

ITALIAN BULLS GAMES 2026

QUALIFIER 2

SAN PIETRO

SCORE 2

SCORE 3

TIMING



8 MIN
AMRAP

1 MIN
REST

4 MIN
RM

WOD 2

AMRAP: 8 MIN

BUY IN
40/32 BIKERG CALORIES

THEN IMMEDIATELY INTO
6 SNATCH (any style)
12 TOES TO BAR



Tie break

SCORE IS: REP

WOD 3

TIME CAP: 4 MIN

IN 4 MIN FIND YOUR 1 RM OF THIS COMPLEX

1 SNATCH (any style)

1 HANG SNATCH

SCORE IS: WEIGHT

ALL DIVISIONS EXCEPT: BEGINNER / TEAM BEGINNER / TEAM BEGINNER 110

READ CAREFULLY : VIDEO SUBMISSION STANDARDS

Before starting the video recording, clearly frame the following:

- Men's barbell 20 kg; women's barbell 15 kg; collars
- Bumper plates corresponding to the declared weight
- The use of grips or tape on the bar is allowed. Using both tape and grips at the same time results in a major penalty
- Concept2 BikeErg (no other brands are allowed – penalty: invalid video)

Note: Pay attention to background music.

Tips: If there is music playing during your video, YouTube may censor or block it when you upload it. Make sure the video remains fully visible; otherwise, it cannot be evaluated.

WEIGHT AND VARIATIONS

WEIGHT AND VARIATIONS M/F: INDIVIDUAL

DIVISION	CALORIES	SNATCH	TOES TO BAR	TIME CAP
ELITE	40/32	60/40 KG	12	8 MIN AMRAP
REGULAR	40/32	50/35 KG	12	8 MIN AMRAP
MASTER 35	40/32	60/40 KG	12	8 MIN AMRAP
MASTER 40	40/32	50/35 KG	12	8 MIN AMRAP
MASTER 45	40/32	50/35 KG	12	8 MIN AMRAP
MASTER 50	40/32	40/30 KG	12	8 MIN AMRAP
BEGINNER	—	40/30 KG	TOES TO RING 12	6 MIN AMRAP

WEIGHT AND VARIATIONS M/F: TEAM

DIVISION	CALORIES	SNATCH	TOES TO BAR	TIME CAP
ELITE MMW	40/32	60/40 KG	12	8 MIN AMRAP
MASTER 110 MMW	40/32	60/40 KG	12	8 MIN AMRAP
MASTER 130 MMW	40/32	50/35 KG	12	8 MIN AMRAP
REGULAR MMW	40/32	50/35 KG	12	8 MIN AMRAP
BEGINNER MMW	---	40/30 KG	TOES TO RING 12	6 MIN AMRAP
BEGINNER 110 MMW	---	40/30 KG	TOES TO RING 12	6 MIN AMRAP

The team score is determined by the sum of the single individual scores

FLOW

FLOW

SCORE: IS REP

The athlete will have 8 minutes to accumulate the maximum number of repetitions. They will start standing, next to the bike (starting seated on the bike = 3-rep penalty deducted from the final score).

At 3,2,1 go, the athlete will accumulate 40 calories, after which the tie break will be taken. They will then move to the barbell to perform six snatches (any style). Next, they will go to the rig for 12 toes-to-bar. They will return to the barbell for another 6 snatches (any style) followed by 12 toes-to-bar. They will continue in this pattern until the end of the eight minutes.

A one-minute rest will follow (the athlete may manage this rest as they prefer, including performing a warm-up lift, which will not be counted).

At the end of the one-minute rest, the athlete must find their 1RM of the complex, consisting of:

- 1 Snatch (any style)
- 1 Hang Snatch

BEGINNER DIVISION

TIMING

6 MIN AMRAP

1 MIN REST

4 MIN
MAX
CALORIES

WOD 2

AMRAP: 6 MIN

6 SNATCH (any style)
12 TOES TO RING

BARBELL: 40/30 KG

SCORE IS: REP

WOD 3 BEGINNER

TIME CAP: 4 MIN

IN 4 MIN

MAX CALORIES BIKE ERG

Nb:The athlete must start standing next to the bike

SCORE IS: CALORIES

FLOW

BEGINNER DIVISION

The athlete will have 6 minutes to accumulate as many repetitions as possible. At the call of 3,2,1 go, the athlete will move to the barbell to perform six snatches, any style. They will then go to the rings for 12 toes-to-ring. They will return to the barbell for another 6 snatches, any style, followed by 12 toes-to-ring. The athlete will continue in this pattern until the end of the six minutes.

A one-minute rest will follow. The athlete must wait standing next to the bike. Starting early on the bike will result in a penalty of 3 calories deducted from the total score of this WOD 3.

At the end of the one-minute rest, the athlete must get on the bike and accumulate as many calories as possible in 4 minutes.

STANDARD

STANDARD

BIKERG

Set the monitor to full-screen calorie display to make the numbers easier to read. You may adjust the resistance and the seat height.

You will start standing next to the BikeErg (starting from a seated position will result in 3 reps deducted from the score).

SNATCH

The barbell starts on the floor; touch-and-go is allowed, bouncing is not permitted. Through one fluid motion, without passing through the shoulders, the athlete must reach the top position with feet in line, knees locked, hips open, and the barbell in the midline of the body.

STANDARD

TOES TO BAR

The athlete starts hanging from the bar, arms fully extended and feet off the ground. At the start and in the bottom position, the heels must break the vertical line of the body; in the top position, both feet must simultaneously touch the portion of the bar between the hands.

TOES TO RING

The athlete starts from the ground, jumps, and grabs the rings. The start requires arms fully extended and feet off the ground. At the start and in the bottom position, the heels must break the vertical line of the body; in the top position, both feet must simultaneously touch the rings (they may enter the rings, touch the edge, or touch the hand holding the rings; it is considered norep touching the straps holding the rings or the wrists)

STANDARD

COMPLEX

SNATCH

The barbell starts on the ground. Through one fluid motion, without passing through the shoulders, the athlete must reach the top position with feet in line, knees locked, hips open, and the barbell in the midline of the body.

Allowed variations: muscle, power, squat, and split snatch.

HANG SNATCH

From the top position reached in the previous movement, the athlete must bring the barbell to the hang position. From here, through a loading phase, without bringing the barbell below the knees, the athlete must once again reach the top position with feet in line, knees locked, hips open, and the barbell in the midline of the body.

Allowed variations: hang muscle snatch, hang power snatch, hang squat snatch, hang split snatch.

STANDARD

REGARDING THE COMPLEX

The two movements form a complex, therefore they must be performed one after the other without dropping the barbell between reps or resting it on the floor.

Back drop = no complex.

Resting the barbell on the hips is allowed, but the hands must remain in contact with the barbell; removing the hands from the barbell = no complex.

REGARDING THE RM

The use of weightlifting elastic straps is forbidden; penalty: the lift is invalid.

Back drop = no complex.

Resting the barbell on the hips is allowed, but the hands must remain in contact with the barbell; removing the hands from the barbell = no complex.

Collars are mandatory.

No bumper plates may be placed outside the collars.

The only part of the body allowed to touch the floor are the feet. A knee touching the ground invalidates the lift.

ATHLETE'S RESPONSIBILITY

REMEMBER:

It is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards.

The judge may only validate or invalidate the correctness of a movement; they are not required, nor allowed, to interpret your movement or identify the loads used.

Always refer to the rulebook and the CrossFit Open standards for any further clarification.

Movements deemed uncommon are not allowed.

SCORING PROTOCOL

GOOD VIDEO: The athlete has performed all required movements correctly. The score is therefore validated.

VALID WITH MINOR PENALTY: The athlete performs between 1 and 9 no-reps. These will be removed from the final score.

VALID WITH MAJOR PENALTY: The athlete performs 10 or more no-reps. In this case, the score will be adjusted by subtracting 15% from the submitted result. If the number of no-reps exceeds half of the reps for that specific movement, a 25% penalty will be applied.

INVALID: The athlete has not completed the workout as required or has performed a significant and unacceptable number of no-reps (the athlete fails to complete the workout as required; a significant and unacceptable number of reps performed are “no reps.” In this case, the evaluation is solely at the discretion of the head judge and cannot be contested. It is calculated based on the proportion of no-reps within the workout), or the video does not meet the required standards. The athlete’s score will be rejected. An athlete who avoids performing the workout or any part of it will have their score invalidated. In weighted workouts, a rep-by-rep penalty will be applied by subtracting the corresponding load. At the discretion of the head judge, a rep-by-rep correction may be applied.

PENALTIES:

If a specific floor setting is required and not executed, the video will be judged as a ZERO score. An incorrect floor setting will result in a 15% penalty on the assigned score, in addition to any subsequent video corrections. The athlete must perform the movements facing the camera or at a $\frac{3}{4}$ angle. If the athlete performs movements in a way that makes it impossible to assess any required check point, a major penalty will be applied (e.g., movements with double dumbbells where both elbows must be visible; a side-parallel camera angle prevents evaluation of one elbow).

NOTES

- Remember that if you record the video with background music, YouTube will tend to censor your video. This will make it impossible to evaluate it.
- Do NOT use cloud services to upload your video (Drive, iCloud, Dropbox...) = they will NOT be taken into consideration.
- The only links that will be accepted are those uploaded to YouTube or similar platforms where it is possible to verify that the upload was made within the indicated deadlines.
- The judges may need to send you an email, so regularly check your spam folder in case a message ends up there by mistake. In the event of a blocked video or an inaccessible link, **ONLY ONE WARNING EMAIL** will be sent, followed by the removal of the score.
- Reference email: judgesinfonorep@gmail.com

INFO

The judging team does NOT respond to emails or requests of any kind during the qualification phase, in order not to give any advantage to individual athletes.

For information regarding the no reps received, send an email to: judgesinfonorep@gmail.com

WARNING: once the leaderboard is published after the video review, it CANNOT be modified.

The judging team will respond to emails ONLY AFTER THE COMPLETION OF THE OVERALL VIDEO REVIEW, NOT AFTER THE REVIEW OF A SINGLE CATEGORY.

VIDEO REVIEW DEADLINE: March 31, 2026

