

X EUROPEAN POLICE AND FIRE GAMES / BRAGA - PORTUGAL 2024

1 Sports Family	2 Sport	3 Discipline	4 Event	5 Speciality	6 Category										7 Competitions				
					6a Gender		6b Participation					6c Age	6d Weight	6e Level	Unique	Extra Combined Classification			
					Men	Women	Individual	Binomial	Doubles	Mixed Pairs	Teams						Mixed Teams	Unisex Teams	
STRENGTH SPORTS	Weightlifting	Olympic	Snatch		x	x	1							Individual: 18-29 / 30-39 / 40-49 / 50+	notes below		Braga 11 Oct.	YES	
			Clean & Jerk		x	x	1												
		Powerlifting	Squat		x	x	1								Individual: 18-29 / 30-39 / 40-49 / 50+	notes below		Braga 12 Oct.	YES
			Bench Press		x	x	1												
	Deadlift			x	x	1													
	Cross Fit		Scaled		x	x	1				1+1		4+1	Individual: 39- / 40+ / 60+ Mixed Pairs & Teams: unique cat.			Braga 13 Oct.		
			RX		x	x	1				1+1		4+1						
	Arm Wrestling	Pulse		Right Arm		x	x	1							39- / 40+ / 60+	notes below		Braga 19 Oct.	YES
				Left Arm		x	x	1											
	Climbing	The Rope				x	x	1							18-29 / 30-39 / 40-49 / 50+			Braga 18 Oct.	
		Pull Ups				x	x	1							18-29 / 30-39 / 40-49 / 50+			Braga 18 Oct.	
		Rocodrome				x	x	1							39- / 40+			Braga 17 Oct.	
	Tug-of-War					x	x					x	x		Unique age category	notes below		Braga 20 Oct.	
Weight Category in Kg.	W. Olympic	Snatch - Clean & Jerk		Men: 56, 62, 69, 77, 85, 94, 105, >105 / Women: 48, 53, 58, 63, 69, 75, 90, >90															
	W. Powerlifting	Squat-BenchPress-Deadlift		Men: 56, 60, 67.50, 75, 82.50, 90, 100, 110, 125, >125 / Women: 44, 48, 52, 56, 60, 67.50, 75, 82.50, 90, >90															
	Arm Wrestling	Pulse		Men: 67.50, 78.70, 90, 101.20, 112.50, >112.50 / Women: 56.20, 67.50, 78.70, 78.70, >78.70															
	Tug-of-War			Men: 560, 640, 680, 720, >720 / Women: 520, 560, >560 / Mixed Teams: 600, >600															