**Ankle Wrap Rubric**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** | Karen | Bri C. | Jon | Jet | Candice | Holly | Josh | Jodi | Court | Kayleigh | Morgan | Chase | Lil Moe | Makaila |  |
| Athlete Positioned Correctly (5) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wrap in correct starting position (5) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Start on lateral malleolus (3) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Complete 1 figure 8 (2) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Complete 1st heel lock (2) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Complete 2nd heel lock (2) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Complete 3rd heel lock (2) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Complete 4th heel lock (2) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Finish wrap on top (3) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Start tape in correct position (3) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Complete figure 8 with tape (2) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Complete heel lock with tape (2) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dog Ear Tape (5) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Time (10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Neatness/Wrinkles (10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Time Penalty -1pt/3sec. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total** (55 pts) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |