

# MEMORANDUM

**TO:** Urban Competition Brigades  
Competition Associations

**DATE:** October 2025

**FROM:** VFBV Competition and Rules Committee

**SUBJECT:** Urban Competition Items for Information



For information, below are items of interest approved from the VFBV Competition and Rules Committee for the information of Coaches, Competitors and Judges and Officials.

## a) 2026 Senior Championship Events

The Committee considered feedback received from brigades and members following the proposal to change the events for the Senior State Championship at its recent meeting. The Committee have agreed to keep the events as proposed, with a change to the 'Y' Coupling 6 competitors event as detailed below.

While the Committee is aware that some teams and brigades do not fully support the changes the changes have been implemented to try to ensure the future of the Championships particularly with a declining number of teams having 8 competitors to compete in the reel events. The changes will also mean that both A and B Section teams are running the same events which will make the step up to A Section easier in the future if teams are elevated from B Section.

The Committee did make changes to 'Y' Coupling 6 competitors event which will now be run similar to an event in Western Australia using the reel and tray with 64mm hose. The rules for the new event have been included in the new revision of the rule book available from [tinyurl.com/urban-champs](https://tinyurl.com/urban-champs)

Attached to this memo is information for brigades on the new 'Y' Coupling 6 Competitors event to assist in running the event. A video will also be posted to VFBV's Championships Facebook page once available to assist teams in learning the new event.

### **Open events to all A and B Section teams**

Ladder Race -2 entries  
Hydrant Race – 2 entries  
Champion Fours

### **A & B Section**

Marshall One competitor – 2 entries  
Marshall Two competitors – 2 entries  
Y Coupling, 4 competitors  
Hose and Ladder Fives  
Hose and Reel Sixes  
Wet Hose Striking One Disc Twice, 4 competitors  
'Y' Coupling 6 competitors  
Hose, Hydrant and Pumper, 4 competitors  
Hydrant and Tanker, 4 competitors  
Pumper and Ladder, 5 competitors

### **Female Section (all events will be against time and only 1 entry per team)**

Marshall 1 competitor  
Marshall 2 competitors  
Y Coupling 2 competitors  
Y Coupling 4 competitors  
Hydrant Race  
Wet Hose Striking One Disc Twice, 4 competitors  
Wet Hose, 2 competitors  
Hose, Hydrant and Pumper, 4 competitors  
Hydrant and Tanker, 4 competitors

The full schedule of events for the State Championship will be available when State Championships entries open in December.

**Judges and Officials:** In order for the revised program to be successful brigades and teams are reminded of the requirement to ensure that they nominate a minimum of 2 non-competing members to act as a judge or official at the State Championships. If a brigade enters more than one team in any of A Section, B Section or Female Section an additional non-competing member is required to be nominated as a judge and official also.

**b) Changes to Aggregate Points for Senior Championship**

The Committee had proposed to change all points awarded for the Senior Championship to be the same. Following feedback received from some teams the points awarded for events will remain as they were previously except for the appliance events. The points awarded for the three appliance events changed to be awarded per dry events.

A summary of the points awarded for placings at the Senior Championship is:

All Marshall events, Ladder Race, Hydrant Race and Appliance events: First – 8 points, Second – 5 points, Third – 3 points, Fourth – 2 points, Fifth – 1 point

All remaining wet events: First – 16 points, Second – 10 points, Third – 6 points, Fourth – 4 points, Fifth – 2 points

**c) Rule book changes**

A new version of the Urban Competition Rule Book is available from the VFBV website [tinyurl.com/urban-champs](http://tinyurl.com/urban-champs)

The changes to the rule book include:

- Alteration to the minimum number of competitors required to enter two teams in the Senior State Championship
- Amendment to borrowing rules for the Senior State Championship
- Alteration to the point allocations for the Senior State Championship
- Insertion of new rules relating to Female Section events
- Insertion of new rule for 'Y' Coupling 6 Competitors event

**d) 2025/26 Competition Season**

The competition dates for the 2025/26 competition season are attached.

