



THE
GRiD
SPRINT

COURSE GUIDELINES & RULES

Elite Rules

Open Wave Guide.

THE
GRiD
ELITE LEAGUE
★

THE GRID SPRINT IS PART OF THE GRID ELITE LEAGUE

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

Grid Sprint 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 Sprint 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 participant, regardless of their goals, has a chance to enjoy and challenge themselves in the event.

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 2027 CLASSIC or SPRINT)**

AGE GROUPS

16 to 29

30 to 39

40 to 49

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

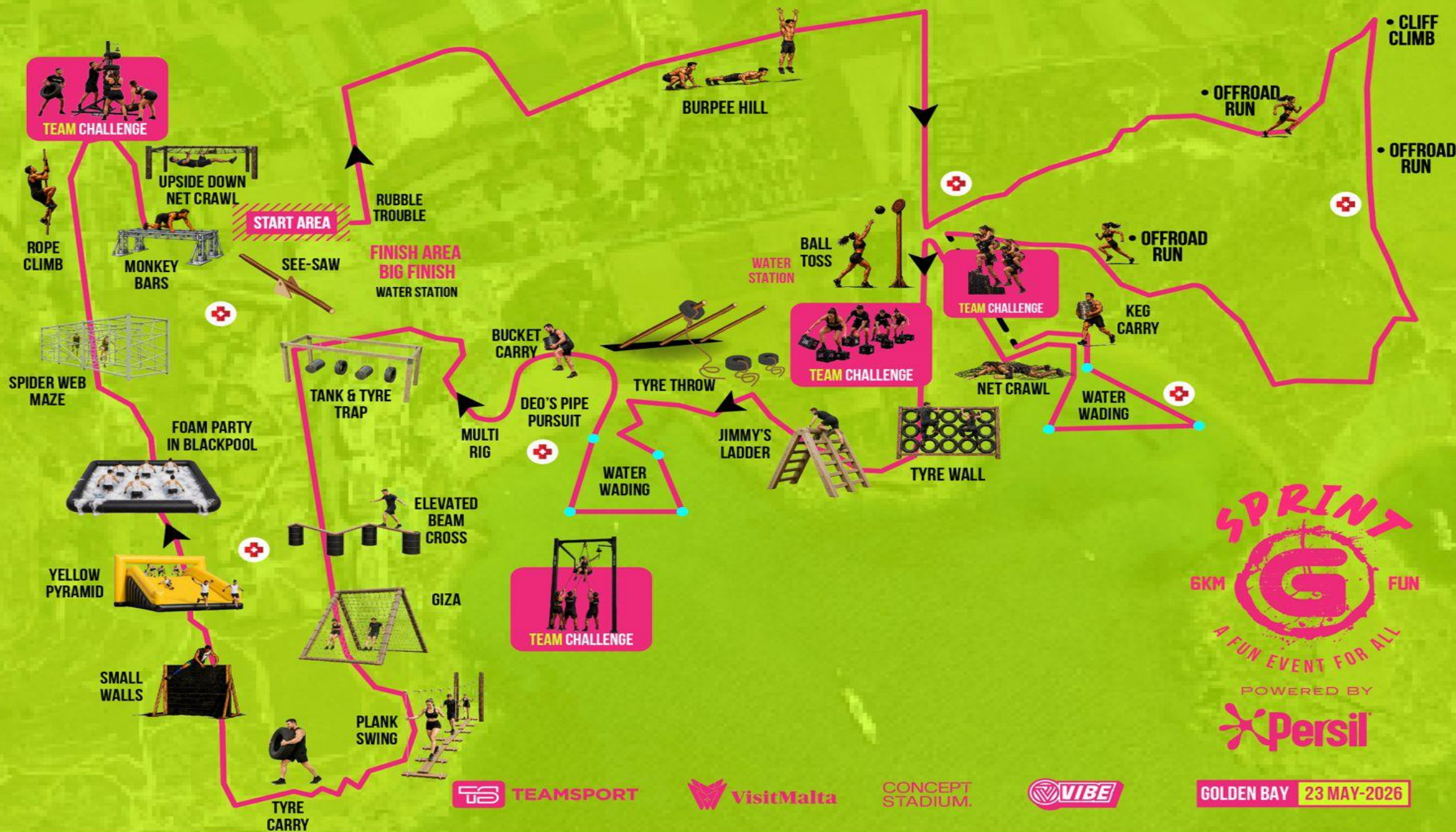
- Timing chips are allocated per number and cannot be exchanged.
- Timing chip must be placed within the shoe laces and not further up.
- Placing timing chip in any location other than instructed will result in a DNF timing.
- *Losing Timing chip on course will result in DNF*

(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.





