



THE GRID

ELITE LEAGUE

★

COURSE GUIDELINES & RULES



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

Grid Classic is a fun obstacle race aimed at to motivate and inspire people to enjoy fitness and get active.

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

Grid Classic offers both Open Wave categories for those who want to participate just for fun and Elite categories for participants 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.

OVERALL ELITE LEAGUE CHAMPIONS



BEST CLUB (Elite League)



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

AGE GROUPS

16 to 29

30 to 39

40+

RULE BOOK DISCLAIMER

- Any Elite 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)
- **Elite – Participants may at no time come in contact with another participant while the other participants is attempting the obstacle – to overtake you need to select another lane. Accidental touches on obstacles such as climbs or nets are understandable.**
- 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 an obstacle too 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 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 ✓ Elite may race without a TEE if they choose to.
- 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 athletes to proudly represent their clubs, while keeping race identification fair, safe, and easy for marshals and officials. Athletes may wear headband around arm if more comfortable.



GENERAL RULES – BANDS

- All **ELITE** participants **MUST** wear the elite wristbands (paper).
- **OPEN WAVES** –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.

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 arm tattoos, use format B.



FORMAT A



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.**

THE GRID CLASSIC

POWERED BY



PEMBROKE 23 MAY-2026



DIRT IS GOOD



CONCEPT STADIUM.



NET CRAWL



Successful Completion:

Must make it across the structure from under, using the net to travers the structure.

Failure modes: Avoiding Obstacle

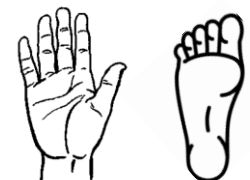
Difficulty Level: ★

Safety:

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



USE: HANDS & LEGS



SKIPS



Successful Completion:

Must enter the skip and 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.



USE: HANDS & LEGS



TIRE FLIP (TEAM CHALLENGE)

THE
GRID
CLASSIC

Successful Completion:

This obstacle is for The TEAM CHALLENGE category.

Team must do 10 Flips of the selected large tire.

Failure modes: Avoiding Obstacle / Not completing reps.

Difficulty Level: ★★

All open wave teams are welcome to try!

Safety:

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



USE: HANDS & LEGS



ELITE – INDIVIDUAL ELITE PARTICIPANTS MAY SKIP

Water Crossing

THE
GRID
CLASSIC

Successful Completion:

Participants must enter the water and cross to the indicated area.

Failure modes: Avoiding Obstacle.

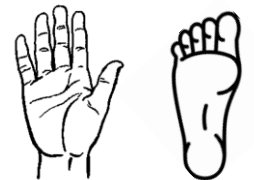
Difficulty Level: ★

Safety:

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



USE: HANDS & LEGS



THIS OBSTACLE IS SUBJECT TO WEATHER CONDITIONS

Hanging Ladders



Successful Completion:

Participants must cross the obstacles while remaining balanced and without touching the ground.

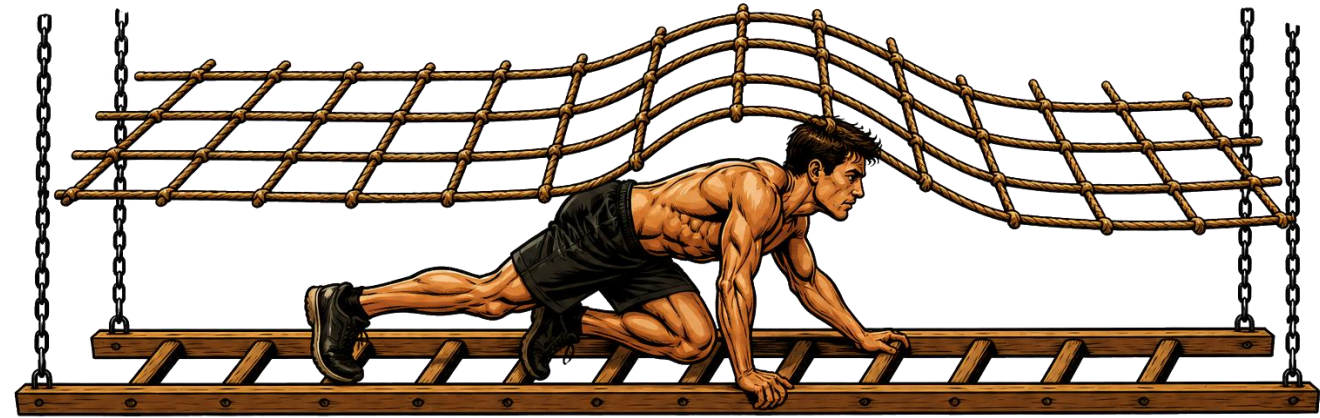
Failure modes: Avoiding Obstacle/Touching the ground

