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**FIRE AND RESCUE
INTERNATIONAL**



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Toughest Firefighter Alive 2022

General Rules

A. Dress Code

1. Mandatory dress code for competitors:
 - Fire service boots
 - Fire service jacket
 - Fire service trousers
 - Fire service helmet
 - Fire Service Gloves must be carried on person. Rescue gloves are allowed.
*** Wearing of the gloves is at the Competitors Discretion***
 - Fire service flash hood is not required
2. NFPA standard structural fire-fighting gear must be donned for the competition, with gloves to be carried on person. NFPA approved Structural or Bush Fire boots covering the ankles, with steel toe cap may be worn subject to inspection.
3. Participants must ensure they bring their own fire-fighting gear, as only the BA sets will be provided.
4. The competitor shall at all times wear protective fire service clothing as per above.
5. To avoid unnecessary delays in the timetable participants shall report to the competition office an hour before their scheduled starting time.

B. The Competition

6. All stages shall be completed within 5 minutes and for female competitors within 6 minutes. Exceeding the maximum time shall result in the stage being aborted by the referee.
7. Should a competitor abort a stage he or she will also be able to continue in the competition however, again, the maximum time allowed plus 4 minutes penalty (men 5 minutes + 4 minutes = 9 minutes women 6 minutes + 4 minutes = 10 minutes) plus any penalties incurred shall be noted down.
8. Should one of the stages not be completed fully (for example if the weight is not pulled up at stage 3) a penalty of 4 minutes shall be imposed along with any penalties incurred.
9. 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. 5 or 6 minutes – the rest of the time is to be considered recovery time.
10. If a competitor arrives late for their start at a station, the time recorded for that station is from their original designated start time, plus their actual recorded time.



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11. All individual competitors and relay teams will only be allowed one attempt at the circuit. A relay team may not have two or more competitors who have competed for another team in the same category.
12. Each station starts 10 minutes after the previous one which should in theory give around 5 minutes' recovery time between stations. A competitor who has completed all stations correctly and within the relevant time limits will have an advantage in the final count.
13. The competitor with the shortest accumulated time for all four stations will win the competition.

C. Generic Regulations

1. In order to avoid any delays in the timetable, participants must register at the competition office no later than 1 hour before their start.
2. The competitor is issued a breathing apparatus at the start of station 1.
3. The competitor must ensure that their breathing apparatus is carried by themselves to the next station
4. Every competitor will have an attendant who will accompany them for the duration of the competition. The onus on the competitor, not attendant to be at their start point at the relevant times.
5. Only one person is allowed on the course to accompany the participant. Exceeding this number will be grounds for disqualification of the participant, due to unruly teammates or family members/friends.
6. There will be a course marshal and a timer throughout the event, and any and all decisions made by them are final. In extreme cases the Chief Judge may be called to rule on a decision. Only video evidence that displays the stage in its entirety will be accepted as sufficient proof for time queries.

Description of the Stations, Rules and Regulations

SCBA will be used off air with the cylinders closed minus face masks, for the circuit.

The competition will consist of four stages, with each stage being timed separately for each competitor. The total time will consist of the combined times of all four stages with the lowest combined times being the winner.

Competition dress: Fire Approved Fire Helmet, Fire Tunic, Fire boots and Firefighting gloves.
Equipment: SCBA to be supplied by the organizers.



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Station 1: Hose Advance and Make-up

Dress: Fire Helmet, Fire Tunic, Fire boots, Firefighting gloves and SCBA set donned, off air.

Station 1: Charged Hose Run

The contestant starts by proceeding to pick up the nozzle end of a 30m x 65mm charged line and extend the line over a distance of 22-28m to a designated area and place both feet over the line.

1. Once the designated area has been reached, the contestant will return the nozzle back to the starting area and place the branch securely in the designated holder.
2. The contestant then proceeds to run 10 -20 metres to make up 2 x 25m lengths of hose.
3. The two length hoses will then be made up, each in a single roll and placed fully in the box provided with no portion of the hose hanging out. 10 second penalty will be incurred per hose not placed fully in box.
4. Once the hose has been securely placed in the boxes, the competitor will run 10m to finish and the time will be stopped once the competitor crosses the line.