Burpee Hill

Obstacle Description: Burpees Up a Hill.

Attempts: Unlimited

Failed when:

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

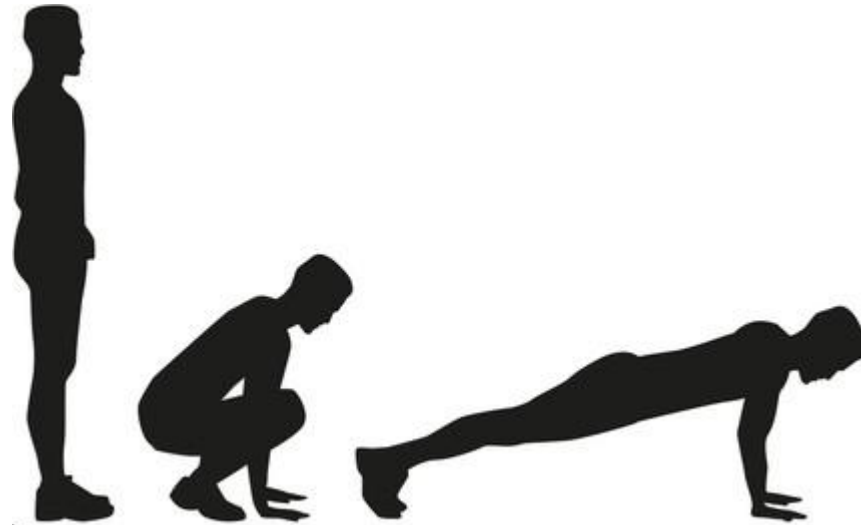
Completed when:

Path is done.

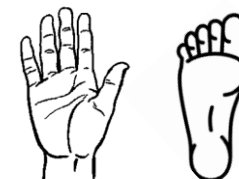
Note:

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





UPSIDE DOWN NET CRAWL

Successful Completion:

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

Failure modes:

Assistance from another competitor

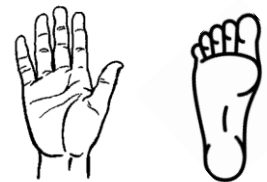
Getting off before touching bell.



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CONCEPT
STADIUM.

USE: HANDS & LEGS





KEG CARRY

KEG CARRY

TEAM CHALLENGE MUST CARRY PARTNER NOT KEG

Successful Completion:

1. *Athletes must collect a KEG at the top of the riviera stairway, make their way down to the beach, drop the keg at the indicated point, finish water wading, re collect KEG and take up to top of stairway to leave at drop off point.*

Failure modes:

Does not climb stairway with a KEG

Does not drop in indicated areas.



CONCEPT
STADIUM.

USE: HANDS





PARTNER CARRY TEAM CHALLENGE

Successful Completion:

1. Team must split in two pairs and carry their partner down to the Riviera beach, once obstacles are completed they must re carry partner up to top of stairway.

Teams may switch partners at any point of climb, but this must be done without skipping steps

Failure modes:

Does not drop off partner at indicated point.



USE: HANDS & LEGS





NET CRAWL



Successful Completion:

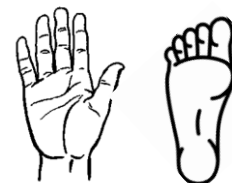
1. *Athletes must successfully make it in and out of the net from the indicated entrance and exit points.*

Failure modes:

Does not use indicated areas.



USE: HANDS & LEGS





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



CONCEPT
STADIUM.



