

# Southside Virginia Volunteer Firefighters Association

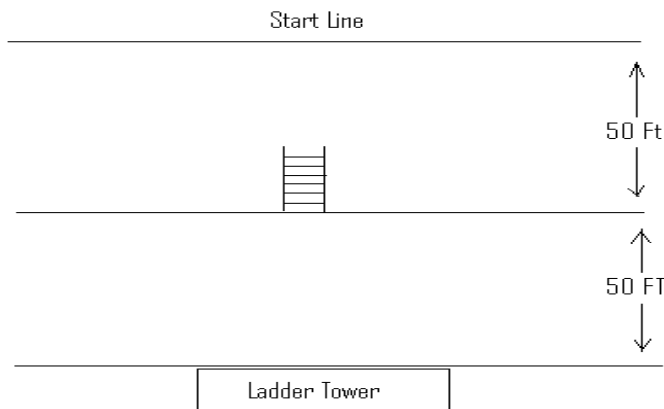
## Four Firefighter Ladder Raising Contest

Team to consist of 4 (four) firefighters. Ladder to be used will be 14 (fourteen) feet in length.

Ladder to lay flat on ground, heel of ladder 50 (fifty) feet from ladder tower. Contestants to stand on 10 (ten) foot line, 100 (one hundred) feet from ladder tower, run 50 (fifty) additional feet, raise ladder and place against ladder tower and one firefighter will ascend to the top rung. **Bottom of the ladder must be no more than 5 (five) feet from the tower.** A Half-Second penalty will be added to running time for each 6 (six) inches over the 5 (five) feet maximum the heel of the ladder is located. CLIMBER SHALL NOT JUMP HIGHER THAN THE 3<sup>RD</sup> RUNG FROM THE HEEL OF THE LADDER AND MUST STEP ON EACH AND EVERY RUNG THEREAFTER.

The contestant may not mount the ladder until the tip of the tip of the ladder has been placed upon the tower. A 2 (two) second penalty for failure to comply with this rule will be added to the running time for every rung stepped over

Time will be taken when the contestant grasps the top rung. **Contestant must hold top rung until time is called by judge!!!!**



Ladder Tower must have 4'x8' sheet 3/4" ply wood for Board with 2"x2" strips on eather side for side boards.