

WORKOUT 1



WORKOUT:

For Time:

4 Rounds

9 Deadlift (365lbs / 275lbs) (165kg / 125kg)

6 Front Squat (275lbs / 200lbs) (125kg / 91kg)

3 Squat Clean (225lbs / 165lbs) (102kg / 75kg)

Time Cap: 10 min

Tie Break: Time will be taken at the completion of the second 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 10 minute time cap.

DEADLINES AND SUBMISSIONS:

Q Start Date & Time: 8/21/26 at 9AM ET

Q Close Date & Time: 8/23/26 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 18 and over

Women - ages 18 and over

Community RX

Men - ages 18 and over

Women - ages 18 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 Q at roguefitness.com/invitational 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/dumbbell for verifying the scale
- Weight Plates with the weight clearly marked
 - Max of 18" diameter
- Standard Barbells - 15kg/25 mm (35 LB) for women and 20kg/28.5 mm (45 LB) barbell for men
 - Center Knurling is permitted
- Barbell collars
- 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)
 - Folding or doubling up sleeves is not permitted
- Wrist supports/wraps
- Thumb Tape

Not Permitted Equipment:

- Liquid chalk
- Tacky of any kind
- Gymnastic grips
- 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.

FRONT SQUAT:

- The Barbell begins on the floor.
- At the bottom of the front squat the hip crease must pass below the top of the knees.
- The barbell must be held in the front rack position with the barbell in contact with the shoulders and the elbows clearly in front of the barbell.
- At the top the knees and hips must be fully extended.
- Racks are not permitted.
- A squat clean is allowed for the first repetition.

SQUAT CLEAN:

- The barbell begins on the ground and must be lifted from the ground to the shoulders in one motion.
- Only a squat clean may be used, power cleans, muscle cleans and split cleans are not allowed.
- Once the barbell is received at a depth below parallel (hip crease below the top of the knee) the athlete must stand with the elbows clearly in front of the bar and the hip and knees fully extended
- Touch-and-go is permitted as long as the athlete is not driving the barbell into the ground to gain momentum
- Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

FLOW:

- At the call of 3-2-1-Go the timer will start and the athlete will begin 9 deadlifts
 - Bending down to touch or touching the barbell before the timer starts will result in a false start penalty
- Once 9 deadlifts are completed the athlete will move to the second barbell and complete 6 front squats.
- On completing the front squats the athlete will move to the third barbell and complete 3 squat cleans
- The athlete will continue following the same flow as listed above until 4 rounds have been completed
- Time will stop when the athlete completes the squat clean in fourth round.

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 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 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
 - Barbells
 - All Plates
 - Required regardless of brand used
3. During the workout, the complete range of motion of the athlete during all movements
4. 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
3. The athlete must **WEIGH ALL PLATES and BARBELLS** on camera.
 - This process needs to start with showing the scale verification by placing a kettlebell/dumbbell 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 each 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 standing tall behind the first barbell
8. When the workout is finished, the video may conclude.