**e) Skills Workshops**

The Greater Midlands Fire Brigades Competition Association will be hosting two skills workshops aligned with competitions in November and December.

Judges and Officials Workshop: will be held in conjunction with the competition at Bendigo on 29<sup>th</sup> November.

Coaches workshop: will be held in conjunction with the competition at Echuca on 13<sup>th</sup> December.

Experienced judges, officials and coaches will be on hand at each workshop to provide guidance to members in any are they are interested in.

For more information please contact Greater Midlands Fire Brigades Competition Association President Brendan Jilbert 0438 516 458 or [gmbfbcasecretary@gmail.com](mailto:gmbfbcasecretary@gmail.com)

**f) Urban Junior Championship**

The Committee have agreed to retain two entries per team in the hydrant race event for both Under 14's and Under 17's. The start time of both days of competition for the Junior Championship will also remain at 0900 hours with the BBQ lunch supplied by CFA taking place on Saturday.

**g) 2026 State Championship Dates**

It is anticipated that entries for the 2026 State Championships will be opening in early December 2025.

For noting the 2026 State Championship dates are:

State Urban Junior Championship 21 and 22 March 2026 in Stawell.

State Urban Senior Championship 28 and 29 March 2026 in Stawell (in conjunction with the Rural State Championships).

Entries for the State Championships as well as Judge and Official nominations will likely open in early December.

**h) Competitor Registration**

A reminder that brigades should ensure that all members taking part in competition related activities including training and attendance at competitions must be registered as a CFA member.

The new member registration process via the Volunteer Recruitment Hub takes longer than the old registration process and should be commenced well in advance of the competition season to ensure members are registered prior to being involved in competition-related activities.

To register a new member please visit [www.cfa.vic.gov.au/volunteers-careers/volunteer-with-cfa/apply-to-volunteer](http://www.cfa.vic.gov.au/volunteers-careers/volunteer-with-cfa/apply-to-volunteer)

**i) VFBV Championships Page**

Information related to Championships will also be posted on VFBV's Championships Facebook page throughout the upcoming season <https://www.facebook.com/vfbvchamps>

**Steven Ellis**

Chair, Competition and Rules Committee

# 2025/2026 URBAN COMPETITION SCHEDULE

Organisation	Day	Date	Month	Location	Time	Senior/Junior	Contact Person	Phone
Greater Midlands FB Assoc.	Sat	8	Nov	Melton	1230	Junior	Brendan Jilbert	0438 516 458
Greater Midlands FB Assoc.	Sun	16	Nov	Kerang	0930	Junior	Greg Murphy	0429 955 122
District 17	Sun	23	Nov	Warracknabeal	0900	Junior/Senior	Sarah Simmons	0439 499 131
Greater Midlands FB Assoc. (incl Judges school)	Sat	29	Nov	Bendigo	0900	Junior/Senior	Brendan Jilbert	0438 516 458
Combined Gippsland (Training Day)	Sat	29	Nov	Sale	1015	Junior	Helen White	0428 329 233
Western Districts FB Assoc.	Sat	29	Nov	Horsham	1300	Junior/Senior	David Hornsby	0408 053 653
Greater Midlands FB Assoc.	Sun	7	Dec	Kyneton	0930	Junior	Brendan Jilbert	0438 516 458
Greater Midlands FB Assoc. (incl Coaches workshop)	Sat	13	Dec	Echuca	0900	Seniors	Brendan Jilbert	0438 516 458
Combined Gippsland (Training Day)	Sat	13	Dec	Sale	1015	Junior	Helen White	0428 329 233
Western Districts FB Assoc.	Sat	17	Jan	Colac	0900	Junior/Senior	Andrew Bath	0419 557 439
Combined East Central FB Assoc.	Sat	17	Jan	Hallam	0900	Junior/Senior	David Baptist	0459 283 174
Greater Midlands FB Assoc.	Sat	17	Jan	Swan Hill	1000	Junior	Brendan Jilbert	0438 516 458
Greater Midlands FB Assoc.	Sun	18	Jan	Swan Hill	1000	Senior	Brendan Jilbert	0438 516 458
Combined Gippsland (South Eastern)	Sat	31	Jan	Morwell	0900	Junior/Senior	Helen White	0428 329 233
Greater Midlands FB Assoc.	Sat	31	Jan	Bendigo	0900	Junior	Brendan Jilbert	0438 516 458
Greater Midlands FB Assoc.	Sun	1	Feb	Bendigo	0900	Senior	Brendan Jilbert	0438 516 458
District 17	Sun	1	Feb	TBA	0900	Junior/Senior	Sarah Simmons	0439 499 131

