

# WORKOUT 1

ROGUE

INVITATIONAL  
ROGUE

## WORKOUT:

For time;

50-40-30-20-10

Echo Bike Calories

10-20-30-40-50

Alternating Dumbbell Snatch

Dumbbells

70/50LBS

(32.5KG/22.5KG)

**Time Cap:** 20 min

\* Athletes may make as many attempts during their challenge video as they would like.

## SCORE SUBMISSION NOTES:

The score will be the time taken to complete the workout or the total number of repetitions completed in the 20 minute time cap.

## DEADLINES AND SUBMISSIONS:

**Q Start Date & Time:** 9/5/24 at 8:00AM EST

**Q Close Date & Time:** 9/9/24 at 8:00PM EST

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

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

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

**RX Division**

Men - ages 16 and over

Women - ages 16 and over

Birthday cut off rule: Age group is based on the athletes age at the close of the competition.

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

## **EQUIPMENT NEEDED TO QUALIFY:**

- Timer, visible 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
  - (analog scales are NOT permitted)
- Plate or Kettlebell for validating the scale
- Echo Bike
  - stock with no modifications to pedals, not weighed/fixed down
  - no fan shield
  - no other air bike is allowed
- Dumbbell 70LB/50LB (32.5KG/22.5KG)
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout
- Rogue brand gear is not required (apart from Echo Bike)

## **Permitted Equipment:**

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Shoes in any style must be worn
- Thumb Tape

## **Not Permitted Equipment:**

- Gymnastic grips
- Shoes with clips that connect to the echo bike
- Toes clips added to pedals
- Liquid chalk
- Tacky of any kind
- Lifting straps, support straps or any other kind of straps
- Braces of any kind
- Gloves or any type of hand or forearm coverings
- Knee/elbow wraps

## MOVEMENTS:

### ECHO BIKE

The challenge must be completed on the Rogue Echo Bike only.

- The challenge starts with the athlete either seated or standing on the bike
- Athlete may receive assistance to reset the monitor
- Athlete may sit or stand on the bike.
- Athlete should set their seat height prior to the start of their video
- Total calories must be shown on the Echo Bike monitor at the completion of each round
- Total calories at the time of time cap should be counted, roll over calories will not be counted

### ALTERNATING DUMBBELL SNATCH

- A muscle snatch, power snatch, squat snatch, and split snatch are all allowed as long as the start and finish positions are met.
- Each rep starts with both heads of the dumbbell on the ground.
- Using one arm, the dumbbell is moved from the ground to overhead in one motion.
- You must alternate hands after every repetition
- The rep is credited when:
  - The feet are in line
  - Knees, hips, and elbow of the working arm are fully extended.
  - The middle of the dumbbell is in line with, or slightly behind the body when viewed from side profile.
  - The dumbbell must finish directly overhead, not out to the side, and the body must be vertical, not leaning to the side.
- The non working hand/arm may not come in contact with any other part of the body during the DB snatch.

\* See The Rogue Invitational Qualification Workout 1 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) for a visual example of the prescribed movements.

\* Any athlete who alters/modifies the equipment or movements described in this document or shown in the video standards may be disqualified from the competition if deemed by the head judges to give an unfair advantage.

## FLOW:

The athlete will start seated on the Rogue Echo Bike

- At the call of 3-2-1-Go the timer will start and the athlete will begin completing 50 calories, starting to bike before the timer starts will result in a false start and penalization

- Once 50 calories are completed the athlete will move to their dumbbell and complete 10 alternating dumbbell snatches.
- On completing the dumbbell snatches the athlete will move back to the Echo Bike and complete 40 calories followed by 20 alternating dumbbell snatches, then 30 calories and 30 alternating dumbbell snatches, 20 calories and 40 alternating dumbbell snatches and finally 10 calories and 50 alternating dumbbell snatches.
- Time will stop when the athlete completes the last alternating dumbbell snatch in the round of 50.

If the workout is not completed during the time cap, the score will be the total reps completed at time.

If the athlete is going for another attempt during the same video:

- Timer needs reset to start from zero
- All equipment must be reset as per the floor plan and workout standards.
- Athletes may make as many attempts during their video as they would like.

## **VIDEO SUBMISSION STANDARDS:**

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fish eye 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 movements and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The workout should be filmed similar to the suggested floor plan, all equipment should be set up as shown in the floor plan with the video clearly showing the entire body of the athlete completing all movements.

Critical items that need to be clearly visible on the video:

1. All equipment spaced to create a safe working environment - refer to suggested floor plan.
2. The scale verification and weighing of the dumbbell.
3. Walk around of the Echo Bike ensuring there is no wind guard, weighing down of the bike or any other modifications.
4. During the workout, the screen monitor of the Echo Bike to confirm calories completed, the camera may be moved during the workout to show this if required
5. During the workout, the complete range of motion of the athlete during the alternating dumbbell snatch.
6. Workout Timer in shot.

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 qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - Dumbbell with weight clearly marked on it
  - The Echo bike showing there are no wind guards, weighing down of the bike or any other modifications
3. The athlete must weigh the dumbbell on camera.
  - This process needs to start with showing the scale validation by placing a kettlebell or plate on the scale and showing the scale reading is correct.
  - Camera must show the dumbbell to be used on the scale and the scale reading
  - Required regardless of equipment brand
4. The athlete may then set their competition space, for a suggested floor layout refer to the attached page
5. The camera should move back into the correct filming position.
  - The equipment and the athlete should stay in the shot.
  - The final position should capture the time and the athlete completing all movements in their entirety as explained above
  - The camera may be moved between movements to capture all critical items listed above, but the athlete will not be credited for any repetitions that are not shown on the video in their entirety
6. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.
7. Once the athlete is ready they may begin the workout based on the criteria outlined above.
  - The athlete may start the workout seated on the Echo Bike
8. When the workout is finished, the video may conclude.