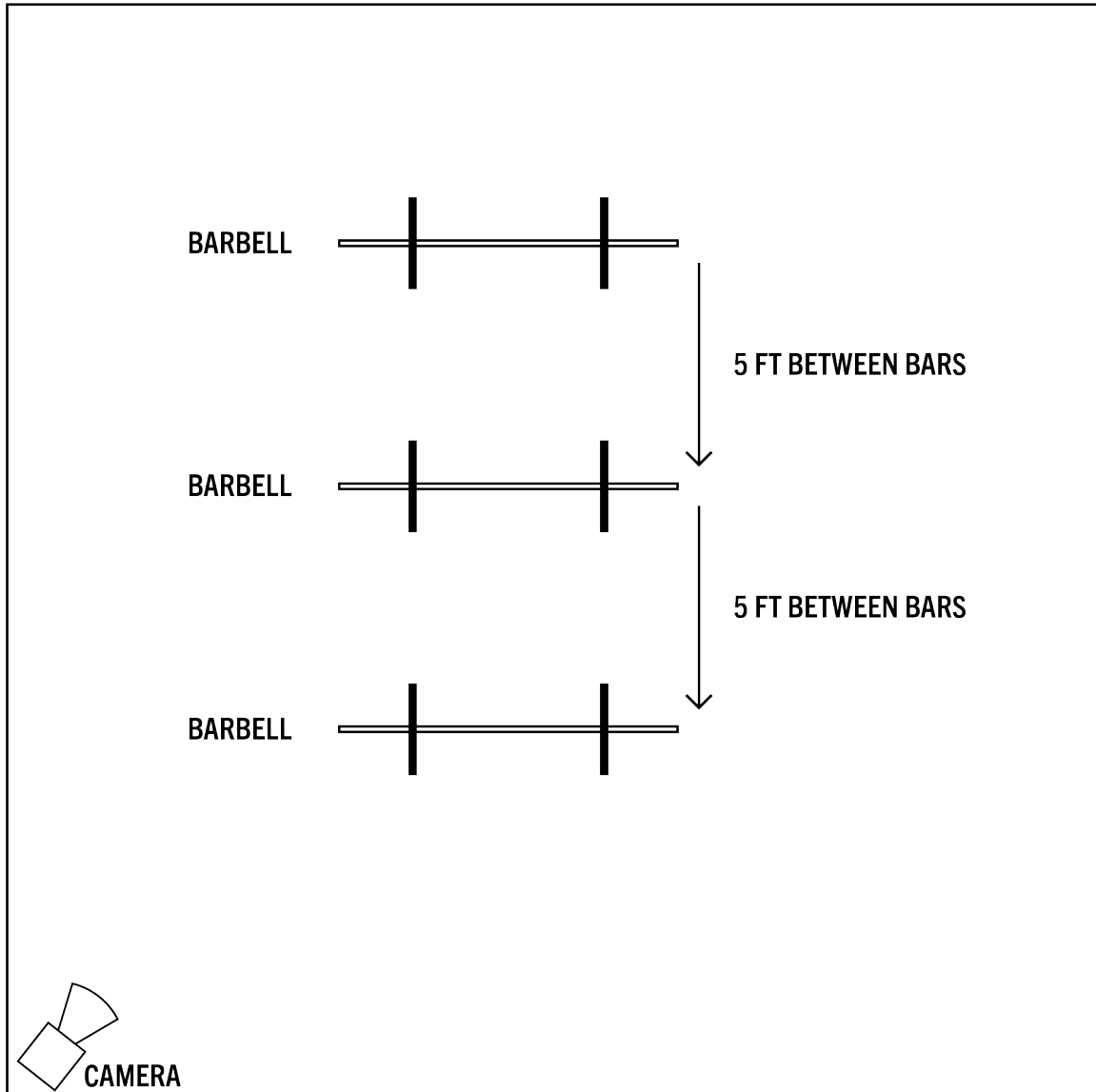
* All of the steps above should be done with the camera continuously running for the video to be accepted.

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

WORKOUT 1 FLOOR PLAN



PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



WORKOUT 1 SCORECARD



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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 to be used. Including barbells and all plates, regardless of the brand

3. 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.

		9 DEADLIFTS (365/275)	6 FRONT SQUATS (275/200)	3 SQUAT CLEANS (225/165)
FOR TIME: 4 RDS 9 DEADLIFTS 6 FRONT SQUATS 3 SQUAT CLEANS TIME CAP: 10 MIN	ROUND 1	☐ 9	☐ 15	☐ 18
	ROUND 2	☐ 27	☐ 33	☐ 36 TIE-BREAK TIME:
	ROUND 3	☐ 45	☐ 51	☐ 54
	ROUND 4	☐ 63	☐ 69	☐ 72

TIE-BREAK: TIME _____

WORKOUT COMPLETED: TIME _____

WORKOUT TIME CAPPED: REPS _____

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

TIE-BREAK: TIME _____ WORKOUT COMPLETED: TIME _____ WORKOUT TIME CAPPED: REPS _____

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:

20 minute AMRAP

8 Right Hand DB Snatch (70lbs / 50lbs) (32.5kg / 22.5kg)

16 DB Box Step Over (24" / 20") (70lbs / 50lbs) (32.5kg / 22.5kg)

8 Left Hand DB Snatch (70lbs / 50lbs) (32.5kg / 22.5kg)

50' Walking Lunge 25' down and back (70lbs / 50lbs) (32.5kg / 22.5kg)

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

Time Cap: 20 min

* Athletes may only use 1 dumbbell for this event

SCORE SUBMISSION NOTES:

The score will be the total number of repetitions completed with the 20 minute time cap

DEADLINES AND SUBMISSIONS:

Q Start Date & Time: 8/21/26 at 9AM ET

Q Close Date & Time: 8/23/26 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 18 and over

