

MEN'S

ROGUE REPLICAS DINNIE STONE HOLD

QUALIFYING WEIGHT:

Implement one ranges from 320lbs - 325lbs

Implement two ranges from 420lbs - 425lbs

EQUIPMENT LIST:

- Option 1: Replica Dinnie Stones at Rogue HQ retail store
- Option 2: Original Dinnie Stones in Potarch, Aberdeenshire, Scotland.
- Option 3: If you are using custom "Dinnie Stone" type ring handles, both rings can have an outside diameter no greater than 7" and be no more than 3/4" thick metal
- Option 4: Rogue Ring Power Pin or similar non Rogue branded product.
- Option 5: A basic cable handle.
For example a D handle steel or strap attachment attached to an appropriately loaded weight pin.
- Plates that have weight numbers visible
- Timer with an assistant to stop/start time
- Tape Measure
- Scale

Please note, if you are unsure about whether or not your handle will be allowed, please email a photograph and basic implement dimensions to, recordbreakers@roguefitness.com for an official approval prior to your lift attempt.

Regardless of which implement you decide to use, the maximum allowed distance from the floor to the top of your handle when fully extended is 24". There is no minimum measurement restriction for the same dimension.

QUALIFYING RULES AND DETAILS:

- Open to men only
- Minimum length of lift submitted is 5 seconds
- Implement weights need to weigh between the weight range below:
 - Implement one ranges from 320lbs - 325lbs
 - Implement two ranges from 420lbs - 425lbs
- Lifters may qualify by coming to Rogue Headquarters and shooting their video there, using the stones that will be used in the contest

ROGUE RECORD BREAKER PRIZE PURSE:

\$5000 for setting a new Rogue record at the Arnold Classic.

History of Movement:

The original Dinnie Stones are located in Potarch, Aberdeenshire, Scotland date back to the 1860s and have a combined weight of 733lbs. The Rogue Replica Dinnies first appeared in competition at the Arnold Classic during 2017 and are one pound heavier than the originals in Scotland. The replica stones used in this event were made for Gordon Dinnie, a kinsman of Donald Dinnie, and they now belong to Jan Todd. They are on display in the Rogue Fitness HQ retail store and athletes and fans are welcome to come by and attempt to lift them.

Current Record with Rogue Replica Dinnie Stones:
31.36 seconds set in 2017 by Mark Felix.

RRB EVENT 5

RECORD BREAKER
ROGUE
2020

DINNIE STONE HOLD

Implement begins on the ground. The lifter then grips the handles either placing one on the right and one on the left side of the body; or, they may place one in front and one behind the body. Lifter will then pick the implement up vertically until both are completely off the ground. The lifter does not have to be fully erect or locked out in anyway. The implements need to be entirely lifted from the ground. The lift has ended once any part of either implement touches the ground.

SUPPORTIVE GEAR RULES

Permitted Items: Chalk (magnesium carbonate), Lifting belts including nylon, powerlifting, Olympic or similar, knee sleeves, neoprene back support belt, wrist wraps, elbow sleeves.

Not Permitted: Tacky of any sort including tacky towels, lifting straps, liquid chalk.



VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from the front and place the camera low to the ground so that the floor and the lifter both stay in frame the entire time. The video must be able to clearly show both stones lifted off of the ground. Videos that do not show the lifted stones and the lifter for the entire video will be ineligible. 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. The athlete needs to hold their palms toward the camera to show that they are not using tacky or any substance other than chalk to assist the grip.

The submitted video should begin with the athlete saying their name as they walk into frame near their lifting implements. First, the athlete needs to show the poundage markings on surfaces of each plate. Please verbally say what each weight is as you show it to the camera. Second, the athlete will need to place all non plate items onto a scale. For example, if you are using a power pin, carabiner and D handle, all three of those items need to be placed on the scale together with the

weight showing in the same frame in order to verify the total load. Third, set up your items on the ground, fully loaded/prepared for the lift. Fourth the athlete needs to measure the distance from the ground to the top of their handle when fully upright to verify it is no more than the 24" allowed distance. Fifth, the athlete needs to confirm their timer is in full view of the camera and ready to count up in seconds once the lift begins. Finally, the athlete can move into place and start the lift based on the criteria listed above. The athletes helper must press start on the timer once both implements have completely left the floor. The timer, the space between the lifted implements and the floor and the entire body of the athlete must be visible during the entire lift for the video to be accepted. The assistant must stop the clock as soon as either one of the implements touches the ground. The lift is over at this moment.

This must all be done with the camera continuously running for the video to be accepted.