



TCA



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

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EVENTS

Toughest Competitor Alive ("TCA") is a (3) day sport. The first 2 days will be for Individual competition (TCA). Day 3 is for the Toughest Mixed Doubles ("TMD") and the 4-Person Toughest Team Alive (TTA) events.

Age as of Date: First day of Competition

Entry Deadline: 2/28/2027

INDIVIDUAL:

Men's [199 lbs. (90.26 KG) and under] & Women's event will be held in the following age categories:

18 +	50 +
30 +	55 +
35 +	60 +
40 +	65 +
45 +	



Men's Heavyweight [200 lbs. (90.72 KG) and over]:

18 +

30 +

40 +

50 +

TEAM:

TTA (Toughest Team Alive): 4-PERSON (18 & over) event with each team member competing in only 2 differing phases of Individual TCA event.

TMD (Toughest Mixed Doubles): 2-PERSON (18 & over) event with the male and female team member each competing in only 4 differing phases of Individual TCA event.

Active competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**. Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes across country lines.

MEDICAL

One (1) EMT is required to be on-site during the competition. Basic medical supplies, such as a First Aid Kit, will be provided by the Host at each venue. Communications shall be available at each venue and preparations made in case it is necessary to summon emergency services.

EQUIPMENT

Scoreboard and stand for posting results after each phase.

Public address system (mobile)

Scoring tables and chairs

Pencils

Ink Markers

First Aid Kit

See TCA Equipment specifications in Appendix A

SCORING

Total of points awarded in each event. A running total should be kept current and posted on a score board available to all participants, as soon as they become available after each phase.



The TCA scoring formula is computerized using an algebraic curve. It will be the responsibility of the Hosting Committee to provide a competent operator, compatible computer and printer.

GENERAL SPORT RULES for Toughest Competitor Alive

The Individual TCA competition is comprised of 8 consecutive phases. Each competitor will complete all 8 phases of the TCA in one day.

The TTA competition requires each Team member to complete 2 of the 8 TCA phases, so that the team completes all 8 phases of the TTA.

The TMD competition requires each Doubles partner to complete 4 of the 8 TCA phases, so that the team completes all 8 phases of the TMD.

A team member's performance in each phase determines the number of points awarded towards that event. The total points from all 8 phases determine the winners.

At the completion of each phase, the flight of competitors will move directly to the next phase.

In order of occurrence, the phases of the TCA/TTA/TMD events are as follows:

- 5 Km. Run (0700 hours-Start Time)
- Shotput
- 100 Meter Dash
- 100 Meter Swim
- 20 Foot Rope Climb
- Bench Press
- Pull-ups
- Obstacle Course

100 Meter Dash, Shotput and 100 Meter Swim will use metric measurements. Rope Climb and the Obstacle Course will use inch/feet.

Please Note: Shotput weights will follow a modified WA/WMA Rules in conjunction with gender and age, including Mixed Team and 4-Person Team (see page 7).

All event phases are mandatory and must be attempted. If a competitor fails to begin an event phase, he/she will be disqualified. If a competitor is injured to the



extent that he/she is unable to compete in the 5 Km (Phase #1), he/she will not be permitted to continue with the remainder of the TCA.

No competitor will be permitted to drop out of the 5 Km prior to the exhaustion of the scoring formula time limit unless an injury is sustained during the 5 Km.

A competitor must continue to attempt each phase in the "TCA", until the time limit for that phase is reached or until instructed to stop by an authorized official.

Team members of TTA & TMD must be pre-designated. No substitutions are allowed once competition begins.

An Orientation Meeting will be scheduled for the evening prior to the competition, or at another pre-approved, designated time. Competitors are urged to attend. Information regarding this meeting shall be published in the Entry Book and the Confirmation Letter.

No gloves are allowed in any phase of any event.

No alcoholic beverage consumption will be allowed by a competitor on-site before or during the competition.

This is a long day of competing and watching others compete. Competitors should be advised to bring food and drink.

Competitors shall wear numbers at all times (on front) except while swimming. Prior to the start of rope climb or pull-ups, competitors may remove shirts after presenting number to officials.

