

GENERAL SPORT DESCRIPTIONS

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The following is provided for general information purposes. The Games' Host will provide specific information regarding Guiding Bodies, Officials, Rules, Bracketing and Scheduling for each event. Please refer to the Host Registration Information Package for this information as well as Sport Coordinators' contact information.

ADVENTURE RACING

Guiding Body: Alpine Club of Canada

This is a three person team event. Approximate time to complete this event is: 4 – 6 hours. This event can be held as an “Urban Adventure Race” inside the Host City or in an unpopulated area. All teams compete on the same course at the same time. The race will be a timed start to finish event. Penalties may be assessed as outlined below.

Divisions: Male Co-Ed Female

PENALTIES

Race Management reserves the right to issue time penalties to teams, disqualify teams from the official rankings or remove teams from the course if they are in violation of any of the rules and regulations of the race. The severity of the penalty will depend on the severity of the violation and will be decided by a judging panel. The following is a list of violations.

- failing to have an official signature or time stamp in the passport for a manned checkpoint.
- failing to have passport & map with team at all times during the race (ie: loss, etc)
- failing to turn passport in at the end of the race in an intact & readable state.
- team members getting separated by more than 100 metres.
- changing the team composition during the race (substituting one or more members of the team)
- missing mandatory equipment
- not following the prescribed rules of safe travel (e.g. wearing approved life jacket for canoeing or a bike helmet for biking)
- possessing forbidden equipment
- failing to wear the provided race jersey as the outer layer at all times
- receiving any outside assistance during the race
- possessing maps of the race course area other than those provided by Race Management
- using any means of transportation not authorized by Race Management
- any environmental damage
- deviation from mandatory course
- unfair behavior.

This is not an exhaustive list. Please contact Race Management before the start of the race if you have specific questions regarding penalties.

TEAMS

Each team must consist of three (3) members. Each team must consist of the same three members throughout the race and all three members must stay together and complete the entire course together for the team to be officially ranked. All members of the team must be in good physical condition and be of reasonable health.

RACE BRIEFING

A detailed description of the race course will not be provided until the race briefing which will take place approximately 1 hour before the start of the race. All team members must attend the race briefing. The briefing will consist of an introduction of all teams competing in the race, distribution of the race package, description of some of the obstacles and challenges on the course and a question and answer period.

The race package given to each team at the briefing will include map(s) for the race, course instructions, and a “passport”. Additional maps or instructions may be supplied during the race. The passport must be carried at all times by the competitors during the race and must be turned in at the end of the race in an intact and readable state. The maps provided in the race package are the only maps permitted on the course. Any team found using maps other than those provided may be disqualified from the official rankings.

The course instructions will include brief descriptions of particular obstacles to watch for throughout the course and a list of checkpoints on the course. The race course and checkpoints will **not** be marked on the maps. It is the responsibility of each team to correctly find the checkpoints on the map as well as determine the route they wish to follow.

THE RACE COURSE

The race course will start at a location announced at the pre-race briefing. The course will pass through a series of checkpoints. Teams must travel through all mandatory checkpoints in the order specified by Race Management. Checkpoints may or not be manned by race personnel.

At the end of the race each team must show their passport to Race Management to verify that they have visited all checkpoints and that they were reached in the specified order. Any team that did not pass through all checkpoints in order will not be included in the official rankings. If a team misses a mandatory checkpoint they will be allowed to backtrack to reach it but must still pass through all subsequent checkpoints in order, even if they had already visited those checkpoints (e.g. If you are at checkpoint 6 and realize you missed checkpoint 4, you will be allowed to backtrack to checkpoint 4 but must then pass back through checkpoints 5 and 6 to maintain status as an officially ranked team).

Although each team is free to select the route they feel is most appropriate for the majority of the race, certain sections of the course may include instructions for a mandatory route (for safety reasons or to preserve certain environmentally sensitive areas). Teams that do not follow the mandatory route may be disqualified. Race Management reserves the right to make changes to the course during the race due to unforeseen circumstances such as inclement weather. Any changes made will be communicated to all teams as soon as is reasonable and will be done equitably for all teams.

TIMING

There will be one official race clock for the entire race and all teams. The clock will start and will remain running until the pre-determined cutoff time for the race. The official time for each team will be recorded when all three members reach the checkpoint or finish line. If a team receives a time penalty for a violation of the race rules and regulations, they must wait out the duration of their time penalty at a designated area prior to crossing the finish line, if possible. In so doing, the order that teams cross the finish line will represent the official rankings and results. There may be times when penalties must be assessed after the fact and in these cases the time penalty will be added to the finish time and the team will be ranked accordingly.

Certain cut-off times may be established for later sections on the course. If teams do not reach these points by the cut-off time established it is assumed that it will not be possible for them to complete the entire course within the maximum time allowed. At this point, each team will be given a choice to either continue on the course as long as they can (to be determined by race management) or to be moved ahead on the course by vehicle to a later section so that they may cross the finish line. Teams that choose to be transported ahead on the course will not be officially ranked. All cut-off times will be communicated at the race briefing and will be listed in the course instructions provided in the race package.

TEAM RANKINGS

The first team in each category/division to have all three members cross the finish line and pass through all checkpoints in order will be the winners of that category, provided that no time penalties need to be added. Teams must turn in their passport for verification that they reached all checkpoints in order. Any team without their passport or without all three team members will not be ranked. Additionally, any team requiring outside assistance to reach the finish line will not be ranked.

RACE JERSEYS

All team members must wear the race jersey provided at all times during the race. It must be worn as the outer layer so it is in plain sight at all times. Race jerseys must be returned in good condition immediately after the team has completed the race. All team members must also have a number plate (provided) attached to the front of their bike at all times during the biking sections. These too must be returned immediately following the race.

SUPPORT CREWS

A support crew is not required or allowed for this race. Teams must be self sufficient and may not receive assistance from anyone outside of their team with the exception of other racers. Accepting assistance, other than in case of emergency, may result in disqualification for the team.

EQUIPMENT

Teams will be required to supply their own food and drink for the entire race. Teams will also be responsible for the supply and handling of all equipment required for the race unless otherwise noted in the Mandatory Equipment List provided for the race (some equipment provided by Race Management).

The Mandatory Equipment List specifies the minimum gear required to compete in the race. The list has been established to ensure safe travel throughout the course. Where there is room for discretion as to whether or not

certain equipment is required we have left it off the list. In so doing, teams are left to make their own decisions about what will be the appropriate equipment to get them to the finish line the fastest and safest. There is NO room for discretion with the items included on the Mandatory Equipment List. Any team found without the mandatory equipment during the race may be disqualified from the race or issued a time penalty. There may be random gear checks done throughout the race to ensure all teams are carrying the required equipment.

MANDATORY EQUIPMENT

Gear Required Per Person:

At all times:

- Sturdy running/trail shoes
- Clothes appropriate for the weather
- 1 liter water container or equivalent
- Whistle
- Knife (or multi-tool with blade)
- Sunglasses or glasses with clear lens (to be used in bush areas)

While biking:

- Mountain bike
- Certified biking helmet
- Spare bike tube

While canoeing:

- Approved life jacket

Gear Required Per Team:

At all times:

- First aid kit containing band aids, adhesive tape, moleskin, gauze, tensor bandage, emergency blanket
- Compass
- Waterproof matches or lighter
- Pen/pencil to write in passport
- Watch

While biking:

- Tire tools/levers
- Tire pump

PROVIDED EQUIPMENT

- If canoeing is included in the race, canoes, paddles, throw line and baler will be provided. Any other technical equipment required will be provided by Race Management. These items must remain with the team for the duration of the section they are assigned for and must be returned to the race staff at the end of the section in good condition. Damage to any equipment provided by Race Management, beyond a reasonable level of wear and tear, may result in a time penalty or disqualification and the team will be responsible for paying for the damages.

PROHIBITED EQUIPMENT

- The following is a list of equipment that is forbidden during the race. Any team possessing any of these items will be disqualified from the race.
- G.P.S. device
- weapons of any sort (with the exception of the mandatory knife)
- any mode of transportation not authorized by race organizers
- maps not provided by race management.
- This is not necessarily a complete list of prohibited equipment. Any device or item that offers an unfair advantage to the team possessing it may also be deemed as forbidden. Please check with event organizers prior to start of race if you have any items that may be questionable. If it is decided that the item will not be forbidden, event organizers will keep the query confidential.