TEAM CRATE WALK

TEAM CHALLENGE ONLY (OPEN WAVES MAY ATTEMPT - ELITE INDIVIDUALS MAY SKIP)



Successful Completion:

1. *Team must make their way from marker to marker without touching the ground using only the crates supplied*

2. Failure modes:

Touch the ground(must re start).

Exits or enters area prior to finishing or starting as instructed.



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CONCEPT
STADIUM.

USE: HANDS & LEGS





TYRE WALL

Successful Completion:

1. *Athletes must successfully climb up and over the wall.*

2. Failure modes:

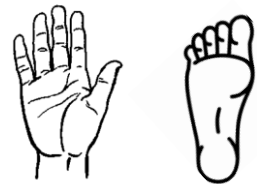
Skips the climb.



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CONCEPT
STADIUM.

USE: HANDS & LEGS





JIMMYS LADDER

Successful Completion:

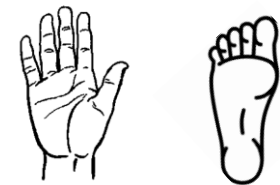
1. *Athletes must successfully climb up and over the wall.*

2. Failure modes:

Skips the climb.



USE: HANDS & LEGS





TYRE THROW

Successful Completion:

1. *Athletes must successfully throw the tyre into the wooden pole. Participant gets **3 tries** before they need to give up their spot to anyone waiting in line*

Failure modes:

Misses hole & gives up.



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CONCEPT
STADIUM.

USE: HANDS





PIPE PURSUIT



Successful Completion:

1. *Athletes must successfully make it across/through the pipe maze.*

Failure modes:

Does not exit at indicated point

Makes unnecessarily rough contact with another participant while attempting



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CONCEPT
STADIUM.

USE: HANDS & LEGS





ALL CARRIES

Successful Completion:

1. *Athletes must successfully finish the indicated path.*
2. *Athlete may use all types of carry styles.*

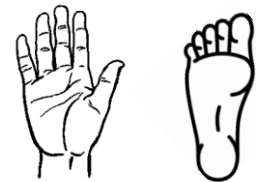
Failure modes:

Does not finish path.

Drops weight prior to indicated drop off point.



USE: HANDS & LEGS





Plank Swing



Successful Completion:

1. *Athletes must successfully cross the bridge without touching the ground.*

Failure modes:

Does not cross without touching the ground.

Makes excessive contact with another participant on obstacle.

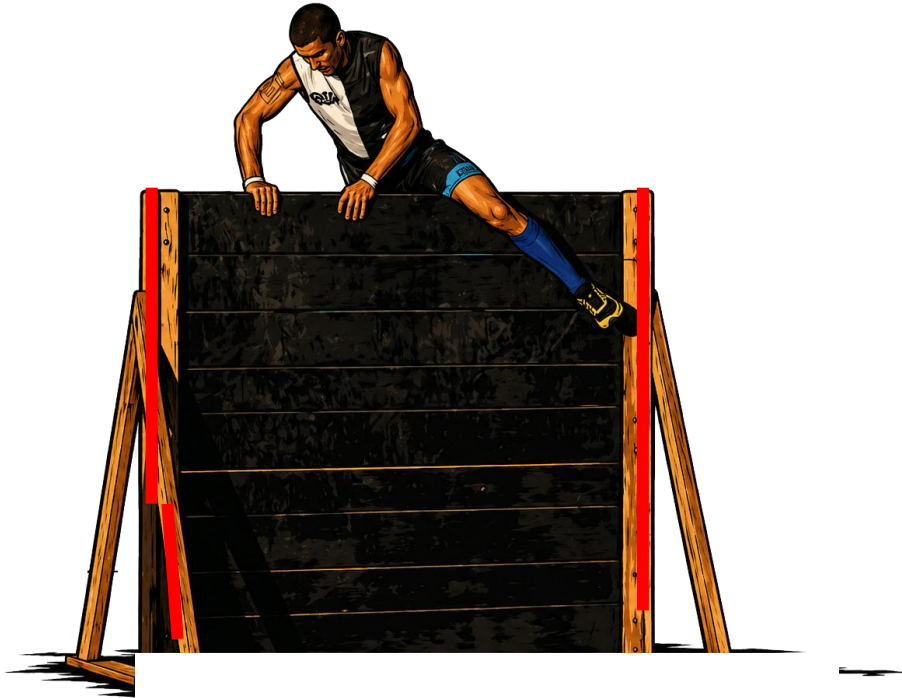


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CONCEPT
STADIUM.

