



ROGUE Bella Complex Challenge Instructions

September 5,
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CHALLENGE
ROGUE

THE BELLA COMPLEX CHALLENGE

CHALLENGE/SCORING:

Find your heaviest load for the following unbroken complex:

1 Clean

1 Shoulder to Overhead

1 Front Squat

1 Shoulder to Overhead

Time Cap: 5 minute time cap to complete the complex.

Athletes with the heaviest successful barbell load in each weight division will win the contest.

Athletes may perform multiple attempts at different weights within the 5 minute time cap.

Tie Breaker 1: Body Weight – Lighter body weight would win the tie

DEADLINES AND SUBMISSIONS:

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

Challenge Close Date & Time: July 27 at 8PM EST

* 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

Male (Ages 14 and over)

Light: Up to 147.99 lbs (up to 67.13 kg)

Middle: 148 lbs – 211.99 lbs (67.14 – 96.16 kg)

Heavy: 212 lbs and up (96.17 kg and up)

Female (Ages 14 and over)

Light: Up to 120.99 lbs (up to 54.88 kg)

Middle: 121 lbs – 167.99 lbs (54.89 – 76.20 kg)

Heavy: 168 lbs and up (76.21 kg and up)

Community RX Division

Male (Ages 14 and over)

Light: Up to 147.99 lbs (67.13 kg)

Middle: 148 lbs – 211.99 lbs (67.14-96.16 kg)

Heavy: 212 lbs and up (96.17 kg and above)

Female (Ages 14 and over)

Light: Up to 120.99 lbs (up to 54.88 kg)

Middle: 121 lbs – 167.99 lbs (54.89 – 76.20 kg)

Heavy: 168 lbs and above (76.21 kg and above)

* Your weight class should be based on your weight when wearing all of the clothing/gear, to include shoes, you will wear for the competition.

* **Competitive Division:** Athlete scores count towards “Overall Challenge” and are required to perform the workout RX and follow all rules and video requirements outlined.

* For the overall leaderboard, Competitive Division athletes will have their final load converted via the [Sinclair Calculator](#) and ranked accordingly.

* **Community RX Division:** Athletes perform the workout RX, scores do not count toward “Overall Challenge” are not eligible for official records or prizes. Video submissions are not required. Athletes will receive t-shirts (if purchased) and registrations count towards a gym’s total sign up.

* To be considered as a competitor, the athlete must register for the challenge at roguefitness.com/challenges and follow all workout and video flows as outlined.

EQUIPMENT NEEDED TO QUALIFY:

– Visible Timer in frame – this can be a gym timer, a phone with the timer feature up, or a stopwatch

– Digital Weight Scale to confirm athlete’s bodyweight and equipment to be used for your lift (analogue scales are NOT permitted)

– Dumbbell or kettlebell to verify the digital scale

– Standard 15kg (35lb) or 20kg (45lb) Barbell

– Weight Plates with the weight clearly marked

– Max of 18” diameter

– Minimum plate increments of 1lb or 0.5kg per side

- 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 must be worn

Permitted Equipment:

- Gym Chalk (magnesium carbonate)
- Weightlifting Belt
- Thumb/finger tape
- 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
- Olympic Lifting Singlet
- Nose strips
- Mouth Guards

Not Permitted Equipment:

- Tacky of any kind
- Hand Grips of any kind including liquid grip
- Gloves or any type of hand, forearm or bicep coverings
- Sticky Adhesives or grip adhesives of any kind anywhere on the clothing, body, or bar (including spray or other)
- Multiple layers of sleeves/wraps on top of each other
- Lifting Straps of any kind
- Knee Wraps or Elbow Wraps
- Any multi-ply suits including deadlift or power lifting 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 to gain an unfair advantage may be disqualified from the competition.

MOVEMENTS:

Clean

Barbell begins on the floor.

