



2025 US Police & Fire Championships Bench Press/Push Pull

The Confirmation Letter that was sent out had incorrect weigh-in times. Please see the revised information below.

Welcome to the United States Police & Fire Championships. This letter serves as your Final Confirmation of your participation in Bench Press and/or Push Pull. Bench Press is scheduled for Tuesday, June 3rd & Push Pull is scheduled for Wednesday, June 4th at the Marriott Mission Valley, 8757 Rio San Diego Dr, San Diego, CA 92108

Conduct Expected of ALL Participants:

Drinking of alcoholic beverages, unlawful consumption of controlled substances, and gambling is prohibited while competing. Unsportsmanlike conduct will not be condoned either before, during, or after competition. Any physical or verbal assaults on officials, competitors, spectators, coordinators or ex-officiis will be met with **IMMEDIATE AND SEVERE PENALTIES**, including **EXPULSION** from these and future United States Police & Fire Championships.

Registration:

Each athlete must go in person to the Accreditation Center located in the West end Real Vista Ballroom Marriot Mission Valley, 8757 Rio San Diego Dr, San Diego, CA 92108 prior to their events. **AGENCY IDENTIFICATION REQUIRED.**

Registration Hours

Date	Open	Close
Friday, May 30	3:00 PM	8:00 PM
Saturday, May 31	6:30 AM	6:00 PM
Sunday, June 1	6:30 AM	8:00 PM
Monday, June 2	6:30 AM	6:00 PM
Tuesday, June 3	6:30 AM	5:00 PM
Wednesday, June 4	6:30 AM	6:00 PM
Thursday, June 5	6:30 AM	6:00 PM
Friday, June 6	6:30 AM	6:00 PM
Saturday, June 7	6:30 AM	10:00 AM

VENUE:

Balboa 1&2
Marriott Mission Valley
8757 Rio San Diego Dr,
San Diego, CA 92108

IMPORTANT GRIP INFORMATION (FOR THE BENCH PRESS): The ONLY AUTHORIZED GRIP to be used in this competition is as follows:

- As a lifter grips the bar, the palms shall be facing outward and away from their face at all times during their lift.
- As a lifter grips the bar, their thumbs shall be placed around the bar toward the palm side of their hand with the thumbnail in close proximity to the tip of each forefinger.

ELIGIBILITY:

If a competitor is registered to compete in the Push-Pull event, they MAY compete in the Bench Press event.

A 30+, 40+, 50+, 60+ or 70+ has the option to compete in the 18-29 division and must so state on their entry form prior to the start of registration at Games Headquarters. No changes in age divisions shall be allowed during Games Registration.

WEIGH-INS, MEETING & LIFTING SCHEDULE:

You have entered into your estimated weight division; however, you MUST lift in the appropriate weight division determined by your weight at weigh-in.

Bench Press Early weigh-ins for all men and women in all weight categories will be held Monday, June 2nd between 3:00 PM and 5:00 PM. **Late weigh-ins** will be held Tuesday, June 3rd between 7:00 AM and 8:00 AM.

Push Pull Early weigh-ins for all men and women in all weight categories will be held Tuesday, June 3rd, between 3:00 PM and 5:00 PM. **Late weigh-ins** will be held Wednesday, June 4th between 7:00 AM and 8:00 AM.

BRING ALL EQUIPMENT TO THE WEIGH INS. All Competitors must submit their costume and personal equipment for inspection prior to admission into the weigh-in room. If you are competing in both events, you must attend weigh ins for both events.

A Mandatory **Rules Briefing** will be held on the morning of your scheduled event at 9:00 AM. Flights will be announced at the rules briefing. Lifting will begin when the first flight has completed warmups.

COMPETITOR LIFTING OUTFIT AND GEAR:

All competitors' gear (such as lifting costume, T-shirt, undershorts, shoes and belt) used in competition during all United States Police & Fire Championships Push-Pull competitions SHALL conform to all requirements of the USPFC Push-Pull Technical Committee. All gear must be clean and in good working condition.