# 2025/2026 URBAN COMPETITION SCHEDULE

Organisation	Day	Date	Month	Location	Time	Senior/Junior	Contact Person	Phone
GMFBCA and WDFBA	Sat	7	Feb	Stawell	0900	Junior	Malcolm Bishop	0407 041 365
GMFBCA and WDFBA	Sun	8	Feb	Stawell	0900	Senior	Malcolm Bishop	0407 041 365
Combined Gippsland (Gippsland)	Sat	14	Feb	Morwell	0900	Junior/Senior	Helen White	0428 329 233
Western Districts FB Assoc.	Sat	14	Feb	Osborne Park	0900	Junior/Senior	Terry Mann	0412 516 184
Combined East Central	Sat	21	Feb	Hallam	0900	Junior/Senior	David Baptist	0459 283 174
Western Districts FB Assoc.	Sat	21	Feb	Warrnambool	0900	Junior	Tom Woodhams	0406 778 692
Greater Midlands FB Assoc.	Sat	21	Feb	Tatura	0900	Junior	Brendan Jilbert	0438 516 458
Greater Midlands FB Assoc.	Sun	22	Feb	Tatura	0900	Senior	Brendan Jilbert	0438 516 458
Western Districts FB Assoc.	Sat	22	Feb	Warrnambool	0900	Junior/Senior	Tom Woodhams	0406 778 692
Eastern Districts FB Assoc.	Sat	28	Feb	Morwell	0900	Junior/Senior	Brad Miller	0400 876 325
Greater Midlands FB Assoc.	Sat	28	Feb	Melton	0930	Junior	Brendan Jilbert	0438 516 458
Greater Midlands FB Assoc.	Sun	1	Mar	Melton	0900	Senior	Brendan Jilbert	0438 516 458
District 17	Sun	1	Mar	Horsham	0900	Junior/Senior	Sarah Simmons	0439 499 131
Greater Midlands FB Assoc.	Sat	14	Mar	Echuca	0900	Junior/Senior	Brendan Jilbert	0438 516 458
Western Districts FB Assoc.	Sat	14	Mar	Hamilton	1300	Junior/Senior	Nathan Appledore	0448 186 904
Combined Gippsland (Eastern Zone)	Sat	14	Mar	Traralgon	0900	Junior/Senior	Helen White	0428 329 233

## 2026 State Championships

Urban Junior State Championship	21 <sup>st</sup> & 22 <sup>nd</sup> March 2026, Stawell
Urban Senior State Championship	28 <sup>th</sup> & 29 <sup>th</sup> March 2026, Stawell
Rural Senior State Championship	28 <sup>th</sup> March 2026, Stawell
Rural Junior State Championship	29 <sup>th</sup> March 2026, Stawell

## Information for brigades

### Y COUPLING AND HOSE PRACTICE – 6 COMPETITORS EVENT OVERVIEW

The Y Coupling and Hose Practice 6 Competitors is essentially the same run as the previous 8Y event except it is conducted with 6 competitors and there will be no use of a ladder stand or ascension of a ladder by a competitor. The third length of hose will be run out parallel to the second length of hose and the disc at the 54.864 metre line (180 feet) will be struck a second time from the third hose. As the run will use 3 x 64mm hoses the event will be conducted from a tray. Rule 26 (a) (vii) will apply. Reference will need to be made to the rules for this event and the use of the tray in the run. *(see Urban Competition Conditions and Rules Book 2025 edition)*

