

# THE HANGING TOUGH CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

Max one hand hang from a pull-up bar while holding 53/35lb Kettlebell in the other hand.

The athletes with the longest hang will win the contest.

**Tie Breaker:** Body Weight

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

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: April 17 at 9AM EST

Challenge Close Date & Time: April 27 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:

Competitors will submit a time and it will display in min : sec : tenths

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### Competitive RX Division

Male (18 and over) - 53 LB kettlebell

Female (18 and over) - 35 LB kettlebell

### Community RX Division

Male (18 and over)

Female (18 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 Division:** Athlete 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.

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

# THE HANGING TOUGH CHALLENGE

CHALLENGE  
ROGUE

## EQUIPMENT NEEDED TO QUALIFY:

- Standard pull-up bar meeting the specs listed below
- Kettlebell - 53lbs or 35lbs depending on category
- Visible Timer - this can be a gym timer in the frame, a phone with the timer feature up in frame, or a stopwatch in frame
- Digital Weight Scale to confirm equipment weight to be used for your hang (analogue scales are NOT permitted)
- Dumbbell or plate to verify the digital scale
- Rogue brand gear is not required

## Pull-up bars must meet the requirements below in order to be acceptable for this competition:

- All metal
- Standard straight bar, NOT angled
- Standard powder coat, Cerakote, or bare steel finish is acceptable
- The bar cannot be knurled or have any other type of artificial texturing added, including tape of any kind
- There is no height requirement for the bar.
- Rogue brand pull-up bars are not required
- If you are not sure if your bar will be accepted, please email pictures and measurements to [judging@roguefitness.com](mailto:judging@roguefitness.com) for approval.

## Permitted Equipment:

- Gym chalk (magnesium carbonate)

## Not Permitted Equipment:

- Lifting Belts of any type
- Liquid Chalk
- Tacky of any kind
- Hand Grips of any kind (including liquid grip)
- Lifting Straps, Support Straps, or any other kind of straps
- Braces of any kind
- Gloves or any type of hand or forearm or bicep coverings
- Tape of any kind anywhere on the hands or bar
- Sticky Adhesives or grip adhesives of any kind anywhere on the clothing, body or bar including spray or other
- Elbow Sleeves or Wraps
- Angled pull-up bars

# THE HANGING TOUGH CHALLENGE

CHALLENGE  
ROGUE

## MOVEMENTS:

### Pull-Up Bar Hang with Kettlebell

Hang from the pull up bar by one hand while holding a kettlebell in the other hand

An approved hang will consist of the following body position:

1. Athlete must be holding a kettlebell in the hand of the athletes choice as they approach the pull up bar
  - The kettlebell may NOT be handed to the athlete once they are already hanging
  - Kettlebell must be in a “farmer” hold position to the side of the athlete, no other hold will be accepted
2. When hanging the athletes feet must be entirely and clearly off the floor. To get to the bar, athletes can:
  - Jump up to the pull-up bar
  - Step off an item into the hang position (once in position item must be removed for safety reasons)
  - Grab the bar and then lift the feet off the floor into the hang position
3. The hand on the pull up bar must be in the overhand grip position and on the bar at all times. Thumbs can be over or under the bar.
  - Thumbs can change from over the bar to under the bar as long as the hand stays on the bar and the athlete remains in a hang
4. Athletes must hang straight down from the bar “swinging” is not permitted
5. The hang begins and the timer should start as soon as the competitor is hanging from the and bar both feet clearly off the floor, one hand on the pull up bar and one hand holding the kettlebell as described above.
6. The hang is over and the clock should stop immediately when any one of the following occurs;
  - Any part of the athlete’s body or the kettlebell, touches the ground, uprights, walls, supports around the bar
  - Athlete drops the kettlebell
  - The athlete is no longer in the approved hang position

\* 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.

# THE HANGING TOUGH CHALLENGE

CHALLENGE  
ROGUE

## **FLOW:**

The challenge begins with the athlete under the pull-up bar.

When the athlete is ready they will enter the hang position from any of the approved methods listed above.

Once the athlete has reached the approved hang position, the clock should start.

The hang is over and the clock should stop immediately when any one of the following occurs:

- Any part of the athlete's body touches the ground, uprights, walls, supports around the bar
- Athlete drops the kettlebell
- The athlete is no longer in the approved hang position

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

- Timer needs reset to start from zero
- Athletes may make as many attempts during their video as they would like.

## **VIDEO SUBMISSION STANDARDS:**

Workouts must be recorded in accordance with the video submission standards below, uploaded to YouTube and included with your score submissions for validation purposes.

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 and pull-up bar. The entire body, pull-up bar, and space between the ground and the feet when hanging need to be visible throughout the entire video. Critical items that need to be clearly visible on the video:

1. Show all equipment to be used for the challenge
  - Digital scale
  - Dumbbell or plate
  - Kettlebell
  - All sides of the pull up bar
2. Scale verification and weighing of the kettlebell and the athlete
3. The athletes entire body during the hang

# THE HANGING TOUGH CHALLENGE

CHALLENGE  
ROGUE

4. The space between the athletes feet and the ground when hanging
5. The entire pull-up bar that the athlete is hanging from
6. Timer

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, division and the challenge name.
2. Show all equipment to be used
  - Pull Up Bar
  - Kettlebell
  - Digital Scale
  - Dumbbell or plate
3. The athlete must verify their scale by placing a dumbbell or plate on the scale and showing the scale reading is correct.
  - Please verbally say the weight as the camera shows the scale
4. The athlete will then place the kettlebell to be used for the challenge on the scale
  - Show the kettlebell on the scale
  - Show the scale reading
  - Verbally confirm the scale reading.
5. The athlete will then confirm their bodyweight in case of a tie-break
  - Athlete will step on the scale
  - Show the scale reading
  - Verbally confirm the scale reading
6. 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.
7. The athlete should clearly show both sides of their hands to the camera to confirm there are no prohibited substances on them, show chalk to be used.

# THE HANGING TOUGH CHALLENGE

CHALLENGE  
ROGUE

8. The camera should back up to show the set up position of athlete, pull-up bar, the space between the ground and the athletes feet once hanging, and the timer in full view to the correct filming angle.
  - The timer should be set and ready to count up in seconds once the athlete has reached the hang position.
  
9. The athlete can begin the hang based on the criteria outlined above.
  - The clock should start when the athlete reaches the approved hang position.
  - The clock should stop as soon as any one of the following occurs: part of the athlete's body touches the ground, uprights, walls, supports around the bar or the athlete is no longer in the approved hang 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 of how the workout and video should flow.

# THE HANGING TOUGH CHALLENGE

CHALLENGE  
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. Show all challenge equipment
2. Scale Verification and weighing of the kettlebell and the athlete
3. A close up of all sides of the pull-up bar to confirm there are no prohibited substances on it

4. Both sides of the athletes hands to confirm there are no prohibited substances on them
5. The entire athlete, pull-up bar, space between the hanging athlete and the floor
6. The timer 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 HANG TIME: \_\_\_\_\_

TIE BREAKER: BODY WEIGHT \_\_\_\_\_

This will only be requested following the competition in case of a tie.

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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ATHLETE COPY

TOTAL HANG TIME: \_\_\_\_\_

TIE BREAKER: BODY WEIGHT \_\_\_\_\_

This will only be requested following the competition in case of a tie.

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

ROGUE CHALLENGE