

GRIMPDAY 2026 • NAMUR • BELGIUM

GRIMPDAY

GENERAL RULES



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1. Description and objectives of GRIMPDAY

GRIMPDAY is an international rope rescue challenge that brings together rescue services from around the world (firefighters, civil protection, army, police).

Teams compete in events focused on the specificities of rescue work in hazardous environments.

GRIMPDAY is primarily a convivial event aimed at allowing rescuers to meet and exchange ideas regarding techniques and equipment.

Although healthy competition is welcome, the challenge's philosophy also aims at self-improvement, skill enhancement, and optimal respect for safety levels.

2. Team Organization

2.1 The Team

Team Composition

- **1 Leader** - Team Leader
- **4 Team members** - Rescuers
- **1 Victim**
- **1 Observer** - (optional)

Role Changes

Role changes are permitted, with the exception of the victim's role. These changes may be made between scenarios. **No changes are allowed during the same scenario.**

Injury / Illness

In case of injury and/or illness of a team member, the organization must be notified as soon as possible, and a decision will be made accordingly.

Prerequisites

All team members must be trained and technically and physically capable of performing rescues in hazardous, confined, and physically demanding environments.

Network access

Each team must have a reliable internet connection (4G / 5G) and access to Google Maps for the transmission of event sites.

Means of transport

Each team must be autonomous, with a private motorized vehicle (private, leased, or shared), to travel between event sites and between the accommodation and the main event site.

Equipment cart

An equipment cart, transportable in the vehicle, is strongly recommended for travel on foot.

Clothing requirements

The team must provide spare clothes and shoes. A rain jacket is also strongly recommended (aquatic event).

Punctuality

Each team must respect the indicated timing and go directly to the next location at the end of an event.

Sanctions

In case of non-compliance with the rules, sanctions will be taken by the organization.

Language versions

In case of conflict between different linguistic versions of the rules, the French version prevails.

2.2 Team Leader

Responsibilities

The team leader must be specifically trained in leading a rescue team or have similar experience. He/she directs and coordinates the team and is the guarantor of the safety of the entire team.

Languages used with the organization

The team leader must have a good level of understanding and expression in French or English.

2.3 Victim

Minimum age

The victim must be of legal age by the day of the event at the latest.

Minimum Weight

The victim must weigh at least 60 kg with their equipment. They will be weighed at the start of the competition and additional weight will be added if necessary.

Prohibitions

The victim is forbidden from communicating with other team members during the events (e.g., radio/phone/voice).

2.4 Observer

"The observer is an optional role, not mandatory but highly recommended."

Role

The observer is a team member who does not participate in any event. Their role is to observe their own team and other teams to promote improvement and the discovery of new techniques.

Photos

The observer is authorized to take photos of the event their team is engaged in, but must not attempt to give their team an advantage.

Prohibitions

- Observers are not permitted to scout the course in advance.
- Observers must not communicate with team members during events (via radio, phone, voice, etc.).
- Observers are strictly forbidden from assisting team members during the events.

The observer is forbidden from scouting events in advance, communicating with their team during events, or assisting team members. Non-compliance may lead to exclusion.

3. Mandatory Equipment

3.1 Individual Equipment

"During the events, all rescuers must wear the mandatory equipment."

Mandatory Equipment includes

- Helmet (with individual lighting if applicable)
- Work harness with at least one fall arrest point and progression lanyards (Note: "Y" lanyards are considered a single safety point)
- Descender
- Mobile fall arrester on rope with energy absorber, adapted for rescue (2 persons)
- Rope autonomy equipment
- Long trousers and closed shoes
- Gloves (must be worn when handling a moving rope under load)

3.2 Équipement collectif

"Teams are responsible for bringing their own gear. While there is no limit on the amount of equipment, it must be carried throughout the entire competition by the five team members only. Failure to comply will result in penalties. Support staff or spectators are not permitted to help carry any gear."

Collective Equipment

- 1 Rescue stretcher
- 6 semi-static ropes (EN 1891) of 100m (diameter 10.5 mm or higher)
- 1 throw bag and line (60 meters minimum)
- Equipment for an 80m zip line on two carrier ropes, capable of moving the stretcher horizontally and vertically
- A vehicle capable of transporting the team and equipment

Equipment must be used in accordance with its technical instructions and within the limits set by the manufacturer.

Prohibited Equipment

The use of thermal, electric, or hydraulic winches, as well as Davit arms or tripods, is prohibited unless provided by the organization.

