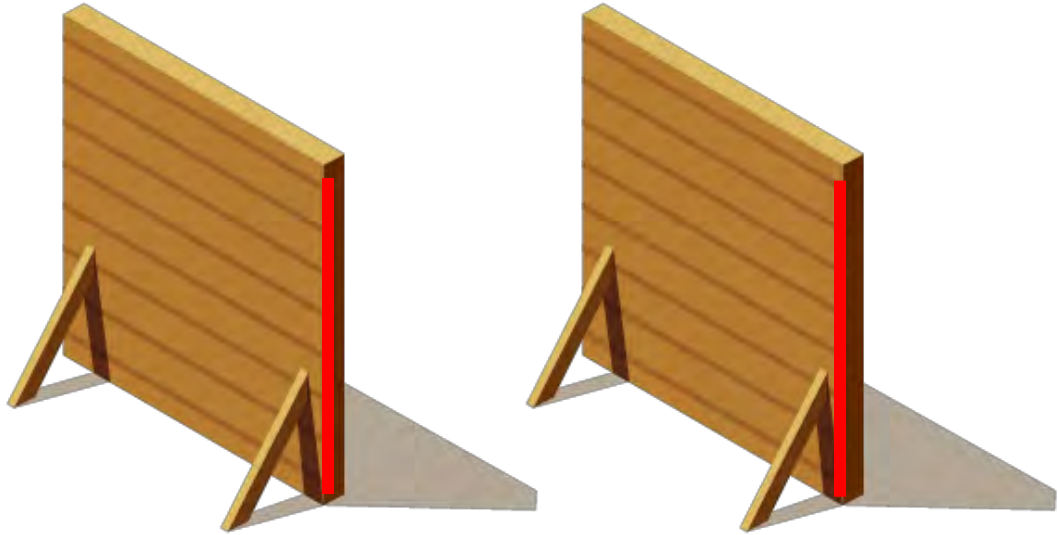
Drops Prior to ringing bell.



PLANK IT

USE: HANDS & LEGS





All Walls - Small & Large Walls

Successful Completion:

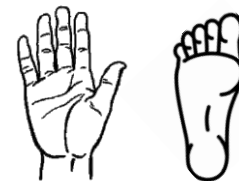
1. *Athletes must successfully make it over the wall.*

