
TOUGHEST COMPETITOR ALIVE - RULES

EVENT COORDINATOR: Zim Schwartz

EMAIL: zschwartz@springfieldmo.gov

Telephone: 573-808-0340

DATE: Friday, June 19, 2020 at 8:00 AM
Saturday, June 20, 2020 at 8:00 AM

Men's Open, Senior Division
Men's Master, Grandmaster, and
Women's Division

LOCATION: Cowan Center/YMCA
500 East Elm Street
Lebanon, MO 65536

<http://lebanonmissouri.org/Facilities/Facility/Details/Cowan-Civic-Center-34>

Note: This facility is approximately 45 minutes south of the Lake of the Ozarks area, so please plan accordingly!

GOVERNING BODIES:

Can-Am Police-Fire Games Federation
3641 Elderberry Dr. S.
Salem, Oregon 97302
Email: LynnHillman@canampolicefiregames.org

U. S. A. Track & Field
P.O. Box 120
Indianapolis Indiana 46206

U. S. Swimming Rules & Regulations
1750 East Boulder St.
Colorado Springs, Co. 80909

U. S. Powerlifting Federation, Inc.
12101 Reagan St.
Los Alamitos, CA 90720

SPORT DESCRIPTION: All T.C.A. components are completed in one day. All competitors are required to start all stages of the event or be disqualified from competition. Each event will start immediately after the previous in a timely manner and competitors must stay within hearing distance of the event coordinator to follow all instructions. All competitors will weigh in morning of competition during check-in and rules meeting at the Cowan Center/YMCA building. **A rules meeting will be held at 0700 hours at the Cowan Center for all divisions competing on the same day. Meeting is mandatory and failure to attend at 0700 hours sharp will result in removal from competition.** Medals are awarded based on total number of points accumulated.

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EVENTS:

5K Run, Shotput, 100-Meter Dash, 100-Meter Swim, 20-Foot Rope Climb, Bench Press, Pull-Ups, Obstacle Course

MEN'S T. C. A. will be offered in the following age and weight divisions:

Men's Open – ages 18 through 29
Men's Senior A – ages 30 through 34
Men's Senior B – ages 35 through 39
Men's Master A – ages 40 through 44
Men's Master B – ages 45 through 49
Men's Grand Master – ages 50 and over

Men's Open 199 lbs. & under
Men's Open 200 lbs. & over

Men's Senior A 199 lbs. & under
Men's Senior A 200 lbs. & over

Men's Senior B 199 lbs. & under
Men's Senior B 200 lbs. & over

Men's Master A 199 lbs. & under
Men's Master A 200 lbs. & over

Men's Master B 199 lbs. & under
Men's Master B 200 lbs. & over

Men's Grand Master 199 lbs. & under
Men's Grand Master 200 lbs. & over

WOMEN'S T. C. A. (no weight categories):

Women's Open – ages 18 through 29
Women's Senior A-ages 30 through 34
Women's Senior B- ages 35 through 39
Women's Master A- ages 40 through 44
Women's Master B- ages 45 through 49
Women's Grand Master- ages 50 and over

Note: Any age can compete in the Men's and Women's Open categories if desired.

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BRACKETING & SCHEDULING:

Mandatory Order of Events:

5K Run
Shotput
100-Meter Dash
100-Meter Swim
20-Foot Rope Climb
Bench Press
Pull-Ups
Obstacle Course

OFFICIALS:

Can-Am Police-Fire Games Federation or guiding bodies-approved judges or officials will be used. An event coordinator for each phase is required.

SCORING:

Varies by event. The athlete's performance in each event determines the number of points awarded in that event. The number of points from all eight events determines the winner. A running score will be kept for each competitor at the check-in area.

RULES:

The individual competition is comprised of eight consecutive events. Each competitor will complete all eight events in one day. At the completion of one event, the field of competitors will move directly to the next event. As a rule of thumb, events are an average of one hour apart, although some events may only be a few minutes apart.

EVENTS WILL BE RUN IN ORDER AS SHOWN ABOVE WITHOUT EXCEPTION.

All events are mandatory and must be attempted. If a competitor fails to begin an event, he/she will be disqualified from the competition.

A mandatory rules/orientation meeting will be held before the competition at the time and place listed above. Competitors and staff must be there from beginning to end of the rules/orientation meeting.

No competitor will be allowed to consume alcohol before or during the event.

This is a long day of competing and watching others compete so plan accordingly. Food items will be available on-site during the competition.

Competitors shall wear numbers at all times on the front except while swimming.

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5K Run General Rules:

Cross Country course with all categories starting in a mass start.

Scoring Scale: 1,050 points = 15:30

0 points = 26:30

For each second over 15:30, 1.59 points shall be subtracted from 1,050.

Shotput General Rules:

Men's Open and Senior use the 16-lb. shot.

Men's Master and Grand Master use the 12-lb. shot.

Women use the 8-lb. shot.

Each competitor in the group throws twice. Competitors should be in groups of 8 to 10. After each competitor in the group has thrown one time, the competitor who was first starts the second round. There will be only two throws per competitor.

All competitors should be allowed two practice throws prior to the competition. If there is a practice ring, you should have those not competing take care of practice throws while the other group is competing.

Round off the distance to the nearest ½ inch.

Scoring Scale – One inch is equal to 1.67 points.

