



INFERNO PARK OBSTACLES

- **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 beginning of the hurdle by each athlete**
- **webbing and ropes holding the suspended grips are considered part of the structure and therefore may not be touched**
- **you may not touch the ground when going over suspended obstacles**
- **for your general safety your head must never be lower than your body**

	OBSTACLE	DESCRIPTION	RULES	attempts	typology
1	MALEBOLGE	olio cuore per sentirsi in forma	climbing over the wall without touching the side supports	infinite	wall
2	ANTENORA	più lieve legno convien che ti porti	transporting wood in any way as long as it is lifted off the ground, it is lifted, do not drag it, do not roll it, they are carried and returned to where they were picked up. It can fall or be supported	infinite - mandatory	strength
3	MALEBRANCHE	se i piedi non toccano è più difficile	climbing over the wall without touching the side supports	infinite	wall
4	ACHERONTE	se ti alzi ti incastri	pass under green net	infinite - mandatory	balance agility
5	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. Only the hands can be used. The bell can only be rung/touched with the hands. start with the feet on the platform.	ONLY ONE ATTEMPT (infinite for AG)	suspension obstacle
6	TOLOMEA	leggeri come un anima	keeping your balance without touching the ground you have to land beyond the end of the equalizers and the slack line	infinite - mandatory	balance agility
7	BUFERA INFERNALE	scimmia vede scimmia fa	without touching the ground and without touching the structure you reach the last stick, the first and last sticks are mandatory. Only hands may be used.	ONLY ONE ATTEMPT (infinite for AG)	suspension obstacle



	OBSTACLE	DESCRIPTION	RULES	attempts	typology
8	ULISSE	portali da qui a là e da là a qui	carrying bags, you lift them off the ground, do not drag, do not roll, carry and return. Can be dropped or supported - 2 for men, 1 for women	infinite - mandatory	strength
9	TRISTA CONCA	La giusta inclinazione	climbing over the wall without touching the side supports	infiniti	wall
10	FETONTE	Girala su presta e ratta	tilts frontally 4 times, choice of wheel is free. Different dimensions but same weight	infinite - mandatory	strength
11	GIUDECCA	le discese ardite e le risalite	moves through the nets		balance agility
12	PLUTONE	suoneremo le nostre campane	reaches the top of the rope, using hands and feet. playing the bell with the hand only	only one attempt	suspension obstacle
13	PALUDE STIGIA	la scimmia sale, la scimmia scende	walk along the horizontal rope in free technique up to the marked point	only one attempt	suspension obstacle
14	CITTA' DOLENTE	Ciò che sale poi scende	climbing over the wall without touching the side supports	infiniti	wall
15	CONTE UGOLINO	da qua a la senza toccare terra	without touching the ground, in between you go from top to top, until ringing the bell with your hands only without touching the structure. Start with the feet on the platform	only one attempt	suspension obstacle
16	LIMBO	Arrivare in cima non sarà facile	Climb the quarter pipe and descend on the other side without using lateral supports.	infinite	wall
17	CITTA DI DITE	le mura della città più alta	using the pegs and inserting them in the holes provided, go from one side to the other without touching the ground, starting from the first hole and ending with the last hole. The performance ends when the bell rings. The athlete pulls down the poles.	ONLY ONE ATTEMPT (infinite for AG)	suspension obstacle
18	SCOGLIO SCONCIO	Passare oltre e oltre	By grasping the rings with the hands you go from rung to rung, you can jump rungs except the first and last one. The obstacle is considered to be finished when the athlete puts down the rings on the last and penultimate pegs. The athlete pulls down the rings.	only one attempt	suspension obstacle
19	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.	infinite	wall
20	CARONTE	il pendolo che ratto s'apprende e lasco ritorce	Without touching the ground and without touching the structure the bell is rung. Hands and feet can be used, on the wheels only the hands. The bell is rung with the hands only.	ONLY ONE ATTEMPT (infinite for AG)	suspension obstacle



	OBSTACLE	DESCRIPTION	RULES	attempts	typology
21	LUCIFERO	Sator arepo tenet opera rotas	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.	only one attempt	suspension obstacle
22	OSCURA COSTA	le cerchie della cerchia non accerchiano la cicerchia	Without touching the ground and without touching the structure, you get to ring the bell. Hands and feet can be used. Start from outside the structure or on the platform provided. The bell can only be rung with the hands.	only one attempt	suspension obstacle