USE: HANDS





All Walls - Small & Large Walls

Successful Completion:

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

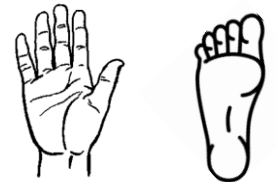
Failure modes:

Assistance from another competitor

Using any part of the frame (RED)



USE: HANDS & LEGS





Yellow Pyramid



Successful Completion:

1. *Athletes must successfully make it up and over the inflatable pyramid.*

Failure modes:

Skips the obstacle.

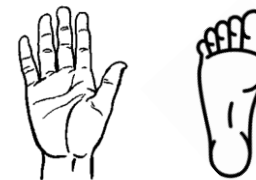
Makes unnecessary contact with another participant.



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CONCEPT
STADIUM.

USE: HANDS





INVERTED MONKEY BARS

Attempts: Unlimited

Failed when:

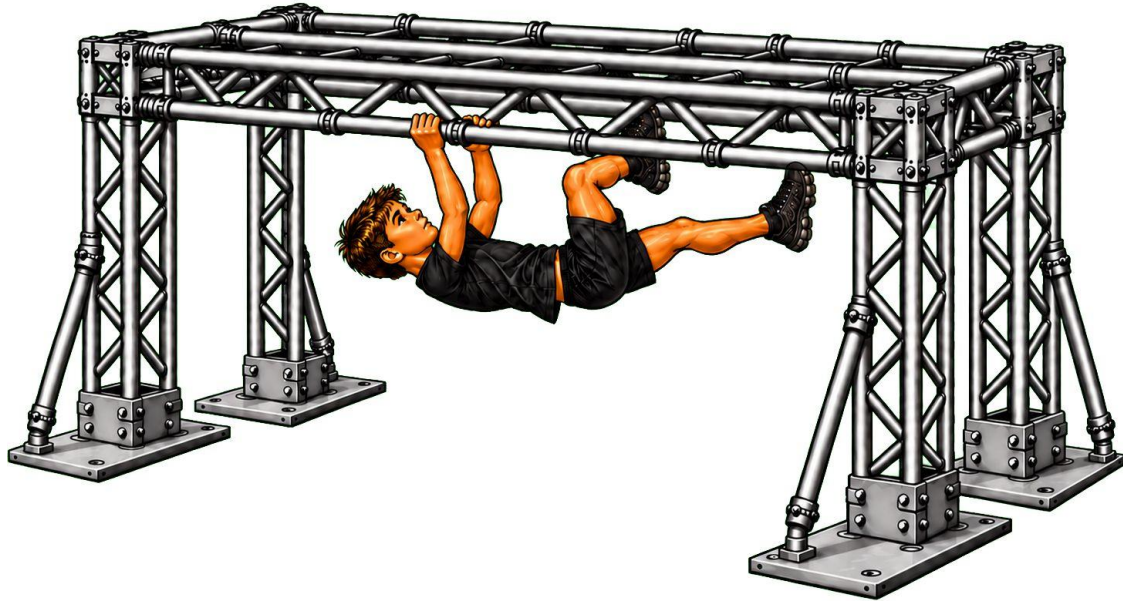
1. Drops feet at any time and they come in contact with the ground prior to finish.
2. Unnecessary contact with another participant.

Completed when:

MAKES IT ACROSS

Note:

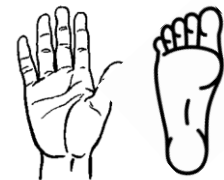
N/A



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**CONCEPT
STADIUM.**

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:

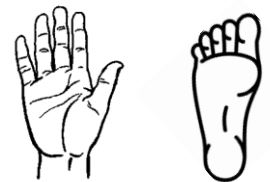
Assistance from another competitor



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CONCEPT
STADIUM.

