



World Police and Fire 2022 Games – and the sport of Crossfit, is a competition for you who master RX or Scaled division (we call it “Modified”) in Crossfit. Our approach to this competition is a gradual increase with alternative scaling options when required.

The competition will spread over three (3) days with a competition time of about 10-20 minutes per day / athlete, distributed over a total of 5-6 workouts during the three (3) competition days.

Examples of what you can expect as a **RX athlete**:

Double Unders (DU)
Toes to Bar (T2B)
Shoulder to Overhead (S2OH) / Clean and Jerk (C&J) - 70/50 kg
Chest to Bar Pullups (C2B)
Bar Muscle Up (BMU)
Rope Climb (RC – use of legs)

Examples of what you can expect as a **Modified** athlete:

Single Unders (SU)
Hanging Knee Raises (HKR)
Pullups (PU)
Shoulder to Overhead (S2OH) – at 50/35 kg
Clean and Jerk – at 50/35 kg
Rope Climb (RC – use of legs)

If any questions regarding above, or anything else related to the competition, you are more than welcome to contact us at: **crossfit@wpfgrotterdam.com**

Looking forward to seeing you all in Rotterdam,
Take care and stay safe,
Best regards,

David Thorp
Sports Coordinator and Head Judge Crossfit
WFPG 2022