



Toughest Firefighter Alive Namibia

ENQUIRIES:

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GENERAL RULES

Dress Code

1. NFPA standard structural fire-fighting gear must be donned for the competition.
 Mandatory dress code for participants:
 - Fire service boots
 - Fire service jacket (the inner layer of the fire tunic must not be removed)
 - Fire service trousers
 - Fire service helmet
 - Fire Service Gloves must be carried on person
 - Gloves must be worn during the hoisting of the weight in stage 3
 - Wearing of the gloves on the other stages is at the participants' discretion
 - Fire service flash hood is not required
2. The participant shall at all times wear protective fire service clothing as per above.
3. Participants must ensure they bring their own fire-fighting gear, as only the SCBA sets (to be used off air with the cylinders closed minus face masks) will be provided.
4. A limited quantity of fire service clothing will be available for rental at a fee of N\$500 (of which N\$300 will be refunded upon return of the clothing in good condition). Participants are advised to make rental arrangements in advance to ensure availability of the required gear.

Rules & Regulations

A. General

1. In order to avoid any delays in the timetable, participants must register at the competition office during the registration time slot on the programme.
2. All participants will only be allowed one attempt at the circuit.
3. The participant is issued a SCBA set by the organisers at the start of station 1.
4. The SCBA set will be used off air with the cylinders closed and without a face mask for the entire circuit.
5. The participant must ensure that their breathing apparatus is carried by themselves to the next station.
6. Every participant may have one attendant of their own choice who will accompany them for the duration of the competition. The onus is on the participant, not the attendant to be at their starting point at the relevant times.
7. The attendant may not in any way assist the participant in the stages, as this may result in disqualification. They may however do a video recording and give water between stages.
8. Only one attendant 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.
9. The challenge consists of the four stages, each stage being timed separately for each participant. The total time will consist of the accumulated times of all four stages with the lowest combined times being the winner.
10. Two firefighters will compete simultaneously for each stage.
11. A participant referee will be with each participant at all times to observe each stage.
12. Each stage will have a stage referee for each participant to assist the participant referee.
13. A time keeper will be with each participant at all times to record times of each stage.

B. Timekeeping & Scoring

1. The stages have a maximum allocated time of 5 minutes for men and 6 minutes for women. All stages shall be completed within 5 minutes for male participants and for female participants within 6 minutes. Exceeding the maximum time shall result in the stage being aborted by the referee.
2. When a stage was completed within the maximum time the calculation will be made as follows:
 - o Example: 02:10 min + 3 sec penalty = 02:13 min
3. When the maximum time of 5 min has been exceeded / the participant aborts the stage / the referee stopped the participant due to not following the stage rules, the participant will be stopped, and the calculation will be as follows:

- Men: Maximum of 5 minutes PLUS 4 minutes penalty = 9 minutes
 - Woman: Maximum of 6 minutes PLUS 4 minutes penalty = 10 minutes
 - Example for men: 05:00 min + 04:00 + 3 sec penalty = 09:03 min
4. Participants will start a stage precisely 10 minutes after starting the previous stage. It is within the participants' responsibility to observe and adhere to his or her starting times. For example: Participant X starts at 12:00 at stage 1. At 12:10 the same participants will have to start at stage 2. In the 10 minutes between 12:00 and 12:10 the participant 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.
 5. If a participant arrives late for the start of stage 1, it will result in immediate disqualification. Late arrival for any of the other stages will result in a penalty (1:2), but the time recorded for that stage is from their original designated start time, plus their actual recorded time.
 6. The start of the course will be signaled by "3...2...1.... GO" announced over the microphone.
 7. Referees will have scoresheets to record penalties, scores, and stage times. The referees will give the completed signed sheets to the Chief Judge.
 8. All times are to be verified immediately after the stage by the participant or attendant.
 9. Should there be a tie, judges will take into consideration aspects such as aborting a stage, not completing a stage fully, not respecting stage rules, etc. to determine the winners.

