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Toughest Competitor Alive Abridged Rules



— WORLD —
POLICE & FIRE
— GAMES —

Table of Contents:

[General Information](#)

[Guiding Bodies](#)

[Event Information](#)

[Medical](#)

[Competition Format](#)

[Scheduling](#)

[Sport Rules](#)

[General Sport Rules](#)

[Pre Competition Meeting](#)

[Players Conduct](#)

[Description of Event Phases](#)

[Phase # 1: 5 km Cross Country Run](#)

[Phase #2: Shot Put](#)

[Phase #3: 100 Meter Dash](#)

[Phase #4: 100 Meter Swim](#)

[Phase #5: 20 Foot Rope Climb](#)

[Phase #6: Bench Press](#)

[Phase #7: Pull-Up](#)

[Phase #8: Obstacle Course](#)



— WORLD —
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— GAMES —

General Information

Guiding Bodies

World Police & Fire Games Federation (WPFGF)
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Venue

University of Manitoba

Entry Deadline

July 25, 2023

Event Information

Individual

- Men - 199 lbs. (90.26 KG) and under
- Women
 - Age Categories: 18+, 30+, 35+, 40+, 45+, 50+, 55+, 60+ & 65+
- Men's Heavyweight [200 lbs. (90.72 KG) and over]:
 - Age Categories: 18+, 30+, 40+ & 50+



— WORLD —
POLICE & FIRE
— GAMES —

Team:

- TTA (Toughest Team Alive)
 - 4-Person (18 & over)
 - Each team member competes in only two differing phases of Individual TCA event.

- TMD (Toughest Mixed Doubles)
 - 2-Person (18 & over)
 - Each team member competes in four differing phases of Individual TCA event.

Active competitors from police, fire and eligible first responder agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**.

Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes across country lines.

Competition Format

Scheduling

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

Toughest Competitor Alive (TCA) is a 3 day sport.

Day 1 - Individual Competition

Day 2 - Individual Competition

Day 3 - Toughest Mixed Doubles (TMD) & Toughest Team Alive (TTA) Competitions

Awards

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

Sport Rules

General Sport Rules

The Individual TCA competition consists of 8 consecutive phases. Each competitor will complete all 8 phases of the TCA in one day.

The TTA competition requires each Team member to complete 2 of the 8 TCA phases, so that the team completes all 8 phases of the TTA.



— WORLD —
POLICE & FIRE
— GAMES —

The TMD competition requires each Doubles partner to complete 4 of the 8 TCA phases, so that the team completes all 8 phases of the TMD.

A team member's performance in each phase determines the number of points awarded towards that event. The total points from all 8 phases determines the winners.

At the completion of each phase, the flight of competitors will move directly to the next phase. In order of occurrence, the phases of the TCA/TTA/TMD events are as follows:

1. 5 Km. Run (0700 hours-Start Time)
2. Shotput
3. 100 Meter Dash
4. 100 Meter Swim
5. 20 Foot Rope Climb
6. Bench Press
7. Pull-ups
8. Obstacle Course

100 Meter Dash and 100 Meter Swim will use metric measurements. Rope Climb and the Obstacle Course will use inch/feet.

Please Note: Shot put weights will follow a modified WA/WMA Rules in conjunction with gender and age, including Mixed Team and 4-Person Team (see page 7).

All event phases are mandatory and must be attempted. If a competitor fails to begin an event phase, he/she will be disqualified. If a competitor is injured to the extent that he/she is unable to compete in the 5 Km (Phase #1), he/she will not be permitted to continue with the remainder of the TCA.

No competitor will be permitted to drop out of the 5 Km prior to the exhaustion of the scoring formula time limit unless an injury is sustained during the 5 Km.

A competitor must continue to attempt each phase in the "TCA", until the time limit for that phase is reached or until instructed to stop by an authorized official.

Team members of TTA & TMD must be pre-designated. No substitution allowed once competition begins.

No gloves are allowed in any phase of any event.



— WORLD —
POLICE & FIRE
— GAMES —

No alcoholic beverage consumption will be allowed by a competitor on-site before or during the competition.

This is a long day of competing and watching others compete. Competitors should be advised to bring food and drink.

Competitors shall wear numbers at all times (on front) except while swimming. Prior to the start of rope climb, competitors may remove shirts after presenting numbers to officials.

Pre Competition Meeting

An Orientation Meeting will be scheduled for the evening prior to the competition, or at another pre-approved, designated time. Competitors must attend.

Players Conduct

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participants immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGE, who will investigate each incident to determine if additional discipline will be imposed.

Description of Event Phases

Phase # 1: 5 km Cross Country Run

(IAAF Rules)

5 Km CROSS COUNTRY RUN (WA Rules)

Cross Country Course. All categories start en masse.

Course: Grass, dirt , hazards ex. near water

Phase #2: Shot Put

(IAAF RULES)

Men's: 18 - 39: 7.26 kg

Men's: 40+: 6 kg shot

All Women's Categories: 4 kg shot

Each competitor in the group throws twice. Competitors should be in flights of 8 to 10. Two puts only.



— WORLD —
POLICE & FIRE
— GAMES —

NO WARM UP PERMITTED IN THE COMPETITION RING.

Phase #3: 100 Meter Dash

(IAAF Rules)

Any running shoe or track shoe with a maximum ¼" spikes

Phase #4: 100 Meter Swim

(FINA Rules)

Any style, any stroke. In water start permitted. Feet cannot touch the bottom. Hands cannot touch pool sides (except turning) or lane lines. Feet shall touch the pool at turns. Cap and goggles are permitted.

