

# WORKOUT 1



INVITATIONAL  
ROGUE

## WORKOUT/SCORING:

### 20 Min AMRAP of:

- 15 Thrusters 95LB (43KG) / 65LB (30KG)
- 20 FR Box Step-ups 95LB (43KG) / 65LB (30KG)
- 15 Deadlift 225LB (102KG) / 155LB (70KG)
- 20 FR Box Step-ups 95LB (43KG) / 65LB (30KG)
- 15 Bar Muscle-ups

### RX Division Weight

- Thruster/Box Step-up - Women 65LB (30KG) - 20", Men 95LB (43KG) - 24"
- Deadlift - Women 155LB (70KG), Men 225LB (102KG)

### Scaled Division Weights

- Thruster/Box Step-Up - Women 45 pounds - 20", Men 65 pounds -24"
- Deadlift - Women 115 pounds, Men 155 pounds

### Time Cap: 20 minutes

Athletes with the most amount of reps will win

### Tie breaker: The time taken to complete the first round

- Quickest time wins

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

## SCORE SUBMISSION NOTES:

The score will be the total number of repetitions completed in the 20 minute time period.

## DEADLINES AND SUBMISSIONS:

**Q Start Date & Time:** 8/25/22 at 8:00PM EST

**Q Close Date & Time:** 8/28/22 at 11:59PM EST

*Scores cannot be updated or added to the leaderboard 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:**

### **RX Division**

Men - ages 16 and over

Women - ages 16 and over

### **Scaled Division**

Men - ages 16 and over

Women - ages 16 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](https://roguefitness.com/invitational) and follow all workout and video flows as outlined.

## **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).
- Dumbbell or Kettlebell for calibrating the scale.
- Tape measure to measure floor layout and box height.
- Weight Plates with the weight clearly marked.
  - Max of 18" diameter
  - Minimum plate increments of 2.5LB per side
- Standard 15kg/25 mm (35 LB) or 20kg/28.5 mm (45 LB) barbell.
  - Center Knurling is permitted
- Barbell collars
- Pull-up bar that allows the athlete to hang freely from the bar without touching the ground.
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout.
- Plyo Box 24/20 inches in height.
- Rogue brand gear is not required.

## Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Shoes in any style must be worn.
- Gymnastic grips
- Thumb/Finger Tape

## 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
- Grip shirts
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or kettlebell including spray.
- Super Suits, support briefs, or other supportive gear.
- Elbow sleeves or wraps
- Long sleeve shirts of any kind.

## MOVEMENTS:

### THRUSTER:

- This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout directly overhead.
- The hip crease must clearly pass below the top of the knees in the bottom position.
- The barbell must come to a full lockout directly overhead, with the hips, knees and arms fully extended, and the bar directly over the body.
- The bar starts on the ground. No racks allowed.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Using a ball, box or other object to check for proper depth is not allowed.

## FRONT RACK BOX STEP-UP:

- This is a standard box step up to a 24/20 inch box but you must have the barbell in a front rack position.
- For the rep to count, the athlete must step up on top of the box and achieve a position in which the hip and knees are fully extended and the barbell resting on the shoulders in the front rack position.
- The athlete must then step down on the same side of the box before completing the next repetition.
- The athlete must alternate legs for each step up. If the athlete fails a repetition, it must be repeated correctly before moving on.

## 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.

## 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 pull-overs, rolls to support and glide kips are not permitted.
- The heels 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 in front of the bar.
- Athletes must pass through some portion of a dip-to-lockout over 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 and resting while on top of the bar is not allowed.
- 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.

See The Rogue Invitational Qualification Workout 1 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) 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 athlete will start standing in front of their barbell with their knees and hips fully extended. At the call of 3-2-1-Go the athlete will reach to the barbell and complete 15 thrusters (95/65) then move to the box and complete 20 front rack box step-ups (FRBSU), 15 deadlift, another 20 FRBSU and finally 15 bar muscle-ups (BMU). The athlete will complete as many rounds and/or repetitions of this sequence as possible for the duration of the 20 minutes.

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

- Timer needs reset to start from zero.
- Athletes may make as many attempts during their video as they would like.

## **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 be shot from the position shown in the 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. Full body of athlete including feet at all times during each movement of the workout.
2. All equipment spaced and measured as per the floor plan.
3. The scale calibration and weighing of equipment used.
4. Depth and lockout with the Thruster.
5. Full extension on top of the box for the FR Box Step-ups.
6. The hips and knees fully extended with the head and shoulders behind the bar at the top of the deadlift.
7. Show the feet clear off the floor and full lockout at the top of the Bar Muscle Up.

8. Workout Timer in shot at all times.

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; total weight should match the criteria for the division the athlete has entered.
  - Plates need to clearly have the weights printed on them.
  - The pull up bar - clearly show there is no tape (if using gymnastic grips), tacky or any banned substance on the bar.
  - The athlete should hang from the bar to show they can hang freely with no risk of touching the floor.
  - All gear needs to stay in camera shot during the entire video.
3. The athlete must weigh all plates and barbell on camera.
  - This process needs to start with showing the scale calibration 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.
  - Required regardless of equipment brand.
4. The athlete should measure and show the height of your plyo box to confirm it matches the standards for their division.
5. The athlete may then load their barbells and set their competition space according to the floor layout on the attached page.
6. The athlete then needs to measure the following to confirm it matches the distances required
  - 6' distance from the pull up bar to the end of the deadlift/thruster.

