

Student 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. No continuous heel locks. All steps must be done individually.
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.

Athletic Trainer Olympic Steps

1. Ankle taping (using the guidelines for the ankle taping contest).
2. Splinting a knee with a vacuum splint.(must attach pump, 15 pumps and disconnect pump).
3. Wrapping a quad with an ace wrap(must use all of the wrap and attach wrap with clips)
4. Cooler carry

All steps must be cleared by judge before moving on.

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