APPROVED by the Order

No. 1-242 /2024 (1.4 E)

of the Director of the Fire and Rescue Department under the Ministry of the Interior of the Republic of Lithuania

of 12 April 2024

**REGULATIONS OF**

**“THE STRONGEST FIREFIGHTER CHAMPIONSHIP OF THE BALTIC STATES”**

**CHAPTER I**

**GENERAL PROVISIONS**

1. The Regulations of “The Strongest Firefighter Championship of the Baltic States” (hereinafter referred to as “the Regulations”) shall regulate the aims and objectives, the organisation, the judging and the procedure for awarding the winners and participants of 2024 “The Strongest Firefighter Championship of the Baltic States”.
2. The Participants/Competitors of “The Strongest Firefighter Championship of the Baltic States” (hereinafter referred to as “the Championship”) shall be officers, career civil servants, employees under labour contract from Vilnius Fire and Rescue Board of the Fire and Rescue Department under the Ministry of the Interior of the Republic of Lithuania (hereinafter referred to as “the Department”), Kaunas Fire and Rescue Board of the Department, Klaipėda Fire and Rescue Board of the Department, Šiauliai Fire and Rescue Board of the Department, Panevėžys Fire and Rescue Board of the Department, Elektrėnai Fire and Rescue Service, Fire and Rescue Board for the Strategic Establishment of Mažeikiai, the Fire Fighters Training School, the Fire Research Centre and the Emergency Response Centre, also volunteer firefighters, departmental fire and rescue forces, municipal fire and rescue services, employees of volunteer fire and rescue organisations, volunteer firefighters, as well as officers, employees and volunteer firefighters representing Estonia, Latvia as well as other countries. The Participants/Competitors must be at least 18 years of age and have no medical conditions.
3. The registration of the Participants/Competitors of the Championship shall be carried out by Šiauliai Fire and Rescue Board of the Department. Registration procedure for the Championship as follows:

3.1. The Participants/Competitors shall register for the Championship until the 2nd of June 2024 by sending an email to andrius.asmontas@vpgt.lt and submitting filled Entry Form (Annex 1). It is recommended to submit the Entry Form for the institution/structural unit (for example: Vilnius Fire and Rescue Board of the Department, Kaunas Fire and Rescue Board of the Department, Klaipėda Fire and Rescue Board of the Department, Municipal Fire and Rescue Services, volunteer organisations etc.) The Entry Form shall indicate: unit, category or group, position and rank of the Participant (if any), best result achieved in the individual competition (the result shall not be indicated in case of the first-time participation in this type of the Championship). When registering the Participants/Competitors for the doubles and team relay races, the name of the doubles and the name of the team taking part in the team relay race as well as the composition of the team (the names of the Participants) shall be indicated;

3.2. The Organisers reserve the right to limit the number of Participants/Competitors in the Championship and to suspend registration earlier than the deadline specified in 3.1 above;

3.3. Regardless of the time of registration, the Participants/Competitors shall start in the order determined by the Organisers of the Championship;

3.4. The Organisers of the Championship shall collect and process personal data on the registration of the Participants/Competitors and the determination of age groups (hereinafter referred to as “data subject”): name, surname and the date of birth. The personal data of the data subject will be stored for 21 days from the date of the event and then immediately destroyed. By completing the Entry Form, the data subject agrees that his/her personal data is correct and that it will be processed in accordance with the provisions of the legislation on the protection of personal data.

4. Health requirements for the Participants/Competitors:

4.1. The Championship is open to the Participants/Competitors who have passed a medical examination in accordance with the relevant procedures and who are familiar with the Regulations. It is the responsibility of the Participant/Competitor to comply with these requirements. Before the Championship (on the first day of the Championship), each Participant/Competitor shall be provided with a completed Entry Form (Annex 2), by signing the Participant/Competitor confirms that he/she agrees to participate in the Championship of his/her own free will, that he/she has properly assessed his/her physical capacity to take part in the Championship, that he/she is aware of the possible consequences of the increased physical exertion to be experienced in the course of the Championship, and that he/she assumes the risk of increased risk of injury and acute health problems;

4.2. By signing the Participant’s Declaration, the Participant/Competitor undertakes to behave due care and diligence and to avoid, as far as possible, injury, impairment of health and damage to other persons. The Participant/Competitor also confirms that he/she will have no claim against the Event Organisers for any material or non-material damages (including but not limited to damages resulting from injury or impairment of health) suffered during the Event.

