

General Regulations

Mandatory dress code for competitors:

- Fire service boots
- Fire service jacket
- Fire service trousers
- Fire service gloves
- Fire service helmet

The competitor has to wear protective fire service clothing.

To avoid unnecessary delays in the timetable participants are required to report to the competition office an hour before their scheduled starting time.

If breaks or starting times are being delayed because of the organisers, the delays will be noted and transferred 1:1.

All stages have to be completed within 4 minutes, for female competitors within 5 minutes.

Exceeding the maximum time will result in the stage being aborted by the referee. The competitor will be able to continue in the competition however for this stage 4 minutes plus 4 minutes penalty will be noted down.

Should a competitor abort a stage he or she will also be able to continue in the competition however, again, 4 minutes plus 4 minutes penalty will be noted down.

Should one of the stages not be completed properly (for example if the weight is not pulled up at stage 3) a penalty of 4 minutes will be imposed.

Competitors will start a stage precisely 10 minutes after starting the previous stage. It is within the competitors' responsibility to observe and adhere to his or her starting times.

For example: Competitor X starts at 12:00 at stage 1. At 12:10 the same competitor will have to start at stage 2. In the 10 minutes between 12:00 and 12:10 the competitor is required to complete stage 1 in the maximum available time i.e. 4 or 5 minutes – the rest of the time is to be considered a break.

The competitor with the fastest total time wins.

Stage 1

Setup of stage 1:

Single: The stage will be completed with connected pressure breather

Relay: The stage will be completed without connected pressure breather

Hose pulling:

Two B-type hoses will be placed to the left and right of the competitor per track. The hoses will be placed in loops.

Every hose consists of four coupled B-type hoses of 20 meter length with a B-type nozzle attached at the end. The loops will consist of a single hose length.

At the start of each track a fire pump will be placed to couple the hose onto.

Hose rolling:

Each track will have two B-type hoses rolled out, at a distance of 50 cm (measured from the inside of the hose) from one another.

At the end of the track two hose boxes will be positioned to place the rolled up hoses.

Procedure of stage 1:

Hose pulling:

1. The hoses will be coupled to the fire pump.
2. The hoses will be pulled along 75 meters – either one or two at a time.
3. At the end of the 75 meters the tip of the nozzle will have to touch the finishing line.

The competitor may not place a “carrying loop” inside the hoses before the start.

Hose rolling:

1. The hoses are to be rolled one at a time
2. Completely rolled hoses must be placed entirely inside the hose box.

Faults at stage 1:

Faults	Penalty
Not arriving at the Start in time	disqualified
Faulty start	5 seconds
Coupling unsoundly attached to the fire pump	5 seconds
Hoses being carried (only pulling is allowed)	5 seconds
Hoses not pulled up to the marking (tip of the nozzle has to touch the marking)	10 seconds
Several hoses rolled simultaneously / double rolled	5 seconds
Hoses / coupling not properly inside the box	3 seconds / hose
Pressure breather dropped on the ground / not carefully placed	10 seconds penalty
Stage not completed in its entirety	Automatically 8 (9) minutes total stage time logged

Total time:

Men: max. 4 Min. (when overstepping the time limit + 4 Min. penalty = 8 Min.)

Woman: max. 5 Min. (when overstepping the time limit + 4 Min. penalty = 9 Min.)

To be noted in the competitors time card:

Stage time + penalty = total time

Example: 02:10 min + 3 sec penalty = 02:13 min

Example: 04:00 min + 3 sec penalty = 08:00 min, because the maximum time of 04:00 min has been exceeded

Stage 2

Start precisely 10 minutes after starting time!

The stage will be completed without connected pressure breather

Setup of stage 2:

Stage 2 consists of the modules Keiser Force Machine, 85 kg dummy (or comparable weight), climbing wall (3 meters tall) and a tunnel to crawl through (at least 5 meters but a maximum of 8 meters long, the height should not allow upright walking). The modules are to be set up in such a way that the stage can be completed in a single run.

Procedure of stage 2:

1. Keiser Force Machine:
The weight of the Keiser Force Machine is to be forced onto the marking with a 4 Kg hammer. Afterwards, the Hammer is to be placed on a platform in the immediate vicinity of the Keiser Force Machine.
2. The dummy is to be pulled across a distance of 70 meters (possibly with a turn)
3. A container of foam concentrate or a comparable weight of 20 Kg is to be transported through the crawling tunnel (there and back including a turn) and then placed on a platform. The pressure breather is to be placed on a platform.
4. The climbing wall (3 meters tall) is to be overcome, if required with a rope (no pressure breather)

Faults at stage 2:

Fault	Penalty
Starting stage 2 later than 10 minutes after starting stage 1	The time delay will be added 1:1 onto the total time
Faulty start	5 seconds
hitting the hammer repeatedly (2x plus) off the KFM	disqualified
KeiserForceMachine: per started 2,5 cm short off the end	3 seconds each
hammer not properly placed down	3 seconds
containers not placed within the markings	3 seconds
dummy not pulled to the end	automatically 8 (9) minutes total time
Coming off the track when pulling the dummy	5 seconds
Use of disallowed aids (for example carrying loops)	disqualified
Climbing wall not overcome	automatically 8 (9) minutes total time
Pressure breather dropped on the ground / not carefully placed	10 seconds penalty
Stage not completed in its entirety	Automatically 8 (9) minutes total stage time logged

Total time:

Men: max. 4 Min. (when overstepping the time limit + 4 Min. penalty = 8 Min.)

