

TOUGHEST COMPETITOR ALIVE – Page 1

GUIDING BODIES

United States Police and Fire Championships (USPFC)
8304 Clairemont Mesa Blvd., #107. San Diego CA 92111
Tele. (858) 571-9919 FAX: (858) 571-1641 E-mail: uspfinfo@cpaf.org

United States Swimming Rules & Regulations
One Olympic Plaza, Colorado Springs, CO 80909
Tele: 719.866.4578 FAX: 719.578.4669

United States Powerlifting Federation, Inc., c/o Don Haley,
12101 Reagan St., Los Alamitos, CA 90720

U.S.A. Track and Field
132 E. Washington St, Suite 800, Indianapolis, IN 46225
Tele: 317.261.0500 FAX: 317.261.0513 website: www.usatf.org

EVENTS

Toughest Competitor Alive (TCA) may utilize up to three days to complete the competition. Total entries will determine this issue.

INDIVIDUAL

Men's (199 lbs. and under) & Women's:

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 +
45 - 49	

Men's (200 lbs. and over):

18 - 29
30 - 39
40 +

TEAM:

4-Person Team event with each team member competing in only two (2) differing phases of Individual TCA event.

Mixed Doubles 2-person event with the male and female team member each competing in only four (4) differing phases of Individual TCA event.

Men's Doubles 2-person event with each team member competing in only four (4) differing phases of Individual TCA event.

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EQUIPMENT

BIB NUMBERS: All competitors will wear a supplied Bib number.

SCORING

Total of points awarded in each Phase of the Event. A running total should be kept current and posted on a scoreboard available to all participants; as soon as they become available.

The TCA scoring formula is computerized program and will be supplied to the Host.

GENERAL SPORT RULES for TCA

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

The 4-Person Team competition requires each Team member to complete two of the eight TCA phases, so that the team completes all eight phases of the event.

The Men's and Mixed Doubles requires each person to complete four of the eight TCA phases, so that the team completes all eight phases of the event.

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

As the field of competitors from each category completes a phase, they will move directly to the next phase.

As a rule of thumb, phases are an average of one (1) hour apart, although some phases may be only a few minutes apart.

In order of occurrence, the phases are as follows:

- 5 K Run (0700 hours - start time)
- Shot Put
- 100 Meter Dash
- 100 Meter Swim
- 20 Foot Rope Climb*
- Bench Press
- Pull-ups
- Obstacle Course*

All appropriate phases will use metric measurements, except the Rope Climb and the Obstacle Course (*).

All phases are mandatory and must be attempted. If a competitor fails to begin a phase, he/she will be disqualified. If a competitor is injured to the extent that he/she is unable to compete in the 5K (Phase #1), he/she will not be permitted to continue with the remainder of the "TCA".

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No competitor will be permitted to drop out of the 5K (Phase #1) prior to the exhaustion of the scoring formula time limit unless an injury is sustained during the 5K (Phase#1).

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

Team members must be pre-designated. No substitution allowed once competition begins.

An **Orientation** meeting will be held before the competition at a pre-designated time. Competitors are urged to attend.

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 bring lunch and drink.

Competitors shall wear numbers at all times (on front) except while swimming and prior to start of rope climb shirt may be removed after presenting number to officials

DESCRIPTION OF THE EVENTS' PHASES

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

5 Km CROSS COUNTRY RUN (USATF Rules) - Phase #1 (Cont'd)

Timer (1)

Back-up Timers (2)

Card Handout Official

Officials to monitor intersections and turn around or direct runners to change direction.

General Sports Rules For 5 Km Run:

The Head Official for the 5 Km Run shall use a printout stopwatch. Runners shall have a Bib Number (tear-off) to be removed upon crossing the Finish Line and compared to Finish Printout from Head Official's stopwatch.

Cross Country Course. All categories start en masse

1-Mile and 2-Mile markings shall be placed on the course. If personnel allows a volunteer reading times as runners pass is desired.

