

THE BIG 3 POWER OUTPUT CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

The Big 3 Lifts are:

- Bench Press
- Back Squat
- Deadlift

Lifts will be completed in this order

Max Power Output in 2 minutes for the following lifts:

- 2 minutes of Bench Press
- 2 minutes of Rest
- 2 minutes of Back Squats
- 2 minutes of Rest
- 2 minutes of Deadlift

Chosen weight multiplied by the number of reps in 2 mins = Score for each movement

Total Score for the workout is the total amount of weight moved across the 3 movements

Time Cap: 10 minutes to complete the workout as shown above.

Loadings for each movement:

Male

- Bench Press - chosen weight can be equal to, or any weight above 75% bodyweight of the challenger
- Back Squat - chosen weight can be equal to, or any weight above 100% bodyweight of the challenger
- Deadlift - chosen weight can be equal to, or any weight above 125% bodyweight of the challenger

Female

- Bench Press - chosen weight can be equal to, or any weight above 50% bodyweight of the challenger
- Back Squat - chosen weight can be equal to, or any weight above 75% bodyweight of the challenger
- Deadlift - chosen weight can be equal to, or any weight above 100% bodyweight of the challenger

Tie Breaker: Number of unbroken reps completed in the first set of the deadlifts

* See example calculation, bodyweight must be rounded to the nearest 5lbs

* Athlete with the most cumulative weight lifted will win the contest.

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DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: May 22 at 9AM EST

Challenge Close Date & Time: June 1 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

Male (18 and over)

Female (18 and over)

Community 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”, and are not required to perform the workout as Rx - (may use loadings lighter than above). Entries 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 roguefitness.com/challenges and follow all workout and video flows as outlined.

SCORE SUBMISSION NOTES:

Competitors will submit the weight lifted and the number of reps for each movement.

The weight lifted scored for each movement will display in pounds

The scoring system will calculate and display the competitors final score

The overall score will be the total weight lifted (reps x weight) for the 3 movements combined and will display in pounds.

Scoring Calculation Example:

Male Bench Press Load must be equal to or heavier than 75% of the athletes bodyweight

- Athlete weighs 178.7lbs

- Calculation = $178.7\text{lbs} \times 0.75 = 134.025\text{lbs}$

- Therefore the minimum weight the athlete can use is 135lbs rounded to the nearest 5lbs (2.5kg if using kilos)

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Male Back Squat Load must be equal to or heavier than 100% of the athletes bodyweight

- Athlete weighs 178.7lbs
- Calculation = $178.7\text{lbs} \times 1.0 = 178.7\text{lbs}$
- Therefore the minimum weight the athlete can use is 180lbs rounded to the nearest 5lbs (2.5kg if using kilos)

Male Deadlift Load must be equal to or heavier than 125% of the athletes bodyweight

- Athlete weighs 178.7lbs
- Calculation = $178.7\text{lbs} \times 1.25 = 223.375\text{lbs}$
- Therefore the minimum weight the athlete can use is 225lbs rounded to the nearest 5lbs (2.5kg if using kilos)

Bench Press - 150 lbs X 20 reps = 3000 lbs

Back Squat - 200 lbs X 20 reps = 4000 lbs

Deadlift - 250 lbs X 25 reps = 6250 lbs

Total Load = 13,250 lbs

EQUIPMENT NEEDED TO QUALIFY:

- White tape to mark bench grip width press standard
- Digital scale (Analog scale are not permitted)
- Dumbbell/kettlebell to verify the scale
- Standard 15kg (35lb - female) or 20kg (45lb male) Barbell
 - Any style barbell is permitted including deadlift bars, power bars etc - specialty barbells are not, see below
 - Shaft will need tape marks at 31.9" (81cm) apart to show the approved maximum hand placement width
 - If you have questions about whether your barbell will be accepted, please email judging@roguefitness.com
- Weight Plates with the weight clearly marked
 - Max of 18" (45cm) diameter
 - Minimum plate increments of 1lb or 0.5kg per side
- Bench for bench press
- Squat rack for the back squat and the bench press
- Flat, level surface for deadlift
- Barbell Collars
- Recommended: 10' x 10' clear unobstructed area in which to lift, with no other equipment in the space apart from the bar and plates the athlete will use during their attempts
- Rogue brand gear is not required

