

## WOD 4

INVITATIONAL  
**ROGUE**  
— CrossFit —

PRESENTED BY  
**ROMWOOD**

### WORKOUT:

AMRAP 6min

3 Box Jump Over (24/20")

6 Deadlift (255/175lb)

9 Bar Facing Burpee

### EQUIPMENT LIST:

Box that is the appropriate height for your division. The top of the box must be at least 15-by-15 inches.

Barbell

Standard bumper plates (18-inch diameter) to load to the appropriate weight for your division\*

Collars

Tape or line that bisects the middle of the barbell.

*\* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 255 lb. (116 kg), 175 lb. (79 kg).*

### FLOW:

Prior to starting this workout, each athlete will need to create a long straight line on the floor and place their barbell on the center of that line. On the call of 3-2-1-Go the athlete will step forward and complete 3 box jumps overs, then 6 deadlifts and then 9 bar facing burpees. The athlete will then begin to start round 2 and this process will continue until the 6-minute time cap has been reached. The athlete's score will be the total amount of reps completed in the 6 minutes.

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

### BOX JUMP OVER:

The box jump begins with the athlete standing next to the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump com-



pletely over the box. There is no requirement to stand tall while on top of the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

### DEADLIFT:

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. 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.

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### BAR FACING BURPEE

The bar facing burpee starts with the athlete facing the bar while touching their chest and thighs to the ground and finishes with the athlete jumping over the barbell. In the bottom position, to ensure the athlete remains perpendicular to the bar on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.



A two-foot takeoff is always required, and the athlete may land as they wish. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep. No part of the athlete may touch the bar. If a no rep is called the athlete does not have to return to the side of the bar that the no rep was called on.



### VIDEO SUBMISSIONS:

Prior to starting, film the barbell and plates to be used so the weight can be seen clearly. Also film the height of the box being measured with a tape measure. All video submissions should be uncut and unedited in order to accurately display the performance. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

# WOD 4 SCORECARD

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ROUND	(3) BOX JUMP OVER	(6) DEADLIFT M/F 255/175lb	(9) BAR FACING BURPEE	SPLIT TIME
1			18	
2			36	
3			54	
4			72	
5			90	
6			108	
7			126	
8			144	
9			162	
10			180	
11			198	
12			216	
13			234	
14			252	
15			270	

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

## WOD 4

ATHLETE NAME \_\_\_\_\_ TIME FINISH \_\_\_\_\_ TOTAL REPS \_\_\_\_\_

PRINT

TIEBREAK TIME \_\_\_\_\_

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

## WOD 4

ATHLETE NAME \_\_\_\_\_ TIME FINISH \_\_\_\_\_ TOTAL REPS \_\_\_\_\_

PRINT

TIEBREAK TIME \_\_\_\_\_

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_

NAME OF AFFILIATE

JUDGE NAME

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

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DATE