DESCRIPTION OF EVENTS PHASES

5 Km CROSS COUNTRY RUN (WA Rules) - Phase #1: Course shall be professionally calibrated. Start Time: 0700 hours (Sharp).

Equipment:

Electronic Timing System (Chip timing with 3 Stopwatches as back up
Starter Gun (.32 or .38 caliber recommended)

Ice: available at finish.

Water/drinks/cups: available at finish.

Score pages

Score sheets

Safety pins



Chalk (Gypsum)
Finish Chute with Flags
Public Address System (portable)

Personnel:

Starter
Timer (1)
Back-up Timers (3)
Officials to monitor intersections and turn around or direct runners to change direction.

Volunteers: Up to 35 per day to assist with this phase. All volunteers should 'repeat' for each of the 4 3 days. This will avoid 'retraining' each day.

Lead Vehicle & Follow Vehicle: Runners should be preceded by a lead vehicle for traffic control and followed by a trail vehicle.

General Sport Rules for 5 K Run:

The Head Official for the 5 Km Run shall use electronic timing and may use a printout stopwatch as back up.

Cross Country Course. All categories start en masse.

SHOT PUT (WA Rules) - Phase #2

Equipment:

2-competition shots rings lined and 1 Warm-up ring.
Digital Measuring Instruments or 30-meter tape measure
3 - 7.26 Kg shots
3 - 6 Kg shots
3 - 4 Kg shots
Towels to wipe off shots
Broom for shot ring
Public Address System

ONLY HOST-PROVIDED SHOTS WILL BE USED FOR COMPETITION.

Competitors are responsible for providing their own shots for warm-up. The host may provide shots for warm-up if available.

Six (6) workers -

- 1 shot retriever
- 1 shot wiper (Shots should be cleaned after each put.)



- 2 people to measure
[Note: 1 person reads aloud the recorded measurement to the nearest cm.]
- 1 person to record effort on a sheet of paper

Facility

Shot Put rings and throwing area. The field should be lined at 5 foot (1.52 M) increments, starting at 20 feet (6.09 Meters) and ending at 50 feet (15.24 Meters). Two rings shall be provided for the competition and an area for warm-up.

General Sport Rules for Shotput

Men's: 18-39 - 7.26 kg

Men's: 40+ - 6.0 kg shot

All Women's categories - 4.0 kg shot

Each competitor in the group throws twice. Competitors should be in flights of 8 to 10.

Two puts only

NO WARM UP PERMITTED IN COMPETITION RING.

100 METER DASH (WA Rules) - Phase #3

Equipment

FAT Timing System shall be used

Hip numbers

Starting pistol

Starting blocks

Public Address System

Personnel

Starter: WA or experienced track starter (paid official)

Timing:

The use of a FAT timing device is required. Runner must report to the Track Official to confirm competitor number. Result must then be taken to the scorer's table.

Facility



Tartan (Rubber/Synthetic) track only, with minimum of eight (8) lanes with starting blocks available.

General Sport Rules for 100 Meter Dash

Any running shoe or track shoe with a maximum ¼” spikes

100 METER SWIM (FINA Rules) - Phase #4

Equipment

- Starting pistol
- Starting blocks (8 minimum)
- Clipboards
- Electronic “touch pad” timing
- One back-up stopwatch per lane
- Public Address System (portable)

Personnel

Starter

(2) Life Guards

Timers: The use of an electronic “touch pad” timing device is required, plus one (1) timer per lane for back-up. Competitor must check with the lane timers to confirm competitor number. Results must then be taken to the scorer’s table. (See note: 100 Meter Dash) There should be one turn judge per lane.

Facility

50 meter pool is preferred but not mandatory. 25 meter pool can be used if necessary.

Warm-up area in separate pool, if possible.

General Sport Rules for 100 Meter Swim

Any style, any stroke. In water start permitted. Feet cannot touch bottom. Hands cannot touch pool sides (except turning) or lane lines. Feet shall touch pool at turns. Cap and goggles are permitted.

20-FOOT ROPE CLIMB (WPFGE T.C.A. Rules) - Phase #5

Equipment

Touch Plate (2 ft x ½ inch tambourine made of plywood) shall be covered with black soot (“cinder burned”) with a torch prior to attaching to the rope. This black soot is to verify the climber has actually touched the touch plate. Judges will verify the black on the climber’s hand immediately after the climber’s descent.