#### Equipment

Competition Reel

3 x 64 mm canvas hoses

Y Coupling (Y coupling may have a handle on the female coupling as specified in the rules)

1 x long handle branch

2 x branches

Competition Hydrant

#### Summary of the Rules for the Y Coupling & Hose Practice – 6 Competitors

This event is to be run using a tray into which the hoses must be flaked. The hose must flake from the tray. A reel catcher can be used for this run.

Rules for the use of the reel and tray in this event are:

- (i) reel catcher may take control of the reel in compliance with Rule 26 (b) REEL CATCHERS once it has passed the second disc line.
- (ii) the hose must progressively drop from the tray in a single flake from the hydrant onwards until all hose has been laid out; if more than a single flake comes off the tray at the same time, it will be deemed a Miss;

#### Specific Rules

- Reel to carry three lengths of hose not less than 82.296 metres flaked on singly.
- Six members from each brigade to run 9.144 metres to reel and with reel and appliances 27.432 metres to plug, fix hydrant, run out first length of hose, attach to hydrant, break coupling, fix branch, throw water, strike first disc; run out second length of hose, disconnect branch, couple first and second lengths of hose together, break third coupling, fix branch throw water and strike second disc.
- Run the third length of hose back from the 54.864 metre line (180 feet) to the 27.432 metre line (90 feet), attach to "Y-Coupling"
- The first and second lengths of hose must not be broken until the water strikes the second disc at the 54.864 metre mark.
- Break couplings between first and second length of hose, insert "Y-Coupling" to which third length of hose will be attached, fix branch at the 54.864 metre line to the third length and throw water and hit disc from third length of hose.
- The hydrant in the Y-6 must be attended at all times during the run. – (By "attended" it means the hydrant operator must always be within a metre of the hydrant while it is producing water)

- Some portion of the first, second and third branches to be over the 27.432 metre and 54.864 metre marks respectively when the water hits these discs.
- The time is to be taken from starter's signal until water hits disc at the 54.864 metre line from the third length of hose.
- The "Y-Coupling" need not necessarily be past the 27.432 metre mark on completion of the run.
- In the Y Coupling a competitor that elects to shut off the water at the 2<sup>nd</sup> branch cannot turn the branch into the track forcing the nozzle of the branch into the track to shut off the water. The competitor may turn the branch back onto the hose or block off the nozzle of the branch using their hand.

A separate document is available from VFBV setting out a suggested method to run this event and details of the individual positions.

