WPFG ABRIDGED RULES - STAIR RACE - Page 1

GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
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EVENTS

INDIVIDUAL: Men's and Women's Individual events shall be offered in the following age categories:

18 +	50 +
30 +	55 +
35 +	60 +
40 +	65 +
45 +	

4-PERSON TEAM

Men:
- 18 +
- 40 +

Women:
- 18 +
- 35 +

Mixed (must have at least one member of each gender)
- 18 +
- 40 +

FIREFIGHTER (FULL GEAR) [FFG]:

FFG INDIVIDUAL: Men's and Women's Individual events shall be offered in the following age categories:

18 +	50 +
30 +	55 +
35 +	60 +
40 +	65 +
45 +	

FFG 4-PERSON TEAM

Men
- 18 +
- 40 +

Women:
- 18 +
- 35 +

Mixed - must have at least one member of the each gender.
- 18 +
- 40 +

Note: This 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.

SCORING

Competitors shall 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. (This is true for both the "regular" and the FFG competition.)

In the Team events, the team time is the aggregate of the 4 team members' Individual event times.

SCHEDULING

The Stair Race will be a one-day event.

Competitors must check-in on the day of competition 1 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.

GENERAL SPORT RULES for Stair Race

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 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. Any competitor who passes an individual who has stopped on any other floor must notify the next course worker of the individual who has stopped.

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 like 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.

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 standards, 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 and use a National Fire Protection Association (NFPA) compliant Self-Contained Breathing Apparatus (SCBA) and mask. The Host shall provide this equipment for the competitors.

All competitors will be expected to complete the total ascent on 1 bottle of air (filled to manufacturer's specifications). Any competitor removing the mask or failing to complete the course while using the SCBA will be disqualified.

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. The Sport Coordinator has the authority to disallow any equipment not in compliance. Competitors not able to secure approved equipment will be disqualified.