



## INFERNO SNOW 3\8 KM 2023 OBSTACLES

Sunday 12th march 2023

### FEW RULES, ALWAYS GOOD 😊

- the bell must be rung with the hands only
- the single attempt on the suspension hurdle is considered to have 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
- webbing and ropes holding the suspended holds are considered part of the structure and therefore may not be touched
- if there are footplates one starts from the footplates, in any case one does not enter the obstacle area
- during the overhead hurdles you cannot touch the structure or ground (or snow) in an active manner, so it is an infraction if at the judge's discretion it brought an advantage
- for your general safety on obstacles your head must never be lower than your body

	NAME	RULE	TYPE	ATTEMPTS	DESCRIPTION
1	MALEBOLGE	you climb over the wall without touching the side supports	WALL	INFINITES	olio cuore per sentirsi in forma
2	GIUDECCA	without touching the mat and only touching the semi-spheres you must reach up to touch the last semi-sphere.	balance agility	INFINITES	appresso mosse il piede



	NAME	RULE	TYPE	ATTEMPTS	DESCRIPTION
3	LE TRE FIERE	without touching the ground and without touching the structure you get to ring the bell. Only the hands can be used. The bell is only rung with the hands. Lifting your feet off the ground is a sign that the attempt has begun	SUSPENSION	<b>Only 1 attempt</b>	brindare alla salute di Dante
4	ANTEO	you hit the target with the ball once, if you fail you try again by standing at the back of the line	balance agility	INFINITES	la palla fiera e forte
5	FETONTE	you tip the wheel frontally 4 times, the choice of wheel is free, different sizes but same weight	STRENGTH CARRIAGE	INFINITES - MANDATORY	Girala su presta e ratta
6	TOLOMEA	balancing without touching the ground you must land beyond the end of the wooden pole	balance agility	INFINITES	Leggeri come un anima
7	TRISTA CONCA	you climb over the wall without touching the side supports	WALL	INFINITES	La giusta inclinazione
8	MINOTAURO	without touching the ground and without touching the structure you get to ring the bell. Only the hands can be used. The bell is only rung with the hands. Lifting your feet off the ground is a sign that the attempt has begun	SUSPENSION	<b>Only 1 attempt</b>	Rendere stabile ciò che è instabile
9	SELVA OSCURA	Carry the concrete balls along the indicated path. You cannot drag or roll or spin the balls.	STRENGTH CARRIAGE	MANDATORY	Come bambini cresciuti
10	FLEGETONTE	you pass under the green net and/or barbed wire	balance agility	MANDATORY	stai basso e non ti succede nulla
11	LUCIFERO	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 and rings only your	SUSPENSION	<b>Only 1 attempt</b>	Sator arepo tenet opera rotas



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		hands. The bell is only rung with the hands. Lifting your feet off the ground is a sign that the attempt has begun			
12	ANTENORA	transporting logs in any way as long as they are lifted off the ground. they are not dragged, they are not rolled, they are carried and returned to where they were taken. It can fall or be leaned	STRENGTH CARRIAGE	MANDATORY	più lieve legno convien che ti porti
13	CERBERO	you climb over the wall without touching the side supports	WALL	INFINITES	su in alto fino in cielo
14	BARBARICCIA	you take the saw and use it to saw the log where indicated. you have to saw the entire log so that a disc of wood is separated from the log	balance agility	MANDATORY	Ed elli avea del cul fatto trombetta
15	MINOSSE	by pushing or pulling the sled, the sled is moved along the indicated path; if the log falls, it must be picked up and placed back on the sled	STRENGTH CARRIAGE	MANDATORY	Le anime gravi se ne attardano
16	CAINA	without touching the lateral supports, pass over the beam	WALL	INFINITES	se propende e ratto s'apprende
17	PLUTONE	you climb over the wall without touching the side supports	WALL	INFINITES	su in alto fino in cielo
18	CONTE UGOLINO	without touching the ground, in between you go from top to top, until you touch the bell without touching the structure. Lifting your feet off the ground is a sign that the attempt has begun	SUSPENSION	<b>Only 1 attempt</b>	da qua a là senza toccare terra



	NAME	RULE	TYPE	ATTEMPTS	DESCRIPTION
19	ALEPPE	you pick up a bag and balance without touching the ground you must land beyond the end of the course without touching the ground, then bring the sack back. If you fall you can try again by placing yourself at the end of the line if there are no free lanes	balance agility	INFINITES	su per l'aere sale senza cadere in tentazione
20	CHIRONE	with the laser pistol you hit the target the specified number of times. If after the set number of seconds it is not hit you continue	balance agility	MANDATORY	mira il tuo bersaglio
21	OSCURA COSTA	Starting with the first bar you lift your feet and move on to the next one, you reach the bell before hitting the ground again. Lifting your feet off the ground is a sign that the attempt has begun	SUSPENSION	<b>Only 1 attempt</b>	le cerchie della cerchia non accerchiano la cicerchia
22	BUFERA INFERNALE	without touching the ground and without touching the structure, you use the glow sticks to get to the other side until you touch the bell.  Only hands may be used. Lifting the feet off the ground is a sign that the attempt has started	SUSPENSION	<b>Only 1 attempt</b>	scimmia vede scimmia fa
23	LIMBO	you go up the quarter pipe and down the other side without using side supports	WALL	INFINITES	Arrivare in cima non sar� facile

# INFERNO SNOW RUN LIKE HELL

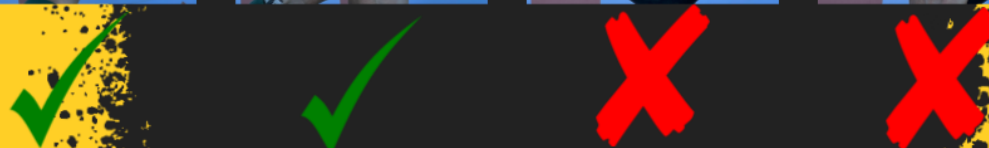




## Le Regole per le prese



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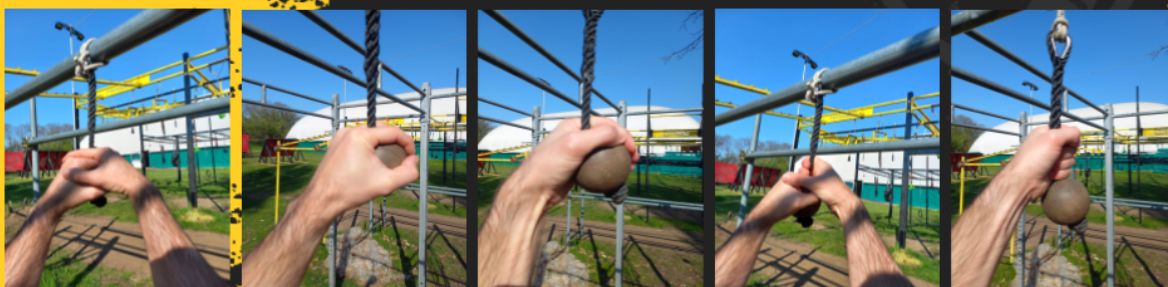


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