

# WPMF ABRIDGED RULES - ULTIMATE FIREFIGHTER – Page 1

## GUIDING BODIES

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## EVENTS

The Ultimate Firefighter Event is a 2 or 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.

### **INDIVIDUAL**

Men:

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

Women:

18 +	35 +
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### **TEAM (4-PERSON)**

Men:

18 +	35 +	45 +
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Women: 18+

Team competition is an individual, timed competition comprised of 4 competitors to a team. Each team must complete all 4 stages but each competitor will compete in 1 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 the Team event.

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### EQUIPMENT

#### FIREFIGHTER EQUIPMENT: COMPETITORS WILL SUPPLY TURNOUT COAT AND HELMET (GLOVES ARE OPTIONAL)

Turnout Coats must meet N.F.P.A. 1971 standards on protective ensemble for Structural Fire Fighting. Helmets must be Nationally certified structural Firefighting entry helmets. Note for competitors from departments that use turnout coats and/or 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.

### **Scoring**

Timing: By stop watch

Penalties:

Do 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

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

Chain saw not in designated area (Stage 4) – 5 second penalty

False Start (all stages) – 10 second penalty

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## GENERAL SPORT RULES for Ultimate Firefighter

The Ultimate Firefighter competition is comprised 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 ½ 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 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 ½ inch (63.5 millimeters or 65 millimeters) hose.

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

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

#### **STAGE 2: Weight and Strength**

Run 50 feet (15.24 meters) from start line carrying a 24 foot (7.3152 meters) extension ladder to wall.

Put butt of ladder against 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 base of tower.

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Pick up 100 feet (30.48 meters) 1 ½ 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 hotel (high rise) pack in 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 hose in 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 finish line.

### **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 hammer in 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 ½ inch (38.1 millimeters) hotel (high rise) pack and climb the stairs to the top of the tower.

Place 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 shoulder.

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Place chain saw in a box or designated area.

Descend stairs to the base of the tower.

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

Required Apparel: Competitors will arrive at the venue wearing sport shoes (no spikes), socks, shorts or sport pants (sweat pants), and T-shirt.

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 number 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.

Each competitor will have one attempt at each stage.

- EXCEPTION: Mechanical failure of equipment. In case of mechanical failure, the competitor will re-start 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.

NO-SHOWS or ODD NUMBERS may result in competitors running the course by themselves.

A mandatory meeting will be scheduled a day before the competition begins. Competitors must attend. Failure to attend will result in disqualification, unless arrangements have been made with the Ultimate Firefighter Coordinator.

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