

THE TRIFECTA CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

Find your max cumulative total for the following three lifts in this order, in one hour:

1 Rep Max Strict Press

1 Rep Max Front Squat

1 Rep Max Sumo Deadlift

Tie Breaker: In the event of a tie, the athlete with the lighter bodyweight will win the tie

Time: Athletes have a 1 hour time cap to complete the three lifts

* 1 Hour clock begins just before the first strict press attempt and does not include time to show competition gear to the camera as outlined below

* Competitors need to use Time.is or any clock that shows a time and date to validate their time window as outlined below

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: Aug 16 at 9 AM EST

Challenge Close Date & Time: Aug 26 at 8 PM EST

* 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:

Competitors will submit their heaviest loads for each lift.

Total load will automatically be calculated and displayed in BTWB.

When calculating your lifts, your weights should be calculated and submitted using the weight on the actual piece of equipment.

Scores will display in pounds on the leaderboard.

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Competitive RX Division

Male (Ages 14 and over)

Light: Up to 147.99LBS (67.13KG)

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

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

Female (Ages 14 and over)

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

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

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

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Community RX and Community Division

Male (Ages 14 and over)

Light: Up to 147.99LBS (67.13KG)

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

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

Female (Ages 14 and over)

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

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

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

- * Your weight class should be based on your weight when wearing all of the clothing/gear, to include shoes, you will wear for the competition.
- * **Competitive Division:** Athlete scores count towards “Overall Challenge” and are required to perform the workout RX and follow all rules and video requirements outlined.
- * **Community RX Division:** Athletes perform the workout RX, scores do not count toward “Overall Challenge” are not eligible for official records or prizes. Video submissions are not required. Athletes will receive t-shirts (if purchased) and registrations count towards a gym’s total sign up.
- * **Community Division:** Athletes can complete the challenge scaled, scores do not count toward the “Overall Challenge”, are not eligible for official records or prizes. Video submissions are not required. 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 and follow all workout and video flows as outlined.

EQUIPMENT NEEDED TO QUALIFY:

- Dumbbell or kettlebell to verify scale
- Digital Scale. (Analog scales are NOT permitted)
- A cell phone or Ipad with live connection to Time.is or similar type programs proving time/date on your device
- Standard 15kg (35LB) or 20kg (45LB) Barbell
 - Any style barbell is permitted including deadlift bars, power bars etc. Speciality barbells are not, see below
 - If you have questions about whether your barbell will be accepted, please email judging@roguefitness.com
- Weight Plates with the weight clearly marked
 - Max of 18” (45cm) diameter
 - Minimum plate increments of 1LB or 0.5kg per side

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- Squat rack for the strict press and the front squat
- 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

Permitted Equipment:

- Gym Chalk (magnesium carbonate)
- Weightlifting Belt
- Knee/Elbow Sleeves (single or pairs)
- Wrist Supports/Wraps
- Olympic Lifting Singlet
- Talcum powder
- Mouthguards
- Recommended: Shoes of any style (not required)

Not Permitted Equipment:

- Tacky of any kind
- Wedges or anything to elevate the heels
- 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
- Long sleeve pants/shorts that cover the knees/elbows
- Mono lift
- Smith Machines
- Any pads or additional support added to the barbell for the front squat
- Specialty barbells including safety squat bars, trap bars etc.

* If you have questions about whether your barbell will be accepted, please email judging@roguefitness.com

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

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MOVEMENTS:

The lifts will be performed in the following sequence, Strict Press, Front Squat and Sumo Deadlift

STRICT PRESS

- Athlete must take the bar out of the rack in the front rack, unsupported and without assistance - they must also re-rack the barbell without assistance.
- The acceptable body position for the one repetition is as follows:
 - Knees, and hips must remain locked out for the entire lift - if it is deemed the legs or hips have assisted during the press then the lift will not count.
 - The lift starts with the bar in contact with and supported by the shoulders. If an athlete is unable to support the barbell in contact with the shoulders they may support it with the arms only. Any downward motion of the barbell prior to the press will be considered bouncing and the lift will not count.
 - The athlete will press the bar to the overhead position.
 - The heels must remain in contact with the floor during the press - stepping forwards or backwards during the lift will result in a no rep.
 - The athlete must show a moment of control in the overhead position before returning the bar to the shoulders.
 - The overhead / finish position will be as follows;
 - Bar directly overhead or slightly behind the body
 - Elbows fully extended
 - Hips fully extended
 - Legs fully extended

FRONT SQUAT

Barbell begins in the squat rack.

- The barbell must be unracked and be supported by the athlete on the shoulders in the front rack position without assistance.
- Arms may be in a traditional front rack position or crossed, as long as the barbell is resting on the front of the shoulders.
- After unracking the bar the athlete must step back to begin the squat.
- The athlete must squat to a depth **BELOW PARALLEL** where the hip crease is **CLEARLY** below the top of the knee with the barbell controlled in a front rack position.
- The athlete must then stand, without assistance to a position where the knees and hips are fully extended with the barbell supported in the front rack position.
- The athlete must rerack the barbell without assistance to complete the lift.

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SUMO DEADLIFT

Barbell begins on the floor.

- This is a sumo deadlift with the hands inside of the knees (Standard Deadlift is not permitted).
- Any style of grip is allowed.
- The bar is lifted to the finishing position where the hips and knees are fully extended with the head and shoulders behind the bar.
- Once the athlete reaches the required finishing position they will lower the barbell to the ground while maintaining control of the bar. Dropping the bar is **NOT** allowed.

* See the Rogue Trifecta Challenge instructional video at www.roguefitness.com/challenges for a visual example of the permitted movements.

FLOW:

The lifts will be performed in the following sequence, strict press, front squat and sumo deadlift

Lift 1: The Strict Press:

- Athlete loads the bar to the initial weight
 - Clearly show the plate markings to camera when adding / deducting load
- Once the bar is loaded, athlete verbally declares initial weight
- Athlete shows camera no illegal supportive equipment is being used
- Show time/date device to the camera to confirm all 3 lifts take place within one hour of each other
 - The 1 hour time window starts at this step
- Complete lift - full movement standards above
- If adding weight for multiple attempts clearly show all previously weighed equipment being added to the camera
- Verbally confirm new load

Lift 2: The Front Squat:

- Show time/date device to the camera to confirm all 3 lifts take place within one hour of each other
- Athlete loads the bar to the initial weight
 - Bar should already be in the rack
 - Clearly show the plate markings to camera when adding / deducting load
- Once the bar is loaded, athlete verbally declares initial weight
- Athlete shows camera no illegal supportive equipment is being used
- Complete lift - full movement standards above

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- If adding weight for multiple attempts clearly show all previously weighed equipment being added to the camera
- Verbally confirm new load

Lift 3: The Deadlift

- Show time/date device to the camera to confirm all 3 lifts take place within one hour of each other
- Athlete loads the bar to the initial weight
 - Bar should already be on the floor
 - Clearly show the plate markings to camera when adding / deducting load
- Once the bar is loaded, athlete verbally declares initial weight
- Athlete shows camera no illegal supportive equipment is being used
- Complete lift - athlete must stand to full extension - full movement standards above
- If adding weight for multiple attempts clearly show all previously weighed equipment being added to the camera
- Verbally confirm new load

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

* The athlete may make as many attempts at each movement as they would like

* Additional personnel may be used to add/deduct weight from the barbell

VIDEO SUBMISSION STANDARDS - STRICT PRESS:

For this challenge, athletes should submit 3 separate videos. 1 video for each movement. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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.

NOTE: The athletes first video (strict press) has the added step of weighing and marking each weight and barbell that will be used for the entire challenge. The following two videos (front squat followed by sumo deadlift) do not need to re-validate or remark the weights and bars.

This 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. Weighing, taping and initialing all equipment to be used for the entire challenge.
2. Digital scale verification using and dumbbell or kettlebell.
3. Clearly show the lifts so that all movement standards can be verified, video must capture the athlete from the feet to the full lockout position.

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

1. The submitted strict press video should start with the entire athlete in frame stating their name, the challenge name and “strict press attempt”.
2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
 - Barbell, to include end caps
 - All weight plates that will be used in their attempt
 - Both sides of the plates
 - Plates need to clearly have the weights printed on them, and both sides must be displayed to the camera
3. The athlete will need to step onto the scale to weigh themselves to confirm their weight group. Once the athlete is on the scale, the camera needs to zoom in to clearly show the scale reading.
 - This process needs to start with showing scale verification by placing a kettlebell/dumbbell on the scale and showing the scale reading is correct
 - This should be done with the athlete wearing all clothing, gear and shoes that will be worn during the competition attempt
4. The camera should then clearly show each piece of equipment the athlete will use during their challenge being weighed and initialed. All of the following must be shown:
 - The camera must show all weight plates that will be used for all three movements 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 will be used in the following two movements that are not used for the strict press movement
 - The camera must show the barbell(s) on the scale and show the scale reading
 - As each piece of equipment has been weighed on camera, the athlete must put their initials on it
 - It is recommended that all equipment have a blank piece of visible tape added to them before filming begins
 - Required regardless of equipment brand
 - A coach or helper can assist with this process

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5. The camera should then show the bar being racked for the first strict press attempt
 - Clearly show only taped and initialled plates being added to the barbell
 - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
 - A coach or helper can assist with this process
6. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the challenge to confirm it all matches the rules outlined.
7. The athlete must open their time device and clearly show the time and date reading to the camera. Please verbally confirm the date and time showing.
 - At this time, the athlete's 1 hour time window to complete the challenge begins
8. The camera should move back into the correct 45 degree filming angle for the challenge attempt.
 - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above.
9. Once the athlete is ready they may begin their lift based on the criteria outlined above.
10. If changing the load and completing multiple attempts;
 - Clearly show all weights marked with the tape and athlete initials being added/removed to the camera for each attempt
 - Verbally confirm loads being added/removed
 - Verbally confirm new load to be attempted
 - A coach or help can assist with this process
11. Once final lift is completed show and confirm last successful load lifted.
12. The strict press video may then conclude.

