

SAESI Fit To Fight Fire 2025

SAESI – Fit To Fight Fire – 27-28 November 2025

EVENT PROGRAM for SAESI FTFF COMPETITION

Thursday 27 November 2025

- Team Participation

Friday 28 November 2025

- Individual Participation



Registration Details:

1. Participants need to provide proof of payment on the day of registration (NO Cash deals).
2. Participants need to provide a copy of ID or driver's license on the day of registration.
3. SAESI and Fit to Fight Fire Management will make every effort to ensure each team's safety during these days, and each team/Individual compete voluntarily and need to complete a waiver of liability form.
4. All teams/Individual wishing to compete in the event must hand in indemnity forms on registration before or on the day of the competition.

Fit To Fight Fire Team Event:

You can enter the following teams -

1. *Open Teams (Age under 40), or*
2. *Mix Teams (Two Male and Two Female), or*
3. *Over 40 Team, or*
4. *Mix Age Team (must consist out of age 40 and 50 – Proof to be provided).*
5. *No other team categories for Fit to Fight Fire.*

Fit To Fight Fire Individual Event:

1. *Open Men (Age under 40)*
2. *Open Female (all ages)*
3. *Over 40 Men*
4. *Over 50 Men*

General Rules for Fit to Fight Fire: Compulsory Dress Code as per NFPA Standards

- Fire Service Boots
 - Fire Service Jacket
 - Fire Service Trousers
 - Fire Service Helmet
 - Rescue Gloves
1. All team members need to ensure that they bring their own gear, no gear no participation.
 2. To avoid unnecessary delays, the team need to be ready to participate a minimum of 15 minutes before the starting time. Please adhere to the time schedule. If you miss the deadline your team automatically forfeit the position and will be disqualified.

Description of Competition (Stages): (Team and Individuals)

1. This will be a Hybrid competition, and the competition will consist out of five (5) stages, 4 individual stages and one combined team stage (Only on Teams). The total time will consist of all five stages combined.
2. For a Team to participate all members must wear NFPA approved Helmet, Gloves, Boots, Jacket, and Trousers. **DO NOT REMOVE THE INNER OF PPE** (This will be checked by Judges, immediate disqualification of Team)

Hybrid Team Event Stages:

Stage 1: Hammer Drill (Max Time allowed = 5min)

1. Run estimated 10m from start to hammer at Keiser Force Machine with two foam cans, pickup hammer and hit the block horizontally over the entire distance of platform (No pulling or dragging allowed by hammer. It must be a full clean solid hit). Put hammer down in demarcated area.
2. Run to second contender, hand over and make your way to the fifth stage and wait

Penalties:

1. Any hammer pulling or dragging (5sec)
2. Hammer not properly placed down (5sec)
3. Dropping of can (5 sec)
4. Not completing stage (5 min)

Stage 2: Manikin Drag (Max Time allowed = 5min)

1. Pickup manikin from the ground (+- 90kg) and drag for 30m.
2. After dragging manikin over demarcating point, run towards third contender, handover and make your way to the fifth stage and wait.

Penalties:

1. Not completing stage (5 min)
2. Used of disallowed aids for example carrying loops (disqualified of team)

Stage 3: Tyre Flip (Max Time allowed = 5min)

1. Flip tyre for a distance of +-10m (must go completely over mark) and then flip it back to original starting point (must go completely over mark).
2. Make your way towards rest of the team waiting at the fifth stage.

Penalties:

1. Not completing stage (5 min)

Stage 4: Tower Run (Max Time allowed = 5min)

1. Pickup Hose Pack and run to top of Tower (May skip steps), place hose pack in demarcated area, and hoist hose to top of tower and place in demarcated area. Pickup hose pack and run downstairs (not allowed to skip any step). Place hose pack in demarcated area.
2. Run to fourth contender, handover, and make your way to fifth stage and wait for last team member.

Penalties:

1. Not placing hose pack in demarcated area (10sec)
2. Skipping steps down (10 sec)
3. Not pulling hose up or completing stage (5 min)

Stage 5: Ladder Run (Max Time allowed = 5 min)

1. Team will need to pick up ladder (all four members need to participate in this event) and run over a distance and place item back at original starting point. Total time will be stop on completion of this stage.

Penalties:

1. Team not working together or members not carrying ladder together (10 sec)
2. Team dropping ladder (20sec)
3. Team not completing fifth stage in allowed time (5 min).

Reason for Disqualification or penalty:

1. **Failing to appear at the start on time**
2. **Non-regularity outfit or removing of inner (Will be checked by Judge)**
3. **Abandoning the complete content**
4. **Omission of an entire stage**
5. **Unsportsmanlike behaviour of team**
6. **Obstructing another competitor**
7. **Use of disallowed aids (carrying slings)**
8. **Loss of equipment, misuse of equipment**
9. **Disregarding any lawful instruction by a Judge**
10. **Time LIMIT is reach by an individual or team**

Individual Event Stages:

Stage 1: Hammer Drill (Max Time allowed = 5min)

1. Run estimated 10m from start to hammer at Keiser Force Machine with two foam cans, pickup hammer and hit the block horizontally over the entire distance of platform (No pulling or dragging allowed by hammer. It must be a full clean solid hit). Put hammer down in demarcated area.
2. Run and start with next stage.

Penalties:

1. Any hammer pulling or dragging (5sec)
2. Hammer not properly placed down (5sec)
3. Dropping of can (5 sec)
4. Not completing stage (5 min)

Stage 2: Manikin Drag (Max Time allowed = 5min)

1. Pickup manikin from the ground (+- 90kg) and drag for 30m.
2. After dragging manikin over demarcating point, run and start with next stage.

Penalties:

1. Not completing stage (5 min)
2. Used of disallowed aids for example carrying loops (disqualified of team)

Stage 3: Tyre Flip (Max Time allowed = 5min)

1. Flip tyre for a distance of +-10m (must go completely over mark) and then flip it back to original starting point (must go completely over mark).
2. Continue to next stage.

Penalties:

2. Not completing stage (5 min)

Stage 4: Tower Run (Max Time allowed = 5min)

3. Run to top of Tower (May skip steps), and hoist hose to top of tower and place in demarcated area. Run downstairs (not allowed to skip any step).
4. Run around tower and sprint to finishing point.

Penalties:

1. Skipping steps down (10 sec)
2. Not pulling hose up or completing stage (5 min)

Reason for Disqualification or penalty:

1. Failing to appear at the start on time
2. Non-regularity outfit or removing of inner (Will be checked by Judge)
3. Abandoning the complete content
4. Omission of an entire stage
5. Unsportsmanlike behaviour of team
6. Obstructing another competitor
7. Use of disallowed aids (carrying slings)
8. Loss of equipment, misuse of equipment
9. Disregarding any lawful instruction by a Judge
10. Time LIMIT is reach by an individual or team