

ITALIAN BULLS GAME 2026

QUALIFIER 1

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**Pay attention to not use cloud storage to upload the
videos.**

WOD 26.1

TIME CAP: 10 MIN

10 ROUND

3 DOUBLE DUMBBELL HANG TO OVERHEAD

(hang clean and jerk/hang snatch)

4 DOUBLE DUMBBELL FRONT SQUAT

5 BURPEE OVER THE LINE STEP BACK

SCORE IS: TIME

SCORE

- IF YOU COMPLETE BEFORE THE TIME LIMIT:
Your score will be determined by the time elapsed to complete
EG: 09:47
- IF YOU DO NOT COMPLETE WITHIN THE TIME LIMIT:
Your score will be determined by the time limit plus the number of missed repetitions.
(add 1 second for each repetition)
For instance, when the time limit is reached, you have finished 8 complete rounds and 1 front squat. Consequently, to complete the WOD, you must perform 2 front squats and 5 burpees from the ninth round, along with all the repetitions from the tenth. Thus, your score will be
 $10:00 + 2 + 5 + 3 + 4 + 5 = 10:19$

READ CAREFULLY: STANDARDS FOR VIDEO SUBMISSION

- **Before you begin recording video, ensure in your shot is framed clearly:**
- **Tape**
- **Dumbbell of the specified weight**

Please be cautious of the background music.

Tip: Keep in mind that if in your video there's background music playing, during the upload process Youtube may censor it. Therefore ensure that your video is visible and accessible, otherwise it will not be overviewed.

WEIGHT AND VARIATIONS

WEIGHT AND VARIATIONS M/F: INDIVIDUAL

DIVISION	DOUBLE DUMBBELL	LINE FACING BURPEE
ELITE	2 X 22,5 KG 2 X 15 KG	✓
REGULAR	2 X 22,5 KG 2 X 15 KG	✓
MASTER 35	2 X 22,5 KG 2 X 15 KG	✓
MASTER 40	2 X 22,5 KG 2 X 15 KG	✓
MASTER 45	2 X 22,5 KG 2 X 15 KG	✓
MASTER 50	2 X 17,5 KG 2 X 12,5 KG	✓
BEGINNER	2 X 17,5 KG 2 X 12,5 KG	✓

WEIGHT AND VARIATIONS M/F: TEAM

DIVISION	DUMBBELL	LINE FACING BURPEE
ELITE MMW	2 X 22,5 KG 2 X 15 KG	✓
MASTER 110 MMW	2 X 22,5 KG 2 X 15 KG	✓
MASTER 130 MMW	2 X 22,5 KG 2 X 15 KG	✓
REGULAR MMW	2 X 22,5 KG 2 X 15 KG	✓
BEGINNER MMW	2 X 17,5 KG 2 X 12,5 KG	✓
BEGINNER 110 MMW	2 X 17,5 KG 2 X 12,5 KG	✓

The team score is given by the sum of the individual scores

FLOW

FLOW **INDIVIDUAL**

SCORE: IS TIME

Before beginning, mark two lines on the ground that are 20 cm apart, measuring from outer edge to outer edge.

At the count of 3, 2, and 1, you will execute 3 hang ground-to-overhead, followed by 4 front squats. After finishing the front squats, you will perform 5 line-facing step-back burpees. You will proceed in this manner for the next nine rounds.

HOW TO SHOOTING

- DUMBBELL MOVEMENTS

Remember that both elbows must be evaluated, so if you stand parallel to the camera, the opposite elbow will be covered by your head and will not be evaluated. In this case, your movement will be considered a no-rep.

ATTENTION: REMEMBER THAT BOTH ELBOWS MUST BE EVALUATED IN TOP POSITION, SO PLACE YOURSELF AT $\frac{3}{4}$ SO YOU CAN CLEARLY RECORD THE MOVEMENT (use a line on the ground to help you). LATERAL SHOTS WILL BE SANCTIONED WITH A MAJOR PENALTY.

