

**PÄÄSTEAMET**  
Estonian Rescue Services Agency

**Individual–team competition  
“Tõrva Challenge” guidelines**

**Tõrva  
2026**

**The objective of the “Tõrva Challenge”** competition is to enhance the professional skills of firefighters and to determine the strongest competitors and teams nationwide. This athletic and friendly contest offers both men and women the opportunity to test their abilities and provides an exciting spectacle for spectators as well. The competition “Tõrva Challenge” is Estonia’s equivalent of the internationally recognized **Firefighter Combat Challenge (FCC)**.

**Date: 01.08.2026**

**Location: Tõrva town, central square**

**1. Competition schedule 01.08.2026:**

08:00 – 8:30 Registration at the secretariat and drawing of starting numbers  
Confirm your presence at the secretariat

08:45 – Opening ceremony

09:00 – Team relay races (30 spots)

10:20 – Individual races (60 spots)

**Awarding of relay race results at the competition venue**

13:00 – Tandem races (40 spots)

**Awarding of individual results at the competition venue**

15:00 – Final races (tournament – 8 best teams and 4 best women’s teams)

**After quarterfinals – awarding of tandem races**

**After finals – awarding of team results**

16:00 – End of the competition

18:00 – Social gathering and award ceremony

NB! The schedule may change depending on the number of participants – most likely becoming shorter.

**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 questions: Alari Kais (+372 5558 8183)
- Registration-related questions: Kristjan Mikk (+372 5308 8840).

**3. Registration:**

- Registration for the competition takes place electronically until 27.07.2026.
- Pre-registration deadline: 15.07.2026 – based on this, competition classes will be opened.
- Registration for the individual competition:  
<https://eu.jotform.com/build/210061902714040>
- Registration for the tandem competition:  
<https://eu.jotform.com/build/210062033512032>
- Registration for relay races: <https://eu.jotform.com/build/210062420312333>
- Based on pre-registration, it will be decided which competition classes will be awarded on the competition day. Each competition class must have at least 4 participants/teams.
- Pre-competition changes can be made at the secretariat before the competition.

**4. Participants:**

- Participants in the competition include firefighters, students and staff of the Estonian Academy of Security Sciences Rescue College, as well as invited (international) guests.
- A total of 60 competitors can start in the individual race, 40 in tandem races, and 30 teams in team races.

## 5. Competition scoring and principles for determining rankings:

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

5.2 Individual competition categories:

- Men 18–29 years old;
- Men 30–34 years old;
- Men 35–39 years old;
- Men 40–44 years old;
- Men 45+ years old;
- Women

5.3 Tandem M, Tandem M40, Tandem MIX, Tandem Women.

5.4 Team relay race, Women's team relay race.

5.5 In individual competition, the winner is the competitor who achieves the fastest time in their age group.

5.6 The winner of the tandem race is the pair that achieves the fastest time in their competition class.

5.7 Relay races consist of heats and tournament final races. From the heats, the 8 fastest teams and 4 fastest women's teams advance.

5.8 A separate ranking is kept for teams from the Southern Rescue Center, among whom the winner is determined based on the results of the heats. All team members must be employees of the Southern Rescue Center.

## 6. Mandatory equipment for competitors.

- Certified firefighting protective clothing set (jacket + trousers) EN 469 (Level 2).
- Firefighter helmet EN 443.
- Certified firefighter rubber boots/boots EN 15090.
- Firefighting gloves with lining EN 659.
- Breathing apparatus (light cylinder). In individual races, a mask is additionally required.
- **Trouser legs must be worn over the boots, not tucked inside them.**
- Competitors must bring the listed equipment themselves, except for the breathing apparatus.
- The relay baton is located near the starting area; it is the competitor's responsibility to take it at the start. If it is missing, request it from the judge.
- Competitors may use additional equipment at their discretion to secure the relay baton.

