

# WORKOUT 1



## WORKOUT:

5 Rounds

20/18 Calorie Row

20 Overhead Squat (155/105 LB) (70/47 KG)

20 Toes to Bar

20 Box Step Overs Farmers Carry (24"/20") (50/35 LB DBs) (22.5/15 KG)

**Time Cap:** 20 min

**Tie Break:** Time will be taken at the completion of the last completed round

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

## SCORE SUBMISSION NOTES:

The score will be the time taken to complete the workout or the total number of repetitions completed in the 20 minute time cap.

## DEADLINES AND SUBMISSIONS:

**Q Start Date & Time:** 9/5/25 at 9AM ET

**Q Close Date & Time:** 9/7/25 at 8PM ET

\* 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 16 and over

Women - ages 16 and over

### Community RX

Men - ages 16 and over

Women - ages 16 and over

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](https://roguefitness.com/challenges) and follow all workout and video flows as outlined.

Only athletes competing in the Competitive RX Division are eligible for advancement to the Rogue Invitational. The Q does not count towards the overall leaderboard for the yearly challenges.

## **EQUIPMENT NEEDED TO QUALIFY:**

- Timer, visible in frame (This can be a gym timer, a phone with the timer feature up, or a stopwatch)
- Digital Weight Scale to confirm equipment to be used for your workout (analogue scales are NOT permitted)
- Kettlebell for verifying the scale
- Echo Rower or Concept 2 RowErg - stock with no modifications, not weighed/fixed down
- Weight Plates with the weight clearly marked
  - Max of 18" diameter
- Standard 15kg/25 mm (35 LB) or 20kg/28.5 mm (45 LB) barbell
  - Center Knurling is permitted
- Barbell collars
- Pull-up bar that allows the athlete to hang freely from the bar without touching the ground
- 24/20" inch box (61/51 cm)- top of box must be minimum 15"x15" (38x38 cm)
  - Must be a box and NOT plates / other objects stacked
- Tape measure - to measure the box dimensions
- Dumbbell 2 X 50 LB/35 LB (22.5KG/15KG)
- Shoes in any style must be worn
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout
- Rogue brand gear is not required

## **Permitted Equipment:**

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Gymnastic grips - NOT TO BE USED WITH THE ROWER OR BOX STEP OVER
- Thumb Tape

## **Not Permitted Equipment:**

- Liquid chalk
- Tacky of any kind
- Lifting straps, support straps or any other kind of straps
- Braces of any kind

# WORKOUT 1



- Gloves or any type of hand or forearm coverings
- Elbow wraps

## MOVEMENTS:

### ROW:

- The rower must be set to count up in Calories. The athlete must stay on the rower until 20/18 calories are visible on the monitor before they get off
- 1 repetition will be awarded for every calorie completed
- Total calories at the time of time cap should be counted, roll over calories will not be counted
  - You may move the camera to show the rower monitor - time must also be in frame.

### OVERHEAD SQUAT:

- The barbell starts on the ground and may be lifted to the overhead position in any manner the athlete wants.
- The rep is credited when:
  - The barbell is locked out over or slightly behind the head and the arms fully extended.
  - Feet are inline
  - Athlete squats to a depth where the hip crease is CLEARLY below the top of the knee
  - Athlete then stands to FULL EXTENSION of the KNEES and HIP
- A squat snatch for the first repetition will count as long as the athlete hits depth and stands to the correct finish position
- If the barbell is dropped the athlete may not receive assistance

### TOES TO BAR:

- In the toes-to-bar, the athlete must go from a full hang to having the toes/feet touch the pull-up bar simultaneously.
- At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the plane of the bar.
- Overhand, underhand or mixed grip are all permitted.
- Both feet must come into contact with the bar at the same time, between the hands.
- Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), But they may not tape the bar AND wear hand protection.

## DUMBBELL BOX STEP OVER:

- This is a standard box step over using a 24/20 inch box with the athlete holding a 50/35 pound dumbbell in each hand
- Athletes must hold the dumbbells in a farmers carry position;
  - Held by the handles to the side of the athlete
  - The dumbbells may not be rested on the legs at any time
- For the rep to count, the athlete must step up on top of the box, both feet must come into contact with the top of the box
  - Full extension of the knee and hips are not required
- Alternating step ups are not required
- The athlete must then STEP DOWN the opposite side of the box.
- The repetition will count when both feet are on the floor on the opposite side from where the athlete started
- The athlete may turn on top of the box, step down backwards and then step forwards for the next repetition.
  - The athlete may face any direction to complete the box step overs
- Only the feet are allowed to come into contact with the box
- Gymnastic grips MAY NOT be used
- Dumbbells may be staged on the box

