



## WORKOUT TWO PRESENTED BY ROGUE®

### UPPER BELOW ELBOW

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

TIE-BREAK:  
MAX HANG CLEANS

### UPPER ABOVE ELBOW

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

\*15% MULTIPLIER  
  
TIE-BREAK:  
MAX HANG CLEANS

### SHORT STATURE

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

\*MULTIPLIERS  
HIGH 0% MID 5% LOW 10%  
  
TIE-BREAK:  
MAX HANG CLEANS

### LOWER MINOR

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

TIE-BREAK:  
MAX HANG CLEANS

### LOWER BELOW KNEE

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

TIE-BREAK:  
MAX HANG CLEANS

### LOWER ABOVE KNEE

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

\*15% MULTIPLIER  
  
TIE-BREAK:  
MAX HANG CLEANS

### SENSORY

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

TIE-BREAK:  
MAX HANG CLEANS

### NEURO MINOR

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

TIE-BREAK:  
MAX HANG CLEANS

### NEURO MODERATE

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

\*10% MULTIPLIER  
  
TIE-BREAK:  
MAX HANG CLEANS



# WORKOUT TWO SCORECARD

ROGUE®

SCORES DUE SEPTEMBER 25TH @ 8PM ET

## NEURO MAJOR

IN 5MIN FIND A  
1RM COMPLEX

**2 CLEAN**  
**1 JERK**

\*20% MULTIPLIERS

TIE-BREAK:  
MAX HANG CLEANS

## SEATED 2

IN 5MIN FIND A  
1RM COMPLEX

**2 HANG CLEAN**  
**1 SH2OH**

\*10% MULTIPLIER

TIE-BREAK:  
MAX SLAMBALL TO TARGET  
30/20LB

## SEATED 1

IN 5MIN FIND A  
1RM COMPLEX

**2 HANG CLEAN**  
**1 SH2OH**

TIE-BREAK:  
MAX SLAMBALL TO TARGET  
20/14LB

## SCORING

The score for this workout is the athlete's heaviest weight successfully lifted, in pounds. If converting kilograms to pounds, round to the nearest pound. Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

**TIEBREAK:** Total number of hang cleans or slamball to target at heaviest successful lift. Athletes have the OPTION to perform a tiebreak at the end of their heaviest complex. Immediately following the final lock out of the hang snatch, the athlete can perform as many unbroken overhead squats and this will be their tiebreak score.

## FLOW

Workout 2 for the standing adaptive divisions is for max weight of the following complex: 2 Cleans + 1 Jerk. Seated: 2 Hang Clean + 1 Shoulder to Overhead. Athletes will have 5 minutes on the clock to establish max weight for their complex. For standing athletes any type of clean is permitted (i.e. power, squat, deadlift into hang clean). Score is final weight of the barbell for last completed complex.

Tie Breaker for standing athletes will be max hang cleans within the 5 minute clock at their max lifted weight. Tie Break for seated athletes will be Max slamballs to target. A multiplier will be utilized for different subdivisions as athletes will be competing against each other (i.e. one point of contact, mod and major neuro, seated 1, etc.).



# WORKOUT TWO SCORECARD

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## FLOW (CONT.)

To get credit for the score, athletes must provide a video of their effort. Video must include a full view of all included equipment. Athletes must also show weights on the bar and reiterate name and division. If an athlete is out of frame for any part of the video, credit will not be given.

## REQUIRED EQUIPMENT

Barbell, 45lb/35 lb or 15/20 kg, Bumper plates\*, Collars, Slam Ball, Slam Ball target

**NOTE:** For this workout, 15-kg bar MUST be totaled as 35 lb. 20-kg bar MUST be totaled as 45 lb.

\*The official weight must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound (.5 and up round up, .4 and below round down).

200.1 to 200.4 lb rounds down to 200 lb

200.5 to 200.9 lb rounds up to 201 lb

Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

## REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece BEFORE the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

Then round the sum to the nearest whole pound. (.5 and up round up, .4 and below round down)



# WORKOUT TWO SCORECARD

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## REQUIRED EQUIPMENT (CONT.)

### CALCULATING TOTAL LOAD:

#### Example 1:

Barbell is 20 kg = 45 lb

Two 45 lb plates = 90 lb

TOTAL = 135 lb

*Enter 135 lb on scorecard*

#### Example 2:

Barbell is 15 kg = 35 lb

Two 20 kg plates = 88 lb

Two 0.5 kg plates = 2.2 lb

TOTAL = 125.2 lb

125.2 lb rounds down to 125 lb

*Enter 125 lb on scorecard*

This table will be used in all instances when determining scores for this workout.

