

Ankle Taping Contest Rules – 2023

1. Only two students from each school are allowed
2. There will be a preliminary round followed by the finals
3. The judges will be taped in the preliminary and final rounds
4. Tape job **MUST** include:
 - a. 2 proximal anchors
 - b. 1 distal anchor
 - c. 3 stirrups
 - d. 3 horseshoes
 - e. 1 heel lock on each side (can be continuous)
 - f. 1 figure eight
 - g. Cover up
5. The ankle taping will be judged on:
 - a. Pre-wrap application
 - b. Height on leg
 - c. Stirrup Application
 - d. Horseshoe Application
 - e. Heel Locks
 - f. Figure 8
 - g. Closing Strips
 - h. Overall Tape Job
 - i. **Speed will only be judged in the event of a tie**
6. **If any step is not included, the taper will automatically be disqualified for the finals**
7. The top 5 tapers will advance to the finals. The top 3 tapers in the finals will receive the following awards:
 - **First Place:**
 - **Second Place:**
 - **Third Place:**