

PÄÄSTEAMET
Estonian Rescue Services Agency

**International competition
“PRITSUMEES 2026” guidelines**

**Tõrva
2026**

The competition “Toughest Firefighter Alive” is being held in Estonia for the 23rd time. The aim of the competition is to enhance firefighters’ professional skills and to determine the strongest competitors nationwide, both individually and as teams. This athletic and friendly contest provides an opportunity for both men and women to test their abilities and also offers an exciting spectacle for spectators. The competition „Pritsumees“ is Estonia’s equivalent to the internationally recognized competition Toughest Firefighter Alive (TFA).

Date: 31 July 2026

Location: Tõrva town, central square

1. Competition Schedule – 31 July 2026:

- 09:00 – Accreditation and attendance confirmation, judges’ briefing
- 09:10 – Introduction of the course and competition day
- 09:45 – Opening of the competition day
- 10:00 – Start of the first pair of competitors on the first stage
- 10:15 – Start of the second pair of competitors on the first stage
- 14:15 – Start of team relay races
- 16:00 – Award ceremony

2. The competition is organized by the Estonian Rescue Services Agency.

Responsible people and contacts:

- Chief Organizer: Alor Kasepõld
- Questions regarding the competition guidelines: Alor Kasepõld (+372 517 0447)
- Organizational matters of the competition: Alari Kais (+372 5558 8183)
- Registration-related questions: Kristjan Mikk (+372 5308 8840)

3. Registration

- Registration for the competition takes place in an electronic system until 26 July 2026.
- The pre-registration deadline is 15 July 2026
- Registration for the individual competition:
<https://eu.jotform.com/build/250951072642050>
- Registration for relay races: <https://eu.jotform.com/build/260692736189066>
- Based on pre-registration, decisions regarding the awarding of competition categories will be made on the competition day.
- Each competition category must have at least 4 competitors/teams.
- Changes before the competition can be made at the competition secretariat prior to the event.

4. Participants

- Participants include firefighters, students and staff of the Rescue College of the Estonian Academy of Security Sciences and invited (foreign) guests.
- A maximum of 30 competitors may start, who will be selected from the submitted accreditations if necessary.

- A total of 20 teams may participate in the relay races.

5. Scoring and principles for determining the ranking

5.1 The award ceremony will take place after the competition near the competition venue.

5.2 Individual categories:

- Men aged 18–29
- Men aged 30–34
- Men aged 35–39
- Men aged 40–44
- Men aged 45+
- Women.

5.3 MIX relay. The team consists of 4 members, at least one of whom must be female.

5.4 Team relay.

5.5 The individual competition consists of 4 stages, the times of which are summed. All exercises are performed against time, and the time is recorded with an accuracy of one hundredth of a second.

5.6 Individually, the winner is the competitor who achieves the fastest time in their age group.

5.7 In case of equal final times, the deciding factor is the lowest sum of placing points across individual stages; if this is also equal, the better place is awarded to the competitor with the best time in Stage II.

5.8 The winner of the team or MIX relay is the team that achieves the fastest relay time.

6. Mandatory equipment for competitors

6.1 Certified firefighting protective clothing set (jacket + trousers) EN 469 (LV2).

6.2 Certified firefighter helmet EN 443.

6.3 Certified firefighter rubber boots/footwear EN 15090.

6.4 Firefighting gloves with lining (must be carried during stages, not worn) EN 659.

6.5 Breathing apparatus (light cylinder) without mask and pressure hose (provided by the organizer).

6.6 Trouser legs must be worn over the boots, not inside them.

6.7 Competitors must bring the listed equipment themselves, except for the breathing apparatus.

6.8 At each start point, 4 breathing apparatus units are available for the competition (two for competitors and two for the next starters).

6.9 The relay race is run with a hand touch between competitors.

7. Conditions for conducting the competition

7.1 The competition is run in pairs on separate lanes.

7.2 The start of each pair for the next stage is 10 minutes after the start of the previous stage.

7.3 Competitors must be ready and start at their assigned time. If competitors are not ready at the designated time, the stopwatch will be started.