# WORKOUT 1



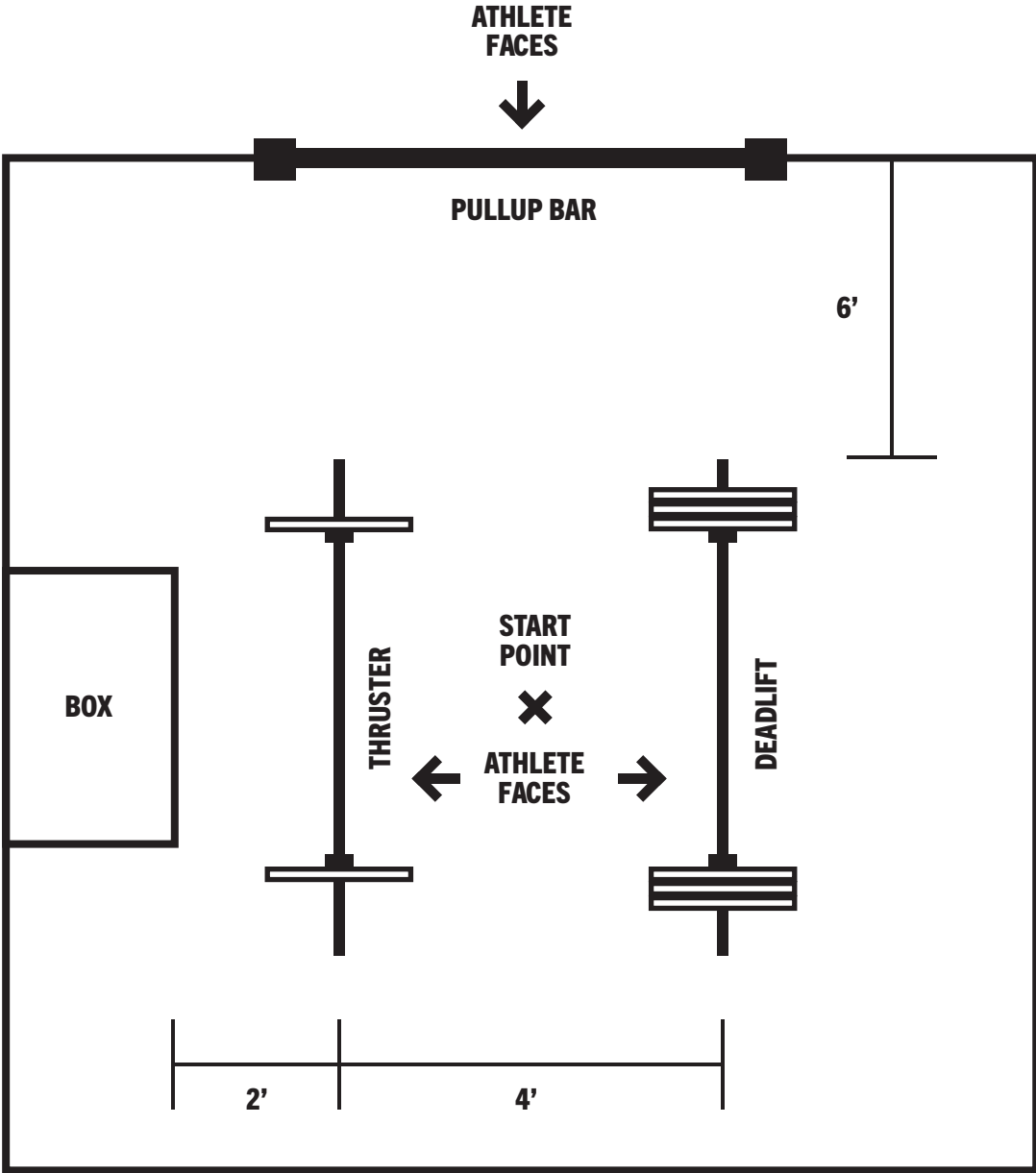
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- 4' distance between deadlift bar to thruster bar, measure from barbell shaft to barbell shaft.
  - 2' distance between the plyo box to the thruster barbell shaft .
7. The camera should move back into the correct filming position as shown in the floor plan.
- The bar should be loaded at this time - all 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.
8. 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.
9. Once the athlete is ready they may begin the workout based on the criteria outlined above.
- Ensure the athlete starts the workout from the correct start position as shown in the floor plan.
  - The clock timer should be set to count up to 20 mins.
10. When the 20 min time cap is reached and 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



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5' TALL  
OFF FLOOR  
10' FROM  
CORNER

**\*ADJUST CAMERA POSITION AS NEEDED TO ENSURE ALL CRITICAL ITEMS ARE IN SHOT**



# WORKOUT 1 SCORECARD



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## 20 Min AMRAP of:

- 15 Thrusters 95/65
- 20 FR Box Step-ups 95/65
- 15 Deadlift 225/155
- 20 FR Box Step-ups 95/65
- 15 Bar Muscle-ups

## RX Division Weight

- Thruster/Box Step-up - Women 65 pounds - 20", Men 95 pounds - 24"
- Deadlift - Women 155 pounds, Men 225 pounds

## Scaled Division Weights

- Thruster/Box Step-Up - Women 45 pounds - 20", Men 65 pounds - 24"
- Deadlift - Women 115 pounds, Men 155 pounds

**Tie Breaker:** The fastest time of the first complete round.

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

ROUND	BOX HEIGHT	1	2	3	4	5	6
15 THRUSTERS		15	100	185	270	355	440
20 FR BOX STEP-UPS		35	120	205	290	375	460
15 DEADLIFT		50	135	220	305	390	475
20 FR BOX STEP-UPS		70	155	240	325	410	495
15 BAR MUSCLE-UPS		85	170	255	340	425	510
SPLIT TIME							

## WORKOUT 1

WORKOUT COMPLETED RX  SCALED

ATHLETE NAME \_\_\_\_\_ TIME OR REPS AT 20MIN \_\_\_\_\_  
PRINT

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_  
NAME OF AFFILIATE JUDGE NAME

Has judge passed CrossFit's online judges course? **Y/N**

I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE SIGNATURE

DATE

AFFILIATE COPY

ATHLETE COPY

## WORKOUT 1

WORKOUT COMPLETED RX  SCALED

ATHLETE NAME \_\_\_\_\_ TIME OR REPS AT 20MIN \_\_\_\_\_  
PRINT

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_  
NAME OF AFFILIATE JUDGE NAME

Has judge passed CrossFit's online judges course? **Y/N**

I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE SIGNATURE

DATE

# WORKOUT 1 SCORECARD



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## 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 athlete including feet at all times during each movement of the workout.
2. Clearly show the scale calibration and weighing of equipment used.
3. Measurement of the plyo box used.
4. Clearly show all equipment spaced and measured as per the floor plan.
5. Clearly show Depth and lockout with the Thruster.
6. Full extension on top of the box for the FR Box Step-ups.
7. The hips and knees fully extended with the head and shoulders behind the bar at the top of the deadlift.
8. Show the feet clear off the floor and full lockout at the top of the Bar Muscle Up.
9. 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.