Women - ages 18 and over

Community RX

Men - ages 18 and over

Women - ages 18 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 Q at roguefitness.com/invitational 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)
- Bumper plate or kettlebell for verifying the scale
- Dumbbell 70 LB/50 LB (32.5 KG/22.5 KG)
- 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
- 2" Tape
- Tape measure - to measure the 25' lunge distance
- Shoes in any style must be worn
- Recommended: a 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:

- Gymnastic grips
- 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:

DUMBBELL SNATCH:

- A muscle snatch, power snatch, squat snatch and split snatch are all allowed as long as the start and finish positions are met
- Each rep starts with both heads of the dumbbell on the ground.
- Using one arm, the dumbbell is moved from the ground to overhead in one motion
- You must use the same hand for every repetition of the designated round
- The rep is credited when:
 - The feet are inline
 - Knees, hips, and elbow of the working arm are fully extended.
 - The middle of the dumbbell is in line with, or slightly behind the body when viewed from side profile
 - The dumbbell must finish directly over the shoulder, not out to the side, and the body must be vertical, not leaning to the side
- The non working hand/arm may not come into contact with any part of the body or leg during the dumbbell snatch

DUMBBELL BOX STEP OVER:

- This is a standard box step over using a 24/20" box with the athlete holding a single 70/50lb dumbbell
- Athletes may hold the dumbbell however they want
 - The dumbbells may not be 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 on 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

DUMBBELL WALKING LUNGE:

- This is a standard walking lunge with the athlete holding a single 70/50lb dumbbell
- Athletes may hold the dumbbell however they want
 - The dumbbells may not be be rested on the legs at any time
- Once the dumbbell is in a carrying position the athlete will begin lunging, alternating legs for the entire 25' length
- Athletes must completely pass the 25' line then turn around and complete a second 25 foot length
- Athletes do not need to come to a stop when alternating legs but they must pass through a position in which the knees and hip are fully extended.
- If the athlete shuffle steps, does not alternate legs or fails a lunge they must move back to the spot of the last good repetition.
- At the end of each 25' section both feet must clearly pass the white line and the athlete must finish with the knees and hip fully extended with the dumbbells in control

FLOW:

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

- At the call of 3-2-1-Go the timer will start and the athlete will begin completing 8 dumbbell snatches with their right hand.
 - Reaching to the dumbbell before the timer starts will result in a false start penalty
- Once 8 dumbbell snatches are completed the athlete will move to the box and complete 16 dumbbell box step overs
- They will then complete 8 dumbbell snatches with their left arm
- On completing the second set of dumbbell snatches they will move to the walking lunch station and complete a 50' (25' down and 25' back) dumbbell walking lunge
- Athletes will repeat this sequence until the 20 minute time cap is reached

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 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 the dumbbell to be used
 - Required regardless of brand used
3. Box - use the tape measure to show the height of the box and the dimensions of the top of the box
4. Walking lunge station measurements
 - As shown in the Floor Plan
5. During the workout, the complete range of motion of the athlete during all movements
 - The athlete will not be credited for any repetitions that are not shown on the video in their entirety
6. 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:
 - The dumbbell
 - The walking lunge station
 - The box being used
3. The athlete must weigh the dumbbell on camera.
 - This process needs to start with showing the scale verification by placing a bumper plate/kettlebell on the scale and showing the scale reading is correct.
 - Camera must show the dumbbell on the scale and the scale reading
 - Required regardless of equipment brand
4. Show the walking lunge tape measurements
 - Distance of 25'
 - Each 5' increment
5. Show the box measurements and dimensions as stated
 - Box height
 - Top of box dimensions

6. The athlete may then set their competition floor.
7. 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
8. The athlete must show the camera all supportive equipment they are wearing or will wear for the workout to confirm it all matches the rules outlined.
9. 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
10. 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.

