

THE SIDE QUEST CHALLENGE

CHALLENGE
ROGUE

CHALLENGE:

Max Hold - Single barbell for max load (minimum of 30 seconds)

SCORING:

Athletes with the heaviest loaded barbell held for the longest time will win the contest.

- Athletes must hold the weight for a minimum of 30 seconds for the attempt to count

Tie Breaker: Total hold time over 30 seconds

* Athletes may make as many attempts during their challenge video as they would like. Video submissions may not exceed 10 minutes in length.

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: 9/22/26 at 9AM ET

Challenge Close Date & Time: 9/28/26 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.

SCORE SUBMISSION NOTES:

Scores for this competition will display the weight lifted and time held for.

Athletes will submit:

1. A weight for the hold
2. A time for the hold
 - Must be over 30 seconds to qualify
3. A video link of their challenge attempt
 - Competitive Division only

* Heaviest load, held for the longest time wins

* For those who submit the same loading, the longest hold will win the tie

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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 www.roguefitness.com/challenges and follow all workout and video flows as outlined.

EQUIPMENT NEEDED TO QUALIFY:

- 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 (Analog scales are NOT permitted)
- Dumbbell or kettlebell to verify the scale
- A standard 15kg/25mm (35lb) for women and 20kg/28.5mm (45lb) barbell for men
 - Center knurling is NOT allowed
- Weight plates with the weight clearly marked
 - Max of 45cm/18in diameter
 - Minimum plate increments of 1.25kg/2.5lb
- 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
- Shoes of any style, to include weightlifting shoes

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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
- Mouthguards
- Thumb tape only

Not Permitted Equipment:

- Barbells with center knurling
- Tacky of any kind
- Any type of liquid grip
- Hand grips / gymnastics grips
- Gloves or any kind of forearm or bicep coverings
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body, or bars (including spray or other)
- Multiple layers of sleeves/wraps on top of each other
- Lifting straps of any kind
- Knee wraps or elbow wraps
- Tape or any other material added to the barbell and/or fingers/hands
- Any multi-ply suits including deadlift or powerlifting suits
- Long sleeve pants/shorts that cover the knees/elbows

* Any athlete who alters the equipment or movements described in this document or shown in the video standards may be disqualified from the competition.

MOVEMENTS:

Barbell Side Hold

Barbell begins on the floor.

- Barbell and athlete must be on the same level surface
- Competitor must lift the barbell into the hold position without assistance
- This is a traditional, one hand farmers style hold using a barbell, with the athlete standing tall
- Any style of grip is allowed (hook grip or normal overhand), but males must use a 20kg bar and females must use a 15kg bar

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- Barbells with center knurling are NOT allowed
- Barbell may only be held with the hand
- There is no requirement for full extension of the knees or hips
- The barbell is lifted to the holding position where all plates are clearly off the ground
- The timer may begin once the plates are off of the ground

The lift is over when;

- If it is judged the athlete is supporting the load on the legs
- The athlete is no longer gripping the barbell
- The plates touch the floor

* See The Side Quest 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.

FLOW:

The workout begins with the athlete standing at full extension with one barbell to the side of them.

- The lift should be filmed from 45 degrees to the camera.
- The lifting hand must be the closest hand to the camera

When the athlete is ready, they may reach down and begin their attempt:

- The clock should begin when all plates are off the ground
- The athlete picks up and holds the barbell for a minimum of 30 seconds, but continues to hold for as long as possible over 30 seconds (time will be used to split ties where athletes hold the same weight)

The attempt is over when and time stops when;

- It is judged the athlete is supporting the load on the legs
- The athlete is no longer gripping the barbell
- The plates touch the floor

Athletes may make as many attempts during their video as they would like. Video submissions may not exceed 10 minutes in length.

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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 video should begin with the athlete standing straight in front of the camera ensuring that the video clearly shows the entire body. Critical items that need to be clearly visible on the video:

1. Timer always in shot to confirm length of hold
2. Scale verification using a dumbbell or kettlebell
3. All equipment shown to camera and weighed on digital scale prior to challenge attempt, to include;
 - Barbell
 - Plates and fractional plates
4. Full length of the athlete shot at 45 deg to the camera
5. Floor and barbell clearly in shot
6. Barbell in hand closest to the camera.

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 followed by the challenge name.
2. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the challenge to confirm it all matches the rules outlined.
3. The camera should then clearly show all equipment the athlete will use or may use during their challenge. All of the following must be shown:
 - Barbell, including end caps, clearly showing there is no center knurling, tape, tacky, or any banned substance on the bar
 - All weight plates that the athlete may use during their attempt
 - Plates need to clearly have the weights printed on them
 - All gear needs to stay in camera shot during the entire video

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4. The athlete needs to weigh all plates and the barbell on camera, as shown in the challenge demo video.
 - This process needs to start with showing 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
 - If the athlete makes multiple attempts at different weights during their video, all possible plates that will be used need to be weighed during this step
 - Required regardless of equipment brand
5. The camera should move back into the correct filming angle for the challenge attempt.
 - The bar should be loaded at this time
 - The final position should capture the athlete from a 45 degree angle with the barbell in the hand closest to the camera
 - Timer in shot
 - Can clearly see both ends of the bar and the plates at either end leaving/touching the floor
6. Once the athlete is ready they may begin the workout based on the criteria outlined above.
7. When the hold no longer meets the movement standards, the lift will be deemed over
 - Refer to movement standards above
 - If the athlete is going to make another try, they need to follow the steps outlined in the “flow” section above.

* 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 for 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. Timer always in shot to confirm length of hold
2. Scale verification using a dumbbell or kettlebell
3. All equipment shown to camera and weighed on digital scale prior to challenge attempt, to include; barbell with NO center knurling, plates, and fractional plates

4. Full length of the athlete shot at 45 degree angle to the camera

5. Floor and barbell clearly in shot

6. Barbell in hand closest to the camera

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.

SELECT DIVISION: ☐ COMPETITIVE ☐ COMMUNITY

LOAD LIFTED _____ TIME OF HOLD _____

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

SELECT DIVISION: ☐ COMPETITIVE ☐ COMMUNITY

LOAD LIFTED _____ TIME OF HOLD _____

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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