SUGGESTED EQUIPMENT

- fast drying synthetic clothing (no cotton)
- both shorts & pants and long & short-sleeved tops (wear according to weather)
- spare socks
- hydration system (e.g. camelback)
- plastic bags to keep things dry
- biking gloves
- bike computer (odometer)
- bike repair tools or multi-tool
- warm jacket for before/after race
- colored marker or highlighter

FOOD & FLUID SUGGESTION

- bananas
- bagels
- baked potatoes
- peanut butter/jam sandwiches
- dried fruit and nuts
- energy bars/gels
- energy/hydration drinks (e.g. Gatorade)

Be prepared. Although you will return to the starting/transition area and your equipment at some point during the race, it may be 2 – 3 hours between having access to equipment, food and drink left behind.

SAFETY AND SECURITY

Teams are encouraged to help each other while on the course. No penalty will be incurred for receiving assistance from another team. If a team comes in contact with another team that is in an emergency situation they are required to stop and help. Failure to help another team requiring emergency assistance may result in disqualification. Teams that do offer assistance in emergency situations may be awarded a time bonus.

Weather conditions may restrict safe travel for certain sections of the course. Race Management reserves the right to make changes to the course or restrict travel on certain sections due to weather conditions.

It is mandatory that all team members wear a Coast Guard approved life jacket at all times if there is a canoeing or swimming section of the course. Similarly, it is mandatory that all team members wear a bike helmet at all times during the bike section. Failure to do so will result in disqualification.

Safety personnel will be at any technical stages of the race to ensure each team member is properly set up prior to starting a task. Failure to follow the directions of the safety personnel may result in disqualification.

Mandatory gear checks will be done throughout the race.

WITHDRAWAL FROM THE RACE

Teams may only voluntarily withdraw from the competition at manned checkpoints, with the exception of injury situations. Any team that voluntarily withdraws from the race will be transported back to the finish line by a race volunteer within a reasonable length of time and when convenient for the volunteer. If a team voluntarily withdraws at an area other than a manned checkpoint and it is not as a result of an injury or a safety concern they will be required to arrange their own transportation. Teams that withdraw from the race, regardless of the reason, must ensure that Race Management is advised as soon as practicable.

If only one member of a team withdraws and the remainder of the team wishes to continue on the course, they may only do so with specific permission from Race Management. The remaining members must remain at the transition area until the member withdrawing is in the company of someone able to care for them and the Race Management approves the continued travel by the remaining members. From that point forward, the team will not be officially ranked. Race Management reserves the right to issue a time penalty to any team wishing to continue unranked. This would be done to prevent unranked teams from interfering with the progress of officially ranked teams. Also, Race Management reserves the right to stop an unranked team at any time on the course and not allow further progress, regardless of the circumstances of the initial permission to continue on the course unranked. Please note, individuals will not be allowed to continue without at least one other member of their team.

ANGLING

Guiding Body: Provincial or State Fishing Laws and Regulations.

Meeting will be held the night before to finalize location, read rules, and answer questions. Only (name type of fish) will be included in official totals. Only fish caught by hook and line in usual manner will be accepted. Each fisher person is allowed one line in the water at a time. Extra rods and equipment may be kept on hand. Artificial bait and lures are allowed. Electronic or any electric luring devices are prohibited. NO LIVE MINNOWS. Any fish mangled, mashed or mauled weighed and penalized 50% of the weight at the discretion of the officials. Interference with another competitor's line will not be allowed. 14 lb test fishing line is the maximum strength allowed.

ARCHERY

The event can include Target, Field and 3D events. Target uses a modified 900 round at: 60 meters, 50 meters and 40 meters. Field is a 28 target field round using 28 inch targets. Traditional, re-curve and compound classes, bare bow, sights and fingers, sights and release.

3-D consists of a 25 target course with animal targets. 80lb. (36.3kg) maximum draw weight. Field tips only.

Each competitor is required to provide all personal equipment including bows, arrows and ancillary equipment.

AUTO EXTRICATION

Guiding Body: TERC Canada, TERC USA

This event is a very good spectator event that gives the audience a first hand look at what is involved in real auto extrication scenarios. It is also an excellent teaching and learning tool for all teams that compete. Tool selection and application techniques, size-up strategies and team effectiveness, efficiency and coordination are key elements of this event. Teams consist of six personnel. One team leader or captain and four squad members will be allowed to compete. There can be one alternate.

Full protective equipment must be worn by all members of the team while competing. This shall include coat, trousers, helmet, gloves, and boots, Each scenario will have a 20-minute time limit. The judges will signal "times-up."

The word FREEZE will indicate a safety hazard and the team will STOP. Judges or safety officers may FREEZE the competition for any reason they deem necessary. The clock will stop. A self-imposed freeze by the competing team will not stop the time clock.

All teams will check in at the tool selection area a minimum of 60 minutes prior to their scheduled time of the competition. They will have sufficient time (30 minutes) to select and stage their tools. They will be sequestered 30 minutes prior to competition while their scenario is being prepared. The team will be transported from the sequestered area by van to the competition pit. An alternate team member may be positioned in a designated area, but that team member will not be allowed to participate.

Each team will be furnished with a tool list. Special or extra equipment that has been brought by the team must be approved by the Tool Boss or Head Judge. The teams will have unlimited use of any tools or combinations thereof. Power plants will have no more than 3 devices attached at any time. Devices may be changed.

All TERC Committee guidelines will be followed. Ref. Web Site: www.terc.org

All power tools will be supplied. Teams will be allowed to use their own tools, subject to committee approval and then made available to all other participants.

BADMINTON

Guiding Body: American Badminton Association (ABA) or International Badminton Federation.

Round Robin: This option allows the participants more games and should be the choice when possible. Double elimination: If time allowed for the event or the number of participants makes scheduling difficult this option may be used for bracketing.

Bracketed Times: Scheduled times on the bracket will have a fifteen (15) minutes grace period before a forfeit is declared.

The game is won by the player or side first reaching (15) points. Only the serving player or side can score. A match is the best of three (3) games.

If a rally is lost by the serving player or side, there is no change in the score, but a loss of the right to continue serving. The umpire will then announce "service over" followed by the score of the new server first and the new receiver second. In a doubles match when the first server loses his/her right to serve, the Umpire will announce "second server" except at the beginning of the game, when only one server is permitted to serve until he loses his/her right to serve, the Umpire will call "service over" followed by the score beginning with the new server's score. If the score reaches a 13-13 tie, the side or player having made 13 first has the privilege of deciding whether the game shall be conclude at 15 or continue to 18. In a 14-14 tie the same option will be offered with the game concluding at 17.

BENCH PRESS

Guiding Body: American Drug Free Power Lifting Association(ADFPA) or U.S. Powerlifting Federation.

COMPETITORS MAY ONLY ENTER ONE AGE DIVISION

Men's Open
Men's Senior – ages 30 through 39
Men's Master – ages 40 through 49
Men's Grand Master – ages 50 and over
Women's Open
Women – (35yrs & Over)

MEN'S BENCH PRESS weight classes will be offered in the all age divisions:

Men's (123 ½ lb. & under)
Men's (132 ¼ lb. & under)
Men's (148 ¾ lb. & under)
Men's (165 ¼ lb. & under)
Men's (181 ¾ lb. & under)
Men's (198 ¼ lb. & under)
Men's (220 ¼ lb. & under)
Men's (242 ½ lb. & under)
Men's (275 ½ lb. & under)
Men's (over 275 ½ lb.)

WOMEN'S BENCH PRESS will be offered in the following age divisions:

Women's Open
Women's – (35yrs & Over)

A Round System will be used. Malone Formula handicaps body weight to determine medal place in the women's divisions.

The ONLY LEGAL GRIP for the bench press is as follows: the thumb must wrap around the bar.

Single Ply Bench Press shirts are allowed. Wrist wraps are allowed. Elbow wraps or gloves are not allowed. All equipment must be checked prior to weigh-in. Illegal equipment used during competition will result in disqualification on the grounds of unsportsmanlike conduct. The use of oil, grease, or other lubricants on the body, costume or personal equipment is strictly forbidden. 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 is the only substance that may be added to body and attire.

