



CrossFit



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
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This event adopts the CrossFit Games Rulebook as its framework.

EVENTS:

INDIVIDUAL DIVISIONS (Men & Women):

RX and Scaled 18-29
RX and Scaled 30-34
RX and Scaled 35-39
RX and Scaled 40-44
RX and Scaled 45-49
RX and Scaled 50-54
RX and Scaled 55-59
RX and Scaled 60+

Age Eligibility: First Day of Competition

Entry Deadline: 2/28/2027

Individual Athletes must compete in their appropriate age group and may choose either RX or Scaled. Athletes may not switch divisions once competition begins.

TEAM DIVISIONS:

There are **no age requirements** in the team divisions.

RX Team of 2: M/M, F/F, M/F

Scaled Team of 2: M/M, F/F, M/F

DIVISIONS:

In a CrossFit competition, **RX** and **Scaled** divisions represent different levels of workout difficulty, so athletes can compete in a way that matches their current ability.



RX (as prescribed): The workout is done exactly as written by the competition organizers.

Includes full weights, advanced gymnastics skills, and movement standards without modifications. RX typically includes heavier barbells, higher gymnastics (e.g., muscle-ups, handstand push-ups, double-unders), and stricter movement requirements. Typically designed for more experienced or elite athletes who can safely and consistently perform at a high level.

RX exercises can include (but isn't limited to): Double Unders, Toes to Bar, Chest to Bar Pull-ups / Bar Muscle-ups, Rope Climbs (with legs), Clean & Jerk / Shoulder to Overhead (70/50 kg), and all gymnastics and skills.

Scaled: The workout is modified(scaled) to make it more accessible.

Uses lighter weights, simpler movements, or reduced rep schemes. For example RX might call for 95 lb thrusters, vehicle scaled used 64lb; or RX requires chest-to-bar pull-ups, while scaled does chin-over-bar or jumping pull-ups. This division allows newer or intermediate athletes to participate in the same event with standards that match their fitness level.

Scaled exercises can include: Single Unders, Hanging Knee Raises, Pull-ups, Rope Climbs (with legs), and Clean & Jerk / Shoulder to Overhead (50/35 kg).

If an athlete enters the INDIVIDUAL division at the RX level, they must also compete at the RX level if they also enter the TEAM Division.

EVENT FORMAT - 3 events over 3 days

EVENT RELEASE SCHEDULE

Event 1: Released 1 month before competition

Event 2: Released 2 weeks before competition

Event 3: Released after Event 2 is completed (on-site)

Each Event Release will Include:

Time cap or duration

Movement standards

Flow

Floor Diagram

Prescribed weights and reps



Required equipment (if applicable)

Scoring method

MOVEMENT STANDARDS: All movement standards will be posted online and included in pre-competition athlete packets. **Final movement standards will be published on the official WPMFG website as the events are released.**

SCORING & TIE-BREAKS

Each event will be scored based on:

Time to complete event (if for time)

Total reps completed (if AMRAP)

Total weight lifted (if for load)

Overall Scoring:

The athlete/team with the highest total points across all events will be declared the winner.

A 100-point scoring table will be used, with points distributed based on the number of athletes/teams in a division.

The exact point spread may vary to maintain fairness and competitiveness based on field size.

Point values will be proportionally scaled to the number of athletes/teams in the division.

Example Point Spread for 30 Athletes/Teams:

1. 100 points
2. 96
3. 92
4. 88
5. 84
6. 80
7. 76
8. 72
9. 68
10. 64
11. 60



12.56
13.52
14.49
15.46
16.43
17.40
18.37
19.34
20.31
21.28
22.25
23.22
24.19
25.16
26.13
27.10
28.7
29.4
30.1

Tie-Break Procedure:

Athlete/team with the highest single event finish wins.

If still tied, the athlete/team with more head-to-head victories wins.

If still tied, the Competition Director may assign a tie-break event prior to the start of competition (example: the score of Event 2 will serve as the tie-breaker).

JUDGING & APPEALS

Every athlete/team will have one dedicated judge per event. Judges will be trained and briefed on all movement standards prior to the competition.

OVERVIEW:

Athletes or team captains must file any on-site appeals, event protests, or scoring questions by submitting the official Appeals Form via QR code or by speaking with the Appeals Manager within one hour of the event in question, with the exception of the last event of competition — appeals must be filed before leaving the competition



floor. Coaches may be involved only after the event has ended and in conjunction with the athlete/team.

All concerns will be reviewed to determine whether they qualify for appeal. Most judgment calls made during an event are considered final and not subject to modification or appeal.

Judgment-based no-reps or range-of-motion faults are typically not appealable. Examples include:

Depth of a squat

Full extension of hips, knees, or arms

Stabilization of a lift or equipment overhead

Appealable issues include:

Scorecard or leaderboard data inconsistencies

Counting errors

Equipment loading errors

Incorrect course markings or signage

Equipment or monitor failure not caused by the athlete

Miscommunication by a judge

Interference by another athlete or person

Judgment errors on high-cycle-time movements (case-by-case)

Appeal Limits:

Each athlete/team receives 2 appeals total for the entirety of the competition.

If granted, the appeal is retained; if denied, it is counted and cannot be recovered.

Appeals are not transferable and do not carry over beyond the 2 allocated.

The Head Judge and/or Competition Director may revoke an appeal for missed athlete responsibilities.

APPEALS PROCESS:

Athlete or team captain accesses the Appeals Form via QR code or speaks with the Appeals Manager.

Form must be submitted within one hour of the event's completion.

Head Judge, event judges, and/or Competition Director review the submission.

Athlete/team is notified of the decision via email.



Use of Media in Appeals:

Video, photographs, or other media will not be accepted as evidence to modify a judge's decision.

