

**2026
575 F.O.O.L.S.
FIREFIGHTERS' COMPETITION**

Saturday, July 25th, 2026

Canton, Georgia

OFFICIAL RULES & REGULATIONS

Team Registration Fee: \$100 per team
Individual Rapid Dress Fee: \$10 per person

Limit: 10 teams

2026 EVENTS

INDIVIDUAL EVENTS

RAPID DRESS

TEAM EVENTS

BUSTED HOSE

BARREL ROLL

DRESS & SQUIRT

MYSTERY EVENT



IMPORTANT COMPETITION TIMES

0830- Explorer Coaches Meeting

0900-1400 – Explorer's Competition

1230- Firefighter Coaches Meeting

1300-1800 – Firefighters Competition

All competitors will be required to wear their turnout coat, pants, helmet, gloves and boots!

RULES & REGULATIONS - INDIVIDUAL RAPID DRESS

1. Any Firefighter or Fire Recruit, cadet, or explorer may participate in this individual competition.
2. The objective of this event is to "suit up" as quickly and *correctly* as possible and *be ready* to enter a burning building. We will be looking for correctness as well as rapidity. If, for any reason, the judges feel that the firefighter is not properly attired, the firefighter may be disqualified, or penalty points added to the finishing time.
3. This is an individual event. It is to be done with no trick equipment. Equipment and gear used **MUST** be of the type normally used by the firefighting personnel. The firefighter is to use his or her own bunker gear.
4. The event starts with the firefighter in street clothes or work uniform. If the firefighter has on lace-up shoes they must be tied (loosely if desired). In the case of zippered boots, the zipper may be down. Closed toes shoes must be worn to start competition.
5. Night boots and bunker pants must be used. Suspenders must be attached and used. Pants must be secured at the waist and the fly must be secured tightly. Liners must be used.
6. The bunker coat must have ALL snaps snapped, zippers zipped, Velcro aligned properly and attached securely, d-rings snapped, or any other method of attachment fastened as it was designed to be worn on both inner and outer closures. Liners must be used.
7. To begin, the breathing apparatus is to be turned off, straps extended, and the regulator not pre-attached to the face piece unless so designed by the manufacturer. If a type of SCBA is worn that has a low-pressure hose this shall not be pre-attached to the regulator. The firefighter may use any method to don the SCBA. Upon completion of the event the SCBA must be in full operation to include:
 - a. Air on fully
 - b. Regulator attached securely to the face piece or low-pressure hose attached securely to the regulator.
 - c. Waist belt buckled.
 - d. Face piece (mask) properly in place and secure.

(EXPLORERS WILL NOT NEED TO MASK UP, SIMILAR TO OTHER EXPLORER COMPETITIONS)

NO MODIFICATION OF SCBA WILL BE ALLOWED!

8. Nomex hood shall be worn properly, so as to cover any exposed skin and face piece harness assembly with NO visible skin showing around hood or SCBA face piece. Hood goes over face piece harness assembly.
9. Helmet strap must be under chin and drawn tight as to assure it will stay on in actual conditions. Gloves are to be on at the completion of the event. If coat is equipped with thumbled wristlet, non-gauntlet gloves may be used. Coats without thumbled wristlets will require a gauntlet type glove.

10. The gear must be NFPA structural firefighting protective clothing. The firefighter may lay out the gear in any manner he/she chooses. No braces, brackets, hangers, or outside help may be used. The firefighter will stand beside his gear and time will start when the firefighter “makes his move” for his gear. The firefighter will start with hands in the air.
11. When the firefighter has completed the event, he/she should hold gloved hands above the head to signal completion. The hands are to remain in this position to enable the judges to ensure that all criteria have been met.
 - Each competitor will be given two opportunities to dress with the best time being used for qualification.
 - The five competitors with the lowest times will become finalists
 - Finalists will be given one opportunity to compete in finals.
 - No qualifying times will be considered in the final. In the case of a tie there will be a “*dress-off*.”

