

ANKLE TAPING CONTEST

Overview:

This competition is designed to be a way to show off one of the skills that you have learned. It is intended to be fun, but you will also need to be accurate and quick in your demonstration. Your goal is to tape an ankle as fast as you can, **HOWEVER**, making the tape job **functional** as well as including all of the components.

Structure:

Students will compete against the clock on Friday to determine the twenty (20) scores. A student's score will be based on the total time it takes the student to complete the tape job with all of the required components. If the student does not include all the required components, the student's time will continue until all components are completed.

Once the twenty (20) scores have been determined, the semi-finals will be held on Saturday to determine the top four (4) finalists that will tape off during Awards Ceremony.

Supplies:

Each student will be **provided** with a roll of 1 ½" white tape and roll of prewrap/underwrap. State Officers will be the models. You may not bring your own tape and/or model


TAPING CONTEST RULES:

- Each high school may enter only **two** students
- Preliminaries will be held Friday; Top 20 will be posted and semis will be after testing on Saturday; and finalist will be announced and finals will be during the closing.
- Tape job must include but is not limited to: 2 proximal anchors, 1 distal anchor, 3 stirrups, 4 horseshoes (laterals), 2 heel locks to each side, 1 figure 8, and final covers. Continuous heel locks and figure 8's are allowed, but must be separate from each other. Also, figure 8's and/or heel locks cannot be continued into covers.
- Tape job will be judged in the following categories –correctness, neatness, stability, functionality, and time
- Time is worth up to eight (8) points and each category is worth up to seven (7) points.
- In the event of a tie – time will be the determining factors.
- There will be only one champion
- Any questions, please e-mail the State Officer Director at stateofficerdirector.wctsmabod@gmail.com



"No, Jerome, that is incorrect. ... Can anyone else demonstrate the proper way to tape a basketball player's ankle?"

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| <p>Prewrap must completely cover all skin to be taped. From base of calf to 5th metacarpal.</p> <p><i>No time limit for placing prewrap. Time Starts with the first strip of tape</i></p> | <p>Two (2) – proximal anchors (base of the calf) AND One (1) – distal anchor (5th metatarsal)</p> |
|  |  |
| <p>Three (3) - Stirrups – pulling medial to lateral</p> | <p>Minimum of four (4) horseshoes (laterals); starting from distal of malleoli and working proximal; overlapping no less than half the width of the tape <u>Must be broken up and not continuous</u></p> |
|  |  |
| <p>Two (2) - Lateral heel locks</p> | <p>Two (2) – Medial heel locks</p> |
|  |  |
| <p>One (1) - Figure 8 (separate from heel locks)</p> | <p>Final covers (same as anchors)</p> |
| <p>Starting line Midline Finish line </p> | |
| <ul style="list-style-type: none"> Each high school may enter only two students. Tape job must include but is not limited to: 2 proximal anchors, 1 distal anchor, 3 stirrups, 4 horseshoes (laterals), 2 heel locks on each side, 1 figure 8's, and final covers. (Continuous heel locks and figure 8's are allowed – but separate from each other.) Tape job will be judged in the following categories –correctness, neatness, stability, functionality and time Time is worth up to 8 points and each category is worth up to 7 points. In the event of a tie – time will be the determining factors. | |

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CRITERIA

1. PRE-WRAP:

- a. *Not counted in timing*
- b. Covering
 - i. Below belly of Gastrocnemius
 - ii. 5th metatarsals

2. ANCHORS:

- a. Two (2) proximal
 - i. 5 to 6 inches above the malleolus just below the belly of the gastrocnemius
- b. One (1) distal
 - i. Instep directly over the styloid process of the 5th metatarsal
- c. Separate – *not continuous*
- d. Must overlap no less than half the width of the tape

3. STIRUPS: Three

- a. Medial to lateral
- b. Proximal anchor to proximal anchor
- c. Separate – *not continuous*

4. HORSESHOES (LATERALS)

- a. Four (4)
- b. First horseshoe starts distal to the malleoli
- c. Second – Fourth are proximal to previous
- d. Must overlap no less than half the width of the tape
- e. Separate – *not continuous*

5. FIGURE 8'S

- a. One (1) total
- b. Separate from heel locks – may not be included as part of heel locks

6. HEEL LOCKS

- a. Two (2) lateral and Two (2) medial

7. COVERS

- a. Same as anchors
 - i. Two (2) proximal
 - ii. One (1) distal
 - iii. Separate from figure 8's and/or heel locks
 - iv. Separate – not continuous
 - v. Must overlap no less than half the width of the tape

8. TIME

- a. Time will start when first piece of tape is attached
- b. Time will continue until all components are present and attached.

9. SCORING: See Rubric