# WORKOUT 2



## WORKOUT/SCORING:

### 5 Rounds for Time of:

- 30/25 Cal Row
- 9-12-15-18-21 Strict Handstand Push-Ups

### Scaled Division Weights

- 25/20 Cal Row
- 6-9-12-15-18 Kipping handstand Push-Ups

### Time Cap: 13 minutes

Athletes with the fastest time will win.

**Tie breaker:** Time to complete the first round of 30/25 Cal Row and 15 Strict handstand Push-Ups

- Quickest time wins

## SCORE SUBMISSION NOTES:

Scores for this competition will display the total time it took complete.

If the athlete does not complete all the required work during the 13 minute time cap, the score will be the total number rowed calories and the number of completed handstand push-up repetitions combined at the time cap.

## DEADLINES AND SUBMISSIONS:

Q Start Date & Time: 8/25/22 at 8:00PM EST

Q Close Date & Time: 8/28/22 at 11:59PM EST

*Scores cannot be updated or added to the leaderboard following the competition close date and time. Please allow sufficient time for completing and submitting your score and video in advance.*

# WORKOUT 2



## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### RX Division

Men - ages 16 and over

Women - ages 16 and over

### Scaled Division

Men - ages 16 and over

Women - ages 16 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](http://roguefitness.com/invitational) and follow all workout and video flows as outlined.

## EQUIPMENT NEEDED TO QUALIFY:

- Timer, visible in frame (This can be a gym timer, a phone with the timer feature up, or a stopwatch).
- Tape measure to measure floor layout and Handstand Push-Up box dimensions.
- Recommended: 15' x 15' clear unobstructed area in which to conduct the workout.
- Rogue brand gear is not required.

### Concept2 Rower

- Any Concept2 rower model is acceptable.
- No substitute brands are allowed.
- Damper can be set on any setting.
- Monitor set to count down from 30/25 Calories to 0.

### Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Shoes in any style must be worn
- Gymnastic grips
- Thumb/Finger Tape

# WORKOUT 2



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## 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.
- Grip shirts
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or kettlebell including spray or other.
- Super Suits, support briefs, or other supportive gear.
- Elbow sleeves or wraps.
- Long sleeve shirts of any kind.

## MOVEMENTS:

### ROW

- The monitor on the Concept2 Rower must be set to 30/25 Cals and the athlete must stay seated on the rower until the required calories have been completed.
- Judges may reset the rowers between rounds.
- If rowing when time is called, the score will be the number of calories completed at the time of the clock - no run over is allowed
- 1 repetition will be awarded for every calorie completed
- Monitor set to count down from 30/25 to zero.

### STRICT HANDSTAND PUSH UPS

- Prior to starting, a box that is 40 inches wide and 24 inches deep must be marked on the floor.
  - Measurements must be to the **INSIDE** of the tape line.
  - If any part of the hand, including the fingers, makes contact with the tape the repetition will not be counted.
- Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms.
- The feet must remain inside the width of the hands throughout the entire repetition.
- At the bottom, the athlete's head makes contact with the ground.

## WORKOUT 2



- If the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates.
- The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall.
- Kipping is not allowed.
  - Any repetition that is assisted by the hips or legs will not count.
- Only the heels may touch the wall during the repetition.
- The complete hand, to include the fingers, must stay within the dimensions of the box marked on the ground.

See The Rogue Invitational Qualification Workout 2 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) 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 athlete will start seated on the rower with their feet in the straps and the handle in the stowed position. At the call of 3-2-1-Go the athlete will begin rowing 30/25 calories.

When the screen reads 0 the athlete will move to the handstand push-up position and complete 9 strict handstand push-ups (SHSPU).

Upon completion they will return to the rower and complete 30/25 cal then return and complete 12 SHSPU.

The athlete will then complete 30/25 cal and 15 SHSPU, 30/25 cal and 18 SHSPU and finish with 30/25 cal and 21 SHSPU.

When the athlete completes 21 Strict Handstand Push-Ups, their workout is over.

- The timer can be stopped after the lockout on the final repetition of 21 Strict Handstand Push-Ups.
- Standards listed above

## WORKOUT 2



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

- Timer needs reset to start from zero
- Athletes may make as many attempts during their video as they would like.

### **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 be shot from the position shown in the floor plan, all equipment should be set up as shown in the floor plan and 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. Full body of athlete including feet at all times during each movement of the workout.
2. Clearly show all equipment spaced and measured as per the floor plan.
3. Clearly show the rower screen during the workout, and then show completed sets at the end of the workout via the monitor memory.
4. Clearly show the head making contact with the floor and full lockout of the strict handstand push up.
5. Only the the heels in contact with the wall .
6. Full extension of the elbows and hips.
7. The hands, including fingers, are not making contact with the taped box.
8. Workout Timer in shot at all times.

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:

## WORKOUT 2



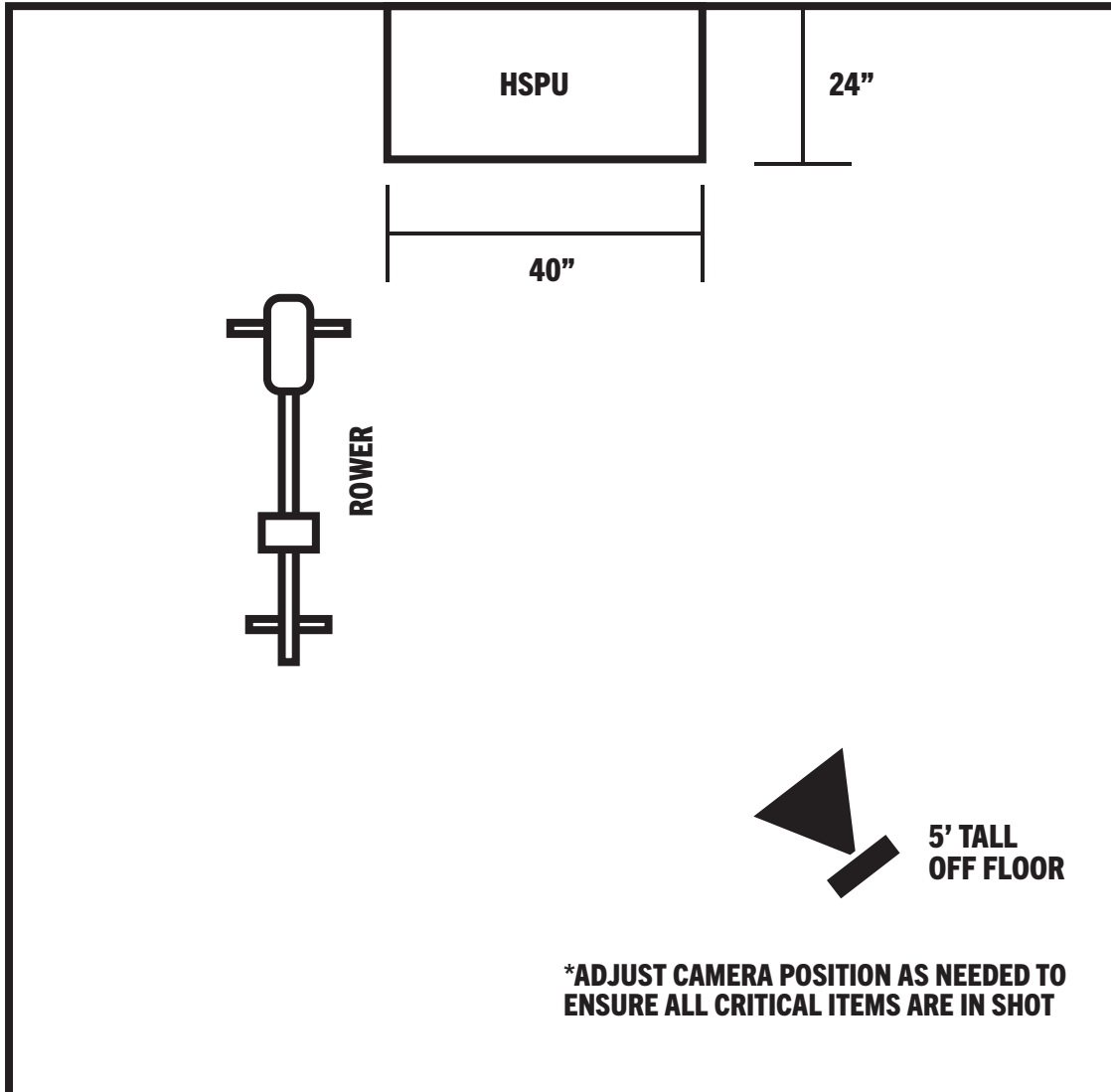
- A clear-walk around of the rower and monitor
  - The handstand push up wall and marked box
  - All gear needs to stay in camera shot during the entire video
3. The athlete must measure the handstand push up box.
    - Using a tape, measure and tape a box 40 inches wide and 24 inches deep must be marked on the floor.
    - Measurements must be to the inside of the tape line - hands, including fingers, must not make any contact with the tape.
  4. The athlete needs to set their rower monitor. Monitors should be set to calorie - intervals - undetermined rest.
    - Number of calories should match their selected division listed at the top of this page.
    - Judges can hit “continue” on the monitor for the athlete between rounds.
  5. 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.
  6. The camera should move back into the correct filming position as shown in the floor plan.
    - All equipment and athlete should stay in shot.
    - The final position should capture the athlete completing all movements in their entirety as explained above and the timer.
  7. Once the athlete is ready, they may begin the workout.
    - Ensure the athlete starts the workout from the correct start position as shown in the floor plan
    - The clock timer should be set to count up to 13 mins
  8. The workout is over when;
    - The athlete completes all required work
    - The 13 min time cap is reached
  9. When the workout is completed, the athlete must show



# WORKOUT 2 FLOOR PLAN



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# WORKOUT 2 SCORECARD



**5 Rounds for Time of:**

- 30/25 Cal Row
- 9-12-15-18-21 Strict Handstand Push-Ups

**Scaled Division Weights**

- 25/20 Cal Row
- 6-9-12-15-18 Kipping handstand Push-Ups

**Time Cap: 13 minutes**

Athletes with the fastest time will win.

**Tie breaker:** Time to complete the round of 30/25 Cal Row and 15 Strict handstand Push-Ups

- Quickest time wins

30/25 CAL ROW	30/25
9 SHSPU	39/34
30/25 CAL ROW	69/59
12 SHSPU	81/71
30/25 CAL ROW	111/96
15 SHSPU	126/111
<b>SPLIT TIME</b>	
30/25 CAL ROW	156/136
18 SHSPU	174/154
30/25 CAL ROW	204/179
21 SHSPU	225/200

**WORKOUT 2**

WORKOUT COMPLETED RX  SCALED

ATHLETE NAME \_\_\_\_\_ TIME OR REPS AT 13MIN \_\_\_\_\_  
PRINT

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_  
NAME OF AFFILIATE JUDGE NAME

Has judge passed CrossFit's online judges course? **Y/N**

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE

AFFILIATE COPY

**WORKOUT 2**

WORKOUT COMPLETED RX  SCALED

ATHLETE NAME \_\_\_\_\_ TIME OR REPS AT 13MIN \_\_\_\_\_  
PRINT

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_  
NAME OF AFFILIATE JUDGE NAME

Has judge passed CrossFit's online judges course? **Y/N**

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE

# WORKOUT 2 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 athlete including feet at all times during each movement of the workout
2. Clearly show all equipment spaced and measured as per the floor plan.
3. Clearly show the rower screen during the workout, and then show completed sets at the end of the workout via the monitor memory.
4. Clearly show the head making contact with the floor and full lockout of the strict handstand push up.
5. Only the the heels in contact with the wall
6. Full extension of the elbows and hips
7. The hands, including fingers, are not making contact with the taped box.
8. 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.

# WORKOUT 3



INVITATIONAL  
ROGUE

## WORKOUT/SCORING:

In 15 minutes complete:

- 15 C&J 155LB (70KG) / 115LB (52KG)
- 12 C&J 185LB (84KG) / 135LB (61KG)
- 9 C&J 225LB (102KG) / 155LB (70KG)
- 6 C&J 245LB (111KG) / 165LB (75KG)
- AMRAP C&J 265LB (120KG) / 185LB (84KG)
- 7 TTB On the minute

## RX Division Weight

- Womens weights - 115LB (52KG), 135LB (61KG), 155LB (70KG), 165LB (75KG) 185LB (84KG)
- Mens weights - 155LB (70KG), 185LB (84KG), 225LB (102KG), 245LB (111KG), 265LB (120KG)

## Scaled Division Weights

- Womens weight - 75LB (34KG) , 95LB (43KG), 105LB (47KG), 115LB (52KG) 135LB (61KG)
- Mens weights - 115LB (52KG), 135LB (61KG), 155LB (70KG), 165LB (75KG), 185LB (84KG)

The athletes score is the total number of clean and jerk reps completed reps at 265/185.

