

THE CLAW CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

Max time holding one hex head dumbbell in each hand.

- 25lb / 20lb
- 1 dumbbell per hand
- See below for dumbbell head specs

Tie Breaker: Lower body weight wins

* Body weight will only be requested following the competition in the event of a tie between two competitors

* Athletes may make as many attempts during their challenge video as they would like. Video submissions may not exceed 10 minutes in length.

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: November 15 at 9 AM EST

Challenge Close Date & Time: November 25 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:

Scores for this competition will display the time of the hold.

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Men - ages 14 and over

Women - ages 14 and over

* 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:

- 2 Standard 25lb for male, 20lbs for female dumbbells
 - Must be a rubber hex head dumbbell for the challenge
 - 25lb dumbbell heads must be within 4.6 - 4.7" in diameter, side to side
 - 20lb dumbbell heads must be within 4.3 - 4.4" in diameter, side to side
- 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 the weights to be used for the hold (analogue scales are NOT permitted)

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- Bumper plate or Kettlebell for verifying the scale
- Recommended: 10' x 10' clear unobstructed area in which to conduct the challenge with no other equipment in the space
- Rogue brand gear is not required

Permitted Equipment:

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

Not Permitted Equipment:

- Tacky of any kind
- Any type of liquid grip
- Gloves or any kind of forearm or bicep coverings
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body, or bars (including spray or other)
- Multiple layers of sleeves/wraps on top of each other
- Lifting straps of any kind
- Knee wraps or elbow wraps
- Tape or any other material added to the dumbbell and/or fingers/hands
- Dumbbells in KG

MOVEMENTS:

DUMBBELL HOLD

- Dumbbells begin on the floor and are oriented vertically
- Athlete may only use chalk on the hands, no tacky, finger tape etc
- Dumbbells and athlete must be on the same level surface
- Athlete reaches down and pinches the dumbbells by the head
- Hands and fingers may only be in contact with top and sides of the dumbbell heads
- Fingers can not grab the underneath of the dumbbell heads
- The athlete may not receive assistance to pinch the dumbbells
- When ready the athlete may stand, pinching a dumbbell by the head, one in each hand
- This is a traditional farmers style hold with one dumbbell in each hand and the athlete between the dumbbells

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- Dumbbells may only be supported with the hands and can not be rest or supported by the legs. If it is judged the legs are helping to support the weight of the dumbbells time will be called at that point
- Body may or may not be locked out
- The timer may begin once both dumbbell are off of the ground
- The hold is over when one or both hands are no longer pinching the dumbbell(s)

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

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

FLOW:

The workout begins with the athlete standing at full extension with one dumbbell on each side of them.

- The athlete should be facing the camera

When the athlete is ready, they may reach down and begin their attempt:

- The clock should begin when both dumbbells are off the ground
- The athlete picks up and holds the dumbbells for as long as possible

The hold is over when one or both hands are no longer gripping the dumbbell(s)

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

- Timer needs reset to start from 0 again
- Athletes may make as many attempts during their video as they would like. Video submissions may not exceed 10 minutes in length.

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 movements and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

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The video should begin with the athlete standing straight in front of the camera 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 at all times during the entire range of motion of the workout.
2. The dumbbells and timer are always in the shot.
3. Scale verification, weighing and measuring of the dumbbells

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 followed by the challenge name.
2. The camera should then clearly show all equipment the athlete will use or may use during their challenge. All of the following must be shown:
 - Both dumbbells, including rubber dumbbell heads and weight markings, clearly showing there is no tape, tacky, or any banned substance on the dumbbell heads.
 - All gear needs to stay in camera shot during the entire video.
3. The athlete needs to measure the hex head of both dumbbells to confirm it matches required dimensions.
 - Need to be measure from outside of dumbbell head to outside of dumbbell head.
 - Refer to the challenge video or rules PDF for official required measurement.
 - Required regardless of equipment brand.
4. The athlete needs to weigh both dumbbells on camera, as shown in the challenge demo video.
 - This process needs to start with showing scale verification by placing a kettlebell or weight plate (NOT A DUMBBELL) on the scale and showing the scale reading is correct.
 - Camera must show each dumbbell on the scale and the scale reading
 - Required regardless of equipment brand
5. The camera should move back into the correct filming angle for the challenge attempt.
 - Camera facing front on to the athlete.
 - The dumbbells can be positioned either side of the athlete at this time.
 - The final position should capture the athlete with a straight-on shot to clearly show the timer and the dumbbells leaving the ground.

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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. Once the athlete is ready they may begin the workout based on the criteria outlined above.
8. When the athlete drops one or both of the dumbbells the attempt is over, time will be recorded, and the video may conclude.
 - If the athlete is going to make another try, they need to follow the steps outlined in the “flow” section above.

* 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. The digital scales were validated using a kettlebell or weight plate, not a dumbbell.
2. The equipment was weighed to ensure accuracy.
3. The diameter of both dumbbell heads was measured.
4. The movement standards and timer are clearly presented in the video.

Failure to show these items in your video 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.

COMPETITIVE, COMMUNITY RX, OR COMMUNITY SCALED: _____

TOTAL 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

COMPETITIVE, COMMUNITY RX, OR COMMUNITY SCALED: _____

TOTAL 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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