* 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 demo video on the Rogue website for a visual of how the workout and video should flow.

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VIDEO SUBMISSION STANDARDS - FRONT SQUAT:

For this challenge, athletes should submit 3 separate videos. 1 video for each movement. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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.

This 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. Clearly show to the camera the weight being added to the barbell for each lift, and state the load to be attempted.
2. Clearly show the lift so that movement standards can be verified, ensure the squat rack is not preventing a clear view of the movement standards listed above.

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

1. The submitted strict press video should start with the entire athlete in frame stating their name, the challenge name and “front squat attempt”.
2. The athlete must open their time device and clearly show the time and date reading to the camera. Please verbally confirm the date and time showing.
 - This step is to confirm the athlete is still within their 1 hour time window
3. The camera should then show the bar being racked and the load of the first lift being loaded onto the bar.
 - The bar may be racked before the video begins
 - Clearly show to the camera the weight being added to the barbell for each lift
 - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
 - A coach or helper can assist with this process
4. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the challenge to confirm it all matches the rules outlined.
5. The camera should move back into the correct 45 degree filming angle for the challenge attempt.
 - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above

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6. Once the athlete is ready they may begin their lift based on the criteria outlined above.

7. If changing the load and completing multiple attempts;

- Clearly show all weights being added/removed to the camera for each attempt
- Verbally confirm loads being added/removed
- Verbally confirm new load to be attempted
- A coach or helper can assist with this process

8. Once final lift is completed show and confirm last successful load lifted.

* 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 demo video on the Rogue website for a visual of how the workout and video should flow.

VIDEO SUBMISSION STANDARDS - SUMO DEADLIFT:

For this challenge, athletes should submit 3 separate videos. 1 video for each movement. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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.

This 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. Clearly show to the camera the weight being added to the barbell for each lift, and state the load to be attempted.
2. Clearly show the lift so that movement standards can be verified

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 "sumo deadlift attempt".
2. The athlete must open their time device and clearly show the time and date reading to the camera. Please verbally confirm the date and time showing.
 - This step is to confirm the athlete is still within their 1 hour time window

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3. The camera should then show the bar being loaded for their first lift attempt.
 - Clearly show the camera the weight being added to the barbell for each lift
 - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
 - A coach or helper can assist with this process
4. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the challenge to confirm it all matches the rules outlined.
5. The camera should move back into the correct 45 degree filming angle for the challenge attempt.
 - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above
6. Once the athlete is ready they may begin their lift based on the criteria outlined above.
7. If changing the load and completing multiple attempts;
 - Clearly show all weights being added/removed to the camera for each attempt
 - Verbally confirm loads being added/removed
 - Verbally confirm new load to be attempted
 - A coach or helper can assist with this process
8. Once final lift is completed show and confirm last successful load lifted.

* 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 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. Full body of athlete including feet at all times during each movement of the workout
2. Show all previously weighed and initialled equipment as it is being put on or taken off the barbell
3. Full body of athlete including feet at all times during each movement of the workout

4. Clearly show all required movement standards
5. Show date and time before each lift / workout timer in shot at all times.

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.

WEIGHT DIVISION: _____

FINAL SUCCESSFUL LIFTS:

STRICT PRESS: _____ **FRONT SQUAT:** _____ **SUMO DEADLIFT:** _____

TOTAL: _____

START TIME: _____ **FINISH TIME:** _____

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

ATHLETE COPY

WEIGHT DIVISION: _____

FINAL SUCCESSFUL LIFTS:

STRICT PRESS: _____ **FRONT SQUAT:** _____ **SUMO DEADLIFT:** _____

TOTAL: _____

START TIME: _____ **FINISH TIME:** _____

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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STRICT PRESS

ATTEMPT 1		ATTEMPT 2		ATTEMPT 3	
DATE & TIME		DATE & TIME		DATE & TIME	

ATTEMPT 4		ATTEMPT 5		ATTEMPT 6	
DATE & TIME		DATE & TIME		DATE & TIME	

FRONT SQUAT

ATTEMPT 1		ATTEMPT 2		ATTEMPT 3	
DATE & TIME		DATE & TIME		DATE & TIME	

ATTEMPT 4		ATTEMPT 5		ATTEMPT 6	
DATE & TIME		DATE & TIME		DATE & TIME	

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SUMO DEADLIFT

ATTEMPT 1		ATTEMPT 2		ATTEMPT 3	
DATE & TIME		DATE & TIME		DATE & TIME	

ATTEMPT 4		ATTEMPT 5		ATTEMPT 6	
DATE & TIME		DATE & TIME		DATE & TIME	