## 7. Conduct of the competition

- Races are run in separate lanes.
- The competitor or team must appear at the preparation area approximately 10 minutes before the start.
- Competitors must be ready and start at their assigned time. If competitors are not ready at the designated time, they will not be allowed to start.
- The time limit for completing the course is 5 minutes for men and 6 minutes for women, after which timekeeping is stopped and the competitor is removed from the course.
- Any issues not regulated by these competition guidelines will be resolved by the head judge.

## 8. Organization of the Tõrva Challenge competition:

- Competition venue and determination of rankings:
- Competition venue layout (Annex 1);
- Team relay races are contested by teams of 3–5 members. The competition begins with qualification heats, from which the 8 fastest men's teams and the 4 fastest women's teams advance to the tournament stage. The winner is the team that reaches and wins the final;

- Tandem races with 2 members are run against the clock. The pair with the fastest time wins;
- Individual races – the competitor with the best time in their age group wins.

## 9. Competition structure

### Equipment used:

- Tower;
- Relay baton (used in relay races);
- Folded hose pack;
- 16 mm thick rope with a hose roll weighing approx. 20 kg attached;
- Hose box, where the hose pack and hose roll are placed;
- Kaiser force machine;
- Hammer weighing approx. 4 kg;
- 6 slalom cones and balls;
- Pressurized hose line 42 mm;
- Swing doors;
- Target board;
- Rescue Randy weighing approx. 75 kg.

## 10. Completing the competition course

An introductory video can be found on YouTube using the keyword “firefighter combat challenge”.

- The competitor starts in full gear (in relay races, the breathing apparatus mask is not used);
- The competitor places the hose pack in the designated area;
- Before the start, hands may be under the hose pack, but fingers must touch the ground;
- After the start command, the competitor grabs the hose pack and runs with it to the top of the tower;
- At the top of the tower, the competitor places/throws the hose pack into the box;
- Possible exchange zone 1;
- The competitor pulls the hose roll to the top of the tower and places it into the hose box;
- Possible exchange zone 2;
- The competitor runs down the tower, stepping on EVERY stair step;
- Possible exchange zone 3;
- The competitor steps onto the Kaiser force machine, grabs the hammer, and strikes the weight to the designated mark (or until an audio signal);
- The competitor places/throws the hammer into the designated area;
- Possible exchange zone 4;
- The competitor completes the slalom;
- Possible exchange zone 5;
- The competitor picks up the pressurized hose line from the ground, runs through the doors, and knocks down the target;
- The competitor closes the nozzle;
- Possible exchange zone 6;
- The competitor picks up the Rescue Randy from the ground and runs backwards with it across the finish line.

## 11. Penalties

- False start – 5 seconds;
- Hose pack not fully in the box – 2 seconds;
- Hose roll not on the box – 2 seconds;

- Competitor skips a stair step while descending, each step – 2 seconds;
- Kaiser force machine not struck to the designated line – 2 seconds per inch;
- Hammer hits the bottom of the Kaiser force machine tray – from the second hit, each hit – 2 seconds;
- Hammer not placed in the designated area – 2 seconds;
- Competitor knocks down slalom poles/balls – 2 seconds per pole/ball;
- Competitor does not close the nozzle – 2 seconds;
- Skipping a slalom pole – 5 seconds;
- Next competitor takes the relay baton from the ground instead of receiving it – 5 seconds;
- Time penalties are added to the final time.

## **12. Team relay race**

- Competitors wear full firefighting gear and a breathing apparatus;
- In relay races, the breathing apparatus mask is not worn;
- Teams consist of 3–5 competitors;
- Exchanges may take place at all previously mentioned possible exchange zones. For example, one team member may run up to exchange zone 1 and then continue again from exchange zone 6, as the team sees fit, but all team members must complete at least one stage;
- Before the start, the team takes their desired positions;
- The starting competitor is given the relay baton;
- The relay baton is passed from the competitor of the previous stage to the competitor of the next stage after completing the stage. For example, if a competitor receives the baton before the Kaiser force machine, drops it, completes the Kaiser force machine stage, they must personally hand the baton from the ground to the next competitor (if the next competitor picks it up from the ground themselves or touches it, penalty seconds will be added to the team);
- Relay races are conducted according to a tournament format, starting with heats and continuing with elimination rounds.

