



FEMELE FIREFIGHTER
SKILLS COMPETITION
RULES 2025

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FEMALE FIREFIGHTER SKILLS COMPETITION RULES 2025

Women's competition within the framework of the Panama 2025 Women Firefighters Congress

1. INTRODUCTION

The female firefighter competition "2025 Women's Firefighting Skills Challenge" is organized by the Committee of the International Congress of Women Firefighters of the Republic of Panama, hereinafter referred to as the Organizer.

This event will take place on Friday, September 26, 2025, in Panama City, within the framework of the International Congress of Women Firefighters, and is supported by the Organization of American Firefighters (OBA).

This competition will bring together national and international teams, comprised of firefighters from various regions of the Republic of Panama, as well as delegations from invited countries participating in the Congress.

2. OBJECTIVE OF THE COMPETITION

The 2025 Women's Firefighting Skills Challenge aims to foster a space for meeting, sharing experiences, and strengthening sisterhood among female firefighters from the Republic of Panama and international delegations, promoting integration, teamwork, and joint development within the firefighting field.

3. DEVELOPMENT OF THE 2025 WOMEN'S FIREFIGHTER SKILLS CHALLENGE

Category: Women's Group (Team of 5 members)

Date: Friday, September 26, 2025

Time: 8:00 a.m. to 2:00 p.m.

Location: Combat Center - Irvin Saladino Sports City

Note: Two competitions will be held in parallel at the same time and location: one corresponding to the International category and another to the National category, each with their respective teams and using the same rules.

The established schedule may be subject to modifications at the discretion of the Organizer.

4. REQUIREMENTS FOR PARTICIPANTS

4.1. NATIONAL PARTICIPANTS

- Firefighters who are members of the Meritorious Fire Department of the Republic of Panama are eligible to participate, regardless of their branch (DINASEPI, SAMER, DOEXBURE, or Volunteers).
- They must be of legal age.
- They must be in a physical condition compatible with the requirements of the tests to be taken.

- Be registered with the institution's group insurance.
- They must have an authorization note from the corresponding area manager.
- The event organizers reserve the right to reject registrations that do not meet the aforementioned requirements.

4.2. INTERNATIONAL PARTICIPANTS

- Firefighters who are part of the delegations registered for the congress may participate.
- They must be of legal age.
- They must be in a physical condition compatible with the requirements of the tests to be taken.
- They must present evidence of medical insurance coverage.
- They must present written authorization from their fire department to participate in the event.
- The event organizers reserve the right to reject registrations that do not meet the established requirements.

5. INSCRIPCIÓN

- To successfully complete your registration, you must complete the following steps:
 - Online pre-registration: no later than July 28, 2025.
 - Final online registration: no later than September 15, 2025. You must also attach the required documentation:
 - Personal identification document (passport/ID) of the participant
 - Proof of valid group insurance
 - Authorization signed by the team leadership for the team's participation
 - Name of the team's representative to the judges.
- Registration will be exclusively institutional, that is, only through official firefighting organizations.
- This registration is free of charge.
- Any related updates will be communicated through the official website of the International Women Firefighters Congress.

6. ALLOCATION OF QUOTAS BY DELEGATION - INTERNATIONAL COMPETITION

- The registered countries and one team representing Panama will participate in the international competition. Each international delegation may register one (1) team. If the country has more than one fire department, it may register the number of fire departments that make up its delegation.
- If the required number of members per delegation is not met, international participants may merge with delegations from other countries that are not registered. The final online registration deadline is September 15, 2025, and participants must meet the previously established requirements.

7. ALLOCATION OF QUOTAS BY DELEGATION - NATIONAL COMPETITION

- In this competition, each Regional Zone of Panama may register one (1) team made up of five (5) members, without distinction of the section to which they belong (SAMER, DOEXBURE, DINASEPI or Volunteers). The selection of the representative team will be the exclusive responsibility of the Command of the corresponding Regional Zone.

8. CONTROL MÉDICO

- No participant may compete without first undergoing the respective medical check-up, which will determine their health status to meet the demands of the competition.
- The preventive medical check-up will be performed on each participant thirty (30) minutes before the start of their event. The final decision on their participation will depend on this result.
- The medical officer may recommend the withdrawal of a competitor if it is determined that their health is not adequate for participation or that such participation could jeopardize their well-being.
- Each competitor must comply with the mandatory medical check-up. The representative of each team will collect all check-up receipts and deliver them to the respective table judge before the start of the competition.