- A muscle clean, power clean, split clean, or squat clean may be used
 - Barbell comes up to the rack position on the shoulders with the elbows clearly in front of the bar
 - Feet in line
 - Hips and knees fully extended
- If any part of the athlete apart from the feet touch the floor the complex must be re-started
- Athletes may also perform a thruster movement here and move directly into their first shoulder to overhead

First Shoulder to Overhead

The athlete may perform a strict press, push press, push jerk, split jerk or go straight into a thruster from the clean.

The overhead position consists of;

- Bar overhead, arms fully extended.
- Full extension of the knees and hips
- Feet in line under the hips

At the completion of the shoulder to overhead or thruster movement, a successful lift will end with the athlete standing with the bar in the overhead position, **Athlete must show a moment of control with the barbell in the overhead position before moving on.**

Front Squat

The athlete starts by bringing the barbell back down to the front rack position, where the bar is resting on the shoulders.

Once the bar is on the shoulders, in the front rack, the athlete squats,

- Athlete must reach a depth where the hip crease is clearly below the top of the knee. Once the athlete reaches depth they may either;
- Stand back up, keeping the bar in the front rack position.
- Or move directly into the final Shoulder to Overhead movement by performing a thruster.

Second Shoulder to Overhead

Athlete may perform a strict press, push press, push jerk, split jerk, or thruster.

At the completion of the movement a successful lift will end with the athlete standing with the bar in the overhead position

- Bar overhead, arms fully extended.
- Full extension of the knees and hips with the feet directly under the hips.
- Athlete must show a moment of control with the barbell in the overhead position

* See the Bella Complex instructional video at www.roguefitness.com/challenges for a visual example of the permitted complex

* 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 complex begins with the athlete standing with the bar on the ground in front of them.

- Barbell should be loaded with the starting weight.

When the athlete is ready they may verbally declare their initial weight

- The timer can then begin
- Once the timer is running, they may perform their first movement.

When the athlete has cleaned the barbell onto the front rack, the athlete will move directly onto the first Shoulder to Overhead.

- Standards listed above

When the athlete and the barbell reach the approved overhead position, the athlete will move directly onto the Front Squat movement.

- Standards listed above

When the athlete and the barbell reach the approved depth position for the Front Squat, the athlete will move directly into their final Shoulder to Overhead movement.

- Standards listed above

The athlete may then add or subtract weight from the bar working toward their max load and repeat the flow listed above.

- The athlete may have as many attempts in the 5 minute window as they would like to try.
- If there is a weight change, the athlete needs to verbally state their new/adjusted weight prior to starting the complex.
- The athlete and all gear must remain in camera view for the entire 5 minutes.
- As long as the barbell is in motion prior to the 5 minute time cap, the attempt will be counted.
- Additional personnel may be used to add/deduct weight from the barbell.

The complex is complete when the second shoulder to overhead of the complex has been completed for the athlete's final load attempt.

VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fish eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound should be ON during the filming. Be sure the athlete has adequate space to safely complete the movement and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The video should be shot from at a 45 degree angle to the athlete ensuring that the video clearly shows the entire body. Critical items that need to be clearly visible on the video:

1. Show all equipment to be used to the camera
2. Digital scale verification using a dumbbell or kettlebell
3. Athletes bodyweight – wearing all equipment they will be wearing for the challenge –

refer to permitted/non-permitted equipment list

4. Weighing of all equipment to be used for the entire challenge, barbell and all plates, required regardless of brand
5. Clearly show all weights being added/removed from the barbell and verify to total load on the bar for each lift
6. Clearly show the complex so that all movement standards can be verified, video must capture the athlete from the feet to the full lockout position.
 - Controlled overhead lockout
 - Clear depth in the front squat

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, and the challenge name
2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
 - Barbell, to include end caps
 - All weight plates that will be used in their attempt
 - Both sides of the plates
 - Plates need to clearly have the weights printed on them, and both sides must be displayed to the camera
3. The athlete must verify their scale by placing a dumbbell/kettlebell on the scale and showing the scale reading is correct.
 - Please verbally say the weight as the camera shows the scale
4. The athlete will need to step onto the scale to weigh themselves to confirm their weight group. Once the athlete is on the scale, the camera needs to zoom in to clearly show the scale reading.
 - This must be done with the athlete wearing all clothing, supportive equipment and shoes that will be worn during the competition attempt
5. Weigh each piece of equipment the athlete will use during their challenge. All of the

following must be shown:

