

THE UP DOWN CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

Max burpee repetitions in 5 minutes.

Competitive RX

Men - 6" (15cm) target above reach

Women - 6" (15cm) target above reach

Community RX

Men - 6" (15cm) target above reach

Women - 6" (15cm) target above reach

Scaled

Men - no measurement for burpee

Women - no measurement for burpee

Most repetitions, wins.

Tie Breaker: Number of burpee repetitions in the first 2 minutes

* Submitted videos should only include 1 complete challenge attempt. If the athlete is going for a second attempt it must be done and submitted separately.

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: October 18 at 9 AM EST

Challenge Close Date & Time: October 28 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 the total number of repetitions completed in the 5 minute window.

Competitors will submit the number of repetitions completed in the first 2 minutes to be used as a tie break score.

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ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Competitive Division

RX Men - ages 14 and over

RX Women - ages 14 and over

Community RX Division

Men - ages 14 and over

Women - ages 14 and over

Community Division

Men - ages 14 and over

Women - ages 14 and over

* **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” and 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” and 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:

- Visible Timer - this can be a gym timer in the frame, a phone with the timer feature up in frame, or a stopwatch in frame
- A wall or vertical surface to use to a place target tape
- Tape for target line
- Tape measure
- Shoes of any kind **MUST** be worn
- A camera to record the challenge (Competitive Division only)

Permitted Equipment:

- Mouth Guards
- Nose Strips
- Knee/Elbow Sleeves (single or pairs)

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Not Permitted Equipment:

- Lifting belts of any type
- Liquid Chalk
- Tacky of any kind
- Lifting straps, support straps or any other kind of straps
- Braces of any kind
- Grip shirts
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or bag including spray or other
- Supersuits, support briefs, or other supportive gear
- Knee/elbow wraps

* 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:

BURPEE

- The burpee may be performed parallel to the wall/upright.
- The athlete jumps or steps back to lie on the ground.
- 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 and touch the pre-measured mark on the wall/upright with one hand.
- The rep is credited when the athlete touches the pre-measured mark on the wall/upright.
- If the athlete misses the target when jumping, they may jump again without having to return to the floor for the burpee to count if they successfully hit the target.
- False starts (reaching down to the floor before the timer starts) will be subject to penalization.

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

MEASURING THE 6" TARGET:

Competitive Division only

Competitive athletes are required to measure a target 6 inches (15cm) above maximum arm reach on a wall or vertical upright as follows:

- Start standing with heels, glutes, shoulders and head against the wall/upright.

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- Measurement **MUST** be taken wearing the shoes the athlete will perform the workout in.
- If using mats, all measurements must be completed on top of any surface used.
- With both hands reach over head and place the back of the hands.
 - The elbows must be completely extended, and arms reaching vertically overhead. If it is deemed that the athlete is not fully extending the arms to create a lower target, the submission will be invalidated.
 - The fingers must be completely extended (refer to challenge PDF)
- Tape or mark a horizontal line between the hands from the tip of the highest fingers
- Measure up 6 inches (15cm) from this mark and place a 12 inch line (30cm) horizontally on the wall/upright
 - The line must be measured to the bottom of the tape line (refer to challenge PDF)

FLOW:

The workout begins with the athlete standing tall with their heels, glutes, shoulders and head in contact with the wall.

On 3-2-1-Go the athlete will then move to the bottom position of the burpee (refer to movement standards), return to their feet and then jump and touch the pre-measured mark on the wall/upright.

- If the athlete fails to touch the mark on the wall/upright the rep will not count
- If the athlete does not touch the touch the pre-measured mark they **DO NOT** need to repeat the entire repetition, they may jump again and if they hit the target the repetition will count

Athletes will continue accumulating repetitions until the 10 minute time cap

VIDEO SUBMISSION STANDARDS:

Competitive Division Only

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 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. Set up and measurement of the 6 inch (15cm) target as described above - wearing the shoes to be worn for the challenge.

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2. The complete range of motion of all repetitions performed, too include a clear view of touching the target line.

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, their category (Competitive Rx, Community Rx or Scaled).
2. The athlete needs to show the floor surface they will be using for the challenge, if using mats, all measurements must be completed on top of any surface used.
3. The athlete must show and measure the burpee target.
 - Refer to the instructions above.
4. The camera should move back into the correct filming angle, perpendicular to the athlete, for the challenge attempt.
 - The final position should capture all movement standards to be able to verify that the chest and thighs come into contact with the floor and the athlete clearly touches the target, refer to the movement standards above.
5. 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.
 - Note, the same shoes that were worn during the measuring process must be worn for the workout.
6. When ready, the athlete may start the timer and on 3-2-1- Go, and begin their burpees. False starts, reaching down to the floor before the timer starts, will be subject to penalization.
7. At the completion of the 5 minutes the athlete must face the camera and state the number of burpees they completed.
8. Once all of these items are completed and are clearly visible, your video may end.