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

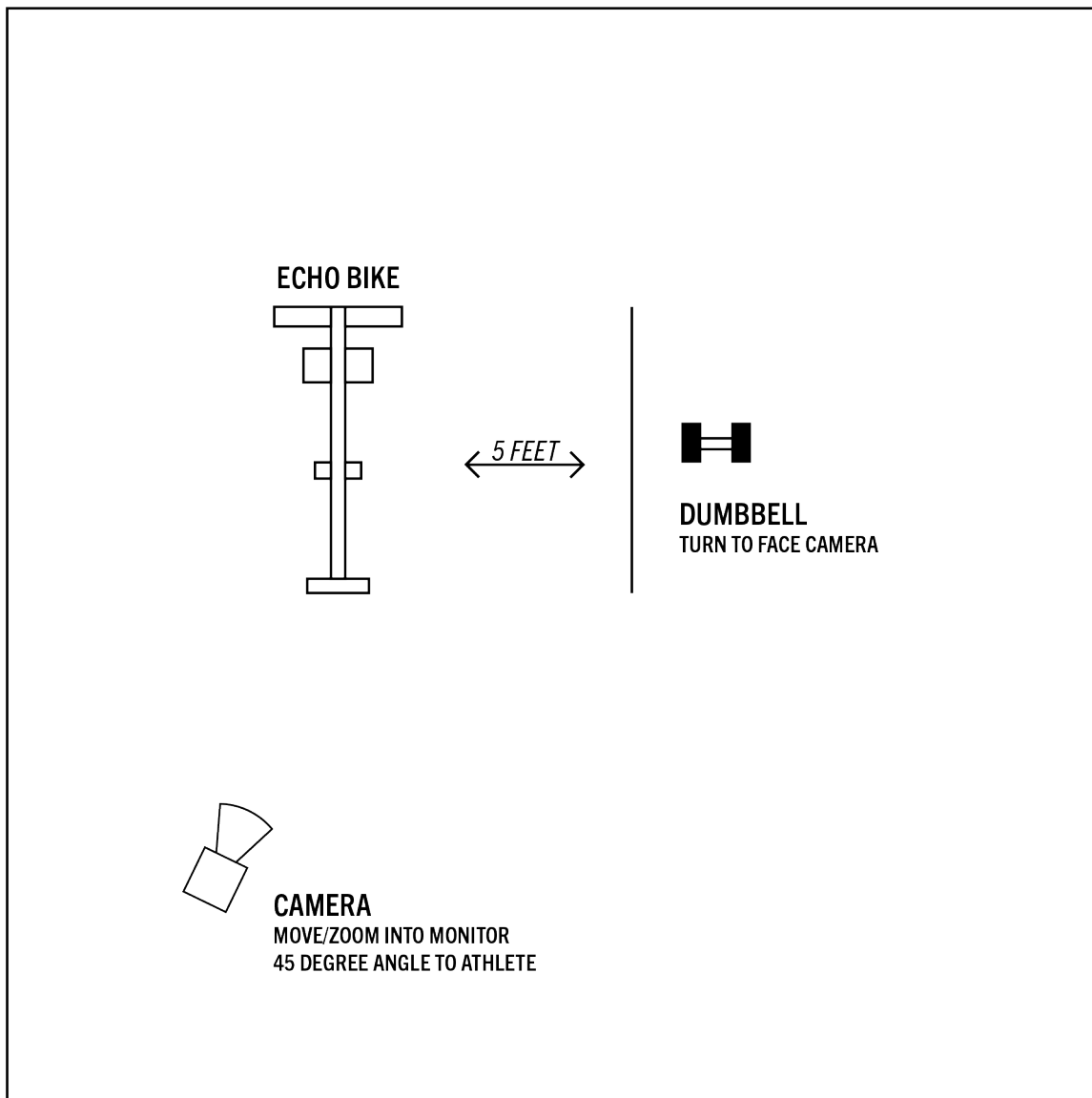
\* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

# WORKOUT 1 FLOOR PLAN

ROGUE

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PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



# WORKOUT 1 SCORECARD

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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. The scale verification and weighing of the dumbbell.
2. Walk around of the Echo Bike ensuring there is no wind guard, weighing down of the bike or any other modifications.
3. During the workout, the screen monitor of the Echo Bike to confirm calories completed, the camera may be moved during the workout to show this if required.

4. During the workout, the complete range of motion of the athlete during the alternating dumbbell snatch.
5. Workout Timer in shot.

*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.*

# WORKOUT 1 SCORECARD

# ROGUE

INVITATIONAL  
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<b>50 CAL ECHO BIKE</b>	<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 15	<input type="checkbox"/> 20	<input type="checkbox"/> 25
	<input type="checkbox"/> 30	<input type="checkbox"/> 35	<input type="checkbox"/> 40	<input type="checkbox"/> 45	<input type="checkbox"/> 50

<b>10 ALTERNATING DUMBBELL SNATCH 70/50 LBS</b>	<input type="checkbox"/> 55	<input type="checkbox"/> 60
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<b>40 CAL ECHO BIKE</b>	<input type="checkbox"/> 65	<input type="checkbox"/> 70	<input type="checkbox"/> 75	<input type="checkbox"/> 80	<input type="checkbox"/> 85
	<input type="checkbox"/> 90	<input type="checkbox"/> 95	<input type="checkbox"/> 100		

<b>20 ALTERNATING DUMBBELL SNATCH 70/50 LBS</b>	<input type="checkbox"/> 105	<input type="checkbox"/> 110	<input type="checkbox"/> 115	<input type="checkbox"/> 120
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<b>30 CAL ECHO BIKE</b>	<input type="checkbox"/> 125	<input type="checkbox"/> 130	<input type="checkbox"/> 135	<input type="checkbox"/> 140	<input type="checkbox"/> 145
	<input type="checkbox"/> 150				

<b>30 ALTERNATING DUMBBELL SNATCH 70/50 LBS</b>	<input type="checkbox"/> 155	<input type="checkbox"/> 160	<input type="checkbox"/> 165	<input type="checkbox"/> 170	<input type="checkbox"/> 175
	<input type="checkbox"/> 180				

<b>20 CAL ECHO BIKE</b>	<input type="checkbox"/> 185	<input type="checkbox"/> 190	<input type="checkbox"/> 195	<input type="checkbox"/> 200
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<b>40 ALTERNATING DUMBBELL SNATCH 70/50 LBS</b>	<input type="checkbox"/> 205	<input type="checkbox"/> 210	<input type="checkbox"/> 215	<input type="checkbox"/> 220	<input type="checkbox"/> 225
	<input type="checkbox"/> 230	<input type="checkbox"/> 235	<input type="checkbox"/> 240		

<b>10 CAL ECHO BIKE</b>	<input type="checkbox"/> 245	<input type="checkbox"/> 250
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<b>50 ALTERNATING DUMBBELL SNATCH 70/50 LBS</b>	<input type="checkbox"/> 255	<input type="checkbox"/> 260	<input type="checkbox"/> 265	<input type="checkbox"/> 270	<input type="checkbox"/> 275
	<input type="checkbox"/> 280	<input type="checkbox"/> 285	<input type="checkbox"/> 290	<input type="checkbox"/> 295	<input type="checkbox"/> 300

WORKOUT COMPLETED: TIME \_\_\_\_\_



# WORKOUT 1 SCORECARD

**ROGUE**

**INVITATIONAL  
ROGUE**

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE

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ATHLETE COPY

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE

# WORKOUT 2



INVITATIONAL  
ROGUE

## WORKOUT:

For time;

30 Bar Muscle-Ups

30 OHS 155/115 LBS

(70/52 KG)

30 Burpee Over Bar

**Tie Break:** Time will be taken at the completion of the overhead squats

**Time Cap:** 15 min

\* Athletes may make as many attempts during their challenge video as they would like.