No foreign substances may be applied to the equipment or wraps.

BIATHLON

An event combining cross country running and pistol shooting for a total of 3 miles and 24 rounds. The event will begin with a one mile run to the range where twelve rounds (unsupported) will be shot at 25 yards, then another one mile run, another twelve rounds (unsupported) and finish with third mile run. Duty weapon or approved handgun.

Must supply own ammunition. Team members must be declared prior to the individual matches. Teams consist of two people. Biathlon silhouette targets will be utilized and supplied at the venue.

Trigger - Revolvers may have both single and double action and must be capable of lifting 2.5 lbs. (1.135 kg) when gun is cocked. Semi automatic pistols must have a trigger pull of at least 3.5 pounds (triggers shall be weighed).

Sights - Fixed or adjustable may be used, no shrouds, sight covers, or ramp covers will be allowed.

Barrel - Not to exceed six inches (15.24 cm).

Eye and ear protection are mandatory and must be supplied by competitor. Competitor must supply own ammunition (in accordance with NRA rules). Competitors must be "qualified" (i.e. some type of formal training for safety reasons) with their firearm and familiar with range rules and safety.

BOWLING 10 PIN

Guiding Body: American Bowling Congress (ABC).

All events are scratch scores (NO handicap). Each will be classified according to their highest League average (minimum 21 games). Categories are four person unisex teams, single men and women categories as well as doubles men and doubles women teams. Brackets range from 159 and under, 160 -169, 170-179, 180-189, 190 & over.

CANINE/POLICE SERVICE DOG (ALL EVENTS)

This is a law enforcement specific event. Canine events are one of the most popular spectator events of our Games. Many of our Hosts separate this Sport into two separate events Canine and Narcotic Dog. Competition is open to dogs on regularly scheduled duty with a law enforcement organization of any unit of government. The handler must be a member of the same law enforcement organization and working in that capacity. Handlers must participate in their respective department's uniform.

The Canine Event consists of three phases:

Phase I: Obedience - consists of walking and jogging at heel with about turns, recall and sit or down-stay using hand or verbal signals.

Phase II: Agility - consists of a tire jump, window jump, tunnel crawl, wire fence jump, bar jump, and multiple other agility tests.

Phase III: Protection - consists of a heavily padded volunteer acting as a suspect and agitator. The agitator fires multiple gunshots and is subdued by the dog.

The Narcotics Dog event uses real narcotics hidden from view. The dog competes in a Vehicle Search, Wall Locker Search, and Cargo Search.

COOK OFF

*Teams will supply their own food for the events.

This is a team event consisting of three (3) person teams preparing one (1) each of an appetizer, entrée, and desert. Each category of food should feed 20 people. Equipment will be available for cooks to either prepare a meal or to warm up foods prior to starting.

If an insufficient number of participants/teams register, this event may be amended to be a single dish, for example; a chili cook-off. In a single dish event the teams may consist of 1 to 3 people. This event may be conducted at any time appropriate to the organizing committee.

A five-judge panel will determine the winners. Presentation does come into play in determining the winners. Each team will be assigned a number unknown to the Judges. The judges will be scoring a number associated to a team. Volunteers will serve the Judges each team entry. Competitors will not be permitted to indicate in any way which number or dish is theirs. Once judging is complete the scores will then be associated to the teams by number.

CROSS COUNTRY 10 K RUN

Cross Country (10k-6.2 miles) course will be run on varied terrain including hills. The course is on and over terrain and not on asphalt. All runners compete as individuals.

CYCLING CRITERIUM

This is a timed race around a closed course of approximately 1 – 2 km per lap on pavement. The Criterium may be run on an elapsed time or total distance basis. The type and description of the event and course shall be provided in the Host Registration Book. All riders must attend the pre-race briefing (rider's meeting) normally held at the staging area prior to the competition.

A protective helmet complying with current safety standards (SNELL ANSI / ASTM Certified), provided by the biker, shall be worn at all times when warming-up or racing. A rider will immediately be disqualified if he/she removes the helmet during the race.

No clip-ons or Aero bars are allowed for this mass start event.

CYCLING ROAD RACE

The race shall be at least 40K (25 miles or longer) on a good, paved surface free of sand and debris. Hill climbs and sharp corners may be race elements. An uphill finish line is preferred but not always available. It is likely this will not be a closed course; single lane riding and traffic control may be necessary.

All riders must attend the pre-race briefing (rider's meeting) normally held at the staging area prior to the competition.

A protective helmet complying with current safety standards (SNELL ANSI / ASTM Certified), provided by the biker, shall be worn at all times when warming-up or racing. A rider will immediately be disqualified if he/she removes the helmet during the race.

No clip-ons or Aero bars are allowed for this mass start race.

CYCLING TIME TRIAL

Course is either a circular course with laps totalling 10 miles or five (5) miles out and five (5) miles back to starting point. Course must be paved with limited or no traffic. The course should be free of sand and other debris. The type and description of the course shall be as indicated in the Host Registration Book.

DARTS

This shall be double elimination with each match best two out of three legs.

"Normal"; each leg shall be played under "Normal" scoring rules

"Cricket"; shall be played using the number 20, 19, 18, 17, 16, 15, and both inner and outer bull.

All matches will begin by Throwing The Cork. In all "Normal" matches, each leg shall be played with a straight start (no double required) and a double will be required to finish.

It is the responsibility of the player to verify his/her score before removing his/her darts from the board. Score shall remain as written if one or more darts has been removed. Darts used in the tournament shall comply with specified requirements. Darts will be provided by the participants.

DRAGON BOATS

This is a new event to the Can-Am Police-Fire Games and draws competitive teams and recreational teams. Round one heats consist of 4 Dragon boats per heat, with each team competing in 2 qualifying heats. An average time from both heats will be calculated for each team to determine advancement to the second round. Each team has 22 competitors and a steer person. The Event Coordinator will provide the steer person. Maximum roster will be 25. The top 6 teams with the fastest average speed over their two qualifying heats will advance to the second round. Each of these teams will compete in one heat, with 3 Dragon boats per heat. The four teams with the fastest time will advance to the final round.

The final round is the medal round. The final race will be timed, however the teams that cross the finish line 1st, 2nd, and 3rd, will be awarded medals even if their times are slower than those times registered during the qualifying

races. Teams that register for this event will be notified of any changes in the outline of the event and each team Captain will be sent a copy of the official rules.

Safety is the overriding factor in this competition. It is the number one priority and responsibility for everyone involved in this event. All races will be held over a distance of 500 meters. Teams are responsible for supplying their own drummer. This is a unisex competition.

DECATHLON

The Decathlon is two days of competition. All events will be run no less than 30 minutes apart and no more than 1 hour apart. Competitors must compete in all 10 disciplines to be eligible for a medal placement.

DAY 1 –

400 Meter Run, 100 Meter Run, Long Jump, High Jump, Shotput.

DAY 2 -

Javelin, 1500 Meter Run, 110 Meter Hurdles, Discus

Pole Vault -- Open Classification only. (Competitors may be required to supply poles), Triple Jump.

In no case will an event be run before its scheduled time.

FIRE ATTACK

This is a fire specific event that tests the ability and coordination of the firefighting crew to advance lines, perform forcible entry and rescue victims.

At the Start: Each Fire Attack Team member will be required to be in full turnout gear and have hands on the tailboard of the engine. At the signal of the official course timer, each team will perform the following tasks:

Don complete SCBA apparatus, including mask and be “on air” prior to building entry.

Lay out three sections of 1 ¾ hose from a quick attack top box. The hose line will be automatically charged when all three sections have been laid out. All three sections must be laid out and the line charged before the Fire Attack Team will be allowed to enter the building.

Perform a simulated forcible entry on a Keiser Force Machine™ using the 9-pound shot mallet that is provided. The 165-pound I-beam must be moved 5 feet before the forcible entry is complete. The forcible entry must also be completed before the Fire Attack Team will be allowed to enter the building.

Perform an infant and adult rescue. An infant dummy and a 175 lb. Rescue Randy® must be removed from the interior to the designated area outside of the building.

Advance the charged 1 ¾ line up the stairs to the third floor and to the designated window, and hit three targets at ground level. The hose line must be advanced up the stairs and not between the stairs --failure to do so will result in disqualification. Timing ends when all three targets have been hit satisfactorily. The team with the lowest elapsed time wins.