7.4 Each stage must be completed within 4 minutes; upon expiration of this time, the judge

will remove the competitor from the course.

Note! It is the duty of the judges to remove the competitor after four minutes to avoid obstructing the next runner.

7.5 If a competitor is competing but does not complete the stage within four minutes, a time of 4 minutes will be recorded in the protocol.

7.6 If a competitor withdraws from a stage, a time of 8 minutes will be recorded in the protocol.

7.7 A competitor has the right to continue competing in subsequent stages after being removed from a previous stage.

7.8 An individual competitor may be accompanied on the course by one team member.

7.9 Any matters not regulated by these competition guidelines shall be resolved by the chief judge.

8. Stage I “HOSE EXERCISE”

The introductory video of the stage can be found on YouTube by searching “TFA station 1”.

Equipment used per lane:

- B hoses – 10 pcs (8 for deployment and 2 for rolling)
- B nozzles, 2 pcs
- hose box
- fire engine to which the hoses are connected.

Description of the stage:

- take 2 hose coupling ends from the ground and connect them to the couplings located in the fire engine compartments;
- take two nozzles (connected with 4 hose lengths including the nozzle) and deploy them fully over the designated line (approx. 75 meters from the pump) so that the nozzle coupling and the metal hose couplings remain beyond the line after placing them down (hoses are deployed by carrying only the nozzle ends of the working line);
- run approx. 5 meters, roll up two B hoses and place them into the box;
- run approx. 5 meters to the finish and press the STOP button.

Penalties:

- hose not completely inside the box – 5-second penalty;
- loose connection at the fire engine – 5-second penalty.

9. Stage II “RESCUE EXERCISE”

The introductory video of the stage can be found on YouTube by searching “TFA station 2”.

Equipment:

- Keiser fitness machine (see Appendix 4);
- approx. 4 kg “dead blow hammer”;
- 20-liter canister (filled);
- approx. 5-meter-long tunnel (height approx. 1 m, width 1.2 m);
- Rescue Randy dummy (approx. 75 kg);
- obstacle (3 meters high; to overcome it, a thick hanging rope and a support bar for the foot are used, the height of which will be specified on competition day).

Description of the stage:

- run to the Keiser machine, take the hammer and strike the weight until it exceeds the marked level (approx. 1.5 meters); the green “GO” must be visible from above;
- place the hammer in the designated area (any part of the hammer must be within the defined area);
- run to the canister, pick it up, run around the cone with a ball on top, and place the canister back in its designated area;
- run to the Rescue Randy dummy, grab it around the torso and drag it backwards for 30 meters (carrying on the shoulder is not allowed), turn around the obstacle (cone) and drag it back for 40 meters, turn around the cone again and drag the final 10 meters over the line. The balls on the cones must not fall;
- run approx. 30 meters around the obstacle (same mat and cone used for the dummy), place the breathing apparatus on the mat, run behind the tower to the wall and overcome the obstacle using the rope and support bar;
- after overcoming the obstacle, run down the stairs and press the STOP button at the Keiser machine.

Penalties:

- if the hammer head is not in the designated area – 5-second penalty;
- canister not placed correctly – 5-second penalty;
- ball falls off the cone – 5-second penalty (4 positions: one while carrying the canister, two during turns with the dummy, and one while running after dragging the dummy; if the ball falls during dragging, the judge will replace it);
- breathing apparatus not completely on the mat – 5-second penalty.

10. Stage III „TOWER EXERCISE“

The introductory video can be found on YouTube by searching “TFA station 3”.

Equipment per lane:

- 2 two-section Algo ladders;
- 2 filled 20-liter canisters (one approx. 15 kg);
- tower approx. 12 meters high;
- fire service rope;
- hose roll in a bag weighing approx. 20 kg;
- nozzle (straight nozzle B);
- nozzle tip.

