

DEADLIFT FOR REPS CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

As many deadlift reps as possible in 2 minutes at the weights listed.

Competitive Division:

RX Men - ages 14 and over - 315 LBS (143 KG)

RX Women - ages 14 and over 225 LBS (102 KG)

Community RX Division:

RX Men - ages 14 and over - 315 LBS (143 KG)

RX Women - ages 14 and over - 225 LBS (102 KG)

Community Division:

Men - ages 14 and over - choose loading

Women - ages 14 and over - choose loading

Tie Breaker 1: Highest number of unbroken repetitions for their first set will be awarded the win

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: May 16 at 9AM EST

Challenge Close Date & Time: May 26 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 Division:

RX Men - ages 14 and over

RX Women - ages 14 and over

Community RX Division:

RX Men - ages 14 and over

RX Women - ages 14 and over

Community Division:

Men - ages 14 and over

Women - ages 14 and over

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- * Athletes have the ability to change their division after registration. Instructions for this can be found at www.roguefitness.com/challenges#/faqs
- * **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” and 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”, and 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 and follow all workout and video flows as outlined.

EQUIPMENT NEEDED TO QUALIFY:

- Visible timer in frame - this can be a gym timer, a phone with the timer feature up, or a stopwatch
- Digital weight scale to confirm the weights to be used for the challenge (analogue scales are NOT permitted)
- Dumbbell or Kettlebell for verifying the scale
- Standard 15kg/25 mm (35 LB) or 20kg/28.5 mm (45 LB) barbell
- Weight plates with the weight clearly marked
 - Max of 18” diameter
- Barbell collars
- Recommended: 10’ x 10’ clear unobstructed area in which to perform the movements required with no other equipment in the space
- Rogue brand gear is not required
- Shoes in any style must be worn

Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Lifting belts including nylon, Powerlifting, Olympic or similar
- Knee sleeves (single layer)
- Finger Tape
- Talcum Powder

Not Permitted Equipment:

- Tacky of any kind
- Any type of liquid grip or chalk

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- Gymnastic grips
- Gloves of any kind
- 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
- Grease or lotions
- Lifting Suits, support briefs, super suits
- Neoprene back support belt, neoprene support under lifting belt

* 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:

Deadlift

- Barbell begins on the floor.
 - The athlete's feet and the plates must be on the same, level surface
- This is a traditional deadlift with the hands outside of the knees (Sumo Deadlift is not permitted).
- Any style of grip is allowed.
- The bar is lifted to the finishing position where the hips and knees are fully extended with the head and shoulders behind the bar.
- Once the athlete reaches the required finishing position they repeat the movement completing as many reps as possible in the two minute window
- Touch and go reps are allowed, plate on both sides of the bar must come into contact with the floor at the same time.
- The arms must remain straight throughout each repetition of the lift, bending the arms on the descent and trying to bounce the bar to gain an advantage will be deemed a no rep.
- If dropping the barbell from the top of the lift ensure;
 - The athlete reaches the required finish position before dropping the bar
 - The bar comes to a rest on the floor before the next repetition starts, catching the bar on the bounce is not allowed
- The final deadlift repetition must be completed prior to the time cap for that repetition to be counted.

* 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.

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FLOW:

The workout begins with the athlete standing at full extension with the deadlift bar in front of them.

- Barbell should be loaded with the correct weight listed above

On the go signal the timer will start and the athlete reaches down and begins the workout:

- The athlete will start completing deadlifts
- The athlete may NOT bend over to pick up the barbell before the clock has started, false starts will be penalized
- Standards for the deadlift are listed above

The athlete will continue to complete deadlift reps until the 2 minute time cap has been hit

- Once the 2 min time cap has been hit the athlete will stop working

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

The video should be shot from at a 45 degree side angle to the athlete ensuring that the video clearly shows the entire body. Critical items that need to be clearly visible on the video are:

1. Show scale verification using a dumbbell or kettlebell and weighing of all equipment, including all plates and barbell, if registered to the Rx Competitive Division only
2. Full body of athlete including feet at all times during the movement
3. Full range of motion of the barbell from the ground to full extension
4. The athlete's finishing position where the hips and knees are fully extended with the head and shoulders behind the bar.

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 and the challenge name.

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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:
 - Barbell, to include end caps
 - All weight plates that will be used in their attempt
 - Plates need to clearly have the weights printed on them, and both sides must be displayed to the camera
 - All gear needs to stay in camera shot during the entire video
3. Athlete must verify their scale by placing a kettlebell/dumbbell on the scale and showing the scale reading is correct.
4. The athlete must weigh all plates and barbell on camera.
 - The camera must show each plate on the scale and show the scale reading, the entire scale must be clearly visible to the camera
 - The camera must show the barbell on the scale and show the scale reading
 - Required regardless of equipment brand
5. The camera should move back into the correct 45 degree side filming angle for the challenge attempt.
 - The bar should be loaded at this time
 - Gym timer should be visible in frame
 - The final filming position must capture all movement standards required
6. 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.
7. Once the athlete is ready they may begin their attempt based on the criteria outlined above.
8. When the timer reaches two minutes, the challenge is over and the video may 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.

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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 clothing and supportive gear that will be used in the challenge
2. All bars and both sides of all plates that will be used in the challenge
3. Scale verification

4. The weighing of the bar and all plates used during the challenge
5. The timer in frame
6. Full range of motion of the athlete so all movement standards required are clearly visible

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.

NUMBER OF DEADLIFTS: _____

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

NUMBER OF DEADLIFTS: _____

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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