

## Lee Haney Games First Responders Challenge

### Official Rules & Event Guide

Event Date: July 18, 2026

Location: Georgia International Convention Center – College Park, GA

Team Size: 4–6 Members Per Team

Eligible Participants: Firefighters, Police Officers, Sheriff's Deputies, EMS Personnel, Corrections Officers, Dispatchers, Military Personnel, and other recognized First Responder Agencies.

The First Responders Challenge is designed to test teamwork, strength, endurance, grit, and communication under pressure. Teams will compete across four events, earning points based on finishing position in each challenge. The team with the highest overall point total at the conclusion of all events will be crowned the 2026 Lee Haney Games First Responders Challenge Champions.

### Team Requirements

- Teams may consist of 4 to 6 members
- All team members must be active or retired members of an eligible first responder agency
- All participants must sign a waiver before competing
- Teams must compete with the same roster throughout the competition
- Team uniforms or agency shirts are encouraged

### Scoring System

Place	Points
1st	10
2nd	8
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1

Overall Champion: The team with the highest total points after all four events wins.

Tie Breaker: If teams are tied after all events, the highest placement in the Truck Push event will determine the winner.

### **Event #1: Truck Push**

Objective: Test total team power, conditioning, and determination by pushing a weighted vehicle (Ford F-150) over a designated distance as quickly as possible.

Team Members: Maximum 4

Format: Teams line up behind the vehicle. At the start signal, the team pushes the vehicle from the start line to the finish line. Vehicle must remain moving forward at all times. Team members may reposition as needed during the push.

Each team receives 2 runs for a best time.

Distance: 50 Feet

Scoring: Fastest completion time wins.

Rules: No pulling ropes or straps. Hands must remain on the vehicle. Team members may not ride on the vehicle. Time stops when the front bumper crosses the finish line.

Measures: Speed + Team Power

### **Event #2: Tire Flip Relay**

Objective: A fast-paced relay testing strength, speed, coordination, and teamwork.

Team Members: Minimum 4, Maximum 6

Format: Teams move a large tractor tire down a designated lane. Each participant must complete 3 tire flips before rotating to the next teammate. Once a member completes their 3 flips, the next teammate immediately continues.

Distance: Approximately 60 Feet

Scoring: Fastest total time wins.

Rules: Tire must fully rotate before the next flip begins. Skipping a rotation will result in a time penalty. Team members may not assist another teammate's flip.

Measures: Speed + Explosive Strength

### **Event #3: Chin-Up Relay**

Objective: Determine which team possesses the greatest upper-body endurance and mental toughness.

Team Members: Exactly 4 competitors participate.

Format: One athlete begins performing chin-ups. Athlete may stop only when unable to continue. Once they dismount, their turn is complete. The next teammate then begins. Each athlete receives one attempt only.

Chin-Up Standard: Full extension at the bottom. Chin clearly above the bar at the top. No excessive kipping or swinging.

Scoring: All valid repetitions from all four competitors are added together.

Winner: Team with the highest combined repetition total.

Measures: Upper Body Endurance + Mental Toughness

#### **Event #4: Bench Press for Repetitions**

Objective: Determine which team can accumulate the greatest number of controlled repetitions.

Team Members: Exactly 4 competitors participate.

Weight Used: 50% of body weight (rounded to the nearest 5 pounds).

Format: Athletes lift individually. One continuous set only. Team total equals all valid repetitions combined.

Bench Press Standards: Bar must touch the chest. Arms must fully lock out at the top. Hips and shoulders must remain in contact with the bench. Bouncing the bar is prohibited.

Scoring: All valid repetitions are combined for a team total.

Winner: Team with the highest accumulated repetition count.

Measures: Strength Endurance + Team Depth

#### **Competition Strategy**


Success in the First Responders Challenge isn't about having the strongest individual—it's about having the strongest team.


- Strength
- Endurance
- Speed
- Communication
- Strategy
- Mental Toughness

Every point matters. A strong finish in every event is often more valuable than winning one event and placing poorly in others.

## Awards

 1st Place Team – First Responders Challenge Champions – \$1,000 in Cash and Prizes

 2nd Place Team – \$500 in Cash and Prizes

 3rd Place Team – \$250 in Cash and Prizes

Additional recognition may be awarded for: Fastest Truck Push, Fastest Tire Flip Relay, Most Chin-Ups, Most Bench Press Repetitions.

## **Strength in Service. Power in Unity.**

Gather your department, build your team, and represent your agency at the 2026 Lee Haney Games First Responders Challenge—where Georgia's strongest first responders compete for bragging rights, championship honors, and community pride while supporting the mission of Haney's Harvest House.