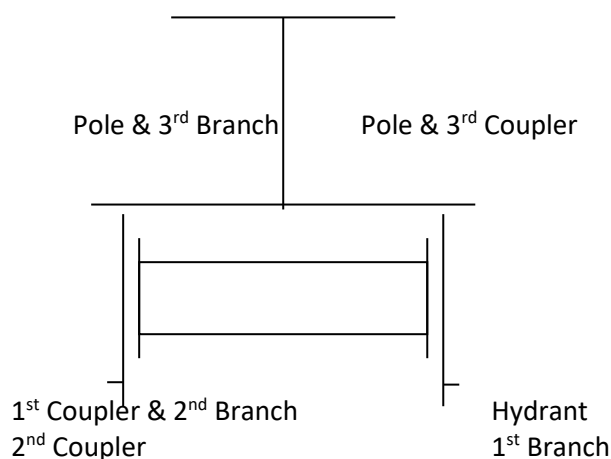
## Information for brigades

### Y COUPLING AND HOSE PRACTICE – 6 COMPETITORS A SUGGESTED WAY TO RUN THE EVENT

#### Description of the Event:

The Y-6 is one of the more complex wet hose events. It involves five runners running from the start line with the reel and the sixth runner taking the hydrant off the reel and running to the plug and shipping the hydrant. The five runners on the reel lay out two lengths of hose continually from the plug line to the 54.864 metres (180 Ft) line. The first and second lengths of hose are broken, a branch is fixed to the first hose and the disc is struck with water. The branch is removed from the first hose and the second length of hose is coupled to it. As the third coupling drops at the 54.864 m (180 Ft) line it is broken and the third length is run back to the 27.432 m (90 Ft) line and coupled to the Y coupling. Once the disc at the 54.864 m (180 Ft) line has been struck with water the coupling joining hose 1 and hose 2 is broken and hose 1 is coupled to the female coupling of the Y piece and hose 2 is coupled to the left side male coupling of the Y piece. Water is then run through the hoses and the disc at the 54.864 m (180 Ft) line is struck again by the branch on the third length of hose completing the run.

#### Suggested Positions of Runners on the Reel:



In the above diagram the runners have been positioned on the reel to run to the right hand plug. If running to the left hand plug the hydrant runner will change to the left hand side of the reel and the hoses and first coupler will be set up in the tray to run to the left hand side.

#### Positions and Responsibilities of Runners:

##### ***Pole & 3<sup>rd</sup> Branch:***

Before the start of the run sets up third branch at front of pole. Lines up on the start line to the left of the second couple runner. Runs into the left hand side of the pole, picks pole up and places hand nearest to the front crossbar. As the reel is moving down the track takes the branch off of holder and runs with it in left hand. When the reel crosses the 54.864 m (180 Ft) line slows the reel down so it is almost stationary and once the reel catcher has control of the reel and gives the call he/she steps out of the pole and runs back to the 54.864 m (180 Ft) line, picks up the male coupling of the



third length, fixes the branch and lines up the disc and strikes the disc with water. At the completion of the run places the branch on the track.

### ***2<sup>nd</sup> Coupler Runner:***

Prior to the start of the run places the Y coupling piece on the left back arm of reel. Attaches the Y Coupling to the reel with elastic bands so that it is not jarred off the reel during the run. He/she lines up on the start line in line with the left back arm. On starting runs to the reel, hits the left back arm pushing the reel off the start. He/she continues to run on the left back arm to about 2 – 3 metres before the 27.432 m (90 Ft) line where he/she leaves the reel taking the Y coupling with him/her. As the 1<sup>st</sup> Branch runner bends to break the coupling, step on the second length of hose to stop it being dragged down the track by the reel, bend down and place the Y coupling on the ground facing in the correct direction, that is, the male couplings facing towards the 54.864 m (180 Ft) line in the direction of the reel. Having done this pick up the female coupling of hose 2 and get ready to couple onto the male coupling of hose 1 once the first disc has been struck and the branch removed. Couple onto hose 1, then step over the hose and make ready to break the hose apart when given the word by the 1<sup>st</sup> branch runner. On the word to break, disconnect 2<sup>nd</sup> coupling off hose 1 and couple onto the left hand male coupling of the Y piece. Once the 1<sup>st</sup> branch runner has inserted the male coupling into the Y piece, bend the second length over to shut off water to the second length of hose.