## FLOW:

The athlete will start seated on the Rower

- At the call of 3-2-1-Go the timer will start and the athlete will begin completing 20/18 calories
  - Having the hands on the rower handle before the timer starts will result in a false start penalty
- Once 20/18 calories are completed the athlete will move to the barbell and complete 20 overhead squats.
- On completing the overhead squats the athlete will move to the pull up bar and complete 20 toes to bar
- Once the 20 toes to bar have been completed the athlete will move to the box and complete 20 dumbbell box step overs.
- The athlete will continue following the same flow as shown above until 5 rounds have been completed
- Time will stop when the athlete completes the last dumbbell box step over in round 5.

If the workout is not completed during the time cap, the score will be the total reps completed at the time cap.

## 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 workout should be filmed similar to the suggested floor plan, with the video clearly showing the entire body of the athlete completing all movements.

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

1. All equipment spaced to create a safe working environment - refer to suggested floor plan
2. The scale verification and weighing of all the weights to be used, including
  - Barbell
  - All Plates
  - Pair of Dumbbells
  - Required regardless of brand used
3. Show box dimensions and measurements
4. Walk around of the Rower ensuring there are no modifications and the rower is not weighed down/ fixed to the floor
5. During the workout, the screen monitor of the Rower to confirm calories completed, the camera may be moved during the workout to show this if required, but the athlete will not be credited for any repetitions that are not shown on the video in their entirety
6. During the workout, the complete range of motion of the athlete during all movements
7. Workout Timer in shot

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 qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - Rower
  - Barbell, to include end caps
  - All weight plates, both sides
    - Plates need to clearly have the weights printed on them

# WORKOUT 1



- The pull up bar - clearly show there is no tacky or any banned substance on the bar
  - Box - use the tape measure to show the height of the box and the dimensions of the top of the box
  - Dumbbells with weight clearly marked on it
3. The athlete must WEIGH ALL PLATES and BARBELL and BOTH DUMBBELLS on camera.
    - This process needs to start with showing the scale verification by placing a kettlebell on the scale and showing the scale reading is correct.
    - Camera must show each plate on the scale and the scale reading
    - Camera must show the barbell on the scale and the scale reading
    - Camera must show each dumbbell on the scale and the scale reading
    - Required regardless of equipment brand
  4. Show the box measurements and dimensions as stated
    - Box height
    - Top of box dimensions
  5. The athlete may then set their competition floor.
    - For a suggested floor layout refer to the attached page
  6. The camera should move back into the correct filming position.
    - The equipment and the athlete should stay in the shot.
    - The final position should capture the time and the athlete completing all movements in their entirety as explained above
    - The camera may be moved between movements to capture all critical items listed above, but the athlete will not be credited for any repetitions that are not shown on the video in their entirety
  7. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.
  8. Once the athlete is ready they may begin the workout based on the criteria outlined above.
    - The athlete may start the workout seated on the Rower
  9. When the workout is finished, the video may conclude.

