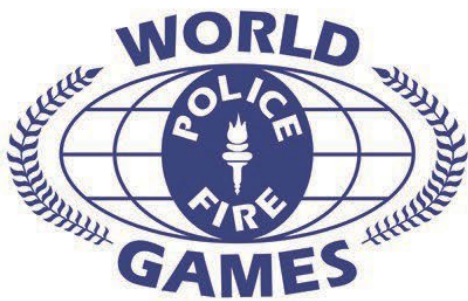




Ultimate Firefighter



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPF)
7944 Convoy Court, San Diego, CA 92111 USA
Tele: (858) 571-9919; Email: 4info@cpaf.org

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. The number of competitors will be determined by the Host. Recommend maximum 220 individual competitors and maximum 28 teams (112 competitors)

INDIVIDUAL

Men:

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

Women:

18 + 35 +

TEAM (4-PERSON)

Men:

18 + 35 +

Women: 18+

Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

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 one 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.

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

Scoreboards and stands
Public address system
Scoring table and chairs
Pencils, pens
Ink markers
8 stop watches

FIREFIGHTER EQUIPMENT: HOST WILL SUPPLY TURNOUT COAT AND HELMET (GLOVES ARE MANDATORY)

Turnout Coats must meet N.F.P.A. or other Nationally certified standards on protective ensemble for Structural Fire Fighting. Helmets must be Nationally certified **STRUCTURAL** Firefighting entry helmets.

Minimum 50 Turn-out coats (different sizes) and 30 Helmets

Minimum 50 Tanks and harnesses (breathing apparatus)

Gloves are MANDATORY / rescue gloves are accepted

600 feet (182.88 meters) of 2 ½ inch (63.5 millimeters or 65 millimeters) hose in 50 foot sections

Rubber lined, double jacketed

Rocker lug (coupling) – pyrolite or aluminum

2 – 24 foot (7.3152 meters) Extension ladders (2 extra ladders)

2 – 100 feet (30.48 meters) 1 ½ inch (38.1 millimeter) hotel (high rise) packs (2 extra packs)

rubber lined, single jacket

2 – 40 pound (18.144 kilogram) rolls of hose



2 – 63 to 65 feet (19.20 to 19.81 meters) lengths of rope (white ¾ inch (19.05 millimeters) or 5/8 inch (15.875 millimeters) manila – not synthetic)

2 - Pick head axes (2 extra axes):

Standard Firefighter equipment

8 pounds (3.63 kilograms)

Handle - 31 inches (78.74 centimeters)

Head:

Blade width, 4 ½ inches (11.43 centimeters)

Blade to pick length, 8 inches (20.32 centimeters)

Pick length, 4 inches (10.16 centimeters)

2 Appliances (type to be decided by Host) (2 extra appliances)

2 Blocks of wood (2 extra blocks)

2 Keiser Force Machines

Minimum of 6 9-Pound (4.08 kilograms) shot mallet/dead-blow hammers

20 pylons (cones)

2 Rescue Dummies (175 pounds – 79.38 kilograms)

2 Chain saws ---Same size and weight

Standard Firefighter equipment – e.g. Stihl

18 pounds (8.16 kilograms) or 24 pounds (10.89 kilograms) each

18 inch (45.72 centimeter) blade

2 Pillow-type mats (cushioning for finish of Stage 3)

Scoring

Timing: By stopwatch – 2 stopwatches (1 plus backup) per lane.

Electronic Chip timing is recommended. IF chip timing is used, Competitors should be assigned a separate timing chip for each event entered; i.e. if a competitor enters both the individual and team competitions, they will be assigned a timing chip for each event.

Penalties:



The use of **NON-STRUCTURAL** fire gear will result/s in a **Disqualification**

Do not finish course – **Disqualification**

Do not finish course in 8 minutes – **Disqualification**

Keiser Force Machine (Stage 3) – pulling or hooking beam with hammer head pulling beam back: **AUTOMATIC DISQUALIFICATION**

ANYTHING that falls off of the tower and falls to the ground based on safety – **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 ascent TOP LANDING (Stages 2 & 4) – competitors MUST place BOTH feet on top landing for each stage. Failure to do so will result in a 30 second penalty.

Stair descent (Stages 2 & 4) – must use every stair – 2 second penalty per stair missed

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) – a “short Keiser” (the beam not reaching the end of the sled bed, will result in a penalty per every inch short – 2 second penalty per inch

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

NO competitor or teammate can adjust equipment once it has been set up. The competitor may ask the referee to adjust and only then if the referee deems it necessary – 2 minute penalty

Competitors must be ready to enter the course when their name/number is called. Competitors who are late to the starting area will receive a penalty – 1 minute penalty. The ONLY exception to delayed start rule is when an equipment malfunction delays the competitor/competition

GENERAL SPORT RULES for Ultimate Firefighter

The Ultimate Firefighter competition comprises 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 the hose bed where 2 separate 150 foot (45.72 meter) lengths of 2 ½ inch (63.5 millimeter or 65 millimeter) hose lines are stored in an accordion load. Grab the couplings at the end of each hose and place one hose line over each shoulder. Advance the hose lines to a full stretch of 150 feet (or 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' (15.24 meters) unrolled sections of 2 ½ inch (63.5 millimeters or 65 millimeters) hose.

Roll each hose line and carry 60' (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 25 feet (7.62 meters) from start line carrying a 24-Foot (7.3152 meter) Extension Ladder to wall.

Throw and raise the extension ladder by putting butt of ladder against wall and rest it against the tower. Extend the ladder a minimum of 5 RUNGS. Pull the butt of the ladder back from the wall to a designated line – to facilitate a proper climbing angle/70 degrees, to complete the task.

Run to base of tower.

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.

Position both feet on the top landing.

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.

Position both feet on the top landing.

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. (Refer to General Rules, uniforms).

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, and details shall be provided in the Confirmation Letter. **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

Host shall be responsible for supplying lunch for all Ultimate Firefighter officials and volunteers.



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.