



update 5 OCTOBER 2021

## OBSTACLES LIST MUD LONG 12 KM

- **the bell must be rung with the hands only**
- **the attempt on a suspended hurdle is considered to have been started as soon as both feet are off the ground**
- **pegs, rings, hooks and other tools must be returned to the start of the hurdle by each athlete.**

	<b>NOME OSTACOLO</b>	<b>DESCRIZIONE PUBBLICA</b>	<b>REGOLA</b>	<b>tentativi</b>
<b>1</b>	MINOSSE	Le anime gravi se ne attardano	take a bucket and carry it along the path to the indicated point and bring it back, without breaking it, you can lean on it. It can fall or be leaned on, but it cannot roll or rub against the ground	endless attempts MANDATORY
<b>2</b>	LE TRE FIERE	un serpente che si morde la coda	without touching the ground and without touching the structure you get to ring the bell. You can only use your hands. The bell is rung/touched with the hands only, start with the feet on the platform.	<b>one attempt</b>
<b>3</b>	TOLOMEA	leggeri come un anima	keeping your balance without touching the ground you must land beyond the end of the balance and slack line	endless attempts
<b>4</b>	FETONTE	Girala su presta e ratta	4 wheel flips frontally, free choice of wheel Different dimensions but same weight	endless attempts MANDATORY
<b>5</b>	CONTE UGOLINO	da qua a la senza toccare terra	without touching the ground, passing from top to top in between, until the bell is rung with the hands only without touching the structure. Start with the feet on the platform	<b>one attempt</b>
<b>6</b>	CERBERO	su in alto fino in cielo	climbing over the wall without touching the side supports - for heights below 160 cm, steps can be used	endless attempts
<b>7</b>	ULISSE	portali da qui a là e da là a qui	transporting sacks, they lift off the ground, do not drag, do not roll, carry and return. Can be dropped or leaned	endless attempts MANDATORY



8	PALUDE STIGIA	la scimmia sale, la scimmia scende	pass under the logs, using your hands and feet to get out the other side without falling into the water. you must touch the first and last logs.	<b>one attempt</b>
9	LA LORDA POZZA	un gran classico	mud puddles to be crossed, even by jumping not touching the water	endless attempts
10	ACHERONTE	se ti alzi ti punge	you pass under barbed wire	endless attempts
11	POZZO DEI GIGANTI	giusto un filo d'aria	you pass the obstacle by entering the hole and passing under the nets, looking up at the sky, you can touch the nets	endless attempts + km garmin
12	TRISTA CONCA	La giusta inclinazione	climbing over the wall without touching the side supports	endless attempts + km garmin
13	CARONTE	Dimonio dall'occhi di bragia	enter the water, swim and exit. All within the buoys, no head diving.	endless attempts + km garmin
14	ANTENORA	più lieve legno convien che ti porti	transporting logs in any way as long as they are lifted off the ground, they are lifted, do not drag, do not roll, they are carried and returned to where they were picked up. It can fall or be supported	endless attempts MANDATORY
15	LUCIFERO	Sator arepo tenet opera rotas	without touching the ground and without touching the structure you get to ring the bell. You can use your hands and feet, on the wheels only your hands. The bell can only be rung with the hands.	<b>one attempt</b>
16	CITTA DI DITE	le mura della ditta più alta	Using the pegs and inserting them into the holes provided, you go from one side to the other without touching the ground, starting with the first hole and ending with the last hole. you can skip holes except for the first and last. The performance ends when the bell rings. The athlete pulls down the poles.	<b>one attempt</b>
17	PLUTONE	suoneremo le nostre campane	reach the top of the peaks, using both hands and feet. ringing the bell with the hand only	<b>one attempt</b>



18	FLEGETONTE	volare nel blu dipinto di blu	step up to the first bar, step up to the second bar, and from the second bar to the third bar, provided that both hands are detached, i.e. in flight, complete obstacle at the touch of the bell	one attempt
19	CITTA' DOLENTE	Ciò che sale poi scende	climbing over the wall without touching the side supports	endless attempts
20	GIUDA ISCARIOTA	<del>Rendere stabile ciò che è instabile</del>		<del>un solo tentativo</del>
21	LETE	amore che move il sole	without touching the ground and without touching the structure you get to ring the bell. Only the hands can be used. The bell can only be rung with the hands.	one attempt
22	BUFERA INFERNALE	scimmia vede scimmia fa	without touching the ground and without touching the structure you get to touch the last stick, the first and last sticks are mandatory. Only hands may be used.	one attempt
23	LIMBO	Arrivare in cima non sarà facile	climb the quarter pipe and descend on the other side without using lateral supports	endless attempts
24	PAPE SATAN	Per ogni cerchio la sua cerchia	grasp the hamster bar and spin it in the free direction until the string is completely wound up or the weight touches the bell.	one attempt
25	SCOGLIO SCONCIO	Passare oltre e oltre	by grasping the rings with your hands you go from rung to rung, you can jump over the rungs except the first and the last one. Obstacle is considered finished when the athlete puts the rings down on the last and penultimate peg. The athlete pulls down the rings.	one attempt
26	OSCURA COSTA	il dardo che si scocca lesto s'apprende	hit the target with the HAMMER from the marked distance; if you miss, go to the back of the line and try again. The athlete retrieves the hammer	endless attempts
27	GIUDECCA	appresso mosse il piede	without touching the carpet and only touching the hemispheres you get to touch last hemisphere	endless attempts
28	MALEBRANCHE	se i piedi non toccano è più difficile	climbing over the wall without touching the side supports	endless attempts
29	MALEBOLGE	olio cuore per sentirsi in forma	climbing over the wall without touching the side supports	endless attempts