

THE EXCAVATOR CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

30 Sandbag Clean to Shoulder
For time

Competitor RX Sandbag Weight

Male 150lbs (68 kg)

Female 100lbs (45kg)

Community RX

Male 150lbs (68kg)

Female 100lbs (45kg)

Community Scaled

Any scaling of load

Tie Breaker 1: Body Weight

* Lighter body weight will win a tie

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

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: February 14 at 9AM EST

Challenge Close Date & Time: February 24 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.

SCORE SUBMISSION NOTES:

Scores for this competition will display the total time taken to complete 30 Sandbag Cleans to Shoulder.

Tiebreak will be the lowest bodyweight. Athletes must submit their body weight at the time of submission.

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ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Competitive RX Division

- Male (14 and over)
- Female (14 and over)

Community RX Division

- Male (14 and over)
- Female (14 and over)

Community Division

- Male (14 and over)
- Female (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” 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.
- * **Birthdays 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 and follow all workout and video flows as outlined.

EQUIPMENT NEEDED TO QUALIFY:

- A “strongman style” sandbag completely filled and weighing 150lbs (68 KG) for men and 100lb (45KG) for women.
- Dumbbell or kettlebell to verify scale
- Digital Scale. (Analog scales are NOT permitted)
- Shoes of any kind must be worn
- Tape measure to show measurements of the sandbag
- Rogue brand gear is not required

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Sandbags must meet the following requirements in order to be acceptable for this competition:

- A cylindrical shaped sandbag with straight parallel sides and a circular top/bottom.
- Sandbag must be verified to the correct weight and well balanced.
- Circular or cone shaped sandbags are not permitted.
- Sandbags with straps or handles of any kind are not permitted.
- Sandbags must be filled to capacity so that the bag is entirely vertical when sitting on the ground and there is no overlapping/overhanging of the bag onto the skin while being held.

Male 150lbs (68kg) Sandbag Specs:

- Height must measure between 11" - 14" (28 - 35cm) when sitting on the ground.
- Diameter or the top and bottom must measure between 14" - 18" (35 - 46cm).
- Circumference of the center must measure between 48" - 55" (122 - 140cm).

Female 100lbs (45kg) Sandbag Specs:

- Height must measure between 7-9" (17 - 23cm) when sitting on the ground.
- Diameter or the top and bottom must measure between 14" - 18" (35 - 46cm)
- Circumference of the center must measure between 48" - 55" (122 - 140cm)

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

Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Mouth Guards
- Nose Strips
- Shoes of any kind **MUST** be worn
- Knee Sleeves - neoprene / single ply
- Finger Tape
- Lifting Belts

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

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- Grip shirts
- Tape of any kind anywhere on the clothing, body or bag
- 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 wraps/elbow sleeves or wraps
- Long sleeve shirts of any kind

MOVEMENTS:

SANDBAG TO SHOULDER

- The athlete may use whatever technique they wish to lift the sandbag to on top of the shoulder
- For an approved finish position the athlete must show a moment of control with the legs and hips fully extended and with one arm extended to the side and one arm controlling the bag before dropping it to the floor
- Any athlete who does not show full extension of the knees and hips with the bag clearly ON TOP of the shoulder will be given a no rep and a time penalty will be calculated and applied to the athletes score.
- Bag has to dropped in front of the athlete after a successful repetition
- Touch and go is NOT allowed for this challenge

* See The Excavator Challenge 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:

The bag begins on the ground with the challenger standing tall next to it.

On 3-2-1-Go the athlete will complete a sandbag to shoulder.

- If the athlete bends over to pick up the bag before the timer starts, a false start penalty will be applied.

Once the bag is in the approved finish position the athlete will drop the bag in front of them and then proceed to complete a second repetition.

The athlete will proceed in this manner until 30 repetitions of sandbag to shoulder are completed.

On the completion of the 30th repetition time will be called, and the challenge is completed.

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

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- Reset the bag to the start
- Athletes may make as many attempts during their video as they would like.
- Video submissions may not exceed 25 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. Scale validation and weighing of the sandbag.
2. Show bag dimensions, regardless of brand of bag used
3. Show athlete on scales and bodyweight.
4. Full body of athlete including feet at all times during the entire attempt.
5. Each rep clearly showing the movement standards required

The submitted video should start with the entire athlete in frame stating their name and the challenge name. 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 and their division.
2. The athlete must verify their scale by placing a dumbbell/kettlebell on the scale and showing the scale reading is correct.
 - Please verbally say the weight as the camera shows the scale
3. The athlete will then weigh themselves clearly showing the scale reading and verbally stating their bodyweight.

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4. The athlete must weigh their sandbag
 - The video needs to show the bag being placed onto the scale and a close up of the weight the scale reads.
 - Required regardless of equipment brand
5. The camera and athlete should show all sides of the bag to confirm there are no straps and no forbidden substances on any sides.
6. The athlete must measure the bag, measurements are required regardless of brand of bag used.
 - Height of the bag when sitting on the ground. Measurement should be from the ground to top of the long side of the bag to verify that it meets the height requirements listed above.
 - The diameter of the top of the bag. (Skinniest part)
 - The diameter of the bottom of the bag. (Skinniest part)
 - The circumference around the top, center and bottom of the bag.
7. The camera should back up to the final filming position, a 45 degree angle of the athlete with the camera positioned at a height that is level with the athlete's shoulders. This shot should clearly show/ include:
 - The bag
 - Full length of the athlete
 - All movement standards required as detail in the movement standards above
 - Timer in video shot
8. The athlete must confirm that they are not wearing any non-permitted equipment.
9. The athlete can begin the challenge based on the criteria outlined above.
 - On 3-2-1-Go the athlete may start to pick up the bag and start the challenge
10. The Challenge is over when the athlete completes 30 repetitions of the sandbag clean to shoulder
 - The video may conclude at this time

* 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 verification of the scale by putting a weight plate, Dumbbell or Kettlebell onto it and showing the reading
2. The weight of the athlete and the scale reading
3. The bag on a scale with the weight of the bag on the scale shown
4. The height measurement of the bag, confirming in meets the required spec - required regardless of brand
5. The diameter of the top of the bag, confirming in meets the required spec - required regardless of brand

6. The diameter of the bottom of the bag, confirming in meets the required spec - required regardless of brand
7. The circumference near the top, middle and bottom of the bag - required regardless of brand
8. All sides of the bag to confirm there are no unapproved substances or gear on the bag or the body
9. Timer in frame
10. The entire athlete/sandbag in frame

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 TIME: _____

TIE BREAKER: COMPETITOR BODY WEIGHT: _____

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

TOTAL TIME: _____

TIE BREAKER: COMPETITOR BODY WEIGHT: _____

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