## **13. Tandem race**

- Competitors wear full firefighting gear and a breathing apparatus;
- In relay races, the breathing apparatus mask is not worn;
- Competition is held in pairs;
- Exchanges may take place at possible exchange zone 3 or exchange zone 4 (before or after the Kaiser force machine);
- The starting competitor is given the relay baton;
- The relay baton is passed from the competitor of the previous stage to the competitor of the next stage after completing the stage. For example, if a competitor receives the baton before the Kaiser force machine, drops it, completes the Kaiser force machine stage, they must personally hand the baton from the ground to the next competitor (if the next competitor picks it up from the ground themselves or moves it, penalty seconds will be added to the team);
- Each pair may be accompanied and filmed by one designated person wearing an identification vest; however, they must not assist or interfere with the competitors;
- NEW! In MIX tandem races, if a woman runs the first half, she does not have to carry the hose pack while ascending. The same applies to women's tandem races. In all other aspects, the tandem race rules remain unchanged.

#### **14. Individual race**

- Competitors wear full firefighting gear, including a breathing apparatus and a breathing mask, and must be connected to the breathing apparatus;
- The competitor completes the entire course individually;
- In the individual competition, men have 5 minutes and women have 6 minutes to complete the course, after which the competitor is called off the course;
- Each competitor may be accompanied and filmed by one designated person wearing an identification vest; however, they must not assist or interfere with the competitor.

#### **15. Competition categories**

- Team relay race based on a tournament format (the Southern Rescue Center team winner is determined based on qualification heat rankings);
- Individual categories: men in age groups 18–29, 30–34, 35–39, 40–44, and 45+ (if a sufficient number of competitors register during pre-registration), and a women's category;
- Tandem race categories: Men, Men 40+, Women and MIX tandems (male/female);
- Relay race categories: Men and Women;
- NB! Medals and trophies are awarded only in those competition classes where at least 4 competitors, pairs, or teams have registered during pre-registration.