3.3 Victim Equipment

"During the events, the victim must wear the equipment mandated by the organization."

Minimum Victim Equipment

- A helmet (with individual lighting, if applicable).
- Eye protection (if applicable).
- A work harness, equipped with at least one fall-arrest point and progression lanyards.
- Progression lanyards > Note: "Y-type" lanyards are considered a single safety point.
- A descender.
- A mobile fall arrester on rope with an energy absorber, rated for rescue (2 persons).
- Long trousers/pants.
- Closed-toe shoes.

3.4 Observer Equipment

"During the events, the observer must wear the equipment mandated by the organization."

Minimum Observer Equipment

- A helmet (with individual lighting, if applicable).
- A work harness, equipped with at least one fall-arrest point and progression lanyards.
- Progression lanyards > Note: "Y-type" lanyards are considered a single safety point.
- Long trousers/pants.
- Closed-toe shoes.

3.5 Certification and Equipment Inspection

Equipment permitted at GRIMPDAY must meet the official standards in force in the team's country of origin, such as :

- **CE Marking**
- **NFPA 1983 Classification "G" or "T"**
- **UIAA Certification**

All equipment used during the events must be standardized, inspected, functional, and in good working order.

Any equipment that is not standardized or does not bear an official marking will not be permitted during the event. Prototypes are also prohibited (equipment not sold on the market and not bearing a conformity marking (see above)).

The organizers reserve the right to remove any non-compliant or damaged equipment for the duration of the challenge.

The equipment must be used in accordance with its technical manual and within the limits specified by the manufacturer. If in doubt, inspectors may request the technical manuals for the equipment being used to ensure it is being used properly.

4. Insurance

"In accordance with Belgian regulations, the GRIMPDAY organizing body has taken out 'organizer' liability insurance."

The organization does not provide individual accident insurance. The team at fault will be held liable, in accordance with the law, for any violation of Belgian regulations and/or applicable safety standards. Consequently, **each team is required to be covered by liability and accident insurance. Proof of insurance must be submitted to the organizers before the start of the competition.**

The organizers assume no liability for theft or loss of equipment.

5 Technical Requirements

"Teams must pay close attention to the rules below, or they will face penalties."

5.1 General Rules

Teams are free to use whatever techniques they wish, provided they adhere to the equipment's usage limits as described in the manufacturers' instructions. However, in accordance with Belgian regulations (Title 5 of Book IV of the Occupational Health and Safety Code) regarding work at heights, all rescues must be performed using at least two ropes, anchored separately, with a diameter of 10.5 millimeters or greater.

Exceptions to the Two-Rope Rule

- Stretcher handling of a standard load on a low-angle slope (a slope where it is possible to stand and walk without a safety harness).
- Tree care/arbiculture work.
- When a secured rescuer has both feet on the ground and does not require their hands for balance (e.g., a team leader monitoring the maneuver using only a restraint system).

The three exceptions above may be performed on a single rope, provided a risk assessment has been conducted by the team leader and is in accordance with information provided by the station officer.

Manufacturer Specifications

Equipment must be used in strict accordance with the manufacturer's instructions as outlined in the user manual

Fall Factor

The fall factor must always be as close to zero as possible and must never exceed 1. No fall arrest devices will be permitted on basic-type spike devices, ascender handles, etc...

Danger Zone

No unsecured rescuer may enter a designated danger zone or be within 2 meters of an unprotected edge with of a potential fall of 2 meters or more.



Working Axis

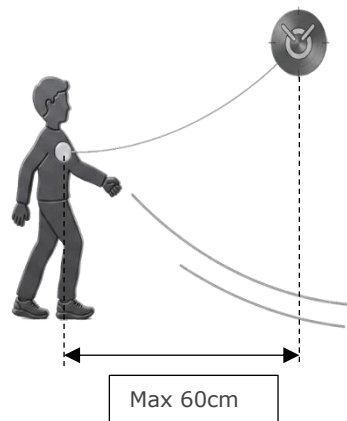
The working axis must be free of any hazardous environmental factors.

Rope Protection

- Ropes must not be stepped on.
- Rope friction points (rub points) must be eliminated or protected.

Pendulum/Swing

All ropes must remain on the installed structure or rope protectors at all times. No tolerance will be shown if a rope slips or creates a "pendulum" effect. Any swing of a team member or the stretcher/victim assembly exceeding 60 cm from the vertical line of the anchor point will result in a penalty.



