

# THE ROCKET CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

Find your heaviest load for the following unbroken complex:

- 1 Power Clean
- 1 Front Squat
- 1 Thruster
- 1 Shoulder to Overhead

5 minute time cap to complete the complex.

Athletes with the heaviest successful barbell load in each weight division will win the contest. Athletes may perform multiple attempts at different weights within the 5 minute time cap.

## Tie Breaker: Body Weight

\* Lighter body weight wins

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: April 19 at 9 AM ET

Challenge Close Date & Time: April 29 at 8 PM ET

\* Scores cannot be updated or added to the leaderboard following the competition close date and time.

\* Please allow sufficient time for completing and submitting your score and video in advance.

## SCORE SUBMISSION NOTES:

Scores for this competition will display in pounds on the leaderboard

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### Competitive Division Male (Ages 14 and over):

Light: Up to 147.99 LBS (up to 67.13 KG)

Middle: 148 LBS - 211.99 LBS (67.14 - 96.16 KG)

Heavy: 212 LBS and up (96.17 KG and up)

### Competitive Division Female (Ages 14 and over):

Light: Up to 120.99 LBS (up to 54.88 KG)

Middle: 121 LBS - 167.99 LBS (54.89 - 76.20 KG)

Heavy: 168 LBS and up (76.21 KG and up)

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## Community Division Male (Ages 14 and over):

Light: Up to 147.99 LBS (up to 67.13 KG)

Middle: 148 LBS - 211.99 LBS (67.14 - 96.16 KG)

Heavy: 212 LBS and up (96.17 KG and up)

## Community Division Female (Ages 14 and over):

Light: Up to 120.99 LBS (up to 54.88 KG)

Middle: 121 LBS - 167.99 LBS (54.89 - 76.20 KG)

Heavy: 168 LBS and up (76.21 KG and up)

- \* Your weight class should be based on your weight when wearing your shoes, clothing and all supportive equipment that will be worn during your event
- \* Competitive division athlete scores count towards “Overall Challenge” and are required to follow all rules and requirements outlined.
- \* Community division athletes scores do not count toward the “Overall Challenge”, are not eligible for official records or prizes as submissions will not be heavily judged. Video submissions are not required. Community athletes will receive t-shirts (if purchased) and registrations count towards a gym’s total sign up.

To be considered as a competitor, the athlete must register for the challenge at [roguefitness.com/challenges](http://roguefitness.com/challenges) and follow all workout and video flows as outlined.

## EQUIPMENT NEEDED TO QUALIFY:

- Visible Timer in frame - this can be a gym timer, a phone with the timer feature up, or a stopwatch
- Digital Weight Scale to confirm equipment to be used for your workout, and athlete bodyweight (analogue scales are NOT permitted)
- Dumbbell or Kettlebell for validating the scale
- Standard 15kg (35LB) or 20kg (45LB) Barbell
- Weight Plates with the weight clearly marked
  - Max of 18” diameter
  - Minimum plate increments of 1LB or 0.5kg per side
- Barbell Collars
- Recommended: 10’ x 10’ clear unobstructed area in which to lift, with no other equipment in the space apart from the bar and plates the athlete will use during their attempts
- Rogue brand gear is not required

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## Permitted Supportive Equipment:

- Gym Chalk (magnesium carbonate)
- Weightlifting Belt
- Knee/Elbow Sleeves (single or pairs)
  - Knees and elbows must remain visible to the camera and not covered by long shorts or sleeves during attempts
- Wrist Supports/Wraps
- Shoes in any style
- Olympic Lifting Singlet
- Thumb tape

## Not Permitted Supportive Equipment:

- Tacky of any kind
- Hand Grips of any kind including liquid grip
- Gloves or any type of hand, forearm or bicep coverings
- Sticky Adhesives or grip adhesives of any kind anywhere on the clothing, body, or bar (including spray or other)
- Multiple layers of sleeves/wraps on top of each other
- Lifting Straps of any kind
- Knee Wraps or Elbow Wraps
- Any multi-ply suits including deadlift or powerlifting suits

Any athlete who alters the equipment or movements described in this document or shown in the video standards may be disqualified from the competition.

