

# THE BANDIT CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

This Challenge will consist of three events conducted in a 12 hour period and can be completed in ANY order

### 1. 1 mile (1600M) run

- The athlete with the fastest 1 mile run time will earn the most points

### 2. 1 rep max front squat

- The athlete with the heaviest 1 rep max front squat will earn the most points

### 3. Max repetition chin-up

- The athlete with the most, unbroken, strict chin-ups will earn the most points

**Overall Winner:** Athletes will be awarded points for their scores for each of the three events in this challenge. The athlete with the highest overall point total from the three individual events will be the winner.

**Tie Breaker:** Athlete with the highest placement in any of the three events

**Time:** Athletes have a 12 hours time cap to complete the three events, the three events can be completed in any order;

- 12 Hour clock begins just before the start of the first event and includes the 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

\* A video for each event will be submitted and each video may not exceed 20 minutes in length. All videos must be time stamped using Time.is and uploaded to YouTube proving they were completed within a 12 hour period.

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: April 18 at 9 AM EST

Challenge Close Date & Time: April 28 at 8 PM 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.

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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)

There is no scaled division as the score is amount of work completed.

- \* **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.
- \* **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:

### Run:

- A cell phone or iPad with live connection to Time.is
- Visible timer in frame - this can be a gym timer, a phone with the timer feature up, or a stopwatch
- 200m flat course to measure. The run will be 200 meters out and 200 meters back
- Any type of brightly colored cone, or a similar object to mark the start and turn around
- 4 Barbell collars
- Shoes in any style must be worn
- A measuring wheel, or a GPS handheld device to measure the run course distance. For example, Garmin, Apple Watch, Strava type phone app, etc.

### Front Squat:

- A cell phone or iPad with live connection to Time.is
- Digital weight scale to confirm the weights to be used for the front squat
  - Analog scales are NOT permitted
- Dumbbell or kettlebell to verify the scale

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- Squat Rack
- A standard 15KG/25mm (35LB) or 20KG/28.5mm (45LB) barbell
- Weight plates with the weight clearly marked
  - Max of 18" diameter
- Barbell collars
- Shoes in any style must be worn
- 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

## Chin-Ups:

- A cell phone or iPad with live connection to Time.is
- All metal pull-up bar
- Standard straight pull-up bar, NOT angled
- Standard powder coat, Cerakote, or bare steel finish is acceptable
  - Bar cannot be knurled or have any other type of artificial texturing added, including tape of any kind
- Minimum diameter of the pull-up bar must be 1.125" or 3.53" circumference. There is no maximum measure for the same spec.
- There is no height requirement for the bar as long as the movement requirements are met
- Shoes in any style must be worn
- Rogue brand pull-up bars are not required

## Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Mouth Guards
- Nose Strips
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Gymnastic grips

## 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

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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 barbell or pull-up bar

## MOVEMENTS:

### 1 Mile Run:

- The athlete will start behind the starting cone or similar object
- When the athlete is ready, they will run a pre-measured course that is 200 meters out and 200 meters back. 4 “out and back” laps will need to be completed for the 1 mile run.
- The athlete must run around the cone, or a similar object at both ends of the 200m course
- The athlete must pick up and bring back 1 collar from the turnaround point on each lap, the collar will simply be thrown to the ground when turning around at starting point
- The collars can be placed on the ground or on an elevated object as long as they are easily accessible for the runner

### Front Squat:

- This is a traditional Front Squat with the loaded barbell starting in the squat rack
- When the athlete is ready, they will take the barbell from the squat rack and establish a front rack position with the knees and hips fully extended and the barbell resting on the shoulders on the front of the body
  - Athletes may have the arms crossed in a modified front rack position as long as the bar is seated on the front of the shoulders
- When the athlete is ready they will squat the load down to a position where the hip crease is clearly below the top of the knee and then return the barbell to the standing position where the hips and knees are fully extended
- Barbell must be re-racked by the athlete, unassisted for the repetition to be counted.

### Strict Chin-Up:

- This is a chin-up where the grip on the pull-up bar is supinated. The palms of both hands must be facing the athlete's face
- The athlete starts hanging freely from the pull-up bar with the feet clearly off the ground
- When the athlete is ready they will execute as many repetitions as possible without either hand coming off the bar or the feet touching the ground

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- A repetition will count when the athlete pulls themselves from a position with the shoulders and elbows clearly extended to a position where the chin is clearly above the bar
- Kipping chin-ups are not permitted. Kipping, hitching or any use of the legs or hips to aid the chin up will invalidate that repetition
  - This is a strict movement
- The attempt will end as soon as either hand comes free of the pull-up bar, or either of the feet touch the ground
- The athlete may hang freely on the bar as long as they want to between repetitions as long as the feet do not touch the ground, and both hands remain in contact with the bar

\* See The Bandit 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:

These are treated as 3 separate events but must be completed within a 12 window, in any order.

