

THE FARMERS WALK CHALLENGE

CHALLENGE
ROGUE

CHALLENGE:

Max distance Farmer's walk

70/53LB Kettlebell

Athlete with the longest distance traveled will win the contest.

SCORING:

Floor will be laid out in a 25ft (7.62m) course marked by two cones (or similar objects) - (measured and taped by 5ft/1.52m increments).

Athlete will walk continuous lengths of the course around the cones (or similar objects) until one or both kettlebells are dropped.

Score will be total distance walked with the kettlebells in 5ft (1.52m) increments. Both heels have to be on the floor and past a 5ft line with the kettlebells in the approved hold position for that distance to count.

The distance measured will be the last line crossed with both feet.

Tie Breaker: Time taken to complete the walk

* Quickest time taken to complete the walk will win a tie

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

SCORE SUBMISSION NOTES:

Scores for this competition will display the total distance walked with the kettlebells in 5ft (1.52m) increments.

- The distance measured will be the last line crossed with both feet on the ground and kettlebells in the approved hold position
- Athletes will submit a distance in 5ft increments - no inches will need to be submitted

Tie Breaker: Quickest time taken to complete the walk will win a tie

DEADLINES AND SUBMISSIONS:

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

Challenge Close Date & Time: August 3 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.

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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 modify as needed). 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.

EQUIPMENT NEEDED TO QUALIFY:

- Kettlebells
 - Competitive Division Athletes - 2 x 70/53 lbs Male/Female
 - Community Division athletes may choose the weight they use
- Dumbbell or Plate to verify scale
- Digital scale (Analog scales are NOT permitted)
- Tape measure and tape to mark floor and 2 cones (or similar objects) to mark the turning points of the 25ft (7.62m)
- 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

Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Mouth Guards
- Nose Strips
- Shoes of any kind **MUST** be worn
- Knee Sleeves - neoprene / single ply

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Not Permitted Equipment:

- Lifting belts of any type
- 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
- Grip shirts
- Tape of any kind anywhere on the clothing, body, thumbs or fingers
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or bag including spray or other
- Supersuits, support briefs, or other supportive gear
- Knee wraps/elbow sleeves or wraps
- Long sleeve shirts of any kind

MOVEMENTS:

Farmers Walk

This is a standard “farmers” carry where the athlete must hold the both kettlebells by the handles at the sides of the body/legs. Swinging or resting on the thighs while standing to full extension of the knees and hips is not allowed.

- Once the kettlebells are in the approved “farmers carry” position the athlete may begin the walk
- Athlete must walk clearly around the cone/marker spaced at 25ft (7.62m)
- Once the kettlebells are not in the approved carry position or dropped to the floor, the walk is over
- Throwing the kettlebells forward to cross a line and/or not having both feet cross a line with control of the kettlebells will be subject to penalty
- Both heels must be clearly on the floor past a line for that distance to count.

* See the Farmers Walk instructional video at 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.

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FLOW:

The kettlebells begin on the ground behind the start line with the challenger next to them.

On 3-2-1-Go the challenger may reach down and deadlift the kettlebells.

Once the kettlebells are in the approved carry position, the challenger may start walking with the 25ft course. Both heels have to be on the floor past a 5ft increment line with the kettlebells in the approved hold position for that distance to count.

At the end of each 25ft (7.62m) section the athlete must clearly walk around the cones or similar object used to mark the 25ft lines.

The challenge is over when the kettlebells are dropped, or no longer in the approved hold position.

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

- Reset the kettlebells to the start
- Athletes may make as many attempts during their video as they would like
- Video submissions may not exceed 25 minutes in length

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 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 a 45 degree angle of the athlete with the camera positioned at a height that is level with the athlete's shoulders. Critical items that need to be clearly visible on the video:

1. Scale validation and weighing of the kettlebells
2. Show and measure the 25ft walk course and each 5ft tape line (refer to challenge video)
3. The athlete, the walk course, each tape line and a timer must be clearly visible during the challenge.
Adjust the camera angle as needed
4. Athlete clearly walking around the cones at each end of the 25ft runway, showing a clear turnaround point and not over the cones

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The submitted video should start with the entire athlete in frame stating their name and the challenge name. Next the athlete will need to follow the steps outlined below:

1. The athlete will need to show scale verification by putting any weight plate or dumbbell onto the scale and zoom in to show that the weight the scale reads is equal to the equipment being measured. Please verbally say the weight as the camera shows the scale.
2. The athlete should weigh the kettlebells individually. Place each kettlebell onto the scale and the camera should zoom in to show the scale reading. Please verbally say the weight as the camera shows the scale.
3. Camera should then walk along the entire 25ft course marked with a tape measure.
 - Each marked 5ft section of the course should be visible next to a tape measure showing the distance.
 - Each object the competitor will walk around should be in position and visible on the last line at each end
4. The camera should back up to the final filming position, a 45 degree angle of the athlete with the camera positioned roughly at a height that is level with the athlete's shoulders. This shot should clearly show/include:
 - The kettlebells and athlete behind the start line
 - The entire marked 25ft (7.62m) walkway - each 5ft line should be visible in the shot
 - Both turnaround points marked with a cone, sandbag or other piece of equipment that the athlete will walk around
5. The athlete must show they are not wearing a belt of any kind or any other non-permitted equipment.
6. The athlete can begin the challenge based on the criteria outlined above.
 - On 3-2-1-Go the athlete may start to pick up the bag and start the challenge
7. The Challenge is over when the kettlebells are dropped or no long in the approved hold position
 - The video may conclude at this time

* 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 Farmers Walk Challenge 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. Scale validation and weighing of the kettlebells
2. Show and measure the 25ft walk course and each 5ft tape line (refer to challenge video)
3. The athlete, the walk course, each tape line and a timer must be clearly visible during the challenge. Adjust the camera angle as needed

4. Athlete clearly walking around the cones at each end of the 25ft runway, showing a clear turnaround point and not over the cones

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 DISTANCE WALKED WITH KETTLEBELLS: _____

TIE BREAKER - TIME TAKEN TO COMPLETE THE WALK: _____

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

TOTAL DISTANCE WALKED WITH KETTLEBELLS: _____

TIE BREAKER - TIME TAKEN TO COMPLETE THE WALK: _____

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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