

**TOUGHEST COMPETITOR ALIVE
COORDINATOR
AND
COMPETITOR GUIDE**



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TOUGHEST COMPETITOR ALIVE

Competitor Guide

TCA PHASES

In order of occurrence the phases are as follows:

1. 5K Cross Country Run
2. Shot Put
3. 100 Meter Dash
4. 100 Meter Swim
5. 20-Foot Rope Climb
6. Bench Press
7. Pull Ups
8. Obstacle Course

All phases are mandatory and must be attempted. If a competitor fails to attempt any phase, he/she will be disqualified from the TCA. This is a long day of competition; participants are advised to bring food and drink.

INDIVIDUAL CATEGORIES

Men

Open: 18 and over
Senior A: 30-34
Senior B: 35-39
Master A: 40-44
Master B: 45-49
G/Master A: 50-54
G/Master B: 55-59
G/Master C: 60+

Women

Open: 18 and over
Senior A: 30-34
Senior B: 35-39
Master A: 40-44
Master B: 45-49
G/Master A: 50-54
G/Master B: 55-59
G/Master C: 60+

Heavy Weight (200+ pounds)
Open: 18 and over
Senior: 30-39
Master: 40+

The TOUGHEST COMPETITOR ALIVE (TCA) is conducted over four (4) days. The individual categories will compete on the first three (3) days. The 4 Person Team and the Mixed Doubles events will be conducted on day four (4). Entries are limited and will be dealt with on a "first come first served basis".

Day 1: Women
Master Men
Grand Master Men

Day 2: Senior Men

Day 3: Open Men
Heavy Weight

Day 4: 4 Person Team
Mixed Doubles

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COMPETITION

The **Individual Competition** is comprised of eight (8) consecutive phases. Each individual competitor must attempt all eight (8) phases in one day. Entrants in the individual competition may also enter either the 4 Person Team category or the Mixed Doubles category **but not both**.

The **4 Person Team Competition** requires each team member to attempt two (2) of the eight (8) TCA phases with all phases being contested. 4 Person Teams may consist of any combination of males and females. A **team roster** is to be submitted at the mandatory orientation meeting for teams. **No substitution is allowed once team competition has begun.**

It is not necessary for a 4 Person Team entrant to enter the Individual Competition.

The **Mixed Doubles** competition requires each doubles partner to attempt four (4) of the eight (8) TCA phases with all of the phases being contested. Mixed Doubles will consist of one (1) male and one (1) female. A **team roster** is to be submitted at the mandatory orientation meeting for teams. **No substitution is allowed once team competition has begun.**

It is not necessary for a Mixed Double entrant to enter the Individual Competition.

Entrants for both the Individual and a Team Competition will attempt the eight (8) phases of the individual competition on the scheduled day of that competition and then attempt either two (2) or four (4) phases on day four (4) of the competition.

Competitors will be issued an official 'bib' number. At all times of competition the competitor must wear his/her 'bib' on the front of his/her shirt with the exception of the Swim and Rope phases. Competitors must present the officials in the Swim and Rope event his/her 'bib' number prior to competing.

TIMES OF COMPETITION:

The first phase of the TCA is the 5K Cross Country Run, which will begin at 0700 hours SHARP on each day of competition. It is the competitors responsibility to have completed site check in and be at the start line for the 5K Cross Country Run well before 0700 hours. **THERE WILL BE NO LATE STARTS.**

An estimate of the time each phase will take or a finish time cannot be predicted, the number of competitors will determine this. When possible multiple apparatus will be provided to facilitate a speedy completion of each event.

To assist the efficient running of the TCA phases competitors will contest the phases in the same heat order.

At the completion of each phase, the field of competitors will move directly to the location for the next phase. The time between phases will vary depending on the distance between phase locations, number of competitors and the speed at which the competitors move between the phases. **Any posted schedule of phase start times is an approximation** with the exception of the 5K Cross Country Run, which **always** begins at 0700 hours SHARP!

SCORING

Points are awarded based on performance in each phase of the TCA. The total points from all eight (8) phases determine the placing of the individuals or the teams.

