

Ankle Taping Contest Rules

1. Only one student from each school is allowed.
2. There will be a preliminary round followed by the finals
3. In the preliminary round, the taper must provide an ankle to tape and in the finals, the judges will be getting taped.
4. Tape job must include but is not limited to: 2 proximal anchors, 1 distal anchor, 3 stirrups, 2 horseshoes, 1 heel lock on each side, 1 figure eight, and cover up. There is a 3 minute time limit. **Only the heel locks can be continuous. The rest of the ankle has to be done in strips of tape!!!!!!**
5. The ankle taping will be judged on neatness, comfort, stability, and time. A score of 1-10 will be awarded for the first three and the time will be used in case of a tie.
6. The top three scores will be the winners.

Student Athletic Trainer Olympic Steps

1. Ankle taping (using the guidelines for the ankle taping contest).
2. Splinting an elbow with a vacuum splint.
3. Wrapping a quad with an ace wrap
4. Cooler carry

The team with the fastest time wins!!!!!!