**Tie Breaker:** The fastest time to complete 9 C&J at 225/155.

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

## SCORE SUBMISSION NOTES:

Scores for this competition will display the total number of repetitions at the 265/185 weight.

## DEADLINES AND SUBMISSIONS:

Q Start Date & Time: 8/25/22 at 8:00PM EST

Q Close Date & Time: 8/28/22 at 11:59PM EST

*Scores cannot be updated or added to the leaderboard 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:**

### **RX Division**

Men - ages 16 and over

Women - ages 16 and over

### **Scaled Division**

Men - ages 16 and over

Women - ages 16 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](https://roguefitness.com/invitational) and follow all workout and video flows as outlined.

## **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).
- Dumbbell or Kettlebell for calibrating the scale.
- Tape measure to measure floor layout.
- Weight Plates with the weight clearly marked
  - Max of 18" diameter
  - Minimum plate increments of 2.5LB per side
- Standard 15kg/25 mm (35 LB) or 20kg/28.5 mm (45 LB) barbell.
  - Center Knurling is permitted
- Barbell collars
- Pull-up bar that allows the athlete to hang freely from the bar without touching the ground.
- 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)

# WORKOUT 3



INVITATIONAL  
ROGUE

- Weightlifting belt
- Knee/elbow sleeves (single or pairs)
- Wrist supports/wraps
- Shoes in any style must be worn
- Gymnastic grips
- Thumb/Finger Tape

## 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.
- Grip shirts
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or barbell including spray.
- Super Suits, support briefs, or other supportive gear.
- Elbow sleeves or wraps.
- Long sleeve shirts of any kind .

## MOVEMENTS:

### TOES TO BAR

- In the toes-to-bar, the athlete must start from a full hang and move to a position having both feet touch the toes to the pull-up bar at the same time.
- At the start of each rep, the arms must be fully extended with the feet off the ground.
- Overhand, underhand or mixed-grip are all permitted
- The feet must be brought back behind the plane of the bar and the rest of the body.
- Both feet must come into contact with the bar at the same time, inside the hands.
- Any part of the foot may hit the bar
- 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.

### CLEAN AND JERK

- During the clean, the barbell begins on the ground and must be lifted from the ground to the shoulders in one motion.

- A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders with the elbows clearly in front of the bar.
- Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead.
- The barbell must pass through the front-rack position before going overhead; snatching is not permitted.
- The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete's body, with the arms, hips, and knees extended, and the feet in line under the body.
- No part of the body other than the feet may touch the ground during the execution of the lift.
- The athlete may use multiple barbells if desired. Athletes may have assistance moving barbells on and off the competition space from a coach or judge. Only 1 barbell should ever be in the competition space at any given time.
- If using only 1 barbell, the video needs to clearly show the correct weight being added to the bar each transition. Athletes may receive assistance from a coach or judge to reload the barbell when needed.

See The Rogue Invitational Qualification Workout 3 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) 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 athlete will start standing in front of their barbell with their knees and hips fully extended facing their pull-up bar.

At the call of 3-2-1-Go the athlete will begin by stepping over the barbell and completing 7 toes-to-bar.

They will then move back to their barbell to begin completing 15 C&J at 155/115.

- Athlete will face the camera for this movement.

Upon completing 15 reps at 155/135, they will complete 12 C&J at 185/135, 9 reps at 225/155, 6 reps at 245/165 and then as many repetitions as possible in the remaining time at 265/185.

The athlete must stop and complete 7 toes-to-bar every minute on the minute for the entire 15 minutes.

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

- Timer needs reset to start from zero.
- Athletes may make as many attempts during their video as they would like.

## **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 be shot from the position shown in the floor plan, all equipment should be set up as shown in the floor plan and 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. Full body of athlete including feet at all times during each movement of the workout.
2. Clearly show all equipment spaced and measured as per the floor plan.
3. Clearly show the scale calibration and weighing of equipment used.
4. Clearly show the bar starting on the ground, achieving/passing through a front rack position and then the barbell in the overhead position with full extension of the hips, knees, shoulders and elbows and the feet in line under the body.
5. Clearly show both feet passing behind the plane of the pull up bar at the bottom of the rep and hitting the bar between the feet at the same time at the top of the next rep.
6. Workout Timer in shot at all times.

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 - if using multiple bars show all.



- All weight plates, both sides; total weight should match the criteria for the category the athlete has entered.
  - Plates need to clearly have the weights printed on them.
  - The pull up bar - clearly show there is no tape (if using gymnastic grips), tacky or any banned substance on the bar.
  - The 6ft tape line measurement from the pull up bar - show with tape measure, showing the start position for the athlete and the equipment placed correctly as per the floor plan.
  - The athlete should hang from the bar to show they can hang freely with no risk of touching the floor.
  - All gear needs to stay in camera shot during the entire video.
  - This applies to all barbells and plates if there will be multiple barbells being used.
3. The athlete must weigh all plates and barbell on camera.
- This process needs to start with showing scale calibration 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
  - This applies to all barbells and plates if there will be multiple barbells being used.
  - Required regardless of equipment brand.
4. The athlete then needs to measure the following to confirm it matches the distances required.
- 6' distance from the pull up bar to the barbell shaft.
  - The bar(s) can be loaded at this time.
5. 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.
6. The camera should move back into the correct filming position as show in the floor plan.
- If using multiple bars, the extra bars should be out of the competition space at a safe distance but in camera shot.
  - The final position should capture the athlete completing all movements in their entirety as explained above and the timer.