Rope Tension for Tyrolean Traverses (Highlines)

- Ropes must be locked off using a descender that's allowed for tension release (never use a toothed/cammed rope grab for this).
- A 3:1 haul system (MA) may be operated by a maximum of 2 people.
- A 5:1 haul system may be operated by a maximum of 1 person.

Victim Security

The victim must be permanently secured to the main system via two points:

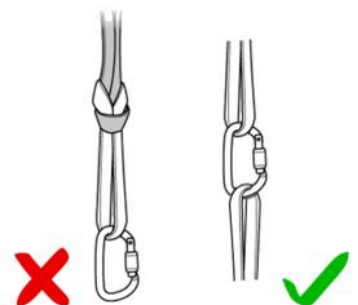
- A lanyard from the harness connected to the system.
- Secured within the stretcher/litter.

Victim Handling

The victim must always be handled with care. Impact or jarring during stretcher movement must be minimized. Particular attention must be paid to the stretcher's orientation (e.g., no head-down positioning, no compression of the victim, etc.).

Webbing/Slings

- Knots in webbing or slings are strictly prohibited.
- No direct "girth-hitching" or connecting one sling to another.
- A carabiner must be used to connect slings together.



Hardware (Metallic Equipment)

Forgetting, losing, or dropping non-textile equipment on hard ground will be penalized. Any item subjected to a significant drop must be removed from use for the remainder of the challenge.

Smoking Ban

Smoking is strictly prohibited on the event sites and/or in the presence of ropes and harnesses.

5.2 Anchors

Depending on the scenario, various types of anchors may be used. The team leader must conduct a risk assessment for each anchor type. However, the organization mandates compliance with the following instructions:

Structural Anchors

Depending on their size and strength, these may be doubled.

Artificial Anchors

Must be doubled at all times.

Natural Anchors

Depending on their size and strength, these may be doubled. Minimum diameter 30 cm, live tree

Vehicle-type Anchors

Must adhere to the following safety principles:

- Engine off.
- Ignition off.
- Ignition key removed from the vehicle cabin.
- Parking brake engaged.
- In gear (or in "Park" mode).
- Wheel chocks in place.
- The rigging system must encompass the entire wheel assembly (rim + tire).

5.3 Redundancy

The principle of redundancy must be applied at all times to the entire system. The following equipment is exempt from mandatory doubling, provided it is used in accordance with the manufacturer's instructions:

- Harnesses.
- "Unquestionable" anchors (> 24 kN strength).
- Certified rigging plates (multi-anchor plates).
- Rescue litters/stretchers.
- Evacuation triangles.