GOLF

This is one of our most popular events and is usually a shotgun start. This event has a mandatory 36 hole singles event with options of a two person best ball, two or four person scramble or Stableford as separate stand alone events. A player can register for all of the events or register separately for the two person best ball or four person scramble if it is being offered by the host Note: The event coordinator reserves the right to re-establish the handicap classification spread in each division and delete or add divisions. This event will be limited to 144 competitors and usually fills early. Medals will be awarded for both Gross and Net scores in the individual event. A competitor cannot win a medal in both gross and net scores. They will be awarded the highest medal with the gross scores having preference. Each competitor must have proof of a certified handicap i.e.: RCGA handicap card or GHIN number at

the time of the event. If a competitor is unable to obtain a certified handicap from their local professional then the following will apply. Obtain 10, dated, witnessed and attested scorecards with your score. Please ensure that the rating and slope are on the scorecard. Submit these at the time of your arrival when checking in at the host hotel and the event coordinator will then provide you with a certified handicap.

HANDBALL

Each set consists of two games played to 21 points on an indoor four-wall court. Eyewear with safety lenses is mandatory.

HONOR GUARD

Both law enforcement and fire services agencies compete in this event. The teams compete in three segments including Team Inspection Drill, Color Guard Posting the Colors, and the Honor Guard Burial Detail. During each phase of the competition, each team and its individual team members are judged on uniformity, neatness, cleanliness and military bearing. Variations of marching styles are judged for bearing, precision, straight lines, etc. This event is very similar to the military honor guards, i.e. Tomb of the Unknown Soldier, in Arlington, Virginia.

HORSEHOES

Guiding Body: National Horseshoe Pitchers Association.

There are open, singles and open double categories. A scorekeeper will score each game, with fifty (50) throws per game. Should there be a tie on the score; five (5) extra throws will be made. A round robin shall be established; that is in a group of eight, each member of the group will play each other. A round robin tournament requires no byes; the last group can have an odd number of competitors. The two winners of each group (based on the total wins) will be in the finals to determine medal placement. If there are two competitors with the same number of wins in second place in a group then both will advance to the final round.

ICE HOCKEY

Guiding Body: Canadian Hockey Association Rules.

Canadian Hockey Association Rules are used, however some of the rules are adjusted in order to allow a safe, competitive and reasonable competition bearing in mind the participants have to return to their professions at the conclusion of the games.

All players supply their own equipment that must comply with safety requirements as specified in the CHA rulebook. Safety equipment including helmets and facemasks must be worn at all times. This is a "No Check", No Slap" tournament. No "two line" passes allowed. Pool play depending on number of teams entered followed by a single elimination Tournament. Teams consist of 20 person roster with one non-playing coach/manager.

The Tournaments will normally consist of an Open Division and a 35 Years and over Division. The number of teams in each Division may be limited by the Games Host. Modified round robin with top two teams advancing to a single elimination tournament. Four games guaranteed.

JUDO

All competitors shall submit a medical exam report, signed by a licensed physician and based on a physical completed with-in six months of competition. This release may be in the form of a doctor's note stating fitness to compete in a contact sport. All competitors shall possess an identification card, certificate or diploma authorized by an IJF Accredited school or instructor.

All competitors to weigh-in; details to be provided at registration. Competitors must enter into their estimated competition weight, however competitors will fight at their weight at weigh-in or the next division depending on the number of competitors. Weigh-ins will be the night before the competition at the venue site. Each competitor will supply their own Gi (uniform) and IJF – approved personal safety equipment.

Bout Duration: Men (5 minutes); Women (4 minutes).

Bracketing: Double Elimination. Each competitor is guaranteed at least two matches depending on the number of competitors in each division. If there are not enough competitors in a division they may be moved up or down in a class to compete. Depending on the number of women competitors, they may be divided into additional divisions.

KARATE

This event may have forms, weapons and sparring. All competitors shall submit a medical exam report, signed by a licensed physician and based on a physical completed with-in six months of competition. This release may be in the form of a doctor's note stating fitness to compete in a contact sport.

All competitors that are a Black belt or Advanced Brown/Red belt rank must supply proof via an identification card, certificate or diploma authorized by an Accredited school or instructor.

All competitors to weigh-in; details to be provided at registration. Competitors must register into their estimated competition weight division, but will compete at their weigh-in weight or the next division depending on the number of competitors. Weigh-ins will be the night before the competition. Each competitor will supply their own Gi (uniform) and safety gear including groin cup, mouthpiece and hand/foot gear similar to Safety Kick, Safety Punch, Soft Pul Gill, Mach and Soft Cobra, hand and foot protectors. All women competitors shall provide a chest protector. No shoes shall be worn other than safety footwear.

Bracketing: Double Elimination. Each competitor is guaranteed at least two matches depending on the number of competitors in each division. Insufficient numbers of competitors in a division may require that they be moved up or down in a class to compete. Depending on the number of women competitors, they may be divided into additional divisions.

MOUNTAIN BIKE CROSS COUNTRY (TRAIL)

The course may be comprised of paved and unpaved roads, dirt or gravel. Woods, ravines and shallow streams may also be part of the course. Each competitor is required to provide his/her own properly working and mechanically sound mountain bike. Riders must wear appropriate riding gear/attire. Course distance will depend upon the layout and difficulty of the terrain. Competitors must complete the course without any outside assistance. Racers shall complete the entire event on the same bicycle upon which the event was begun. A protective helmet complying with current safety standards (SNELL ANSI / ASTM Certified), provided by the biker, shall be worn at all times when warming up or racing. A rider will immediately be disqualified if he/she removes the helmet during the race.

MOUNTAIN BIKE OBSTACLE

This a mass start short, circuit style race on a closed course including uphill, downhill, trails and natural obstacles plus paved roads and man-made obstacles such as stairs, ramps, twin cribs, see-saws and other barricades. Each competitor is required to ride or run over every obstacle. If an obstacle is missed, the competitor will be disqualified. Each competitor is required to provide his/her own properly working and mechanically sound mountain bike. A protective helmet complying with current safety standards (SNELL ANSI / ASTM Certified), provided by the biker, shall be worn at all times when warming up or racing. A rider will immediately be disqualified if he/she removes the helmet during the race.

MOUNTAIN BIKE DOWNHILL-- DUAL SLALOM

Two competitors race on a 1 KM (.62mile/approx.) descent oriented course, while attempting to successfully overcome strategically placed obstacles, in the shortest elapsed time.

MUSTER

This is a fun event to participate in and watch. It demonstrates the skills of yesteryears firefighters. Teams will consist of 6 members. There are two events which include Bucket Brigade and Hose Cart.

Bucket Brigade.

Standing start, 50' from the water tower. Team members will assume their positions at starting line, 50' from the base of the water tower. Ladders will be lying flat on the ground behind starting line. No member shall touch the ladder until the race starts. Race starts with starter saying "On Your Mark, Get Set", then firing the gun. Team picks up the ladder, runs to the water tower, raises the ladder and secures it to the tower with a clove hitch knot. Each member on ladder must be secured with a proper leg lock. Buckets are on the ground beside the dip tank; dip tank

is located at the base of the water tower. All full buckets must be passed hand to hand up the ladder to fill the dump tank. No member of the team is allowed off the platform. Empty buckets may be dropped to the ground or to a team member on the ground. Time stops when ping-pong ball drops from the spigot. A dropped bucket may be retrieved by any team member. One team member is allowed to ride the ladder as it is being raised. All full buckets must be poured into dump tank, no water slapping. Disqualification: If, in the opinion of the course officials, bucket slapping occurs, the responsible team will receive one warning. If bucket slapping occurs again, or if bucket slapping causes the ball to bounce from the overflow pipe, disqualification is automatic.

Hose Cart.

On the signal from the starter, a team comprised of 6 persons, 5 persons pulling the cart and 1 person carrying the sheathed axe and nozzle, runs 100 yards to the marked hydrant area. Two team members drop off holding onto the female end of the hose to make the hydrant connection. The rest of the team continues pulling the cart 100' further to the nozzle line. At this point, the axe person and the nozzle person drop the nozzle and continue to the target area imbedding the axe in the wooden block. Two other members make the nozzle connection. The remaining team member must bring the cart to a complete stop on the course before assisting other members. When the water reaches the nozzle, two team members will direct the water at the target 50 feet away. When the target is knocked down, time will stop. Note: The axe must be imbedded in the wooden block before the target is knocked down.

ORIENTEERING

This is a new event for the Games being offered in Saskatoon. There will be eight different courses ranging in length and time requirements for finishing. The age classification must be approved Can-Am Federation Board. A standard orienteering course consist of a star, series o control sites that are marked by circles, connected by lines and numbered in the order they are to be visited, a finish. The route between "controls" is not specified, and is chance to do his or her own navigating. The orienteer must find as many controls as possible within a specified time.

PAINTBALL

This event is played with a 5 person roster. There is a possibility of 3 different games to play depending on what the host wants to offer. They can play all three games if they choose.

There is the Light Towers, Flag Pull and Center Flag Push. Each game will be 20 minutes long. 100 rounds per game per person limit

Use of personal paintball guns are subject to field operator approval. Only .68 caliber paintball guns allowed.

Paintball guns with auto response triggers, back bottle heaters, laser signs, fully automatic, double-barreled, paintball shotguns, or sabot cannons will not be allowed. Guns shall have a maximum fire rate of 280 fps. All guns are to be chronographed after each game.

POCKET BILLIARDS

Guiding Body: Billiards Congress of America.

Singles only with double elimination for eight ball and nine ball. Straight is single elimination.

POLICE DUTY PISTOL

Guiding Body: NRA Police Pistol Combat Rules.

This is a 150 round course of fire that is designed to enable any operational duty police officer to utilize only their sidearm (semi-automatic) and duty rig to compete on an even playing field. This course of fire is restricted to semi-automatic pistols issued by recognized law enforcement agencies and holsters must be of a Level II retention. The general rules of competition will primarily follow those in the NRA POLICE PISTOL COMBAT RULES. This event is designed for stock duty pistols. Competitors must supply their own ammunition of at least 150 rounds. Eye and ear protection must be worn at all times. Competitors must be "qualified" (i.e. some form of formal training for safety reasons). If a competitor has no CPCA classification, the competitor's classification will be determined when they shoot the 900 portion of their Individual (1500 match) event. This classification will then be used for the Team Event.

4 Person Team: Team roster must be sent with the Registration Form. The Team Event will be a 60 round event that will be included in the 1500 match Duty Pistol event. If a participant wishes to enter a team event and be pooled it will be done at the discretion of the co-ordinator on a first come basis.

Ammunition: Factory or re-load (in accordance with NRA Rule 3) The Event Host may have a limited amount of ammunition available for purchase however it is the competitor's responsibility to supply their own ammunition.

POLICE ACTION PISTOL

The Police Action Pistol event is to be entered using a non-modified duty firearm (either revolver or semi-automatic class). The only modifications allowed will be grips and sights (non-electric). Factory loads only. Scoring will be a combination of fixed times and Virginia Court times. Competitors may enter ONLY ONE class, revolver or semi-automatic. Competitors without an IPSC, national affiliate, CPSG, WCFG classification, should enter the "D" class. Competitors will shoot their individual events to determine their Games classification. ENTER ONLY ONE "INDIVIDUAL" EVENT (either revolver or semi-automatic) AND ONE "TEAM" EVENT. In the 4-person team event, revolvers and semi-automatics combine. Team event is "revolver friendly". The Team roster must be sent with the registration form by the team captain. Changing or switching firearms will not be permitted between the individual and team events. The weapon selected (either semi-automatic or revolver) must be used during the entire match. Competitors must be "qualified" (i.e. some type of formal training for safety purposes) with their weapon. Eye and ear protection required.

PISTOL (P.P.C.)

Guiding Body: National Rifle Assoc. (NRA) or
Canadian Police Combat Association (CPCA)

The individual event consists of a 1500 match, Team Event and Distinguished Event. The team event will be a 60 round event that will be included in the competitor's individual 1500 match. Competitors must be "qualified" (i.e. some type of formal training for safety purposes) with their firearm. If a competitor has no CPCA, NRA, or from previous Can-Am Games classification they will shoot their individual events to determine the Game's classification. If a competitor holds more than one classification, the higher of the classifications must be declared. Individual (modified weapon NRA rule 3.2) will follow NRA PPC/National Course, 150 rounds, 1500 possible points. This will be shot in an outdoor range, weathering permitting. If inclement weather the competition could be shot within an indoor range with B-34 target.

The team event will consist of four members and the classification will be adjusted as per the PCA and NRA rules.

The Distinguished Event will be Individual only; (non-modified firearm) National Police Course, Match 5; 60 rounds, 600 possible points. This match will be shot at an outdoor range where distances are measured in yards.

Note - Entrants can shoot in revolver and semi-automatic classes in the Distinguished Match.

Trigger - May have both single and double action, and must be capable of lifting 2.5 lbs. (1.135 kg) when gun is cocked (trigger shall be weighed). 3.5 lbs. trigger pull for Semi-automatic pistol.

Ammunition - Factory or reload (in accordance with NRA Rule 3).

POWER LIFTING

Guiding Body: American Drug Free Power Lifting Association (ADFPA) or
U.S. Power Lifting Federation.

COMPETITORS MAY ONLY ENTER ONE AGE DIVISION

Men's Open

Men's Senior – ages 30 through 39

Men's Master – ages 40 through 49

Men's Grand Master – ages 50 and over

Women's Open

Women – (35yrs & Over)

MEN'S POWER LIFTING will be offered in the following age and weight divisions in all age Categories:

Men's Open (123 ½ lb. & under)

Men's Open (132 ¼ lb. & under)

Men's Open (148 ¾ lb. & under)

Men's Open (165 ¼ lb. & under)

Men's Open	(181 ¾ lb. & under)
Men's Open	(198 ¼ lb. & under)
Men's Open	(220 ¼ lb. & under)
Men's Open	(242 ½ lb. & under)
Men's Open	(275 ½ lb. & under)
Men's Open	(over 275 ½ lb)

WOMEN'S POWER LIFTING will be offered in the following age divisions:

Women's Open
 Women's – (35Yrs and Over)

The sport manager will determine the order of competition.

There must be (3) officials per platform. At least one must be ADPFA or USPF/IPF accredited. A comprehensive list detailing national and state/provincial qualified officials is available upon request from the guiding body offices. No lifters who are competing or people from the crowd shall be judges.

Round System:

Lifter shall notify official at weigh-in the amount of their first attempt, but may change once. First attempts cannot be changed within the last five minutes or five attempts of the starting time of a flight. The change of weight may be higher or lower than the lifter's previously submitted attempts.

Second attempts shall be declared within one minute of the completed attempt. If no attempt is declared within the one-minute time allowance, the attempt will be forfeited. The same rule applies to the declaration of third attempts. All attempts shall be declared to the expeditor. All attempts shall be recorded with the expeditor at the start of a round. The last lifter in a round has a maximum of five minutes in which to submit his/her attempt without forfeiture.

When it is apparent that a lifter will be following him/herself from one round to another, the lifter shall be granted three minutes rest prior to making the attempt. All repeat attempts due to a scorekeeper's error, misloading, or for any other reason, shall be performed at the end of the round in which the error occurred. If the error occurs with the last lifter in a round, the lifter shall be given a three-minute delay before repeating the lift.

The bar must be loaded progressively during each round on the principle of the rising bar. At no time will the weight of the bar be lowered within a round except for errors as described in paragraph above, and then only at the end of the round. All attempts in the second and third rounds shall be equal or greater than the previous attempt. An increase of 2.5 kg (or 5 lbs.) may be taken for any attempt.

The composition of various flights shall be left to the Head-Referee-In-Charge, and will be announced as soon as possible after the close of the weigh-in.

RACQUETBALL

This event is normally held at a location with a minimum of four courts. Matches are won with two out of three games, played to 15 points. Competitors must supply their own racquet. Approved protective eyewear must be worn at all times during play.

RIFLE LARGE BORE

Division A (Rapid Fire) is NRA reduced National Course which has four stages shot at different firing positions and at different time requirements.

Division B International Slow Fire Course has three stages with different firing positions and different ranges. Calibers to be determined by the event holder with approval of Can Am Police-Fire Games Board. The NRA Classification system will be used to determine the individual classification.

RIFLE SMALL BORE

Guiding Body: NRA Small Bore Match Rules.

Only .22 calibre rifles will be allowed. Three stages will be shot, each with 20 shots. Stage 1 Prone 20 minutes, Stage 2 Standing 40 minutes, Stage 3 Kneeling 30 minutes. One minute per shot for the prone - one minute and a half per shot for the kneeling - two minutes per shot for the standing.

ROWING - INDOOR

The Indoor Rowing event is becoming quite popular in our games. The venue can be flexible in this event provided the rowing equipment is set up according to the rules. Eight (8) CONCEPT II Rowing Ergometers with Video Performance Monitors interconnecting shall be the only equipment used.

The 8 CONCEPT II Ergometers must be arranged so they can be configured to provide for 8 individual competitors rowing simultaneously on Day 1 of competition. This can be reconfigured to provide for 4 pairs of Doubles competitors rowing simultaneously on Days 2 & 3 of the competition. Competitors may use the damper setting of their choice, but the setting may not be changed during the race. Individual races are 2000 meters. Doubles are 1000 meters. All races will row in a Heats and Final Format.

All individual events will be offered in both a light weight and a heavy weight division. Competitors are usually required to weigh-in the night before.

ROWING - OUTDOOR

This event has the Single Scull and Mixed Quads. The Single Scull has a men's and women's 1000 meter. Races will be held on a six lane buoyed course. Heats and semi-finals will be determined upon number of entries. Sufficient warm up and cool down areas are provided.

Mixed Quads may be all men, all women, or mixed. There is no minimum. This event also takes place on a 1000 meter course. Races will be held on a six lane buoyed course. Heats and semi-finals will be determined upon number of entries. The host organization will provide the equipment for this event.

RUGBY

Maximum 12 person Team roster plus one Non-Playing Coach. A player may compete on only one team. The competition is divided into two divisions. Each division will begin with Round Robin (Group Play), followed by Single Elimination. All events are Unisex. Teams may consist of all men, all women or any combination.

RUN - 5 k

The 5 k Run is usually hosted on asphalt roadway in good state of repair containing hills and curves with marshals or marker cones and signage at all vehicle and pedestrian entry points. Distance to be certified prior to event.

RUN - 10 k

The 10 k run usually is usually hosted on asphalt roadway in good state of repair containing hills and curves with marshals or marker cones and signage at all vehicle and pedestrian entry points. Distance to be certified prior to event.

RUN – HALF MARATHON

The Half Marathon (13 Mile Course) is usually hosted on asphalt roadway in good state of repair containing hills and curves with marshals or marker cones and signage at all vehicle and pedestrian entry points. Distance to be certified prior to event.

SKEET

Guiding Body: National Skeet Shooters Assoc. (NSSA)

To be eligible for the ALL events category, competitors must enter the individual and doubles competition. 100 Birds in single and double events. Shot shells no heavier than 1 1/8 oz. and shot size no larger than 7 1/2 will be allowed. Reloads will be permitted, but must conform to NSSA regulations.

If you have no NSSA classification, enter Division "B". You will be classified by performance on the first 50 targets in the individual event.

Singles Event: Division "A" - Rating of 96% and over.
Division "B" - Rating of 95% and under.

Doubles Event: Division "A" - Rating of 95% and over.
Division "B" - Rating of 94% and under.

All Events: Division "A" - Rating of 95% and over.
Division "B" - Rating of 94% and under.

Team Event: Division "A"
Division "B"

TOP GUN: To be eligible for Top Gun you must enter the three Trap events; singles and doubles in Skeet; and the individual in Sporting Clays (Total 600 Birds).

SOCCER

Guiding Body: Federation Internationale de Futbol Association (F.I.F.A.).

Unisex Team

*Teams may have a maximum of 18 players & one non-playing coach. Minimum of 7 players on the field with free substitution. A player may compete on only one team. Limit 24 teams, 4 pools of 6 Round Robin

Top 2 teams from each pool advance to medal play with a single elimination tournament. If the total number of teams in a division is less than eight, a single pool Round Robin tournament may be used exclusively to determine the medal winners.

Points as follows: Win = 3 points, Tie = 1 point, Loss = 0 points. Tie games in pools stand. In the case of a tie in the pool standings, the team with the best head to head record advances or wins. If still tied, the team with the fewest goals scored against advances or wins. If still tied, the team with the most goals scored advances or wins. If still tied, a coin toss determines the team to advance. The team from the furthest geographic locations calls the toss. If pool play is used exclusively to determine medals, the coin toss will not be used. Co-winners will be declared for teams still tied after the first three tiebreakers described above. The game shall consist of two 45-minute halves, with a 10-minute break between halves.

In the single elimination tournament, in the event of a tie, a 10-minute overtime period shall be played in two 5-minute halves. The first team scoring in this overtime period is the winner. In the case of neither team scoring in the overtime, each team will then kick 5 penalty kicks to determine the winner. If the score still is tied there will be a second round of penalty kicks in a sudden death fashion. After a kicker from each team has taken their kick, a winner shall then be determined. If there is still a tie, the next two kickers shall kick. This procedure shall be followed until one team has outscored the other.

Players shall be consistent with F.I.F.A. Rules in accordance to dress codes. No Football Shoes.

SOFTBALL - SLOWPITCH

This team event is usually conducted on the final three days of the Games. A round robin is used to set teams into two or three divisions that ensure teams compete against other teams of similar skills. A double elimination tournament is conducted in each division to determine gold, silver, and bronze medal winners. ASA rules govern the games, seven innings with ASA approved limited flight balls. To ensure the safety of our participants additional exceptions to the rules consists of no medal cleats, approved bats, no sliding, and flexible substitution guidelines.

SPORTING CLAYS

Guiding Body: National Sporting Clays Assoc. (NSCA)

12 gauge shotgun only/100 birds/individual event. Shot shell restricted to no heavier than 1 1/8 ounces. Shot size no larger than 7 1/2 inches. Competitors in this event are responsible for supplying their own shotgun and all ammunition. Teams will consist of 5 persons.

Competitors without FITASC, CPSG or USSCA classification should enter "B" Division. Classification is by performance on the first 50 targets in the individual event.

TOP GUN: To be eligible for Top Gun you must enter the three Trap events; singles and doubles in Skeet; and the individual in Sporting Clays (Total 600 Birds).

SUBMISSION GRAPPLING

This event usually draws competitors from the other martial arts events as well as wrestling. All competitors shall submit a medical exam report, signed by a licensed physician and based on a physical completed with-in six months of competition. This sport combines elements of wrestling, Judo, Jiu-jitsu and Sambo. Participants may use takedowns, pins, and submission holds from a variety of martial arts and win a match by either accumulating more points than their opponent, or by submission of the opponent.

All competitors to weigh-in; details to be provided at registration. Competitors must enter their weight division and may also enter the Absolute Class. Each competitor must specify if they are willing to compete in a higher weight division if there are insufficient competitors within their weight division.

Each competitor will supply their own clothing and equipment. Grappling attire may consist of a wrestling singlet, bicycle pants and T-shirt, or a martial arts gi. Protective equipment such as mouth guard, kneepads, rearguards, groin protectors and wrestling shoes are optional.

BOUT DURATION: One round of six (6) minutes with one four (4) minute overtime in case of a draw.

BRACKETING: Double Elimination. Each competitor is guaranteed at least two matches depending on the number of competitors in each division. If there is not enough competitors in a division they may be moved up or down in a class to compete. Depending on the number of women competitors, they may be divided into additional divisions.

S.W.A.T.

This is one of the few events that spectators cannot view. Because this event includes live ammunition and conducted in large rugged, sparsely populated areas the opportunity for spectators to watch is very limited. This event tests the skills and endurance of the team. The participating teams do not know their exercise until moments before the event starts. Team members wear their standard issue equipment. The obstacle course is usually no less than 6K in length, with a minimum 10' wall, simulated use of chemical agents, testing of sniper skills from 50 to 200 yards using live ammunition, and combat pistol competition.

SWIMMING - POOL

The venue for the swimming event is held in a 50 meter pool with 8 lanes. Many of the swimming competitors register for multiple events. There are heats and finals and all swimmers will be assigned randomly to heats and lanes. All swimmers compete against the clock. This event is a cardless meet. A swimmer who fails to register with the clerk of course when their event is announced will result in being scratched from that event. All age groups will be heated together according to entry times and separate age groups for finals, results and medals. Team events consist of 4 person unisex teams with the exception of the Coed Team 200 M Freestyle Relay where at least one team member must be of the opposite gender. Heats and finals are to be held on the same day. The following is a list of the different events which also have various lengths:

- Freestyle
- Backstroke
- Butterfly
- Individual Medley
- Medley relay
- Freestyle relay

SWIMMING – OPEN WATER

This event has not often been held in our games. The course is a minimum 2 mile or 3.2 km in length that is T-shaped or triangular. The optimum course is a T-shaped course along a straight beach or shoreline of a mile or

more with a starting point close to the center. Wet suits are not permitted if the water is above 77 degrees F. There is a two hour time limit in this event and safety of all competitors is a priority.

TABLE TENNIS

Twenty-one (21) point game to win, two (2) point advantage, best of three (3) games. Fifteen (15) minute grace period will be granted before forfeiture is awarded. Competitors must supply non-marking shoes and their own table tennis racquet. Regulation size nets, tables and table tennis balls as per USSTA or ITTF rules are used.

TAEKWONDO

This event may have forms, weapons and sparring. All competitors shall submit a medical exam report, signed by a licensed physician and based on a physical completed with-in six months of the competition. This release may be in the form of a doctor's note stating fitness to compete in a contact sport.

All competitors that are a Black belt or Advanced Brown/Red Belt rank must supply proof via an identification card, certificate or diploma authorized by an Accredited school or instructor. All competitors to weigh-in; details to be provided at registration. Competitors must enter into your estimated competition weight but will fight at weigh-in weight or the next division depending on the number of competitors. Weigh-ins will be the night before the competition. Each competitor will supply their own Gi (uniform), safety gear ie. groin cup, mouthpiece and hand/foot gear similar to Safety Kick, Safety Punch, Soft Pul Gill, Mach and Soft Cobra. All women competitors shall provide a chest protector. Only safety footwear is allowed.

Bracketing: Double Elimination. Each competitor is guaranteed at least two matches depending on the number of competitors in each division. If there is not enough competitors in a division they may be moved up or down in a class to compete. Depending on the number of women competitors, they may be divided into additional divisions.

TENNIS

Guiding Body: United States Tennis Association (USTA) or International Tennis Federation.

Single Elimination or Double Elimination may be utilized, depending on the number of participants. A Consolation Bracket will be utilized to ensure that players are afforded an opportunity to participate in a maximum number of games. Depending on the number of entries, players may have to play more than one Singles or Doubles match in one day. Players will not be scheduled to play more than one medal round match per day in Singles or Doubles. This is a scratch tournament. All matches will be the best of three sets, with a twelve-point tiebreaker used at six (6) games all.

UATA or ITF Rules book will be present at court side for reference.

If a competitor is 20 minutes late for scheduled match time a default /forfeit will be declared and the match awarded to the opponent. Un-sportsman-like conduct directed at the Officials, Line Judges, Spectators or other competitors will be grounds for disqualification.

TEXAS HOLD 'EM

In TEXAS Hold 'Em, players receive two down cards as their personal hand (hole cards), after which there is a round of betting. Three board cards are turned simultaneously (called the "flop") and another round of betting occurs. The next two board cards are turned one at a time, with a round of betting after each card. (The "Turn" and the "River") The board cards are community cards, and a player may use any five-card combination from among the board and personal cards. A player may even use all of the board cards and no personal cards to form a hand (play the board). A dealer button is used. The usual structure is to use an ante plus two blinds (small and large ante) called little and big blinds as forced antes causing these two players to invest some chips in the hand which serves to stimulate play. The big blind is also the amount of chips necessary for a player to "call" (match the bet). In No Limit Hold 'Em, a player may bet all their chips at once, or go "all in."

TOUGHEST COMPETITOR ALIVE (T.C.A.)

Guiding Bodies: U. S. A. Track & Field, U. S. Swimming Rules & Regulations, and U. S. Powerlifting Federation, Inc.

Men's Open
Men's Senior A – ages 30 through 34
Men's Senior B – ages 35 through 39
Men's Master A – ages 40 through 44
Men's Master B – ages 45 through 49
Men's Grand Master – ages 50 and over

All Classes will have an under 200lb and over 200 lb Division.

Women's Open
Women – (35yrs & Over)

Events: 5K Run, Shotput, 100-Meter Dash, 100-Meter Swim, 20-Foot Rope Climb, Bench Press, Pull-ups, Obstacle Course

MEN'S T. C. A. will be offered in the following weight divisions for all age classes.

Men's 199 lbs. & under
Men's 200 lbs. & over

WOMEN'S T. C. A. will be offered in the following age divisions (no weight categories):

Women's Open
Women – (35yrs & Over)

Note: Teams of 2 or 4 persons, or mixed are optional for the coordinator but approval must be obtained from the Can-Am Police-Fire Games Board.

Mandatory Order of Events...

5K Run
Shot-put
100 Meter Dash
100 Meter Swim
20 Foot Rope Climb
Bench Press
Pull-ups
Obstacle Course

EVENTS WILL BE RUN IN ORDER AS SHOWN ABOVE WITHOUT EXCEPTION.

Scoring varies by event. The athlete's performance in each event determines the number of points awarded in that event. The number of points from all eight events determines the winner. A running score will be kept for each competitor on their scoring card.

The individual competition is comprised of eight consecutive events. Each competitor will complete all eight events in one day. At the completion of one event, the field of competitors will move directly to the next event. As a rule of thumb, events are an average of one hour apart, although some events may only be a few minutes apart. All events are mandatory and must be attempted. If a competitor fails to begin an event, he/she will be disqualified from the competition.

A mandatory orientation meeting will be held before the competition at a pre-designated time and place. This meeting is usually held the night before the competition begins. Competitors and staff must be there from beginning to end of the orientation meeting.

Competitors shall wear numbers at all times on the front except while swimming.

TOUGHEST FIRE FIGHTER ALIVE (TFA)

This event is fun to watch as well as participate in. See if you are the toughest firefighter around!

This event is not open to spouses. Competitors are allowed to wear athletic shoes and shorts. Competitors are encouraged to bring their own turnout gear for a good fit. The competition will involve the following four timed events to be performed in one day. The lowest cumulative time for all four events wins.

Hose Event evolutions shall be performed in the following order with turnout coat, helmet and air pack donned.

- 1 The contestant will start 25 feet from a hydrant or pumper. They will run to and connect (2) 2 ½ in. lines to the outlets. Lines are 150 feet with nozzles and are not charged.
- 2 The contestant will pull to full extension the 2 ½ in. lines. This can be done together or individually. The nozzles must cross the line marked on the pavement.
- 3 The contestant shall proceed to (2) 50 foot sections of 3 inch hose and roll each one up.
- 4 The contestant shall then carry the (2) rolled up sections of 3 inch hose 100 feet to the starting line. Time stops when both rolls are across the line.

Obstacle Event shall be performed in the following order with turnout coat, helmet and airpack donned.

- 1 Contestant shall carry a 24' extension ladder 100', extend the ladder no less than 5 rungs, and place against a wall.
- 2 Contestant shall carry four (4) large air bottles up four stories, no more than two at a time.
- 3 Contestant shall lift a 50-lb. Bucket or hose roll no less than 40' (4 stories) and lift over rail or through window.
- 4 Carry bottles two at a time down to ground level and screw a nozzle onto a deluge gun. Time stops when nozzle is seated.

Weight Event shall be performed in the following order with turnout coat and helmet.

- 1 Contestant shall move 18" truck tire, 10 feet with provided sledgehammer, or move the Kaiser Forcible Entry Machine (5) feet.
- 2 Contestants shall run/walk 100 meters/yards to a ten-foot wall and scale the wall.
- 3 Contestant shall run back to starting line, don weight rack (with 170lbs. attached) and walk to wall and return back to starting line and replace weight rack on stand. Total distance is 200 meters/yards.
- 4 Contestants will then run/walk 100 meters/yards to the ten-foot wall, scale the wall, and return to the starting line. Time stops when contestant crosses the start/finish line.

Climbing Event shall be performed in the following order with turnout coat, helmet and airpack.