## Run:

The workout begins with the runner standing behind the starting cone, or similar object

- When the runner is ready, the clock will begin and the runner may begin the course
- The athlete will run out 200 meters to a pre-measured turnaround point where they will go around the marker and pick up one barbell collar
- They will then return to the starting point going around the cone, drop the collar then continue this course for three additional laps picking up a collar each time they go around the turn around point
- The time will stop when the runner crosses the starting line after the fourth lap

## Front Squat:

- The workout begins with the athlete standing at full extension with the barbell loaded and in the squat rack
- When the athlete is ready, they will take the bar from the squat rack in the front rack position and back the weight out of the rack.
- The athlete must clearly establish a starting position with the knees and hips fully extended and the bar resting in the front rack position
- When the athlete is ready they will squat the bar down to a position where the crease of the hip is clearly below the top of the knee and then return to the standing position with the knees and hips fully extended and the bar in the front rack position

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- The athlete will be given credit for the lift when they reach a position where the bar is securely sitting in the front rack position with the hips and knees fully extended, and then the bar **MUST** be returned to the squat rack for the repetition to count
- The athlete should be facing the camera

## **Chin-Up:**

- The workout begins with the athlete hanging from the pull-up bar with full extension of the shoulders and elbows with the feet off the ground with a supinated grip
- When the athlete is ready they will pull themselves up a position where the chin is clearly above the bar and then return to the starting position
- The athlete will continue this process until they have completed the maximum number of repetitions they can do
- The event ends when either one or both hands comes off of the bar or the feet touch the ground or the rig
- Kipping or butterfly style chin-ups are not permitted
- A no rep will be issued if it is deemed the athlete has used the hips to kip or hitch to assist the chin up at any point

## **VIDEO SUBMISSION STANDARDS:**

Each participant will submit three separate videos for this challenge. Once video per movement described above. Each video must follow the corresponding video submission standards outline below.

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

## **1 Mile Run Attempt:**

The video should be filmed with the camera behind the start line shooting towards the 200m turn around point. The athlete must remain in full view of the camera during all 4 of the down and back laps.

Critical items that need to be clearly visible on the video:

1. Time.is or another application for showing the date and time
2. The set-up of the run course clearly showing the course in 200m out and 200m back
3. The athlete for the entire run attempt
4. The athlete rounding the turn around cone and picking up the collars at the 200m mark

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5. The athlete placing the collars back at the start/finish line as they round the start cone
6. A stop watch / timer

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, the challenge name as well as the movement they will attempt in this video.
2. The athlete must open time.is on their device and clearly show the time.is reading to the camera. Please verbally confirm the date and time showing on time.is.
  - This step will be used to confirm that all movements of the challenge have taken place within the 12 hour required time window.
3. The athlete should then clearly mark and show the starting line and place a cone at this location to run around
4. The camera should then be walked with the athlete 200m out with the measuring wheel/GPS measurement in clear view
  - At the 200m mark the athlete will place a cone on ground and put their 4 collars behind the 200m mark.
  - They may return back to the starting line at this point
5. The camera should be moved back into the correct filming position for the challenge attempt
  - Camera needs to be placed behind the start cone facing the 200m turn around point
  - Camera must capture the athlete rounding the cone at the 200m point and rounding the cone at the start line for each lap
  - Refer to event layout diagram on the attached PDF for a visual of how this should be setup
6. When the athlete is ready they may start their 1 mile run
  - Four “out and back” cycles must be completed

- \* 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 for how the workout and video should flow.

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## Front Squat Attempt:

The video should be shot at 45 deg to the athlete (as shown in the event diagram) ensuring that the video clearly shows the entire body throughout the whole movement.

