



WORKOUT TWO PRESENTED BY ROGUE®

ALL DIVISIONS

IN A 5MIN WINDOW, ESTABLISH A 1RM UNBROKEN COMPLEX CONSISTING OF:

1 SNATCH
2 HANG SNATCHES

TIE-BREAK: MAX OH SQUATS

TIME CAP /

5 Minutes

SCORE /

Heaviest Weight
Successfully Lifted

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 overhead squats 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

This workout starts with the barbell unloaded and the athlete standing tall. At the start of the clock, the athlete may begin loading their barbell and performing their attempts. This consists of one snatch, any style, then without resting the barbell, two consecutive hang snatches, any style. Resting the barbell anywhere other than the hang position is not permitted, meaning the barbell may not rest on the athlete's back or on the floor once a set begins. Pausing or adjusting the grip in the hang is okay.



FLOW (CONT.)

There is no limit to the number of attempts an athlete can make within the 5-minute time period. Any successful attempt where the bar leaves the ground before the 5-minute time cap will count. This means, if the athlete begins an attempt before the 5min cap expires, as long as the barbell leaves the ground, they may complete it, irrespective of the clock. Athletes **MUST** change the load on their own bar. Athletes **MAY NOT** receive assistance loading the bar.

The athlete's score **MUST** be recorded in pounds. The minimum weight increment allowed is 1 pound. If lifting in kilos, the athlete's score must be converted to pounds prior to score submission. Round to the nearest pound when recording scores. Men are required to use a 45-lb (20-kg) bar. Women are required to use a 35-lb. (15-kg) bar. Collars must be placed on the outside of the plates for each attempt. Collars cannot be included in the weight.

There is a "tiebreak" for this workout, immediately following the final lock out of the second hang snatch the athletes will perform as many unbroken overhead squats at their heaviest successful lift. This will be their tiebreak score.

REQUIRED EQUIPMENT

Barbell, 45lb/35 lb or 15/20 kg, Bumper plates*, Collars

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.



WORKOUT TWO SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

REQUIRED EQUIPMENT (CONT.)

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)

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



SNATCH

- Athletes must have collars on the outsides of the plates.
- Each rep starts with the bar on the ground.
- If using an empty barbell or a barbell with bumper plates that are smaller than the standard size, each rep must begin with the barbell clearly below the knees.
- Power, squat, and split snatches are permitted.
- Hang snatches are NOT permitted.
- Bouncing the bar is NOT permitted.
- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a split snatch is used, the feet must return in line before the bar is lowered.
- Athletes MAY NOT receive assistance loading the bar.
- Athlete may NOT wear gymnastics grips or straps for this workout.



HANG SNATCH

- Athletes must have collars on the outsides of the plates.
- Each repetition must start from the hang.
- In the hang, the barbell must remain above the knee and below the hip.
- Power, squat, and split snatches are permitted.
- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a split snatch is used, the feet must return in line before the bar is lowered.
- Athletes MAY NOT receive assistance loading the bar.
- Athlete may NOT wear gymnastics grips or straps for this workout.

MOVEMENT STANDARDS (CONT.)



OVERHEAD SQUAT

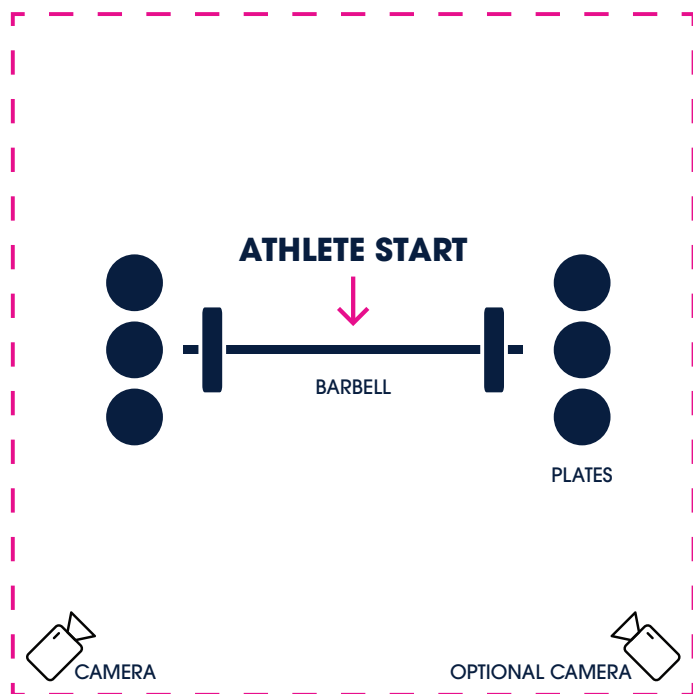
- Athletes must have collars on the outsides of the plates.
- Once the bar is in the overhead position, the athlete's hip crease must pass below the tops of their knees at the bottom.
- The barbell must remain overhead until the lockout position is achieved.
- The rep is credited when:
 - the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body.
 - If any part of the athlete's body other than their hands makes contact with the bar, the rep will not count and the "tiebreak" portion will be complete.
- The barbell can not rest in the front rack, back rack or hang position. Once the barbell comes below the top of the athletes head, the "tiebreak" portion will be complete.
- After finishing the final lift, remove and film all plates used on the bar to verify the load.
- Athlete may NOT wear gymnastics grips or straps for this workout.

SUBMISSION CHECKLIST

- Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, September 18 @ 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 18TH @ 8PM ET

ALL DIVISIONS

| | ATTEMPT 1 | ATTEMPT 2 | ATTEMPT 3 |
|--|------------------|------------------|------------------|
| 1 SNATCH + 2 HANG SNATCH | WEIGHT IN POUNDS | WEIGHT IN POUNDS | WEIGHT IN POUNDS |
| TIEBREAK: MAX OHS (AT HEAVIEST SUCCESSFUL LIFT) | REPS COMPLETED | REPS COMPLETED | REPS COMPLETED |

FINAL SCORE | HEAVIEST SUCCESSFUL LOAD & MAX OH SQUATS

| | |
|--|------------------|
| 1 SNATCH + 2 HANG SNATCH | WEIGHT IN POUNDS |
| TIEBREAK: MAX OHS (AT HEAVIEST SUCCESSFUL LIFT) | REPS COMPLETED |

SCORES DUE SEPTEMBER 18TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT
SCORE HERE