## WORKOUT 3



INVITATIONAL  
ROGUE

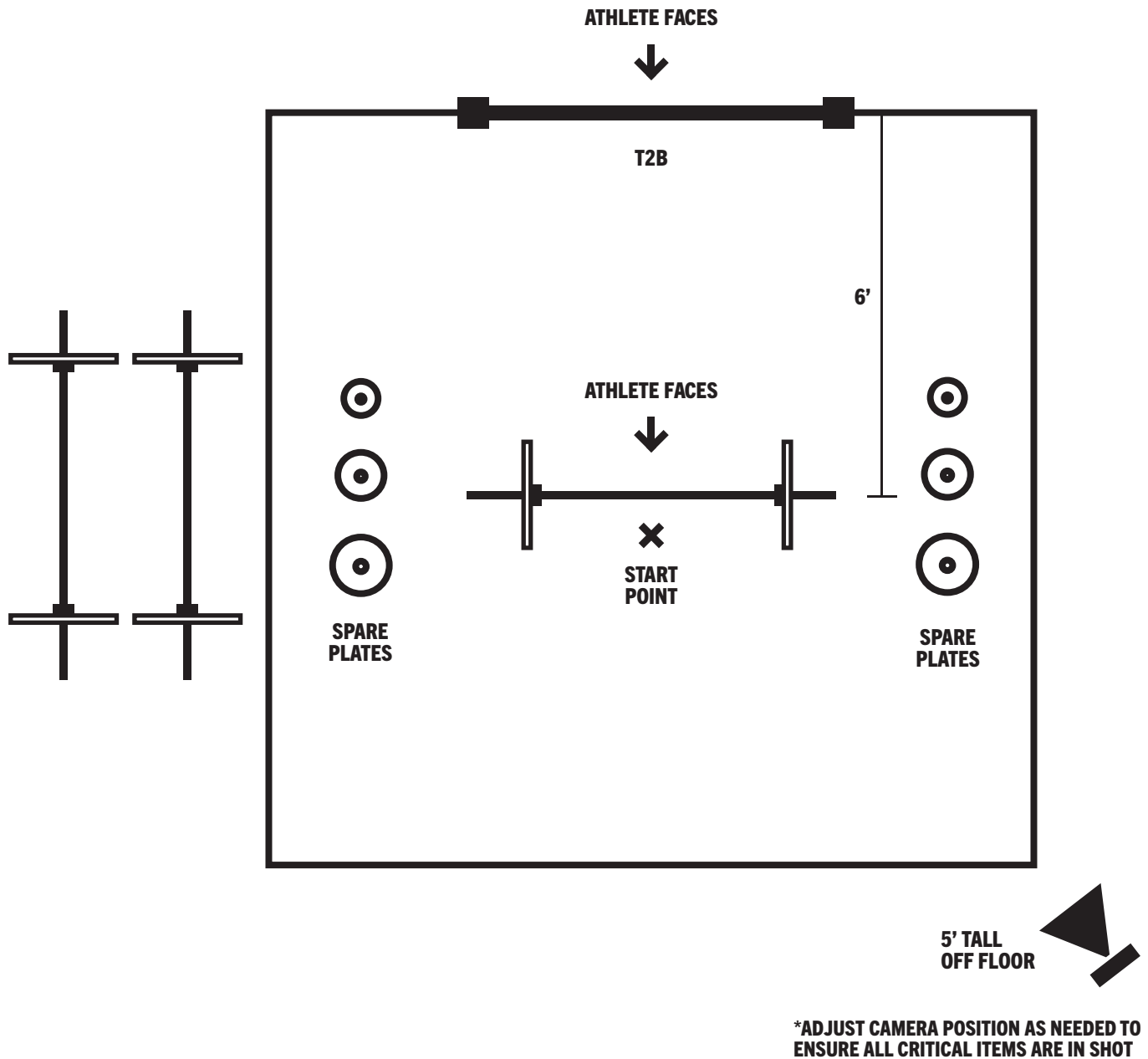
8. When the 15 min Time Cap is reached and the workout is finished.

- Clearly show the weight of the finishing barbell and all weights/barbells used during the workout and the workout is finished,
- The video may then 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.
- Refer to the demo video on the Rogue website for a visual for how the workout and video should flow.

# WORKOUT 3 FLOOR PLAN



INVITATIONAL  
ROGUE



# WORKOUT 3 SCORECARD



INVITATIONAL  
ROGUE

## In 15 minutes complete:

- 15 C&J 155/115
- 12 C&J 185/135
- 9 C&J 225/155
- 6 C&J 245/165
- AMRAP C&J 265/185
- 7 TTB On the minute

## RX Division Weight

- Womens weights - 115, 135, 155, 165 and 185 Pounds
- Mens weights - 155, 185, 225, 245, and 265 Pounds

## Scaled Division Weights

- Womens weight - 75, 95, 105, 115 and 135 Pounds
- Mens weights - 115, 135, 155, 165 and 185 Pounds

- Tie Breaker: The fastest time to complete 9 C&J at 225/155.

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

15 C&J 155/115	15	T2B	Min 0
			Min 1
			Min 2
12 C&J 185/135	27	T2B	Min 3
			Min 4
			Min 5
9 C&J 225/155	36	T2B	Min 6
			Min 7
			Min 8
SPLIT TIME		T2B	Min 9
			Min 10
			Min 11
6 C&J 245/165	42	T2B	Min 12
			Min 13
			Min 14
AMRAP C&J 265/185			
TOTAL C&J REPS			

## WORKOUT 3

WORKOUT COMPLETED RX  SCALED

ATHLETE NAME \_\_\_\_\_ TOTAL C&J REPS COMPLETED AT 265/185 \_\_\_\_\_  
PRINT

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_ Has judge passed CrossFit's online judges course? **Y/N**  
NAME OF AFFILIATE JUDGE NAME

I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE SIGNATURE

DATE

AFFILIATE COPY

ATHLETE COPY

## WORKOUT 3

WORKOUT COMPLETED RX  SCALED

ATHLETE NAME \_\_\_\_\_ TOTAL C&J REPS COMPLETED AT 265/185 \_\_\_\_\_  
PRINT

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_ Has judge passed CrossFit's online judges course? **Y/N**  
NAME OF AFFILIATE JUDGE NAME

I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE SIGNATURE

DATE

# WORKOUT 3 SCORECARD



INVITATIONAL  
ROGUE

## 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 athlete including feet at all times during each movement of the workout.
2. Clearly show all equipment spaced and measured as per the floor plan.
3. Clearly show the scale calibration and weighing of equipment used.
4. The bar starting on the ground, achieving/passing through a front rack position and then in the overhead position with full extension of the hips, knees, shoulders and elbows with the feet in line under the body.
5. Clearly show both feet passing behind the plane of the pull up bar at the bottom of the rep and hitting the bar between the feet at the same time at the top of the rep.
6. 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.