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Permitted Equipment:

- Gym Chalk (magnesium carbonate)
- Weightlifting Belt
- Knee/Elbow Sleeves (single or pairs)
 - Knees and elbows must remain visible to the camera and not covered by long shorts or sleeves during attempts
- Wrist Supports/Wraps
- Olympic Lifting Singlet
- Talcum powder
- Mouth guards
- Thumb tape
- Recommended: Shoes of any style, to include weightlifting shoes (not required)

Not Permitted Equipment:

- Tacky of any kind
- Wedges or anything to elevate the heels
- Hand Grips of any kind including liquid grip
- Gloves or any type of hand, forearm or bicep coverings
- 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
- Any multi-ply suits including deadlift or powerlifting suits
- Long sleeve pants/shorts that cover the knees/elbows
- Monolift
- Smith Machines
- Any pads or additional support added to the barbell for the back squat
- Specialty barbells including safety squat bars, trap bars etc.
 - If you have questions about whether your barbell will be accepted, please email judging@roguefitness.com

* 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.

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MOVEMENTS:

The lifts must be performed in the order shown below, however, athlete must verify their equipment prior to starting the challenge.

1. Bench Press, 2. Back Squat, 3. Deadlift

Bench Press

- A spotter/assistant may help lift the bar out of the rack or to rerack the barbell and is strongly recommended for safety. If the spotter comes in contact with the bar and the repetition is deemed as not complete the rep will not count.
- Both complete shoulder blades and the glutes must be in contact with the bench pad at all times. If either comes off of the pad during a lift, the lift will not count.
- In order to achieve firm footing, lifter may have plates or blocks under their feet. If either foot comes off of the floor or plates during a lift the lift will not count
 - Hooking of feet/legs around the bench supports is not permitted
- Per IPF standards, the spacing of the hands can not exceed 81 cm (31.9") measured between the index fingers. The maximum grip width permitted will have each index finger on or inside the 81 cm (31.9") marks at each end of the bar shaft. If the hands move outside of the designated markings during a lift attempt that single repetition will not be counted.
 - These lines need to be clearly marked and visible on the barbell shaft with tape or chalk. Failure to have these lines clearly marked and visible makes the athletes score subject to penalty at the judge's discretion
 - Both hands must remain on the barbell during the entire repetition and must remain within in contact with the markings at all times.
- When the athlete has full unassisted control of the barbell extended over their chest after the initial unrack, they may begin their attempt by lowering the bar to the chest. There must be clear contact with the chest. Once contact has been made the athlete will then press the bar back to the starting position with the elbows clearly extended and the bar over the chest. Once the arms are fully extended, the athlete must show a pause to demonstrate full control prior to reracking the barbell
- Deliberately bouncing the barbell off the chest may be interpreted as trying to gain an unfair advantage and could result in a penalty being assessed
- Athlete may rest and rack the barbell at any point
 - Ensure the last rep is fully locked out and completed before racking the barbell
- Athlete may have a spotter
 - Ensure the spotter does not block the view of the movement standards required
- Any repetition where it is deemed a spotter has assisted the challenger will not count

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Back Squat

Barbell begins in the squat rack.

