

# THE SLINGSHOT CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

Max one hand kettlebell snatch repetitions

### Rx Weight

Men - 53 LBS / 24 KG

Women - 35 LBS / 16 KG

### Scaled Weight

Men - 35 LBS / 16 KG

Women - 26 LBS / 12 KG

**Time Cap:** 10 minutes

**Tie Breaker 1:** Total number of reps completed in the last 60 seconds

**Tie Breaker 2:** Total number of reps completed with the first hand

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

\* Scores for this competition will display the total number of repetitions on the leader board

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: January 17 at 12PM EST

Challenge Close Date & Time: January 27 at 8PM 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:

### Competitive RX Division

Men - ages 18 and over

Men - ages 17 and under

Women - ages 18 and over

Women - ages 17 and under

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## Community RX Division

- Men - ages 18 and over
- Men - ages 17 and under
- Women - ages 18 and over
- Women - ages 17 and under

## Community Division

- Men - ages 18 and over
- Men - ages 17 and under
- Women - ages 18 and over
- Women - ages 17 and under

- \* **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.
- \* **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](http://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
- Digital Weight Scale to confirm equipment to be used for your lift (analogue scales are NOT permitted)
- Plate or Dumbbell to verify your scale
  - Cannot be the kettlebell you are using for the challenge
- 1 Standard kettlebell depending on the chosen division
  - 53 LBS / 24 KG = Male RX
  - 35 LBS / 16 KG = Female RX and Male Scaled
  - 26 LBS / 12 KG = Female Scaled
- Standard Kettlebell Dimensions:
  - The handle must be no greater than 1.6 inches or 41 mm in diameter
- Shoes of any style/type must be worn

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- Recommended: 15' x 15' clear unobstructed area in which to conduct the challenge
- Rogue brand gear is not required

## Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Belts
- Wrist guards
- Knee sleeves/wraps

## 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 kettlebell including spray or other
- Super Suits, support briefs, or other supportive gear
- Elbow sleeves or wraps
- Long sleeve shirts of any kind

\* Any Athlete who alters the equipment or movements described in this document or shown in the video standards to gain an unfair advantage may be disqualified from the competition.

## MOVEMENTS:

### Kettlebell Snatch

The kettlebell begins on the ground. When the athlete is ready they may reach down pick up the kettlebell and begin the movement with their chosen hand.

The athlete may swing the kettlebell between the legs or lift it straight from the floor in one continuous motion into the overhead position with the arm fully extended.

For a Snatch to be counted the following rules will apply:

- Kettlebell moves in one continuous motion, not touching any part of the body to the overhead position

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- Either a muscle snatch or power snatch are permitted
- The non-working arm may not touch any part of the athlete or kettlebell for a rep to count
- Control in the overhead position must be achieved for the rep to count

## Overhead Position

- Legs, hips, shoulder and arm must be fully extended with the kettlebell being held directly overhead
- The rep is awarded when full control is shown in the overhead position. Once the overhead position is achieved the athlete may then continue to the next rep.
- The kettlebell is lowered to a position where the arm is fully extended and lower than the waist.
- They may or may not swing the kettlebell between repetitions.
- A repetition will not be counted if the kettlebell makes contact with any part of the athletes torso or makes contact with the floor.
- Resting with the kettlebell on the floor, in the hang position or in contact with the torso is not allowed
- Resting is only allowed in the overhead position.

## Hand Change:

The athlete may switch hands only ONCE during the 10 minute set:

- If at any point the free hand makes contact with the kettlebell, or the kettlebell is brought to the shoulder or front rack position the athlete must switch hands immediately and continue the set with the other hand.
- If the kettlebell is brought to the shoulder, the body or supported by the resting arm, and the athlete does NOT switch hands immediately the set will be terminated.
- If at any time the kettlebell rests on the floor, the set will be terminated.

\* See The Slingshot Challenge instructional video at [www.roguefitness.com/challenges](http://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:

The kettlebell begins on the ground with the lifter standing over/next to it.

When the lifter is ready they will pick up the kettlebell and snatch it to the approved “overhead” position.

- Full movement standards listed above.

Once the kettlebell is in the approved “overhead” position, the athlete may begin the next repetition.

- Full movement standards listed above.

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The athlete will continue this as long as possible for the 10 minute time period switching hands **ONLY** one time.

- Full movement standards and details on the hand switch listed above in movement standards.

The athlete will then complete one set of as many unbroken repetitions as possible while following the approved movement standards outlined above.

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

- Timer needs reset to start from zero.

- Athletes may make as many attempts during their video as they would like.

- Video submissions may not exceed 15 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 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.

The video should be shot from straight in front of the athlete with the camera positioned at a height that is level with the athlete's shoulders. Critical items that need to be clearly visible on the video:

1. All equipment to be used being weighed on digital scales prior to challenge attempt and the verification of the scales using a dumbbell or plate.
2. Measure the diameter and/or thickness of the kettlebell handle.
3. Full range of motion for this movement including the entire body of the athlete from the feet on the floor to the finish position with kettlebell in the overhead position for every repetition.
4. Clearly show a timer visible in the frame for the 10 min count.

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 and their division.

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2. The camera should then clearly show all equipment the athlete will use during their challenge. All of the following must be shown:
  - Scale verification using a dumbbell or plate
  - Weighing of the kettlebell to be used for the challenge
  - All gear needs to stay in camera shot during the entire video
3. The athlete must weigh the kettlebell on camera.
  - This process needs to start with showing scale verification by placing a bumper plate/dumbbell on the scale and showing the scale reading is correct.
  - The entire scale must be clearly visible to the camera weighing of the kettlebell to be used for the challenge
  - Required regardless of equipment brand
4. Using a tape measure, the athlete must measure the diameter and/or thickness of the kettlebell handle
  - Required regardless of equipment brand
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.
6. The camera should then move to the final filming position.
  - Directly in front of the athlete with all equipment in full view ready for the workout.
7. Once the athlete is ready, they may begin their challenge attempt
  - The 10 min timer clock should begin when the athlete begins their challenge attempt
8. Challenge is over when;
  - The 10 min time cap is reached
  - The kettlebell comes into contact with the floor
  - An illegal resting position is used.

\* 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. All equipment to be used being weighed on digital scales prior to challenge attempt and the verification of the scales
2. Full range of motion including the entire body of the athlete from the feet on the floor to the finish position with kettlebell in the overhead position for every repetition

3. Measure the diameter and/or thickness of the kettlebell handle
4. Clearly show a timer visible in the frame for the 10 min count

*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.*

TOTAL NUMBER OF REPS: \_\_\_\_\_

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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ATHLETE COPY

TOTAL NUMBER OF REPS: \_\_\_\_\_

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