Description of the stage:

- place 2 sets of ladders in the designated area leaning against the tower balcony, ONE LADDER AT A TIME;
- take 2 canisters from the canister area and move up the tower stairs to the top – if the competitor starts this part, judges will remove the ladders and place them back on the ground;
- place the canisters down;
- move to the rope with a weight attached and pull it up to the top of the tower and place it into the box;

- take the canisters and move down the tower stairs;
- place the canisters in the designated area; run to the nozzle and fully attach the nozzle tip;
- press the STOP button.

Penalties

- ladder not in designated area – 5-second penalty;
- canister not in designated area – 5-second penalty;
- nozzle tip not fully secured – 5-second penalty;
- hose roll not in the box – 5-second penalty.

11. Stage IV “STAIR RUN”

Equipment per lane:

- Tower.

Description of Stage:

- at the start, the competitor may hold the handrails, but both feet must be on the starting platform;
- after the start command, run to the top of the tower and step with both feet onto the top platform;
- run down the stairs and touch the starting platform with both feet;
- the top must be reached a total of 3 times;
- on the third time, run down the stairs and continue along the mat towards the finish (approx. 40 m);
- time stops when the finish line is crossed.

Penalties:

- Failure of both feet to touch the platform – 5-second penalty for each occurrence.

12. Starting order

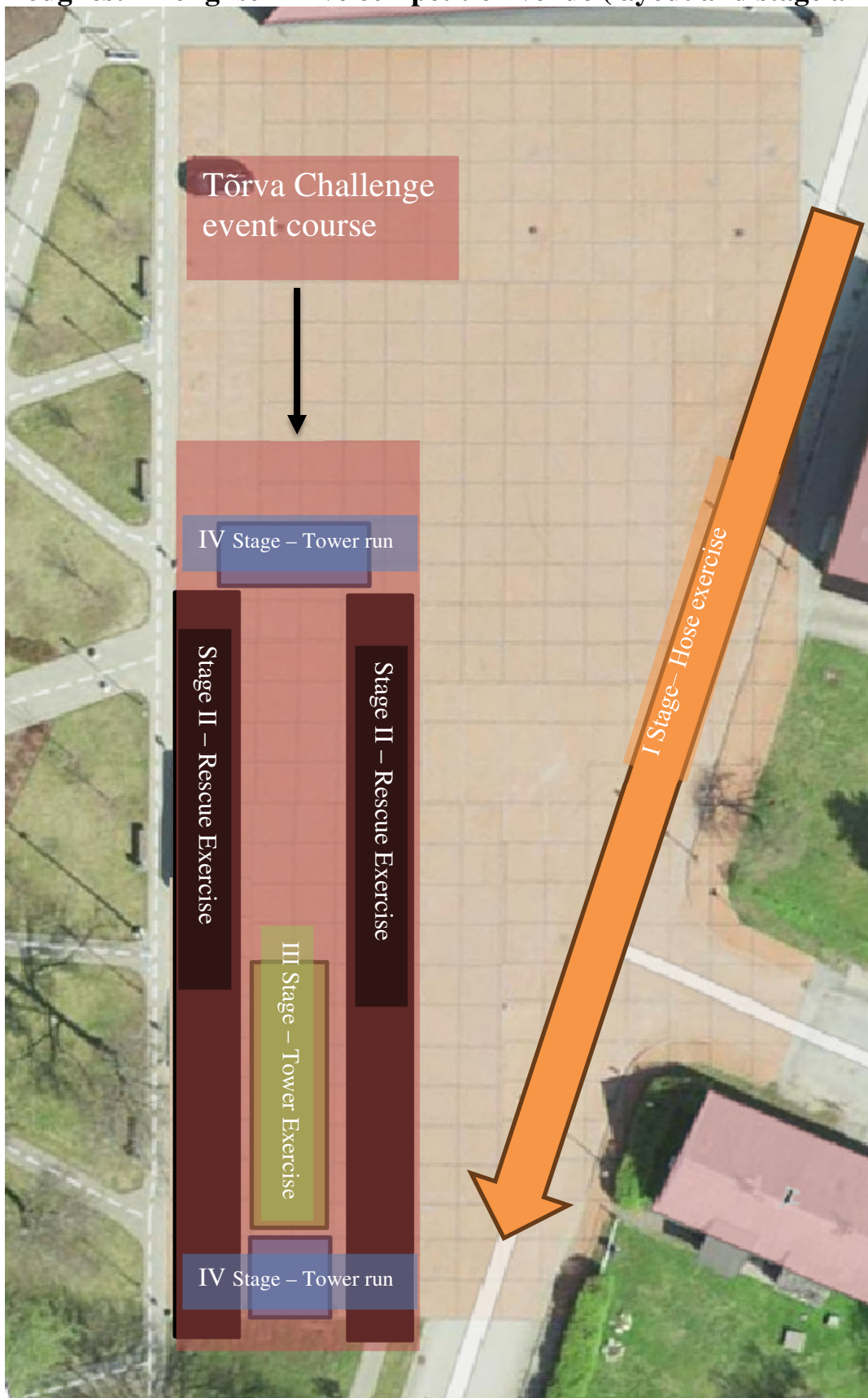
Individual races:

Competitor Line I	Competitor line II	I stage	II stage	III stage	IV stage	run
1	2	10:00	10:10	10:20	10:30	1.
3	4	10:15	10:25	10:35	10:45	2.
5	6	10:30	10:40	10:50	11:00	3.
7	8	10:45	10:55	11:05	11:15	4.
9	10	11:00	11:10	11:20	11:30	5.
11	12	11:15	11:25	11:35	11:45	6.
13	14	11:30	11:40	11:50	12:00	7.
15	16	11:45	11:55	12:05	12:15	8.
17	18	12:00	12:10	12:20	12:30	9.
19	20	12:15	12:25	12:35	12:45	10.
21	22	12:30	12:40	12:50	13:00	11.
23	24	12:45	12:55	13:05	13:15	12.
25	26	13:00	13:10	13:20	13:30	13.
27	28	13:15	13:25	13:35	13:45	14.
29	30	13:30	13:40	13:50	14:00	15.

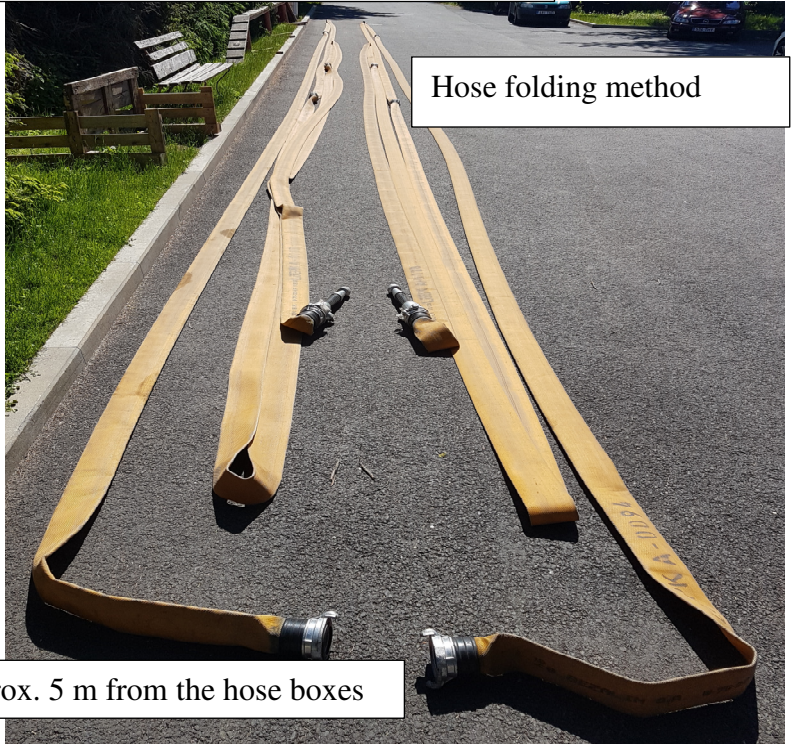
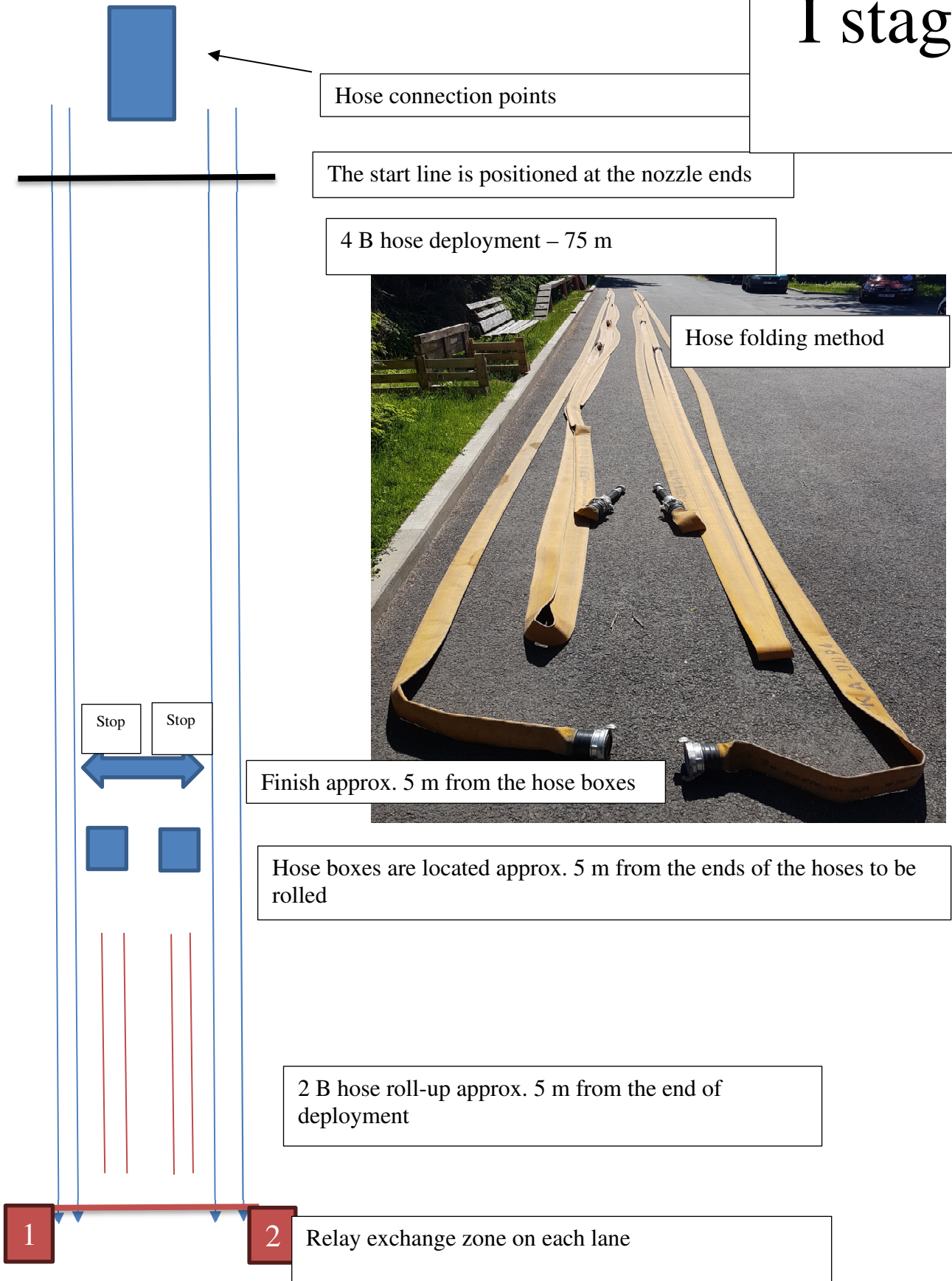
Relay races:

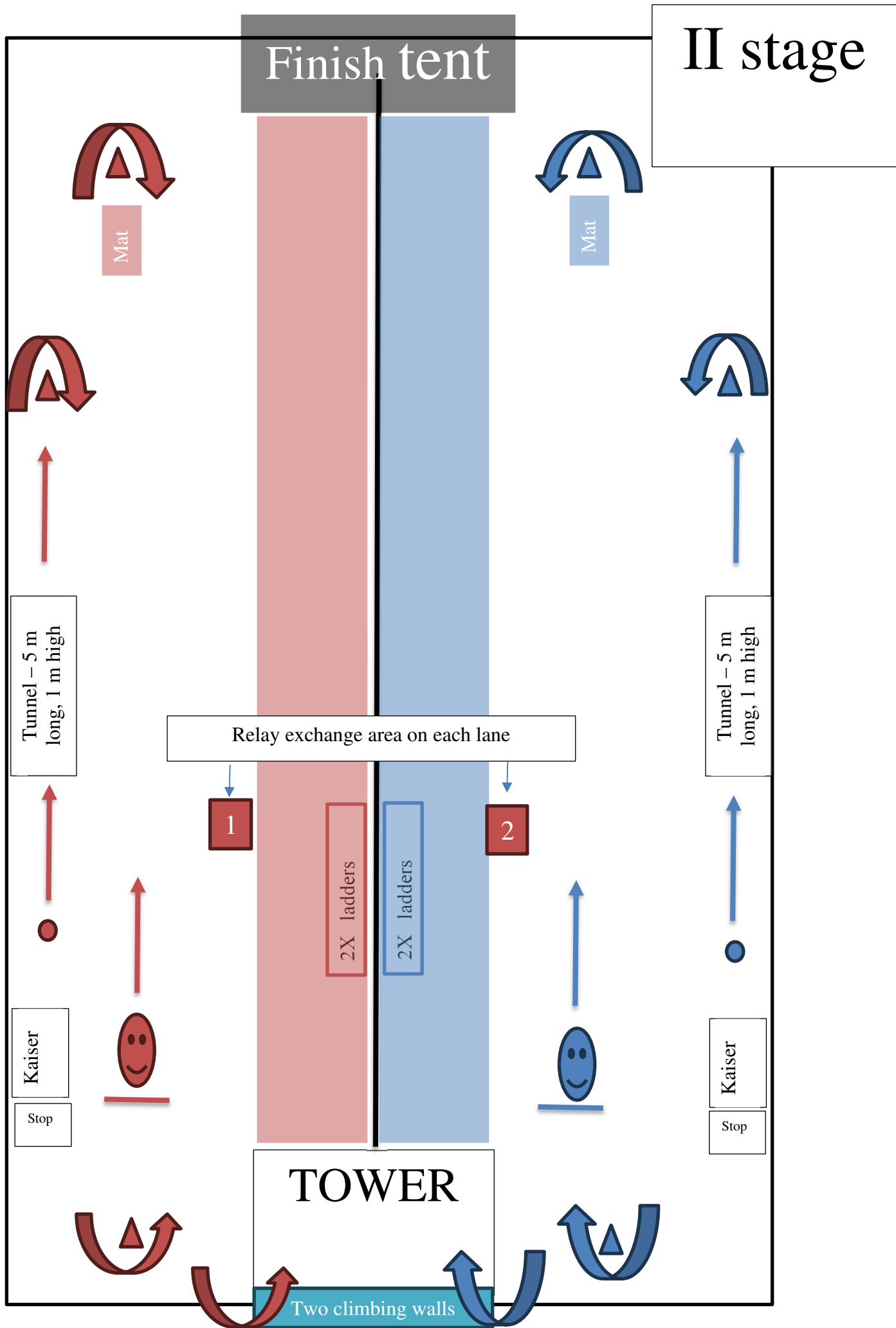
Team Line I	Team Line II	Starting on stage I	run
1	2	14:15	1.
3	4	14:25	2.
5	6	14:35	3.
7	8	14:45	4.
9	10	14:55	5.
11	12	15:05	6.
13	14	15:15	7.
15	16	15:25	8.
17	18	15:35	9.
19	20	15:45	10.