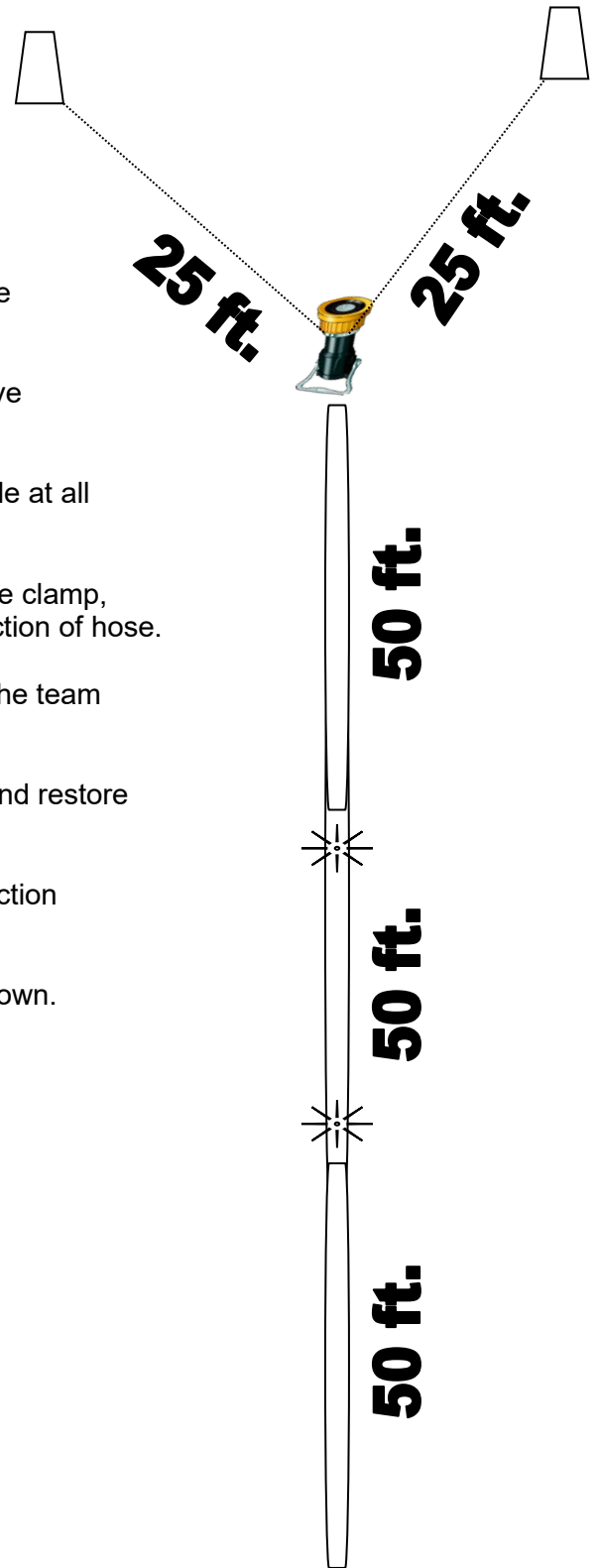
RULES AND REGULATIONS - TEAM EVENTS

1. Any Firefighter or Fire Recruit, cadet, or explorer may participate in this competition.
2. Teams must consist of a minimum of five and a maximum of 7 participating members. All team events run with five personnel (may have 2 substitutes).
3. Coaches may be one of the seven participating team members —or, if not participating — in addition to the seven team members. Each team must designate one person to be coach. Only the designated team coach may approach the head judge with concerns.
4. Each team event will be timed with points awarded as follows:
 - 1st place: 30 points
 - 2nd place: 20 points
 - 3rd place: 15 points
 - 4th place: 10 points
 - 5th place: 5 points
5. At the completion of the four team events, points will be added and the team with the most points declared the overall winner.
6. In the event of a point tie, the times of all events for the tied teams will be totaled and the team with the lowest total time wins.
7. Teams must participate in all team events to be eligible to win. Disqualification from an event for reasons other than misconduct does not constitute 'non-participation.'
8. Any infraction of the rules and regulations by a team member or coach may disqualify the team from the particular event. The head judge will determine whether time penalties or disqualification will be issued.
9. Penalties where not otherwise specified will be three (3) seconds.
10. Penalties will not be issued for leaking hose connections; although the team may be disqualified from the event should the connection "blow apart."
11. A team will only be allowed one chance to complete an event unless there is an equipment malfunction. If equipment malfunction occurs, upon the head judge's review and approval, no penalty will be issued, and the team will be allowed to repeat the event.
12. Penalties, disqualification, or ejection from competition for profanity or misconduct by the team members or coaches will be issued at the discretion of the head judge.
13. Hose, ladders, nozzles, ladder belts, and equipment other than personal protective clothing will be provided and must be used by all teams. Teams may not substitute their own equipment.
14. Protective clothing is required for all team events and consists of helmet, coat, pants, boots and gloves. All protective clothing shall be NFPA approved structural firefighting gear. Hip boots are not acceptable in lieu of bunker pants.
15. Hose may be rolled in any approved manner for events which require hose rolls. Accordion folds are not considered rolls.

