



OBSTACLES INFERNO BEACH - 4th/5th MAY 2024

FEW RULES, ALWAYS GOOD!

- you can ring the bell only with the hands
- 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 cannot 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 actively touch the structure or the ground, so it is an infraction if at the judge's discretion it brought an advantage
- for your safety in general on obstacles your head must never be lower than your body

OPEN

In addition to those of the competitive race on the course of the long race and the 6 km race there are obstacles reserved

- Barbariccia (strength)
- Paolo e Francesca (transport)
- Città di Dite (throwing)
- Anteo (throwing)

TEAM

Some obstacles on the 6km course will be modified, added or replaced by the following:

- VIRGILIO (strength and transport)
- LETE (agility)
- OSCURA COSTA (strength and transport)
- GIUDECCA (agility)
- FETONTE (strength and transport)
- on the walls team members can help each other
- on hanging obstacle it is not mandatory to wait for the previous athlete to complete the obstacle...



STANDARD 10km BEACH 2024

type	#N	%
agility	6	23,08%
strength	5	19,23%
walls	7	26,92%
swim	1	3,85%
suspension	7	26,92%
TOT	26	100,00%

Order of obstacles may vary

	OBSTACLE NAME	DESCRIPTION	RULES	ATTEMPTS
1	MALEBOLGE	olio cuore per sentirsi in forma	you climb over the wall without touching the side supports	endless
2	TRISTA CONCA	La giusta inclinazione	you climb over the wall without touching the side supports	endless
3	ACHERONTE	se ti alzi ti punge	you pass under the wire or net	endless MANDATORY
4	SCOGLIO SCONCIO	la dieta italiana è la migliore al mondo	without touching the ground and without touching the structure you get to ring the bell. Start from the green platform The bell is rung/touched only with the hands.	ONE
5	ANTENORA	più lieve legno convien che ti porti	transporting logs in any way as long as they are lifted off the ground, they lift, they do not drag, do not roll, they are carried and returned to where they were taken. Can fall or be leaned	endless MANDATORY
6	ALEPPE	su per l'aere sale senza cadere in tentazione	you take a 6kg slamball and balance without touching the ground you must land beyond the end of the course without touching the ground, then bring the slamball back. If you fall you can try again by placing yourself at the end of the line if there are no free lanes.	endless
7	TOLOMEA	leggeri come un anima	balancing without touching the ground you must land beyond the end of the balance and slack line	endless MANDATORY

	OBSTACLE NAME	DESCRIPTION	RULES	ATTEMPTS
8	MINOSSE	come lo shangai ma per professionisti	without touching the ground and without touching the structure you get to ring the bell. You start from the green platform. The bell is rung/touched only with the hands	ONE
9	MALEBRANCHE	un passo alla volta fino in paradiso	Without touching the ground, you walk the indicated distance using the wooden squares provided. Once finished, return to the starting point.	endless MANDATORY
10	LE TRE FIERE	più lo butti giù più ti tira su	without touching the ground and without touching the structure you get to ring the bell. You start from the green platform The bell is rung/touched only with your hands.	ONE
11	FLEGETONTE	camminare sulle acque	you pass hanged to the ropes onto the until you reach the bell , you can touch the water.. you cannot dive	ONE
12	LIMBO	Arrivare in cima non sarà facile	you climb to the top of the ramp and descend to the container behind you	endless
13	PALUDE STIGIA	la scimmia sale, la scimmia scende	starting from the container you walk along the horizontal top in free technique until you climb up onto the next container without touching the ground. if you fall from the tyrolean you still climb up onto the container	ONE
14	CAINA	su in alto fino in cielo	climbing over the wall without touching the side supports - for people under 160 cm height you can use a step	endless
16	ULISSE	portali da qui a là e da là a qui	transport sacks, they lift off the ground, they are not dragged, they are not rolled, they are carried and carried back. Can be dropped or supported - 2 for men, 1 for women	endless MANDATORY
17	CONTE UGOLINO	peccator che la ragion sommettono al talento	without touching the ground and without touching the structure you get to ring the bell. Start from the green platform The bell is rung/touched only with the hands	ONE
15	ANTEO	l'amore che muove il cielo e l'alte sfere	transport the concrete balls along the indicated path. You cannot drag or roll or spin the balls	MANDATORY
18	CITTA' DOLENTE	Ciò che sale poi scende	you climb over the wall without touching the side supports	endless
19	CARONTE	Dimonio dall'occhi di bragia	you retrieve the sup or boards with the rope, climb onto the sup as you wish and get to the other side by paddling with your hands or feet, if you fall you can continue swimming or climb back on the board . you cannot dive	endless MANDATORY
20	SELVA OSCURA	Le anime grevi se ne attardano	take a bucket and carry it along the path to the point indicated and bring it back, without breaking it. It can fall or be leaned on but	endless MANDATORY

	OBSTACLE NAME	DESCRIPTION	RULES	ATTEMPTS
			cannot roll or slither on the ground.	
21	CERBERO	su in alto fino in cielo	you climb over the wall without touching the side supports	endless
22	MINOTAURO	passare oltre e oltre	without touching the ground and without touching the structure you get to ring the bell. Start from the green platform The bell is rung/touched only with the hands.	ONE
23	BUFERA INFERMALE	scivolando scivolando scivolando	using only the hammer you push the log over the end of the wooden lane on which it lies	endless
24	LUCIFERO	Sator arepo tenet opera rotas	without touching the ground and without touching the structure you get to ring the bell. Start from the green platform The bell is rung/touched only with the hands.	ONE
25	PAPE SATAN	Per ogni cerchio la sua cerchia	you go over the pyramid structure	endless
26	CHIRONE	senza obiettivi non colpirai mai nulla	it is necessary with the laser gun to hit the black target 3 times, a green light flashes each center, when 3 centers have been made the lights all flash green and you can continue. If after 30 seconds the target is not hit three times they all flash red/green lights and you can continue. To start the timer you must hit at least the big white target once	endless MANDATORY