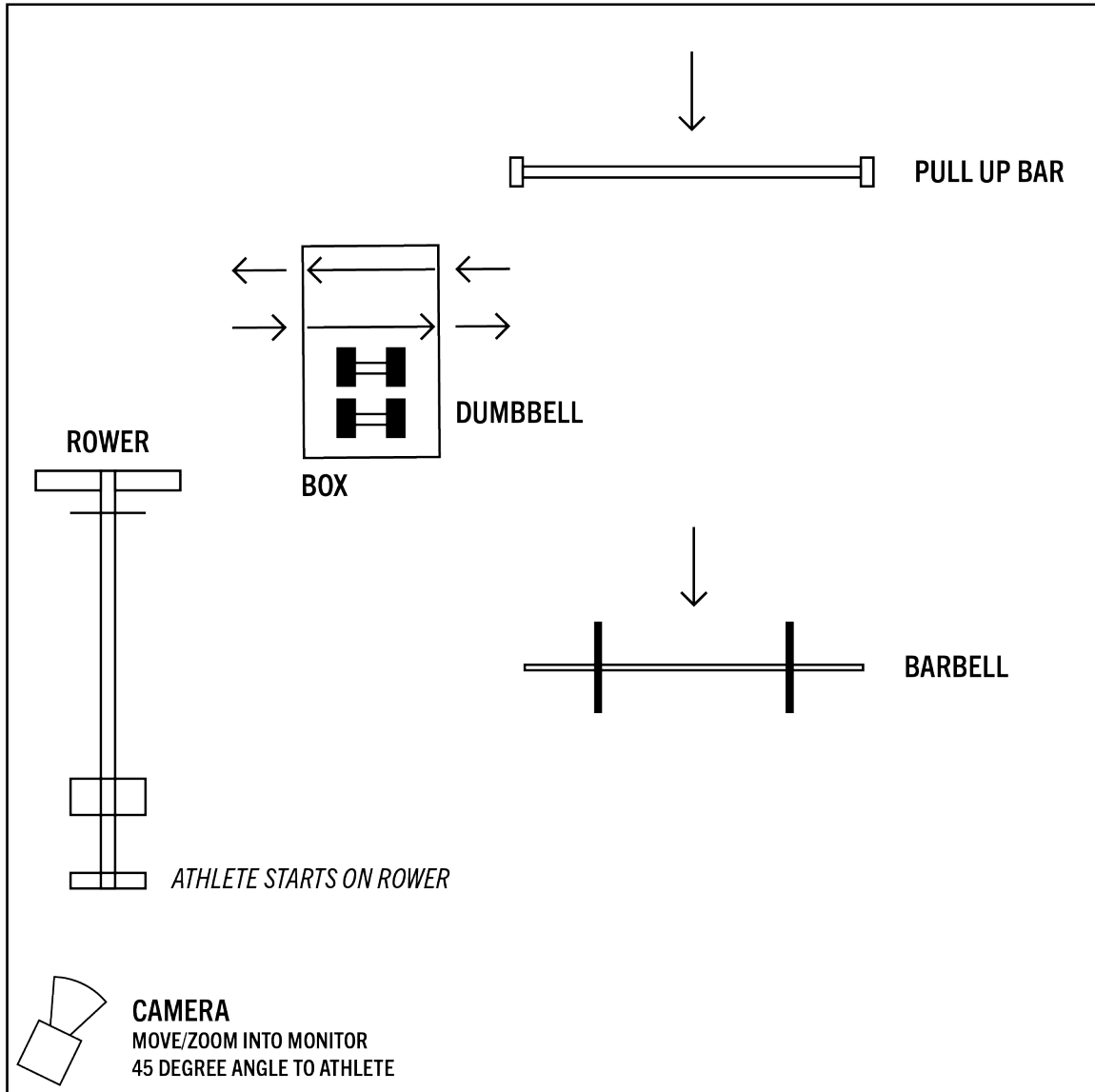
\* All of the steps above should be done with the camera continuously running for the video to be accepted.

\* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

# WORKOUT 1 FLOOR PLAN



PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



# WORKOUT 1 SCORECARD



**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. Full body of the athlete all times during each movement of the workout
2. The scale verification and weighing of all equipment to be used (Dumbbells, Barbell, and all plates to be used)
3. Measurements of the box (height and top of box dimensions)
4. Full body of the athlete with a clear view of all the required movement standards. Screen monitor accumulating calories when on the rower, Full body of the athlete and barbell during OHS, Full range of motion

during the T2B and the athlete facing the camera, Full body of the athlete during the box step overs, Athlete must be facing or at 45' to the camera when completing repetitions

5. The camera can be moved during the workout to show the movement standards as required
6. Workout Timer in shot at all times.

*Failing of your video to show these items 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 clearly.*

	20/18 CAL ROW	20 OHS (155/105) (70/47 KG)	20 T2B	20 BOX STEP OVERS FARMERS CARRY
<b>ROUND 1</b>	20/18	40/38	60/58	80/78
<b>ROUND 2</b>	100/96	120/116	140/136	160/156
<b>ROUND 3</b>	180/174	200/194	220/214	240/234
<b>ROUND 4</b>	260/252	280/272	300/292	320/312
<b>ROUND 5</b>	340/330	360/350	380/370	400/390

**FINAL SCORE:** \_\_\_\_\_

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE

ATHLETE COPY  
 JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE



## **WORKOUT:**

2 Rounds

30 Deadlift (315/225 LB) (143/102 KG)

15 Wall Walk Complex

**Tie Break:** Time will be taken at the completion of the first round

**Time Cap:** 12 min

## **SCORE SUBMISSION NOTES:**

The score will be the time taken to complete the workout or the total number of repetitions completed in the 12 minute time cap.

## **DEADLINES AND SUBMISSIONS:**

**Q Start Date & Time:** 9/5/25 at 9AM ET

**Q Close Date & Time:** 9/7/25 at 8PM ET

\* 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 16 and over

Women - ages 16 and over

### **Community RX**

Men - ages 16 and over

Women - ages 16 and over

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](https://roguefitness.com/challenges) and follow all workout and video flows as outlined.