Woman: max. 5 Min. (when overstepping the time limit + 4 Min. penalty = 9 Min.)

To be noted in the competitors time card:

Stage time + penalty = total time

Example: 02:10 min + 3 sec penalty = 02:13 min

Example: 04:00 min + 3 sec penalty = 08:00 min, because the maximum time of 04:00 min has been exceeded

Stage 3

Start precisely 20 minutes after the starting time!

The stage will be completed without connected pressure breather

Setup of stage 3:

This stage will contain a stairwell that goes up to a second floor of the usual height.

Two foam concentrate containers of 15 Kg (or comparable weight) are to be placed immediately in front of the stairs.

A hose packet (consisting of two B-type hoses) is to be placed right outside the stairwell so that it can be pulled up with a rope.

Additionally the possibility for a ladder (length between 4 and 5 meters) to latch on has to be given.

Finally, a B-type Nozzle with mouthpiece has to be provided (alternatively a thread/nut assembly M52 or M56 respectively 1 ½ inch)

Procedure of stage 3:

1. The ladder has to be placed within the markings and is to be leaned against the latching on point
2. Two foam concentrate canisters are to be carried into the second floor and are to be placed within their markings
3. Hose packet is to be pulled up
4. Canisters are to be carried downstairs again and are to be placed within their markings
5. Mouthpiece / Nut are to be turned to the end-stop position (start = finish)

Faults at stage 3:

Fault	Penalty
Starting stage 3 later than 20 minutes after starting stage 1	The time delay will be added 1:1 onto the total time
Faulty start	5 seconds
Ladder not placed within the markings	3 seconds
canister not placed within the markings	3 seconds
Hose not pulled to the top	Automatically 8 (9) minutes total stage time logged
Using the railing as foothold / Foot through the railing	10 seconds
Mouthpiece not screwed upto the end	3 seconds
Pressure breather dropped on the ground / not carefully placed	10 seconds penalty
Stage not completed in its entirety	Automatically 8 (9) minutes total stage time logged

Total time:

Men: max. 4 Min. (when overstepping the time limit + 4 Min. penalty = 8 Min.)

Woman: max. 5 Min. (when overstepping the time limit + 4 Min. penalty = 9 Min.)

To be noted in the competitors time card:

Stage time + penalty = total time

Example: 02:10 min + 3 sec penalty = 02:13 min

Example: 04:00 min + 3 sec penalty = 08:00 min, because the maximum time of 04:00 min has been exceeded

Stage 4

Start precisely 30 minutes after the starting time!

The stage will be completed without connected pressure breather

Procedure of stage 4:

For the stair run the competitor will have to run up 15 floors (usual ceiling height) via a stairwell.

If a building with 15 floors is not available a building with fewer floors is acceptable. For each missing floor a 50 meter horizontal run has to be added on.

Faults stage 4:

Fault	Penalty
Starting stage 3 later than 30 minutes after starting stage 1	The time delay will be added 1:1 onto the total time
Faulty start	5 seconds
Intentionally obstructing another competitor	Disqualified
Pressure breather dropped on the ground / not carefully placed	10 seconds penalty
Stage not completed in its entirety	Automatically 8 (9) minutes total stage time logged

Total time:

Men: max. 4 Min. (when overstepping the time limit + 4 Min. penalty = 8 Min.)

Woman: max. 5 Min. (when overstepping the time limit + 4 Min. penalty = 9 Min.)

To be noted in the competitors time card:

Stage time + penalty = total time

Example: 02:10 min + 3 sec penalty = 02:13 min

Example: 04:00 min + 3 sec penalty = 08:00 min, because the maximum time of 04:00 min has been exceeded

Reasons for Disqualification:

- not appearing at the start on time
- non-regulatory outfit
- abortion of the complete contest
- omission of an entire stage
- unsportsmanlike behaviour
- obstructing another competitor
- stepping on the running surface of the Keiser Force Machine
- hitting the hammer repeatedly (2x plus) off the KFM
- use of disallowed aids (for example: carrying slings)
- loss of equipment during a run
Exception: Independent pick up of lost equipment
- destruction of competition equipment
- disregarding the instructions of the referee