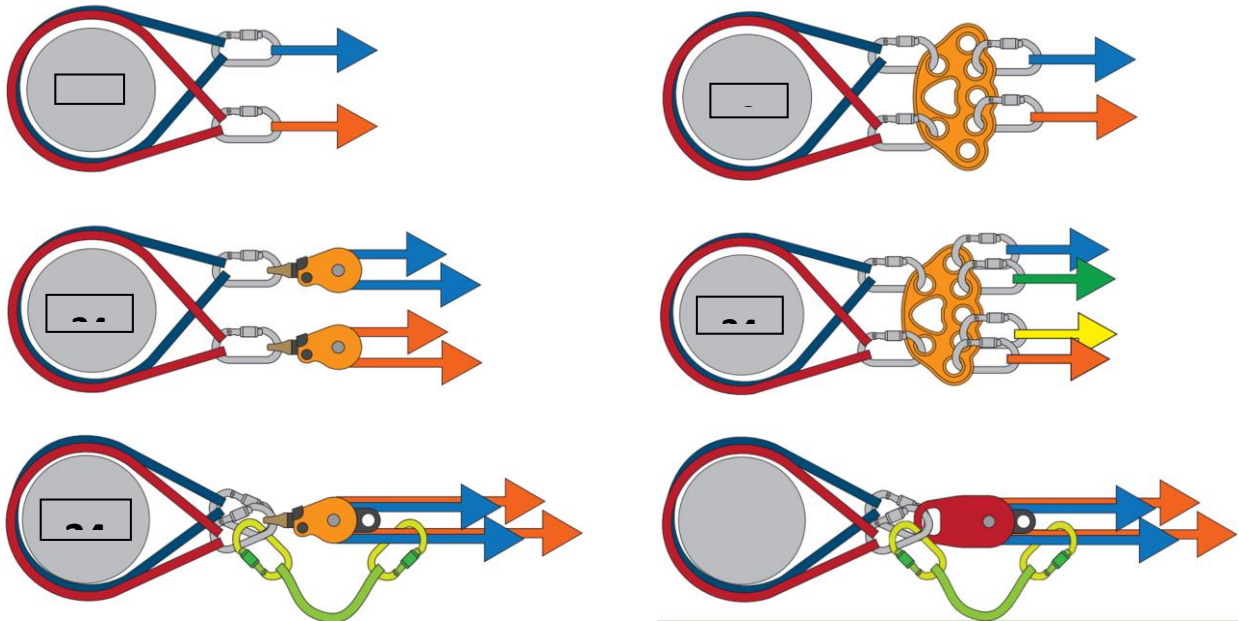


An "**unquestionable**" anchor does not systematically need to be doubled. For example, a substantial tree (alive and over 30 cm in diameter) can serve to anchor both the main rope and the belay (safety) rope.

Artificial anchors (bolts/hangers, pitons, etc.) cannot be considered "unquestionable." They are classified only as "reliable" (12 kN strength) and must always be doubled, with the load distributed across all points.

5.4 Examples of Anchor Systems (Non-exhaustive list)

Below are the authorized setups

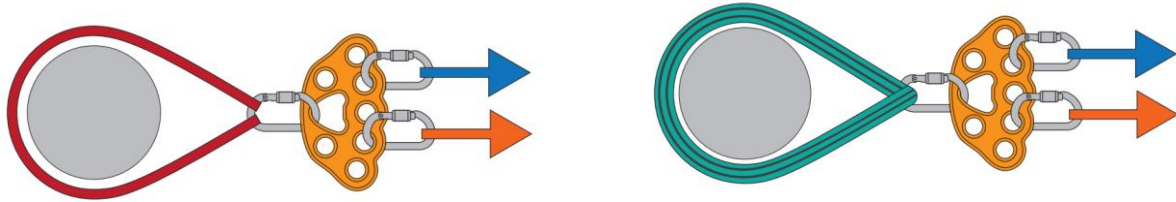


Redundancy for the double pulley (on a swivel) must be maintained and must incorporate both carabiners and both ropes.

Prohibited Setups (Banned Practices)



Missing redundancy on the double pulley.



A second cable/sling and a second carabiner are missing.

- **Single slings:** even if the working load limit is greater than 22 kN (the standard specifies 22 kN for strap loops) — **Not permitted.**
- **Double slings within the same sheath:** Even if the rated load is > 22 kN (Model Xmonster Rhino Max)— **Not permitted.**

5.5 Whistle Test

At any moment, an organization official may blow a whistle. Upon hearing it, all rescuers currently on the rig/system must immediately raise their hands in the air.

This action must not result in any movement or fall.

The purpose of this test is to demonstrate that all participants are correctly supported and secured by their rope systems at all times.

5.6 Magic Scissors Test

The "Magic Scissors" may be used to simulate the total failure of any textile or metallic component (except for the components listed in section 5.3.). **Nothing should happen!**

This action must not cause a fall or compromise the continuation of the maneuver.

The purpose of this test is to prove that the system is fully redundant and that a secondary safety measure is always active in parallel with the primary system.

6 Evaluation

6.1 Roles

Technical Direction

All events are supervised by members of the Technical Direction. They are responsible for making final rulings if a Race Director requests an analysis following a dispute or uncertainty.

Director

Each event is managed by a Director. They are responsible for organization, technical harmonization, and the scoring of participating teams.

Controller

Each event features several "lines" (work areas). Each line is managed by one or more Controllers. They are responsible for both safety and scoring, working under the authority of the Race Director.

Safety Officer

Every event is secured by two Safety Officers who provide continuous, evolving risk analysis and an adapted rescue plan. They do not participate in scoring. They are in charge of safety and any technical questions that may arise.

Observer (External)

Observers present at the events are not involved in scoring. Their role is focused on learning and technical exchange.

6.2 Timing

Each event is timed. The clock starts at the Controller's signal and stops once the work zone is cleared of all equipment (this may vary depending on the scenario).

A maximum time limit is announced for each maneuver. If the limit is exceeded, the maneuver is stopped immediately. If a team fails to complete the maneuver within the allotted time:

- They receive zero points for the "timing" portion of the score.
- They receive a -50% penalty on the technical portion of the score.

6.3 Safety Check

When the ropes supporting the stretcher are tensioned and before the load is moved into the void (suspended), the Team Leader must request a "SAFETY CHECK" from the Controller.

During the procedure, if the stretcher and the victim are transferred from one system to another, a new safety check will be required and requested by the team leader.