# WORKOUT 4



## WORKOUT/SCORING:

### AMRAP 9 mins

- 9 Front Squat 135LB (61KG) / 95LB (43KG)
- 7 Bar Facing Burpee
- 5 Shoulder to Overhead 135LB (61KG) / 95LB (43KG)

### RX Division Weights

- Womens weight - 95LB (43KG)
- Mens weights - 135LB (61KG)

### Scaled Division Weights

- Womens weight - 65LB (30KG)
- Mens weights - 95LB (43KG)

**Tie Breaker:** Fastest split time for the final full round completed

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

## SCORE SUBMISSION NOTES:

Scores for this competition will display the total number of repetitions completed in the 9 minute time period.

## DEADLINES AND SUBMISSIONS:

Q Start Date & Time: 8/25/22 at 8:00PM EST

Q Close Date & Time: 8/28/22 at 11:59PM EST

*Scores cannot be updated or added to the leaderboard 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:

### RX Division

Men - ages 16 and over

Women - ages 16 and over

# WORKOUT 4



## Scaled Division

Men - ages 16 and over

Women - ages 16 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](https://roguefitness.com/invitational) and follow all workout and video flows as outlined.

## 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)
- Dumbbell or Kettlebell for calibrating the scale.
  - Tape measure to measure floor layout
- Weight Plates with the weight clearly marked .
  - Max of 18" diameter
  - Minimum plate increments of 2.5LB per side
- Standard 15kg/25 mm (35 LB) or 20kg/28.5 mm (45 LB) barbell.
  - Center Knurling is permitted
- Barbell collars
- 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
- Shoes in any style must be worn
- Gymnastic grips
- Thumb/Finger Tape

# WORKOUT 4



INVITATIONAL  
ROGUE

## 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.
- Grip shirts
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or equipment including spray.
- Super Suits, support briefs, or other supportive gear.
- Elbow sleeves or wraps.
- Long sleeve shirts of any kind.

## MOVEMENTS:

### Front Squat:

- The Barbell begins on the floor.
- At the bottom of the front squat the hip crease must pass below 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.
- The athlete may go directly from the shoulder to overhead to the front squat without placing the barbell on the ground.

### Bar Facing Burpee:

- The burpee must be performed perpendicular/facing the barbell.
- The athlete jumps or steps back to lie on the ground.
- The athlete's head must be behind the barbell.
- The chest and thighs must touch the ground at the bottom.
- The hands and feet must remain inside the width of the plates at the bottom of the burpee.
- From this position, the athlete can step or jump to their feet.
- The athlete must jump over the barbell, stepping over is not permitted.
- The athlete does not need to land with both feet at the same time.



## WORKOUT 4



- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- Before starting the next rep, the athlete must be perpendicular to and facing the barbell.
- The bar must have normal size 18 inch plates
  - If using a barbell for the front squats and STOHL with smaller plates, a second bar may be set up for the burpees to the required height.

### Shoulder to Overhead:

- Each rep of the shoulder to overhead begins with the barbell at the shoulders in the front rack position (as described above) and finishes with the weight fully locked out directly overhead and over the middle of the body with the feet inline side by side.
- The athlete may do a Press, Push Press, Push Jerk or Split Jerk.
- If using a split jerk the feet must be brought back inline with the weight being held locked out overhead for the repetition to count.
- At the top, the arms, hips and knees must be fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body.
- Using a rack is not permitted.

See The Rogue Invitational Qualification Workout 4 instructional video at [www.roguefitness.com/invitational](http://www.roguefitness.com/invitational) 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:

At the call of 3-2-1-Go with the barbell starting on the floor, the athlete may perform 9 Front Squats, then 7 Bar Facing Burpees, then 5 Shoulder to Overhead.

This will be repeated until the 9 min time cap is reached.

The athlete's score will be the total number of repetitions completed before the time cap expires.

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

- Timer needs reset to start from zero
- Athletes may make as many attempts during their video as they would like.

# WORKOUT 4



## 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 be shot from the position shown in the floor plan, all equipment should be set up as shown in the floor plan and 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. Full body of athlete including feet at all times during each movement of the workout.
2. All equipment spaced and measured as per the floor plan.
3. The scale calibration and weighing of equipment used.
4. Show all required measurements of equipment.
5. Clearly show the hip crease below the knees in the bottom of the front squat and at the top the knees and hips must be fully extended. Show the athlete perpendicular to the bar for the burpee over bar, with chest and thighs on the floor, and a clear jump over the bar. Clearly show the bar passing from the front rack position and finishing with the barbell fully locked out directly overhead and over the middle of the body with the feet inline side by side for the Shoulder To Over head.
6. Workout timer in shot at all times.

Next the athlete will need to follow the steps outlined below:

