

CHALLENGE/SCORING:

Achieve your target weight tier, find your max cumulative total for the following two lifts in this order, in one hour:

1 Rep Max Snatch

1 Rep Max Clean & Jerk

Target Weight Division Tiers:

125kg - 174.99kg (275lbs - 385.5lbs)

175kg - 224.99kg (385.75lbs - 496lbs)

225kg - 274.99kg (496.25lbs - 606.25lbs)

275kg - 324.99kg (606.50lbs - 716.5lbs)

325kg + (716.75lbs +)

Time Cap: Athletes have a 1 hour time cap to complete the two lifts

- * 1 Hour clock begins just before the first Snatch attempt and does not include time to show competition gear to the camera as outlined below
- * Competitors need to use Time.is or any clock that shows a time and date to validate their time window as outlined below

Athletes that submit and have their score accepted by the judges at any point during the challenge will earn the custom t-shirt

- * Rejected scores and athletes that do not follow all posted rules are not eligible to earn a shirt.

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

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: Jan 28 at 12pm ET

Challenge Close Date & Time: No current end date

- * 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:**Male (Ages 14 and over)**

125kg
175kg
225kg
275kg
325kg +

Female (Ages 14 and over)

125kg
175kg
225kg
275kg
325kg +

- * Athlete's may change divisions using the drop down menu in the challenge screen on the BTWB app if they choose to go for a different tier than what they register for.
- * Athlete's that submit a total weight outside of their selected division will be automatically moved to the correct tier by our judging team
- * 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.

SCORE SUBMISSION NOTES:

When calculating your total, your weights should be calculated and submitted using the weight on the actual piece of equipment. Scores will display in pounds on the leader board.

In order to be eligible to earn your t-shirt, our judging team needs to validate your lifts. In order to validate the lifts, athletes must record their lifts following all rules and movement standards outlined in this document. This includes showing all equipment and weight markings on the equipment clearly to the camera.

All scores are submitted through the BTWB app. Included in your challenge registration is a free 30 day BTWB trial. Competitors can submit a score on BTWB as many times as they would like in the first 30 days of their paid registration. After the trial period has expired, competitors will need to sign up for a 30 day BTWB subscription to edit/submit/resubmit any new scores. Competitors that already have an ongoing paid BTWB subscription will not need to sign up for the additional 30 day BTWB trial.

Submit Your Scores in the BTWB app!

- Upload video(s) to YouTube
 - Videos must be set to public so our judges can view them
 - Sound may be turned off if there is licensed music playing in the background
 - Videos should be submitted using YouTube and the hyperlink added to the submission on BTWB.
- Your score should appear on the leader board on roguefitness.com within 30 minutes of submitting it on BTWB if done properly
- Scores that do not have videos evidence following all rules will be automatically rejected

Judging and The T-Shirt

- After the judges have had a chance to review the submitted score, athlete's will receive a ruling email stating if their score has been accepted or rejected with a reason why.
- Once the judges accepted your scores and videos, your earned t-shirt will be processed and added to your earned store for you to redeem.
 - Athletes will receive an email once the t-shirt has become available to redeem
 - For instructions on how to access your earned store, please see the FAQ page on the Challenge website
- Rejected entries will not receive a t-shirt.
 - Competitors can submit a new score if the first score is rejected

Submitting a second score

- Competitors are permitted 1 "approved"/"accepted" score per registration
- Once the judging team accepts a score, the score is locked for that athlete
- If an athlete's score is rejected, the athlete may submit another score by following the same submission process.
- Competitors are not eligible for refunds for rejected scores based on-not following rules, movement standards or on time score submissions.