### ***1<sup>st</sup> Coupler and 2<sup>nd</sup> Branch:***

Prior to the start of the run places branch on one of the pegs on the reel frame on the left hand side of the reel frame near the drum, place elastic bands on the branch to stop it being jarred off the peg. Set up the first coupling on the right hand coupling holder, place elastic bands on the coupling to the holder. Line up in the centre of the line directly facing the drum of the reel. On starting run to the reel, hit the reel pegs with hands or with left shoulder and part of chest if a buffer has been attached to the tray and at the same time place right hand on the peg to hit the reel off the mark. Work as part of team hitting the back arms. It is important for maximum impact and effectiveness that the 2 back arm runners and the 1<sup>st</sup> couple runner time their start to hit the reel at the same time. Push for a couple of paces then transfer the left arm to the peg on the left hand side of the reel frame. Continue to push for approximately a further 7- 10 paces then remove the branch with the left hand, grab the coupling with the right hand, remove the coupling from the holder and at the same time bring the left hand with the branch in it across to grab the hose approximately 30-45 cms below the coupling to brace the hose against the tug of the reel as it moves away. This is the same action as the coupling runner in the Championship 4's event except the runner has a branch in the left hand. As the coupling runner comes out of the reel slow down and move towards the hydrant. It is important to maintain tension on the hose to start the hose flaking off the tray. Couple onto the hydrant. As soon as the coupling is on the hydrant push the head of the hydrant around so that the hose is laid out straight from the hydrant to the branch line. Once the coupling is on and the hydrant head pushed around run from the hydrant to the 54.864 m (180 Ft) line and fix the branch to the male coupling of the 2<sup>nd</sup> length of hose and strike the disc with water. Once the disc has been struck look back to the centre and when the Y is coupled together block off the branch.

If the 1<sup>st</sup> coupling runner is experiencing difficulty controlling the branch and hose, an alternative method is to place the branch onto a branch holder at the front of the pole and for the 3<sup>rd</sup> coupling runner to remove the branch when he/she comes out of the pole to move to break the 3<sup>rd</sup> coupling at the 54.864 m (180 Ft) line. The runner places the branch on the track next to the male coupling. This will fractionally delay the breaking of the coupling. The 1<sup>st</sup> coupling runner will then pick up the branch and fix the branch.

**1<sup>st</sup> Branch:**

This is usually an experienced runner who has good branch and coupling skills. The First Branch runner uses a special branch for this run. The branch will have a handle welded to the outside of the base of the branch where the white line is painted just around from the start of the thread on the branch. Further, the branch is usually prepared differently to other branches in that it is not normally washered and is lubricated with either candle wax or some other lubricant such as a thin smear of grease or Vaseline. This assists in the easy removal of the branch after the first disc has been hit with water, particularly if water is still coming out of the branch. Elastic bands hold the branch to the branch holder on the right hand back arm of the reel.

At the start of the run the first branch runner hits the right hand back arm. He/she needs to time this hit so that he/she and the second coupling runner hit the reel at the same time and also in time with the first couple runner. Push on the reel until about 2 paces passed the line 21.336 metres (70 Ft), drop off the reel with branch and as the coupling joining the first and second lengths of hose hits the track bend down and break the coupling, fix branch to male coupling of the first length and hit the first disc with water. The first branch competitor should place the coupling and branch across his/her right thigh. This position allows the runner to be braced to hit the disc and to easily remove the branch and have the male coupling firmly fixed across the thigh in order to allow the second coupling runner to couple the second coupling to the first length. As soon as the first disc is struck with water remove the branch and push down on the coupling so that it is horizontal across the thigh positioning it for the second coupling to couple the second length to the first length. Once the second coupling has completed the coupling step over the hose so that it is between the legs and watch the water travel through the second length. When it is about 3 metres from the end of the hose give the command to the second couple runner to ease the coupling at the same time pushing against the second coupling. When the second branch runner strikes the second disc with water give the command to break the coupling. As the coupling is broken tilt the male coupling so that it is pointing down on an angle of about 45°. Wait until the second coupling runner has coupled to the Y piece then insert the male coupling into the Y piece by clipping the male coupling up into the female coupling on the Y piece. Once the male coupling has been clipped the third coupling runner will turn the handle on the Y piece to tighten the insert. Keep hands on the male coupling until the run has finished.