KILORGRAMS (KG)	POUNDS (LB)
0.5	1.1
1	2.2
1.5	3.3
2	4.4
2.5	5.5
5	11
10	22
15	33
20	44
25	55

**MOVEMENT STANDARDS****UPPER RX BELOW ELBOW****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**UPPER RX ABOVE ELBOW****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulder and hips, knees locked out.

**UPPER RX SHORT STATURE****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**MOVEMENT STANDARDS****LOWER RX MINOR****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**LOWER RX BELOW KNEE****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**LOWER RX ABOVE KNEE****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knee locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knee locked out.

**MOVEMENT STANDARDS****LOWER RX SENSORY****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**NEURO RX MINOR****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**NEURO RX MODERATE****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**MOVEMENT STANDARDS****NEURO RX MAJOR****2 CLEAN + 1 JERK**

- Complex begins with the bar on the ground in front of the athlete.
- Athlete will lift the bar up to the front rack position.
- Bar can be caught in squat or power position. .
- Rep is counted with the bar on the shoulders and hip and knees locked out.
- Athlete must then perform another clean for 2 total.
- The Jerk begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- The athlete may dip and drive with the legs while the weight is on the shoulders.
- Complex is complete when 2 Cleans and one jerk has been successfully completed and athlete is standing with barbell locked out over shoulders and hips, knees locked out.

**SEATED RX 2****2 CLEAN + 1 JERK**

- Complex begins with the bar on the athlete's lap.
- Athlete will lift the bar up to the front rack position.
- Rep is counted with the bar on the shoulders over the hips.
- Athlete must then perform another clean for 2 total.
- The SH2OH begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- Complex is complete when 2 Cleans and one SH2OH has been successfully completed and athlete is supporting barbell overhead over hips

**SLAMBALLS TO TARGET**

- The athlete will hang a ring at arms full extension over the midline while seated tall in chair. .
- Rep begins with athlete touching ball to the ring with both hands overhead.
- Athlete will then drive the ball back to the ground in front of him/her
- Athlete can catch the ball off the bounce to start next rep

**SEATED RX 1****2 HANG CLEAN + 1 SH2OH**

- Complex begins with the bar on the athlete's lap.
- Athlete will lift the bar up to the front rack position.
- Rep is counted with the bar on the shoulders over the hips.
- Athlete must then perform another clean for 2 total.
- The SH2OH begins with the barbell at the shoulder in the front rack position
- Rep is completed with the bar fully locked out overhead and over the middle of the body.
- Complex is complete when 2 Cleans and one SH2OH has been successfully completed and athlete is supporting barbell overhead over hips



**MOVEMENT STANDARDS****SLAMBALLS TO TARGET**

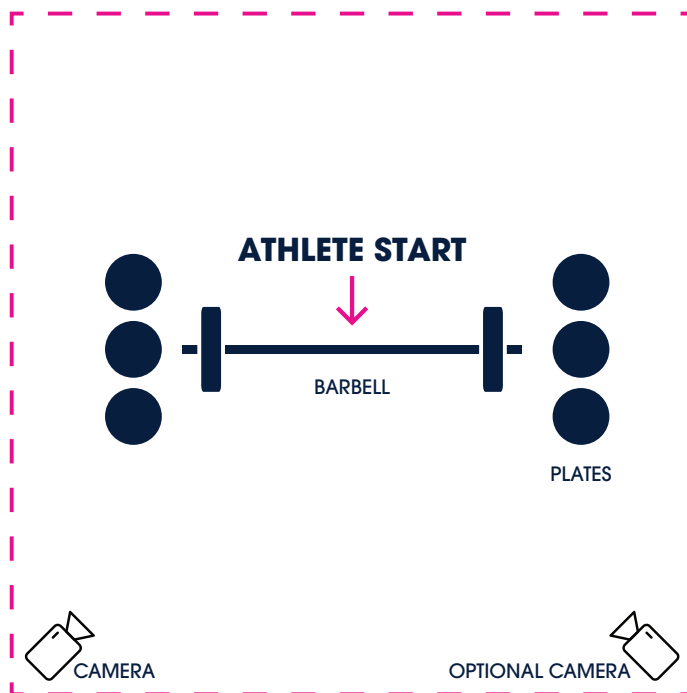
- The athlete will hang a ring at arms full extension over the midline while seated tall in chair.
- Rep begins with athlete touching ball to the ring with both hands overhead.
- Athlete will then drive the ball back to the ground in front of him/her
- Athlete can catch the ball off the bounce to start next rep

**SUBMISSION CHECKLIST**

- ☐ Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, September 25 @ 8 p.m. ET?
- ☐ Is your video playable, publicly viewable and free of copyright issues?
- ☐ Did you show or state your name, division and workout being performed, for this workout?
- ☐ Is a clock in the frame or on the recording app **CLEARLY** visible?
- ☐ Are your measurements/weights **CLEARLY** shown and stated in video?
- ☐ Are your movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- ☐ Is your video clear of obstructions?
- ☐ Are you submitting the correct video for this specific workout?