EQUIPMENT LIST:

- A cell phone or iPad with live connection to Time.is or similar type programs proving time/date on your device
- Standard 15kg (35LB) or 20kg (45LB) Oly Barbell
 - If you have questions about whether your barbell will be accepted, please email judging@roguefitness.com
- Weight Plates with the weight clearly marked

- Max of 18" (45 cm) diameter
- Minimum plate increments of 1LB or 0.5kg per side
- Barbell Collars - must be used for safety and all weights inside the clips
- Recommended: 10' x 10' clear unobstructed area in which to lift, with no other equipment in the space apart from the bar and plates the athlete will use during their attempts
- Rogue brand gear is not required
- Shoes of any style must be worn

Permitted Equipment:

- Gym Chalk (magnesium carbonate)
- Weightlifting Belt
- Knee/Elbow Sleeves (single or pairs)
 - * Knees and elbows must remain visible to the camera and not covered by long shorts or sleeves during attempts
- Wrist Supports/Wraps
- Olympic Lifting Singlet
- Talcum powder
- Mouth guards
- Thumb Tape

Not Permitted Equipment:

- Tacky of any kind
- Wedges or anything to elevate the heels - oly shoes are allowed with no modifications
 - If you have questions about whether your shoes will be accepted, please email judging@roguefitness.com
- Hand Grips of any kind including liquid grip
- Gloves or any type of hand, forearm or bicep coverings
- Sticky Adhesives or grip adhesives of any kind anywhere on the clothing, body, or bar (including spray or other)
- Multiple layers of sleeves/wraps on top of each other
- Lifting Straps of any kind
- Knee Wraps or Elbow Wraps
- Any multi-ply suits including deadlift or powerlifting suits
- Long sleeve pants/shorts that cover the knees/elbows
- Any pads or additional support added to the barbell for the back squat
- Specialty barbells including safety squat bars, trap bars etc.
 - If you have questions about whether your barbell will be accepted, please email judging@roguefitness.com

roguefitness.com

* 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:

The lifts will be performed in the following sequence: Snatch and Clean & Jerk

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, power snatch, muscle snatch or split snatch are acceptable as long as the correct finish position is achieved
- No part of the body other than the feet may touch the ground during the execution of the lift.
- Athletes may receive assistance loading weights and/or moving barbells

Clean & Jerk

- During the 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.
- Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead.
- The barbell must pass through the front-rack position, in contact with the shoulders, before going overhead; snatching is not permitted.
- The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete's body, with the arms, hips, and knees extended, and the feet in line under the body.
- No part of the body other than the feet may touch the ground during the execution of the lift.
- If the athlete fails the jerk but is able to re-rack the barbell without it touching the floor, the jerk may be re-attempted
- Athletes may receive assistance loading weights and/or moving barbells

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

FLOW:

The lifts will be performed in the following sequence, Snatch and Clean & Jerk

Lift 1: The Snatch

- Athlete loads the bar to the initial weight, showing each weight being added clearly to the camera
- Once the bar is loaded, athlete verbally declares initial weight
- Athlete shows camera no illegal supportive equipment is being used
- Show time/date device to the camera to confirm the order of the lifts and that they are completed within one hour
 - The 1 hour time window starts at this step
- Complete lift - Athlete must ensure the correct finish position is achieved, full movement standards above
- If adding weight for multiple attempts clearly show all equipment being added to the camera
- Verbally confirm new load

Lift 2: The Clean & Jerk

- Show time/date device to the camera to confirm the order of the lifts and that they are completed within one hour
- Athlete loads the bar to the initial weight, showing each weight being added clearly to the camera
- Once the bar is loaded, athlete verbally declares initial weight
- Athlete shows camera no illegal supportive equipment is being used
- Complete lift - Athlete must ensure the correct finish position is achieved, full movement standards above
- If adding weight for multiple attempts clearly show all equipment being added to the camera
- Verbally confirm new load

* The athlete may add or subtract weight from the bar working toward their max load and repeat the flow listed above.

* The athlete may make as many attempts at each movement as they would like

* Additional personnel may be used to add/deduct weight from the barbell.