* 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. Set up and measurement of the 6 inch (15cm) target as described above - wearing the shoes to be worn for the challenge.
2. The complete range of motion of all repetitions performed, too include a clear view of touching the target line.

3. Declare total number to camera at end of challenge.

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.

COMPETITIVE, COMMUNITY RX, OR COMMUNITY SCALED: _____

TOTAL BURPEES COMPLETED: _____

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

COMPETITIVE, COMMUNITY RX, OR COMMUNITY SCALED: _____

TOTAL BURPEES COMPLETED: _____

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

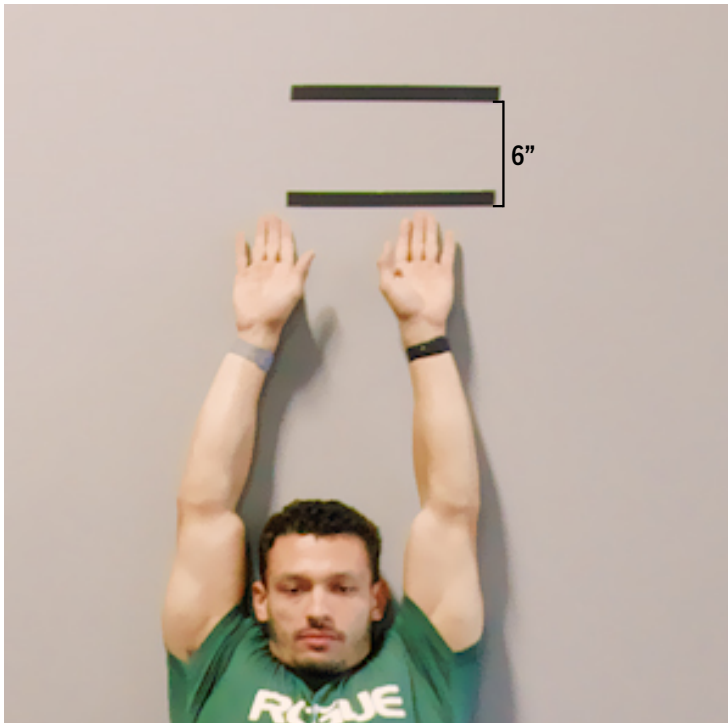
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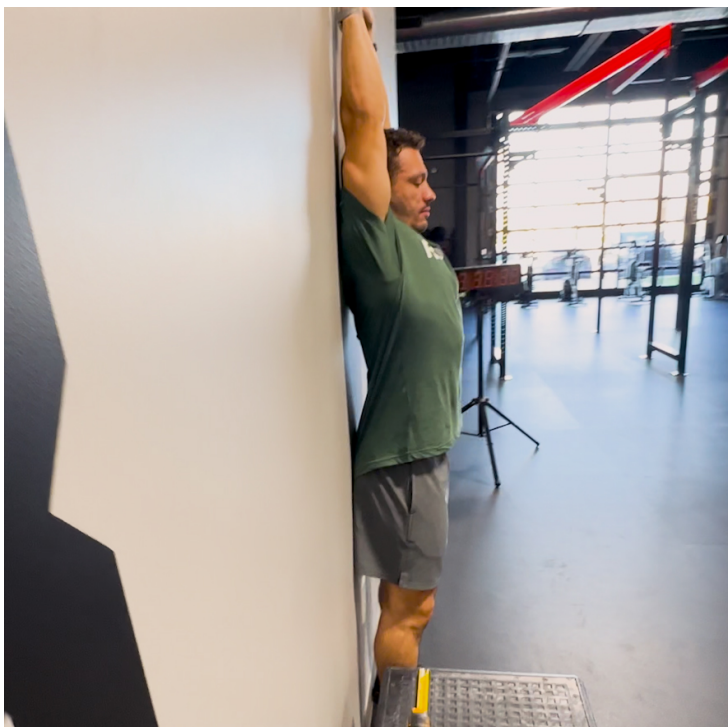
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MEASUREMENT DIAGRAM:



The space between the bottom tape line and the bottom of the top tape line should measure 6 inches.



Athlete should have their heels, glutes, and shoulders to the wall while reaching overhead with locked out arms.