Towel for competitors to wipe hands after first climb to remove soot.

Competition Ropes:

2 Ropes shall be a 1.5” (3.8cm) diameter hemp rope. The touch plate



(Tambourine) shall be attached to the rope 20 feet (6.1M) with a threaded 2-inch clamp connector above the floor (mat). The rope will be long enough to allow at least 6' (1.83M) of rope left on the floor.

Practice Rope:

If possible, have a practice rope with the same specifications as the Competition Rope.

Mat or crash pad on floor shall be provided: minimum thickness of 2 inches (5.08 cm).

Chalk for hands shall be provided. No spray stick-on shall be used by competitors. Phase disqualification will result.

Public Address System (portable)

Personnel

Timers:

3 timers/judges for each climb. Drop high and low time and use middle time. Round to nearest full tenth.

- 1 additional timer to be used as a “second swipe” (only) timer.
- 1 additional timer (“Official with Whistle”) to be used as a “Foul & Safety” timer.
- If the “Foul & Safety” official (“Timer with the Whistle”) observes any of the below rules infractions, he/she SHALL blow the whistle to terminate the climb:
 - If the climb reaches 23 seconds.
 - If the climber is “struggling” and the Official judges there is a safety issue.
 - If at any time the inside of the climber’s legs “pinch” the rope.

General Sport Rules for 20 Ft. Rope Climb

TIME LIMIT: Official will blow whistle and terminate climb if time exceeds 23 seconds. After 23 seconds, the point scoring formula is zero. **THIS IS A SAFETY RULE.**

Each competitor gets 2 attempts. Competitors may pass their second climb. Combine competitors in flights of 8 to 10 and let each competitor make one attempt before any second attempts.

Start from a seated position or quick start may be used. Hands only, no feet or legs.



If a quick start is used climber must inform officials prior to climb.

Men's Competition: Start from a seated position or quick start may be used. Hands only, no feet or legs. If a quick start is used climber must inform officials prior to climb.

Women's Competition: Standing start. Use of legs and feet is allowed.

Competitor shall climb without shoes; socks permitted.

BENCH PRESS (I.P.F. Rules) - Event #6

Equipment

NOTE: Kilogram weights shall be used. (provide kilos to pounds conversion charts)

- 4 Competition Benches - 2 for competition, 2 for warm-ups
- 500 lbs (227.25 kg) of weights for competition
- 200 - 300 lbs (90-140 kg) of weights for warm-ups
- Scorer tables and chairs
- 2 sets of lifting lights
- 2 flip charts or chalk boards for pounds on bar
- Chalk for hands shall be provided
- Public Address System (portable)

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 attempts are unsuccessful the competitor will score a 0 for this event.

Personnel

3 Powerlifting Officials per bench: Same Head Official should be used each day of competition with 2 side judges. Use the same IPF Officials that are being used in the WPMF Bench Press or Push-Pull competitions. NOTE: for this reason, avoid scheduling conflicts with these lifting Sports.



General Sport Rules for Bench Press

Two attempts only. Second attempted lift must be equal to or greater than the first.

Best lift is counted.

Buttocks may not rise from bench during the lift. Feet must remain stationary and flat. Head may come off the bench. Lifter must wait for each command; "Start, Press, Rack" Any movement prior to each command is no lift.

Bar must touch the chest.

COMPETITOR CLOTHING: 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 and pants shall be worn during lift – no layers. The shirt 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 WPFPG. A sponsor's logo must conform to the technical rules of the WPFPG. Specialized Bench Shirts or other supportive type shirts are not permitted. 'Baggy/loose fitting' shirts or shorts are not permitted. Below are approved shorts:

GRIP FOR BENCH PRESS: The ONLY LEGAL GRIP for the Bench Press phase in the T.C.A. is 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.

PULL-UP (WPFPG/T.C.A. Rules) - Phase #7

Equipment

A minimum of 2 bars (bar width is 1 ¼ inch) at 8 1/2 feet high (spaced 6 feet apart)

2 cadence machines (Provided by USPFC)

Tape for bars (White medical adhesive tape)

Chalk for hands provided

Chairs

Step for athlete to reach bar

Stepladder for officials to see chin clear bar

P.A. System (portable)



Personnel

The Bar Official is located on a ladder adjacent to the Bar with their eyes at Bar height and looking at the “level mark” for the competitor’s chin to “raise” above the Bar. The Bar Official counts out loud, the number of times the competitor’s chin raises above the Bar.