## SCORE SUBMISSION NOTES:

The score will be the time taken to complete the workout or the total number of repetitions completed in the 15 minute time cap.

## DEADLINES AND SUBMISSIONS:

**Q Start Date & Time:** 9/5/24 at 8:00AM EST

**Q Close Date & Time:** 9/9/24 at 8:00PM EST

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

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

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### RX Division

Men - ages 16 and over

Women - ages 16 and over

**Birthday cut off rule:** Age group is based on the athletes age at the close of the competition.

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

## **EQUIPMENT NEEDED TO QUALIFY:**

- Timer, visible 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 (analog scales are NOT permitted)
- Dumbbell or Kettlebell for validating the scale
- Weight Plates with the weight clearly marked
  - Max of 18" diameter
  - Minimum plate increments of 2.5LB per side
- Standard 15KG/25MM (35 LB) or 20KG/28.5MM (45LB) barbell
  - Center Knurling is permitted
- Barbell collars
- Pull-up bar that allows the athlete to hang freely from the bar without touching the ground
- Shoes in any style must be worn
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout
- Rogue brand gear is not required

## **Permitted Equipment:**

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Gymnastic grips
- Thumb Tape

## **Not Permitted Equipment:**

- Liquid chalk
- Tacky of any kind
- Lifting straps, support straps or any other kind of straps
- Braces of any kind
- Gloves or any type of hand or forearm coverings
- Grip shirts
- Tape of any kind anywhere on the clothing, body, barbell or pull-up bar
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or barbell including spray
- Knee/elbow wraps
- Long sleeve shirts of any kind

## MOVEMENTS:

### BAR MUSCLE-UP

- In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted.
- The toes may not rise above the height of the bar during the kip.
- At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or just in front of the hands.
- Athlete must pass through some portion of a dip before locking out on top of the bar.
- Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.
- Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms.
- Removing the hands to rest while on top of the bar is not allowed.

### OVERHEAD SQUAT

- The barbell starts in the ground and may be lifted to the overhead position in any manner the athlete wants.
- The first rep will be counted when the barbell is locked out overhead, the feet are in line and the athlete squats to a depth where the hip crease is CLEARLY below the top of the knee and then stands to FULL EXTENSION of the KNEES and HIP with the barbell over or slightly behind the head and the arms fully extended.
- A squat snatch for the first repetition will count as long as the athlete hits depth and stands to the correct finish position.
- If the barbell is dropped the athlete may not receive assistance.

### BURPEE OVER BAR

- The burpee may be performed parallel or perpendicular to the barbell.
- The athlete jumps or steps back to lie on the ground.
- The athlete's entire body and head must be behind the barbell.
- The chest and thighs must touch the ground at the bottom.
- From this position, the athlete can step or jump to their feet.
- The athlete must jump over the barbell, **stepping over is not permitted**.
- **ANY ATTEMPT TO CHANGE THE INTENT OF THE JUMP WILL BE PENALIZED**
- The athlete does not need to land with both feet at the same time.

- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- The bar must have normal size 18 inch plates
  - If using a barbell for the front squats and STOJ with smaller plates, a second bar may be set up for the burpees to the required height.

\* See The Rogue Invitational Qualification Workout 2 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) for a visual example of the prescribed movements.

\* Any athlete who alters/modifies the equipment or movements described in this document or shown in the video standards may be disqualified from the competition if deemed by the head judges to give an unfair advantage.

## **FLOW:**

The athlete will start under the pull-up bar.

- At the call of 3-2-1-Go the timer will start and the athlete will jump to their pull-up bar complete 30 bar muscle-ups, jumping up to the pull-up bar before the timer starts will result in a false start and penalization
- After completing 30 BMU move forward and complete 30 overhead squats.
- Once the 30th overhead squat is completed the athlete will put the barbell on the floor and complete 30 burpees over the bar.

The time will stop when the athlete lands with both feet on the opposite side of the barbell after completing the 30th burpee

If the athlete is going for another attempt during the same video:

- Timer needs reset to start from zero
- All equipment must be reset as per the floor plan and workout standards.
- Athletes may make as many attempts during their video as they would like.

## **VIDEO SUBMISSION STANDARDS:**

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fish eye 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 movements and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The workout should be filmed similar to the suggested floor plan, all equipment should be set up as shown in the floor plan with the video clearly showing the entire body of the athlete completing all movements.

Critical items that need to be clearly visible on the video:

1. Full body of the athlete all times during each movement of the workout.
2. All equipment spaced to create a safe working environment - refer to suggested floor plan.
3. The scale verification and weighing of all equipment used, including the barbell and all plates.
4. Show the pull up bar - no knurling, tape or tacky
5. Show the feet CLEARLY off the floor and full lockout at the top of the Bar Muscle-Up.
6. The barbell locked out overhead at the top of the overhead squat and hip crease CLEARLY below the top of the knee at the bottom of each repetition.
7. Full body of the athlete and AND A CLEAR JUMP OVER THE BAR during the burpee over bar.
8. Workout Timer in shot at all times.

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 qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - Barbell, to include end caps.
  - All weight plates, both sides.
  - Plates need to clearly have the weights printed on them.
  - The pull-up bar - clearly show there is no tape, tacky or any banned substance on the bar.
  - The athlete should hang from the bar to show they can hang freely with no risk of touching the floor.
  - All gear needs to stay in camera shot during the entire video.
3. The athlete must WEIGH ALL PLATES and BARBELL on camera.
  - This process needs to start with showing the scale validation by placing a dumbbell or kettlebell on the scale and showing the scale reading is correct.
  - Camera must show each plate on the scale and the scale reading.
  - Camera must show the barbell on the scale and the scale reading.
  - Required regardless of equipment brand.

4. The athlete may then set their competition space, for a suggested floor layout refer to the attached page.
5. The camera should move back into the correct filming position.
  - The bar should be loaded at this time - all equipment and the athlete should stay in the shot.
  - The final position should capture the time and the athlete completing all movements in their entirety as explained above.
6. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.
7. Once the athlete is ready they may begin the workout based on the criteria outlined above.
  - The athlete may start the workout directly under the pull-up bar.
  - The timer should be set to count up to 15 minutes.
8. When the 15 minute time cap is reached or the workout is finished, the video may conclude.