Only athletes competing in the Competitive RX Division are eligible for advancement to the Rogue Invitational. The Q does not count towards the overall leaderboard for the yearly challenges.

## **EQUIPMENT NEEDED TO QUALIFY:**

- Timer, visible in frame (This can be a gym timer, a phone with the timer feature up, or a stopwatch)
- Digital Weight Scale to confirm equipment to be used for your workout (analogue scales are NOT permitted)
- Dumbbell/Kettlebell for verifying the scale
- Weight Plates with the weight clearly marked
  - Max of 18" diameter
- Standard 15kg/25 mm (35 LB) or 20kg/28.5 mm (45 LB) barbell
  - Center Knurling is permitted
- Barbell collars
- Wall Walk Station
- 2" Tape
- Tape measure - to measure the wall walk station
- Shoes in any style must be worn
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout
- Rogue brand gear is not required

## **Permitted Equipment:**

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Thumb Tape

## **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
- Elbow wraps

## MOVEMENTS:

### DEADLIFT:

- This is a traditional deadlift with the hands outside the knees.
- Starting at the floor, the barbell is lifted until hips and knees reach full extension with the head and shoulders behind the bar.
- The arms must be straight throughout, no bouncing or driving the bar into the ground.
- Sumo deadlifts are not allowed.

### WALL WALK COMPLEX (1 Wall Walk Up + 1 HSPU + 1 Wall Walk Down):

This movement is one wall walk up the wall into 1 strict wall facing handstand push up into a wall walk back to the floor = 1 rep

- This movement will start and finish with the athlete lying on the floor, with chest and thighs in contact with the floor and hands in front of the tape line (tape 45" from wall)
  - Both feet must be on the wall and not touching the ground before the athlete can move their hands to start the wall walk portion of the movement
- The athlete must wall walk up the wall until BOTH hands are in contact with the tape line (10" from wall) and the arms fully extended before starting their first repetition
- When the hands are on the tape line, the arms are locked out and inline with the shoulders and the body, hip fully extended, the athlete may complete a HSPU
- The athlete will descend until the head touches the floor and then press, returning to the arms being locked out and inline with the body.
- The HSPU repetition starts and finishes from the inverted position where both hands are on the tape line as above.
- Legs must remain straight through the repetition, if it is deemed the athlete is using the legs or feet to help climb the wall penalties will be applied
- Toes do NOT have to remain in contact with the wall for the duration of the repetition, just at the start and finish positions
- Kipping is NOT allowed
- The athlete's feet may not pass outside the width of the hands, using the feet to gain and advantage will not be allowed
- BOTH hands must be in contact with the tape line for the repetition to count
- Once the wall facing HSPU is complete the athlete will walk back down the wall until the hands are past the tape start line (45"). Once both hands are past this tape line the feet may touch the floor
- When the athlete is laying flat on the floor they may start their next repetition.

## **FLOW:**

The athlete will start standing at full extension behind the barbell facing the camera.

- At the call of 3-2-1-Go the timer will start and the athlete will begin completing 30 deadlifts.
  - Reaching to the barbell before the timer starts will result in a false start penalty
- Once 30 deadlifts are completed the athlete will move to the wall and complete 15 wall walk complexes.
- On completing the wall walk complexes the athlete will return to the deadlift bar for round 2 of 30 deadlifts and 15 wall walk complexes
- Time will stop when the athlete completes the last wall walk complex in round 2.

If the workout is not completed during the time cap, the score will be the total reps completed at the time cap

## **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 workout should be filmed similar to the suggested floor plan, all equipment should be set up as shown in the floor plan with the video clearly showing the entire body of the athlete completing all movements.

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

1. All equipment spaced to create a safe working environment - refer to suggested floor plan
2. The scale verification and weighing of all the weights to be used, including
  - Barbell
  - All Plates
  - Required regardless of brand used
3. Wall walk complex station measurements
  - As shown in the Floor Plan
4. During the workout, the camera may be moved to clearly show movement standards
  - The athlete will not be credited for any repetitions that are not shown on the video in their entirety
5. Workout Timer in shot