Critical items that need to be clearly visible on the video:

1. Time.is or another application for showing the date and time
2. Full body of athlete including feet at all times during the entire range of motion of the workout
3. The barbell must be in the full shot
4. Scale verification and weighing of every plate and the barbell used

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 as well as the movement they will attempt in this video
2. The athlete must open time.is on their device and clearly show the time.is reading to the camera. Please verbally confirm the date and time showing on time.is.
  - This step will be used to confirm that all movements of the challenge have taken place within the 12 hour required time window.
3. 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.
4. 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:
  - The barbell, including end caps, clearly showing there is no tape, tacky, or any banned substance on the bar
  - All weight plates that the athlete may use during their attempt(s)
  - Plates need to clearly have the weights printed on them
  - All gear needs to stay in camera shot during the entire video
5. The athlete needs to weigh all plates and barbells on camera, as shown in the challenge demo video. This process needs to start with showing scale verification by placing a kettlebell/dumbbell on the scale and showing the scale reading is correct.
  - The entire scale must be clearly visible to the camera weighing of the equipment (barbell and plates) to be used for the challenge
  - Required regardless of equipment brand



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- Camera must show each plate on the scale and the scale reading
  - Camera must show the barbell on the scale and the scale reading
  - If the athlete may make multiple attempts at different weights during their attempt, all possible plates that will be used need to be weighed during this step
  - Required regardless of equipment brand
6. The camera should move back into the correct filming angle for the challenge attempt.
- The bars should be loaded at this time
  - The final position should capture the athlete with a 45 degree angle shot to clearly show the timer and full range of athlete motion
  - Refer to event layout diagram on the attached PDF for a visual of how this should be setup
7. Once the athlete is ready they may begin the workout based on the criteria outlined above.
8. When the athlete has reached their max squat, this portion of this challenge is completed.
- If/when the athlete is making multiple attempts, they need to follow the steps outlined in the “flow” section above
  - The submitted video should be the heaviest successful front squat
- \* 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 for how the workout and video should flow.

## Max Repetition Chin-Up Attempt:

The video should be shot at 45 deg to the athlete (as shown in the event diagram) ensuring that the video clearly shows the entire body throughout the whole movement.

Critical items that need to be clearly visible on the video:

1. Time.is or another application for showing the date and time
2. All sides of the bar and the bar dimensions measured on the video
3. The chin clearly over the plane of the bar
4. The arms and shoulders reaching full extension
5. The entire body, pull-up bar, and space between the ground and the feet when hanging freely from the bar.

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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, the challenge name as well as the movement they will attempt in this video.
2. The athlete must open time.is on their device and clearly show the time.is reading to the camera. Please verbally confirm the date and time showing on time.is.
  - This step will be used to confirm that all movements of the challenge have taken place within the 12 hour required time window.
3. The camera should clearly show all sides of the pull-up bar where the athlete's hands will be placed to confirm there are no prohibited substances on the bar.
  - Athlete must also measure and show the circumference/diameter of the bar
4. The athlete should clearly show both sides of their hands to the camera to confirm there are no prohibited substances on them.
5. The camera should move back into the correct 45 degree filming angle for the challenge attempt.
  - The athlete needs to show their set up position hanging freely from the bar at this point
  - The video should show the pull-up bar, the space between the ground and the athletes feet once hanging at full extension.
6. When the athlete is ready they may begin the hang based on the criteria outlined above.
  - The first rep will be counted when the athlete shows they are hanging at full extension of the shoulders and elbows with no other contact with the floor or rig.
7. The rep count will finish and the attempt is over when the athlete is no longer in the approved hanging position.

- \* 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 for 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.

#### 1 Mile Run submission needs to show:

1. Time.Is to confirm the date/time window requirements
2. The course setup and measurement
3. The Athlete during the entire run, including rounding of the cones on both ends of the course
4. A timer in frame to show athlete time

#### Max Front Squat submission needs to show:

1. Time.Is to confirm the date/time window requirements
2. All supportive gear the athlete is wearing
3. All equipment that will be used for the competition
4. Scale verification using a kettlebell or dumbbell
5. The weight of the bars and plates that will be used for the competition
6. Full range of motion for the athlete to confirm movement standards are clearly met

#### Max Reps Chin-Up submission needs to show:

1. Time.Is to confirm the date/time window requirements
2. All sides of the chin-up bar
3. Show bar measurements - circumference
4. Both hands to confirm no illegal substances
5. Full range of motion for the athlete to confirm movement standards are clearly met

*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.*

FINAL TIME - 1 MILE RUN: \_\_\_\_\_ FINAL WEIGHT - MAX FRONT SQUAT: \_\_\_\_\_

FINAL NUMBER OF REPS - CHIN-UPS: \_\_\_\_\_

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

FINAL TIME - 1 MILE RUN: \_\_\_\_\_ FINAL WEIGHT - MAX FRONT SQUAT: \_\_\_\_\_

FINAL NUMBER OF REPS - CHIN-UPS: \_\_\_\_\_

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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