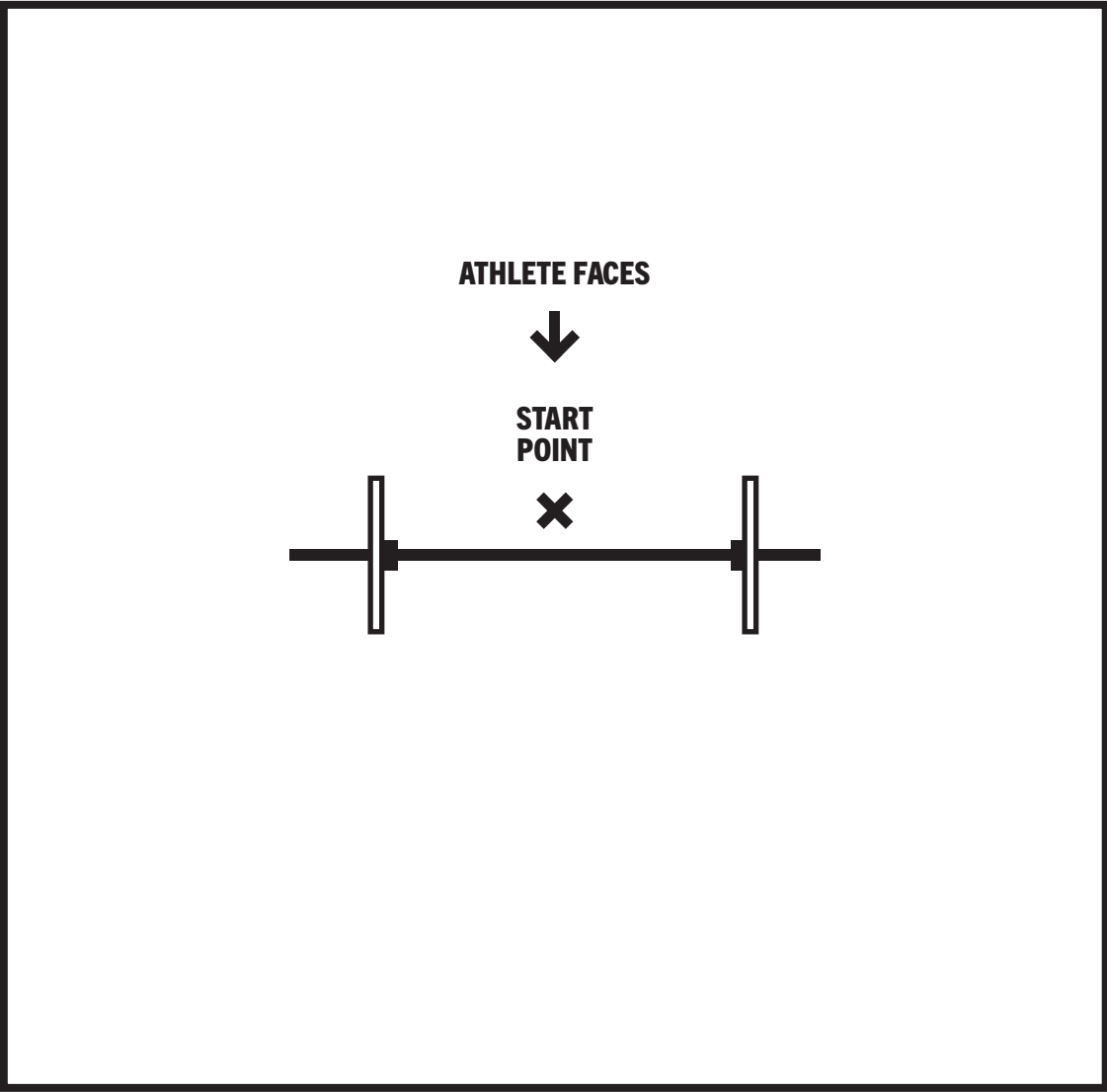
1. The submitted video should start with the entire athlete in frame stating their name, the qualifier workout number, and their division.
2. The camera should then clearly show all equipment the athlete will use during their workout. All of the following must be shown:
  - Barbell, to include end caps
  - All weight plates, both sides; total weight should match the criteria for the category the athlete has entered
  - Plates need to clearly have the weights printed on them
  - The barbell positioned as per the floor plan with enough clear space to execute all movements safely
  - All gear needs to stay in camera shot during the entire video

# WORKOUT 4



3. The athlete must weigh all plates and barbell on camera, as shown in the workout standards video.
  - This process needs to start with showing scale calibration 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.
  - Required regardless of equipment brand.
4. The athlete should measure the plates that will be used on the barbell for the burpees.
  - Plate measurement requirements listed above.
5. The camera should move back into the correct filming position as show in the floor plan.
  - The bar(s) should be loaded at this time - all equipment and athlete should stay in shot.
  - The final position should capture the athlete completing all movements in their entirety as explained above and the timer.
6. 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.
7. Once the athlete is ready they may begin the workout based on the criteria outlined above.
  - Ensure the athlete starts the workout from the correct start position as shown in the floor plan
  - The clock timer should be set to count up to 9 mins
8. When the 9 min Time Cap is reached and the workout is finished, the video may then 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 4 FLOOR PLAN



5' TALL  
OFF FLOOR 

**\*ADJUST CAMERA POSITION AS NEEDED TO  
ENSURE ALL CRITICAL ITEMS ARE IN SHOT**

# WORKOUT 4 SCORECARD



**AMRAP 9 mins**  
 9 Front Squat (135/95)  
 7 Bar Facing Burpee  
 5 Shoulder to OH (135/95)

**RX Division Weights**

- Womens weight - 95 Pounds
- Mens weights - 135 Pounds

**Scaled Division Weights**

- Womens weight - 65 Pounds
- Mens weighs - 95 Pounds

**Tie Breaker:** Fastest split time for the final full round completed

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

ROUND	(9)FRONT SQUAT	(7)BAR FACING BURPEE	(5)SHOULDER TO OVERHEAD	SPLIT TIME
1	9	16	21	
2	30	37	42	
3	51	58	63	
4	72	79	84	
5	93	100	105	
6	114	121	126	
7	135	142	147	
8	156	163	168	

*Athlete must record the time of the last completed round for tie break purposes*

**WORKOUT 4** **WORKOUT COMPLETED** RX  **SCALED**   
**ATHLETE NAME** \_\_\_\_\_ **FINAL REPS AT 9 MIN** \_\_\_\_\_  
PRINT

**WORKOUT LOCATION** \_\_\_\_\_ **JUDGE** \_\_\_\_\_ Has judge passed CrossFit's online judges course? **Y/N**  
NAME OF AFFILIATE JUDGE NAME

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE  
AFFILIATE COPY

**WORKOUT 4** **WORKOUT COMPLETED** RX  **SCALED**   
**ATHLETE NAME** \_\_\_\_\_ **FINAL REPS AT 9 MIN** \_\_\_\_\_  
PRINT

**WORKOUT LOCATION** \_\_\_\_\_ **JUDGE** \_\_\_\_\_ Has judge passed CrossFit's online judges course?  
NAME OF AFFILIATE JUDGE NAME

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE SIGNATURE DATE  
ATHLETE COPY

# WORKOUT 4 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 athlete including feet at all times during each movement of the workout.
2. All equipment spaced and measured as per the floor plan.
3. The scale calibration and weighing of equipment used.
4. Show all required measurements of equipment.
5. Clearly show the hip crease below the knees in the bottom of the front squat and at the top the knees and hips must be fully extended. Show the athlete perpendicular to the bar for the burpee over bar, with chest and thighs on the floor, and a clear jump over the bar. Clearly show the bar passing from the front rack position and finishing with the barbell fully locked out directly overhead and over the middle of the body with the feet inline side by side for the Shoulder To Over head.
6. 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.