STANDARD

STANDARD

DOUBLE DUMBBELL HANG TO OVERHEAD (HANG CLEAN AND JERK - HANG SNATCH)

The dumbbells start on the ground. The athlete must lift the dumbbells from the ground. From here, the hang movement begins, bringing the dumbbells either to the inside or outside of the leg. From here, the athlete can choose whether to perform a hang clean and jerk (through a muscle clean, power clean, or split clean, the dumbbells must come into contact with the shoulder before being brought to the overhead position through a press, push press, push jerk, or split jerk) or a hang snatch. In top position, the athlete must therefore be with feet in line, knees locked, hips open, elbows locked, and the dumbbell in midline with the body.

The first rep can be either a snatch or a clean and jerk.

It is recommended to take a shot that allows for the evaluation of both elbows, avoiding one of them being covered by the head.

STANDARD

INDIVIDUAL

DOUBLE DUMBBELL FRONT SQUAT

The starting position for the movement is with the dumbbells in a front rack, with one head of the dumbbell resting on the shoulder/collar bone while the other is in front of the frontal plane of the body. The elbows are also in front of the frontal plane of the body.

In the bottom position, your hip crease should be below the highest point of your knee. In the top position, your feet should be in line with each other, your knees locked, your hips open, the dumbbell head resting on your shoulder/collar bone, and your elbows should be in front of the frontal plane of the body.

Attention: from the top position of the last hang ground to overhead you can go directly down to the bottom position of the front squat.

STANDARD

INDIVIDUAL

BURPEE OVER THE LINE STEP BACK

The starting position for the movement is standing. The athlete must perform a burpee, making sure their hands do not touch the line. From there, while standing up, the athlete must jump (even with asynchronous feet) and land beyond the second line. During the jump, the feet cannot touch the marked lines.

He will then step back to the starting point and perform a burpee again.

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 can only validate or invalidate the regularity of a movement, he is not required and should not interpret your movement or identify the loads.

Always refer to the rulebook and open cf standards for any further clarifications. Movements deemed uncommon are not allowed.

SCORING PROTOCOL

Good Video: The athlete performed the required movements correctly. The score is then validated.

Valid With Minor Penalty: The athlete performs 1 to 9 no reps. These will be removed from his score.

Valid With Major Penalty: The athlete performs 10 or more no reps. In this case, the score will be modified by subtracting 15% from the final result entered. If the number of no reps exceeds half the reps of the specific movement, a 25% penalty will be assigned.

Invalid: The athlete did not complete the workout as required or performed an unacceptable number of no reps (the athlete fails to complete the workout as required; a significant and unacceptable number of reps performed is "no reps." In this case, the evaluation is left solely to the head judge and is not subject to review. The athlete's score will be rejected if the video does not meet the required criteria. Any athlete who fails to complete the workout or any part of it will have their score invalidated. In weighted WODs, the penalty will be applied rep by rep, subtracting the corresponding amount of kg.

At the discretion of the head judge, a rep-by-rep correction may be applied. Penalties:
If a floor setting is indicated and it is not followed, the video will be judged with a ZERO score. An incorrect floor setting will result in a 15% penalty on the assigned score, along with the subsequent video correction.
The athlete must perform the movements facing the camera or at a $\frac{3}{4}$ angle. A major penalty will be assessed if the movements are performed so badly that one of the checkpoints cannot be analyzed (e.g., double dumbbell movements, where both elbows must be examined. A shot parallel to the camera prevents one elbow from being analyzed).

NOTES

- Remember that if you play your video there's background music, YouTube tend to censor it. This will prevent the evaluation video.
- **DO NOT** use cloud services to upload your video (drive, icloud, dropbox...) = **THEY WILL NOT BE TAKEN INTO CONSIDERATION**
- The only links taken into consideration will be those uploaded to YouTube or similar platforms where it is demonstrable that they were uploaded within the indicated deadlines.
- The judges may need to send you an email, so check your spam folder regularly in case a communication ends up there by mistake. If the video is blocked or the link is unavailable, you will receive a **NOTIFICATION EMAIL** only, followed by the subsequent removal of your score.
- Reference email: judgesinforep@gmail.com

INFO

The judging squad does NOT respond to emails or requests of any kind pending qualification in order not to advantage individual athletes.

For information on no reps received, send an email to: judgesinforep@gmail.com

ATTENTION: once the leaderboard is published after the video correction, it CANNOT be modified.

The judging squad responds to emails AFTER THE OVERALL VIDEO CORRECTION IS COMPLETED, NOT FOR THE INDIVIDUAL CATEGORY.

Video corrections due: March 31, 2026