USE: HANDS & LEGS





ELEVATED BEAM CROSSING

Successful Completion:

1. *Athletes must successfully make it across the beam*

Failure modes:

Assistance from another competitor

Touches ground at any point before indicated exit marker.

Makes excessive contact with another participant on obstacle



USE: LEGS





PARTNER PULLEY

TEAM CHALLENGE ONLY (OPEN WAVES MAY ATTEMPT - ELITE INDIVIDUALS MAY SKIP)

Successful Completion:

1. Team must select team member and hoist them to the bell, upon ringing bell them must lower team mate safely.

2. Failure modes:

Does not ring bell.



USE: HANDS & LEGS





TYRE STACK

TEAM CHALLENGE ONLY (OPEN WAVES MAY ATTEMPT - ELITE INDIVIDUALS MAY SKIP)

Successful Completion:

1. Team must stack tyres ontop of eachother until the bell his run, team must then unstack tyres and place in start area.

Failure modes:

Does not stack all tyres to hit bell.

Does not unstack all tyres.



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CONCEPT
STADIUM.

USE: HANDS & LEGS





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:

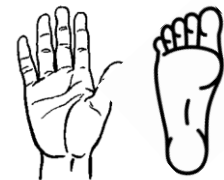
N/A



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CONCEPT
STADIUM.

USE: HANDS & LEGS





FOAM PARTY IN BLACKPOOL

Attempts: Unlimited

Failed when:

1. SKIPS THE OBSTACLE

Completed when:

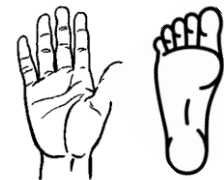
MAKES IT ACROSS

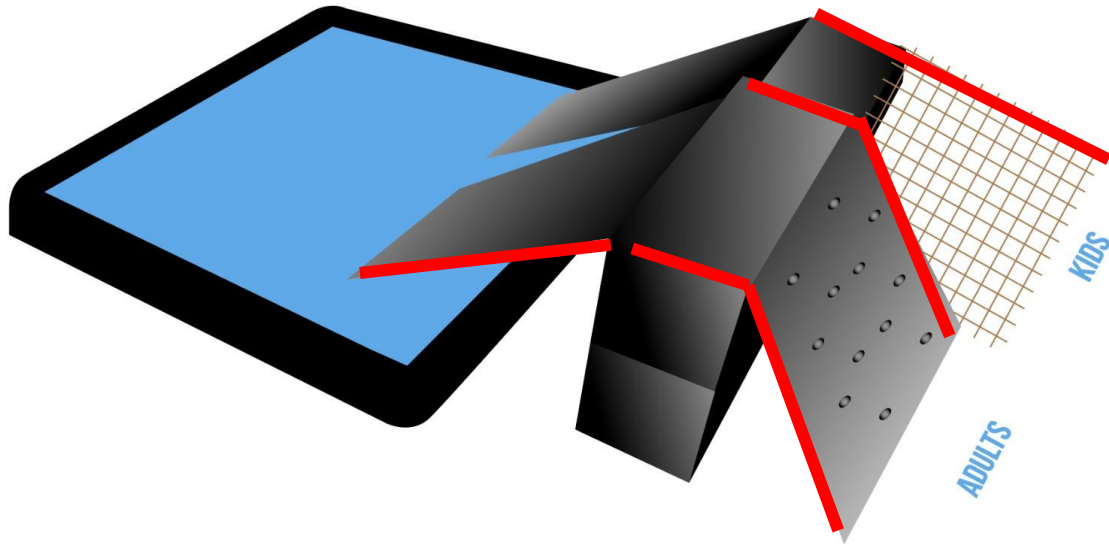
Note:

N/A



USE: HANDS & LEGS





BIG FINISH

Obstacle Description:

Large containers with climbing structure and slide to finish.

Successful Completion:

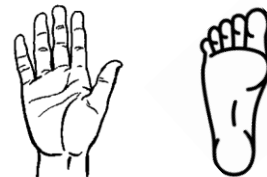
1. *Athletes must successfully make it over the structure and down the slide.*
2. *Must not use side of structure (red) for safety.*

Failed when:

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

Safety

Athletes must wait there turn if obstacle is in use.



USE: HANDS & LEGS