

APPROVED

Chief of the State Fire and Rescue
Service of Latvia
colonel M. Baltmanis

**Regulations: Baltic States Championship in the Firefighters Combat
Challenge "Strongest Firefighter"**

OBJECTIVES AND TASKS

1. The distance of the Baltic States Championship in the Firefighters Combat Challenge "Strongest Firefighter" (hereinafter referred to as the competition) consists of five fire service-related tasks (see layout in Appendix 1).
2. The purpose of the competition and the sport discipline is to:
 - 2.1. improve the professional and practical skills, as well as the physical fitness, of firefighters of the State Fire and Rescue Service (hereinafter – firefighter);
 - 2.2. determine the strongest individual and team in the overall standings of Latvia and the Baltic States;
 - 2.3. promote the firefighter profession and the sport among the public;
 - 2.4. encourage a healthy lifestyle and physical activity;
 - 2.5. promote international cooperation.

COMPETITION PROCEDURE

3. Baltic States Championship in the Firefighters Combat Challenge "Strongest Firefighter" will take place **from May 29 to 30, 2025, starting at 11:00 AM**, at 9 Meiju Street, Jelgava (Jelgava Technology Secondary School stadium).
4. Applications for individual, tandem, and team events (Appendix 2) must be **submitted by May 26, 2025**, via email to ivo.bendrads@vugd.gov.lv (applications submitted after the deadline will not be accepted). By registering at the Secretariat on the day of the competition, each participant confirms that they have assessed their physical capacity to participate in the competition and understands the potential consequences of increased physical exertion (risk of injury or health problems).
5. COMPETITION PROGRAM: **May 29**
 - 10:30 – 10:55** – Registration of participants
 - 11:00 – 11:30** – Opening ceremony
 - 11:40 – 13:00** – Individual races
 - 13:00 – 14:00** – Lunch break
 - 14:00 – 17:00** – Individual races
 - 18:00 – 21:00** – Dinner for participants

May 30

09:30 – 09:55 – Registration of participants

10:00 – 11:00 – Team qualifications

11:00 – 13:00 – Tandem races

13:00 – 14:00 – Lunch break

14:00 – 16:00 – Team races

Awards ceremony – after summarizing the results

6. **INDIVIDUAL PARTICIPANT** - each participant must complete the full course wearing full gear and with the breathing apparatus activated. Participants are divided into the following age categories (based on age on the day of the competition): (If it is found that the participant's age does not match the declared category, they will be disqualified.)
 - 6.1. V18 – Men aged 18 to 29;
 - 6.2. V30 – Men aged 30 to 39;
 - 6.3. V40 – Men aged 40 and above;
 - 6.4. M – Women.
7. **TANDEMS** - a tandem team consists of 2 participants, each completing part of the course by finishing one task and handing over the baton to the next member, who continues the race. Tandem participants must be in full gear, including compressed air cylinders (breathing apparatus), but without face masks. Tandems are divided into the following categories:
 - 7.1. Tandem – any two participants;
 - 7.2. Tandem V40 – both participants must be at least 40 years old;
 - 7.3. Tandem MIX – one male and one female participant, regardless of age.
8. **TEAM RELAY** - a team consists of 3 to 5 participants, each performing a segment of the course, completing one task, and handing over the baton to the next team member. All team members must wear full gear, including compressed air cylinders (breathing apparatus), without face masks.
9. Participants are responsible for knowing their starting order and must be present in full gear in the pre-start area when the previous participants are at the starting line.
10. Participants must report to the start area when called. Failure to appear after three public calls results in disqualification.
11. Individuals or teams not ready at the start signal will be disqualified.
12. The order of tasks in the course cannot be changed.
13. Skipping a task, breaking equipment, or displaying unsportsmanlike behavior leads to disqualification.
14. Only course referees may intervene in a participant's actions or guide them.
15. There may be insufficient time between starts for participants to fully recover.