## FILMING RECOMMENDATIONS

- Film ALL introductions of name, division and workouts so the athlete can be seen and heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout..
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.





# WORKOUT TWO SCORECARD

ROGUE®

SCORES DUE SEPTEMBER 25TH @ 8PM ET

## UPPER RX

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3
<b>2 CLEAN + 1 JERK</b>	WEIGHT IN POUNDS	WEIGHT IN POUNDS	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX HANG CLEAN (AT HEAVIEST SUCCESSFUL LIFT)	REPS COMPLETED	REPS COMPLETED	REPS COMPLETED

\*UPPER AE - 15% MULTIPLIER, SHORT STATURE - MULTIPLIERS HIGH 0% MID 5% LOW 10%

\*\*CLEANS CAN BE POWER, SQUAT, 2 PART DL+HC

## FINAL SCORE | HEAVIEST SUCCESSFUL LOAD & MAX HANG CLEAN

<b>2 CLEAN + 1 JERK</b>	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX HANG CLEAN (AT HEAVIEST SUCCESSFUL LIFT)	REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

SUBMIT  
SCORE HERE





# WORKOUT TWO SCORECARD

ROGUE®

SCORES DUE SEPTEMBER 25TH @ 8PM ET

## LOWER RX

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3
<b>2 CLEAN + 1 JERK</b>	WEIGHT IN POUNDS	WEIGHT IN POUNDS	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX HANG CLEAN (AT HEAVIEST SUCCESSFUL LIFT)	REPS COMPLETED	REPS COMPLETED	REPS COMPLETED

\*LOWER AK - 15% MULTIPLIER

\*\*CLEANS CAN BE POWER, SQUAT, 2 PART DL+HC

## FINAL SCORE | HEAVIEST SUCCESSFUL LOAD & MAX HANG CLEAN

<b>2 CLEAN + 1 JERK</b>	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX HANG CLEAN (AT HEAVIEST SUCCESSFUL LIFT)	REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

SUBMIT  
SCORE HERE





# WORKOUT TWO SCORECARD

ROGUE®

SCORES DUE SEPTEMBER 25TH @ 8PM ET

## NEURO RX

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3
<b>2 CLEAN + 1 JERK</b>	WEIGHT IN POUNDS	WEIGHT IN POUNDS	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX HANG CLEAN (AT HEAVIEST SUCCESSFUL LIFT)	REPS COMPLETED	REPS COMPLETED	REPS COMPLETED

\*NEURO MODERATE - 15% MULTIPLIER

\*\*NEURO MAJOR - 20% MULTIPLIER

\*\*\*CLEANS CAN BE POWER, SQUAT, 2 PART DL+HC

## FINAL SCORE | HEAVIEST SUCCESSFUL LOAD & MAX HANG CLEAN

<b>2 CLEAN + 1 JERK</b>	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX HANG CLEAN (AT HEAVIEST SUCCESSFUL LIFT)	REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

SUBMIT  
SCORE HERE





# WORKOUT TWO SCORECARD

ROGUE®

SCORES DUE SEPTEMBER 25TH @ 8PM ET

## SEATED RX

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3
<b>2 HANG CLEAN + 1 SH2OH</b>	WEIGHT IN POUNDS	WEIGHT IN POUNDS	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX SLAM BALL TO TARGET (AT HEAVIEST SUCCESSFUL LIFT) SEATED 2 - 30/20, SEATED 1 - 20/14	REPS COMPLETED	REPS COMPLETED	REPS COMPLETED

\*SEATED 2 - 10% MULTIPLIER

\*\*CLEANS CAN BE POWER, SQUAT, 2 PART DL+HC

## FINAL SCORE | HEAVIEST SUCCESSFUL LOAD & MAX SLAM BALL TO TARGET

<b>2 CLEAN + 1 JERK</b>	WEIGHT IN POUNDS
<b>TIEBREAK:</b> MAX SLAM BALL TO TARGET (AT HEAVIEST SUCCESSFUL LIFT)	REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

SUBMIT  
SCORE HERE

