THE STANDARD

CHALLENGE/SCORING:
Max meters rowed in 24 hours

Challenge participation is open to:
   Individual
   Teams of 2
   Teams of 3
   Teams of 4

A portion of the proceeds for each signup will benefit The Big Fish Foundation

* This challenge is not part of the overall Rogue Challenge competition. No points are awarded on the overall leaderboard and
   there are no cash or gear prizes for this challenge

DEADLINES AND SUBMISSIONS:
Challenge Start Date & Time: December 14 at 10AM EST
Challenge Close Date & Time: January 2 at 8PM 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 total meters completed during the challenge.

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:
COMMUNITY RX DIVISION
Individual
   Individual Male (14 and over)
   Individual Female (14 and over)

Teams (Can be mixed genders)
   Teams of 2 Athletes
   Teams of 3 Athletes
   Teams of 4 Athletes

COMMUNITY DIVISION
Individual
Male (14 and over)

Female (14 and over)

Teams (Can be mixed genders)
Teams of 2 Athletes

Teams of 3 Athletes

Teams of 4 Athletes

* Teams must complete this challenge with all athlete's in the same location. Teams cannot be split in separate locations
* The RogueID used during checkout will be the default team captain/team member 1 when registering a team
* Community RX Division: Athletes perform the workout RX. Video submissions are not required but encouraged!
* Community Division: Athletes can complete the challenge scaled to their preference. Video submissions are not required but encouraged!
* This competition is not part of the Rogue Challenge Series or Rogue Overall Challenge series. Scores will not be judged and there are no prizes for this competition
* To be considered as a competitor, the athlete must register for the challenge at www.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 frame, a phone with the timer feature up in frame or a stopwatch in frame.
- A Device to show time.is next to the rower monitor to confirm the time and date are set accurately on the rower

Rogue Echo Rower or C2 RowErg
- Ensure Rogue Echo Rower has most recent firmware update;
  - Follow link - https://www.roguefitness.com/rogue-echo-rower - and select software update and follow instructions to download app
- Any Concept2 RowErg model is acceptable
- No other substitute brands are allowed
- Damper can be set on any setting, at any time, but only the athlete can change it
- Monitor time and date set correctly and the monitor set in 24 hour competition mode. (See the attached PDF for setup instructions if you are not familiar with this process). Once the monitor is set for the challenge do not press the Home button.

THE STANDARD

- All Equipment must be stock and not modified in anyway
- No weighing down of any of the equipment

* If you are not sure if your equipment will be accepted, please email pictures and measurements to judging@roguefitness.com
  for approval.

Permitted Equipment:
- Gym chalk (magnesium carbonate)
- Mouth Guards
- Nose Strips
- Seat pads
- HandTape
- Gloves
- Shoes of any kind MUST be worn

Not Permitted Equipment:
- Straps of any kind

MOVEMENT STANDARDS:

Rogue Echo Rower or C2 RowErg
- Ensure the Rower monitor date and time is set and is correct
- Have the monitor set to competition mode
   - When the athlete is ready they may grab the handle and begin rowing.

* See The Standard instructional video at www.roguefitness.com/challenges 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:
All equipment has been pre-set to the correct date and time and in competition mode, see the attached
PDF for setup instructions if you are not familiar with this process.

1 Person Challenge
- Athlete begins seated on the rower.
- On 3-2-1-Go the timer begins and the athlete may start rowing.
- Athlete may take as many breaks as they want during the 24 hour row but the monitor MUST
  keep running.

- At the completion of the 24 hours the athlete must show the monitor with the Date, time and total number of meters rowed.

Team Challenge (Teams of 2, 3 and 4)
- Athlete begins seated on the rower.
- On 3-2-1-Go the timer begins and the athlete may start rowing.
- Athletes may rotate as many times as they want during the 24 hour row but the monitor MUST keep running.
- At the completion of the 24 hours the athletes must show the monitor with the Date, time and total number of meters rowed.

VIDEO SUBMISSION STANDARDS (COMMUNITY RX 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 is a modify/shorter video requirement than a standard Rogue Challenge video. Please read carefully for requirements below.

1. The submitted video should start with the athlete or the entire team in frame stating their name and the challenge name.
   - Teams should introduce all members by first name and last name.

2. All athletes should show the camera they are not wearing any not permitted equipment.
   - List above

3. The camera should be walked around the rower to confirm it meets the required equipment standards above:
   - Rower not modified or anchored down in any way

4. The camera needs to show a close up of the rower monitor confirming the following:
 - Time and date verified on the rower by showing your rower monitor and a device showing time.is
    next to the monitor at the same time.
 - Rower should be in competition mode, so it will not shut off during the 24 hour rower.
 - Once the monitor is set for the challenge do not press the Home button
 - See rules PDF for visual setup by step on this process.