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MANDATORY ORIENTATION MEETING AND WEIGH-IN FOR INDIVIDUAL COMPETITORS

A mandatory orientation meeting for all individual competitors will be held the day before the first day of competition.

The weigh-in for the heavy weight competitors will be after the mandatory meeting

MANDATORY ORIENTATION MEETING – TEAM CAPTAINS

It is **compulsory for Team Captains** to attend this mandatory orientation meeting for teams the day before the team competition. Team members may also attend this meeting.

All competitors must attend the mandatory orientation and be on time. Failure to attend this mandatory orientation meeting **could** lead to possible disqualification.

Times and locations for these mandatory meetings will be provided in the confirmation letter.

GOOD SPORTSMANSHIP:

All competitors in the TCA shall at all times conduct themselves in a manner of ‘good sportsmanship’. There is **zero tolerance for poor sportsmanship by any of the competitors**. Examples of poor sportsmanship: yelling at a volunteer, arguing a call made by an official and even excessive cheering that is meant to cause a distraction to the officials. Any competitor, who in the eyes of the Director of the TCA, displays poor sportsmanship, will be disqualified from the event immediately without prior warning.

ALCOHOL:

No alcoholic beverage consumption will be allowed by competitors or spectators before or during the competition.

LANGUAGE

All rules will be given in English. If the hosting city’s official language is not English, rules will also be given in the host city’s language. Competitors who do not speak English shall provide his/her own translators.

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1. 5K CROSS COUNTRY

Guiding Body: International Amateur Athletic Federation (IAAF)

Start en masse at 0700 hours SHARP

THERE WILL BE NO LATE STARTS ALLOWED

Time limit: 30:00

2. SHOT PUT

Guiding Body: International Amateur Athletic Federation

16 lb/7.26Kg Shot: All Men's Open and Senior Divisions

12lb/5.44Kg Shot: All Master and Grand Master Divisions

8lb/3.63Kg Shot: All Women's Divisions

In team competitions the shot put will be based on the selected team member's age and gender.

Two puts only. The best put counts.

Permission for warm up will be at the discretion of the Chief Referee who will bear in mind limitations of time and facilities. Once the competition has begun, competitors are not permitted to use competition shots for practice or to use the competition ring or area within the sector for practice with or without shots.

Competition shots are not allowed to be used for warm ups. Competitors must provide his/her own shots for warm up.

The put shall be made from the circle. A competitor must commence the put from the stationary position. A competitor is allowed to touch the **inside** of both the iron band and the stop of the board.

The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting. The shot must not be taken behind the line of the shoulders.

No device of any kind – e.g. the taping of two (2) or more fingers together – that in any way assists the competitor when making a put shall be allowed. The use of tape on the hand shall not be allowed except in the case of the need to cover an open wound. **Prior to taping an open wound approval must be given by the Chief Referee.**

The use of gloves is not allowed. In order to obtain a better grip, competitors are permitted to use chalk.

In order to protect the spine from injury, a competitor may wear a belt of leather or suitable material.

A competitor may not spray nor spread any substance in the circle or on their shoes.

It shall be a foul if the competitor, after he/she has stepped into the circle and begun to make a put, touches any part of his/her body onto the ground outside of the circle, the **top** of the iron band, stop board or circle or improperly releases the shot in any attempt. For a valid try, the shot must fall completely within the inner edges of the landing sector.

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SHOT PUT CONTINUED:

The measurement of each put shall be made immediately after the put from the nearest mark by the fall of the shot, to the inside of the circumference of the circle, along a line from the mark made by the shot to the center of the circle.

The competitor must not leave the circle until the shot has touched the ground. When leaving the circle, the first contact with the top of the iron band or the ground outside of the circle must be completely behind the white line which is drawn outside the circle running theoretically through the center of the circle (competitors must exit from the rear half of the throwing ring).

3. 100 METER DASH

Guiding Body: International Amateur Athletic Federation

Spikes are permitted, maximum length is 6 millimeters.

Starting blocks are available from the host or competitors may provide their own.

A synthetic track will be used.