MEDICAL REVIEW FORM - FIREFIGHTER COMPETENCE	
Competitor's name: _____	
ID or passport: _____	
Country or regional area: _____	
Medical evaluation	
Temperature:	_____°C
Blood pressure:	_____mmHg
Heart rate:	_____lpm
Oxygen saturation:	_____%
Observations:	
Eligible to participate:	
<input type="checkbox"/> YES <input type="checkbox"/> NO	
Date: ____/____/____	Hour: _____
Name of the health professional: _____	
Este documento deberá ser presentado al juez de mesa antes de iniciar la competencia.	

- If a participant fails the pre-competition medical examination or feels unwell, a team member may perform the tests at stations 4 and 5. The team will be composed of 4 participants and 5 stations, and will be evaluated using the same criteria as the other teams.
- The decisions of the medical team are final.

9. GENERAL ASPECTS OF THE COMPETITION

- On Thursday, September 25, teams will be allowed to visit the competition circuit upon reservation with the Organizing Committee. The congress (mini-congress) will be held on the same day. This is a meeting between teams during which the ranking will be drawn to determine the order of participation.
- Each participating team will have a representative, who will be the only one authorized to present suggestions, complaints, or observations. The organizers and judges will not allow protests from unauthorized individuals; if such protests occur, they may impose sanctions and disqualifications for the corresponding team.
- All participants must carry their personal identification card or passport on the day of the event for identity verification, if necessary.
- The absence of two or more members will prevent the team from participating.

- Participants will be required to sign a declaration of compliance with the event's specific safety regulations, including a commitment to follow all instructions issued by the organizers to prevent accidents.
- Since the competition may be filmed or photographed, participants will be asked to sign a release form for the use of their image in the media or for promotional purposes.
- The competition area will be fenced off to prevent access to the general public during the competitions. Only the participants on duty and the judges will be allowed in the area.
- An area designated for the judges will be located to one side of the competition area, and an exclusive area for competitors will be established.
- Companions and the public are strictly prohibited from entering the competition area. Competitors may only enter this area during the execution of their respective movements.
- The competition area may be inspected at the request of the team representative, with prior authorization from the organizer, at the times and under the conditions determined by the organizer. On the day of the event, each participating team will be given a time limit prior to the start of their course to settle into their respective spots within the competition area.
- The exercise consists of five stations. Each competitor will be assigned to a different station.
- All teams must be present at the competition site at the start of the tournament opening ceremony.
- The event will be determined by a timed schedule. The start will only occur when the judges verify that the participants are in their positions and give the corresponding signal.
- At the end of the course, the team representative will be informed of the official time achieved, which will include any penalties assessed.

10. OPERATIONAL DESCRIPTION OF THE CIRCUIT:

The circuit consists of 5 stations that must be performed continuously in the order described:

10.1. FIRST STATION: MANEUVER WITH THE HOOK LADDER

At the judge's signal, contestant #1 will begin the course from a pre-designated position, where she will find a 3.65-meter (12-foot) ladder with hooks, placed horizontally on the ground.

The firefighter must complete this portion of the course individually. She must:

1. Carry the ladder, resting the top beam on one of your shoulders.
2. Move with the loaded ladder to the base of the structure, covering the distance of 8 meters from the ladder to the base of the structure.
3. Once in front of the structure, open the ladder hooks in a safe and technical manner (firefighter style), ensuring they are fully deployed and in working order.
4. Hang the ladder in the designated area of the structure, using the hooks, and verify that it is firmly attached and stable to allow for a safe ascent.

Important: The movement will not be allowed to continue if the hooks are not properly opened and secured.

5. Once the ladder is secured, the participant will climb it step by step until entering the corresponding entrance to the structure.
6. Once inside, they must descend the internal stairs, also step by step, holding onto the handrail, until they reach participant 2, to whom they must hand over the baton to continue the relay.

10.2. SECOND STATION: ELEVATOR TO THE STRUCTURE WITH LOAD

Participant #2 will be located at the foot of the structure. Upon receiving the baton, she must begin her journey by doing the following:

1. Take a 1 1/2" length of hose, coiled in an accordion-style pattern.
2. Carry the hose over your shoulder and ascend with it to the top level of the 6.09-meter (20-foot) tall structure. During the climb, you must step on each step and hold the handrail at all times.
3. Upon reaching the top level, you must carefully place the hose on the ground in the pre-assigned location, without throwing or dropping it.
4. Next, from the balcony of the structure, you must manually hoist a 2 1/2" length of hose, coiled in a bag and previously tied to a rope. This maneuver must be performed using only arm strength. The participant may not continue until the bag containing the hose is fully positioned in the designated area on the upper level.
5. Once this task is completed, the participant must descend the structure, without a section, freely, step by step, holding the handrail at all times.
6. Upon reaching the lower level, he will go to the position where participant #3 is and hand over the baton to continue the competition.