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

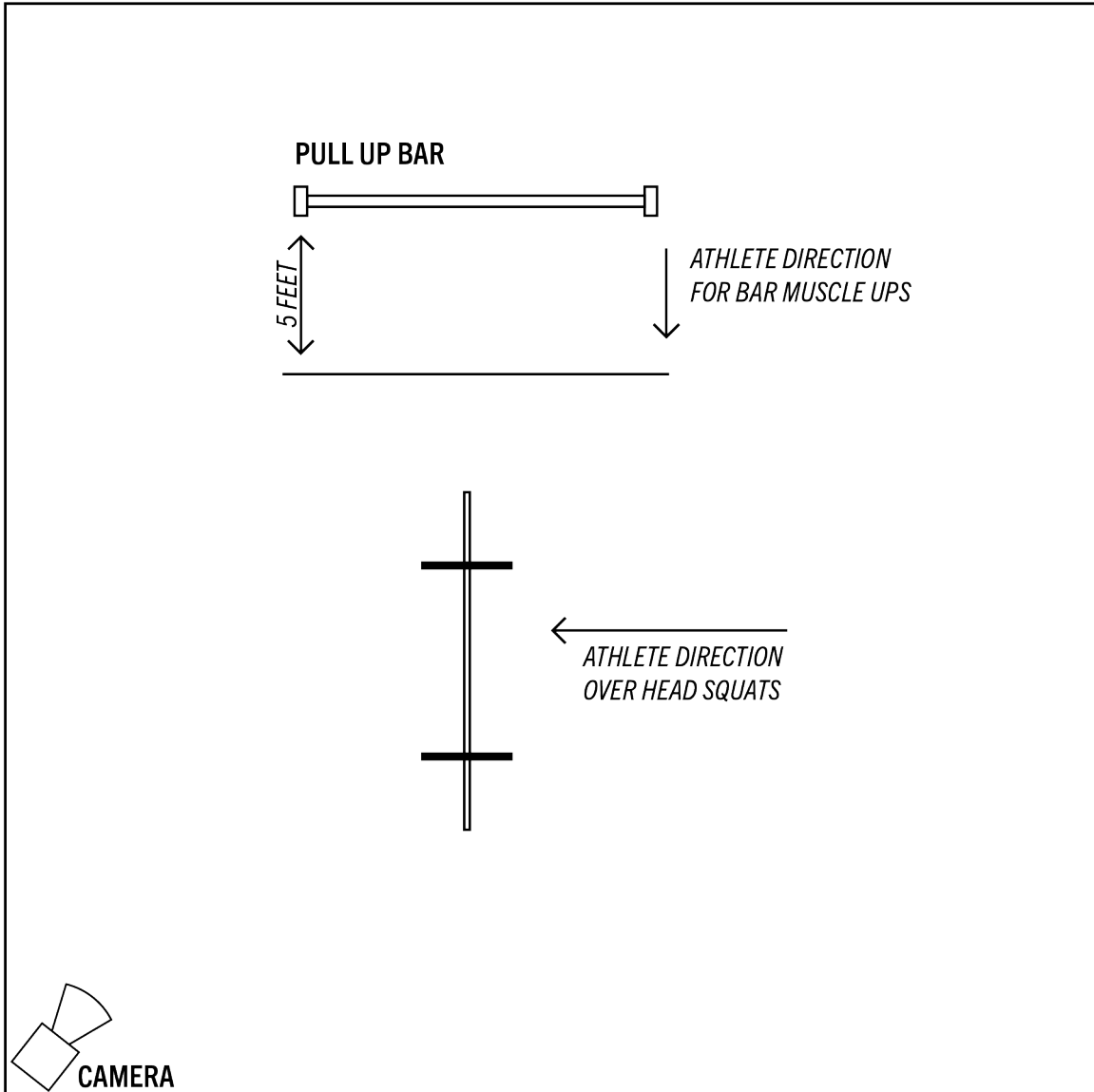
\* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

# WORKOUT 2 FLOOR PLAN



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PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART





# WORKOUT 2 SCORECARD



## 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 the athlete all times during each movement of the workout.
2. The scale verification and weighing of all equipment used, including the barbell(s) and all plates.
3. Show the pull up bar - no knurling, tape or tacky.
4. Show the feet clearly off the floor and full lockout at the top of the Bar Muscle Up.

5. The barbell locked out overhead at the top of the overhead squat and hip crease CLEARLY below the top of the knee at the bottom of each repetition.
6. Full body of the athlete and AND A CLEAR JUMP OVER THE BAR during the burpee over bar.
7. 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.*

<b>30 BAR MUSCLE UPS</b>	<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 15	<input type="checkbox"/> 20	<input type="checkbox"/> 25	<input type="checkbox"/> 30
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<b>30 OVERHEAD SQUATS 155/115 LBS</b>	<input type="checkbox"/> 35	<input type="checkbox"/> 40	<input type="checkbox"/> 45	<input type="checkbox"/> 50	<input type="checkbox"/> 55	<input type="checkbox"/> 60
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<b>30 BURPEE OVER BAR</b>	<input type="checkbox"/> 65	<input type="checkbox"/> 70	<input type="checkbox"/> 75	<input type="checkbox"/> 80	<input type="checkbox"/> 85	<input type="checkbox"/> 90
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WORKOUT COMPLETED: TIME \_\_\_\_\_

WORKOUT COMPLETED: REPS \_\_\_\_\_

# WORKOUT 2 SCORECARD



JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE

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ATHLETE COPY

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE

# WORKOUT 3



## WORKOUT:

For time;

21 Deadlifts - 315/245 LBS (142/111 KG)

15 Clean - 225/175 LBS (102/80 KG)

9 Squat Snatch - 135/105 LBS (61/47 KG)

50/40 Cal Row

**Time Cap:** 10 min

\* Athletes may make as many attempts during their challenge video as they would like.

## SCORE SUBMISSION NOTES:

The score will be the time taken to complete the workout or the total number of repetitions completed in the 10 minute time cap.

## DEADLINES AND SUBMISSIONS:

**Q Start Date & Time:** 9/5/24 at 8:00AM EST

**Q Close Date & Time:** 9/9/24 at 8:00PM EST

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

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

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### RX Division

Men - ages 16 and over

Women - ages 16 and over

Birthday cut off rule: Age group is based on the athletes age at the close of the competition.

