



GRID KIDS 2026 (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 9

10 to 11

12 to 13

14 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 caught 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

- All Obstacles are Mandatory for Elite. There are no penalties, and a participant may attempt an obstacle as many times as they like. Refusing to complete an obstacle will result in disqualification. **(DNF)**
- **ELITE** - 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

- **OPEN waves can choose to skip if they find to hard, but we do encourage all to attempt.**

GENERAL RULES CONTINUED..

- 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 to overcome 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
- 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.

This year we're making a small but important change for our Grid Kids Elite athletes. Elite participants **will not be required to wear the official Grid T-shirt** during the race. Instead, they may wear their club T-shirt, as long as it is:

- ✓ Plain ✓ Displays only the club's name & logo
- ✗ No sponsors on the front ✗ Kids are not allowed to race without a TEE at any age.
- If no club tee is available, they may use the GRID t-shirt provided.
- Participants who ignore this rule will have a DNF result.

To keep things clear and consistent on course, all Elite athletes will be required to wear the new Grid headband throughout the entire race. This update allows young athletes to proudly represent their clubs, while keeping race identification fair, safe, and easy for marshals and officials.



GENERAL RULES – BANDS

- All **ELITE** participants **MUST** wear the elite wristbands on each wrist (Both paper).
- **OPEN WAVES** – KIDS MUST HAVE BANDS ON AT ALL TIMES, THIS IS NEEDED TO START THE RACE
- 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 assigned to individual bib numbers and **must not be exchanged**.
- The timing chip **must be securely placed within the shoelaces**, as instructed. It must not be worn higher on the shoe or in any other position.
- Incorrect placement of the timing chip will result in a **DNF (Did Not Finish)**.
- Loss of a timing chip during the race will also result in a **DNF**.
(In exceptional cases, and at the organisers' discretion, GPS data such as a Garmin activity may be reviewed; however, an automatic 2-minute penalty will apply.)
- After finishing, please **do not approach the timing table** to request results.
- Results will be published online once all penalties and verifications have been completed. Approaching the timing team may lead to errors and delay the publication of official results.



Elite Race Conduct & Timing Protocol

- Elite participants, coaches, and family members **must not approach the timing table at any time.**
- Family members and coaches are **not race officials** and are not permitted to interfere with, pressure, or question Race Marshals or Race Directors during the event.
- Timings must be properly checked and verified. Discussing results with Marshals while timing data is being processed is disruptive. **Live results will be available via Active Race Results** once confirmed.
- If you wish to raise a concern, this must be done **politely and directly with the Race Directors**, and only **after all Elite athletes have completed the race**. Any form of shouting, aggression, or inappropriate behaviour will not be tolerated.
- Any participant found to have provided false information or made a dishonest claim regarding results or timings will **lose eligibility for future events.**
- Presentations will take place approximately **30 minutes after the final Open Wave start time**. Requests to accelerate presentations due to personal commitments cannot be accommodated.
- If a dispute remains, participants may contact us **within 48 hours of the event** at **info@thegridmalta.com**. All cases will be reviewed and addressed where necessary.
- Results and points will be considered **final after 48 hours.**
- Obstacle Course Racing is a sport — **please conduct yourself accordingly.**



UNLOCK THE POWER TO PLAY
GOLDEN BAY | 29TH MARCH 2026

**IT'S GONNA
BE A BLAST**

1. TYRE MOUND

Successful Completion:

Must make it across/Over 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.



Tire Mound

2. PIPES



Successful Completion:

Must make it across/Over the structure.

Failure modes: Avoiding Obstacle

Difficulty Level:



Safety:

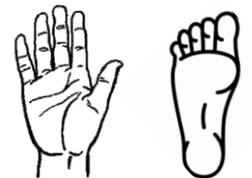
Please take care of other Individuals on the obstacle at the same time.

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



Pipes

USE: HANDS & LEGS



3 – WOODEN HANGING LADDERS



Successful Completion:

Must make it across/Over 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.



Hanging Wooden Ladders

USE: HANDS & LEGS



4 – TRIANGLE SHUFFLE



Successful Completion:

Must make it across/Over the structure.

Obstacle Structure (RED LINES) must not be used.

Failure modes: Avoiding Obstacle / Touching ground before hitting the bell – Using (RED) structure.

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.