Disqualification & Appeal Procedures

A. Reasons for Disqualification

1. Failing to appear at the start on time.
2. Non-regulatory outfit.
3. Abandoning the complete contest.
4. Omission of an entire stage.
5. Unsportsmanlike behaviour.
6. Obstructing another participant.
7. Use of disallowed aids (e.g. carrying slings).
8. Loss of equipment during a run (except independent pick up of lost equipment)
9. Destruction of competition equipment.
10. Disregarding the instructions of the referee.

B. Appeal Procedures

If there are any objections to penalties or times allocated, the procedure is as follows:

1. Only timed video evidence of the stage in its entirety will be investigated.
2. Each participant is allowed to nominate one attendant, who may record his/her stages and use this recording to lodge an enquiry if there are discrepancies.
3. Participants or team members are not to engage in contending with officials as it brings the profession into disrepute.
4. Where a dispute arises participants or team members are requested after the participant has completed with his/her event to lodge a complaint immediately after the fourth stage to the Chief Judge who will then get neutral parties to make a decision if required.
5. All enquiries will be investigated if video evidence is provided to support the claim.

Relay

1. There will be a team relay event, time permitting.
2. Each team must consist of four members, who may be male or female. A men's team may include one female participant and will still compete in the men's division.
3. Smaller fire departments may join to make up a team.
4. Individuals are not allowed to represent two teams.
5. The four stages of the relay event will correspond with the individual stages.
6. Each team member will compete in only one stage.
7. No age categories for team relays.

Stages

Stage 1: Hose Run

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

Station 1: Hose Pulling

1. The participant starts by connecting the firehoses to a fire truck or hydrant.
2. He/She proceeds to pick up the nozzle end of two lines consisting of a total of 3 x 30m x 65mm uncharged lengths each and extend the two lines over a distance of 75- 80m to a designated area and carefully place both branches over the demarcated line.

Note: If the participant is unable to pull both hoses together, they are allowed to pull them one after the other.



Station 2: Hose Rolling

1. The participant then proceeds to roll up 2 x 30m lengths of hose separately.
2. The two length hoses will be rolled up, separately, each in a single roll and placed fully in the box provided with no portion of the hose hanging out.
3. Once the hose has been securely placed in the boxes, the participant will run 10m to finish and the time will be stopped once the participant crosses the line.

Note: The referee will decide if they are rolled up properly.



Penalties – Stage 1

Fault	Penalty
Not arriving at the START in time	Disqualified
Faulty start	5 seconds
Couplings not attached properly to fire pump / hydrant	5 seconds per coupling
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 500mm short of the line
Hoses rolled simultaneously / double rolled (should be rolled up separately)	90 seconds
Hoses / couplings / branches not properly inside the box	3 seconds per hose
Couplings / branches dropped on the ground (should be placed carefully)	10 seconds per coupling / branch

Stage 2: Obstacle Course

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

Station 1: Kaiser Force Machine

1. Run 5m from start line to hammer at the Kaiser Force Machine.
2. Pick up hammer and hit the block (+- 69g) horizontally over a distance of 1.5m to the finish mark.
3. Put down hammer in demarcated area.



Station 2: Dummy

1. Run 5m towards the start of dummy (+- 80kg) and drag the dummy backwards for 70m.
2. Turn around at the 30/40m marker cone.
3. Return and drag the dummy back over its original position.

Note: Dummy cannot be dragged but must be lifted under arms and dragged backwards.



Station 3: Container & Tunnel

1. Run 5m and pick up 1 x 20kg container.
2. Run 10m with the container to a +- 7m tunnel and go through it with the container.
3. Run around marker cone 5m away and back to the tunnel.
4. Come back through tunnel and return container to its original position 10m away.



