

# Toughest Firefighter Alive Rules for Aalborg 2024

Facilities & Facts	
Dates and time	Wednesday, 11 September 2024. From 9.00 – 17.00 (9 am – 5 pm) Thursday, 12 September 2024 From 9.00 – 17.00 (9 am – 5 pm) Friday, 13 September 2024 From 9.00 – 17.00 (9 am – 5 pm)
Venue	Aalborg Central Waterfront
Address	Slotspladsen 4, 9000 Aalborg.

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 \*\*\* Wearing is at the Competitors Discretion\*\*\*

The competitor shall at all times wear protective fire service clothing as per above.

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

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

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. The competitor will be able to continue in the competition however for this stage 5 minutes plus 4 minutes plus and any penalty incurred during the stage shall be noted down.

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 plus any penalties incurred shall be noted down.

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.

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.

The competitor with the fastest overall time wins.

## **Stage 1**

### **Setup of stage 1:**

**The stage shall be completed wearing a Breathing Apparatus Back Pack including Air Cylinder (No Mask)**

#### **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 and can only be pulled to full extension. At no time shall the competitor carry the hose.

Every hose consists of five coupled B-type hoses of 15 meter length with a B-type branch attached at the end. The loops will consist of a single hose length.

At the start of each track a fire appliance 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 branch will have to touch the finishing line.

The competitor shall 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	Penalty
Not arriving at the Start in time	<b>Disqualified</b>
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) For every <u>500mm</u> Short of the line	10 seconds
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

**Total time:**

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.)

To be noted in the competitors time card:

Stage time + penalty = total time

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

Example: 05:00 min + 3 sec penalty = 09:03 min, because the maximum time of 05:00 min has been exceeded (example of Mens times)

## Stage 2

Start precisely 10 minutes after starting time!

The stage shall be commenced wearing a Breathing Apparatus Back Pack including Air Cylinder (No Mask)

### Setup of stage 2:

Stage 2 consists of the modules Keiser Force Machine, 70 kg dummy (or comparable weight), climbing wall (3 meters tall) and a tunnel to crawl through (L x W x H: 6 m x 1 m x 1,5 m). 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. Two (2) containers of foam concentrate or a comparable weight of 20 Kg each are to be transported through the crawling tunnel (there and back including a turn) and then placed on a platform. The Breathing Apparatus Back Pack and Cylinder is to be removed and placed on a platform.
4. The climbing wall (3 meters High) is to be scaled, if required with the aid of a rope provided.

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 started 2,5 cm short of 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
Straying off the track when pulling the dummy	5 seconds
Use of disallowed aids (for example, carrying loops)	<b>disqualified</b>
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

Total time:

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.)

To be noted in the competitors time card:

Stage time + penalty = total time

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

Example: 05:00 min + 3 sec penalty = 09:03 min, because the maximum time of 04:00 min has been exceeded

## Stage 3

**The stage shall be completed wearing a Breathing Apparatus Back Pack including Air Cylinder (No Mask)**

**Start precisely 20 minutes after the starting time!**

### **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 Branch and monitor has to be provided.

## 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 up to the second floor and are to be placed within their markings
3. Hose packet is to be pulled up
4. The two foam canisters are to be carried downstairs and placed within their markings.
5. Branch is to be placed in monitor.

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 5 (9) minutes total stage time logged
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

Total time:

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.)

To be noted in the competitors time card:

Stage time + penalty = total time

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

Example: 05:00 min + 3 sec penalty = 09:03 min, because the maximum time of 04:00 min has been exceeded

## Stage 4

The stage shall be completed wearing a Breathing Apparatus Back Pack including Air Cylinder (No Mask)

Start precisely 30 minutes after the starting time!

### 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.

No Coach or assistant is allowed to accompany the competitor during the Stair run.

### 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	<b>Disqualified</b>
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

### Total time:

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.)

To be noted in the competitors time card:

Stage time + penalty = total time

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

Example: 05:00 min + 3 sec penalty = 09:03 min, because the maximum time of 05:00 min has been exceeded

## 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**