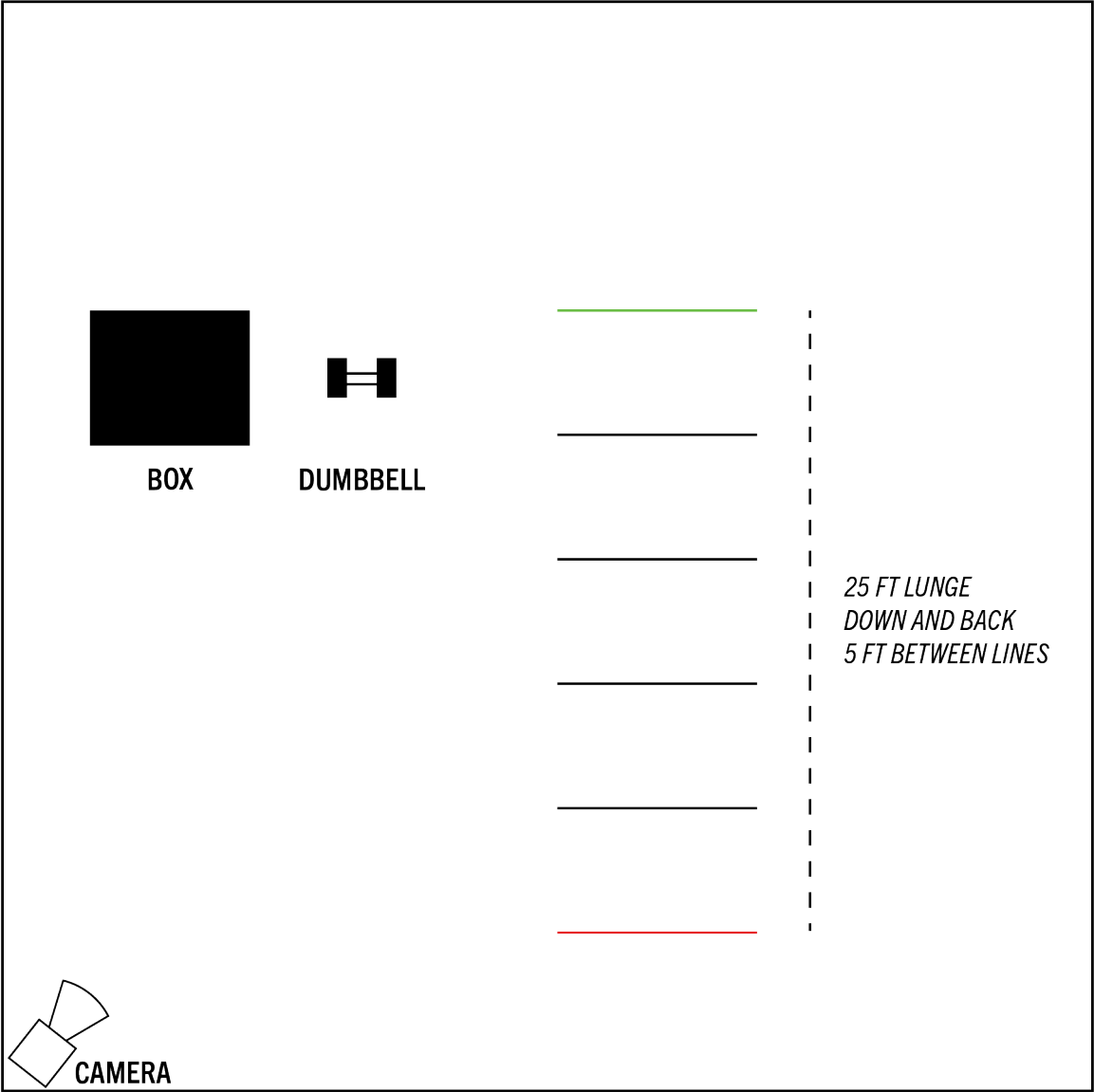
* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

WORKOUT 2 FLOOR PLAN



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PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



WORKOUT 2 SCORECARD



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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. 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
3. Full body of the athlete with a clear view of all the required movement standards
 - Full body of the athlete during the dumbbell snatch
 - Full body of the athlete stepping over the box with the dumbbell
 - Full view of the athlete during the walking lunges

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.

	8 RIGHT-HAND DB SN	16 DB BOX STEP OVER	8 LEFT-HAND DB SN	50' WALKING LUNGE
ROUND 1	8	24	32	34 TIE-BREAK TIME:
ROUND 2	42	58	66	68
ROUND 3	76	92	100	102
ROUND 4	110	126	134	136
ROUND 5	144	160	168	170
ROUND 6	178	194	202	204
ROUND 7	212	228	236	238
ROUND 8	246	262	270	272
ROUND 9	280	296	304	306
ROUND 10	314	330	338	340
ROUND 11	348	364	372	374
ROUND 12	382	398	406	408

FINAL SCORE _____

TIE BREAK TIME _____

WORKOUT 2 SCORECARD



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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

FINAL SCORE _____ TIE BREAK TIME _____

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

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WORKOUT:

For Time:

1000M Row
75 Toes To Bar
25 Wall Facing HSPU
25 / 20 Bar Muscle Up
25 Wall Facing HSPU

Tie Break: Time will be taken at the completion of the row

Time Cap: 15 min

SCORE SUBMISSION NOTES:

The score will be the time taken to complete the workout, if the workout is not completed within the 15 time cap, the score will be the number of repetitions completed

DEADLINES AND SUBMISSIONS:

Q Start Date & Time: 8/21/26 at 9AM ET

Q Close Date & Time: 8/23/26 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 18 and over

Women - ages 18 and over

Community RX

Men - ages 18 and over

Women - ages 18 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 Q at roguefitness.com/invitational 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)
- Echo Rower or Concept 2 RowErg - stock with no modifications, not weighed/fixed down
- Pull-up bar that allows the athlete to hang freely from the bar without touching the ground
- A line 30" (76 cm) long, 2" (5 cm) wide placed 10" (25 cm) from the wall (to the outside of the tape line) will be placed on the floor for HSPUs.
- 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 ON THE ROWER

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:

ROW:

- The rower must be set to count down from 1000 meters. The athlete must stay on the rower until 0 meters are visible on the monitor before they get off
- 1 repetition will be awarded for every 100 meter completed
 - You may move the camera to show the rower monitor - time must also be in frame.

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.

WALL FACING HSPU:

- This movement will start with the athlete standing in front of the wall
- The athlete can get to the inverted position in any manner but BOTH hands must be in contact with the tape line 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 begin the first repetition
- 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 repetition starts and finishes from the inverted position where both hands are on the tape line as above.
- Toes do NOT have to remain in contact with the wall for the duration of the repetition, just at the start and finish positions
- The athlete's feet may not pass outside the width of the hands
- BOTH hands must be in contact with the tape line for the repetition to count
- Kipping or strict HSPUs are allowed as long as they meet the criteria outlined above
- Ground must be level and hands and head must be even

BAR MUSCLE UP:

- In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground.
- Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted.
- The toes may not rise above the height of the bar during the kip.
- At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or just in front of the hands.
- Athlete must pass through some portion of a dip before locking out on top of the bar.
- Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.
- Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms.
- Removing the hands to rest while on top of the bar is not allowed.

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 1000 meters
 - Having the hands on the rower handle before the timer starts will result in a false start penalty
- Once the row is completed the athlete will move to the pull-up bar and complete 75 toes-to-bar.
- After completing the toes-to-bar move to the HSPU station and complete 25 Wall Facing HSPUs.
- After completing the Wall Facing HSPU, move back to the pull-up bar and complete 25/20 bar muscle-ups.
- Finally, move back to the HSPU station and complete 25 additional Wall Facing HSPUs.
- Time will stop when the athlete completes the last Wall Facing HSPU (lock out at the top of the HSPU)

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 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 camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
 - Rower
 - The HSPU station
 - The pull-up bar station
3. Walk around of the Rower ensuring there are no modifications and the rower is not weighed down/ fixed to the floor
4. The completion of the Row
 - During the workout, the camera may be moved to show the rower monitor as required, and show row data at the end of the workout
5. Pull-up bar that allows the athlete to hang freely from the bar without touching the ground

6. 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
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
 - The HSPU station
 - The pull-up bar station
3. The athlete may then set their competition floor.
 - For a suggested floor layout refer to the attached page
4. 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
5. 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.
6. 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
7. 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.