Wrist wraps measuring no larger than 3" x 36" will be permitted. If the wrist wraps have a thumb loop, the thumb loops must be off the thumbs prior to gripping the bar. Knee sleeves will be permitted during the **DEAD LIFT PORTION OF PUSH PULL ONLY**. Both knee sleeves and wrist wraps must be approved by the USPFC during weigh-in.

MANDATORY:

- A T-shirt SHALL be worn under your lifting costume during the performance of the Bench Press & Push-Pull (men and women).

- B. The T-shirt SHALL be plain, but may contain the competitor's agency logo, or be the official T-shirt of the USPFC.
- C. The T-shirt SHALL be made of cotton or polyester, or combination thereof, but not of denim or supportive material. It SHALL NOT have sleeves, which terminate below the elbow or up at the deltoid.
- D. The lifting costume SHALL BE a ONE-PIECE lifting suit. The suit must have legs and the length of the legs shall be a minimum of 3 centimeters, and shall not exceed 15 cm, as measured from the middle of the crotch.
- E. Shoes and/or boots SHALL be worn. Shoes or boots with metal spikes or cleats are NOT permitted. Maximum height of the heel shall be 5 cm.
- F. Knee socks SHALL be worn while DEADLIFTING. Socks may have any combination of color. Socks SHALL NOT be of such length that they come in contact with the knee cap.
- G. Standard non-commercial, non-supportive "athletic supporter" or briefs MUST be worn under the lifting suit. The garment MAY NOT have legs and MAY NOT extend down the lifter's thighs.

OPTIONAL LIFTING BELT: Your lifting belt SHALL be made of leather, vinyl or similar NON-STRETCH material in one or more laminations, which may be glued and/or stitched together. It SHALL NOT have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt. The belt may have a buckle with one or two prongs or be a "quick release" type. The maximum width of the belt is 10 cm. The maximum thickness along the main length is 13 mm.

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

The use of any form of adhesive on the underside of the shoes or boots is strictly forbidden.

Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonate are the only substances that may be added to body or attire.

No foreign substances may be applied to the equipment.

Logos: Sponsor's logos being worn on articles of costume and personal equipment require prior approval of the USPFC Technical Committee.

LIFTING ROTATION: The "Round Systems Rotation" will be used.

EQUIPMENT CHECK:

An equipment check shall be done at weigh-in. Only equipment that has been inspected and stamped by a USPFC official from this meet shall be deemed legal. To be sure that a controversial piece of equipment is authorized, ask the chief referee in charge during weigh-in session. This is the **ONLY** acceptable time to have your equipment checked.

DAY OF COMPETITION:

If you intend to set a record, it is your responsibility to inform the judges and the announcer. (USPFC Records only).

ATTENDANCE IS MANDATORY FOR THE RULES BRIEFING: It is your responsibility to be outfitted and properly warmed up prior to the beginning of your flight.

General Rules:

Please refer to our website at www.uspfc.org

For additional information, please contact Sport Director Jonna Wiltshire at jwiltshire@cpaf.org

Need a space to train to compete?

STS Performance Therapy & Strength, located at 7816 Armour St. (12- minute drive from the Host Hotel) is offering a discounted \$10 drop-in rate for registered USPFC athletes during the Games. **USPFC CREDENTIAL AND AGENCY IDENTIFICATION REQUIRED.** The gym is available 24 hours a day.

Just A Note:

All athletes are invited to the Athletes' Welcome Reception, Monday, June 2th from 6-8 PM; West lawn at the Marriott Mission Valley. 8757 Rio San Diego Dr, San Diego, CA 92108. Join us for food, fun, music and camaraderie.

As an athlete, you are aware that it takes volunteers to assist in putting on the **United States Police & Fire Championships**. We are counting down the days to our event, and we are looking for some great volunteers. For more information, contact Nicole Matthews at nmatthews@cpaf.org

www.uspfc.org

[✉ jwiltshire@cpaf.org](mailto:jwiltshire@cpaf.org)



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