**CHAPTER II**

**AIM AND OBJECTIVES**

5. The aim of the Championship is to improve the professional and practical skills, physical fitness and cooperation among firefighters, career civil servants and employees under labour contract, and volunteer firefighters involved in firefighting (hereafter referred to as “volunteer firefighters”).

6. Objectives of the Championship shall be the following:

6.1. to identify the strongest officer, career civil servant, employee under labour contract or volunteer firefighter, the doubles pair and the team of the Baltic States;

6.2. to promote firefighting profession;

6.3. to promote healthy lifestyle and communication between officers, career civil servants, employees under labour contract and volunteer firefighters;

6.4. to promote public interest in firefighting;

6.5. to identify the strongest officers, career civil servants, employees under labour contract or volunteer firefighters of the State Fire and Rescue Service of Lithuania, who would comprise the Lithuanian firefighters team and could be seconded by the Department to participate in the international firefighting sports events.

**CHAPTER III**

**ORGANISERS, DATE, TIME AND THE VENUE OF THE CHAMPIONSHIP**

7. The Organisers of the Championship shall be Šiauliai Fire and Rescue Board of the Department. The date of the Championship: 7th–8th of June 2024. Individual race and team relay qualification will take place on the 7th of June 2024. Doubles and team relay race finals will take place on the 8th June of 2024. The start of the Championship shall be at 10:00 on the 7th of June 2024.

8. The venue of the Championship: Frenkelių str. 17, Šiauliai, Lithuania.

**CHAPTER IV**

**PROCEDURES FOR ORGANISING THE CHAMPIONSHIP**

9. **Preparation for the Championship**. Each Participant/Competitor must have the following items on the day of the Championship:

9.1. a valid identity document;

9.2. appropriate clothing – firefighter’s protective clothing set (certified firefighter’s helmet, certified firefighter’s jacket, certified firefighter’s trousers; footwear – certified firefighter’s boots and certified firefighter’s gloves);

9.3. respiratory protective equipment (hereinafter referred to as “RPE”).

10. Competitions of the Championship:

10.1. Individual race. It is divided into the following categories and groups depending on the age and gender of the Participants/Competitors:

10.1.1. men category (V18) – the Participants from 18 to 29 y. o. ;

10.1.2. men category (V30) – the Participants from 30 to 39 y. o.;

10.1.3. men category (V40) – the Participants from 40 to 49 y. o.;

10.1.4. men category (V50) – the Participants from 50 y. o. and over;

10.1.4. women group (M);

10.1.5. officers group (K) – the Participants, who have the rank of lieutenant and above of the internal service;

10.2. Doubles are divided into three categories (“Tandem”, “Mixed Tandem” and “Tandem Over 40”) according to the age and gender of the Participants/Competitors:

10.2.1. “Tandem” category – two Participants/Competitors of the same gender, regardless of age groups;

10.2.2. “Mixed tandem” category – two Participants/Competitors of the opposite gender, regardless of age groups. The competition is open if three or more teams register;

10.2.3. “Tandem over 40” category – two Participants/Competitors of the same gender who are 40 y. o. and more on the day of the event. The event is open if three or more teams register;

10.3. Team relay race. Three to five Participants/Competitors shall be present, regardless of gender and age.

11. In the individual race, two Participants/Competitors start at the same time on separate tracks. The Participant/Competitor starting shall be wearing firefighter’s protective clothing and wearing RPE. One minute before the start, the Participant/Competitor shall carry out a RPE check (wearing the RPE and the mask), inform the Start Referee of his/her readiness for the start and stand at the start line.

12. During doubles race, two teams start simultaneously on separate lanes. All Participants/Competitors shall be wearing firefighter’s protective clothing, wearing a RPE (no mask).

13. During team relay race, 2 teams start simultaneously on separate lanes. All Participants/Competitors shall be wearing firefighter’s protective clothing, wearing a RPE (no mask).