16. If the course is not completed within 6 minutes, the result is recorded as "Not Classified."
17. Only course staff, referees, and current participants are allowed on the track. Violations may result in a 10-second penalty or disqualification.
18. If interference occurs from staff or another participant, the chief referee may reduce the final time or allow a re-run. The chief referee resolves all disputes regarding penalties or other violations. All decisions are final. Protests about other participants or teams are not allowed. Protests regarding one's own result must be submitted immediately to the chief referee

COMPETITION COURSE

19. START

- 19.1. The starting area is located at the base of the tower and is the place where the participant begins the run.
- 19.2. The participant must not touch any props other than the starting equipment. If the participant believes that any prop is not properly positioned, they must inform the responsible referee before starting.
- 19.3. Participants may only adjust the hose bundle. There must not be a gap greater than 2.54 cm between the bundle and the ground, and the bundle must not be tilted. *(The responsible referee checks compliance and gives permission to start.)*
- 19.4. After arranging the equipment, participants must step away from the starting area.
- 19.5. When called by the referee, the participant must enter the start area and is no longer allowed to leave it.
- 19.6. Referees confirm participant readiness and give the start signal.
- 19.7. Applicable penalties:
 - 19.7.1. Failure to report to the start on time – Disqualification;
 - 19.7.2. False start – 5 seconds;
 - 19.7.3. Touching equipment before the start signal – 5 seconds;
 - 19.7.4. Leaving the start area boundaries – 5 seconds.

20. STAGE ONE – CARRYING THE EQUIPMENT

At the start signal, the participant picks up a ~19 kg hose bundle, climbs the tower, and places it in a box located on the top platform of the tower.

- 20.1. It is allowed to touch railings and skip steps while ascending the tower.
- 20.2. The hose bundle can be carried by any method and must be placed in the box on the top platform.
- 20.3. If the participant does not place the hose bundle in the box, no penalty is applied, but corrections can only be made before starting the next task.

20.4. The hose bundle must not touch the platform of the tower.

20.5. The hose bundle may only be placed in the box once at least one foot of the participant is on the top platform.

20.6. The hose bundle must not be used as a step and must not fall from the tower.

20.7. Applicable penalties:

20.7.1. Premature placement of the bundle (before a foot is on the platform) – 2 seconds;

20.7.2. Bundle placed outside the box – 2 seconds;

20.7.3. Bundle touching the tower platform – 2 seconds;

20.7.4. Using the bundle as a step – 10 seconds;

20.7.5. Bundle falling from the tower – Disqualification.

21. STAGE TWO – HOISTING THE HOSE BUNDLE & DESCENDING THE TOWER

The participant stands on the top platform and hoists a ~19 kg hose bundle using alternating hand-over-hand motions with a rope. The task is completed once the bundle is placed in the box on the platform. The participant then descends the stairs without skipping any steps.

21.1. While hoisting, the participant must remain on the platform and may not stand on the railing.

21.2. No part of the hose bundle may touch the outer walls of the box. Placement may be corrected only before starting the next task.

21.3. Loss of control over the bundle, causing it to fall more than one level, roll down the stairs, or interfere with another participant, results in disqualification. A fallen bundle may not be hoisted again.

21.4. After placing the bundle in the box, the participant descends the stairs. Every step must be stepped on, and hands must remain on the railing. Uncontrolled slipping is penalized per staircase section, not per individual step. (This is judged by the referee.)

21.5. Applicable penalties:

21.5.1. Bundle falling more than one level – Disqualification;

21.5.2. Bundle touching the platform – 2 seconds;

21.5.3. Bundle falling or rolling down the stairs – Disqualification;

21.5.4. Bundle touching another participant – Disqualification;

21.5.5. Skipping a step – 2 seconds per step;

21.5.6. Uncontrolled slipping – 2 seconds per staircase section.

22. STAGE THREE – FORCE TEST

After descending the tower, the participant proceeds to the force test machine (Keiser Force Machine), stands with both feet on it, and uses a hammer to strike a sled until it reaches a marked line.

22.1. It is not allowed to push, grab, or hook the sled. It may only be struck with the head of the hammer. Both hands must remain on the hammer handle.

22.2. The hammer must then be placed on a designated mat – any part of the hammer must touch the mat. Incorrect placement can be corrected before starting the next task.