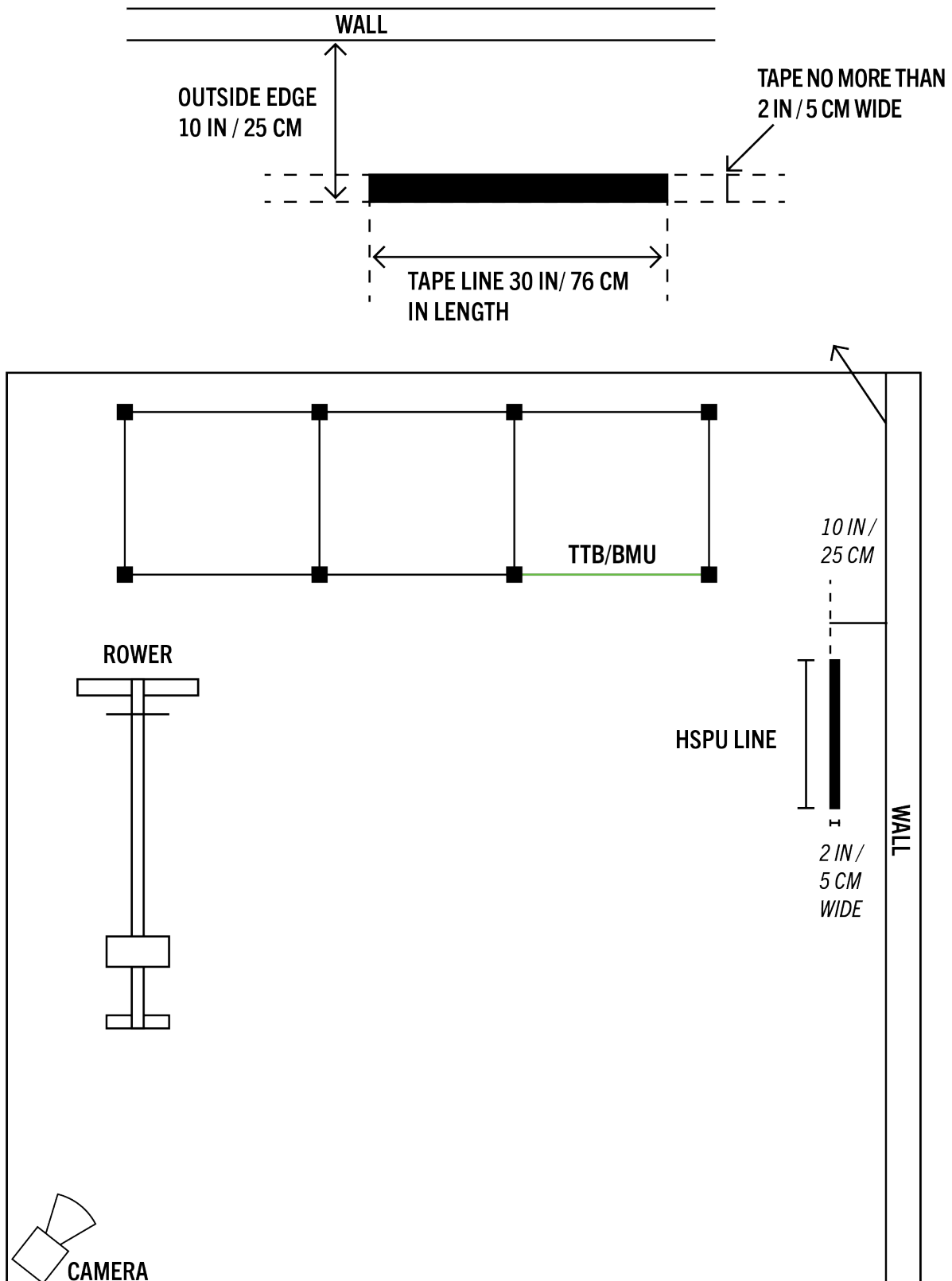
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WORKOUT 3 FLOOR PLAN

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PLEASE PLACE ALL EQUIPMENT A SAFE DISTANCE APART



WORKOUT 3 SCORECARD

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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. Clearly show the data on the rower after the workout
3. Full body of the athlete with a clear view of all the required movement standards
 - Screen monitor accumulating meters when on the rower
 - Full range of motion during the T2B and the athlete facing the camera

- Full range of motion during the HSPU
 - Full range of motion during the bar muscle-ups and the athlete facing the camera
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.

FOR TIME: 1K ROW 75 T2B 25 WALL FACING HSPU 25/20 BAR MU 25 WALL FACING HSPU TIME CAP: 15 MINUTES TIE BREAK: TIME WILL BE TAKEN AT THE COMPLETION OF THE ROW	1K ROW	☐ 10 TIE-BREAK TIME: _____
	75 TOE-TO-BAR	☐ 85
	25 HANDSTAND PUSH-UPS	☐ 110
	25/20 BAR MUSCLE-UPS	☐ 135 / 130
	25 HANDSTAND PUSH-UPS	☐ 160 / 155

TIE-BREAK: TIME _____

WORKOUT COMPLETED: TIME _____

WORKOUT TIME CAPPED: REPS _____

WORKOUT 3 SCORECARD

R.A.D.[®]

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

TIE-BREAK: TIME _____ WORKOUT COMPLETED: TIME _____ WORKOUT TIME CAPPED: REPS _____

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