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 qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - Barbell, to include end caps.
  - All weight plates, both sides.
  - Plates need to clearly have the weights printed on them.
  - The wall walk complex station
3. The athlete must **WEIGH ALL PLATES and BARBELL** on camera.
  - This process needs to start with showing the scale verification by placing a dumbbell/kettlebell on the scale and showing the scale reading is correct.
  - Camera must show each plate on the scale and the scale reading
  - Camera must show the barbell on the scale and the scale reading
  - Required regardless of equipment brand
4. Show the wall walk complex tape measurements
  - Distance from the wall - 10" & 45" tape (25 & 114 cm) - **TO THE FURTHEST EDGE OF THE TAPE**
  - Length of tape - 30" (76 cm)
  - Thickness of tape - 2" (5 cm)
5. The athlete may then set their competition.
  - For a suggested floor layout refer to the attached page
6. The camera should move back into the correct filming position.
  - The equipment and the athlete should stay in the shot.
  - The final position should capture the time and the athlete completing all movements in their entirety as explained above
  - The camera may be moved between movements to capture all critical items listed above, but the athlete will not be credited for any repetitions that are not shown on the video in their entirety

7. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.
8. Once the athlete is ready they may begin the workout based on the criteria outlined above.
  - The athlete may start at the position shown on the Suggested Floor Plan
9. When the workout is finished, the video may conclude.

\* All of the steps above should be done with the camera continuously running for the video to be accepted.

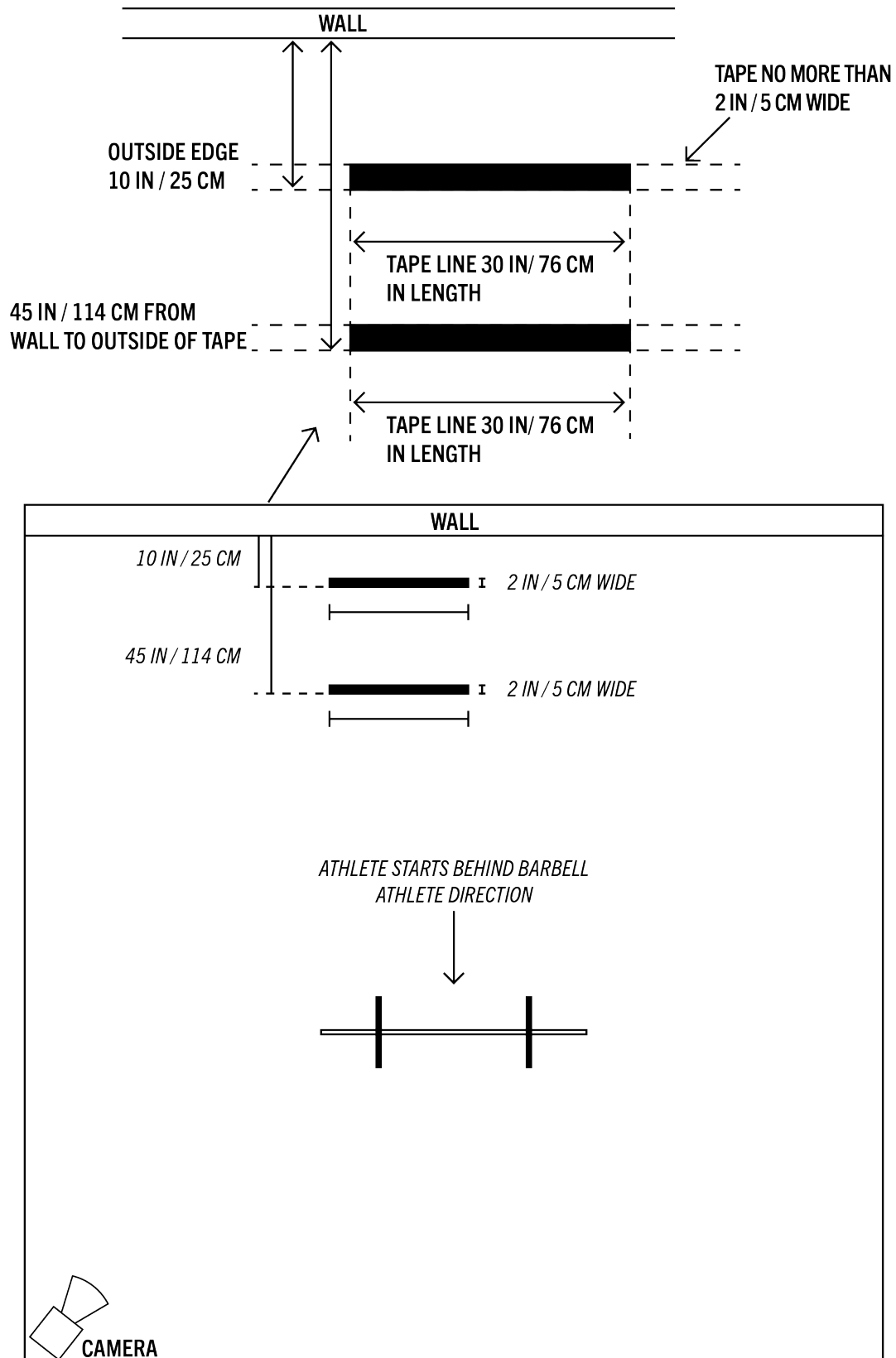
\* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