100-Meter Dash General Rules:

Runners must stay in lane and report to timers to confirm competitor number and time. Results must be taken to scorer's table for tabulation.

Any running shoe or track shoe may be worn. This event will be held on a road type asphalt surface utilized at the Cowan Center/YMCA area – spikes are not recommended.

Scoring Scale - 10.0 seconds = 1,120 points

17.0 seconds = 0 points

For each .01 second over 10.0 seconds, subtract 1.60 points from 1,120.

100-Meter Swim General Rules:

Any swimming stroke is permitted. Feet cannot touch the bottom of the pool. Hands cannot touch the sides of the pool or lane lines. In-water start is permitted. Feet must touch ends of pool on turns. Cap and goggles are permitted. Event will be held in a 25-meter pool. Swimmers must check with lane timers to confirm competitor number.

Scoring Scale - 49.0 seconds = 1,400 points

2:15.00 seconds = 0 points

For each .10 second over 49.0, subtract 1.63 points from 1,400.

*Scoring scale reflects yards only (meter results will have to be converted).

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20-Foot Rope Climb General Rules:

Each competitor gets two attempts. Competitors may pass on their second attempt. All competitors complete their first attempt before starting the second round of attempts. The competitor will start from a seated position (quick starts are permitted). The timers will start timing when the competitor moves. The competitor's feet and butt must leave the floor at the same time. If not, this is a fault and the climb will be stopped. The competitor will not touch the floor with his/her feet once the climb has started. While the competitor is climbing the rope, they will not be able to use their legs or feet, meaning that the competitor cannot squeeze the rope between his/her legs while climbing. The rope may be placed to the side or between the legs.

The competitor must climb without shoes on, but socks are permitted. Gloves are not permitted.

Scoring Scale – 3.0 seconds = 1,000 points
 23.0 seconds = 0 points
 For each .01 second over 3.0 seconds, subtract .5 points from 1,000.

Bench Press General Rules:

All competitors will declare starting weight to the officials.

Lifter with lowest weight declared starts first.

Lifter will make an attempt at their declared weight.

- If successful with the first lift, competitor declares their second weight and will lift once the weight is reached as the competition continues.
- If unsuccessful, lifter may attempt a second lift at that weight (cannot reduce weight) or higher weight. Competitor may attempt second lift immediately or opt to wait three (3) minutes.
- If unsuccessful in the second attempt, competitor scores a zero for the event.

The weights will increase to the next declared weight and the next lifter will take their turn. Once a weight has been passed, no one can go back to that weight. A competitor may never go lower in weight than their original weight.

Two lifts only per competitor

Feet need to be flat on the floor

Buttocks may not rise from bench during lift

Bar must touch chest

Press begins only after official claps his hands

Shirt and shorts must be worn (no sweats)

No gloves allowed

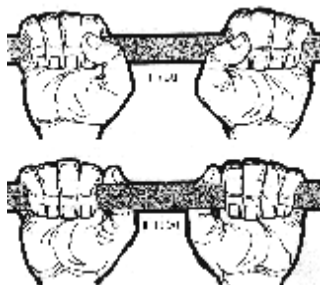
Bench shirts are **NOT** allowed

Wrist wraps are permitted

Chalk is allowed

The only legal grip is the "C" Clamp as shown in the diagram:

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The lifting official will ask if the lifter is ready. The lifter can then choose to have the weight lifted off the rack or may take it off themselves. Once the weight is off the rack with arms fully extended, the lifter will lower the weight to the chest in a controlled motion stopping at the bottom of the lift when the bar touches the chest. The lifting official will clap his hands as a signal to press the weight back to the starting position with the arms fully extended and elbows locked. This will be a complete lift. Be sure to remember and wait for the official to clap before the press is started or the lift will be disqualified.

Scoring Scale - 2.5 points for each pound lifted.

Pull-ups General Rules:

Overhand grip only

Chin must clear bar

Elbows must lockout with full arm extension

No kipping or swinging

All pull-ups are started from the hang position on a "GO" from the official.

No remaining pull-ups shall be started until the ground official removes hands from competitor's hips and states "GO". As pull-ups are counted out loud, they are officially scored, unless ground official immediately tells chin counter not to count last chin.

Two hands must always be on the bar at all times (no one-handed grip allowed)

No gloves allowed

Shoes can be removed

Scoring Scale - One pull-up = 25 points

Obstacle Course General Rules:

A 5-second penalty will be added to the final time for each obstacle foul.

Tennis shoes, running shoes, or track shoes with 1/8" or 1/4" spikes and rubber cleated shoes are permitted. Event will be held in a grassy type field.

Competitors will have 20-seconds to complete the first 50' weight drag obstacle. The official will sound a whistle at the 20-second mark and competitors will be allowed to stop the weight drag attempt and proceed to the next obstacle.

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If during the weight drag, the official determines that an honest effort was not made to complete the weight drag was made by the competitors, a 20-second penalty shall be issued.

The obstacle course is a total of 761 feet long with a 116-foot sprint from the tires to the finish line.

Scoring Scale - 57.0 seconds = 1500 points

2:12.0 minutes = 0 points

For each .10 of a second over 57.00 seconds, subtract 2 points from 1500.

ANY AND ALL COMPETITORS MAY BE SUBJECT TO A DRUG TEST

THE GENERAL SPORT RULES APPLY TO ALL SPORTS
