

GUIDING BODIES

World Police and Fire Games (WPFG)
8304 Clairemont Mesa Blvd., # 107. San Diego, CA 92111
Tele. (858) 571-9919 FAX: (858) 571-1641 E-mail: 4info@cpaf.org

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.

The event will be comprised of a minimum of 3 separate workouts. The workout format for the first two events will be released the night prior to the competition. The workout format for the final event will be released immediately prior to the event

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

CROSSFIT - Page - 2

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 substances), 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.