OBSTACLES SHORT 3km INFERNO BEACH 2024

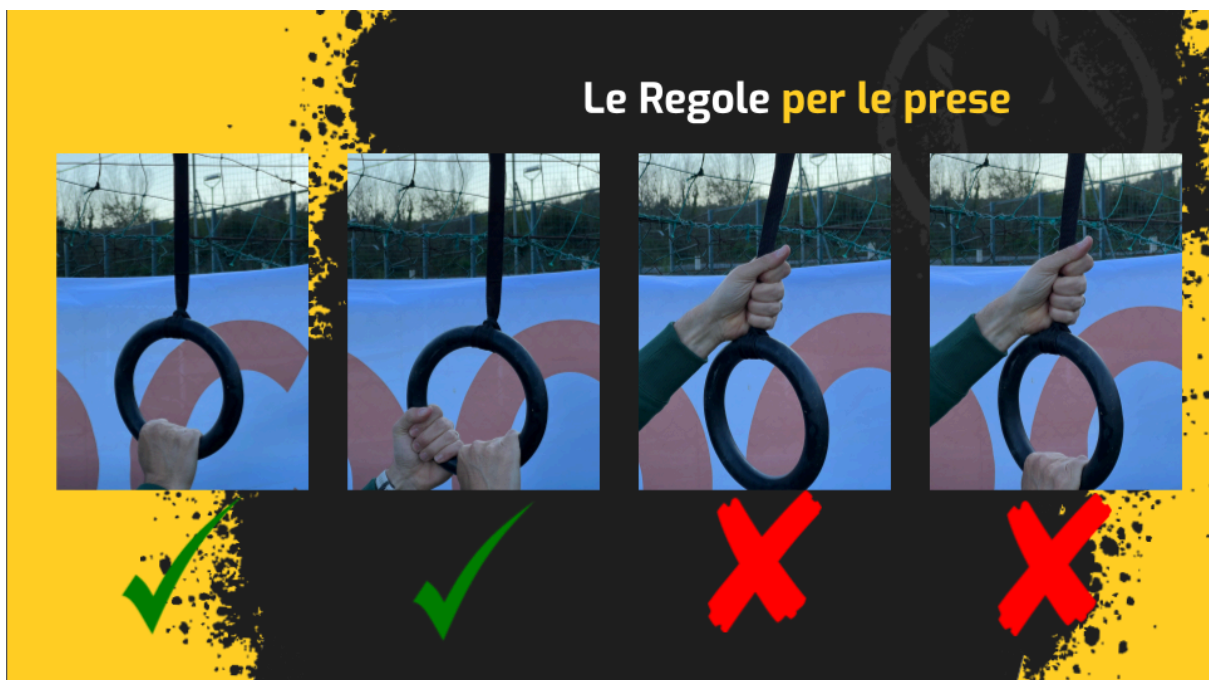
- from 1-10 and from 22-26

type	% type	n type
agility	33,33%	5
strength	13,33%	2
walls	20,00%	3
suspension	33,33%	5
TOT	100,00%	15

OBSTACLES OPEN e TEAM 6km INFERNO BEACH 2024

- from 1-14 and from 20-26

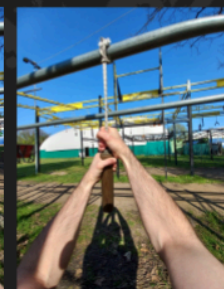
HOLDS RULES



Le Regole per le prese



Le Regole per le prese



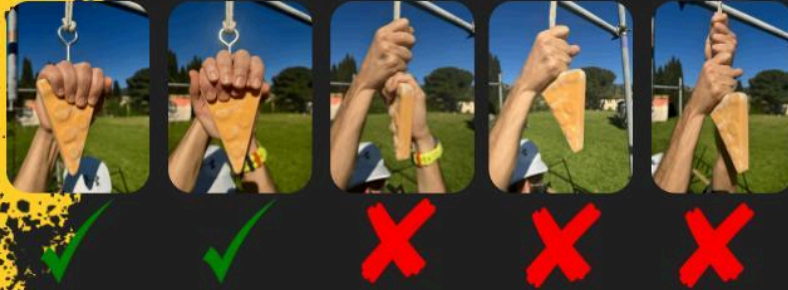
Le Regole per le prese



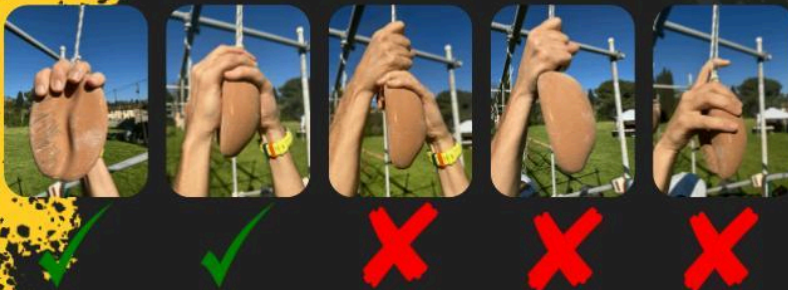
Le Regole per le prese



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