# WORKOUT 2 FLOOR PLAN



INVITATIONAL  
ROGUE

PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



# WORKOUT 2 SCORECARD



INVITATIONAL  
ROGUE

## 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. Full body of the athlete all times during each movement of the workout.
2. The scale verification and weighing of all equipment used, including the barbell(s) and all plates.
3. The measurements of the HSPU tape standard
4. Full body of the athlete with a clear view of all the required movement standards on the barbell movement

- Deadlift - plates touching the floor each rep and standing to full extension of the knees and hip
5. Body position and hands touching/passing the tape line during the Wall Walk Complexes - refer to movement standards
  6. Workout Timer in shot at all times.

*Failing of your video to show these items 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 clearly.*

		30 DEADLIFTS	15 WALL WALK COMPLEXES
<b>FOR TIME</b> <b>2 ROUNDS</b> <b>30 DEADLIFTS</b> <b>15 WALL WALK COMPLEXES</b>  <b>BARBELL</b> <b>315/225LB</b> <b>(143/102KG)</b>  <b>TIME CAP 12 MIN</b>	<b>ROUND 1</b>	<input type="checkbox"/> 5 <input type="checkbox"/> 10 <input type="checkbox"/> 15 <input type="checkbox"/> 20 <input type="checkbox"/> 25 <input type="checkbox"/> 30	<input type="checkbox"/> 35 <input type="checkbox"/> 40 <input type="checkbox"/> 45
	<b>ROUND 2</b>	<input type="checkbox"/> 50 <input type="checkbox"/> 55 <input type="checkbox"/> 60 <input type="checkbox"/> 65 <input type="checkbox"/> 70 <input type="checkbox"/> 75	<input type="checkbox"/> 80 <input type="checkbox"/> 85 <input type="checkbox"/> 90

WORKOUT COMPLETED: TIME \_\_\_\_\_

WORKOUT COMPLETED: REPS \_\_\_\_\_



# WORKOUT 2 SCORECARD



JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE

-----  
ATHLETE COPY

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE

# WORKOUT 3

MODTUB

INVITATIONAL  
ROGUE

## WORKOUT:

AMRAP 12 min

1-2-3-4-5-6-7-8...

Power Clean (185/125 LB) (83/56 kg)

Shoulder to Overhead (185/125 LB) (83/56 kg)

Ring Muscle Up

**Tie Break:** Time will be taken at the completion at the round of 5's

## SCORE SUBMISSION NOTES:

The score will be the total number of repetitions completed in the 12 minute time cap.

## DEADLINES AND SUBMISSIONS:

**Q Start Date & Time:** 9/5/25 at 9AM ET

**Q Close Date & Time:** 9/7/25 at 8PM ET

\* 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 16 and over

Women - ages 16 and over

### Community RX

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Women - ages 16 and over

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To be considered as a competitor, the athlete must register for the challenge at [roguefitness.com/challenges](https://roguefitness.com/challenges) and follow all workout and video flows as outlined.

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## **EQUIPMENT NEEDED TO QUALIFY:**

- Timer, visible in frame (This can be a gym timer, a phone with the timer feature up, or a stopwatch)
- Digital Weight Scale to confirm equipment to be used for your workout (analog scales are NOT permitted)
- Dumbbell or Kettlebell for verifying the scale
- Weight Plates with the weight clearly marked
  - Max of 18" diameter
- Standard 15KG/25MM (35 LB) or 20KG/28.5MM (45LB) barbell
  - Center Knurling is permitted
- Barbell collars
- Gymnastics Rings
- Shoes in any style must be worn
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout
- Rogue brand gear is not required

## **Permitted Equipment:**

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Thumb Tape
- Gymnastic grips - NOT TO BE USED WITH THE BARBELL MOVEMENTS

## **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
- Elbow wraps

## MOVEMENTS:

### POWER CLEAN:

- The barbell starts on the ground.
- Squat clean are NOT allowed.
- Hang cleans are not allowed.
- Deliberately bouncing the bar is not allowed.
- The hip crease may not pass below the top of the knees in the receiving position.
- The rep is credited when the hips and knees reach full extension with the bar supported in the front-rack position with the elbows clearly in front of the bar.
  - Lowering the elbows before the athlete has stood to full extension of the knees and hips will result in a no rep
- On the final power clean of a set the athlete may catch and continue straight into the STOH

