



# *Competition Rules*

for the

# *International Fire Brigade Sports Competitions*

7th issue 2012  
Supplement 07/2016

### **7.5.1 Scaling with the Hook Ladder - Woman**

In the women's hook ladder scaling contest the competitors start without the ladder to the climbing tower.

The ladder is attached to the first window of the scaling tower. The competitors scale with both feet to the first floor. From there the timekeeping is done similarly to the men in the third floor.