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

## **EQUIPMENT NEEDED TO QUALIFY:**

- Timer, visible 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 (analog scales are NOT permitted)
- Dumbbell or Kettlebell for validating the scale
- Weight Plates with the weight clearly marked
  - Max of 18" diameter
  - Minimum plate increments of 2.5LB per side
- Standard 15KG/25MM (35 LB) or 20KG/28.5MM (45LB) barbell
  - Center Knurling is permitted
- Barbell collars
- Concept 2 Rower - any model
- Shoes in any style must be worn
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout
- Rogue brand gear is not required

## **Permitted Equipment:**

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Thumb Tape

## **Not Permitted Equipment:**

- Liquid chalk
- Gymnastic grips
- Tacky of any kind
- Lifting straps, support straps or any other kind of straps
- Braces of any kind
- Gloves or any type of hand or forearm coverings
- Grip shirts
- Tape of any kind anywhere on the clothing, body, or barbell
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or barbell including spray
- Knee/elbow wraps
- Long sleeve shirts of any kind

## MOVEMENTS:

### DEADLIFT

- This is a traditional deadlift with the hands outside the knees.
- Starting at the floor, the barbell is lifted until hips and knees reach full extension with the head and shoulders behind the bar.
- The arms must be straight throughout, no bouncing or driving the bar into the ground.
- Sumo deadlifts are not allowed.
- Athletes may receive assistance loading weights and/or moving barbells

### CLEAN

- The barbell begins on the ground and must be lifted from the ground to the shoulders in one motion.
- A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders with the elbows clearly in front of the bar and the hip and knees fully extended.
- Touch-and-go is permitted as long as the athlete is not driving the barbell into the ground to gain momentum.
- No bouncing or dropping and catching the barbell on the rebound.
- Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- Athletes may receive assistance loading weights and/or moving barbells

### SQUAT SNATCH

- The barbell begins on the ground and must be lifted overhead in one fluid motion.
- For the finish position the barbell must come to full lockout overhead, with the hips, knees and arms fully extended, feet in line and the bar directly over or slightly behind the middle of the body.
- A squat snatch is required so the athlete must receive the barbell with the crease of the hip **CLEARLY** below the top of the knee in one fluid movement.
- Catching the barbell in a clear power position, pausing and then squatting to depth with result in a no rep.
- Touch-and-go is permitted, as long as the athlete is not driving the barbell into the ground to gain momentum.
- No bouncing or dropping and catching the barbell on the rebound.
- Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- Athletes may receive assistance loading weights and/or moving barbells.

## ROW

- The rower must be set to count up in calories. The athlete must stay on the rower until 50/40 calories are visible on the monitor before they get off.
- If rowing when time is called, the score will be the number of calories completed at the time of the clock.
  - No run over is allowed.
- 1 repetition will be awarded for every calorie completed.
- Total calories at the time of time cap should be counted, roll over calories will not be counted.

\* See The Rogue Invitational Qualification Workout 3 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) for a visual example of the prescribed movements.

\* Any athlete who alters/modifies the equipment or movements described in this document or shown in the video standards may be disqualified from the competition if deemed by the head judges to give an unfair advantage.

## FLOW:

The athlete may start where they wish.

- At the call of 3-2-1-Go the timer will start and the athlete will complete 21 deadlifts.
  - Reaching down to the barbell before the timer starts will result in a false start and penalization.
- After completing the deadlifts the athlete will complete 15 cleans and then 9 squat snatch.
  - If using multiple barbells, the athlete may receive assistance to move the barbells as required.
  - If the athlete is using one barbell, the athlete may receive assistance to change the weights.
- On completing the last squat snatch the athlete will move to the rower and complete 50/40 Calories.
- Time is called when the athlete reaches 50/40 Calories.
- There is no run over for calorie count if the athlete is still rowing at the time cap for the workout.

If the athlete is going for another attempt during the same video:

- Timer needs reset to start from zero.
- All equipment must be reset as per the floor plan and workout standards.
- Athletes may make as many attempts during their video as they would like.

## VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fish eye 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 movements and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The workout should be filmed similar to the suggested floor plan, all equipment should be set up as shown in the floor plan with the video clearly showing the entire body of the athlete completing all movements.

Critical items that need to be clearly visible on the video:

1. Full body of the athlete all times during each movement of the workout.
2. All equipment spaced to create a safe working environment - refer to suggested floor plan.
3. The scale verification and weighing of all equipment used, including the barbell(s) and all plates.
4. Full body of the athlete with a clear view of all the required movement standards on the barbell movements.
  - Deadlift** - plates touching the floor each rep and standing to full extension of the knees and hip.
  - Cleans** - standing each rep to show knees and hip fully extended with the bar in the front rack, elbows in front of the bar.
  - Squat Snatch** - show the hip crease CLEARLY below the top of the knee and standing the bar up to full extension of the knees and hips with the bar in control overhead.
5. Monitor of the RowErg, calories rowed being clear, the camera may be moved during the workout to show this if required.
6. Workout Timer in shot at all times.

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 qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - Barbell, to include end caps.
  - All weight plates, both sides.
  - Plates need to clearly have the weights printed on them.
  - Walk around of the RowErg, must not be weighed down or modified in any way.
  - All gear needs to stay in camera shot during the entire video.

3. The athlete must WEIGH ALL PLATES and BARBELL on camera.
  - This process needs to start with showing the scale validation by placing a dumbbell or kettlebell on the scale and showing the scale reading is correct.
  - Camera must show each plate on the scale and the scale reading.
  - Camera must show the barbell(s) on the scale and the scale reading.
  - Required regardless of equipment brand.
  
4. The athlete may then load their barbell(s) and set their competition space, for a suggested floor layout refer to the attached page.
  
5. The camera should move back into the correct filming position.
  - The bar should be loaded at this time - all equipment and the athlete should stay in the shot.
  - The final position should capture the time and the athlete completing all movements in their entirety as explained above.
  
6. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.
  
7. Once the athlete is ready they may begin the workout based on the criteria outlined above.
  - The athlete may start the workout behind the first barbell - ensure the athlete does not reach for the barbell until the timer has started, false starts will be penalized.
  - The timer should be set to count up to 10 minutes.
  