- 1 Contestant shall pick up a 100' - 1 ½" high rise pack with nozzle and run 100 meters/yards to base of stairs.
- 2 Contestant shall drop High Rise pack with nozzle and run up 40' (4 stories) minimum or as many stories as the host facility can provide to designated spot. Time stops when contestant reaches the designated spot.

Note: Any stair event: One hand must be on hand rail and contestant must touch each step while descending stairs. The more stories the better.

TRACK AND FIELD

A multi-day, multi-discipline event which may include the following:

DISCUS, POLE VAULT, SHOTPUT, TRIPLE JUMP, LONG JUMP, HIGH JUMP 100 METER RUN, 200 METER RUN, 400 METER RUN, 800 METER RUN, 1,500 METER RUN, 110 METER HIGH HURDLES, 100 METER HURDLES, 400 METER INTERMEDIATE HURDLES, 400 METER RELAY

Competitors may be required to supply poles for pole vault. Consult Host Registration Book for applicable event rules.

TRAP SHOOTING

Guiding Body: American Trap Shooting Assoc. (ATSA),
International Shooting Union

12 gauge shotgun only. 100 birds each individual event. Five person teams. Reloads will be permitted, but must conform to ATSA regulations. Doubles will be shot 25 pair per trap.

16 yd Event Division "A" - Rating of 92% and over.
 Division "B" - Rating of 91% and under.

21 yd Event Division "A" - Rating of 88% and over.
 Division "B" - Rating of 87% and under.

Doubles Event Division "A" - Rating of 86% and over.
 Division "B" - Rating of 85% and under.

Team Event: 5 person teams
 Division "A" Division "B"

Competitors without an ATSA/National Affiliate classification should enter the "B" Division. They will be classified by performance on their first 50 targets in the Individual event. 300 birds will be shot.

TOP GUN: To be eligible for Top Gun you must enter the three Trap events; singles and doubles in Skeet; and the individual in Sporting Clays (Total 600 Birds).

TRIATHLON

1 mile (1.6 km) swim, 25 mile (40.23 km) bicycle race with 6 mile (9.65 km) run. Wet suit maybe mandatory depending on the water temperature of the water and a maximum stay in water will be determined by race officials. Hard shell bicycle helmet required. Team relay will consist of one swimmer, one biker, and one runner. As events start together, team competitors may not compete in individual event.

TUG OF WAR

Double Elimination, Best two (2) of three (3) pulls. Event to take place on a grass surface.

Men's Team – Six pullers plus one non-pulling coach.

Women's Team – Four pullers plus one non-pulling coach.

A 12' length of pull is necessary to win. The pull ends when the winning team has pulled the rope in their direction until the tape on the opponents' side has reached the center mark (red cloth) on the ground.

Teams switch ends after each pull. Sitting or lying down as a tactic results in disqualification. Coach may not touch rope or make physical contact with any team member during competition. Only one coach per team allowed in pulling lanes. Any additional personnel in pulling lanes will subject team to possible disqualification. Teams are not to drop the rope at the end of a match to prevent injury to a puller on the opposing team.

Weigh-in and footwear inspection take place the morning of competition.

VOLLEYBALL - BEACH

Teams will consist of 6 members maximum with 4 members on the court at a time. For Coed, 2 men and 2 women must be on the court at one time. Sand courts will be utilized. Under special circumstances grass courts may be utilized, however, application must be made to the Can-Am Games Board of Directors to do so.

Double Elimination or round robin will be utilized depending on the number of teams in the tournament, with an emphasis on allowing the participants the opportunity to play as many games as possible.

The serving team scores a point when the receiving team commits a fault. A player continues to serve until the serving team (side-out) commits a fault. The receiving team is awarded the service when the serving team commits a fault. When the referee directs a replay, the serving team serves again and no point is awarded. The game is won when a team reaches 15 with at least a 2-point advantage.

VOLLEYBALL – INDOOR

Guiding Body: FIVB or USA Volleyball.

Twelve members maximum per team. Six members on the court at a time.

Pool - Round Robin system, followed by a Double Elimination tournament. A minimum of 2 pools (with 7 or more teams) otherwise, a straight double elimination tournament will be held.

A first class indoor volleyball facility will be used. Should a regular gymnasium be used it will have no obstructions, such as basketball hoops and backboards, are within the field of play.

Pool Play: 2 games to 11 points (regular scoring) followed by...Double Elimination; 1 game to 15 points (regular scoring)

Teams advancing to Double Elimination determined by: Best Game Record

Total point differential for all pool games determined by dividing aggregate total of pool points "for" by aggregate total of pool points "against". "If Game Policy": If the team advancing through the loser's bracket defeats the winner's bracket "winner", an "If Game" (one game to 15, regular scoring) will be held to determine the WINNER of the tournament.

WATER SKIING

This event is fun for spectators as well and the competitors. It is run on a standard slalom course. The host may elect to offer one or all of the following, Tricks, Jumps or Slalom. Either American Water Ski Association or International Water Ski Association rules will be used. Only those competitors who have experience performing jumps or tricks will be allowed to compete in those two events. Experienced and novice skiers can compete in the slalom event.

WRESTLING

This event has competition in Freestyle and Greco. There are multiple age and weight categories. The rules in this event are very strict regarding weigh-in and all competitors shall submit a medical exam report, signed by a licensed physician and based on a physical completed with-in six months of competition. Weigh-in will take place on the day before the scheduled competition. No wrestler may be accepted for a weigh-in if he has not undergone a medical examination prior to the competition. Competitors must have two singlets, one red and one blue, or a reversible singlet, and must always carry a handkerchief. Each competitor will be supplied a set of the rules for additional requirements.

WRIST WRESTLING

Guiding Body: World Wrist Wrestling Championships or United States Arm Wrestling Association.

*Note: at weigh-in the night before the event, there is a 5 lb. clothing allowance.

This even is a Double Elimination format. One fall determines a winner. To make a winning pin (fall) the contestant must touch his/her opponents fingers, wrist or forearm to the pad.

The contest shall be performed on a table approximately 44" high, 24" square, anchored at the base. Elbow cups or pads shall be available to compensate for varying arm lengths. The contestants face each other, grasping the base of each other's thumb and with wrists exactly perpendicular. The contestant's shoulders must be square to the table before the match will be started.

The opposite hands shall be grasped immediately below the upright forearms in a finger curl contact (this is to keep the opposite arm from grasping the table). The referee will place the wrists and forearms in such a position as to be equally distant from contestants' shoulder, and the wrists in a straight upright position. The contestants' shoulders may not be less than a fist distance away from his/her hand on the start. Upon the start of the match, at least one foot must be on the ground. After the match has started, both feet may leave the ground. A false start is a foul. The signal to start will be a two count – "Ready-Go".

The elbows must remain in the elbow cup squares (6" x6") at all times. If the contestant's elbow comes out of the cup and position is gained, a foul will be given to the offending party and the referee will restart the match. If the contestant's elbow comes out of the cup, is re-established in the cup and no position is gained, the referee will give a verbal warning and restart. Both contestants must agree on the pressure applied at the wrists before the start. Default consists of failure to keep elbow contact with cups or loss of grasp of thumbs.

One default constitutes a defeat. One fall determines a winner. To make a winning pin (fall) the contestant must touch his/her opponent's fingers, wrist or forearm to the pad. The contestant may not, at any time, touch his/her body to their hand. If a contestant does touch his/her body to their hand, and POSITION IS GAINED, there will be a restart and a foul given to the offending party. Three fouls constitutes a default and defeat. If a contestant touches his/her body to their hand and stops the momentum of the opponent, there will be a restart and a foul given. If a contestant intentionally opens his/her hand and a slip occurs, the referee will restart the match and a foul given to the offending party. If a foul is given to a contestant in a definite losing position, they will be given a default. If the opponent's grip comes apart for any reason, the referee may strap the opponents grip together.

A contestant's shoulder may not go past the center of the table. If, in the referee's judgment, a contestant is in a "hurt arm" position, the match will be restarted and a foul given to the contestant. The referee has the option to give a disciplinary foul to any contestant for unsportsmanlike conduct. Matches are concluded when the referee grabs the hands of the contestants in the center of the table, signifying the end of the match.

Time limits may be set. All referee decisions are final.