Important: Both when ascending and descending, it is mandatory to step on each step and use the handrail to ensure safety and comply with the rules.

10.3. THIRD STATION: KEISY STRENGTH WORKOUT

Upon receiving the baton, participant #3 must execute the following route:

1. You will take the sledgehammer and step onto the Keiser platform.
2. From the platform, you must strike the metal block located on a rail. This maneuver must be performed with enough force to move the block a total distance of one meter (1 m).
3. Once the block movement is complete, the participant must:
 - Carefully place the mallet in the designated spot, without throwing or dropping it.
 - Immediately move to station 4, where they will hand the baton to the next team member.

10.4. FOURTH STATION: CHAIN CUTTING WITH SHEARS

Upon receiving the baton, participant #4 must complete the following route and perform the following tasks:

1. You will run in a zigzag pattern between the cones arranged along an 8-meter course.
2. At the end of the course, you will head to the designated area where you will find a gate blocked by a metal chain. Next to the gate will be a bolt cutter, located in a predefined starting position.
3. The participant must:
 - Take the bolt cutters.
 - Approach the 8 mm (5/16") diameter chain and adopt a safe and functional cutting stance.
 - Make the cut at the marked link, applying only manual force.
 - Ensure the cut is complete and clean, so that the chain is completely free.

Important: You will not be allowed to continue if the chain remains partially connected. The cut must be permanent and effective.

4. Once the chain is cut:
 - She will open the door.
 - She will place a wedge to keep it open.
 - You will place the shear in the marked area, without letting it fall.
5. Finally, he will run back between the cones (in the opposite zigzag direction) and hand over the baton to the Participant #5 to continue with the competition.

10.5. FIFTH STATION: RESCUE OF A VICTIM

Upon receiving the baton, participant # 5 must complete the last stage of the relay by doing the following actions:

1. Go to where the door is at a distance of 8 meters.
2. Enter through the previously cleared door.
3. Locate and rescue the simulated victim (dummy) located 2 meters inside.
4. For the rescue:
 - Lift the doll by grabbing it under the armpits.
 - Drag him backward, making sure you maintain body control throughout the entire journey.
5. You will have to travel the distance to reach the finish line, passing through the free gate again.
6. The test will be considered finished only when both feet of the dummy have completely crossed the finish line.

Important: The maneuver must be performed safely and in a controlled manner, ensuring the victim is effectively transferred without releasing them before crossing the finish line.

11. PENALTIES

Any action that violates the established rules of the competition will be considered a foul or penalty. Each foul will result in seconds being added to the team's total time.

- If the same participant commits more than one foul at the same station, additional time will be accumulated based on the number of infractions committed.
- The number of fouls will be verified and agreed upon by the judges at the end of each team's event.
- To indicate a foul, the judges will use a red handheld flag; each time it is raised, a penalty will be awarded.

11.1. STATION #1 PENALTY

# OF FOUL	DESCRIPTION	PENALTY
1	Early start of the test, false start	10 seconds
2	Do not load the ladder as directed.	10 seconds
3	Dragging the ladder across the floor, tripping over it, or losing control while moving it.	10 segundos
4	If any part of the ladder touches the floor on the way up to the structure.	10 seconds
5	Hanging the ladder in an unstable position or on an unsafe surface.	You will not be able to access it until it is properly
6	Failing to maintain at least three points of contact during the climb or climbing in a hasty and risky manner.	10 seconds
7	Missing a rung while climbing the hook ladder.	10 segundos
8	Missing the rungs of the structure while descending.	20 seconds per step
9	Not holding onto the handrail of the structure for 15 seconds.	10 seconds

11.2. STATION #2 PENALTY

# OF FOUL	DESCRIPTION	PENALTY
1	Not holding onto the handrail	15 seconds
2	Skiping steps while climbing	20 seconds per step
3	Falling the hose section at any time during the station or from the platform of the structure	10 seconds
4	Pulling or not placing the section in its designated place	10 seconds
5	Support the rope to the pulley-shaped structure when raising the bag with the section	20 seconds
6	Skiping steps while descending.	20 seconds per step

11.3. STATION #3 PENALTY

# OF FOUL	DESCRIPTION	PENALTY
1	Dropping or throwing the sledgehammer	10 seconds
2	Dragging or catching the sledgehammer on the metal block to move forward.	20 seconds
3	Not leaving the sledgehammer in its designated place	10 seconds