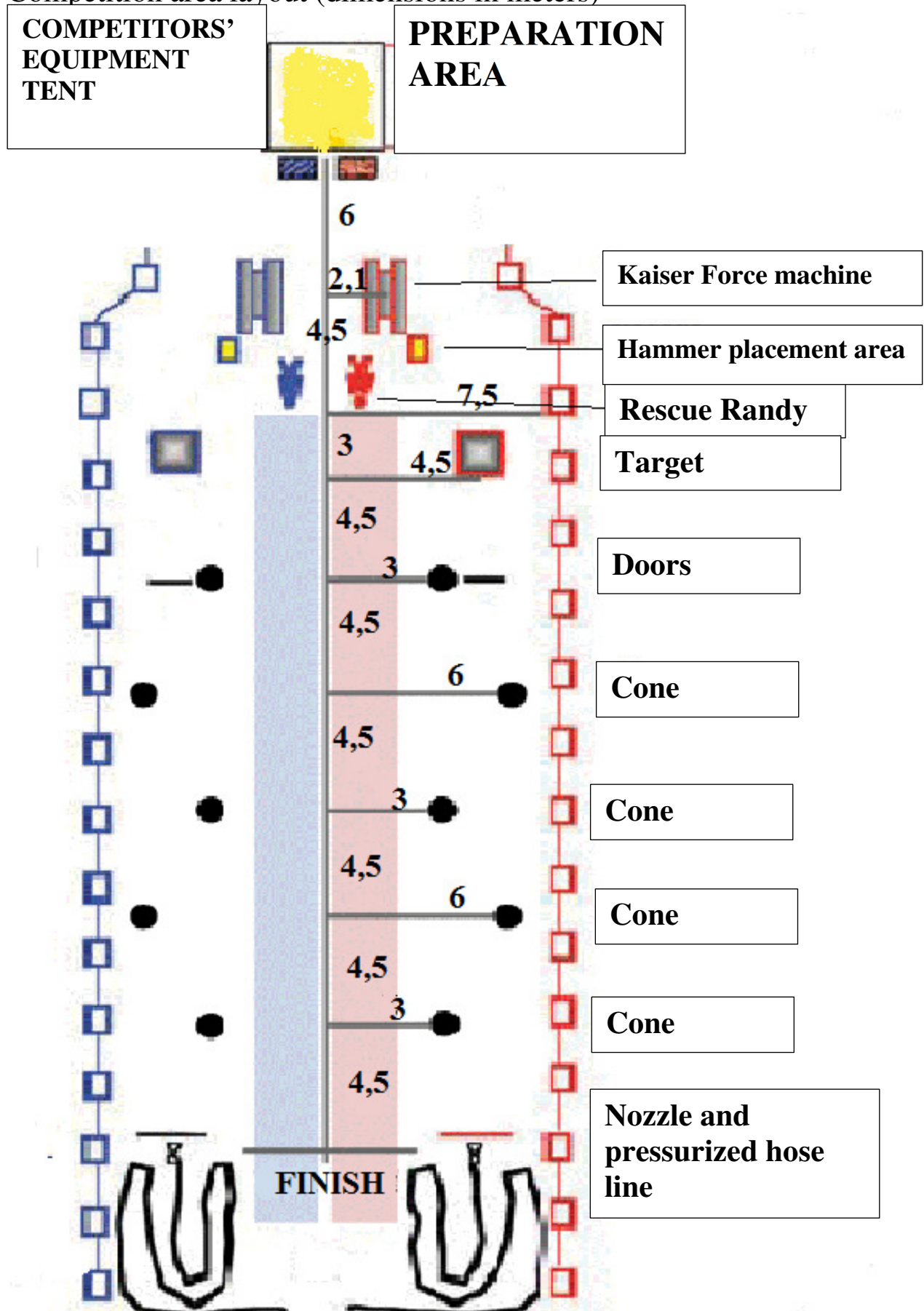
#### **16. Determination of winners and awarding**

- In individual competition, the winner is the competitor who achieves the fastest time in their age group;
- In team competition, winners are determined using a tournament system, for both men and women;
- In the Southern rescue center command teams' category, the winner of the team relay race is the team that achieves the fastest time in the qualification heats;
- In tandem races, the winner is the pair that achieves the fastest time in their competition class;
- The award ceremony takes place after the competition near the competition venue;
- NB! Competition classes opened for awarding are determined based on pre-registration (deadline 15.07.2026). If at least 4 competitors/teams/tandems are registered by the deadline, the competition class will be opened for awarding. Participation in the class is still allowed even if there are fewer participants.

#### **17. Medical service at the competition.**

First aid readiness is ensured at the competition.

Competition area layout (dimensions in meters)



Team/competitor scorecard.

<b>TEAM/COMPETITOR NAME</b>	
<b>RUN NUMBER</b>	<b>STARTING TIME</b>

<b>PENALTIES</b>	<b>PENALTIE TIME (SEK))</b>	<b>HOW MANY</b>
False start	<b>5</b>	
Hose pack not fully in the box	<b>2</b>	
Hose roll not on the box	<b>2</b>	
Competitor skips a stair step while descending, each step	<b>2</b>	
Kaiser force machine not struck to the designated line – per inch	<b>2</b>	
Hammer hits the bottom of the Kaiser force machine tray – from the second strike, each strike	<b>2</b>	
Hammer not in the designated area	<b>2</b>	
Competitor knocks the ball off a slalom pole while running – each ball	<b>2</b>	
Competitor does not close the nozzle	<b>2</b>	
Skipping a slalom pole	<b>5</b>	
The next competitor touches or adjusts the relay baton before it is handed over	<b>2</b>	
The next competitor picks up the relay baton from the ground instead of waiting for the handover	<b>5</b>	

<b>RESULT</b>	<b>TOTAL PENALTIES</b>	<b>FINAL RESULT</b>

Movement within the competition area