16. When an event requires a target to be knocked over, it must be knocked over by a fire stream.
17. All decisions of the head judge are final.
18. Coaches will draw a number at the coaches meeting that will be held at the competition site immediately following the qualifying round of the rapid dress contestants before the competition. The teams will rotate down after the first event.
19. Full protective clothing does not include hood or SCBA.
20. Nozzle pressure will be maintained at approximately 100 PSI.
21. No alcoholic beverages will be consumed by competitors while in the overall vicinity of the competition or before the competition. Abuse of this rule will be grounds for immediate disqualification from the entire competition.

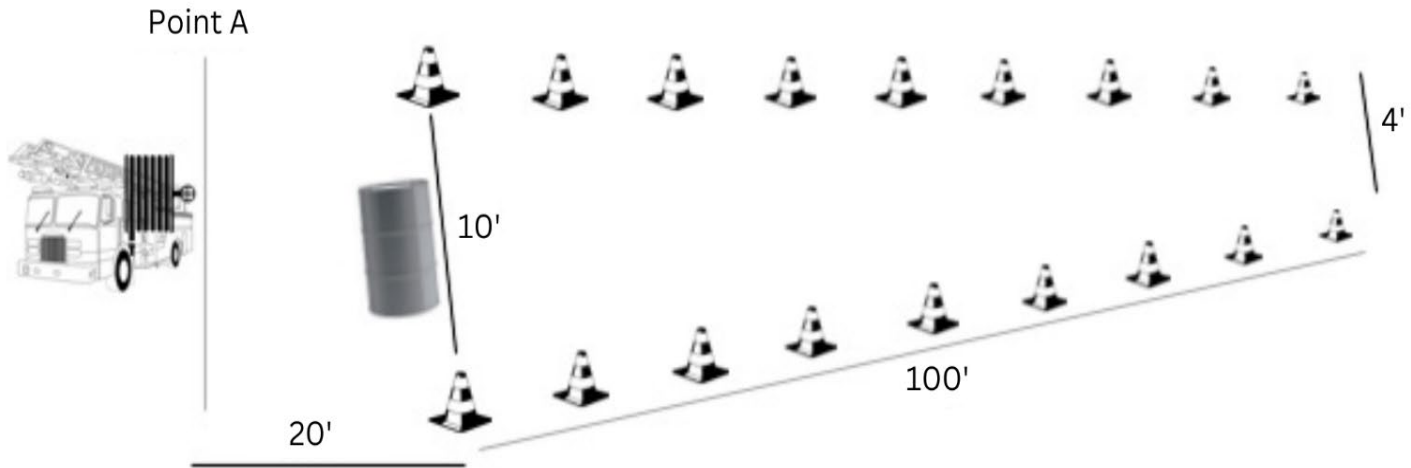
TEAM EVENT: Busted Hose

1. All team members must be positioned within 10 ft. of the nozzle prior to beginning the event. Judges will mark the 10 ft. distance prior to start.
2. At the sound of the judge's whistle, the team shall retrieve equipment from the equipment staging box.
3. There must be two (2) firefighters positioned at the nozzle at all times when flowing water.
4. Equipment staged will consist of a screw-down type hose clamp, four (4) spanner wrenches, and one (1) replacement section of hose.
5. Hose may be rolled in any IFSTA approved roll prior to the team beginning the event.
6. Objective is to stop flow of water, replace busted hose and restore water flow.
7. A six (6) second penalty will be charged should a connection blow apart.
8. Event will end when the two target cones are knocked down.