4. 100 METER SWIM

Guiding Body: Federation Internationale de Natation Amateur (FINA)

A 50 meter pool will be used; therefore only one turn is required.

Any style, any stroke. No assistance to be gained by using the bottom of the pool or lane ropes (competitors may not walk along the bottom of the pool or pull themselves along by grabbing the lane ropes or to use the lane ropes to stay afloat).

An 'in water' start is permitted. If a competitor chooses to use an 'in water' start he/she must push off from the end of the pool. Contact must be made with the other end of the pool at the turn.

Caps and goggles are permitted.

Floatation aids and wet suits are not permitted.

5. 20 FOOT ROPE CLIMB

Guiding Body: WPFGE TCA Rules

Each competitor has two (2) attempts. Competitors may pass on their second attempt. The best time will be recorded.

Legitimate attempts must be made, otherwise competitors risk disqualification. WPFGE Director will have final say on "legitimate" effort.

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20' ROPE CLIMB CONTINUED

Competitors will climb in groups then repeat for second attempts.

1 ½" hemp rope will be used.

Starts are from a seated position. Push off starts using feet or legs are **not permitted**. The buttocks and the feet must rise off from the floor at the same time forming an "L" shape with the upper body. Rope only to be gripped by the hands. Wrapping legs around the rope or clamping rope with the legs is **not permitted** (no assistance shall be gained by using the legs or the feet). Once the climber is off of the ground the position of the legs/lower body is optional but contact must not be re-made with the ground until the completion of the climb.

NO SITTING ON ROPE

A competitor planning to use a 'quick start' must announce this to the officials prior to starting the climb.

A twenty three (23) second time limit is placed on all climbs. If a climb is not completed within twenty three (23) seconds a whistle will sound to terminate the attempt and a foul will be recorded.

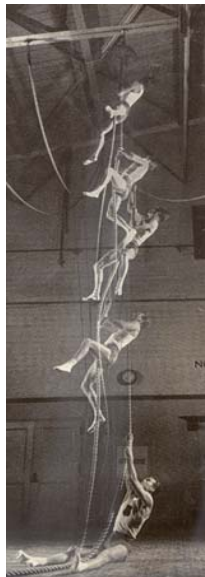
Competitors must also commence their climb within twenty (20) seconds of a call of "time start" from the officials.

To avoid burning injuries competitors are advised to use a 'hand over hand' method to descend and not to slide down the rope.

Shoes are not permitted during the rope climb.

Competitors may remove shirts prior to the climb after showing officials his/her bib number.

Chalk will be provided for hands. A competitor found to have any substance other than chalk on his/her hands will be disqualified.



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6. BENCH PRESS

Guiding Body: International Powerlifting Federation (I.P.F.)

Two attempts only. Best lift is counted. Lifts are in 2.5 kilogram increments. If **successful** on first attempt competitors may pass on second attempt.

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 shall be worn during lift – **no layers**. It 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. That which is offensive or likely to bring the WPF into disrepute is not allowed. 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. The Chief Referee has final say on all attire.**

All belts must be approved by the head bench official and must be worn on the outside of clothing. Anyone found to be wearing a belt underneath any clothing will be disqualified from the event. The main body of the belt **shall** be made of leather, vinyl or other similar **non-stretch** material in one or more laminations, which may be glued and/or stitched together. It may not have additional padding, bracing or supports of any material concealed within the laminations of the belt. The belt may have a buckle of one or two prongs or (quick release) type buckle. The maximum width of the belt is 10cm. The maximum thickness along the main length is 13mm. **The lifting belt will be the only supportive gear permitted.**

Medical Tape: contingent upon the approval by the Jury; Official Doctor, Paramedic, EMT personnel on duty may apply medical tape to bodily injuries in a fashion that would not grant the lifter undue advantage. Medical tape may not be used as aids to the lifter in holding the bar. In the absence of Jury or medical personnel, **the Chief Referee shall have jurisdiction over the use of medical tape.**

The use of oil, grease or other lubricants on the body, costume or personal equipment is **strictly forbidden**.