5. Next the camera should back up to a 45 degree angle to capture the start of the rowing by the
 athlete/first team member.

6. The athlete/first team member may start rowing when they are ready.
 - The team captain should verbally call out the time and date they are starting to row.

7. The camera should be turned back on to capture the last 5 minutes of rowing by the final
 team member.
 - This is required.

8. On completion of the 24 hour rowing challenge, the camera must to be taken to the rower monitor
 and clearly show to the camera;
 - Verify date and time on the monitor showing time.is next to your rower monitor again.
 - Total distance rowed in 24 hours from the monitor screen or pulled from your rower
    workout memory
 - Please see the rules PDF for step by step instructions for how to show this on your rower monitor if
    you are not familiar with this process.

**Athletes/Teams may submit up to two video links for this challenge, 1 capturing the start of the
challenge and 1 capturing the end of the challenge.**

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

THE STANDARD

CHALLENGE
ROGUE

ATHLETE SCORECARD:
Video Submission Checklist:
Please confirm that your video clearly shows the following items as defined in the video submisison standards.

Your submission needs to show:
1. Introduction of the Athlete(s) completing the challenge.
2. All clothing and supportive gear that will be used in the comp.
3. Video walk around show full rower - not anchored down.

4. Correct Date and Time set on rower as per PDF.
5. All rower data retrieved from monitor memory and clearly shown to camera.
6. Entered total distance rowed in 24hours.

Failing of your video to show these items will disqualify your workout submission. Athletes should keep all photos/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 failsafe in the event that a primary video doesn't clearly show a specific video requirement clearly.

CHALLENGE COMPLETE AS: SINGLE _____ DOUBLE _____ TRIPLET _____ QUAD _____

DISTANCE ROWED IN 24 HOURS _____

JUDGE/WITNESS _____   JUDGE/WITNESS SIGNATURE _____
                            PRINT

ATHLETE(S) NAME _____
                            PRINT

ATHLETE(S) SIGNATURE _____

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

_____   _____
   JUDGE/WITNESS SIGNATURE   DATE

- -

ATHLETE COPY

CHALLENGE COMPLETE AS: SINGLE _____ DOUBLE _____ TRIPLET _____ QUAD _____

DISTANCE ROWED IN 24 HOURS _____

JUDGE/WITNESS _____   JUDGE/WITNESS SIGNATURE _____
                            PRINT

ATHLETE(S) NAME _____
                            PRINT

ATHLETE(S) SIGNATURE _____

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

_____   _____
                JUDGE/WITNESS SIGNATURE   DATE

ROGUE CHALLENGE

ROGUE ECHO ROWER:
Setting Time and Date Process

1. Select more options
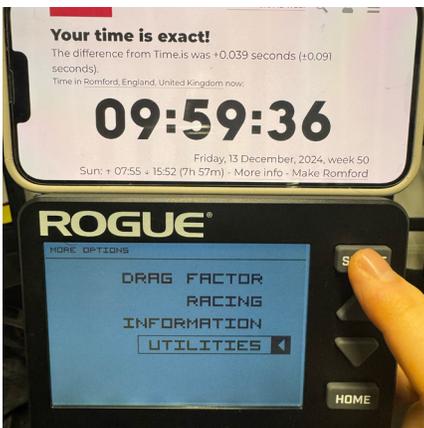
2. Select Utilities
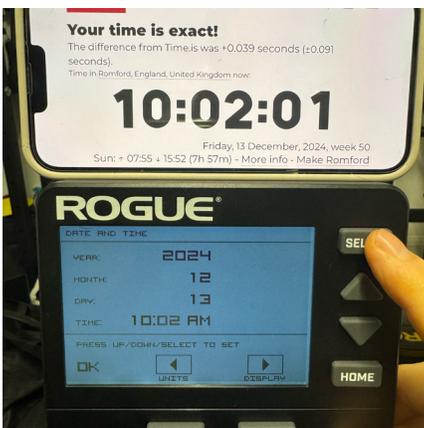
3. Adjust Date and Time to match Time.is
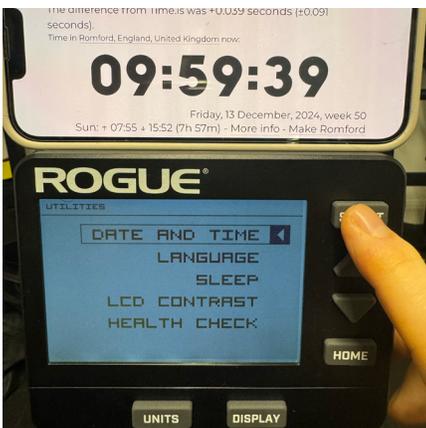
ROGUE ECHO ROWER:
Setting Comp Mode Process

