THE BEAR MARCH CHALLENGE

CHALLENGE
ROGUE

CHALLENGE:
Hold and Sandbag Carry;

For time, complete;
30 sec Hold (200lbs/150lbs)
into
200ft Walk (8 x 25ft Lengths)
into
Max Time Held (Stationary Hold)

Score will be the total time the bag is held for (30 second hold + 200 ft walk time + hold time)
* The 30 sec hold and the 200ft walk must be completed for the score to be valid

SCORING:
Max time the bag is held for while the athlete completes;

30 sec Stationary Hold, into
200ft Walk (25ft length x 8), into
Max Time Stationary Hold

- Floor will be laid out in a 25 foot (7.62m) course marked by two cones (or similar objects)
- Athlete will hold the bag behind the start of the walk course for 30 seconds and then proceed to complete 8 x 25ft continuous lengths of the course around the cones (or similar objects) and then continue to hold the bag in a stationary bear hug position until the bag is dropped
- Score will be total time the bag is held during the challenge
    - Time includes the 30 second stationary hold and the time taken to complete the 200ft sandbag carry
    - Both heels have to be on the floor and past the 25ft lines with the bag in the approved hold position for that distance to count.

Tie Breaker: Lighter body weight will win a tie

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

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DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: 11/13/26 at 9am ET
Challenge Close Date & Time: 11/23/26 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.

SCORE SUBMISSION NOTES:

Scores for this competition will display the total time the sandbag was held for the following;

The time is for the whole challenge including;

- 30 sec hold
- Time taken to complete the 200ft walk
- Time held after walk

Tiebreak - Lowest bodyweight wins a tie

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.

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EQUIPMENT NEEDED TO QUALIFY:

- A “strongman style” sandbag completely filled and weighing 200lbs (91 KG) for men and 150lbs (68 KG) for women.
- Weight Plate, Dumbbell or kettlebell 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)

Sandbags must meet the following requirements in order to be acceptable for this competition:

- A cylindrical shaped sandbag with straight parallel sides and a circular top/bottom.
- Sandbags must be calibrated to weight and well balanced.
- Circular or cone shaped sandbags are not permitted.
- Sandbags with straps or handles of any kind are not permitted.
- Sandbags must be filled to capacity so that the bag is entirely vertical when sitting on the ground and there is no overlapping/overhanging of the bag onto the arms while being held.

Male 200lb (91 KG) Sandbag Specs:

- Height must measure between 14” - 17” (35 - 43 cm) when sitting on the ground.
- Diameter of the top and bottom must measure between 14” - 18” (35 - 46 cm)
- Circumference of the center must measure between 48” - 55” (122 - 140 cm).

Female 150lb (68 KG) sandbag Specs:

- Height must measure between 11” - 14” (28 - 35 cm) when sitting on the ground.
- Diameter or the top and bottom must measure between 14” - 18” (35 - 46 cm).
- Circumference of the center must measure between 48” - 55” (122 - 140 cm).

* Note - If you are not sure if your bag will be accepted, please email pictures and measurements to judging@roguefitness.com for approval.

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 or bag
- 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:

Bear Hold / Walk
- The acceptable hold position will be with the sandbag placed entirely on the front of the body:
    - The top edge of the bag must remain lower than the chin
    - The bag may NOT be supported by the thighs at any time during the attempt
    - The bag will be supported with the lifter's arm only in a "bear hug" position

- The athlete's hands and arms can be positioned anywhere they would like on or around the bag:
    - Interlocking of fingers, arms and wrists is permitted.
    - Holding the bag from the bottom is permitted.
    - Holding the bag vertically or horizontally is permitted.
    - Hitching to regain control is permitted as long as the bag stays in the approved position on the body.

- Once the bag is in the approved position the athlete may begin the hold, then the walk and into the hold again
    - Athlete must walk clearly around the cone/marker spaced at 25ft (7.62m)
    - Once the bag is not in the approved hold position or dropped to the floor, the challenge is over
    - Athlete must clearly walk around the 25ft markers.
    - If it is felt that the athlete is resting the bag on the thighs / legs to support the weight of the bag, then the challenge will be judged as over.

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- The 30 seconds hold and 200ft walk must be completed for a time to score.

- See the Bear March 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 bag begins on the ground with the challenger next to it.

- On 3-2-1-Go the challenger may start picking up the bag, using any method to pick up the bag.

- This initial lift must be done without assistance.

- Once the bag is in the approved hold position on the body, the timer will start and count up to 30 seconds.

- When the timer hits 30 seconds the challenger may start the 200ft walk
    - 8 x 25 ft lengths

- On completion of the walk the challenger will hold the bag in a stationary position for as long as possible
    - Athlete must have clearly completed the 200 ft walk before beginning the stationary hold
    - Athlete must remain stationary for the remainder of the challenge

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

- If the athlete is going for another attempt during the same video:
    - Reset the bag 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.

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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 verification and weighing of the sandbag.
2. Show bag dimensions, regardless of brand of bag used
3. Show athlete on scales and bodyweight.
4. Full body of athlete including feet at all times during the entire attempt.
5. The sandbag being lifted into the hold position without assistance
6. Timer in clear view
7. Bag being held in the approved holding position during the challenge
8. Full length of 25 ft walkway at all times clearly taped, with cones / objects to walk around at either end
9. Athlete clearly walking around the cones at each end of the 25ft runway, showing a clear turnaround point and not over the cones

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 and athlete should show all sides of the bag to confirm there are no straps and no forbidden substances on any sides.

4. The athlete needs to weigh themself and the sandbag 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.
- Athlete steps onto the scale wearing all clothing / equipment they will wear for the challenge
- Athlete places the sandbag on the scales - clearly show the scale reading
- Required regardless of equipment brand

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5. The athlete needs to measure the bag, measurements are required regardless of brand of bag used.
- Height of the bag when sitting on the ground. Measurement should be from the ground to top of the long side of the bag to verify that it meets the height requirements listed above.
- The diameter of the bottom of the bag.
- The circumference around the top, center and bottom of the bag.

6. Camera should then walk along the entire 25' course marked with a tape measure.
- Clearly show the 25ft distance between the tape lines and the objects the athlete will walk around
- Each object the competitor will walk around should be in position and visible on the last line at each end.

7. The camera should back up to the final filming position, a 45 degree angle of the athlete with the camera positioned at a height that is level with the athlete's shoulders. This shot should clearly show/include:
- The bag, athlete behind the start line
- The entire marked 25ft (7.62m) walkway should be visible in the shot
- Both turnaround points marked with a cone, sandbag or other object that the athlete will walk around.

8. The athlete must show they are not wearing a belt of any kind or any other non-permitted equipment.

9. 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
- If the timer is started before the sand bag is in the approved hold position, penalties will be applied

10. The Challenge is over when the bag is 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 Bear March 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. The verification of the scale by putting a weight plate, Dumbbell or Kettlebell onto it and showing the reading
2. The weight of the athlete and the scale reading
3. The bag on a scale with the weight of the bag on the scale shown
4. The height measurement of the bag, diameter of top and bottom of the bag, circumference near the top, middle and bottom of the bag confirming it meets the required spec - required regardless of brand
8. All sides of the bag to confirm there are no unapproved substances or gear on the bag or the body
9. Show and measure the 25ft walkway with cones or similar objects including
10. The entire athlete/sandbag 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 TIME THE BAG WAS HELD _____ **TIE BREAKER: COMPETITOR BODY WEIGHT** _____

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 TIME THE BAG WAS HELD _____ **TIE BREAKER: COMPETITOR BODY WEIGHT** _____

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