14. The course of the competition is given in the Annex 3. Stages of the course and rules for completing them are indicate below:

14.1. **1st stage of the event –** climbing the tower. After the starting signal, Participants/Competitors take one tied hose and climb the tower. When climbing the tower, it is possible to skip one or more steps of the staircase and to use the handrails. The tied hose may be placed in the special container (box) when at least one of the Participant’s/Competitor’s feet is placed on the top platform of the tower, i.e. the hose may not be thrown with both feet on the staircase steps. If the Participant/Competitor does not place the hose in the container (box) on the first attempt, he/she may make amends before the next round. In this case, no penalty points will be applied. If the Participant/Competitor fails to place the hose in the container (box), he/she shall be assessed 2-second penalty;

14.2. **2nd stage of the event –** lifting the hose reel and descending from the tower. Using a rope, the Participant/Competitor lifts the hose reel to the top floor of the tower and places the reel in a specially prepared container (box). After lifting the coil, the Participant/Competitor descends the tower by stairs, climbing each step of the staircase, for each step missed 2-second penalty shall be applied. The Participant/Competitor may use the handrail to descend. If, while pulling the hose reel upwards, it slides to the bottom of the tower or one balcony (floor) lower than it was lifted, the Participant/Competitor and/or team shall be disqualified. The Participant/Competitor and/or team shall be disqualified for dropping any object and/or equipment from the tower;

14.3. **3rd stage of the event –** the hammer (mallet). This stage involves the use of a special machine called a loom (chopping simulator). The Participant/Competitor shall stand on the steps of the loom, pick up the hammer at a position not lower than the marked area (30 cm from the head of the hammer) and push the metal structure (hereinafter referred to as “the structure”) to the marked line. The penalty for pulling, pushing or slamming the structure through the machine, but not into the structure shall mean 5-second penalty per occurrence. When the structure reaches the marked line, the Participant/Competitor shall place the hammer on the mat (100x100 cm). If the construction does not reach the marked area, a penalty of 2-second shall be imposed for each 1 cm section not covered. If the hammer is placed next to the mat and no part of the hammer touches the mat, the Participant/Competitor and/or team shall be given a penalty of 2-second.

14.4. **4th stage of the event –** slalom with a water stream. The Participant/Competitor shall run around obstacles (fire extinguishers, cones, etc.) without knocking down any of them, pick up a hose with a connected nozzle, stretch the hose line up to a gate (approx. 24 m). After that, knock down the target with a stream of water and close the nozzle. For knocking down each obstacle and for missing the obstacle, the Participant/Competitor shall be applied 5-second penalty (after knocking down an obstacle, the Participant/Competitor may stop and put it back – in this case no penalty is applied). Failure to extend the hose line to the gate shall result in a penalty of 10-second. Failure to knock down the target shall result in a penalty of 10-second. Failure to close the nozzle shall result in a 2-second penalty, but the Participant/Competitor may return and close the nozzle, in which case no penalty is imposed. If the Participant/Competitor closes the nozzle, but it opens after falling, no penalty shall be imposed;

14.5. **5th stage of the event –** transferring the mannequin (victim rescue). The Participant/Competitor shall pick up a lying mannequin weighing approximately 80 kg, put his arms around the mannequin’s waist and drag it 30 m to the finish line. When the Participant/Competitor crosses the finish line with the mannequin, the Participant’s/Competitor’s time is recorded. The legs of the mannequin being pulled shall touch the ground. The Participant/Competitor must move backwards. For stepping on the opponent’s track (lane) and interfering with the other competitor, 5-second penalty shall be applied. All Participants/Competitors must complete the course in no more than 5 minutes.

15. The result is calculated by adding the penalty seconds applied to the Participant(s)/Competitor(s) to the time taken to complete the course.

16.**Doubles (“Tandem”, “Mixed Tandem“ and “Tandem over 40” categories)**. Two teams shall compete in the race. Each team consists of two Participants/Competitors. After the start, the Participants/Competitors shall complete all stages as in the individual race, provided that each Participant/Competitor must complete at least two stages.

17. **Team relay race**. The team relay race is open to teams of at least three and no more than five Participants/Competitors, regardless of category, age group and gender. After starting, the Participants/Competitors shall complete (perform) all stages as in the individual race.

18. The Organisers of the Championship undertake to take care of the refereeing, prizes and providing first aid. The layout of the Championship course is at the discretion of the Organisers, taking into account the venue and the existing conditions.