- The barbell must be unracked from the squat rack without assistance
- After unracking the bar the athlete must step back to begin the squat
- The athlete must squat to a depth BELOW PARALLEL where the hip crease is clearly below the top of the knee with the barbell controlled in a back rack position
 - High or Low Bar positions are both acceptable
- The athlete must then stand, without assistance to a position where the knees and hips are fully extended with the barbell supported in the back rack position
- Ensure that spotting bars / straps do not block the view required to verify the movement standards required for the back squat - to a depth clearly below parallel.
- Athlete may rest and rack the barbell at any point
 - Ensure the last rep is fully locked out and completed before racking the barbell
- Athlete may have a spotter
 - ensure the spotter does not block the view of the movement standards required
- Any repetition where it is deemed a spotter has assisted the challenger will not count
- Athletes must rerack the barbell at the end of a set for the last rep to count
 - As long as the last rep is fully stood up before the end of the two minute period the rep will count once it is reracked
- The athlete may receive no assistance if the barbell is dropped to the floor

Deadlift

Barbell begins on the floor.

- 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 will lower the barbell to the ground while maintaining control of the bar.
- Dropping the barbell from the top is allowed
 - Ensure the last rep is fully locked out and completed before dropping the barbell
- Athlete may rest at any point
- Touch and go repetitions are permitted but no bouncing or driving the bar into the ground

* 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 lifts must be performed in the order shown below, however, athlete must verify their equipment prior to starting the challenge

1. Bench Press - 2. Back Squat - 3. Deadlift

The challenge begins with the athlete standing in their workout area:

Athlete may

- Use one barbell and change the load during the rest periods
 - Clearly show all weights being removed/added to the barbell
 - Athlete may receive help to change loadings between movements
- Have 3 barbells set ready from the start of the challenge
- Ensure all equipment used have been weighed as per video submission standards
 - All barbell(s) and plates

When the athlete is ready:

The timer can be started and the athlete may start performing bench press repetitions

- The timer must be counting up to 10 minutes

0-2 minutes

Athlete performs Bench Press repetitions

- Barbell must not be unracked until the timer has started to count up
 - False starts will be subject to a penalty
 - Athletes may receive assistance unracking or racking the barbell
- Repetitions must be complete before the clock shows 2 minutes to be counted
- Standards listed above

2-4 minutes

Athlete Rests

- During the rest period the athlete may change the load and position of the barbell for the next movement
 - Athlete remains in frame
 - Clearly show all weight being removed / added to the barbell
 - Ensure the working area remains safe
 - Athlete may receive help to change loadings between movements
- The athlete may complete practice repetitions during the rest period

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4-6 minutes

Athlete performs Back Squat repetitions

- Barbell must not be unracked until the timer has reached 4 minutes
 - False starts will be subject to a penalty
 - Athletes may not receive assistance to unrack the barbell
- Repetitions must be complete before the clock shows 6 minutes to be counted
- Standards listed above

6-8 minutes

Athlete Rests

- During the rest period the athlete may change the load and position of the barbell for the next movement
 - Athlete remains in frame
 - Clearly show all weight being removed / added to the barbell
 - Ensure the working area remains safe
 - Athlete may receive help to change loadings between movements
- The athlete may complete practice repetitions during the rest period

8-10 minutes

Athlete performs Deadlift repetitions

- Barbell must not be lifted until the timer has reached 8 minutes
 - False starts will be subject to a penalty
- Repetitions must be complete before the clock shows 10 minutes to be counted
- Standards listed above

Athletes may only have one barbell loading per movement

- Barbell weight can not be changed during the two minute lifting interval

VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fisheye 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.