## MOVEMENTS:

### POWER CLEAN

- During the power clean, the barbell begins on the ground and must be lifted from the ground to the front rack in one motion.
- In the receiving position the hip crease must be clearly HIGHER than the top of the knee.
- A muscle clean or power clean may be used, but a split clean, or squat clean may not.
- The athlete must stand to full extension of the knees and hips with the barbell clearly in the front rack, showing a moment of control before executing the next movement in the complex.

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## FRONT SQUAT

- With the barbell already in the front rack the athlete will squat to a depth where the hip crease is CLEARLY below the top of knee.
- The athlete will then stand to full extension of the knees and hips.
- The barbell must be held in the front rack position with the barbell in contact with the shoulders and the elbows clearly in front of the barbell.
- At the top of the squat the athlete must show a moment of control before executing the next move in the complex.

## THRUSTER

- This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout directly overhead.
- With the barbell already in the front rack the athlete will squat to a depth where the hip crease is CLEARLY below the top of knee.
- The barbell must come to a full lockout directly overhead, with the hips, knees and arms fully extended, and the bar directly over the body.
- The athlete must show a moment of control with the barbell locked out overhead before bringing the bar back to the front rack before executing the next movement in the complex.
- Re-bending the knees or stepping forward during the thruster is NOT allowed.

## SHOULDER TO OVERHEAD

- From the front rack position, the athlete may press, push press, split jerk, or push jerk the barbell to the overhead position.
- The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete's body, with the arms, hips, and knees extended, and the feet in line under the body.
- The athlete must show a moment of control with the barbell locked out overhead for the repetition to count.

If at any point during the complex the athlete does not meet the movement standard for that portion of the complex, they may re-start that portion, or re-start the complex if time permits.

If the barbell is off the floor before the time cap, the athlete may finish their attempt.

Athlete **MUST** show a moment of control in the overhead/finish position for each separate movement of the complex before moving onto the next/finishing the complex, athletes that are deemed **NOT** to be in control of the finishing positions for each movement of the complex will be invalidated.

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See the Rocket Challenge instructional video at [www.roguefitness.com/challenges](http://www.roguefitness.com/challenges) for a visual example of the permitted complex

## **FLOW:**

The complex begins with the athlete standing with the bar on the ground in front of them.

- Barbell should be loaded with the starting weight.

When the athlete is ready they may verbally declare their initial weight

- The timer can then begin
- Once the timer is running, they may perform their first movement.

When the athlete and the bar reach the approved front rack position for the power clean, the athlete will move directly into the front squat.

- Standards listed above

After completing the front squat the athlete will move directly into thruster.

- Standards listed above

When the athlete and the bar reach the approved overhead position for the thruster, the athlete will move directly into the shoulder to overhead.

- Standards listed above

The athlete may then add or subtract weight from the bar working toward their max load and repeat the flow listed above.

- The athlete may have as many attempts in the 5 minute window as they would like to try.
- If there is a weight change, the athlete needs to verbally state their new/adjusted weight prior to starting the complex.
- The athlete and all gear must remain in camera view for the entire 5 minutes.
- As long as the barbell is in motion prior to the 5 minute time cap, the attempt will be counted.
- Additional personnel may be used to add/deduct weight from the barbell.

The complex is complete when the shoulder to overhead of the complex has been completed for the athlete's final load attempt.

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## VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound should be ON during the filming. Be sure the athlete has adequate space to safely complete the movement and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The video should be shot from at a 45 degree angle to the athlete ensuring that the video clearly shows the entire body. Critical items that need to be clearly visible on the video:

1. Full body of athlete including feet and the barbell overhead, ensuring all movement standards can be clearly seen.
2. Showing the weighing of all equipment that will be used during the challenge.
3. The weighing of the athlete while wearing all support equipment that will be used during the challenge.