Difficulty Level: ★★

Safety:

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

No overtaking within same lane.



USE: HANDS & LEGS



Large Haystacks



Successful Completion:

Participants must climb up and over the haystacks within the indicated area.

Failure modes: Avoiding Obstacle/Making unnecessary contact to another participant that disrupts his climb.

Difficulty Level: ★★

Safety:

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



USE: HANDS & LEGS



Irish Table Top

THE
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Successful Completion:

Participants must climb up and over the wall

Failure modes: Avoiding Obstacle/Making unnecessary contact to another participant that disrupts his climb.

Difficulty Level: ★★☆☆

Safety:

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

Do not jump from the top of the obstacle to descend.



USE: HANDS & LEGS



ALL CARRIES



Successful Completion:

Participants must carry the required weight for the entire marked area.

Failure modes: Avoiding Obstacle/Making unnecessary contact to another participant that disrupts his climb.

Difficulty Level: ★ ★

Safety:

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

Please drop the weight in the indicated area slowly, do not throw as this may be dangerous to people around you.



USE: HANDS & LEGS



TEAM PARTNER SKI WALK (TEAM CHALLENGE)

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Successful Completion:

This obstacle is for The TEAM CHALLENGE category.

Participants must walk as a TEAM the required distance for the entire marked area.

**Failure modes: Avoiding Obstacle/Dismounting prior to indicated area.
contact to another participant that disrupts his climb.**

Difficulty Level: ★★☆☆

Safety:

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

All open wave teams are welcome to try!



USE: HANDS & LEGS



ELITE – INDIVIDUAL ELITE PARTICIPANTS MAY SKIP

WALLS

THE
GRiD
CLASSIC

Successful Completion:

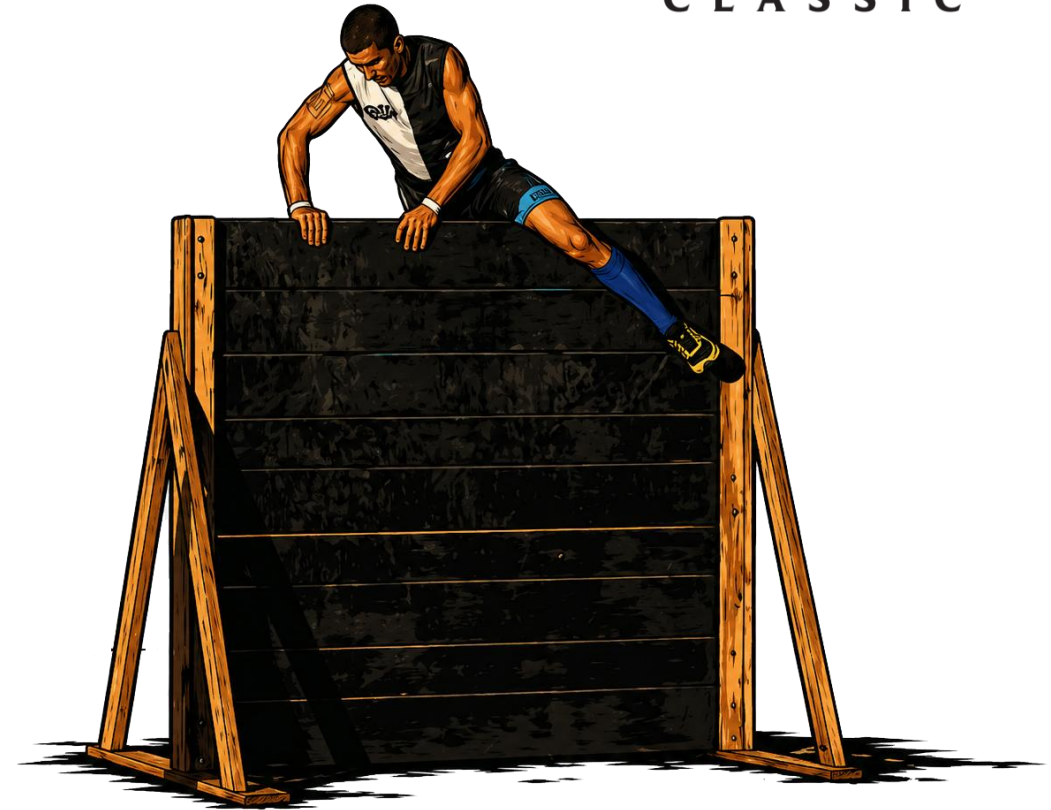
Participants must make it successfully over the wall.