Nothing in this appeals process limits the authority of the WPFG staff, Head Judge, or Competition Director to operate the event as they see fit. All final decisions rest with the Head Judge and Competition Director and are not subject to further appeal.

EQUIPMENT STANDARDS

Barbells, bumper plates, dumbbells, and other equipment may be in either kilograms or pounds. Any tape used on pull-up bars must be applied by competition staff. Equipment specifications will be consistent across all divisions and maintained to ensure fairness.

ATTIRE & SUPPORT GEAR

Proper workout attire, including shoes, is required for all workouts. No attire shall interfere with the World Police and Fire Games team's ability to determine whether the required movement standards and expectations for range of motion are being met. No attire shall be worn with the intent to shorten or reduce the range of motion of any movement.

Subject to World Police and Fire Games's prior approval: chalk, weight belts, non-tacky gloves, gymnastics wraps, hand tape, neoprene joint sleeves, and common fitness wear may be allowed during competition.

In general, support gear that improves safety and/or comfort but does not confer advantage is allowed.

Should the test call for a pull-up bar, athletes may not wrap tape around the pull-up bar.

Athletes may not use protective gear in a manner that provides additional grip assistance or weight support, e.g., wrapping the grip completely around the pull-up bar during pull-ups.

Common support attire that is not allowed includes but is not limited to: knee or elbow wraps, gymnastics dowel grips, and tacky non-chalk substances used to enhance grip. Gymnastics grips may only be used during movements where the athlete is hanging from a pull-up bar or gymnastics rings.



Unless otherwise stated, athletes may not receive assistance moving or placing equipment. Athletes who receive outside assistance to manage or place equipment during the workout may face penalty or disqualification.

Shoes: Athletes must wear sport footwear while competing; slippers, socks, and Open-toed shoes are not permitted. An exception may be made for specific tests.

Support belt: The main body of the belt shall be made of non-stretch materials. The maximum belt width is 5 inches or 13 cm, while the maximum belt thickness is ½ inch or 13 mm along the main length.

Knee and elbow support: Sleeves worn on the knees and/or elbows must conform to the following specifications: The sleeves must be constructed entirely of a single ply of neoprene or synthetic rubber or predominantly of a single ply of neoprene or synthetic rubber plus a non-supportive single layer of fabric over the neoprene. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees. The sleeves may not be worn in a manner that provides appreciable rebound (e.g., worn below the knee and folded over). Knee and elbow sleeves shall not have any additional strapping, hook and loop fasteners, drawstrings, padding, or similar supportive devices in or on them. Knee and elbow sleeves shall be of a maximum thickness of ¼ inch or 7 mm and a maximum length of 12 inches or 30 cm. Only one sleeve is permitted per knee and per elbow. Knee and elbow wraps of any kind are not permitted.

Wrist wraps: Wrist wraps shall not exceed 40 inches or 1 meter in length and 3¼ inches or 8 cm in width. Any sleeves and hook and loop fastener patches/tabs for securing must be incorporated within the lengths listed above. Standard sweatbands of any width may be worn if they do not provide support.

Hand protection: Athletes may cover their hands and fingers in tape, gymnastics grips, or gloves for the purpose of protecting their hands from tearing, but these resources may not be used in a manner that provides additional grip assistance (e.g., wrapping gymnastics grips around a pull-up bar or barbell). The gripping surface of the hand may not be tacky or sticky. Gymnastics grips shall be made of a material that maintains a consistent thickness. The grips cannot contain a dowel, and the grip cannot be sewn into a fold. Gymnastics grips may only be used during



movements where the athlete is hanging from a pull-up bar or gymnastics rings. Lifting straps or lifting hooks are not permitted. Tape worn on the fingers and thumbs must not protrude in front of the fingertips.

Adhesives and lubricants: The use of chalk is permitted on the body and attire. Any other adhesive products that would be used in place of chalk are prohibited. This includes but is not limited to resin, rosin, sandpaper, tacky, liquid chalk, liquid adhesives, and waxes. The use of oil, grease, baby powder, talcum, waxes, cream, or other lubricants on the body or personal attire is not allowed if it may come in contact with any competition equipment. For example, no lubricants can be present on the thighs while weightlifting. If lubricants are used for the purpose of reducing chafing — for example, inside the shoes or underwear — then such lubrication is permitted. The use of any form of adhesive or lubricant on the footwear is forbidden. This applies to any built-in adhesive, such as sandpaper. Athletes may not add tape or cloth to the heels of their shoes for handstand push-ups.

Supportive suits: Lifting suits or power briefs that provide support and are often known as “equipped powerlifting suits” may not be used, including multi-ply neoprene, denim products, or other such materials.

ATHLETE CONDUCT & SPORTSMANSHIP

Athletes must uphold the highest ethical standards and sportsmanship at all times. Any attempt to cheat, circumvent the rules, or display unsportsmanlike conduct will result in penalties or disqualification. Disqualification is at the sole discretion of WPFG staff and is not appealable.

Penalties:

1st instance: Verbal warning

2nd instance: Disqualification from the event

MEDICAL & SAFETY PROTOCOLS

Medical staff will be on-site for all events. Athletes requiring medical attention must be cleared by both medical staff and the Head Judge before resuming



competition. Athletes who miss a heat due to injury or medical treatment will be disqualified from the competition.

ON-SITE BRIEFING

A **MANDATORY** athlete briefing meeting will be conducted prior to the start of the competition. **All athletes must attend required on-site briefings**, which will cover:

Competition rules and expectations

Venue orientation

Movement standards and range of motion

Failure to attend may result in penalties or disqualification.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete's Credential. If the athlete does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.