11.4. STATION #4 PENALTY

# OF FOUL	DESCRIPTION	PENALTY
1	Knocking over or touching cones while traveling back and forth.	10 seconds per cone
2	Dropping the bolt cutter.	10 seconds
3	Not leaving the bolt cutter in its designated location.	10 seconds
4	Not placing the wedge in the door	10 seconds

11.5. STATION #5 PENALTY

# OF FOUL	DESCRIPTION	PENALTY
1	Failure to transport the victim using the technique described.	25 seconds
2	The victim falls during transport.	25 seconds

12. CAUSES FOR DISQUALIFICATION

A team or participant will be disqualified from the competition if they commit any of the following offenses:

- a. If two or more team members need to be replaced by substitutes due to physical incapacity or injury, the team will be automatically disqualified.
- b. If any participant or the entire team fails to appear in the appropriate attire required for the event.
- c. If a team fails to appear at the third call to the event field.
- d. For disturbing, obstructing, or interfering with another participant during the event.
- e. For deliberately damaging any event element or equipment.
- f. For withdrawing or leaving the course without valid justification.
- g. For verbal or physical aggression by any team member, representative, or companion toward the judges, authorities, or event staff.
- h. For the use of offensive, derogatory, or unsportsmanlike conduct, whether by the participant, their team, or their companions.
- i. For collaboration or physical support from another participant or companion who is participating in the event.
- j. For failing to complete any of the events or parts of them completely.
- k. For exceeding the six (6) minute time limit to complete the assigned test.
- l. For the proven use of prohibited substances intended to enhance physical or mental performance, as determined by the judges or medical personnel.
- m. By the judges' determination, provided it is duly substantiated and documented.
- n. For intentionally modifying or altering personal protective equipment (PPE) or regulatory clothing.

13. PERSONAL PROTECTIVE EQUIPMENT (PPE)

- The personal protective equipment to be used during the competition will consist of the following items:
 - A firefighter's helmet for structural fires. Helmets designed for forest fires or rescue helmets will not be permitted.
 - A firefighter's jacket.
 - Firefighter's trousers with suspenders.
 - A pair of leather fire boots or long-shaft fire boots.
 - A pair of firefighting or rescue gloves. Leather and canvas gloves will not be permitted.
 - A protective hood or hood.
- Each team must have their own PPE, which must be duly certified under internationally recognized standards, preferably NFPA standards.
- All clothing must be worn correctly. The omission of any item or modification thereof will be grounds for disqualification.
- Equipment or clothing that shows defects or deficiencies may be changed or completely repaired by the participant before the beginning of the competition. Failure to do so will be considered grounds for disqualification.
- The judges will conduct a pre-competition inspection to verify the correct placement, proper use, and integrity of the PPE. Their decisions in this regard will be final and binding.
- The organizer is not responsible for the loss, damage, or misplacement of equipment or clothing before, during, or after the competition; this is the sole responsibility of each participating team.

14. COMPETITION JUDGES

- The competition will have two table judges for each competition lane, in addition to ten field judges, five per lane. The latter will evaluate each stage of the circuit corresponding to their lane.
- There will be a substitute judge, who may take over if any of the field judges cannot attend. All judges must act impartially, without ties or affinities with the participating teams, and guarantee compliance with the rules.
- The judges constitute the highest authority throughout the competition, from start to finish. The organizers may not intervene in judging decisions, although they may clarify aspects of the rules if they are being interpreted incorrectly.
- Decisions may be made by consensus among the judges. No judge may assume exclusive control of the results or show bias toward any team.
- The organizer will assign a direct assistant to the judges in each lane, who will be responsible for counting, managing paperwork, and providing ongoing information on the progress of the competition.
- The umpires will be responsible for controlling the official timer using a computer system, which will be visible to the public. Additionally, a handheld stopwatch will be available as a backup in case of power outages.

15. CLASSIFICATION

- The team with the best overall time, after penalties are applied, will be declared the first-place winner.
- The team with the second-best overall time, after penalties are applied, will win second place.
- The team with the third-best overall time, after penalties are applied, will win third place.
- The first-, second-, and third-place teams will be awarded a gift.

16. CASES NOT STIPULATED IN THIS REGULATION

- Any situation not covered by these rules will be resolved at the sole discretion of the judges and competition organizers, whose decisions will be final.