Triangle Shuffle

USE: HANDS & LEGS



5 – GIZA



Successful Completion:

Must make it across/Over the structure.

Obstacle Structure (RED LINES) must not be used.

Failure modes: Avoiding Obstacle

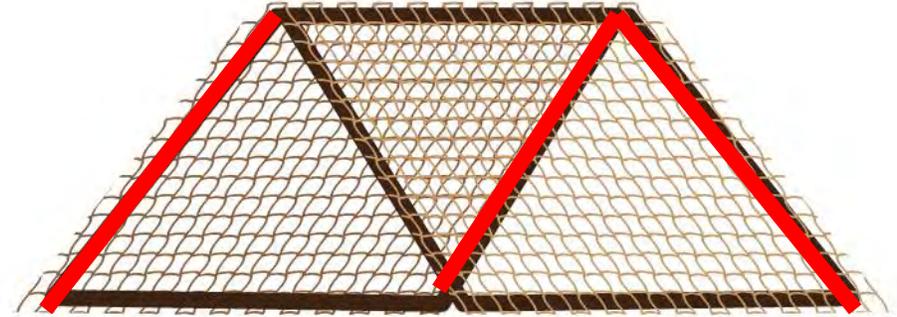
Difficulty Level:



Safety:

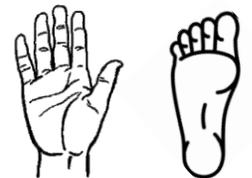
Please take care of other Individuals on the obstacle at the same time.

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



Giza

USE: HANDS - LEGS



6 – SMALL WALLS

Successful Completion:

Must make it across/Over the structure.

Obstacle Structure (RED LINES) must not be used.

Failure modes: Avoiding Obstacle

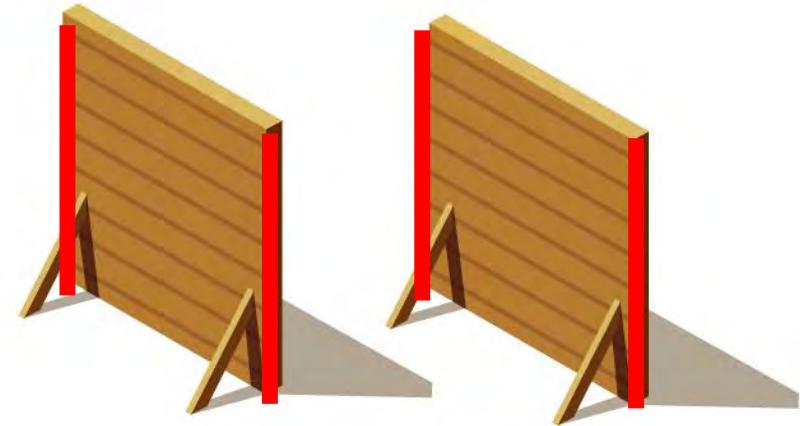
Difficulty Level:



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.



Walls

USE:



7 – WORMHOLE



Successful Completion:

Must make it across/Over the structure.

Failure modes: Avoiding Obstacle

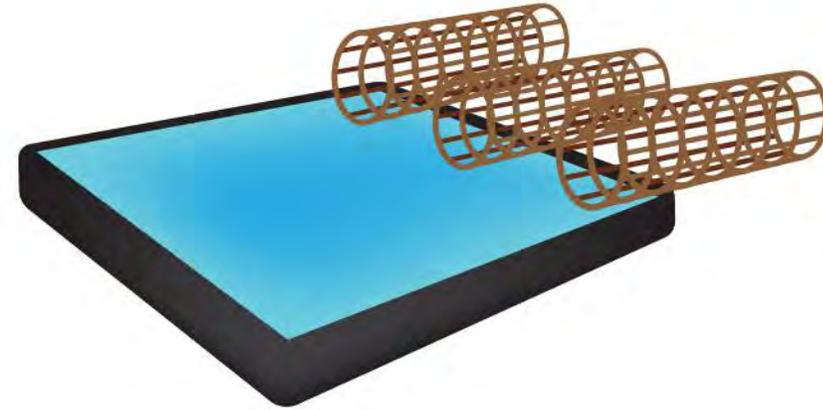
Difficulty Level:



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.



Wormhole Splash

USE:



8 -RING SWING



Successful Completion:

Participants may use any swing style

Participants may Skip ring if capable

Must make it across/Over the structure.

Failure modes: Avoiding Obstacle – Touching the ground before hitting bell.

Difficulty Level:



Safety:

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

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



RING SWING

USE:



9 – SEESAW



Successful Completion:

Participants must start within the indicated area (blue) and descend after touching indicated area (Blue)

Failure modes: Avoiding Obstacle – getting on the obstacle after indicated area – getting off the obstacle jumping/stepping over before touching indicated area (blue)

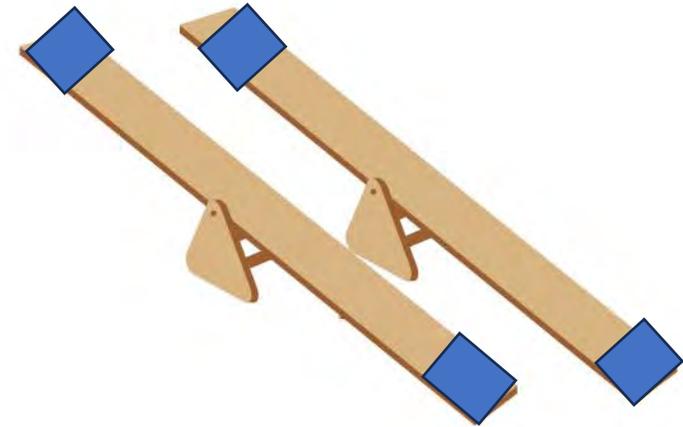
Difficulty Level:



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.



See Saws

USE:



10 – JIMMY LADDER



Successful Completion:

Make it over/across the obstacle

Failure modes: Avoiding Obstacle – Using structure (RED) to complete 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.



Jimmy's Ladder

USE:



11 – ROPE CLIMB

Successful Completion:

Participants may use any climb style

Rings bell before touching the ground.

Failure modes: Avoiding Obstacle – Touching the ground before hitting bell.

Difficulty Level:



Safety:

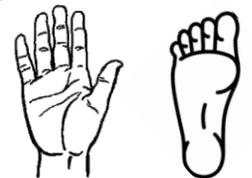
Please take care of other Individuals on the obstacle at the same time.

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



ROPE CLIMB

USE:



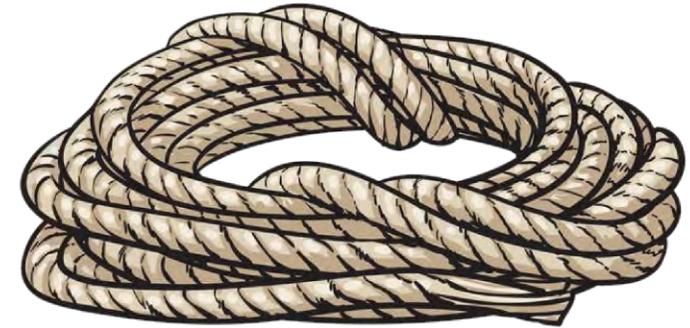
12 – ROPE CARRY



Successful Completion:

Participants must carry the rope around the indicated areas.

Failure modes: Avoiding Obstacle – Drops rope before entering *DROP AREA*



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.

ROPE CARRY

USE:



12 – SLACK NET



Successful Completion:

Participants must make it across/over the obstacle

Failure modes: Avoiding Obstacle – Using structure to pass obstacle (RED)

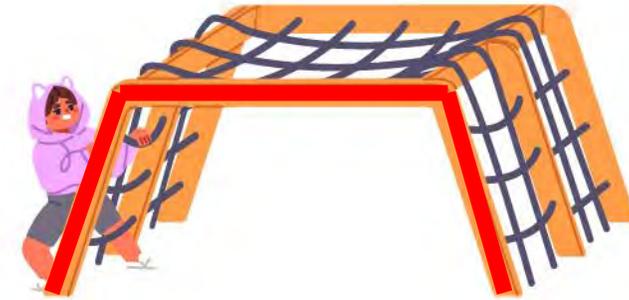
Difficulty Level:



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.



Slack Net

USE:



14 – RAMP IT UP



Successful Completion:

Participants must make it across/over the obstacle

Failure modes: Avoiding Obstacle – Using structure to pass obstacle (RED)

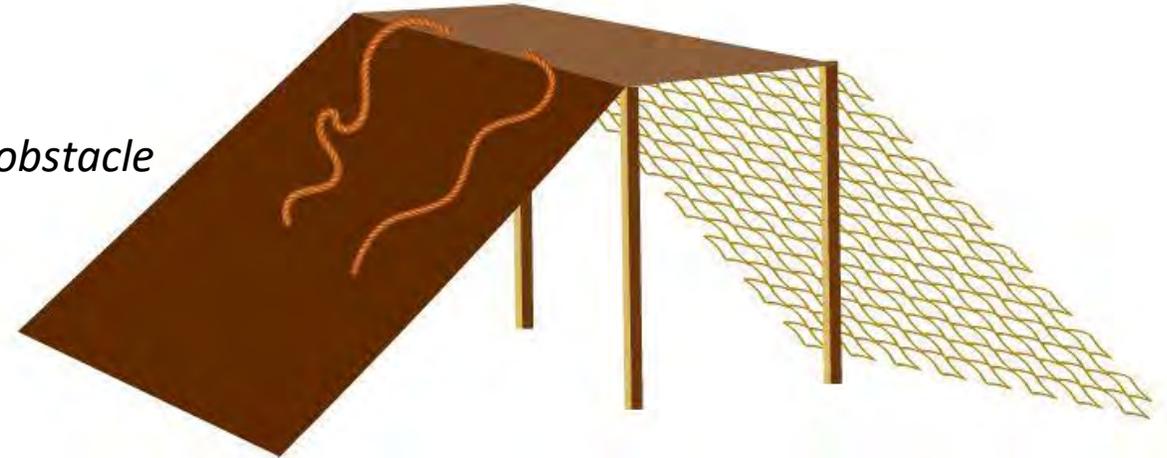
Difficulty Level:



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.



Ramp It Up

USE:



15 – GRIP THE BAR

Successful Completion:

Participants may use any swing style

Must make it across/Over the structure.

Failure modes: Avoiding Obstacle – Touching the ground before hitting bell.

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.



Grip the Bar

USE:



16 – HOLE IN ONE



Successful Completion:

Athletes must successfully throw the med ball into the hole

Athlete gets two attempts to make 1. If both attempts are missed (ELITE) athletes must go back in line and wait for next turn accordingly.

- *Med Ball Weight – Age Group 6 to 9 & 10 to 11 = 2kg / Age Group 12 to 13 & 14 to 15 = 3kg*
- *Angle of Wall will also be adjusted (image is as a reference)*

Failure modes: Avoiding Obstacle – *avoiding the obstacle – Missing the target.*

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.



Hole in 1

USE:



17 – TYRE WALL



Successful Completion:

Athletes must successfully make it across/over the obstacle without using obstacle structure (RED)

Failure modes: Avoiding Obstacle

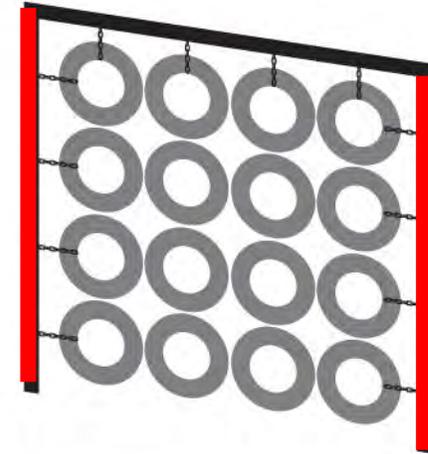
Difficulty Level:



Safety:

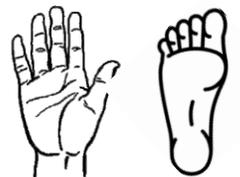
Please take care of other Individuals on the obstacle at the same time.

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



Tire Wall

USE:



17 – SLIDE



Successful Completion:

Athletes must successfully make it across/over the obstacle without using obstacle structure (RED)

Smaller slide is for younger age groups and will be indicated on the day.

Failure modes: Avoiding Obstacle – Must only do obstacle seated.

Difficulty Level:



Safety:

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

Open Waves: Parents/Guardians are welcome to do with kids –

PLEASE FOLLOW MARSHALLS GUIDANCE! DO NOT SKIP OTHER KIDS IN ORDER TO RUSH.



SLIDE

USE:

