



— WORLD —
POLICE & FIRE
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Stair Race Abridged Rules



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General Information

Guiding Bodies

World Police and Fire Games Federation (WPFGF)

7944 Convoy Ct, San Diego, CA 92111

Tele. (858) 571-9919 FAX: (858) 571-1641

E-mail: 4info@cpaf.org

Venue

300 Main St

Events List

Individual

- Men & Women
 - Age categories: 18 +, 30 +, 35 +, 40 +, 45 +, 50 +, 55 +, 60+, & 65+

4-Person Team

- Men
 - Age categories: 18 + & 40 +
- Women
 - Age categories: 18 + & 35 +
- Mixed (must have at least one member of each gender)
 - Age categories: 18 + & 40 +

Firefighter (Full Gear) [FFG]

Individual

- Men & Women
 - Age categories: 18 +, 30 +, 35 +, 40 +, 45 +, 50 +, 55 +, 60+, & 65+

4-Person Team

- Men
 - Age categories: 18 + & 40 +
- Women
 - Age categories: 18 + & 35 +
- Mixed (must have at least one member of each gender)
 - Age categories: 18 + & 40 +



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Note: The Firefighter Full Gear (FFG) division is open only to firefighters who have full, approved, structural Firefighting turnout gear. A Firefighter may compete in the “regular” Individual and Team events and the Firefighter (Full Gear) events (Individual and Team). All events will be held on the same day.

Active competitors from police, fire, and eligible first responder agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**.

Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police, fire, or eligible first responder. This includes across country lines.

Entry Deadline

July 25, 2023

Competition Format

Scheduling

Scheduled for 1 days of competition. See [Sport Schedule](#) for details.

Competitors must check-in on the day of competition one-hour prior to the start. At this time, the competitors will be given their starting order.

The Firefighter (FFG) event will be the first event followed by the “regular” event.

Scoring

Competitors ascend the stairs from the designated starting line and continue upward until crossing the designated finish line. The lowest elapsed time taken to complete the course is the winner.

Competitor’s Individual ascent time will be used to score the Team Event. Competitors can place in both Individual and Team events. (for both the “regular” and the FFG competition.)

In the Team events, the team time is the aggregate of the four (4) team members’ Individual event times.



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Awards

Medals are awarded First through Third Place (1st - 3rd).

Sport Rules

Team Events: In both “regular” and FFG categories, all team members must enter the Individual event to be eligible for the Team event. A team **may not** compete with fewer than four (4) members.

Competitors are responsible for knowing their expected start time and being at the start area **10 minutes prior** to that time.

Upon passing through the start gate, competitors may ascend the stairs taking as many steps at a time as they choose.

Slower competitors will allow the right-of-way in passing to any competitor who has approached them on the way up.

Competitors may stop, if needed but only on designated landings with course personnel.

Course workers will help any competitor who asks for, or is in obvious need of their assistance to gain medical attention. Doing so will disqualify the competitor and he/she will be guided via elevator to the ground floor for further medical evaluation.

Clothing & Uniforms:

In the “regular” Individual and Team events, competitors are encouraged to wear comfortable running apparel and shoes for competition. Team competitors are encouraged to wear T-shirts.

In the “Firefighter (Full Gear)” Individual and Team, competitors are required to bring and compete in the following equipment. **This equipment will NOT be provided for the competitor.**

- Nationally certified, structural Firefighting entry helmet
- Nationally certified, structural Firefighting turnout coat
- Nationally certified, structural Firefighting turnout pants
- Nationally certified, structural Firefighting gloves
- Nationally certified, structural Firefighting entry boots

Note: Nomex hoods will NOT be required for competition.



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Turnout coats must meet NFPA 1971 standards on protective ensemble for structural fire fighting. For competitors from departments that use a turnout coat and night hitch which do not meet the NFPA 1971 standard, a turnout coat and night hitch will be supplied by the Host, **if** notification has been made in advance.

Competitors in the Firefighter (Full Gear) events will be required to wear a National Fire Protection Association (NFPA) compliant Self-Contained Breathing Apparatus (SCBA) (and mask depending on the number of floors). The Host shall provide this equipment for the competitors.

Pre-Competition Meeting

A mandatory meeting for all Firefighter (Full Gear) competitors will be held the evening before the competition. Competitors in these events are required to bring their turnout gear to this meeting. The Sport Coordinator and his/her assigned officials shall inspect all gear for compliance. Gear will be marked and re-inspected at the starting line. Competitors not able to secure approved equipment will be disqualified. Notification of the meeting will be contained in the Confirmation Letter.

Players Conduct

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participants immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGF, who will investigate each incident to determine if additional discipline will be imposed.