Elite Failure modes: Avoiding Obstacle/Getting help from another person or participant.

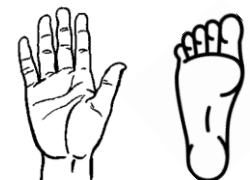
Difficulty Level: ★★

Safety:

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



USE: HANDS & LEGS



TEAM PARTNER CARRY (TEAM CHALLENGE)

THE
GRID
CLASSIC

Successful Completion:

This obstacle is for The TEAM CHALLENGE category.

Teammates must select and carry a partner up the indicated part of the hill. 2 Carry 2 get carried. Members must drop teammate only after reaching the indicated marker.

Failure modes: Avoiding Obstacle/Dismounting prior to indicated area.

Difficulty Level: ★★☆☆

Safety:

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

All open wave teams are welcome to try!



USE: HANDS & LEGS



ELITE – INDIVIDUAL ELITE PARTICIPANTS MAY SKIP

THE CLIFF



Successful Completion:

Participants must take the 6.5 Mtr plunge into the SEA.

Participants must wait for go ahead from red Cross and Marshalls prior to jumping!

Failure modes: Avoiding Obstacle/Jumping without go ahead.

Difficulty Level: ★★☆☆

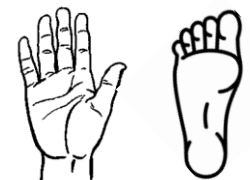
Safety:

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

IT IS OF UTMOST IMPORTANCE YOU WAIT FOR GO AHEAD PRIOR TO JUMP!



USE: HANDS & LEGS



THIS OBSTACLE IS SUBJECT TO WEATHER CONDITIONS

Burpee Hill



Successful Completion:

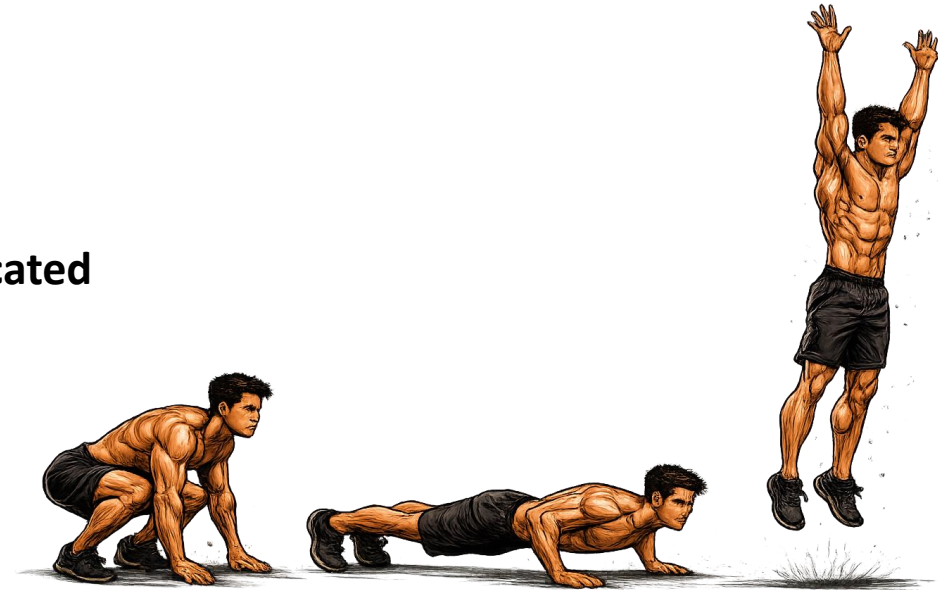
Participants must do burpees up the indicated area of the hill, only taking one step between reps.

