



— WORLD —  
**POLICE & FIRE**  
— GAMES —

# CrossFit



— WORLD —  
POLICE & FIRE  
— GAMES —

## Table of Contents:

### [General Information](#)

[Guiding Bodies](#)

[Venue](#)

[Entry Deadline](#)

[Events List](#)

[Medical](#)

[Sport Equipment](#)

### [Competition Format](#)

[Scheduling](#)

[Awards](#)

### [Sport Rules](#)

[Workout Examples](#)

[Players Conduct](#)



— WORLD —  
**POLICE & FIRE**  
— GAMES —

## General Information

### Guiding Bodies

World Police and Fire Games Federation (WPFGF)  
7944 Convoy Ct., # 107, San Diego, CA 92111  
Tele. (858) 571-9919 FAX: (858) 571-1641  
E-mail: [4info@cpaf.org](mailto:4info@cpaf.org)

CrossFit®, Inc.  
1250 Connecticut Avenue, NW, Suite 200  
Washington, DC 20036

### Venue

RBC Convention Centre

### Entry Deadline

July 15th, 2023

### Events List

Men's & Women's Individual Events

- Age Categories: 18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 & 60+

This competition will have both **Scaled and RX Divisions**.

Competitors must compete only within their actual age category.

### Medical

Basic medical supplies will be available at the venue.  
Communications shall be available at each venue and preparations made in case it is necessary to summon emergency services.

### Sport Equipment

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



— WORLD —  
**POLICE & FIRE**  
— GAMES —

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.

## Competition Format

### Scheduling

Scheduled for 3 days of competition. See [Sport Schedule](#) for details.

### Awards

Medals are awarded First through Third Place (1st - 3rd).

## Sport Rules

The intent of this competition is to determine the fittest first responder in their respective division.

Decisions made by judges during competition are final and may not be protested. Event staff, including judges, have 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 CrossFit and the WOD information will be released via Facebook, Instagram and the WPF 2023 website.

- WOD's 1 (Day one) will be released one month prior to the date of competition.
- WOD's 2 (Day two) will be released two weeks prior to the date of competition.
- WOD's 3 (Day three) will be released on the day of competition at the completion of WOD's 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:



— WORLD —  
**POLICE & FIRE**  
— GAMES —

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

### **Workout Examples**

**RX is doing the workout as it is written with the weights, the reps, and the timescale.**

Examples of what you can expect as an RX athlete:

Double Unders (DU)

Toes to Bar (T2B)

Shoulder to Overhead (S2OH) / Clean and Jerk (C&J) - 70/50 kg

Chest to Bar Pullups (C2B)

Bar Muscle Up (BMU)

Rope Climb (RC - use of legs)

**Scaled is doing a workout by modifying it to align with what you're capable of doing at that moment.**

Examples of what you can expect as a Modified athlete:

Single Unders (SU)

Hanging Knee Raises (HKR)

Pullups (PU) Shoulder to Overhead (S2OH) - at 50/35 kg

Clean and Jerk - at 50/35 kg Rope Climb (RC - use of legs)

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 outside assistance, in the form of equipment or supplies (including water or other substances), from spectators or coaches is allowed once the participant enters the area restricted for competition until their judge has recorded their score.

### **Players Conduct**

Competitors are expected to display exemplary sportsmanship. Staying in the workout area to encourage fellow competitors and post-workout congratulations are expected. "Trash



— WORLD —  
**POLICE & FIRE**  
— GAMES —

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.