



## Truck Pull



# COMPETITION MANUAL

Updated: February 2026



## **GUIDING BODIES**

World Police and Fire Games Federation (WPF GF)

7944 Convoy Court, San Diego, CA 92111 USA

Tele. (858) 571-9919 FAX: (858) 571-1641 E-MAIL: [4info@cpaf.org](mailto:4info@cpaf.org)

**Entry Deadline: 1/22/2027**

## **EVENTS**

### **MEN'S: OPEN**

**Lightweight:** 6-man team (1 substitute allowed) and non-pulling coach

Maximum total weight (pullers) 1,150 lbs (522 KG)

**Heavyweight:** 6-man team (1 substitute allowed) and non-pulling coach

Total weight exceeds 1,150 lbs (522kg)

### **WOMEN'S: OPEN**

**Lightweight:** 6-woman team (1 substitute allowed) and non-pulling coach

Maximum total weight (pullers) 939 lbs (426 KG)

**Heavyweight:** 6-woman team (1 substitute allowed) and non-pulling coach

Total weight exceeds 939 lbs (426 kg)

### **UNISEX TEAM; OPEN**

**Catch Weight** \*: 6-person team – Mixed men and women however team cannot exceed 4 men pulling at a time. Each team must have a minimum of 2 women. 2 substitutes allowed (1 male, 1 female) however when substituting, 2 females are to always remain on the track.

No limit to total weight



### **WEIGH-IN**

All athletes in the lightweight must weigh at a pre-determined time and location. The athletes will weigh-in and the weight will be recorded on the team weight sheet.

Teams will be placed in the appropriate weight class, based on the total weight of the team.

### **TEAMS AND SUBSTITUTIONS**

Teams shall consist of 6 pulling members at the start of the competition.

#### **Conditions for using a substitute:**

The substitute may replace any one puller for the duration of the competition.

Substitution may be used for tactical reasons or due to injury.

Substitution may only take place after the team has weighed-in, and has finished the first match it pulls in.

The substitute shall be a registered puller for the team.

#### **Substitution procedures.**

The substitute weight cannot cause the cumulative weight to exceed the division if the team has been entered in the lightweight division.

### **COACH / TRAINER**

Each team may have a team coach or trainer to direct their pulling. This person is eligible for a WPFPG medal if they meet the WPFPG Eligibility criteria for the Games.

### **SPORT EQUIPMENT**

#### **Truck**

Host to provide vehicles for the event

#### **Rope**

Host shall provide the rope which is certified for the weight load of the truck

#### **Protective clothing**

Clothing to protect the skin may be worn under the sport clothing subject to judge's approval.



Protective belts are permitted to be worn. Protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimeters; it must always be worn under the sport clothing and placed between the rope and the body. No hooks, grooves or other constructions intended to lock the rope are allowed on any of the protective clothing.

The Host will provide gloves for each competitor. However, the wearing of gloves is not compulsory.

Resin is NOT permitted to facilitate the grip on the rope.

### **Dress at weigh-in**

Men-teams may weigh-in in proper sized non-transparent shorts ONLY.

Women-teams may weigh-in in proper sized non-transparent shorts and shirts ONLY. Boots need not be carried or worn on the scale during weigh-in.

### **GENERAL SPORT RULES**

- The contest will have deemed to have commenced when both teams are in position to pull under the direct supervision of the judge.
- Two teams will race another team in its event category and be timed on each of the two lanes.
- The teams shall take up the strain on the rope attached to the front of the fire truck.
- At the sound of the starting gun/horn, athletes must pull the truck 50 metres over the finish line which will be a clearly marked line on the road.

### **BRACKETING**

Teams will complete two timed runs, and their cumulative times from both runs will determine the top eight seeded teams. Only the top 8 seeds in each event will advance to the Single Elimination tournament. All other teams will then be eliminated from the competition.

If fewer than eight teams are entered in a particular event category, a Round Robin format will be utilized.

### **SAFETY**

- The driver shall remain seated in the truck with the foot brake applied until the horn or gun signal, at which time the brake shall be released.



- A Safety Marshall will always be in place on the track at ALL times. The role of the Safety Marshall is to halt all races if a safety issue is identified, i.e., an athlete has fallen.
- The Head race official will decide if there is to be a re-start of the race.
- The Safety Marshall will also indicate the end of the race by waving the flag and both drivers will apply the brake.

### **PULLING TECHNIQUES - ROPE GRIP**

- No competitor shall grip the rope within the length bounded by the outer tapes or markings.
- At the commencement of each pull the first pulling member shall grip the rope as close as possible to the outer tape or marking.
- No knots or loops shall be made in the rope. Nor shall it be locked across any part of the body of any member of the team including the anchor. Crossing the rope over itself constitutes a loop.

### **SIGNALS AND COMMANDS - THE START PROCEDURE**

When the judge has determined that both teams are ready, they shall give the teams the following verbal and visual commands:

- *Pick up the rope*
- *Take the Strain* - Sufficient strain being put on the rope to ensure that it is taut.

Sounding of the horn will mark the start of the race.

### **PLAYERS CONDUCT**

Any serious violation of conduct, such as fighting or violence towards players or officials will result in the player (s) immediate ejection from that game and his/her automatic suspension from the team's next scheduled game.

### **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 wear 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.



## **AWARDS**

A maximum of 32 sets of medals (1<sup>st</sup> through 3<sup>rd</sup> place) will be required. WPFG will advise you of the number of sets needed based on total entries, plus a reasonable margin.

## **ATTENTION COORDINATORS**

**THE GENERAL RULES APPLY TO ALL SPORTS.  
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED  
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE  
CONCLUSION OF THIS SPORT**

The WPFG Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the WPFG shall be submitted in a timely manner to this WPFG Director.

The WPFG Directors want to work with you to make your sport a success.

***PLEASE USE THE WPFG DIRECTORS AS A RESOURCE***