- The camera must show all weight plates that will be used on the scale and show the scale reading for each. The entire scale should be clearly visible to the camera

- This includes any plates that may be added to the bar at any point

- The camera must show the barbell on the scale and show the scale reading

- Required regardless of equipment brand

- A coach or helper can assist with this process

6. The camera should move back into the correct 45 degree filming angle for the challenge attempt.

- The final position should capture the barbell from the ground to the overhead position as well as the timer.

7. The athlete needs to show the camera all of the supportive equipment they are wearing to confirm it matches the outlined rules

8. Once the athlete is ready the 5 minute timer may start and the athlete may begin an attempt at the complex based on the criteria outlined above.

- If the athlete wishes to change the load on the barbell at any point;

- All plates added/subtracted from the barbell must be clearly shown to the camera

- Athlete must verbally confirm the load before any attempt is made

9. If the barbell is clearly off the floor before the 5 minute time cap is reached, the athlete may attempt to complete that complex.

10. At the conclusion of their complex attempt / 5 minute time cap is reached, the athlete must;

- Show the final weight on the barbell to the camera

- The video may end

* 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 judge's discretion.

* Refer to the demo video on the Rogue website for a visual for how the workout and video should flow.

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. Show all equipment to be used to the camera.
2. Digital scale verification using a dumbbell or kettlebell
3. Athletes bodyweight, wearing all equipment they will be wearing for the challenge.
Refer to permitted/nonpermitted equipment list.
4. Weighing of all equipment to be used for the entire challenge, barbell and all plates, required regardless of brand.
5. Clearly show all weights being added/removed from the barbell and verify to total load on the bar for each lift.
6. Clearly show the complex so that all movement standards can be verified, video must capture the athlete from the feet to the full lockout position.

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 failsafe in the event that a primary video doesn't clearly show a specific video requirement.

FINAL 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

FINAL WEIGHT: _____

JUDGE/WITNESS _____ **JUDGE/WITNESS SIGNATURE** _____

PRINT

ATHLETE NAME _____ **ATHLETE SIGNATURE** _____

PRINT

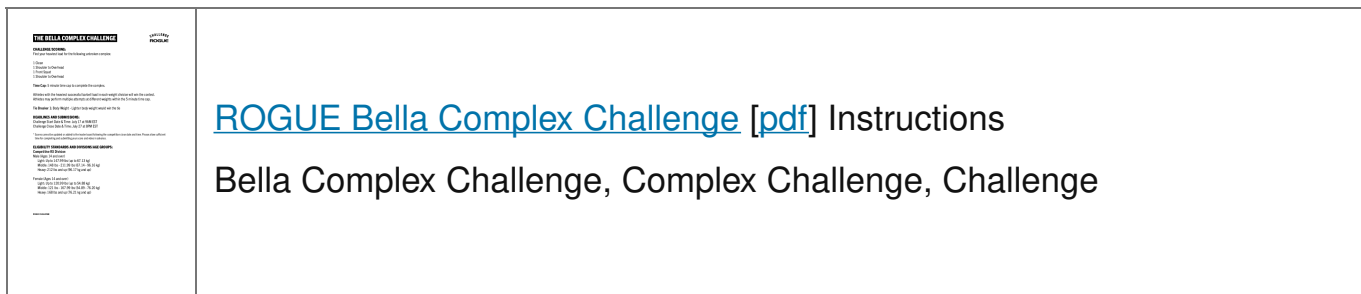
I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE/WITNESS SIGNATURE

DATE

ROGUE CHALLENGE

Documents / Resources



[ROGUE Bella Complex Challenge](#) [pdf] Instructions

References

◆ Bella Complex Challenge, Challenge, Complex Challenge,

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