Station 4: SBCA & Wall

1. The SBCA set is to be removed and placed on a platform / table.
2. The participant will then run 10m to the 3m wall and climb over the top, using the rope provided, if needed.
3. Once on top of the wall, the participant will drop from the top of wall onto the crash mat.
4. The time will be stopped after jumping from the wall onto the mat.



Penalties – Stage 2

Fault	Penalty
Starting stage 2 later than 10 minutes after starting stage 1	Time delay will be added 1:2 onto the total time (e.g. 30 seconds late – result in 30 seconds penalty)
Faulty start	5 seconds
Stepping on the running surface of the Kaiser Force Machine	10 seconds
Hitting the hammer repeatedly (2x plus) off the KFM	10 seconds
Keiser Force Machine: per started 2,5cm short of the end	3 seconds each
Hammer not properly placed down in the demarcated area	3 seconds
Containers not placed within the markings	3 seconds
Dummy not pulled to the end	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged
Straying off the track when pulling the dummy	5 seconds
Not dragging the dummy correctly, i.e. backwards & underarm	5 seconds
Use of aids not allowed (e.g. carrying loops)	Disqualified
Climbing wall not overcome	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged
Breathing apparatus dropped on the ground / not carefully placed	10 seconds
Stage not completed in its entirety	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged

Stage 3: High Rise Equipment Carry and Hose Hoist

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

Safety Considerations

The tower run presents the biggest danger to the safety of participants therefore all participants 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.

Station 1: Ladder

1. Run to the marker/cone
2. Pitch single floor ladder to the base of the tower.



Station 2: Container & Stairwell

1. Run to the marker/cone pick up the 20kg foam container.
2. Climb the tower (3 floors), using the stairs.

Note: The handrails may be used in climbing and the participant is allowed to ascend by two or more steps at a time.

3. Place the foam container in the demarcated area.

Note: One foot must be on the top deck before placing the container.



Station 3: Hoses & Containers

1. Participant attaches him-/herself to the harness provided.

Note: The participants 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).

2. Using the rope, haul up the two hoses (20 - 25kg) over the top railing of the tower.

Note: A fallen hose may not be retrieved.

3. Place them onto the landing in the box.
4. Pick up and carry the foam container downwards to the ground floor and place it in the designed area.

Note: When descending the stairwell, only one step at a time is allowed.

5. Run 10m to the ground monitor and attach the nozzle.
6. Run 10m and cross the finish line.



Penalties – Stage 3

Fault	Penalty
Starting stage 3 later than 20 minutes after starting stage 1	Time delay will be added 1:2 onto the total time (e.g. 30 seconds late – result in 1 minute penalty)
Faulty start	5 seconds
Not placing the foam containers in the demarcated area	3 seconds per infraction (top and bottom of stairwell)
Failure to secure harness to anchor when pulling hose	30 seconds
Hose not pulled to the top; loss of control such as the slippage of more than one balcony; falling off the tower; rolling down the stairs; interfering with the adjacent participant	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged
Standing on the rope when hoisting hoses	One warning, then stopped and given 9 minutes (men) or 10 minutes (women) total stage time logged
Hoses / couplings not properly inside the box	3 seconds per hose
Skipping steps on the descend	10 seconds per infraction
One foot not on the top deck before releasing placing the drums	5 seconds
Using the railing as foothold / foot through railing	10 seconds
Branch not connected properly	3 seconds
Stage not completed in its entirety	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged
Nozzle not attached properly to the ground monitor	3 seconds

Stage 4: Endurance Run

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

1. Complete a 600-metre run along a clearly marked track.



Penalties – Station 4

Fault	Penalty
Starting stage 3 later than 30 minutes after starting stage 1	Time delay will be added 1:2 onto the total time (e.g. 30 seconds late – result in 1 minute penalty)
Faulty start	5 seconds
Interfering with the adjacent participant	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged
Going off the marked track	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged
Stage not completed in its entirety	Automatically 9 minutes (men) or 10 minutes (women) total stage time logged