

NZP

FUNCTIONAL

FITNESS

presented by



**District Online Qualifier
Series Info**

Intro

NZ Police Functional Fitness (NZPFF) is gearing up for our **first-ever District Online Qualifier series** for an **International Competition** – and this is your chance to be part of it.

Who: Scaled and Advanced options, all Police staff.

What: Four WODs to be released during August, all designed to challenge different aspects of your fitness, including weightlifting, cardio and gymnastics. There is something for everyone – give it a go!

Where: You choose! Your station gym, home or local gym.

When: Starting **Mon 10 August 2026**.

Cost:

- Police Sport members
 - \$10
- Non- Police Sport members
 - \$20

Online Qualifiers

Welcome to the first ever NZPFF online qualifiers! I am so happy to see you have expressed interest in our event!

My name is Leanne, I have been working in the Intel space for NZ Police for about 8 years, currently based in Wellington.

I have been lucky enough to represent NZ Police in Rugby Union and Rugby League, and have competed in CrossFit comps outside of Police.

I have been the code coordinator for NZPFF for a couple of years, and am excited to get the sport back up and running!



What's the go?

In a nutshell, we are running four WODs across August, à la the CrossFit Open. WODs will be released on the Monday, and you will have until 0900 the following Monday to complete it, cry a bit, probably redo it, then submit scores.

I will do the maths, and the top scoring male and female from each standard (scaled and advanced) will be invited to compete in a National event in Wellington, in November.

The overall winners from the national comp will be crowned the fittest in Police and will be invited to represent NZ Police at the World Police and Fire Games in Perth, in March 2027.

Funding will be provided to all Police Sport members selected to compete at the National and International comps, as per Police Sport guidelines. *Please note that funding will only contribute to overall costs, not cover the entirety.*

The online qualifiers will cost \$10 for PS members, and \$20 for non PS members. This cost **will not** be funded by PS.

Standards and Divisions

These qualifiers are aimed at **everyone**.

If you can challenge yourself and enter the higher division, go for it! But note that once you have signed up for one division, you cannot swap into another.

There will be a scaled and advanced division, with moves and weights to suit accordingly.

Scores will be adjusted for 'Masters' (over 45), you can compete in either scaled or advanced.

Specific movement standards and information will be provided when WODs are released. Videos will be provided and questions can be directed to your District rep or myself.

The table to the right is an example of some movements involved in WODs.

Movement	Scaled (M/F)	Advanced (M/F)
Wall Balls	6/3kg	9/6kg
Box Jump Overs	Step Overs (24/20")	24/20"
Toes to Bar	Hanging Knee Raises	Standard Movement
Double Unders	Single Skips	Standard Movement
DB Snatch	15/12.5kg	15/20kg
Handstand Push-Up	DB Overhead (12.5/10kg)	Can be Kipping (score adjusted if strict)
Deadlift	60/40kg	80/60kg
Handstand Walk	Bear Crawl	Can be broken
Burpees Over Bar	Can Step	Two Foot Jump
Pull ups	Burpee to bar	Strict or kipping, no butterflies needed
Wall Walks	N/A	N/A

Scoring

Standard competition scoring will be used, if you have ever competed in a CrossFit or Fitness comp you will know the highest weight, fastest time etc equals best score.

WODs to be recorded, just a good old fashioned video, don't worry about fancy apps. I will only need to review footage if there are tie-breaks or score discrepancies.

Scores will be adjusted for 'Masters' (over 45), you can compete in either scaled or advanced. This is optional! Tiebreaks will be decided by the myself and a team of well trained and experienced eyes...

We ask that you are honest with yourself and your ability, *you can no rep yourself!* Any no reps picked up upon review will be subject to a time penalty or disqualification.

Prize for top two athletes from each standard.

Key Dates

- WOD releases:

WOD	Release Date	Final Submission
WOD 1	Monday 10 August	Monday 17 August (0900)
WOD 2	Monday 17 August	Monday 24 August (0900)
WOD 3	Monday 24 August	Monday 31 August (0900)
WOD 4	Monday 31 August	Monday 7 September (0900)

- National Event:

- November 2026, date TBC

- World Police & Fire Games

- Perth, Australia
- 12-22 March 2026 (CrossFit event at the Games is held between 13-15 March)

Key People

The following contacts are NZPFF liaisons who are based in district.

They will be available to chat about any queries or concerns, so please reach out if you have any questions regarding the comp.

- Leanne COSLETT
- Danielle IRAIA
- Jenna KEANE
- Dino OMICEVIC

Registration

To register, please complete the entry form linked [here](#). Your registration will not be considered complete until entry fee payment has been recieved. Payment details can be found on the form.

We look forward to having you join us!