8. When the 10 minute time cap is reached or the workout is finished, the video may conclude.

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

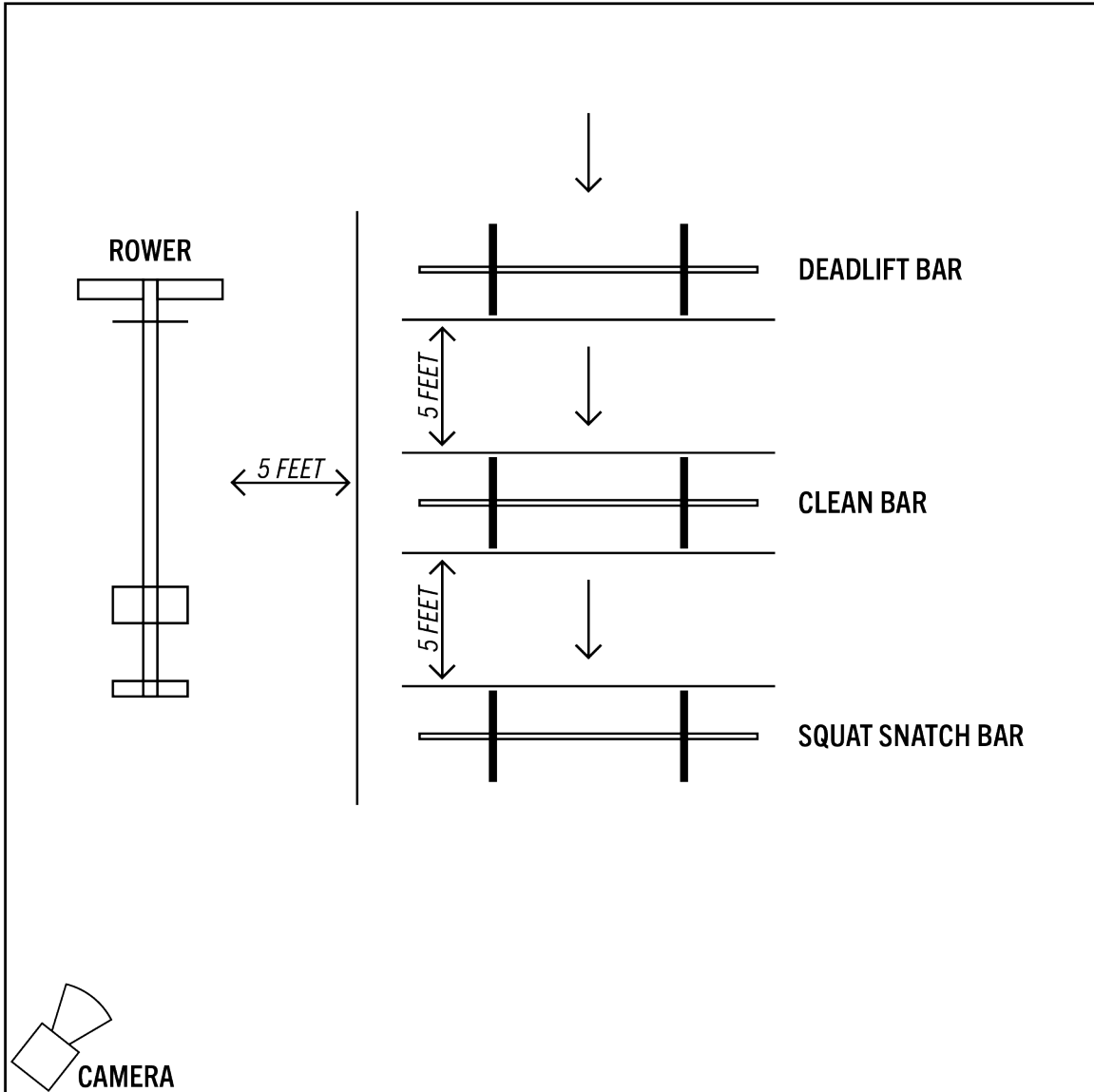
\* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.



# WORKOUT 3 FLOOR PLAN



PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



# WORKOUT 3 SCORECARD



## 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 the athlete all times during each movement of the workout.
2. The scale verification and weighing of all equipment used, including the barbell(s) and all plates.
3. Full body of the athlete with a clear view of all the required movement standards on the barbell movements.
  - **Deadlift:** plates touching the floor each rep and standing to full extension of the knees and hip.
  - **Cleans:** standing each rep to show knees and hip fully extended with the bar in the front rack - elbows in front of the bar.
  - **Squat Snatch:** show the hip crease CLEARLY below the top of the knee and standing the bar up to full extension of the knees and hips with the bar in control overhead.

4. Monitor of the RowErg, calories rowed being clear, the camera may be moved during the workout to show this if required.
5. 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.*

<b>21 DEADLIFTS 315/245 LBS</b>	<input type="checkbox"/> 3	<input type="checkbox"/> 6	<input type="checkbox"/> 9	<input type="checkbox"/> 12
	<input type="checkbox"/> 15	<input type="checkbox"/> 18	<input type="checkbox"/> 21	

<b>15 CLEANS 225/175 LBS</b>	<input type="checkbox"/> 24	<input type="checkbox"/> 27	<input type="checkbox"/> 30
	<input type="checkbox"/> 33	<input type="checkbox"/> 36	

<b>9 SQUAT SNATCH 135/105 LBS</b>	<input type="checkbox"/> 39	<input type="checkbox"/> 42
	<input type="checkbox"/> 45	

<b>50/40 CAL ROW</b>	<input type="checkbox"/> 55	<input type="checkbox"/> 65	<input type="checkbox"/> 75	<input type="checkbox"/> 85	<input type="checkbox"/> 95
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# WORKOUT 3 SCORECARD



JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE

-----  
ATHLETE COPY

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE

WORKOUT COMPLETED: TIME \_\_\_\_\_

WORKOUT COMPLETED: REPS \_\_\_\_\_

# WORKOUT 4

MODTUB

INVITATIONAL  
ROGUE

## WORKOUT:

AMRAP 15 minutes

45 Double-Unders

9 Strict Wall Facing HSPU

12 Box Step Overs with Dumbbell

15 Chest To Bar Pull-ups

Dumbbell

100LB/70 LBS

(45KG/32.5 KG)

\* Athletes may make as many attempts during their challenge video as they would like.

## SCORE SUBMISSION NOTES:

The score will be the total number of repetitions completed in the 15 minutes.

## DEADLINES AND SUBMISSIONS:

Q Start Date & Time: 9/5/24 at 8:00AM EST

Q Close Date & Time: 9/9/24 at 8:00PM EST

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

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

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### RX Division

Men - ages 16 and over

Women - ages 16 and over

Birthday cut off rule: Age group is based on the athletes age at the close of the competition.