Failure modes: Avoiding Obstacle/Stopping burpees prior to indicated marker. .

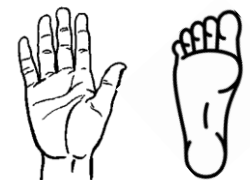
Difficulty Level: ★★ ★

Safety:

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



USE: HANDS & LEGS



Monkey Bars

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CLASSIC

Successful Completion:

Participants must cross the obstacle, any swing style is allowed and participants may skip a bar if able.

Failure modes: Avoiding Obstacle/Not ringing bell with hands

Difficulty Level: ★★☆☆

Safety:

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

Do not make contact with other participants on the same lane.

No overtaking within same lane.



USE: HANDS & LEGS



Slip & Slide

THE
GRiD
CLASSIC

Successful Completion:

Participants must slip and slide or run if possible across and exit at the other end of the slide.

Failure modes: Avoiding Obstacle

Difficulty Level: ★

Safety:

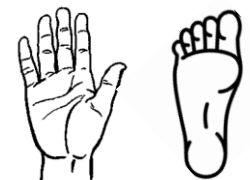
Please take care of other Individuals attempting the obstacle at the same time.

Do not make contact with other participants on the same lane.

Obstacle will be very wet and slippery it is suggested to all to slide across and not run.



USE: HANDS & LEGS



BALL TOSS

Successful Completion:

Athletes must successfully complete FIVE (5) repetitions and hit indicated target

Men 10ft Wmn 9Ft (10kg . 6Kg)

Failure modes:

Assistance from another competitor

Does not finish indicated repetitions.

Difficulty Level: ★★

Safety:

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

THE
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CLASSIC



USE: HANDS & LEGS



Swinging Tyres

THE
GRiD
CLASSIC

Successful Completion:

Athletes must successfully cross the lane of tyres without touching the ground or dismounting at any time.

Failure modes:

Assistance from another competitor

Does not make it across without touching the ground.

Difficulty Level: ★★ ★

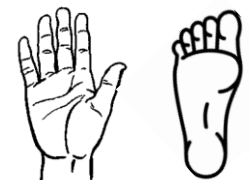
Safety:

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

Do not make contact with another participant attempting the obstacle within the same lane.



USE: HANDS & LEGS



Barrell Lift (Team Challenge)

THE
GRID
CLASSIC

Successful Completion:

This obstacle is for The TEAM CHALLENGE category.

Teammates must lift barrell over the wall and return the barrel to the start area.

Failure modes:

Avoiding Obstacle/Not returning Barell to start position.

Difficulty Level: ★★☆☆

Safety:

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

All open wave teams are welcome to try!



USE: HANDS & LEGS



ELITE – INDIVIDUAL ELITE PARTICIPANTS MAY SKIP

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.

Difficulty Level: ★★☆☆

Completed when:

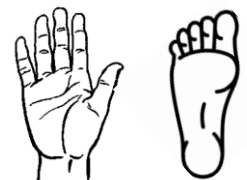
Rings bell with hands.

Safety:

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



USE: HANDS & LEGS



BOX JUMPS



Successful Completion:

Athletes must jump over the row of BOXES and continue on their path. Jump may be done with two legs or one.

