



2026 | 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 / Kids and Team Relay together with overall rankings.

Age group categories for Individual categories only..



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

3. CATEGORIES

			NEW		NEW
	Individual Men	Individual Women	KIDS 12 to 15	DOUBLES (Mix/wmn/Male)	RELAY x 4 (Mix/Wmn/Male)

4. AGE GROUPS

12 to 15	16 to 20	21 - 30	31 - 40	40 - 50
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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 at the end of The Grid elite league, to the athlete with most points following the four events in the individual categories. The Grid Box part of The Grid Elite league and Individual points are added to the overall classification table for Grid league that ends with the final race 'The Grid Trail' on the 9th of November.

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, if participant arrives at workout zone before teammate they will need to wait until teammate arrives to start workouts.

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. RELAYS - Here's how it works:

ZONE A – Team Run + Individual Reps

Your team must run together as one unit and enter Zone A as a group.

Once inside, every athlete completes the required exercises one after the other, until the full team hits the total volume.

ZONE B – The Alternating Build

This is where teamwork really shows.

You'll alternate Ball Toss + Thruster reps in a ladder format:

- Teammate 1: 1 toss + 1 thruster, tag
- Teammate 2: 2 tosses + 2 thrusters, tag
- Teammate 3: 3 + 3, tag
- ...and so on until the team collectively reaches 10 repetitions of each.

THE FINISH – Strong Together

Once the final thruster is complete, you regroup and run as a full team to the finish line.

9. 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.

10. 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.

The Grid Box - Sunday 15th March Mens Heats

Mens Heat 1 - 7:30- Mens Heat 2 - 8:00 Mens Heat 3 - 8:30

The Grid Box - Sunday 15th March Womens Heats

Womens Heat 1 - 9:00 Womens Heat 2 - 9:30 Womens Heat 3 - 10:00

The Grid Box - Sunday 15th March Kids Heats

Kids Heat 1 - 10:30 Kids Heat 2 - 11:00

The Grid Box - Sunday 15th March Doubles Heats

Mixed Doubles Heat 1 - 11:30 Mixed Doubles Heat 2 - 12:00

Womens Doubles Heat 1 - 12:30 Womens Doubles Heat 2 13:00

Mens Doubles Heat 1 - 13:30 Mens Doubles Heat 2 - 14:00

The Grid Box - Sunday 15th March Open Relay Heats

Open Relay MIXED (2 Men x 2 Wmn) - 14:30

Open Relay MEN – 15.15

Open Relay WOMEN – 16.00

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 given at the end of The Grid Elite League that incorporates all Grid adult events.

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.

