

GUIDING BODIES

World Police and Fire Games (WPFG)
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CrossFit®, Inc.
1250 Connecticut Ave, NW Ste 200
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EVENTS

INDIVIDUAL:

Men: 18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60+

Women: 18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60+

Competitors must compete ONLY within their actual age category.

GENERAL SPORTS RULES for CrossFit:

The intent of this competition is to determine the fittest peace officer or firefighter in their respective division.

Decisions made by judges during competition are final and may not be protested. Event staff, including judges, has the authority to stop or suspend any participant at any point in the competition if they feel the participant is at risk of serious injury or performing in a manner that is unsafe to the participant or others. Judges are volunteering their time to ensure the competition is fair to all competitors; participants and spectators are expected to treat them with the respect earned from voluntary service.

There will be three (3) workouts for the CrossFit Throwdown and the WOD information will be released via Facebook, Instagram and the WPFG2022 website.

WOD 1 (Day one) will be released one month prior to the date of competition.

WOD 2 (Day two) will be released two weeks prior to the date of competition.

WOD 3 (Day three) will be released on the day of competition at the completion of WOD 2

Each workout will be varied and will include all or some of the following components:

- Metabolic conditioning
- Weightlifting
- Gymnastics

Instructions for each workout will include:

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- Time limits
- Required movements
- Required weight
- Required repetitions
- Required equipment
- Scoring

Each competitor will have their own judge who will judge and count individual repetitions and keep time. A repetition not meeting the parameters of briefed instructions must be immediately repeated before proceeding

No attire worn during competition may interfere with judging and the ability of the judges to see the required movements or range of motion.

Non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear will be allowed during competition. No advantage in the form of grip assistance or weight support may be derived from the wearing of any such gear.

No outside assistance in the form of equipment or supplies (including water or other supplies) from spectators or coaches is allowed once the participant enters the area restricted for competition until their judge has recorded their score.

Competitors are expected to display exemplary sportsmanship. Staying in the workout area to encouraging fellow competitors and post-workout congratulations are expected. “Trash talking” fellow competitors and overly exuberant celebrations are not allowed. First instances will invoke a warning; second instances will invoke immediate disqualification and dismissal from the workout area.