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

1. Show all equipment to be used to the camera
2. Digital scale verification using a dumbbell or kettlebell
3. Athletes bodyweight - wearing all equipment they will be wearing for the challenge - refer to permitted/non-permitted equipment list
4. Weighing of all equipment to be used for the entire challenge, barbell and all plates, required regardless of brand
5. Clearly state the chosen weight for each movement and show all weights being added to the barbell and verify the total load on the bar before the challenge starts or during if using one barbell

Male

- Bench Press - chosen weight can be equal to, or any weight above 75% bodyweight of the challenger
- Back Squat - chosen weight can be equal to, or any weight above 100% bodyweight of the challenger
- Deadlift - chosen weight can be equal to, or any weight above 125% bodyweight of the challenger

Female

- Bench Press - chosen weight can be equal to, or any weight above 50% bodyweight of the challenger
- Back Squat - chosen weight can be equal to, or any weight above 75% bodyweight of the challenger
- Deadlift - chosen weight can be equal to, or any weight above 100% bodyweight of the challenger

6. Ensure that the camera view clearly enables all movement standards to be verified, video must capture the athlete from the feet to the full finish position.

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, and the challenge name
2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
 - Barbell, to include end caps
 - All weight plates that will be used in their attempt
 - Both sides of the plates
 - Plates need to clearly have the weights printed on them.
3. 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

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4. The athlete will need to step onto the scale to weigh themselves to confirm their bodyweight. Once the athlete is on the scale, the camera needs to zoom in to clearly show the scale reading.
 - This must be done with the athlete wearing all clothing, supportive equipment and shoes that will be worn during the competition attempt

5. The athlete will declare the loads they will use for the challenge
 - Calculations can be shown on a whiteboard to help verify.
 - See above

6. The athlete will declare the loads they will use for the challenge
 - The camera must show all weight plates that will be used on the scale and show the scale reading for each. The entire scale should be clearly visible to the camera
 - This includes any plates that may be added to the bar at any point
 - The camera must show the barbell on the scale and show the scale reading
 - Required regardless of equipment brand
 - A coach or helper can assist with this process

7. Using the tape measure, the athlete should measure the pre-marked 81 cm (31.9") finger marks on the barbell shaft confirming it meets the requirements listed in the movement standards above.
 - It is recommended that these finger marks be pre-marked before filming begins.

8. The camera should move back into the correct 45 degree filming angle for the challenge attempt.
 - The final position should capture
 - All required movement standards
 - Full length of the athlete and include the full view of the barbell
 - The timer

9. The athlete needs to show the camera all of the supportive equipment they are wearing to confirm it matches the outlined rules.

10. Once the athlete is ready the timer may start and the athlete may begin the challenge based on the criteria outlined above.
 - Load on the barbell can not be changed during the 2 minute working intervals
 - Practice reps during the 2 minute rest periods are allowed
 - Assistance with changing weights between working periods is allowed.
 - Athlete may use multiple barbells or receive assistance moving/loading barbells during the rest periods.

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11. Once the 10 minute time cap is reached the challenge is over and the athletes score is the total weight lifted across all 3 movements (load multiplied by repetitions successfully completed)
 - The video may end

- * 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. Show all equipment to be used to the camera
2. Digital scale verification using a dumbbell or kettlebell.
3. Athletes bodyweight - wearing all equipment they will be wearing for the challenge - refer to permitted/non-permitted equipment list.
4. Weighing of all equipment to be used for the entire challenge, barbell(s) and all plates, required regardless of brand

5. Clearly show all weights being added from the barbell and verify to total load on the bar for each lift.
6. Full length of the athlete in the frame, and filmed from an angle that allows the movement standards to be clearly seen.
7. Timer in the 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.

ATHLETE NAME _____

ATHLETES BODYWEIGHT = _____ ROUNDED TO = _____

BENCH PRESS - WEIGHT USED = _____ REPS COMPLETED _____

BACK SQUAT - WEIGHT USED = _____ REPS COMPLETED _____

DEADLIFT - WEIGHT USED = _____ REPS COMPLETED _____

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

ATHLETE NAME _____

ATHLETES BODYWEIGHT = _____ ROUNDED TO = _____

BENCH PRESS - WEIGHT USED = _____ REPS COMPLETED _____

BACK SQUAT - WEIGHT USED = _____ REPS COMPLETED _____

DEADLIFT - WEIGHT USED = _____ REPS COMPLETED _____

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