**Hydrant Runner:**

Sets the hydrant before the start of the event. Usually this done either at the completion of the event before or just prior to commencement of the event. Attach elastic bands to the foot, handles and head of the hydrant to stop them moving as the hydrant is carried down the track. Hold onto the hydrant until the reel has been set up on the reel line and the other runners have placed all their equipment onto the reel, then set the hydrant up on the hydrant holder. At the start line line up directly in line with the hydrant. Prior to the run, usually decided during training, determine who between the hydrant runner and the pole and 3<sup>rd</sup> couple runner who is going to go through first to the reel. If the hydrant runner is going to go through first he/she will need to start very quickly. If the pole runner is going through first the hydrant runner follows closely behind. On approaching the reel take the hydrant off the hydrant holder and sprint to the right hand plug, remove cap and cover and set hydrant. Turn the head of the hydrant to the position decided on for the 1<sup>st</sup> Coupling runner, keep hold on the back part of the hydrant head to steady it for the 1<sup>st</sup> Coupling runner and once he/she has coupled onto the hydrant turn water on. Don't turn the water on quickly but wind it on with control. You do not want to kick the hose sideways or cause it to go up off the track. This may either cause the hose to drop short of the 27.432 m (90 Ft) line. As winding the water on, assist the 1<sup>st</sup> Coupling runner to turn the hydrant head to point down the track towards the 27.432 m (90 Ft) line by turning the head with the hand that you have on the back of the hydrant head. Watch the

water through the first length making sure that you do not “blow” the 1<sup>st</sup> branch competitor. As the water nears the branch start to turn off the water and once the 1<sup>st</sup> branch has struck the disc turn it off completely or to the predetermined number of turns, eg, ½, 1 turn, 1 ½ turns, etc. that the 2<sup>nd</sup> Coupling runner is going to couple over (this will be determined on the experience and skill of the runner). Once the 2<sup>nd</sup> Coupling runner has coupled onto the 1<sup>st</sup> hose turn the water back on and watch the water through the second length. When the 2<sup>nd</sup> Branch runner strikes the disc turn the water off and watch the Y. When all the hoses have been coupled to the Y piece turn the water on and watch the water through the third length until the 3<sup>rd</sup> Branch strikes the disc then turn the water off. As water is passing through the second or third lengths of hose check that the hydrant is tight. If the runners at the 27.432 m (90 Ft) line are quick in completing the coupling of the hoses to the Y piece the water should be able to be turned off and then immediately back on. If you see one of the runners is having trouble turn water off until all hoses have been coupled to the Y piece.

### ***Pole and 3<sup>rd</sup> Coupler:***

The pole and assist runner will be the second pole into the reel and will pick up the right hand pole. At the start he/she will either let the hydrant runner through then follows into the pole quickly afterwards or will go through before the hydrant runner. Run into pole and place hand behind the other pole runner and run down the track. As the reel approaches the 54.864 m (180 Ft) line and is approximately 3 to 4 metres from it step out of the pole and run to the coupling as it drops from the reel and break the coupling, leaving the male coupling on the track for the second branch runner, pick up the female coupling of the third length and run back to the 27.432 m (90 Ft) line. He/she will run back to the centre where the second coupling runner will have set up the Y piece. Couple the female coupling onto the male coupling of the Y piece that is closest to the centre of the track. Take control of the Y piece as you arrive at the position of the first branch and second coupling, kneel on your right knee and place the Y piece across your left knee, using your right hand and arm to brace the Y piece and grab the lever on the female coupling of the Y and position the white lead so that it is vertically on top of the Y piece. When the first branch gives the command to break wait for the first branch runner to clip the male coupling into the female coupling then turn the lever upwards and lock the coupling into position. Keep pressure on the lever until the run is completed. When the run is finished keep hold of the Y piece while it is judged.

Note: If the alternative is used where the 3<sup>rd</sup> Coupling runner places the branch for the 2<sup>nd</sup> Branch runner on the track at the 54.864 m (180 Ft) line, place elastic bands on the branch to hold it to the branch holder at the front of the pole. The branch may be removed from the holder as you run down the track, usually as you are between the hydrant line and the 27.432 m (90 Ft) line. Run with the branch in your right hand and as you approach the 54.864 m (180 Ft) line and come out to break the 3<sup>rd</sup> coupling, run to the coupling and place the branch on the track on the left side of the hose so that it cannot be knocked by the hose being run back.