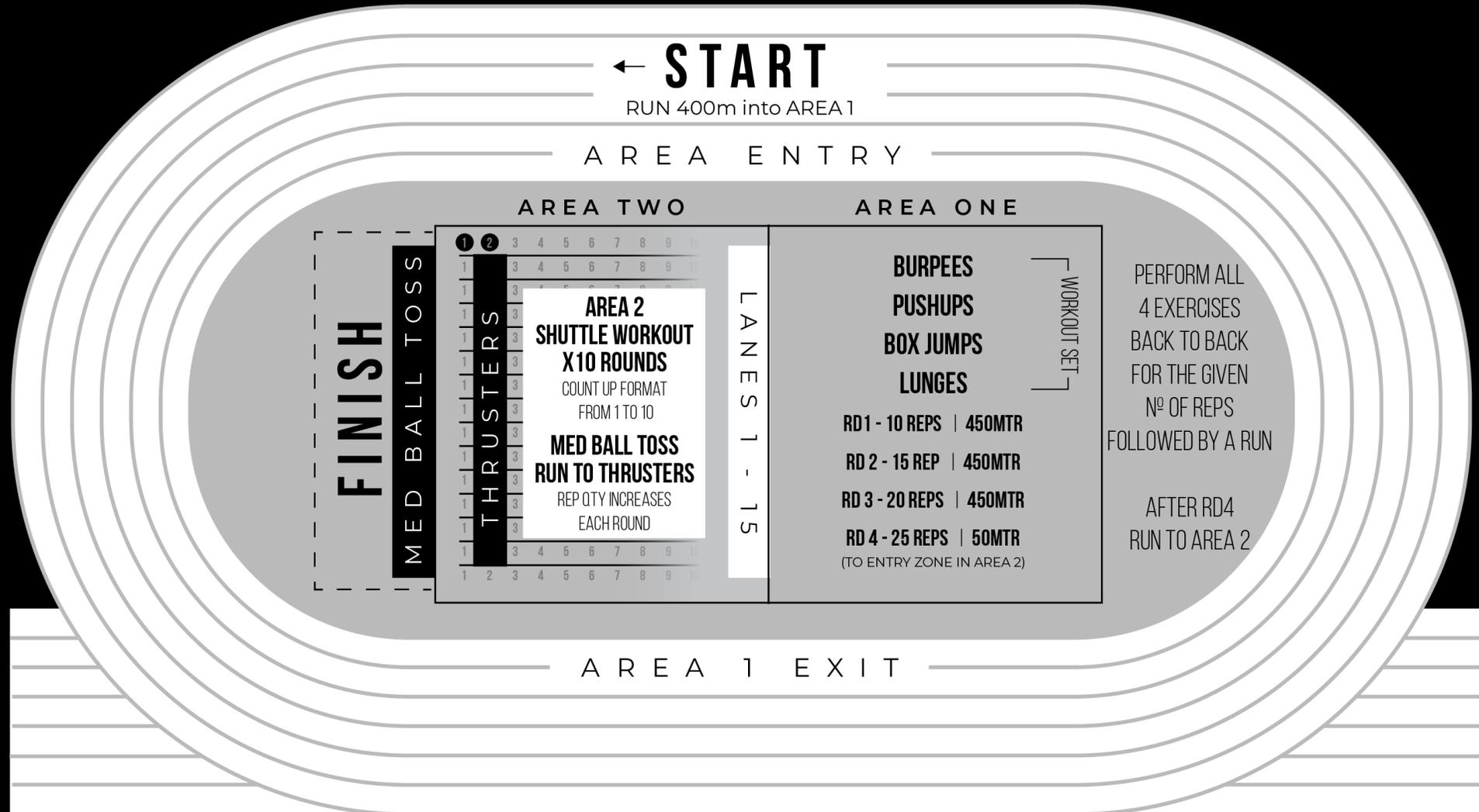
Round 1 - 10 per exercise	40 Total Reps	(4 x 10)
Round 2 - 15 per exercise	60 Total Reps	(4 x 15)
Round 3 - 20 per exercise	80 Total Reps	(4 x 20)
Round 4 - 25 per exercise	100 Total Reps	(4 x 25)

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. 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



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 RACE AREA

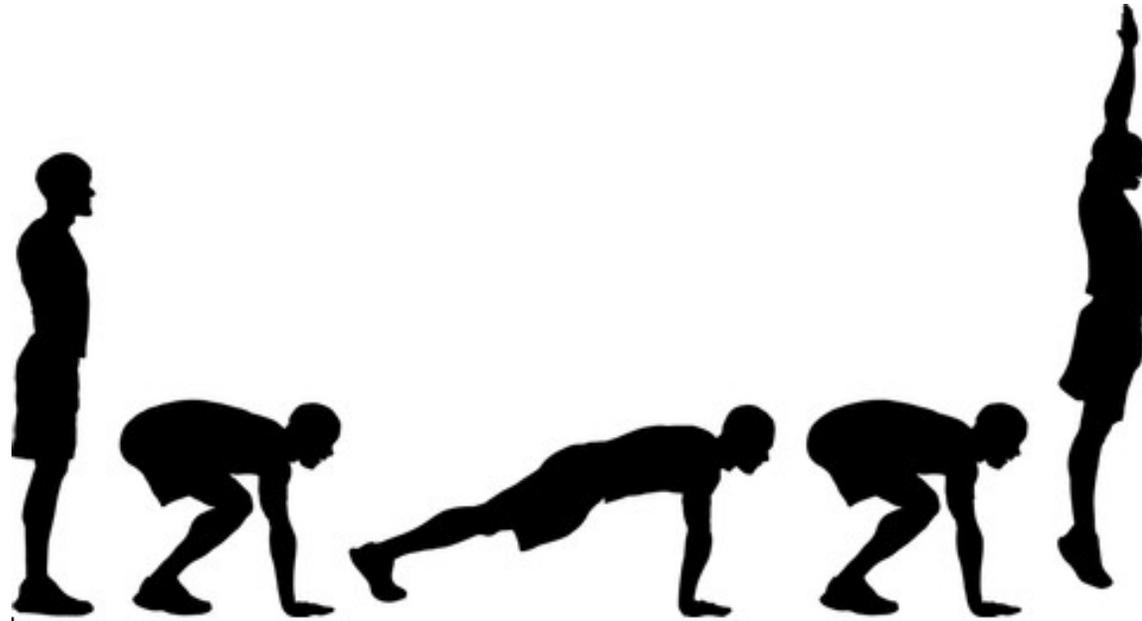


AREA 1 - EXERCISE 1

BURPEE

- The athlete starts within the designated area.
- The athlete must start from a standstill position,
- In the bottom position, the athletes must extend & 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)