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

## **EQUIPMENT NEEDED TO QUALIFY:**

- Timer, visible 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 (analog scales are NOT permitted)
- Plate or Kettlebell for validating the scale
- Tape measure to measure the box height
- A line 30IN (76CM) long, 2IN (5CM) wide placed 10IN (25CM) from the wall (to the outside of the tape line) will be placed on the floor for HSPUs.
- Dumbbell 100LB/70LB (45KG/32.5KG)
- Jump rope
- 20 inch box - top of box must be minimum 15"x15"
  - Must be a box and NOT plates / other objects stacked
- Shoes in any style must be worn
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout
- Rogue brand gear is not required

## **Permitted Equipment:**

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Gymnastic grips
  - **NOT TO BE USED WITH DUMBBELL OVER BOX**
- Thumb Tape

## **Not Permitted Equipment:**

- Liquid chalk
- Tacky of any kind
- Lifting straps, support straps or any other kind of straps
- Braces of any kind
- Gloves or any type of hand or forearm coverings
- Grip shirts
- Tape of any kind anywhere on the clothing, body, or barbell
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body, or barbell, including spray
- Knee/elbow wraps
- Long sleeve shirts of any kind

## MOVEMENTS:

### DOUBLE-UNDER

- This is the standard double-under in which the rope passes completely under the feet twice for each jump.
- The rope must spin forward for the rep to count.

### STRICT WALL FACING HSPU

- This movement will start with the athlete standing in front of the wall.
- The athlete can get to the inverted position in any manner but BOTH hands must be in contact with the tape line and the arms fully extended before starting their first repetition.
- When the hands are on the tape line, the arms are locked out and in line with the shoulders and the body, hip fully extended, the athlete may begin the first repetition.
- The athlete will descend until the head touches the floor and then press, returning to the arms being locked out and in line with the body.
- The repetition starts and finishes from the inverted position where both hands are on the tape line as above.
- Legs must remain straight through the repetition, if it is deemed the athlete is using the legs or feet to help climb the wall penalties will be applied.
- Toes do NOT have to remain in contact with the wall for the duration of the repetition, just at the start and finish positions.
- Kipping is NOT allowed.
- The athlete's feet may not pass outside the width of the hands, using the feet to gain an advantage will not be allowed.
- BOTH hands must be in contact with the tape line for the repetition to count.
- Ground must be level and hands and head must be even.

### DUMBBELL BOX STEP OVER

- This is a standard box step over using a 20 inch box with the athlete holding a 100/70 pound dumbbell.
- Athletes may hold the dumbbell in any position they wish but it may NOT come in contact with or rest on the legs at any time during the step over.
- For the rep to count, the athlete must step up on top of the box, both feet must come into contact with the top of the box - full extension of the knee and hips are not required.
- The athlete may use either foot to step onto the box.
- The athlete must then STEP DOWN the opposite side of the box.
- The repetition will count when both feet are on the floor on the opposite side from where the athlete started, and the athlete is still IN CONTROL of the dumbbell.
- The athlete will then turn and start the next repetition.

- The athlete may turn on top of the box, step down backwards and then step forwards for the next repetition, but the athlete must be facing the direction of travel for a repetition to count, side stepping over the box is not allowed and jumping off the box will result as a no rep.
- Only the feet are allowed to come into contact with the box, if the dumbbell or any other body part contact the box that repetition will not be counted.
- No part of the arms or hands may be used to push off the legs to assist the step up or down of the box step over.
- Gymnastic grips **MAY NOT** be used to assist when holding the dumbbell.

## CHEST-TO-BAR PULL-UP

- Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met.
- The arms must be fully extended at the bottom, with the feet off the ground.
- Overhand, underhand or mixed grip are all permitted.
- At the top, the chest must clearly come into contact with the bar below the collarbone.

\* See The Rogue Invitational Qualification Workout 4 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) for a visual example of the prescribed movements.

\* Any athlete who alters/modifies the equipment or movements described in this document or shown in the video standards may be disqualified from the competition if deemed by the head judges to give an unfair advantage.

## FLOW:

The athlete may start where they wish.

At the call of 3-2-1-Go the timer will start and the athlete will pick up their jump rope and complete 45 Double-Unders, bending down to pick up the rope before the timer starts will result in a false start and penalization.

Once the double-unders have been completed the athlete will move to the wall and complete 9 wall facing strict handstand push ups.

After completing the HSPU the athlete will complete 12 dumbbell box step overs and then 15 chest-to-bar pull-ups. The athlete will complete this sequence as many times as possible in the remainder of the 15 minutes.

If the athlete is going for another attempt during the same video:

- Timer needs reset to start from zero.
- All equipment must be reset as per the floor plan and workout standards.
- Athletes may make as many attempts during their video as they would like.

## VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fish eye 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 movements and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The workout should be filmed similar to the suggested floor plan, all equipment should be set up as shown in the floor plan with the video clearly showing the entire body of the athlete completing all movements.

Critical items that need to be clearly visible on the video:

1. Full body of the athlete all times during each movement of the workout.
2. All equipment spaced to create a safe working environment - refer to suggested floor plan.
3. The scale verification and weighing of the dumbbell.
4. The measurements of the HSPU tape standard.
5. The height of the box and top of the box measurements.
6. Full body of the athlete with a clear view of all the required movement standards.
  - Rope passing under the athlete twice every jump.
  - Body position and hands touching the tape line during the SHSPU.
  - Clearly stepping both feet ONTO and OFF the box while being in clear control off the dumbbell.
  - Chest clearly touching the pull-up bar during the Chest-to-Bar Pull-Ups.
7. The camera should be moved during the workout to show the movement standards as required.
8. Workout Timer in shot at all times.

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 qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - The tape for the SHSPU standard
  - The Dumbbell
  - The box
  - The pull-up bar - clearly show there is no tape, tacky or any banned substance on the bar



- The athlete should hang from the bar to show they can hang freely with no risk of touching the floor.
  - All gear needs to stay in camera shot during the entire video.
3. The athlete must weigh the dumbbell on camera.
    - This process needs to start with showing the scale validation by placing a plate or kettlebell on the scale and showing the scale reading is correct.
    - Camera must show the dumbbell on the scale and the scale reading.
  4. The athlete must measure the height of the box and show the top of box measurements.
  5. The athlete may then set their competition space, for a suggested floor layout refer to the attached page.
  6. The camera should move back into the correct filming position as shown in the floor plan.
    - All equipment and the athlete should stay in the shot.
    - The final position should capture the time and the athlete completing all movements in their entirety as explained above.
  7. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.
  8. Once the athlete is ready they may begin the workout based on the criteria outlined above.
    - The athlete may start the workout standing tall with their jump rope on the floor - ensure the athlete does not reach for the jump rope until the timer has started, false starts will be penalized.
    - The timer should be set to count up to 15 minutes.
  9. When the 15 minute time cap is reached or the workout is finished, the video may conclude.