### STOH:

- The barbell starts in the front rack position (may be continuous from Power Clean)
- A strict press, push press, push jerk, or split jerk are all acceptable
- To finish the repetition the athlete must be standing with the bar in the overhead position,
  - Barbell over or slightly behind the head
  - Showing full control of the barbell
  - Arms fully extended and full extension of the knees and hip with the feet in-line
- From here the athlete may lower the bar for the next repetition/movement

### RING MUSCLE UP:

- In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground.
- No part of the foot may rise above the height of the rings during the kip
- The elbows must be fully locked out while in the support position above the rings prior to the next repetition.
- Kipping the muscle-up is acceptable, but glides or rolls to support are not permitted.
- If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

### FLOW:

The athlete will start standing at full extension behind the barbell facing the camera.

- At the call of 3-2-1-Go the timer will start and the athlete will complete 1 power clean followed by 1 STOH,
  - Reaching to the barbell before the timer starts will result in a false start penalty

- Once the STOH is completed the athlete will move to the gymnastics rings and complete 1 ring muscle up.
- On completing the ring muscle up the athlete will return to the barbell and complete 2 power cleans, followed by 2 push jerks and then 2 ring muscle ups.
- The athlete will continue adding 1 rep to each movement after the successful completion of a round (ascending ladder style) until the 12 min time cap is reached
- When the 12 min time cap is reached the athletes score will be the total amounts of reps completed.

## **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 workout should be filmed similar to the suggested floor plan, all equipment should be set up as shown in the floor plan with the video clearly showing the entire body of the athlete completing all movements.

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

1. All equipment spaced to create a safe working environment - refer to suggested floor plan
2. The scale verification and weighing of all the weights to be used, including
  - Barbell
  - All Plates
  - Required regardless of brand used
3. Gymnastic rings, safely spaced with no banned substances on them
  - As shown in the Floor Plan
4. During the workout, the camera may be moved to clearly show movement standards
  - The athlete will not be credited for any repetitions that are not shown on the video in their entirety
  - Athlete facing the camera when on the barbell and the rings
5. Workout Timer in shot

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 qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - Barbell, to include end caps
  - All weight plates, both sides
    - Plates need to clearly have the weights printed on them
  - The ring muscle up station
3. The athlete must WEIGH ALL PLATES and BARBELL on camera.
  - This process needs to start with showing the scale verification by placing a dumbbell/kettlebell on the scale and showing the scale reading is correct.
  - Camera must show each plate on the scale and the scale reading
  - Camera must show the barbell on the scale and the scale reading
  - Required regardless of equipment brand
4. The athlete may then set their competition floor.
  - For a suggested floor layout refer to the attached page
5. The camera should move back into the correct filming position.
  - The equipment and the athlete should stay in the shot.
  - The final position should capture the time and the athlete completing all movements in their entirety as explained above
  - The camera may be moved between movements to capture all critical items listed above, but the athlete will not be credited for any repetitions that are not shown on the video in their entirety
6. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.

7. Once the athlete is ready they may begin the workout based on the criteria outlined above.  
- The athlete may start at the position shown on the Floor Plan