Penalties:

- a. It is for the umpire to decide if the make-up was done properly.

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)	30 seconds
Hoses not pulled up to the marking (The Branch must be completely over the line)	10 seconds For every <u>500mm</u> Short of the line
Hoses rolled simultaneously / double rolled	90 seconds
Hoses / coupling not properly inside the box	3 seconds / hose
Breathing Apparatus dropped on the ground / not carefully placed	10 seconds penalty
Stage not completed in its entirety	Automatically 8 (9) minutes total stage time logged
Stage not completed in its entirety	



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Men: max. 5 Min. (Not completing the stage within the time limit + 4 Min. penalty = 9 Min.) Woman: max. 6 Min. (Not completing the stage within the time limit + 4 Min. penalty = 10 Min.). noted in contestants' card

To be noted in the competitors time card: Stage time + penalty = total time
Example: 02:10 min + 3 sec penalty = 02:13 min
The contestant will be allowed to continue.

Station 2: Obstacle Course

Dress: Fire Helmet, Fire Tunic, Fire boots and Firefighting gloves SCBA set donned, off air

1. Run 10m from start line to hammer at the Keiser Force Machine, pick up hammer and hit the block (+- 72.5kg) horizontally over a distance of 1.5m to the finish mark. Put down hammer in demarcated area.
2. Run towards the start of dummy (+- 80 Kg) and drag the dummy backwards for 70m turning at 30/40m to and around the marker cone, returning and dragging the dummy back over its original position.
3. Run 20m and pick up 2 x 20kg containers and run 10m with the containers to a 10-20m tunnel and go through it, then run around marker cone 10m away and come back through tunnel and return container to its original position 10m away.
4. The Breathing Apparatus Backpack and Cylinder is to be removed and placed on a platform.
5. The contestant will then run to the 3m wall and climb over the top, using the rope provided, if needed.
6. Once on top of the wall, the contestant will drop from the top of wall onto the crash mat.
7. The time will be stopped after jumping from the wall into the mat.

Penalties

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
Stepping on the running surface of the Keiser Force Machine	10 Seconds
Hitting the hammer repeatedly (2x plus) off the KFM	10 seconds
Keiser Force Machine: per 2,5 cm short of the end	3 seconds each every 2.5cm or fraction thereof that the sled is short



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Pushing, raking or hooking the beam is not allowed	A 5 second penalty is given for each infraction
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
Straying off the track when pulling the dummy	5 seconds
Use of disallowed aids (for example, carrying loops)	disqualified
When proceeding down the tunnel, it is not allowed to throw the container through the tunnel, the competitor must keep contact with the container	A 5 second penalty is given for each infraction
Climbing wall not overcome	automatically 8 (9) minutes total time
Breathing Apparatus dropped on the ground / not carefully placed	10 seconds penalty
Stage not completed in its entirety	Automatically 8 (9) minutes total stage time logged
<p>Not completing any stages</p> <p>Men: max. 5 Min. (Not completing the stage within the time limit + 4 Min. penalty = 9 Min.) Woman: max. 6 Min. (Not completing the stage within the time limit + 4 Min. penalty = 10 Min.). noted in contestants' card.</p> <p>The contestant will be allowed to continue.</p>	





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Station 3: High Rise Pack Carry and Hose Hoist

Dress: Fire Helmet, Fire Tunic, Fire boots and Firefighting gloves, harness and SCBA set donned, off air

1. Run 10m and carry a ladder to a designated area and pitch it, repeating this with the second ladder.
2. Run to the marker/cone pick up the 1 x 20kg) foam container and climb the tower, using the stairs until you reach the top. The contestant is allowed to ascend by two or more steps at a time. Place the foam containers in the designated area.
3. Attached sling to the harness and using the rope, haul up the two hoses (+/- 20kg) over the top railing of the tower and place them on to the landing in the designated area.
4. Pick up and carry the foam containers downwards, descending one step at a time down, to the ground floor and place down the containers in the designated area.
5. Run 10m to the ground monitor and attach the nozzle. Run 10m and cross the finish line.