SHOT PUT (USATF Rules) - Phase #2

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Equipment:

50 Meter Tape
3 – 16 Lbs. (7.26 Kg) shots
3 – 6 Kilo
3 – 4 Kilo
Towels to wipe off shots
Broom for shot ring
P.A. System

ONLY HOST-PROVIDED SHOTS WILL BE USED FOR COMPETITION. Competitors are responsible for providing their own shots for warm-up. NO shots for warm-up will be required from the Host.

Six (6) workers - 1 shot retriever
 1 shot wiper (shots should be cleaned after each put)
 2 people to measure (1 person reads aloud the recorded measurement to the nearest ¼ centimeter.)
 1 person to record effort on sheet paper

SHOT PUT (USATF Rules) – Phase #2 (Cont'd)

General Sports Rules For Shot Put

Implement weights:

Men: All 18+, 30+ and Heavyweight: 16 lbs (7.26 Kg) shot
Men: All 40+ and 50+: 6 Kilo
Women: All categories: 4 Kilo

Measure and Record all throws in metric.

Each competitor in the group throws twice. Competitors should be in groups of 8 to 10, than repeat for second attempt.

NO WARM-UP PERMITTED IN COMPETITION RING. Exception: If no warm-up area is provided, competition rings may be used for warm-up.

100 METER DASH (USATF Rules) - Phase #3

Equipment

Fully Automatic Timing System shall be used
USA Track Starters
Starting blocks
P.A. System

Personnel (100 Meter Dash)

Starter: USATF or experienced track starter (paid official)

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Timing: The use of a Fully Auto timing device is required. Runner must report to the Track Official at the Finish line to confirm competitor number and time. Result must then be taken to the scorer's table.

100 METER DASH (USATF Rules) - Phase #3 (Cont'd)

General Sports Rules For 100 Meter Dash

Any running shoe or track shoe with a maximum 1/4 inch pyramid spikes

100 METER SWIM (USS Rules) - Phase #4

Equipment

Starting pistol
Starting blocks (8) minimum
Clipboards (8)

Electronic "touch pad" timing
One back-up stopwatch per lane
P.A. System (portable)

General Sports Rules For 100 Meter Swim

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

Swim Suit

Must be an authorized and approved swim suit.

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

Equipment

NOTE: No spray stick-um shall be used by competitors, event disqualification will result.

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.

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.

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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 (USPF Rules) - Phase #6

Equipment

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 starts first in each round. 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. If unsuccessful, the lifter may attempt a second lift at that weight or heavier, but never lighter. Best lift is counted. If both attempts are unsuccessful the competitor will score a 0 for the event.

Once a competitor's name is called he/she has one (1) minute to commence the lift.

General Sports Rules for Bench Press

Buttocks may not rise from bench during the lift.

Bar must touch the chest.

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. That which is offensive or likely to bring the USPF into disrepute is not allowed. A sponsor's logo must conform to the technical rules of the USPF. Specialized Bench Shirts or other supportive type shirts are not permitted. 'Baggy/loose fitting' shirts or shorts are not permitted.**

ONLY LEGAL GRIP: For safety purposes, the ONLY LEGAL GRIP for the Bench Press in the T.C.A. is as follows:

1. As a lifter grips the bar, the palms shall be facing outward and away from their 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 - UPS (USPFC/T.C.A. Rules) - Phase #7

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General Sports Rules For Pull-ups

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, they must maintain two hands on the bar. 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 drop 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.

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 Phase # 8

General Sports Rules For Obstacle Course

Competitors will have 20 seconds to complete the dummy drag. Official will sound whistle at 20 second mark and competitors will be permitted to stop attempt and proceed to next obstacle.

Length of Dummy Drag:

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

All competitors in 40+ age groups & 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 penalty shall be awarded the competitor. An "Honest Effort" is a judgment call by the Official and will not be subject to change.

If, during Weight Drag, the official determines that an "honest" effort to complete Weight Drag was not made by competitor, a 20 second penalty shall be imposed.

Touching by any body part of any course marker cone, direction change item or Maze OB- 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.

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Belly Crawl shall not exceed 5 feet.

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

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