8. When the workout is finished, the video may conclude.

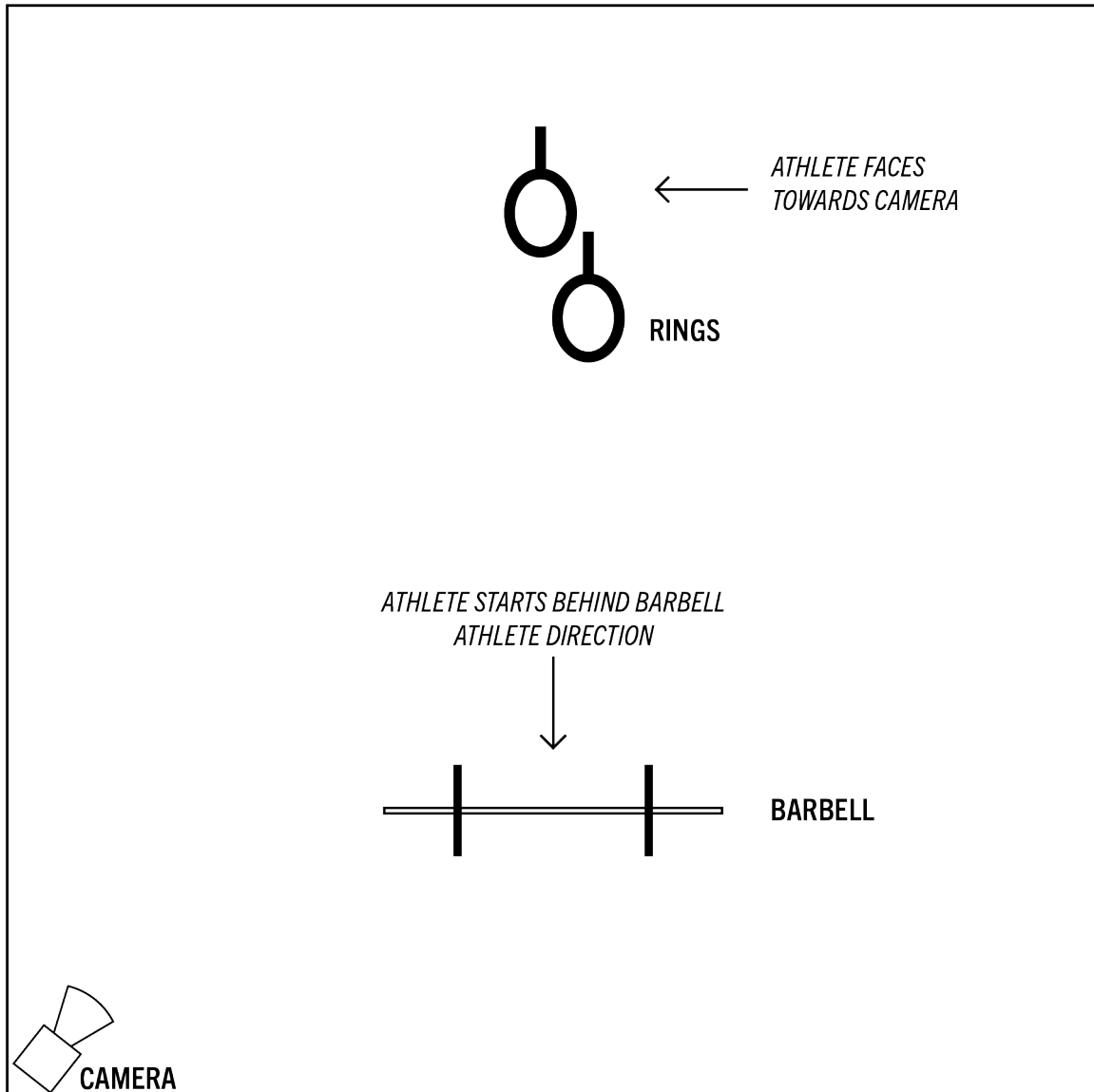
- \* All of the steps above should be done with the camera continuously running for the video to be accepted.
- \* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

# WORKOUT 3 FLOOR PLAN

MODTUB

INVITATIONAL  
ROGUE

PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART





# WORKOUT 3 SCORECARD

MODTUB

INVITATIONAL  
ROGUE

## 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. Full body of the athlete all times during each movement of the workout.
2. The scale verification and weighing of all equipment used, including the barbell(s) and all plates.
3. Full body of the athlete during the power clean
  - Full body of the athlete and barbell during the STOH
  - Clear lock out of the arms on top of the rings before moving into the next repetition
  - Athlete must be facing or at 45' to the camera when completing repetitions

4. The camera can be moved during the workout to show the movement standards as required
5. Workout Timer in shot at all times.

*Failing of your video to show these items 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 clearly.*

	POWER CLEAN	STOH	RING MUSCLE UPS
<b>ROUND 1</b> 1 REP OF EACH MOVEMENT	1	2	3
<b>ROUND 2</b> 2 REPS OF EACH MOVEMENT	5	7	9
<b>ROUND 3</b> 3 REPS OF EACH MOVEMENT	12	15	18
<b>ROUND 4</b> 4 REPS OF EACH MOVEMENT	22	26	30
<b>ROUND 5</b> 5 REPS OF EACH MOVEMENT	35	40	TIE BREAK TIME 45
<b>ROUND 6</b> 6 REPS OF EACH MOVEMENT	51	57	63
<b>ROUND 7</b> 7 REPS OF EACH MOVEMENT	70	77	84
<b>ROUND 8</b> 8 REPS OF EACH MOVEMENT	92	100	108
<b>ROUND 9</b> 9 REPS OF EACH MOVEMENT	117	126	135
<b>ROUND 10</b> 10 REPS OF EACH MOVEMENT	145	155	165

FINAL SCORE: \_\_\_\_\_

# WORKOUT 3 SCORECARD

MODTUB

INVITATIONAL  
ROGUE

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE

-----  
ATHLETE COPY

JUDGE NAME \_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE

FINAL SCORE: \_\_\_\_\_