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

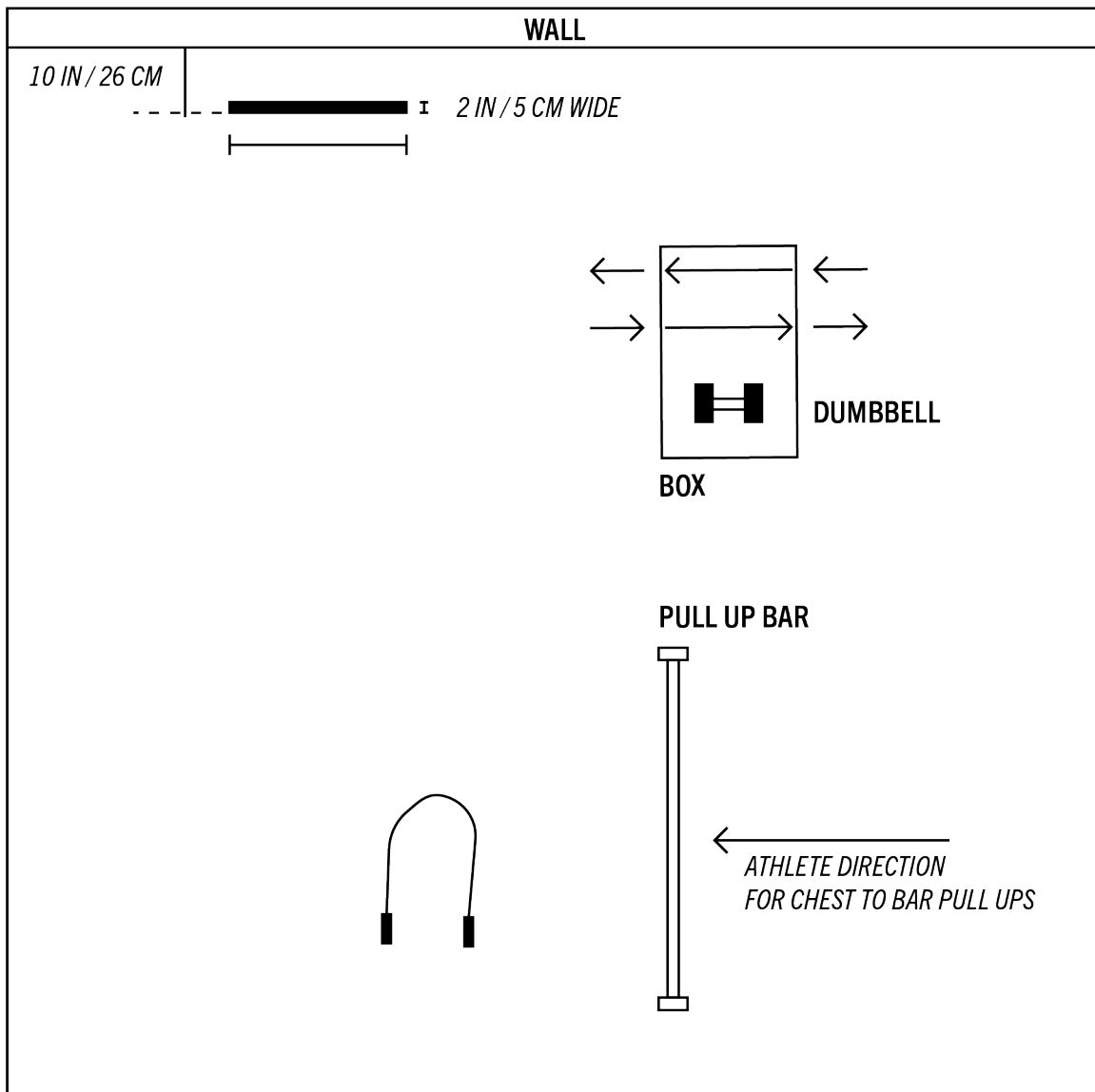
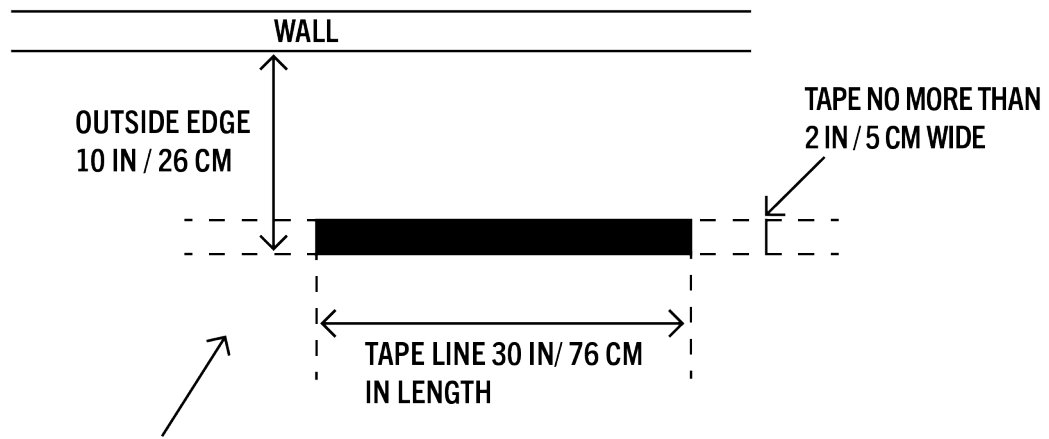
\* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

# WORKOUT 4 FLOOR PLAN

MODTUB

INVITATIONAL  
ROGUE

PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



# WORKOUT 4 SCORECARD

MODTUB

INVITATIONAL  
ROGUE

## 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 the athlete all times during each movement of the workout.
2. The scale verification and weighing of the dumbbell.
3. The measurements of the HSPU tape standard.
4. The height of the box and top of the box measurements.
5. Full body of the athlete with a clear view of all the required movement standards.
  - Rope passing under the athlete twice every jump.
  - Body position and hands touching the tape line during the SHSPU.
  - Clearly stepping both feet ONTO and OFF the box while being in clear control off the dumbbell.
  - Chest clearly touching the pull up bar during the Chest to Bar Pull Ups.

6. The camera should be moved during the workout to show the movement standards as required.

7. 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.*

	45 DOUBLE UNDERS	9 STRICT WALL FACING HSPU	12 BOX STEP OVERS WITH DUMBBELL	15 CHEST TO BAR PULL UPS
ROUND 1	45	54	66	81
ROUND 2	126	135	147	162
ROUND 3	207	216	228	243
ROUND 4	288	297	309	324
ROUND 5	369	378	390	405
ROUND 6	450	459	471	486
ROUND 7	531	540	552	567
ROUND 8	612	621	633	648
ROUND 9	693	702	714	729
ROUND 10	774	783	795	810

FINAL SCORE: \_\_\_\_\_

# WORKOUT 4 SCORECARD

MODTUB

INVITATIONAL  
ROGUE

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE

-----  
ATHLETE COPY

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

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

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

\_\_\_\_\_  
JUDGE SIGNATURE DATE