

USPFC CROSSFIT®-2025

GUIDING BODIES

United States Police & Fire Championships (USPFC)
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CrossFit®, Inc.
1250 Connecticut Avenue, NW, Suite 200
Washington, DC 20036

EVENTS

INDIVIDUAL (Scaled Division & RX Skill Division):

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.

Entry Deadline: May 31, 2025

ATTIRE

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

Subject to CrossFit's prior approval, chalk, weight belts, non-tacky gloves, gymnastics wraps, hand tape, neoprene joint sleeves, and common fitness wear may be allowed during competition. In general, support gear that improves safety and/or comfort but does not confer advantage is allowed. Should the test call for a pull-up bar, athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

Athletes may not use protective gear in a manner that provides additional grip assistance or weight support, e.g., wrapping a grip completely around the bar for deadlifts or pull-ups.

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 judging has recorded their score.

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CONDUCT

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.

SCORING

The event will be comprised of a minimum of three scored events. The competition events will be released as follows:

- WOD #1-30 days prior to competition
- WOD #2-2 weeks prior to competition
- WOD #3-Day of competition after 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:

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

Scaled Division Minimum Movement Standards

These athletes are newer to CrossFit® and/or competitions and have excelled to the point of wanting to compete. They are physically prepared for 3 workouts in one day but are not completely proficient in barbell work or high skill movement.

These athletes can properly perform the following movements at a MINIMUM:

Movement	Female	Male
Burpees		
Knees to Elbow		
Jumping Pull Ups		
Squats (Parallel or below)	75#	115#
Box Jumps or Step Ups	20"	24"

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Kettlebell Swings	36#	53#
Wall Balls Shots	9' at 10#	10' at 14#
Barbell Push Press	65#	95#
Clean (any way)	65#	95#
Snatch (any way)	55#	75#
Jump Rope Skips	Singles	Singles
Run without problem or injury		
Row without problem or injury		
AbMat Sit Ups		

Rx Division Minimum Movement Standards

Movement	Female	Male
Burpees (all variations)		
Toes 2 Bar		
Pull Ups/Chest 2 Bar		
Back Squats (Parallel or below)	115#	185#
Box Jumps	24"	30"
Kettlebell Swings	53#	70#
Wall Balls Shots	9' at 14#	10' at 20#
Push Press	95#	135#
Clean	95#	135#
Snatch	75#	115#
Double Unders		
Dead Lift	155#	225#
Run without problem or injury		
Row without problem or injury		
AbMat Sit Ups with Med Ball	14#	20#

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AWARDS

A maximum of 32 sets of medals (1st through 3rd place) will be required. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport.

Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.