Baby Powder, resin, talc or magnesium carbonate (chalk) are the only substances that may be added to the body and attire.

The use of any form of adhesive on the underside of footwear is **strictly forbidden**. This applies to any built-in adhesive, e.g. glass paper, emery cloth, etc., and also includes resin and magnesium carbonate (chalk).

No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterilizing agent in cleaning of the bar, bench or platform.

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.

This is the sixth phase of the TCA and competitors are advised to be conservative particularly with his/her first lift to ensure a score is recorded.

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BENCH PRESS CONTINUED:

Rules are as per I.P.F. Handbook

1. The bench shall be placed on the platform with the head end facing the front or angled up to 45 degrees.
2. The lifter must lie on his/her back with shoulders and buttocks in contact with the bench surface. The soles and heel of the shoes should be in contact with the floor or blocks. This body position must be maintained throughout the lift. **Lifter's hand and fingers must grip the bar with "thumbs around" grip while the bar is positioned in the racks. This grip must be maintained throughout the lift.**
3. To achieve firm footing, the lifter may use flat surfaced discs or blocks not exceeding 30 cm in total height to build up the platform. Slight or very minor foot movement is allowed on the platform or on the blocks.
4. Not more than five and no fewer than two spotter/loaders shall be on the platform at any time. After correctly positioning themselves, the lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be to full arms extension.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks). If in the case of some old injury the lifter is unable to grip the bar equally with both hands they must inform the referees prior to the lift-off for each attempt and if necessary the bar will be marked accordingly. **The use of the reverse grip is forbidden.**
6. After receiving the bar from the rack the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar is properly positioned. For reasons of safety, the lifter will be requested to "**Replace**" the bar, together with a backward movement of the arm, if after a period of five second he/she is not in the correct position to begin the lift.
7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "**START**".
8. After receiving the signal the lifter must lower the bar to the chest, hold it motionless on the chest with a definite and visible pause. (Motionless means stopped). The Chief Referee will then give the audible command "**PRESS**". The lifter must then return the bar to full extension of the arms with no excessive/immoderate uneven extension of the arms, both arms locking out simultaneously/together. When held motionless in this position the audible command "**RACK**" shall be given together with a backward motion of the arms, and at this time the spotter may assist in replacing the bar.

Causes for Disqualification of a Bench Press

1. **Failure to observe the Chief Referee's signals at commencement and completion of the lift (START, PRESS, RACK).**
2. Any change in the elected position during the lift proper, i.e., any raising movement of the shoulders, buttocks, from the bench or feet from the floor/blocks-discs or lateral movement of the hands on the bar.
3. Heaving, bouncing or sinking the bar into the chest after it has been motionless on the chest and the "**PRESS**" has been given, to make the lift easier.
4. Any pronounced/exaggerated uneven extension of the arms during the lift.

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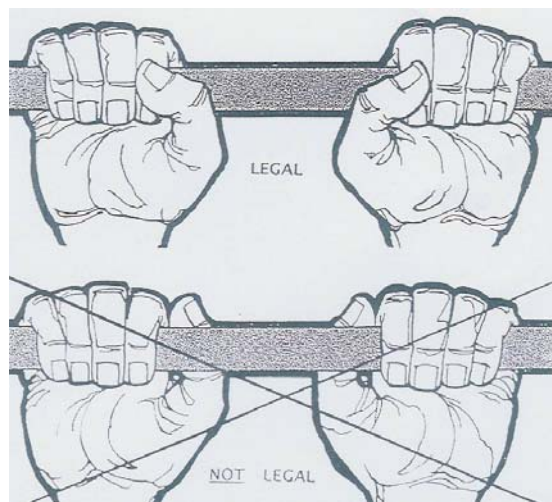
BENCH PRESS CONTINUED:

5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. **Failure to comply with any of the Rules of Performance.**

BENCH PRESS GRIP

The **ONLY LEGAL GRIP** for the Bench Press in any World Police and Fire Games event shall be 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.



A conversion chart for pounds/kilos will be provided at the site of the bench press.