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

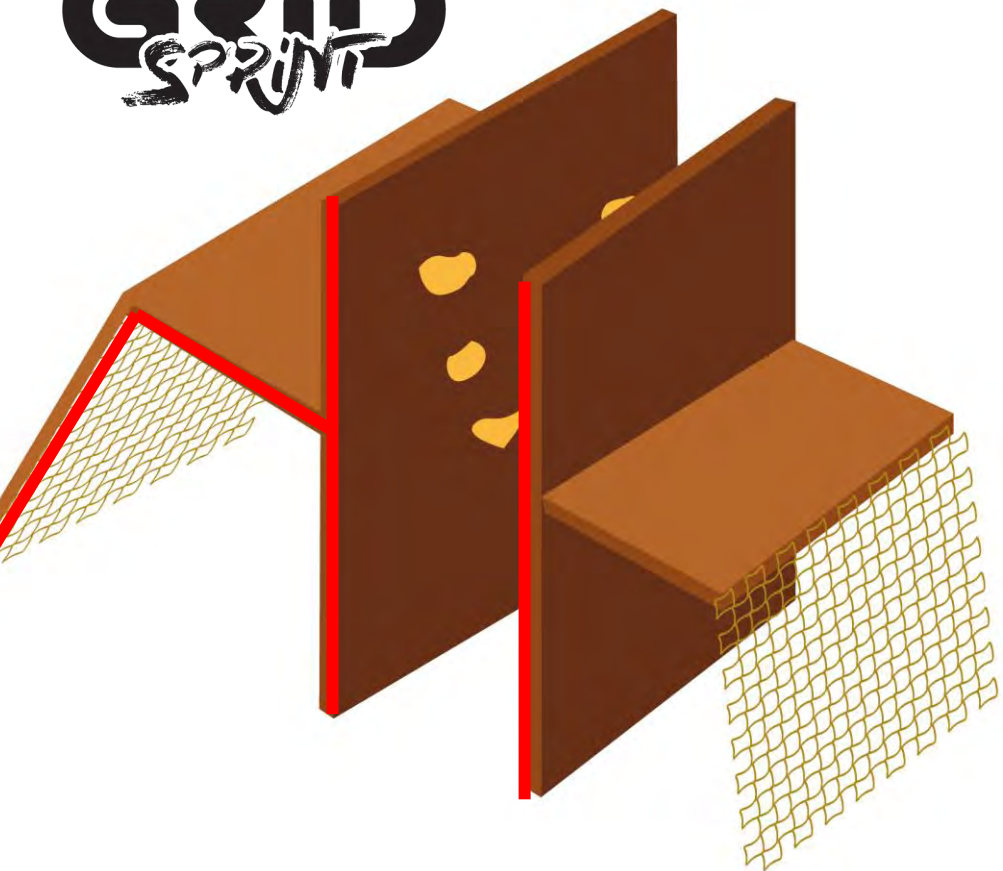
Men 10ft Wmn 9Ft

Failure modes:

Assistance from another competitor
Does not finish indicated repetitions.

USE: HANDS





CLIMBERS WALL

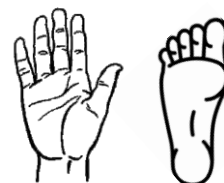
Successful Completion:

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

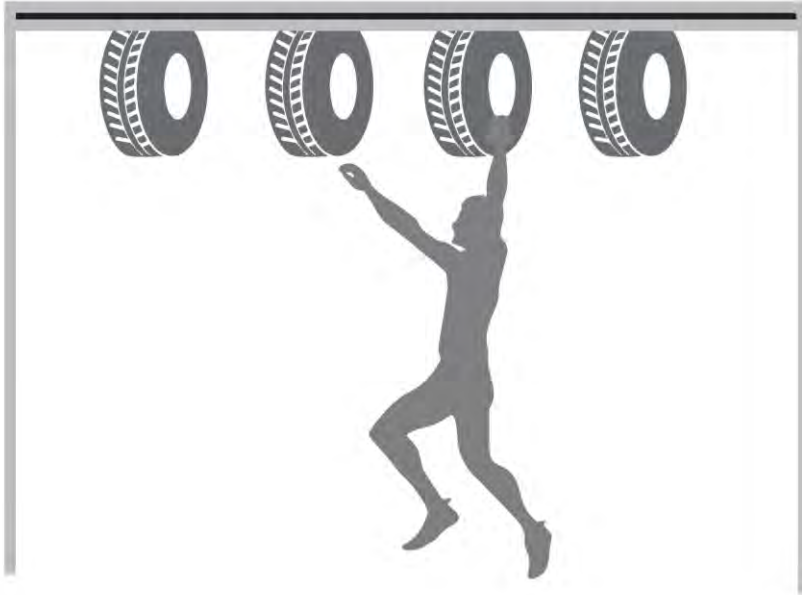
Failure modes:

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.*

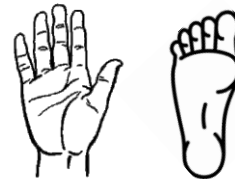
Failure modes:

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.

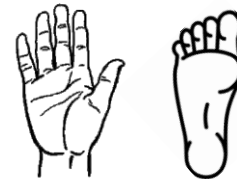
Completed when:

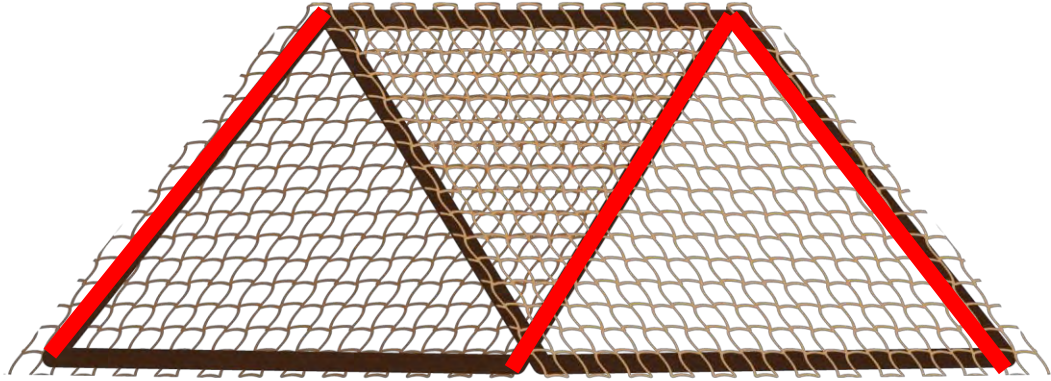
Rings bell with hands.