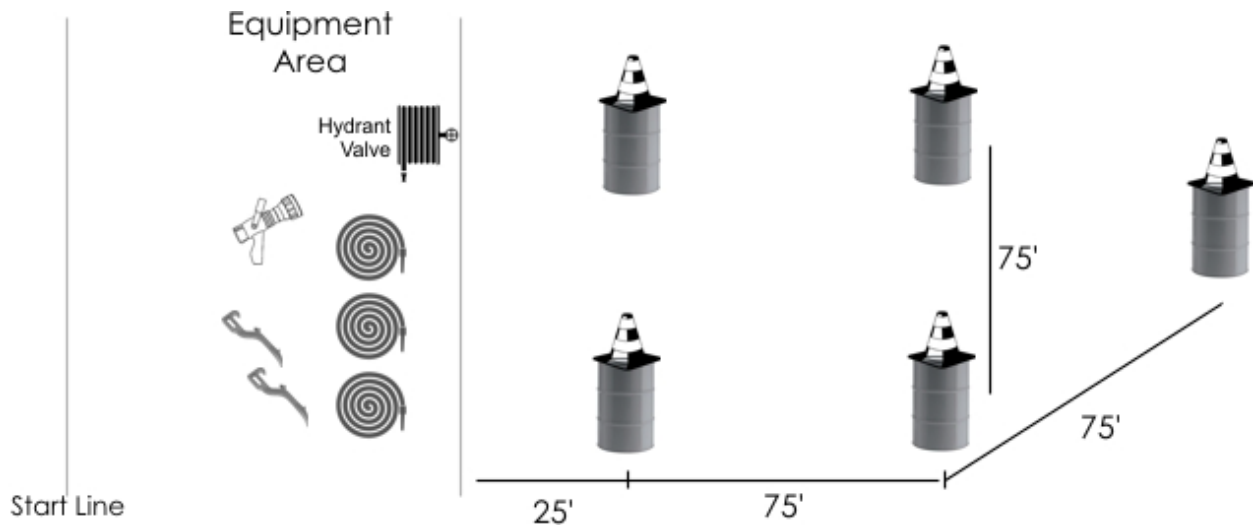
**Equipment
Staging Box**

TEAM EVENT: BARREL ROLL



1. The event will start at the sound of the judge's whistle.
2. Protective clothing is required (gloves optional).
3. The team will consist of five (5) members standing approximately 20' from the barrel at Point A. (refer to diagram)
4. At the sound of the judge's whistle, the team will proceed toward the barrel with a charged 1 $\frac{3}{4}$ " line approximately 150' long. They shall move a 20-gallon barrel containing 5-gallons of water along a runway 100' long. Cones will be 10' apart at the starting line and diminish to 4' at the finish line.
5. Barrel will be pushed between two (2) cones 4' apart at the finish line.
6. The event will end when the barrel crosses the finish line between the cones.
7. An engine will be used to supply water to the hose line. 100 PSI will be maintained at the nozzle.
8. Teams may set the nozzle on the stream pattern and G.P.M. flow of their choice.
9. If the barrel knocks over a cone we will assess a 1 second penalty per cone and if the barrel passes the end line outside the cones they will be disqualified. Team will not be disqualified if the barrel goes outside the cones but they must use the hose stream only to recover the barrel back into the runway.

TEAM EVENT: DRESS & SQUIRT



1. The 5-man team will be staged behind the starting line in street clothes (no shoes required) with their protective clothing in their possession.
2. At the sound of the judge's whistle, members will don protective clothing (coats, pants, boots and helmets.) (gloves optional)
3. No members may cross start line until all members of the team are dressed. External storm flaps must be secured, and helmet straps must be secured. Quicker members may assist others in getting dressed.
4. Once all members are dressed, the team may proceed to the equipment area where there will be three sections of 3" hose rolled in any manner lying along with two spanner wrenches and one 2½" combination nozzle.
5. The team will unroll the three sections of hose and:
 - a. Connect hose to hydrant valve
 - b. Make hose connections
 - c. Connect nozzle to hose

Note: The order that a., b. and c. is done doesn't matter; it may be done simultaneously.
6. When this has been accomplished the team will turn on the valve and advance the hose, knocking over five targets. The targets will be sitting on top of 55 gallon drums and spaced along the runway approximately 75' apart.
7. There must be at least one team member on the nozzle and one team member within 5 feet of nozzle backing him/her up when flowing water.