19. **Penalties** for infringement of Championship rules:

19.1. the hose bundle is not placed in a special container (box) in the tower – 2-second;

19.2. a bundle of hose thrown too soon (both feet must be on the upper step when the bundle is thrown) – 2-second;

19.3. standing on an unstruck hose bundle – 10-second;

19.4. the hose reel is not placed in a specially prepared container (box) – 2-second;

19.5. descending from the tower, for every step missed – 2-second;

19.6. the hammer hits the machine and not the structure, the structure is pushed or pulled with the hammer shank – 5-second for each such hit or push (pull);

19.7. not finished hammer stage – 2-second for each 1 cm;

19.8. no part of the hammer touches the mat – 2-second;

19.9. missing or knocking over an obstacle, fire extinguisher, cone etc. – 5-second for each case;

19.10. failure to extend the hose line to the gate – 10-second;

19.11. not closing the nozzle – 2-second;

19.12. missed target – 10-second;

19.13. getting out of your track (lane) – 5-second for each case;

19.14. early start – 5-second;

19.15. During the doubles (“Tandem“, “Mixed tandem“, and Tandem Over 40“ Categories) 2-second penalty shall be applied for an incorrect pass of the baton for each of the following (passing the baton before the completion of the second or third stage, taking over the baton of another Participant/Competitor when the Participant/Competitor completing the stage does not pass or fails to pass the baton);

19.16. During the team relay race, 2-second penalty shall be applied for an incorrect pass of the baton. For each of the following (handing over the baton before completing the stage, taking over another Participant’s/Competitor’s baton when the Participant/Competitor completing the stage fails or is unable to hand over the baton).

20. **Disqualification** shall be for the following infringements of the competition rules:

20.1. failure to show up at the competition;

20.2. failure to show up at the start;

20.3. non-compliant firefighter’s protective clothing or equipment

20.4. losing competition equipment from a tower;

20.5. interfering with the competition;

20.6. unsporting behaviour (throwing equipment, etc.);

20.7. bystanders supporting Participants/Competitors etc. on the course;

20.8. failure to complete the course within 5 minutes;

20.9. damage to competition equipment;

20.10. failure to retrieve lost items of clothing or equipment (dropped helmet, etc.);

20.11. in other unforeseen cases, the decision is taken by the Chief Referee.

21. **Passing the baton:**

21.1. In the doubles race (all categories), the baton shall be passed only before or only after the hammer (loom) phase. In the doubles race (all categories), the baton may not be passed elsewhere;

21.2. In a team relay race, the baton may be passed:

21.2.1. at the top of the tower (with both Participants/Competitors standing on the top step). The transfer of the baton takes place only after the hose bundle or hose reel has been placed in the designated container (box);

21.2.2. at the bottom of the tower, before the hammer/loom phase (both Participants/Competitors standing on the ground), neither the hammer nor the loom may be touched during the passing of the baton;

21.2.3. after the hammer (loom) stage (both Participants/Competitors standing on the ground), the passing of the baton takes place only after the hammer is placed on the mat;

21.2.4. between the last two fire extinguishers or cones of a slalom;

21.2.5. after crossing the gate and knocking down the target, the baton is passed when the nozzle is released from the hand.

**CHAPTER V**

**REFEREEING THE CHAMPIONSHIP**

22. The Championship shall be officiated by referees appointed by the Organisers of the Championship. The composition of the Championship referees shall be as follows: Chief Referee 1 (one), Start Referee 1 (one), Course Referees 2 (two), Pre-Start Referees 2 (two), Tower Referees 4 (four). The arrangement of the referees on the track will be announced before the Championship.

23. The Chief Referee has the right to suspend an event if it is suspected that a Participant’s/Competitor’s physical condition does not allow him to continue safely in the event.

24. In the event of a dispute between the Participants/Competitors, the Organisers and the referees, the Chief Referee shall have the final and non-appealable decision.

25. If a Participant/Competitor commits other technical infringements during the course of the Championship, the Chief Referee shall decide on the penalties and their amount to be imposed.