22.3. If the participant loses control of the hammer before the task is complete and it falls out of their hands, this results in disqualification.

22.4. Applicable penalties:

22.4.1. Hitting with the hammer handle – 5 seconds per hit;

22.4.2. For every 2.5 cm the sled is short of the mark – 2 seconds;

22.4.3. Pushing, grabbing, or hooking the sled – 5 seconds;

22.4.4. No part of the hammer touching the mat – 2 seconds;

22.4.5. Striking the sled with both feet not on the perforated platform – 5 seconds for the first hit, disqualification on the second;

22.4.6. Loss of control over the hammer – Disqualification.

23. STAGE FOUR – OBSTACLE COURSE & HOSE DEPLOYMENT

The participant completes the obstacle course, lifts a water-filled hose line, pulls it straight through swinging doors, hits a target with a water stream, closes the nozzle, and places it on a mat.

23.1. While completing the course, the participant must not miss or knock over any cones or the target.

23.2. The hose must be pulled over the designated distance. Once the nozzle crosses the swinging doors, it is opened, and the water is directed at the target until it falls. The nozzle is then closed and placed on the ground.

23.3. If the nozzle is not closed before placing it down, the participant must go back and close it before continuing. If a referee closes it instead, a 2-second penalty is applied.

23.4. If the nozzle opens after hitting the ground, no penalty is applied.

23.5. Applicable penalties:

23.5.1. Missing or knocking over obstacles – 5 seconds per instance;

23.5.2. Hose not pulled the required distance – 10 seconds;

23.5.3. Premature nozzle opening – 2 seconds;

23.5.4. Failure to knock down the target – 10 seconds;

23.5.5. Failing to place the nozzle on the mat – 10 seconds;

23.5.6. Nozzle not closed before placement – 2 seconds.

24. STAGE FIVE – VICTIM RESCUE

The participant drags a mannequin to the finish line. Time is recorded when both the participant and the mannequin fully cross the finish line.

24.1. The mannequin must be lifted and dragged backwards. Carrying, holding, or dragging it by the head or neck is prohibited.

- 24.2. Leaving one's lane or grabbing the mannequin by clothes or accessories results in a 5-second penalty.
- 24.3. Any contact with an opponent results in disqualification.
- 24.4. Time stops only when both the participant and the mannequin have fully crossed the finish line.
- 24.5. Falling during the course is not penalized.
- 24.6. A referee may stop any participant they consider to be in a dangerous condition.
- 24.7. Applicable penalties:
 - 24.7.1. Carrying the mannequin – 10 seconds;
 - 24.7.2. Leaving one's lane – 5 seconds;
 - 24.7.3. Contact with an opponent – Disqualification;
 - 24.7.4. Grabbing the mannequin by clothes or accessories – 5 seconds;
 - 24.7.5. Holding or dragging the mannequin by head or neck – 10 seconds;
 - 24.7.6. Participant finishes but mannequin's heels don't cross the line – 2 seconds.

TEAM COMPETITION PROCEDURE

25. All rules applicable to individual participants also apply to team members, with the following additions:

- 25.1. The baton must remain with the team member currently performing the task. It must be handed over from hand to hand. Participants may place the baton down, but must retrieve it themselves before starting the next maneuver. Loss of control of the baton (e.g., forgetting to pick it up) stops the team until the performing member retrieves it.
- 25.2. Teams with fewer than five members may have one member perform multiple maneuvers, or switch positions in between. Baton handover must still occur correctly. Baton handover is allowed only at five designated zones on the course:
 - 25.2.1. Tower top (after placing the hose bundle): Both feet of the receiving participant must be on the top platform. One hand must grip the top railing, with the thumb visible. The participant may not touch the hoisting rope or let go of the railing before receiving the baton. Accidental contact with the rope (while holding the railing) is not penalized. A second change may happen on the platform after completing the hoisting task.
 - 25.2.2. After descending the tower and before the force machine task.
 - 25.2.3. Anywhere between placing the hammer on the mat and the first obstacle. The baton may only be handed over after the hammer has been properly placed.