Phase #5: 20 Foot Rope Climb

(WPFGE T.C.A. Rules)

If the "Foul & Safety" official ("Timer with the Whistle") observes any of the below rules infractions, they SHALL blow the whistle to terminate the climb:

- o If the climb reaches 23 seconds.
- o If the climber is "struggling" and the Official judges there is a safety issue.
- o If at any time the inside of the climber's legs "pinch" the rope.

TIME LIMIT: Official will blow whistle and terminate climb if time exceeds 23 seconds. After 23 seconds, the point scoring formula is zero. THIS IS A SAFETY RULE. Each competitor gets 2 attempts. Competitors may pass their second climb.

Start from a seated position or quick start may be used. Hands only, no feet or legs. If a quick start is used, climbers must inform officials prior to climb.

- **Men's Competition:** Start from a seated position or quick start may be used. Hands only, no feet or legs. If a quick start is used, climbers must inform officials prior to climb.
- **Women's Competition:** Start from a standing position. Use of legs and feet are allowed.
- Competitors shall climb without shoes; socks are permitted.



— WORLD —
POLICE & FIRE
— GAMES —

Phase #6: Bench Press

(I.P.F. Rules)

Competitors shall declare to the check in table their opening lift weight. Each lifter will take a first attempt in the first round. Each lifter will receive a final lift in the second round. The competitor with the lowest weight for their opening lift will start first. As the bench event proceeds weight will only be added to the bar, never removed in each of the two rounds. At each weight declared by a competitor a lift will be attempted. If the lift is successful on the first attempt the lifter must immediately declare his/her second weight and in turn make an attempt when that weight is reached. If a competitor is unsuccessful at his/her first attempt a second lift at the same weight or heavier, but never lighter may be attempted. Once a competitor's name is called he/she has one (1) minute to commence the lift. If both attempts are unsuccessful the competitor will score a 0 for this event.

Two attempts only. Second attempted lift must be equal to or greater than the first.
Best lift is counted.

Buttocks may not rise from the bench during the lift. Feet must remain stationary and flat. Head may come off the bench. Lifters must wait for each command; "Start, Press, Rack"
Any movement prior to each command is no lift. The bar must touch the chest.

COMPETITOR CLOTHING

Lifting/power suits are not permitted. Competitors must wear 'form fitting' type pants and shirts. Long legged tracksuit pants and long or short sleeved loose fitting shirts are not permitted. Only one shirt and pants shall be worn during lift – no layers. The shirt shall not have sleeves that terminate below the elbow or up at the deltoid. The T-Shirt shall be plain but may have your department logo on it or be the official T-Shirt of the WPF. A sponsor's logo must conform to the technical rules of the WPF. Specialized Bench Shirts or other supportive type shirts are not permitted. 'Baggy/loose fitting' shirts or shorts are not permitted. Below are approved shorts:



— WORLD —
POLICE & FIRE
— GAMES —



GRIP FOR BENCH PRESS: The ONLY LEGAL GRIP for the Bench Press phase in the T.C.A. is as follows:

1. As a lifter grips the bar, the palms shall be facing outward and away from the face at all times.
2. As a lifter grips the bar, the thumbs shall be placed around the bar toward the palm side of the hand with the thumbnail in close proximity to the tip of each forefinger.

Phase #7: Pull-Up (WPFGE/TCA Rules)

Overhand Grip: Fingers facing outward. Thumb position is optional. No gloves. Chalk will be permitted and supplied by the host.

All pull-ups are started from a still (dead) hang position with elbows locked out to full extension.

If the competitor pauses to rest, the competitor can remove one hand from the bar but it must not drop below the bar. Competitors can re-grip the bar so long as no hands drop below the bar. If the competitor's hand drops below the bar it will be considered as the finish to the Pull ups.

The chin must clear the bar at the top of the pull up (i.e. the chin must be raised over the bar). A chalk mark will be made on the competitor's chin to assist the 'Bar Official'. Once



— WORLD —
POLICE & FIRE
— GAMES —

the chin clears the bar, the 'Bar Referee' counts the number of pull ups loudly and it will be noted by the 'scribe'.

If the competitor's chin does not clear the bar the 'Bar Official' will call the number of the last legitimate pull up until the competitor completes a legitimate pull up or drops from the bar. The Official may warn the athlete of violations so they can correct themselves. For example; if the athlete is not raising their chin above the bar or if they are not pausing still between pull ups.

Remaining pull-ups shall only be started after an audible beep tone is heard. The beep tone will be heard every three (3) seconds. Any pull-ups begun prior to this tone will not count. If a pull up is begun prior to the beep tone the 'Bar Referee' will call the number of the last legitimate pull up until the competitor completes a legitimate pull up or drops from the bar.

Phase #8: Obstacle Course

(IAAF Rules)

The Obstacle course shall be 762' in length. The drag dummy shall not be less than 140 lbs (63.5 KG) nor more than 175 lbs (79.55 KG).

Competitors will have 20 seconds to complete dummy drag. An official will sound a whistle at the 20 second mark and competitors will be permitted to stop the attempt and proceed to the next obstacle.

Length of Dummy Drag:

- All competitors in the 18 - 39 age & weight categories shall drag the dummy 50 feet.
- All competitors in the 40 + age & weight categories, and all women, shall drag the dummy 25 feet.

All obstacles shall be attempted by the competitor. Should a field Official judge the attempt was not an "Honest Effort", a 20 second penalty shall be awarded to the competitor. An "Honest Effort" is a judgement call by the Official and will not be subject to challenge. Touching by any body part on any course marker cone, direction change item or MAZE Obstacle Course will cause a penalty.

5 second penalty points for any other foul will be added to the final time.

Competitors will use both hands, palm down and fingers forward to mount and dismount the Hand Vault.

Tennis shoes, running shoes, or spiked track shoes ($\frac{1}{4}$ ") are the only shoes permitted.