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Ultimate Firefighter Abridged Rules



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General Information

Guiding Bodies

World Police and Fire Games Federation (WPFGF)
7944 Convoy Court, San Diego, CA 92111
Tele. (858) 571-9919 FAX: (858) 571-1641
E-mail: 4info@cpaf.org

Venue

Memorial Boulevard

Entry Deadline

July 25, 2023

Events List

The Ultimate Firefighter Event is a 3 day competition. The first 1 or 2 days will be for individual competition. Day 2 or 3 is for the Ultimate Firefighter team.

The Ultimate Firefighter is reserved for Firefighters only.

- Men's Individual
 - Age categories: 18 +, 30 +, 35 +, 40 +, 45 +, 50 +, 55 +
- Women's Individual
 - Age categories: 18 +, 35+
- Men's Team
 - Age categories: 18 +, 35 +, 45 +
- Women's Team
 - Age categories: 18 +

Team competition is an individual, timed competition consisting of 4 competitors to a team. Each team must complete all four stages but each competitor will compete in one of the stages only. The sum of the individual times will be the team time and will determine the result of competition. If a team member fails to complete his/her stage, the team is disqualified.

Entrants may compete in the individual **and/or** team event.



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Active and retired competitors from fire 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. This includes across country lines.

Sport Equipment

Competitors will supply their own turnout coat and helmet: Turnout coats must meet N.F.P.A 1971 standards on protective ensemble for structure Fire Fighting. Helmets must be nationally certified structural Firefighting entry helmets. **GLOVES ARE MANDATORY**.

***Note:** for competitors from departments that use turnout coats/helmets which do not meet the above standards: A turnout coat and helmet will be supplied by the Host, if notification is made in advance.*

Competition Format

Scoring

Timing: By stop watch – 2 stopwatches (1 plus backup) per lane and/or electronic chip timing.

Penalties

- Did not finish course – disqualification
- Failure to cross finish line with hose tightly rolled (Stage 1) – 10 second penalty
- Stair ascent (Stages 2 & 4) – no penalty for missing stairs
- Stair descent (Stages 2 & 4) – must use every stair – 2 second penalty per stair missed
- Ladder not raised 6 rungs (Stage 2) – 5 second penalty per rung missed
 - Note: there is no penalty for raising ladder more than 6 rungs
- Ladder butt not out to designated line (Stage 2) – 5 second penalty
- Hose when hoisted not placed in designated area (Stage 2) – 5 second penalty
- Hotel (high rise) pack not in designated area (Stages 2 & 4) – 5 second penalty
- If appliance does not remain connected (Stage 2) – 10 second penalty
- If axe blade does not stay in wood block (Stage 2) – 10 second penalty



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- Keiser Force Machine (Stage 3) – pulling or hooking beam with hammer head pulling beam back: AUTOMATIC DISQUALIFICATION
- Shot hammer not in designated area (Stage 3) – 5 second penalty
- Moving cone - dummy drag (Stage 3) – 5 second penalty
- Touching / Moving cone(s) – obstacle course (Stage 3) – 5 second penalty per cone
- Chainsaw not in designated area (Stage 4) – 5 second penalty
- False Start (all stages) – 10 second penalty

Awards

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

Sport Rules

Required Apparel

Competitors will arrive at the venue wearing sport shoes (no spikes), socks, shorts or sport pants (sweat pants), and T-shirt. (Refer to General Rules, uniforms).

All competitors must be at venue check-in a minimum of 1 hour prior to the start of the competition.

All competitors will wear numbers during competition.

Competitors will compete in the same order for all 4 stages.

Competitor start times for each stage will be posted on a large schedule board in the staging area.

Competitors will be called by the announcer before the start of each stage and report to the staging area to receive numbers and tank & harness. Competitors will have their helmet and turnout coats on before arriving. If you do not have a proper turnout coat and helmet, one will be provided for you.

Competitors missing start times will result in disqualification – no exceptions – this includes all 4 stages – 1, 2, 3, & 4.



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Each competitor will have one attempt at each stage.