- 25.2.4. Before the final obstacle's line: The receiving participant's feet must not touch or cross the line during the exchange. The baton must be handed over before any contact with the nozzle or hose line.
- 25.2.5. After knocking down the target, closing the nozzle, and placing it on the mat: Only the participant who completed the task may close and place the nozzle. The baton must be passed before touching the rescue dummy.
- 25.3. Penalties (in addition to individual ones):
 - 25.3.1. Early baton exchange (touching any gear before baton handover) – 2 seconds;
 - 25.3.2. Team members may not assist each other (e.g., if a baton is dropped, only the person who dropped it may retrieve it) – 5 seconds;
 - 25.3.3. Baton falling on stairs but staying on the tower – must be retrieved by the same participant;
 - 25.3.4. Any object (baton, bundle, gear) falling off the tower – Disqualification;
 - 25.3.5. Leaving assigned lane – 5 seconds;
 - 25.3.6. Contact with opponent team – Disqualification (affected team may request a re-run);
 - 25.3.7. Other members crossing the final line before the last cone – 2 seconds (at referee's discretion).
- 26. Note: Substitutions or changes in the start order are not allowed after the first team has started the course. Teams may reduce the number of participants if necessary.

TANDEM COMPETITION PROCEDURE

- 27. Tandem races follow all rules applicable to individual participants, with the following specifics:
 - 27.1. The baton must remain with the tandem member currently performing the task and must be passed from hand to hand. If the baton is lost or forgotten, the tandem must stop until the active member retrieves it.
 - 27.2. Baton exchanges may only occur in two designated zones:
 - 27.2.1. After descending the tower and before the force machine task.
 - 27.2.2. Anywhere between placing the hammer on the mat and the first obstacle.

EQUIPMENT

28. In individual races, participants must use a breathing apparatus with the face mask on and activated. In tandem and team races, participants use the breathing apparatus without activating it and without a face mask.
29. Running out of air in the breathing apparatus during the course is not allowed.
30. Any intentional or malicious damage to the competition equipment will result in disqualification and liability for damages.
31. Organizers do not provide breathing apparatuses or face masks.
32. Participants must wear their own firefighter protective gear, which includes: helmet, jacket, pants, gloves and boots. These items must be in good working condition and certified for firefighter use. (*Belt, hood, and harness are not required.*)\
33. Jacket and pants must have fire-resistant protection with EN469 certification or equivalent, covering all required areas. Jacket collars must be visible (not tucked in). Pant legs must cover the tops of the boots.
34. Boots must have fire protection with EN15090 certification or equivalent.
35. Gloves must have fire protection with EN659 certification or equivalent.
36. Helmets must retain their original protective features and padding, certified to EN443 or equivalent. Decorations on helmets are allowed.
37. Tape or visible modifications are not allowed.
38. Loss of equipment during the course (breathing apparatus or clothing items) must be corrected before continuing. Failure to retrieve and put the item back on results in disqualification.
39. Any questions regarding equipment suitability must be addressed to the referees during equipment inspection before the start.
40. Referees may inspect all gear and have the final say on whether a participant is allowed to compete.
41. If any gear is found to be non-compliant during or after the event, the participant is disqualified and their result annulled.
42. All violations must be corrected before starting the course, or disqualification may occur based on severity (decision made by the referee).

POINT SCORING SYSTEM FOR THE OVERALL NATIONAL RANKING OF THE BALTIC STATES CHAMPIONSHIP

43. The overall national ranking of the Baltic States Championship in the Firefighters Combat Challenge "Strongest Firefighter" is determined by summing the highest rankings achieved by participants from LATVIA, ESTONIA, and LITHUANIA in each of the following competition discipline groups:

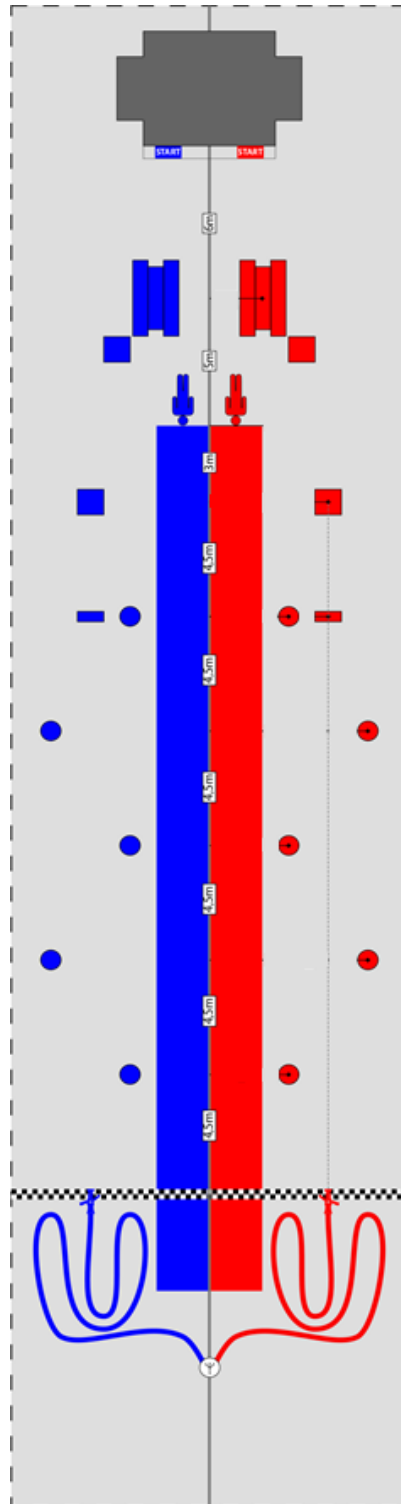
- 43.1. V 18 – Men aged 18 to 29;
 43.2. V 30 – Men aged 30 to 39;
 43.3. V 40 – Men aged 40 and over;
 43.4. M – Women;
 43.5. Tandem – Two participants with no age or gender restrictions;
 43.6. Tandem V40 – Both participants must be at least 40 years old;
 43.7. Tandem MIX – One participant is male and the other is female, regardless of age;
 43.8. Team Relay.
44. In each discipline group, the country with the highest achieved place is awarded with one point, the second-highest place gets two points, and the third receives three points. If a country does not participate in a discipline group, it is awarded with three points.
45. By summing the points earned by Latvia, Lithuania, and Estonia across all discipline groups, the overall winner of the Baltic States Championship in the Firefighters Combat Challenge is the country with the lowest total score.
46. If two countries have the same total score, the country with the higher place in the team relay ranks higher in the overall standings.
47. Example of the point scoring system for the overall national ranking of the Baltic States Championship in the Firefighters Combat Challenge:

Country	V18		V30		V40		M		Tandem		Tandem MIX		Tandem 40		Relay		Total	Total
	Place	Points	Place	Points	Place	Points	Place	Points	Place	Points	Place	Points	Place	Points	Place	Points	point	Place
Country "X"	5	3	8	2	-	3	1	1	1	1	2	2	4	1	3	2	15	2
Country "Y"	1	1	2	1	3	1	-	3	3	3	3	3	5	2	2	1	15	1
Country "Z"	3	2	9	3	-	3	2	2	2	2	1	1	6	3	4	3	19	3

Head of the State Fire and Rescue service of Latvia
 Zemgale region board
 lieutenant colonel

Raivis Pužulis

1st attachment **The distance**



2nd attachment

Baltic States Championship in the Firefighters Combat Challenge "Strongest Firefighter"

APPLICATION for individual participant

Nr.	Name	Surname	Age (on the day of competition)	Nam of the team	Age category (V18, V30, V40, M)
1					
2					
3					
4					
5					
6					

Baltic States Championship in the Firefighters Combat Challenge "Strongest Firefighter"

APPLICATION for tandems

Nr.	Name	Surname	Age (on the day of competition)	Name of the tandem	Tandem category (Tandem, Tandem MIX, Tandem 40)
1					
2					

Baltic States Championship in the Firefighters Combat Challenge "Strongest Firefighter"

APPLICATION for team

Nr.	Name	Surname	Age (on the day of competition)	Name of the team
1				
2				
3				
4				
5				