- Clock Stoppage: The timer is paused during the Safety Check.
- Verification: The Controller verifies the safety and compliance of the setups (e.g., redundancy, locked carabiners, absence of rope friction/rub points, etc.).
- Resuming: Once the Safety Check is complete, the clock is restarted. If necessary, the Team Leader must make any required corrections before proceeding.

6.4 Ranking

Each event is evaluated based on specific criteria for technique and timing.

The final ranking is determined by the total points accumulated across all events.

In the event of a dispute or for general rulings, the final decision rests with the Event Supervisor and/or the organization's Technical Lead.

6.5 Sanctions

All participants agree to familiarize themselves with these regulations and to comply with them unconditionally. Any behavior that contradicts this spirit will be sanctioned (penalty, point deduction, or disqualification).

The organizers are the sole authority responsible for the application of these regulations. Failure to comply with instructions given by organizers on the course or during events will lead to the disqualification of the team concerned.

Furthermore, the following actions are considered unsportsmanlike/unfair:

- Sending observer(s) ahead to scout or anticipate the next maneuver.
- Sharing advice or photos intended to give a team an unfair advantage.
- These actions will be subject to sanctions.

Such conduct will result in penalty points and may lead to the team's disqualification. Any disputes will be settled by the organizers. Disputed situations must be photographed during the event. These images will then be analyzed by the organizing jury at the end of the day. Their decision shall be final and binding. Additionally, a team may be penalized if one of its members is injured during a maneuver.

7. Miscellaneous

7.1 Waste Management

In the interest of environmental sustainability, all participants are asked to manage their waste responsibly. To this end, the use of reusable water bottles (gourdes) is highly recommended.

7.2 Toilets

Whenever possible, toilet facilities are installed near the event sites. Participants are requested to use them.

7.3 Media Rights (Right to Image)

By default, every GRIMPDAY participant agrees that the organization may use photos, videos, and testimonials collected during the event—in which the participant may appear or be quoted—for GRIMPDAY-related purposes.

If a competitor does not agree to this, they must notify the organization via registered mail at least 20 days prior to the start of the event.

7.4 Drones

For the 2025 edition of GRIMPDAY, no drone flight operations will be permitted anywhere on the event grounds, including indoor spaces.

In Belgium, drone flights are subject to strict regulations and require authorizations from multiple entities. Because the specific locations of the events are only disclosed on the day of the competition, it is impossible to obtain these authorizations in time to ensure full legal compliance.





Consequently, the organization has decided to prohibit all drone flight operations during the event. This ban applies to all drone classes, including Class C0 drones.

To ensure media coverage, footage will be captured using a drone provided by the organization. You may request this footage if interested.

Please be reminded that any unauthorized flight may be subject to administrative sanctions and fines in accordance with current legislation.

BONNE CHANCE • GOOD LUCK • VIEL GLÜCK • BUENA SUERTE • BUONA FORTUNA • BOA SORTE • VEEL SUCCES • УДАЧИ • POWODZENIA • 祝你好运 • 頑張つて • 행운을 빌어요 • शुभकामनाएं • CHÚC MAY MÃN • BOL ŞANS • بالتوفيق • BAHATI NJEMA • בהצלחה • STERKTE • SEMOGA BERUNTUNG • SUWERTE • KIA WAIMARIE • HELD OG LYKKE • ONNEA • SRETNO • HODNĚ ŠTĚSTÍ • BONŜANCON • EDU • PAÇ FAT • ՐԱԶՈՂՈՒԹՅՈՒՆ • YAXŞI ŞANSLAR • ZORTE ON • CHAÑS VAT • УСПЕХ • BONA SORT • CHONS DA • GÓÐA EYDNU • BUINE FORTUNE • □□□□□□□□□□ □□□□□□□□□□ • ΚΑΛ'Η Τ'ΥΧΗ • SOK SZERENCSET • GANGI PÉR VEL • GO N'ÉIRÍ AN T-ÁDH LEAT • ICKE CƏT • VEIKSMI • SĚKMĚS • CO CPEKA • AWGURI • NOROC • SREĆNO • MNOGO SREČE • POB LWC • SAUBHĀGYA • MAAYONG SWERTE • ZABWINO ZONSE • HMOOV ZOO • OSK DI • NEKMARGHA • CHANS KHUB • IA MAUA SE LAKI • GUID LUCK • BOASORTE • NAL VAZALTHUKAL • NGIKUFISELA INHLANHLA.

The Grimpday Team