- **EXCEPTION:** Mechanical failure of equipment. In case of mechanical failure, the competitor will restart after all other competitors have completed the stage.

Stages 1 and 2 will be run concurrently (at the same time), all competitors will finish Stages 1 & 2 before Stages 3 and 4 start.

The average time between stages for each competitor will be 60 to 90 minutes. Absent athletes or odd numbers may result in competitors running the course by themselves.

No alcoholic beverages will be allowed by a competitor at the venue, before, or during competition.

Event Stages

The Ultimate Firefighter competition consists of 4 consecutive stages. Each competitor will complete all 4 stages in one day.

- Stage 1: Hose Task
- Stage 2: Weight and Strength
- Stage 3: Obstacle Course
- Stage 4: High Rise

Description of Stages

Stage 1: Hose task

Run 25 feet (7.62 meters) to 2 separate 150 foot (45.72 meter) lengths of 2 1/2 inch (63.5 millimeter or 65 millimeter) hose lines. Place one line over each shoulder, advance the lines to a full 150 feet (45.72 meters) and drag both lines an extra 30 feet (9.144 meters) across a designated line.

Note: *it is allowed at any point to leave the second hose, drag the first hose over the shoulder across the line and return to the second hose over the shoulder to complete the drag.*

Run 25 feet (7.62 meters) to two 50 foot (15.24 m) unrolled sections of 2 1/2 inch (63.5 millimeters or 65 millimeters) hose.

Roll each hose line and carry 60 feet (18.288 meters) to the finish line.



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Hose rolls will be carried one in each hand or stacked on top of each other carrying with both arms to the finish line.

Hose rolls must be tightly rolled (cannot fall apart). No tag ends hanging or loosely rolled hose.

If the hose unrolls, the competitor must stop and re-roll the hose.

Stage 2: Weight and Strength

Run 25 feet (15.24 meters) from start line carrying a 24 foot (7.3152 meters) extension ladder to wall.

Put the butt of the ladder against the wall. Raise ladder 6 rungs, lock it off, and rest it against the tower (butt of ladder must be pulled back from the wall to a designated line – to facilitate a proper climbing angle).

Run to the base of the tower.

Pick up 100 feet (30.48 meters) 1 1/2 inch (38.1 millimeter) hotel (high rise) pack and carry up the stairs to the top of the tower.

At the top of the tower place a hotel (high rise) pack in a box or designated area.

From the top of the tower, hoist a 40 pound (18.144 kilograms) hose attached to a rope to the top of the tower and place the hose in the box or designated area.

Descend the stairs to the base of the tower.

Pick up a master stream nozzle and axe.

Run 25 feet (7.62 meters) and screw the nozzle onto an appliance.

Place the axe blade end into a block of wood.

Run 25 feet (7.62 meters) to the finish line.



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Stage 3: Obstacle Course

Run 25 feet (7.62 meters) to Keiser force machine.

Drive (hit) the beam 5 feet (1.52 meters) to the end, with a 9 pound (4.08 kilograms) shot mallet hammer.

Place the hammer in the designated area.

Run 10 feet (3.048 meters) to obstacle course – run through the course around the 5 pylons to the Rescue Dummy and drag dummy 50 feet (15.24 meters) to and around cone and back 50 feet (15.24 meters) across the finish line (all of the dummy must clear the line).

Stage 4: High Rise

Run 25 feet (7.62 meters) to the base of the tower.

Pick up a 100 feet (30.48 meters) 1 1/2 inch (38.1 millimeters) hotel (high rise) pack and climb the stairs to the top of the tower.

Place a hotel (high rise) pack in a box or designated area.

Descend stairs to base of tower.

Pick up a chain saw and climb stairs to the top of the tower. Chain saw can be carried on the shoulder.

Place chainsaw in a box or designated area.

Descend stairs to the base of the tower.

Run 25 feet (7.62 meters) to the finish line.

Pre Competition Meeting

A mandatory meeting will be scheduled a day before the competition begins, and details shall be provided in the Confirmation Letter. Competitors must attend. Failure to attend



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will result in disqualification, unless arrangements have been made with the Ultimate Firefighter Coordinator.

Players Conduct

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