17. LIABILITY FOR DAMAGES

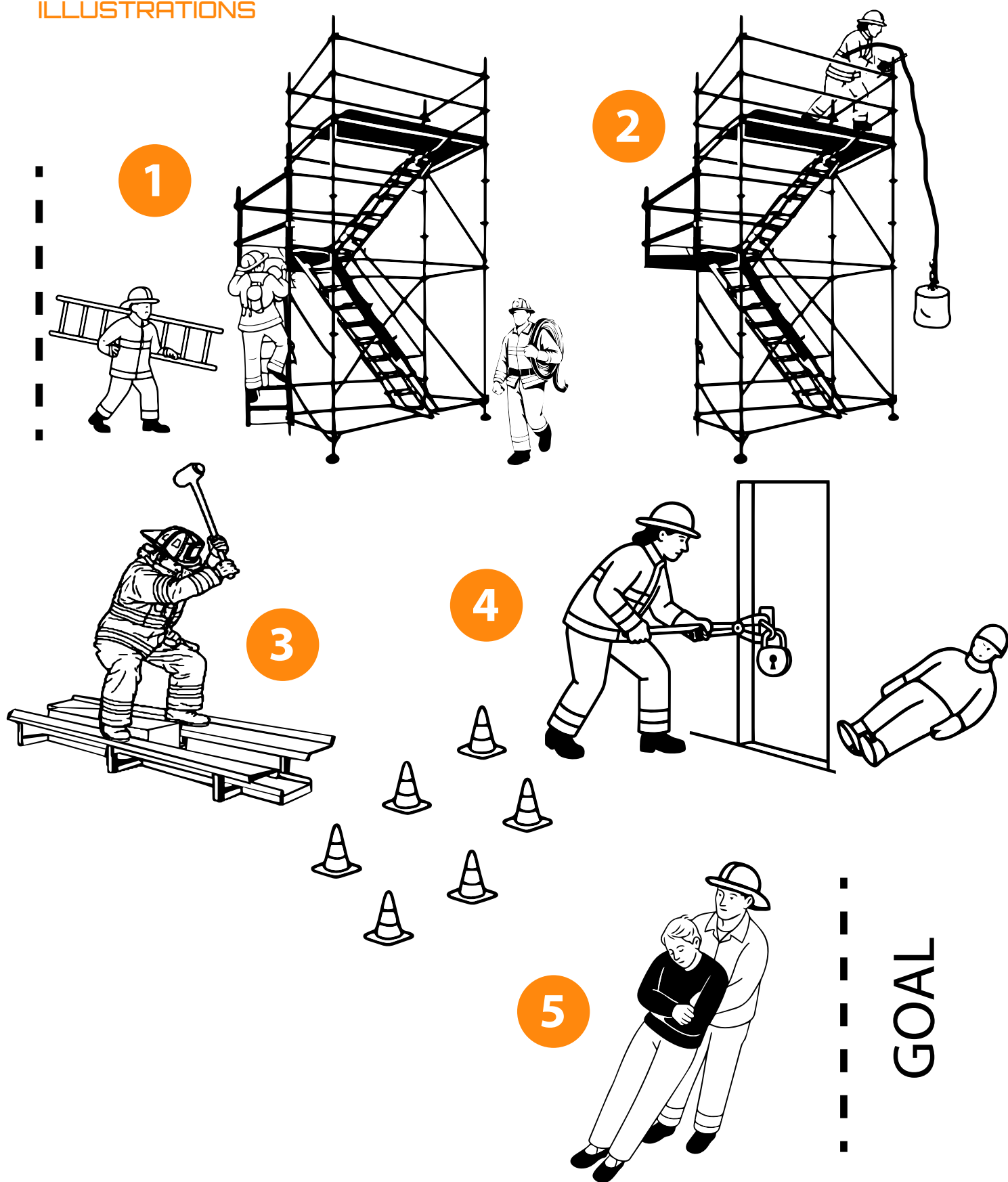
- The Organizer will not be liable for accidents, personal or property damage, or loss or theft that may occur before, during, or after the event. Participation in the competition implies express acceptance of this condition by the competitors and their companions, who understand that they participate at their own risk.
- Each participant is required to have personal or group insurance that covers any eventuality during their participation in the event.

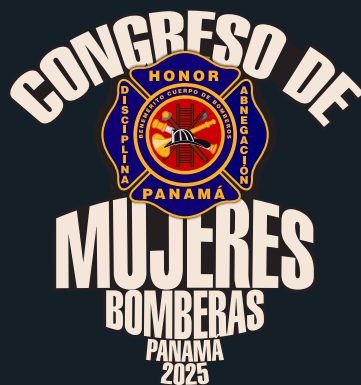
18. CONTACTS FOR INQUIRIES

For questions and inquiries, please contact:

- Lieutenant Armando Villa at +507 6517-7177
- Captain Yesenia Barría at +507 6151-3714

ILLUSTRATIONS





BENEMÉRITO CUERPO DE BOMBEROS DE LA REPÚBLICA DE PANAMÁ
2025