Note:

N/A

USE: HANDS & LEGS





GIZA

Successful Completion:

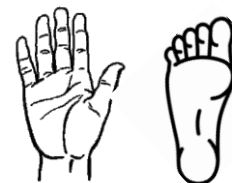
1. *Athletes must successfully make it over the net.*
2. *Must not use side of structure (red) for safety.*

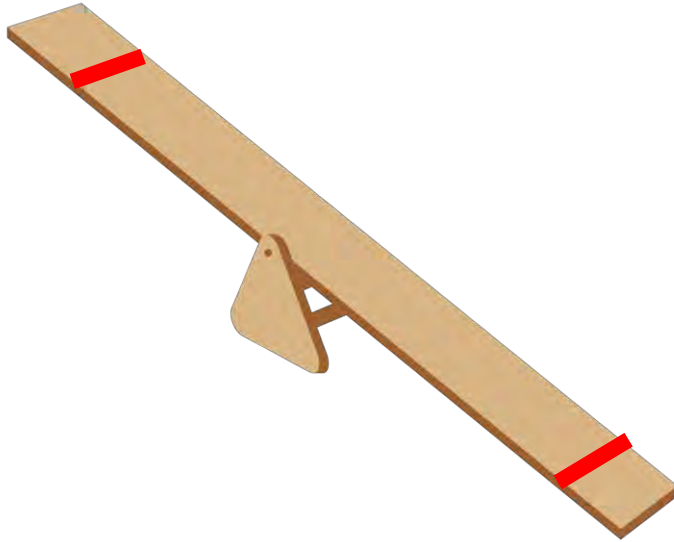
Failure modes:

Assistance from another competitor

GIZA

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:

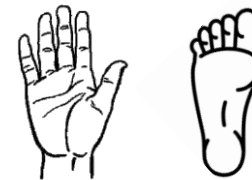
1. *Athletes must successfully make across pipe from within.*

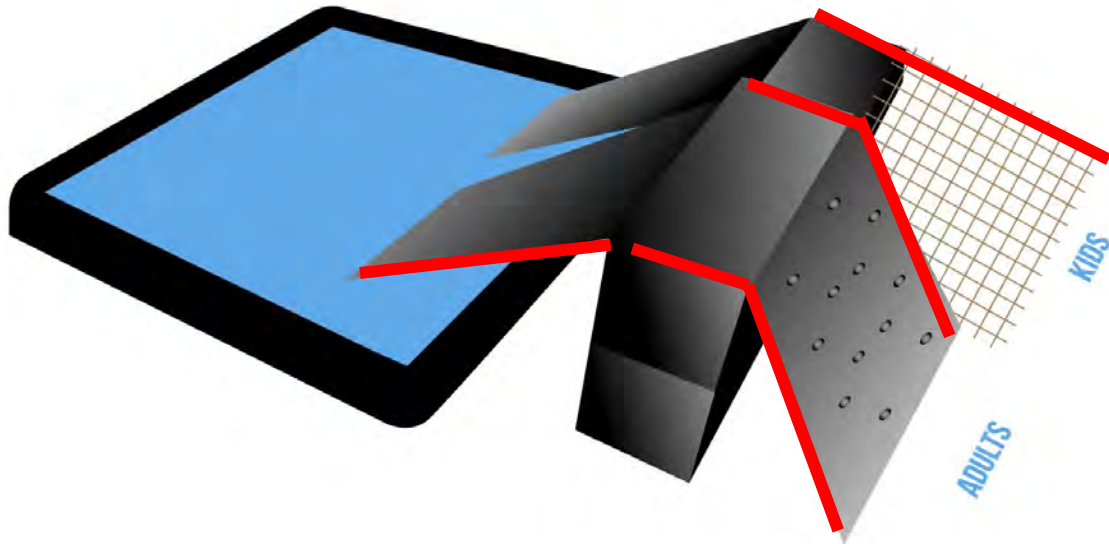
2. Failure modes:

Skips the obstacles.

3 PIPES

USE: HANDS





BIG FINISH

Obstacle Description:

Large containers with climbing structure and slide to finish.

Successful Completion:

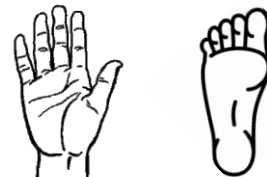
1. *Athletes must successfully make it over the structure and down the slide.*
2. *Must not use side of structure (red) for safety.*

Failed when:

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

Safety

Athletes must wait their turn if obstacle is in use.



USE: HANDS & LEGS