Scribe: the scribe will keep a written or mechanical counter count of the number of pull-ups awarded by the bar official. At the end of each effort Bar Official will meet with the scribe and decide the number of “Chins” to be awarded.

General Sport Rules for Pull-ups

Always run one complete category on the same bar, using the same Officials.

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.

If the competitor pauses to rest, the competitor can remove one hand from the bar, but it must not drop below the bar. Competitor can re-grip the bar so long as no hands drop below the bar. If the competitor’s hand drops below the bar, it will be considered as the finish to the Pull ups.

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 ‘Bar Official’. Once the chin clears the bar, the ‘Bar Referee’ counts the number of that pull up loudly and it will be noted by the ‘scribe’.

If the competitor’s chin does not clear the bar the ‘Bar Official’ will call the number of the last legitimate pull up until the competitor completes a legitimate pull up or drops from the bar. The Official may warn the athlete of violations so they can correct themselves. For example, if the athlete is not raising their chin above the bar or if they are not pausing still between pull ups.

Remaining 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-ups begun prior to this tone will not count. If a pull up is begun prior to the beep tone the ‘Bar Referee’ will call the number of the last legitimate pull up until the competitor completes a legitimate pull up or drops from the bar.



OBSTACLE COURSE (WA and WPFGE Rules) - Phase #8

Equipment

Either 140 lbs. (63.5 Kg) steel sled with 5 ft. (1.52 M) tow rope or an official Drag Dummy weighing between 140 lbs. (63.5 Kg) and 175 lbs. (79.54 Kg) may be used.

Starter pistol or Whistle

Traffic cones

8 - 15" (38.1 cm) tires

8 ft. (2.44 M) of chain link fence

6 ft. (1.83 M) high wood wall with canvas covering top to prevent splinters.

Rope step

Monkey bars (1 ¼ width for the grip bars)

Hand vault

32 inch (81.28 m) Hurdle

Crawl pit

5 ft. (1.52 M) high wood wall with canvas covering top to prevent splinters

Maze

Chalk to mark course

PVC pipe for Maze

6 stopwatches: 3 timers per each runner on course (2 on course at one time).

Flags for officials to designate fouls

Perimeter flags to keep spectators back from course

Public Address System (portable)

Personnel

Starter

Course monitor to watch for fouls - 1 monitor for every two stations.

6 Timers – 3 timers per each runner on course (2 on course at one time).

General Sport Rules for Obstacle Course

The Obstacle course shall be 762' in length. The host may determine the order of the obstacles. Either a 140 lbs (63.5 KG) weight drag or an agency's "official" testing drag dummy may be used for the Weight Drag portion of the TCA Obstacle Course. The drag dummy shall not be less than 140 lbs (63.5 KG) nor more than 175 lbs (79.55 KG). The Host shall have the option as to which weight will be used. Competitors will have 20 seconds to complete dummy drag. Official will sound whistle at the 20 second mark and competitors will be permitted to stop attempt and proceed to next obstacle.

Length of Dummy Drag:

All competitors in 18-39 age & weight categories shall drag the dummy 50 feet.



All competitors in 40+ age & weight categories, and all Women, shall drag the dummy 25 feet.

All obstacles shall be attempted by the competitor. Should a field Official judge the attempt was not an “Honest Effort”, a 20 second penalty shall be awarded the competitor. An “Honest Effort” is a judgment call by the Official and will not be subject to challenge.

Touching by any body part of any course marker cone, direction change item or MAZE Obstacle Course will cause a penalty.

5 second penalty points for any other foul will be added to final time.

Competitors SHALL use both hands, palm down and fingers forward to mount and dismount the Hand Vault.

Belly Crawl shall not exceed 5 feet.

A walk through conducted by the Sport Coordinator with all competitors will precede the Obstacle Course to demonstrate proper navigation and to describe penalties for each obstacle.

Tennis shoes, running shoes, or spiked track shoes (1/4") are the only shoes permitted.

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.