SUNDAY

INFERNO PARK - TEAM RACE of 3

	NAME	DESCRIPTION	RULES	attempts	TEAM RULES
1	MALEBOLGE	olio cuore per sentirsi in forma	climbing over the wall without touching the side supports	INFINITE	see rules of the individual race
2	ANTENORA	più lieve legno convien che ti porti	-	infinite - mandatory	two people take the pole and carry the third person up the pole along the marked route. the person being carried cannot touch the ground.
3	MALEBRANCHE	se i piedi non toccano è più difficile	climbing over the wall without touching the side supports	infinite	see rules of the individual race
4	ACHERONTE	se ti alzi ti incastri	pass under green net	infinite - mandatory	see rules of the individual race
5	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. Only the hands can be used. The bell can only be rung/touched with the hands. start with the feet on the platform.	only one attempt	the team chooses a lane and all run the obstacle in that lane
6	TOLOMEA	leggeri come un anima	keeping your balance without touching the ground you have to land beyond the end of the equalizers and the slack line	infinite - mandatory	see rules of the individual race



	NAME	DESCRIPTION	RULES	attempts	TEAM RULES
7	BUFERA INFERNALE	scimmia vede scimmia fa	without touching the ground and without touching the structure you reach the last stick, the first and last sticks are mandatory. Only hands may be used.	only one attempt	the team chooses a lane and all run the obstacle in that lane
8	ULISSE	portali da qui a là e da là a qui	-	infinite - mandatory	the athletes wear the devil's hooves and run together without losing their hooves along the course.
9	TRISTA CONCA	La giusta inclinazione	climbing over the wall without touching the side supports	infinite	see rules of the individual race
10	FETONTE	Girala su presta e ratta	-	infinite - mandatory	the wheel is lifted by the whole team and has to run the indicated course when lifted.
11	GIUDECCA	le discese ardite e le risalite			without touching the ground, the three members of the team climb onto the first pallet, without getting off, they take the second pallet and carry it forward and climb onto it, at which point they take the other pallet and carry on to the defined finishing point
12	PLUTONE	suoneremo le nostre campane	reaches the top of the rope, using hands and feet. playing the bell with the hand only	only one attempt	the team chooses a lane and all run the obstacle in that lane
13	PALUDE STIGIA	la scimmia sale, la scimmia scende	walk along the horizontal rope in free technique up to the marked point	only one attempt	the team chooses a lane and all run the obstacle in that lane
14	CITTA' DOLENTE	Ciò che sale poi scende	climbing over the wall without touching the side supports	infinite	see rules of the individual race
15	CONTE UGOLINO	da qua a la senza toccare terra	without touching the ground, in between you go from top to top, until ringing the bell with your hands only without touching the structure. Start with the feet on the platform	only one attempt	the team chooses a lane and all run the obstacle in that lane
16	LIMBO	Arrivare in cima non sarà facile	Climb the quarter pipe and descend on the other side without using lateral supports.	infinite	see rules of the individual race



	NAME	DESCRIPTION	RULES	attempts	TEAM RULES
17	CITTA DI DITE	le mura della ditta più alta	using the pegs and inserting them in the holes provided, go from one side to the other without touching the ground, starting from the first hole and ending with the last hole. The performance ends when the athlete pulls down the poles.	only one attempt	the team chooses a lane and all run the obstacle in that lane
18	SCOGLIO SCONCIO	Passare oltre e oltre	By grasping the rings with the hands you go from rung to rung, you can jump rungs except the first and last one. The obstacle is considered to be finished when the athlete puts down the rings on the last and penultimate pegs. The athlete pulls down the rings.	only one attempt	the team chooses a lane and all run the obstacle in that lane
19	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.	infinite	see rules of the individual race
20	CARONTE	il pendolo che ratto s'apprende e lasco ritorce	Without touching the ground and without touching the structure the bell is rung. Hands and feet can be used, on the wheels only the hands. The bell is rung with the hands only.	only one attempt	the team chooses a lane and all run the obstacle in that lane
21	LUCIFERO	Sator arepo tenet opera rotas	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.	only one attempt	the team chooses a lane and all run the obstacle in that lane
22	OSCURA COSTA	le cerchie della cerchia non accerchiano la cicerchia	Without touching the ground and without touching the structure, you get to ring the bell. Hands and feet can be used. Start from outside the structure or on the platform provided. The bell can only be rung with the hands.	only one attempt	the team chooses a lane and all run the obstacle in that lane