

GUIDING BODIES

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EVENTS

Toughest Competitor Alive ("TCA") is a 4 day sport. The first 3 days will be for Individual competition (TCA). Day 4 is for the Toughest Mixed Doubles ("TMD") and the 4-Person Toughest Team Alive (TTA) events.

INDIVIDUAL:

Men's [199 lbs. (90.26 KG) and under] & Women's event will be held in the following age categories:

18 +	50 +
30 +	55 +
35 +	60 +
40 +	65 +
45 +	

Men's Heavyweight [200 lbs. (90.72 KG) and over]:

18 +
30 +
40 +
50 +

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TEAM:

TTA (Toughest Team Alive): 4-PERSON (18 & over) event with each team member competing in only 2 differing phases of Individual TCA event.

TMD (Toughest Mixed Doubles): 2-PERSON (18 & over) event with the male and female team member each competing in only 4 differing phases of Individual TCA event.

SCORING

Total of points awarded in each event.

The TCA scoring formula is computerized using an algebraic curve.

GENERAL SPORT RULES for Toughest Competitor Alive

The Individual TCA competition is comprised 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.

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 determine 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:

5 Km. Run (0700 hours-Start Time)

Shotput

100 Meter Dash

100 Meter Swim **this year the Swim will be 100 YARDS**

20 Foot Rope Climb

Bench Press

Pull-ups

Obstacle Course

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

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* Please Note: Shotput weights will follow a modified IAAF/WMA Rules in conjunction with gender and age, including Mixed Team and 4-Person Team.

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.

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

No gloves are allowed in any phase of any event.

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 lunch and drink.

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

DESCRIPTION OF EVENTS PHASES

5 Km CROSS COUNTRY RUN (IAAF Rules) - Phase #1: Course shall be professionally calibrated. Start Time: 0700 hours (Sharp).

General Sport Rules for 5 K Run:

The Head Official for the 5 Km Run shall use a printout stopwatch. Runners shall have a Bib Number (tear-off) to be removed upon crossing the Finish Line and compared to Finish Printout from Head Official's stopwatch.

Cross Country Course. All categories start en masse.

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SHOT PUT (IAAF Rules) - Phase #2

ONLY HOST-PROVIDED SHOTS WILL BE USED FOR COMPETITION. Competitors are responsible for providing their own shots for warm-up.

General Sport Rules for Shotput

Men's: 18-39 - 7.26 kg

Men's: 40+ - 6.0 kg shot

All Women's categories - 4.0 kg shot

Each competitor in the group throws twice.

Two puts only

NO WARM UP PERMITTED IN COMPETITION RING.

100 METER DASH (IAAF Rules) - Phase #3

General Sport Rules for 100 Meter Dash

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

100 METER SWIM (FINA Rules) - Phase #4 - **Swim will be 100 YARDS**

General Sport Rules for 100 Meter Swim

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

20-FOOT ROPE CLIMB (WPMGF T.C.A. Rules) - Phase #5

General Sport Rules for 20 Ft. Rope Climb

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 climber must inform officials prior to climb.

Competitor shall climb without shoes; socks permitted.

BENCH PRESS (I.P.F. Rules) - Event #6

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 1 minute to commence the lift. If both attempts are unsuccessful the competitor will score a 0 for this event.

General Sport Rules for Bench Press

2 attempts only. Second attempted lift must be equal to or greater than the first.

Best lift is counted.

Buttocks may not rise from bench during the lift.

Bar must touch the chest.

COMPETITOR CLOTHING: Lifting/power suits are not permitted. Competitors must wear **'form fitting'** type pants and shirts. Long legged track suit 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 WPFG. A sponsor's logo must conform to the technical rules of the WPFG. **Specialized Bench Shirts or other supportive type shirts are not permitted.** **'Baggy/loose fitting'** shirts or shorts are not permitted. Below are approved shorts:



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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.

PULL-UP (WPFGF/T.C.A. Rules) - Phase #7

General Sport Rules for Pull-ups

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

All pull-ups are started from a still (dead) hang position with elbows locked out to full extension. The anti kipping device will be placed 9" (23cm) in front of the competitor to prevent any 'kipping', 'jerking' or 'back swinging' motion. If the device is moved from its marked location or knocked to the ground the pull up will not count and the competitor must remain at a 'dead hang' until the bar is set in place.

If the competitor pauses to rest, the competitor can remove one hand from the bar but it must not drop below the bar. Competitor 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 the chin clears the bar, the 'Bar Referee' counts the number of that pull up 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.

Remaining pull-ups shall only be started after an audible beep tone is heard. The beep tone will be heard every 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.

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OBSTACLE COURSE (IAAF Rules) - Phase #8

General Sport Rules for Obstacle Course

Either a 140 lbs (63.5 KG) weight drag or an agency's "official" testing drag dummy may be used for the Weight Drag portion of the TCA Obstacle Course. 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.

Length of Dummy Drag:

All competitors in 18-39 age & weight categories shall drag the dummy 50 feet.

All competitors in 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 the competitor. An "Honest Effort" is a judgment call by the Official and will not be subject to challenge.

Touching by any body part of 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 final time.

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

Belly Crawl shall not exceed 15 feet.

Tennis shoes, running shoes, or spiked track shoes (1/4") are the only shoes permitted.