1. Press the comp mode button on the back of the monitor

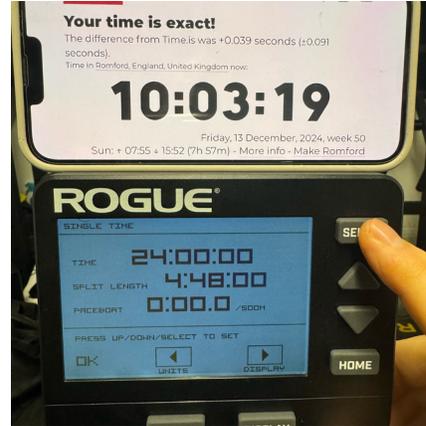**2.** Press until the light turns green, indicating the monitor is in comp mode
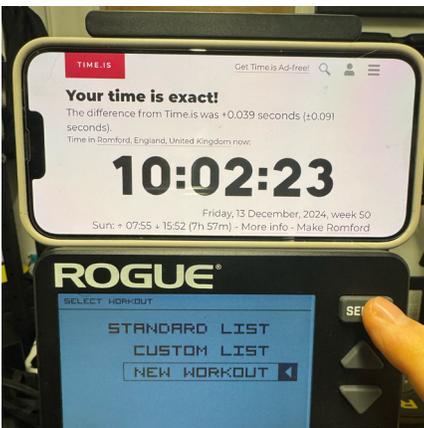

3. Select Date and Time
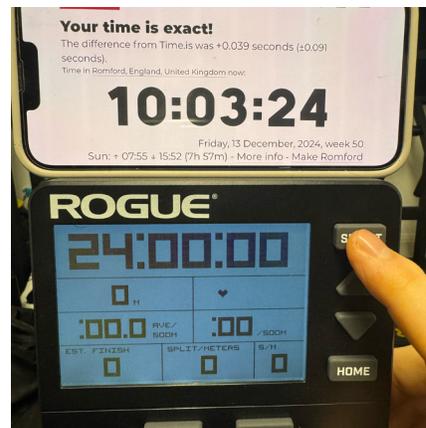
THE STANDARD

ROGUE ECHO ROWER:
Setting 24 hour Interval Process

1. Select Workout

2. Select New Workout

3. Select Single Time

4. Change Time to 24 hours

5. Press OK and monitor will be set for the challenge

CONCEPT2 ROWER:
Setting Time and Date Process

1. Select more options

2. Select Utilities

3. Select Date & Time

4. Adjust distance to 10,000m

THE STANDARD

CONCEPT2 ROWER:
Setting Comp Mode Process

1. Select more options

2. Select Utilities

3. Select Battery

4. Press the Utilities button 3 times

5. Press the Display button 3 times

6. 12 hour Timeout should display on monitor

CONCEPT2 ROWER:
Setting Comp Mode Process Continued

7. Once you press OK, 12h should display here to confirm

THE STANDARD

CONCEPT2 ROWER:
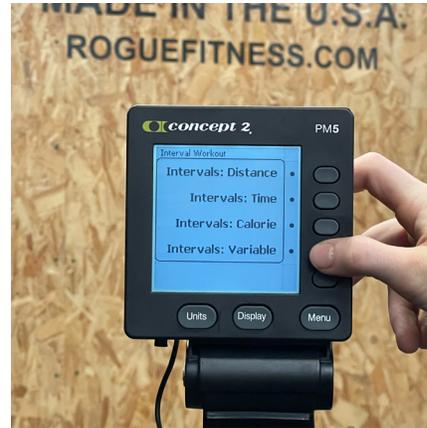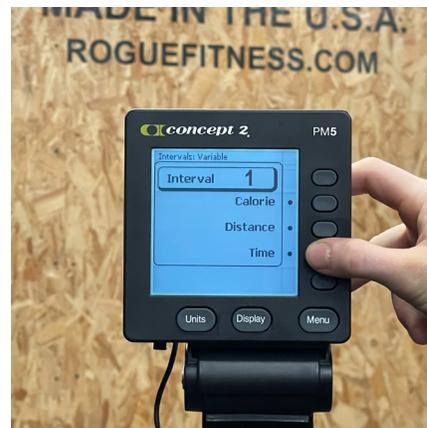Setting 24 hour Interval Process

1. Select Workout

2. Select New Workout

3. Select Intervals

4. Select Intervals_ Variable

5. Select Time

6. Set Time to 24 hours

CONCEPT2 ROWER:
Setting 24 hour Interval Process Continued

7. Press the Tick Button to OK

8. Select No More Intervals

9. Monitor will be set ready to start the challenge