



2019 EATA Mueller Taping Contest Criteria

There will be a District 1 and a District 2 tournament

Each participating AT program will need 3 participants: 1 model and 2 tapers

All tape must be on the table before starting

The first round:

- Fastest times will move on to the next round
- When the clock is started, taper 1 may then pick up the pre-wrap and begin taping.
- Taper 1 will tape one of the models feet and must put the roll of tape down before taper 2 can pick up the pre-wrap to begin the other foot.
- Timer is stopped when Taper 2 puts the roll on the table.
- Fastest times move on as long as they have included all elements (*see below*)

The second round:

- Appearance and functionality will be judged by Certified Athletic Trainers
- This round is not a race, however, both ankles still need to be completed in under 3 minutes
- One winner will be chosen from each district

All ankle tapes must include all of the following elements:

- 1 layer of pre-wrap
- 2 anchors: 1 on top and 1 on bottom
- 3 stirrups
- 2 sets of complete heel locks
- 1 figure 8
- Minimum of 4 individual circular strips to fully close.