Failure modes:

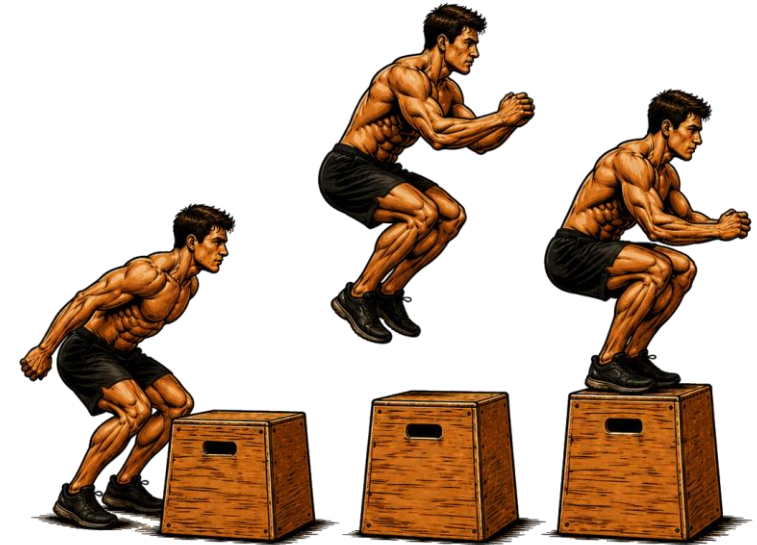
Assistance from another competitor/ Skipping boxes

Difficulty Level: ★

Safety:

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

Do not make contact with another participant attempting the obstacle within the same lane.



USE: LEGS



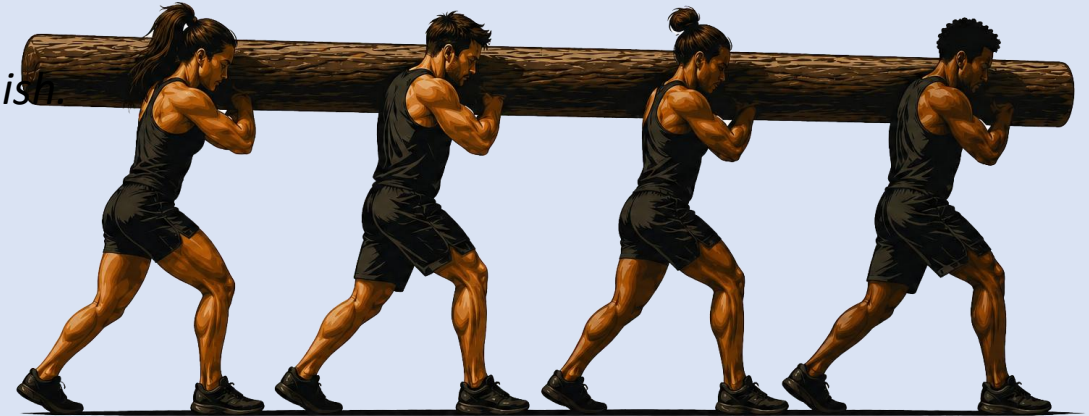
TEAM LOG CARRY (Team Challenge)



Successful Completion:

This obstacle is for The TEAM CHALLENGE category.

*Teammates must carry log from indicated area all the way to the finish.
When encountering an obstacle (Except a carry obstacle)
the team must drop the log and do the required obstacle,
once done recollect the log and continue to finish.*



Failure modes:

Avoiding Obstacle/Not crossing finish line with log.

Difficulty Level:



Safety:

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

USE: HANDS & LEGS



ELITE – INDIVIDUAL ELITE PARTICIPANTS MAY SKIP

Over Under



Successful Completion:

Athletes must make it over or under the beams as indicated by the placed arrows without touching the ground.

Failure modes:

Assistance from another competitor

Touching the ground prior to overcoming last beam.

Difficulty Level: ★★★★★

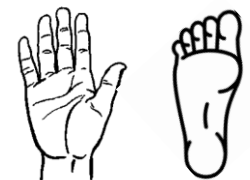
Safety:

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

Do not make contact with another participant attempting the obstacle within the same lane.



USE: HANDS & LEGS



VERTICAL CHALLENGE

THE
GRID
CLASSIC

Successful Completion:

Athletes must make it over the obstacle within the indicated area.

Failure modes:

Assistance from another competitor

Not completing crossing.

Difficulty Level: ★★ ★

Safety:

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

Do not make contact with another participant attempting the obstacle within the same lane.

Stay within safety tape.



USE: HANDS & LEGS