GYMS/COMPETITORS COMPETING GROUP SETTINGS:

Competitors may perform this challenge in a group setting. Groups completing the challenge together can modify the video standards based to follow the guidelines here:

1. Start the video by introducing everyone that will be taking part in the challenge, stating name and division.
2. Show all equipment and weight markings on the equipment clearly to the camera, and measure the bench press width standard on the bench press barbell, required gear regardless of equipment brand used.
3. Keep date/time displayed in the background during the entire session or have each person show the

time/date prior to each attempt.

4. Before each lift the individual attempting the lift should show the camera the date/time and state their name and weight to be attempted to the camera.
5. When submitting your score, athlete's needs to add in the notes field the time in the video of their attempt so the judges can easily find the attempt to view/judge.
6. During your score submission, please be sure to include the gym name for where you performed the challenge.

SNATCH VIDEO SUBMISSION STANDARDS:

For this challenge, athletes should submit 2 separate videos. 1 video for each movement. Videos shot with a fish eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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 athletes first video (Snatch) has the added step of showing all equipment and weight markings on the equipment clearly to the camera, required regardless of brand that will be used for the entire challenge. This could also be sent in as a third video as long as the date and time matches that of the lifts.

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. Showing all equipment and weight markings on the equipment.
2. Clearly show to the camera the weight being added to the barbell for each lift, and state the load to be attempted.
3. Clearly show the lift so that movement standards can be verified.

The athlete will need to follow the steps outlined below:

1. The submitted snatch video should start with the entire athlete in frame stating their name, the challenge name, "snatch attempt", and showing the date and time.
2. The camera should then clearly show all equipment to be used for the challenge. All of the following must be shown:
 - Barbell(s), to include end caps
 - All weight plates that will be used in their attempt
 - Both sides of the plates
 - Plates need to clearly have the weights printed on them, and both sides must be displayed to the

camera

3. The camera should then show the bar being loaded for the first snatch attempt
 - Clearly show to the camera the plates being added to the camera.
 - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
 - A coach or helper can assist with this process
4. 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.
5. The athlete must open their time device and clearly show the time and date reading to the camera. Please verbally confirm the date and time showing.
 - At this time, the athlete's 1 hour time window to complete the challenge begins
6. The camera should move back into the correct 45 degree filming angle for the challenge attempt.
 - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above
7. Once the athlete is ready they may begin their lift based on the criteria outlined above.
8. If changing the load and completing multiple attempts;
 - Clearly show all weights being added/removed to the camera for each attempt
 - Verbally confirm loads being added/removed
 - Verbally confirm new load to be attempted
 - A coach or help can assist with this process
9. Once final lift is completed show and confirm last successful load lifted
10. The snatch video may then 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.

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

CLEAN & JERK VIDEO SUBMISSION STANDARDS:

For this challenge, athletes should submit 2 separate videos. 1 video for each movement. Videos shot with a fish eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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. Showing all equipment and weight markings on the equipment.
2. Clearly show to the camera the weight being added to the barbell for each lift, and state the load to be attempted.
3. Clearly show the lift so that movement standards can be verified.

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 and “clean & jerk attempt”.
2. The athlete must open their time device and clearly show the time and date reading to the camera. Please verbally confirm the date and time showing.
 - This step is to confirm the athlete is still within their 1 hour time window
3. The camera should then show the bar being loaded for the first clean & jerk attempt
 - Clearly show to the camera the plates being added to the camera.
 - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
 - A coach or helper can assist with this process
4. 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.
5. The camera should move back into the correct 45 degree filming angle for the challenge attempt.
 - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above

6. Once the athlete is ready they may begin their lift based on the criteria outlined above.

7. If changing the load and completing multiple attempts;

- Clearly show all weights being added/removed to the camera for each attempt
- Verbally confirm loads being added/removed
- Verbally confirm new load to be attempted
- A coach or helper can assist with this process

8. Once final lift is completed show and confirm last successful load lifted

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