Next the athlete will need to follow the steps outlined below:

1. The submitted video should start with the entire athlete in frame stating their name, the challenge name, and their weight division.
2. The athlete needs to show the camera all the equipment and supportive equipment they are wearing or will wear for the challenge to confirm it all matches the rules outlined.
3. Show all equipment that will be used for the challenge.
  - Barbell and end caps
  - Plates, both sides and markings
  - Barbell collars
4. Scale verification. The athlete must place a kettlebell or dumbbell onto a scale and show the scale reading is correct.
  - The weight of the kettlebell or dumbbell must be shown/visible to the camera.
  - The correct scale reading while the object is on the scale must be shown/visible to the camera.

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5. The athlete needs to measure their body weight on the digital scale, clearly showing the scale reading to the camera. Please then verbally state your bodyweight.
  - Athlete should be wearing ALL EQUIPMENT they will be wearing for the challenge including shoes, belts, sleeves etc when they weigh themselves.
  - Show athlete on scale and show the scale reading and verbally confirm to the camera.
  - Confirm weight category.
  
6. The camera should then clearly show each piece of equipment the athlete will use during their challenge being weighed. All of the following must be shown:
  - The camera must show all weight plates that could be used for the complex on the scale and show the scale reading for each. The entire scale should be clearly visible to the camera.
  - This includes any plates that could be used if the athlete wishes to make multiple attempts in their challenge video.
  - The camera must show the barbell on the scale and show the scale reading.
  - Required regardless of equipment brand.
  - A coach or helper can assist with this process.
  
7. The camera should move back into the correct 45 degree filming angle for the challenge attempt and the bar may be loaded with the initial weight to be attempted.
  - The final camera position should capture the barbell from the ground to the overhead position as well as the timer.
  - The athlete should verbally declare the initial weight once the bar is loaded.
  
8. Once the athlete is ready, the 5 minute timer may start and the athlete they may begin their complex based on the criteria outlined above.
  - If multiple attempts are made in the 5 minute lifting window, clearly show and verbally confirm any changes to the load of the barbell load.
  - A coach or helper can assist with the process of changing weights.
  - If the barbell is off the floor before the timer reaches 5 minutes, the athlete may complete their lift.
  
9. At the conclusion of the attempt, clearly show the final load lifted to the camera.
  - Show all plates used
  - Confirm barbell

\* All of the steps above should be done with the camera continuously running for the video to be accepted.

\* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

\* Refer to The Rocket demo video on the Rogue website for a visual of how the workout and video should flow.

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## ATHLETE SCORECARD:

### Video Submission Checklist:

Please confirm that your video clearly shows the following items as defined in the video submission standards.

### Your submission needs to show:

1. All clothing and supportive gear that will be used in the comp.
2. Scale verification.
3. The weight of the athlete standing on the scale while wearing all supportive equipment they will wear for the complex.
4. All bars and plates that will be used in the comp.
5. All equipment used, barbells and plates being verified on the digital scales.

6. The timer in frame.
7. The entire path of the barbell movement from the ground to the fully extended overhead position.
8. The weight on the bar must be visible for each lift.
9. At the conclusion of the attempt, clearly show the successful final load lifted to the camera.

*Failing of your video to show these items may disqualify your workout submission. Athletes should keep all photos and videos until winners have been announced in case it is requested from the judge. Shooting multiple videos from different angles of your workout is a good fail-safe in the event that a primary video doesn't clearly show a specific video requirement clearly.*

FINAL SUCCESSFUL LIFT \_\_\_\_\_

JUDGE/WITNESS \_\_\_\_\_ JUDGE/WITNESS SIGNATURE \_\_\_\_\_

PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_

PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE/WITNESS SIGNATURE

\_\_\_\_\_  
DATE

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ATHLETE COPY

FINAL SUCCESSFUL LIFT \_\_\_\_\_

JUDGE/WITNESS \_\_\_\_\_ JUDGE/WITNESS SIGNATURE \_\_\_\_\_

PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_

PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE/WITNESS SIGNATURE

\_\_\_\_\_  
DATE

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