**CHAPTER VI**

**IDENTIFICATION AND AWARDING OF THE WINNERS**

26. Team relay race:

26.1. taking into account the results of the team relay qualification on the 7th of June 2024 (best time), 16 strongest teams will continue to compete for the title of the strongest team on the second day of the Championship, i.e. on the 8th of June 2024 – in the eight finals, the quarter-finals, the semi-finals, the minor and the major finals.

26.2. On the second day of the Championship, the teams with the best times in the minor and major finals, namely, the first three places will be awarded.

27. During the doubles of all categories (“Tandem”, “Mixed Tandem”, “Tandem Over 40”), the top three Participants/Competitors of the doubles (“Tandem”, “Mixed Tandem”, “Tandem Over 40”) will be awarded on the 8th of June 2024 (based on the best time).

28. Individual race scoring:

28.1. In the men’s individual race, the best time in the overall standings on the 7th of June 2024 shall be used to determine the strongest Participants/Competitors. Regarding the age group categories, 1st, 2nd and 3rd places will be awarded on the 8th of June 2024;

28.2. The results of the group of officers, career civil servants, employees working under employment contracts of the Department, territorial structural units of the Department and institutions subordinated to the Department, Fire and Rescue Services (Board) of other countries and volunteer firefighters shall be determined by the best times among the representatives of their unit or institution:

28.2.1. The Department, the Fire Fighters Training School, the Emergency Response Centre, the Fire Research Centre, the Fire and Rescue Board for the Strategic Establishment of Mažeikiai and Elektrėnai Fire and Rescue Service;

28.2.2. Vilnius Fire and Rescue Board of the Department;

28.2.3. Kaunas Fire and Rescue Board of the Department;

28.2.4. Klaipėda Fire and Rescue Board of the Department;

28.2.5. Šiauliai Fire and Rescue Board of the Department;

28.2.6. Panevėžys Fire and Rescue Board of the Department;

28.2.7. The State Fire and Rescue Service of Latvia;

28.2.8. The Estonian Rescue Board;

28.2.9. municipal fire and rescue services, departmental fire and rescue forces and volunteer firefighters.

The 1st, 2nd and 3rd places in the groups mentioned in 28.2.1.-28.2.9 shall be awarded on the 7th of June 2024 if three or more Participants/Competitors have registered in the group.

29. Among the women’s group – M, the winners will be determined on the 7th of June 2024 by the best time in the overall standings. 1st, 2nd and 3rd places will be awarded on the 8th of June 2024.

30. Among officers group – K, the strongest Participants/Competitors will be determined on the 7th of June 2024 by the best time in the overall standings. 1st, 2nd and 3rd place in their group will be awarded on the 8th of June 2024.

31. The three Baltic countries (Lithuania, Latvia, Estonia) will be awarded with 1st, 2nd and 3rd places in the individual categories based on their results of 7th–8th of June 2024. The winning countries will be determined according to a calculation methodology to be presented before the Championship. The Baltic countries who won 1st, 2nd and 3rd places will be awarded on the 8th of June 2024.

32. A commemorative gift will be awarded to Participant/Competitor of the respective category and group who complete the race in a time better than the set time for the first time in the Championship organised in Lithuania:

32.1. V18, V30 – in less than 2 min.;

32.2. V40 – in less than 2 min. 10 seconds;

32.3. V50 – in less than 2 min. 40 seconds;

32.3. M – in less than 3 min. 40 seconds.

33. In the event of a tie between several Participants/Competitors (in case of the same results), the older Participant/Competitor shall take precedence.

34. The Organisers reserve the right to create additional prizes and awards.

**CHAPTER VII**

**FINAL PROVISIONS**

35. The Organisers of the Championship shall inform the Participants/Competitors and/or guests that photography and filming will take place during the Championship. The photographs and/or video footage will be made publicly available (for internal and external communication of the Department). Each Participant/Competitor and/or guest automatically consents to being photographed and/or filmed by the Organisers of the Championship and to the publication of photographs and/or video footage featuring the Participant/Competitor and/or guest in various forms (electronic or paper) on the Internet, social media and/or on the Department’s website, on social media accounts administered by the Department, including, but not limited to, the publication of the photographs and video footage in the media and in public places.

36. All Participants/Competitors, referees and staff who will use the tower must to acquaint themselves with the tower’s safety requirements. The briefing will take place on the day of the Championship.

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