



Stair Race



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
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Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

EVENTS

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

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

4-PERSON TEAM SPORT

Men:

18 +
40 +

Women:

18 +

Mixed (must have at least one member of each gender)

18 +
40 +

FIREFIGHTER FULL GEAR ELITE FFG[FFG]:

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

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



FFG ELITE 4-PERSON TEAM

Men

18 +

40 +

Women:

18 +

Mixed - must have at least one member of 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.

Active competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**. Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes across country lines.

EQUIPMENT

Timing equipment (Electronic Chip Timing Recommended)

*It is highly recommended to provide an individual chip for each category entered.

Tables and chairs for check-in area, finish area, water/rehab station, food station and medical tent

Water and food station

Competitor numbers

Communications for all volunteers along the course

Sound system

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 four (4) team members' Individual event times.

Competitors should be assigned an individual timing chip for each category entered into; i.e, if a competitor enters both the "Sport" and "FFG Elite" competitions, they will be assigned a timing chip for each event. If they also entered a Team event, that too will require individual timing chips assigned to the competitor.

MANDATE: Scoring and timing personnel MUST remain on site until ALL results have been vetted and medals are awarded.

SCHEDULING

The Stair Race will be a one-day event.

Competitors must check-in on the day of competition one-hour prior to the start. At this time, the competitors will be given their starting order.

The Firefighter (FFG Elite) event will be the first event followed by the "regular" event.

GENERAL SPORT RULES for Stair Race

TEAM EVENTS: In both Sport and FFG Elite categories, all team members must enter the Individual event to be eligible for the Team event. A team may not compete with fewer than four (4) members.

ALL Teams must report as a unit to the check-in table and provide a unique team name and Captain

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.

In FFG (Full Gear), removal of any equipment, especially the SCBA facepiece, will result in disqualification.

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 “Sport” 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) Elite” Individual and Team, competitors are required to bring and compete in the following Nationally Certified equipment. **THIS EQUIPMENT SHOULD BE PROVIDED BY THE COMPETITOR.**

- Firefighting entry helmet
- Firefighting turnout coat
- Firefighting turnout pants
- Firefighting entry boots

Note: Nomex hoods will NOT be required for competition.

NOTE: The removal of any mandated equipment during the event will result in disqualification. Runners must remain in FULL Gear from start to finish. This includes the use of SCBA face pieces. The removal of the face piece/mask will result in disqualification.

Turnout coats must meet NFPA (USA) or other Nationally certified standards on protective ensemble for **STRUCTURAL** firefighting. For competitors from



departments that use a turnout coat and night hitch which do not meet the NFPA 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 a National Fire Protection Association (NFPA) compliant Self-Contained Breathing Apparatus (SCBA) (and mask depending on the number of floors). This shall include a “Structural” firefighting helmet. The use of “Rescue” or “EMS” helmets **is** prohibited. The Host shall provide this equipment for the competitors.

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. Notification of the meeting will be contained in the Confirmation Letter.

AWARDING OF MEDALS TO ATHLETES AND COACHES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete’s Credential. If the athlete does not present their Athlete’s Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.