









## GHATS TAPING CONTEST GUIDE

	
<p><b>No time limit for placing prewrap</b>  <b>Time starts with the first strip of tape</b></p>	<p><b>2 - proximal anchors and 1 - distal anchor</b></p>
	
<p><b>3 - Stirrups – pulling medial to lateral</b></p>	<p><b>Minimum of 2 horseshoes (laterals)</b></p>
	
<p><b>1 - Lateral heel lock</b></p>	<p><b>1 - Medial heel lock</b></p>
	
<p><b>2 - Figure 8's</b></p>	<p><b>Final cover</b></p>

Starting line → Midline → Finish line →

- Each high school may enter as many students as desired
- Preliminaries will be held during the morning lecture sessions – finalist will be posted and finals will be after lunch
- Tape job must include but is not limited to: 2 proximal anchors, 1 distal anchor, 3 stirrups, 2 horseshoes (laterals), 1 heel lock to each side, 2 figure 8's, and a final cover. (Continuous heel locks and figure 8's are allowed.)
- Tape job will be judged in the following categories – neatness, stability, comfort, and time
- Each category is worth 5 points
- In the event of a tie – neatness and time will be the determining factors. If necessary, the absolute time will determine the winner. (i.e. A 37 second time will beat a 42 second time.)
- There will be only one champion