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7. PULL UPS

Guiding Body: WPFGE TCA Rules

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. An ‘anti kipping/swinging’ device shall be placed 6 inches (6”) in front of the competitor to prevent any ‘kipping’, ‘jerking’ or ‘back swinging’ motion. If the device is knocked to the ground the pull up will not count and the competitor must remain at a ‘dead hang’ until the device is set in place and the ground judge informs the competitor that he/she may begin on the next beep tone.

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 ‘Chin Official’. Once the chin clears the bar, the ‘Chin Official’ counts the number of that pull up loudly and the scribe will note it.

If the competitor’s chin does not clear the bar the ‘Chin Official’ will call the number of the last legitimate pull up until the competitor completes a legitimate pull up or drops from the bar.

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 up begun prior to this tone will not count. If a pull up is begun prior to the beep tone the ‘Ground Official’ will clearly state, “Not good”. The scribe will keep count of the “Not Good” count and at the end will subtract that number from the count of the “Chin Official”.

8. OBSTACLE COURSE

Guiding Body: WPFGE TCA Rules

The correct manner to complete the course will be thoroughly described and demonstrated to the competitors ‘en masse’ prior to the start of this event.

Competitors are to complete the course to the satisfaction of the **Course Referees** who will monitor the competitors on the course.

A foul will be called if a competitor improperly makes contact with an apparatus or does not negotiate an apparatus correctly.

Fouls will be clearly indicated (raising of an orange flag) by the **Course Referees**. Fouls **shall not** be challenged.

Each foul will incur a five (5) second penalty which will be added to the competitor’s final time. Only one foul will be assigned to any ‘obstacle’.

All obstacles shall be attempted. Should a course referee judge the attempt, as not being an “honest effort” a **20 second penalty shall be given to the competitor. An “honest effort” is a judgment call by the course referee and shall not be challenged.**

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The following 'obstacles' require a second attempt by the competitor if the first attempt fails to clear the obstacle: 8' chain link fence, 6' and 5' wood walls, monkey bars and hand vault. If the second attempt is also failed the Course Referee will call a foul.



Dummy Drag

Dummy **must be dragged** with dummy placed against competitor's torso and competitor's arms wrapped around dummy under arms of dummy (see photo).
Open/ Senior Men drag dummy 50 feet (50')
Master/Grand Master Men and Women drag dummy 25 feet (25')



Traffic Cone

Cone is circled **clockwise**.
A foul will be called if any part of the competitor's body touches the cone.



8' Chain Link Fence

A foul will be called if any part of the competitor's body touches the bracing.
If first attempt fails competitor must make a second attempt.

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6' Wooden Wall

A foul will be called if any part of the competitor's body touches the bracing.

If first attempt fails competitor must make a second attempt.



Rope Step

The competitor must step through 8 squares.

A foul (see photo) will be called if any part of the foot pushes the rope to the ground. A competitor may retrace a step to make a correction and no foul will be called.



Monkey Bars

When entering and exiting the monkey bars **both** feet must be placed on the 'foot bar' (see photo).

A hand must grasp each rung as you cross the monkey bar.

If first attempt fails competitor must make a second attempt.



Hand Vault

The competitor's hands with fingers forward must simultaneously grasp the hand vault. The competitor's feet may not pass over the bar prior to the placement of the hands with fingers forward (see photo).

A foul will be indicated by the Course Referee if fingers on both hands are not placed on bar or if feet pass over bar prior to hand placement..

If first attempt fails competitor must make a second attempt.

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32" Track Hurdle

A foul will be called if the hurdle is knocked to the ground.



Crawl Pit

A foul will be called if the apparatus is knocked to the ground.



5' Wooden Wall

A foul will be called if any part of the competitor's body touches the bracing.

If first attempt fails competitor must make a second attempt.

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Maze

A foul will be called if any part of the body touches the maze.



8 Step Tire Drill

The competitor must step through 8 tires.
A foul will be called if any part of the foot steps on to the tire. A competitor may retrace a step to make a correction and no foul will be called.

Questions regarding contents of this Coordinator/ Competitor Guide may be directed to
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