Penalties:

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 on the top platform	3 seconds
Failure to secure harness to anchor when pulling hose	15 seconds
Hose not pulled to the top; loss of control; such as the slippage of more than one balcony	Automatically 5 (9) minutes total stage time logged
A fallen hose may not be retrieved; falling off the tower;	Automatically 5 (9) minutes total stage time logged
Skipping steps on the descent	10 seconds per infraction
Using the railing as foothold / Foot through the railing	10 seconds
Branch not connected correctly	3 seconds
Breathing Apparatus dropped on the ground / not carefully placed	10 seconds penalty
Stage not completed in its entirety	Automatically 8 (9) minutes total stage time logged



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- a. The handrails may be used in climbing and the competitor may go up the tower using multiple steps;
- b. One foot must be on the top deck before releasing placing the drums; a 5 second penalty for each infraction.
- c. The competitor must attach themselves to a harness and is not allowed to stand on anything other than the top platform while hoisting (disqualification for any unsafe act);
- d. For safety reasons the contestant will not be allowed to stand on the rope when hoisting up the two hoses.
One warning will be given then the contestant will be stopped and given the maximum time including penalties.
- e. Proper placement is on or in the container with no part of the hose touching the outside of the box. A five second penalty for not placing the hose correctly.
- f. The hose must be hoisted: loss of control such as the slippage of more than one balcony; falling off the tower; rolling down the stairs; interfering with the adjacent competitor; will result in disqualification (as observed by a course official). A fallen hose may not be retrieved.
- g. Descending the tower, every step must be contacted. Failure to touch each step on the descent will result in a ten second penalty per infraction.
- h. Any contact that effects the other competitor may result in a penalty or disqualification.
- i. The contestant will be allowed to continue.

Safety Considerations: Stage 3: Tower Run

The tower run presents the biggest danger to the safety of competitors therefore all competitors are urged to follow the safety guidelines. Any unsafe acts include dropping of hose, skipping stairs on decent, jumping to land on platform, standing on scaffolding beams to hoist hose, failing to attach the harness to the anchor point when hoisting could result in immediate disqualification.

Please note that the competition will stop if the winds reaches 35 Kph.

Station 4:

The final station will comprise of an uphill run approximately 800m in the vicinity of De Bakke.

Team Relay

1. There will be a team relay event, time permitting, and each team will be made up of 4 members. Team may be made up of fire-fighters from different departments.
2. A female team may not consist of any male member but a 'male' team may include female members. A male team of 3 male members consisting of 1 female member will be considered a male team.
3. The four stages of the relay event will correspond with the individual stages.



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Alternative: (If there are enough volunteers then flaked hose lines will be used for stage 1)

Station 1: Hose Run (2 lines of 3 lengths 65mm hose made up using flake method)

Run 10m to fire appliance, couple two lengths of hose to pump outlets.

1. Pick up the two branches and run the two lines to their full extension 80-90m.
2. If the competitor is not able to pull both hoses together, it is allowed to pull them one after another.
3. The contestant then proceeds to run 10 -20 metres to make up 2 x 25m lengths of hose.
4. The two length hoses will then be made up, each in a single roll and placed fully in the box provided with no portion of the hose hanging out. 10 second penalty will be incurred per hose not placed fully in box.
5. A referee will decide if the hose has been made up correctly.
6. Run 10m to the finish of stage 1.

Videos

<https://www.frimedia.org/tfa-2022.html>

<https://www.tfa-germany.de/de/regelwerk-stationen/>

Reasons for Disqualification:

- Failing to appear at the start on time
- Non-regulatory outfit
- Abandoning the complete contest
- Omission of an entire stage
- Unsportsmanlike behaviour
- Obstructing another competitor
- 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