Toughest Firefighter Alive competition venue (layout and stage arrangement)

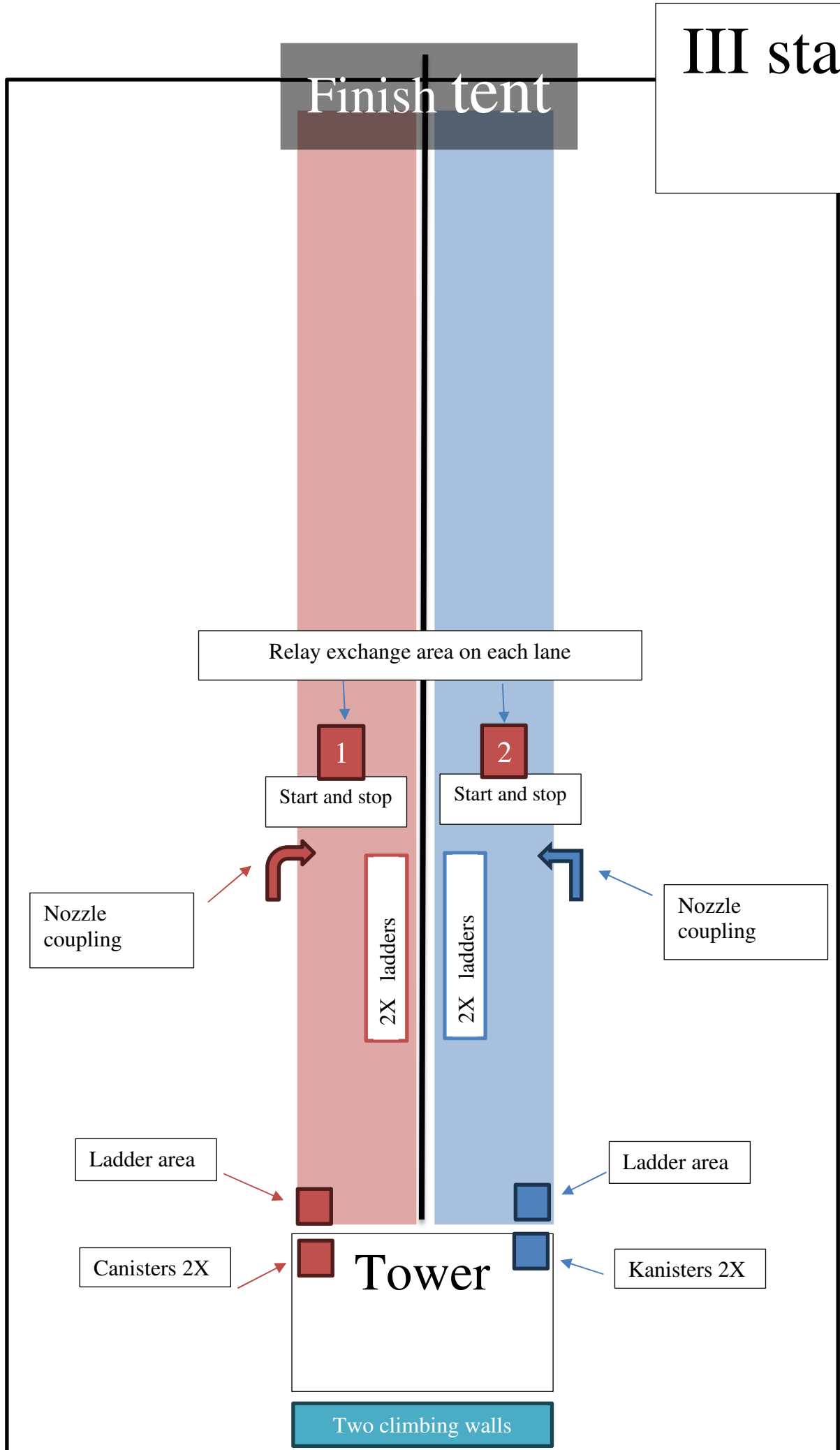


I stage





III stage



IV stage

Finish tent

Finish

Finish

2X ladders

2X ladders

Start

Start

TOWER
3X up/down

Two climbing walls