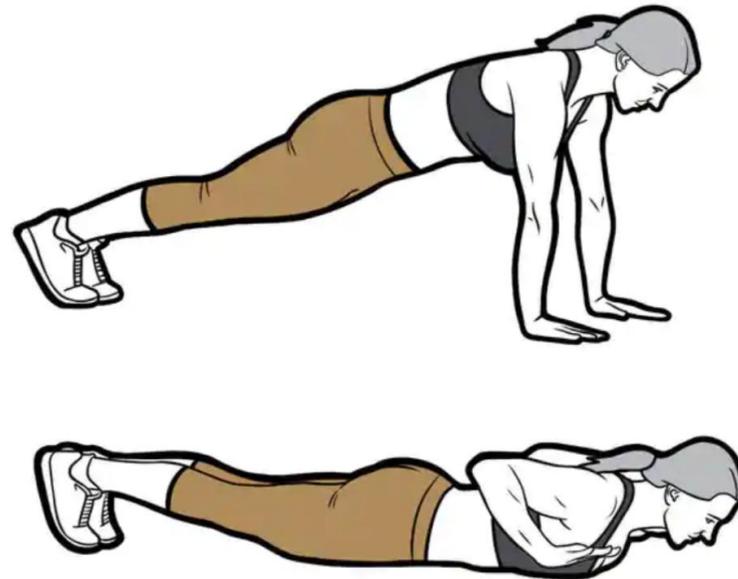


AREA 1 - EXERCISE 2

PUSHUPS

- 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.
- 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 - 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.

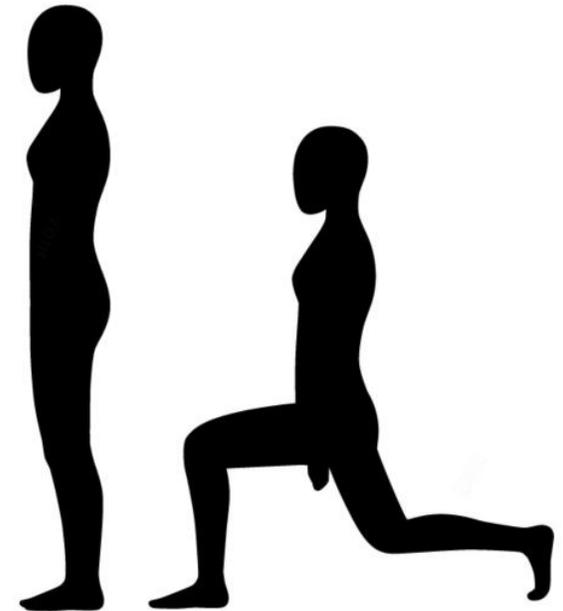
- REPS (10 – 15 – 20 - 25)
- Equipment (BOXES)
- L75 w50 h62



AREA 1 - EXERCISE 4

BACKWORD 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.
 - Knee touch must be done within the indicated line on the training matt.
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- REPS (10 – 15 – 20 - 25)
 - Equipment Sandbag
 - Men – 15kg
 - Women – 10kg



MOVEMENT STANDARDS

STANDARDS ARE SPECIFIC TO THIS EVENT AND NOT TO BE CONFUSED WITH AND OTHER EVENT. A REPITION 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
- 4Kg Kids

Ball Toss

- 10Kg Men – 6Kg Women
- 10FT target Men / 9FT Target
- 4kg Kids (*Reduced Height*)



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.
- The athlete picks up the ball from the designated area, stands in an upright position, and throws the ball toward the indicated target zone. Squatting is not required; if the athlete can execute the throw without bending and by using only arm strength, they may do so.
- 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(tap) the ground to start next rep.
- Athlete must the 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 last reps (10) athlete must run to FINISH

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

Equipment: 1 Kettle Bell (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.