



STATE CHAMPIONSHIP HANDBOOK

To compete for the TSATA State Championship a team must qualify within its region according to zip code. A team may not travel to another region to qualify. There will be no waivers available.

These are the qualifying entities:

Region 1 - Sun City Athletic Trainers' Association

Region 2 - Everett Blackburns Rockin' Rodeo and Justin Sports Medicine Clinic

Region 3 - West Texas Sports Medicine Society

Region 4 - North Texas Athletic Trainers' Society

Region 5 - East Texas Athletic Trainers' Association or equivalent

Region 6 - Greater Houston Athletic Trainers' Society

Region 7 - Central Texas Athletic Trainers' Society

Region 8 - Alamo Area Athletic Trainers' Association

Region 9 - Valley Athletic Trainers' Association

At-Large Qualifiers:

Crossroads Athletic Training - Qualifier must be from Region 8

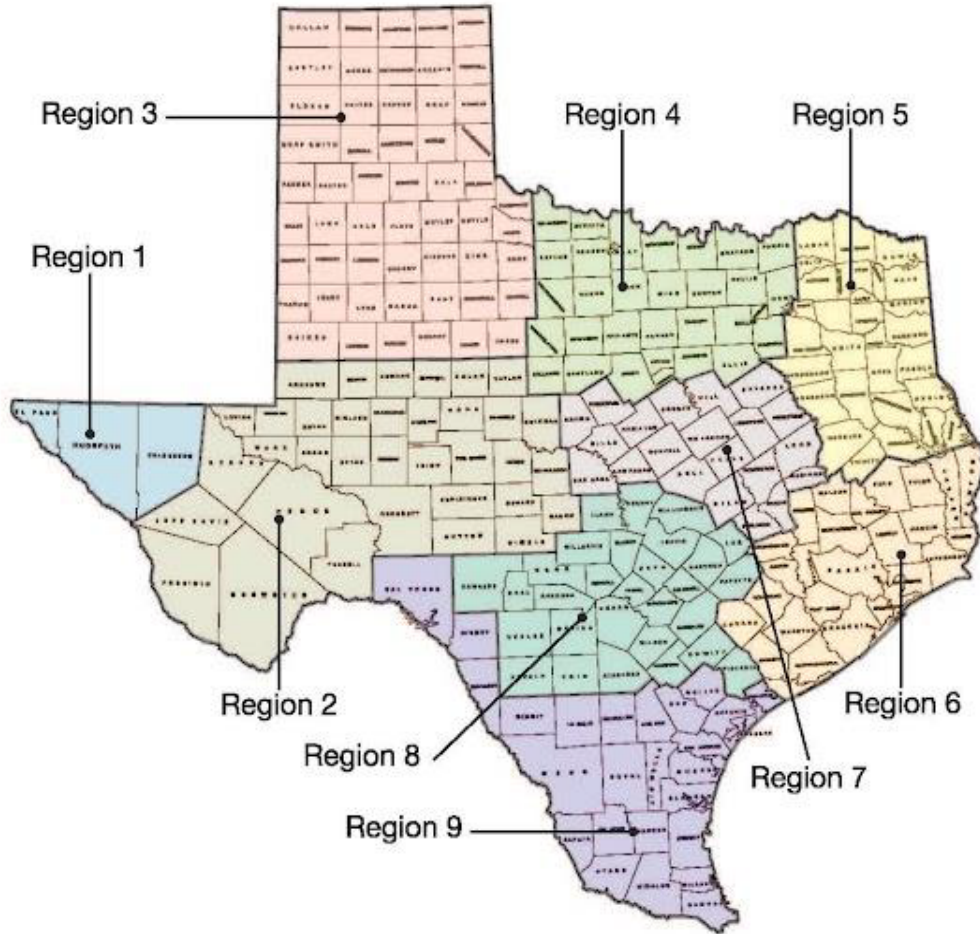
Coastal Bend Athletic Trainers' Society - Qualifier must be from Region 9

ALL SCHOOLS MUST BE QUALIFIED BY MAY 1, 2027. SCHOOLS WILL NOT BE ALLOWED AFTER THE DEADLINE.

Three schools per region and one school from each At-Large entity may be certified for the State Championship. The qualifying schools must be reported to the TSATA Secondary School Chair by the Board of the qualifier Association or a Board designee. Send correspondence to tsatasecondary@gmail.com.

**The TSATA State Championship is tentatively scheduled for May 16 - 17, 2027.
Location: TBD**

TSATA REGIONS



What region or zip code are you in?

Region 1	79855-79968	Region 7	76462-76834
Region 2	79601-79772		77801-77861
Region 3	79001-79549	Region 8	77901-78000
Region 4	75001-75409		78001-78263
	76000-76451		78602-78801
Region 5	75428-75965	Region 9	78332-78599
Region 6	77001-77710		78802-78999

OPTIONAL STATE PRACTICAL RELAY

State Practical Relay Guidelines:

- o All participating schools will be split into Preliminary Heats
- o Heats will be chosen from a random draw (Paper or Computer draw)
- o Winner from each heat will advance to the finals
- o Each table will have a judge to evaluate a task and let students know when they may proceed to the next task (any team that just takes off w/o permission is DISQUALIFIED!)

Visual Example Link: <https://www.youtube.com/watch?v=KMejOgkrRHw>

Possible Relay Events (5 events that alternate every year):

- o Ankle or Wrist Taping
- o Ankle Spat
- o Medical Kit Supply Grab
- o Anatomy Dot Placement
- o Splinting (Vacuum Splint & Sam Splint)
- o Ace Wrapping (Hip/Shoulder Spica)
- o Crutch Fitting
- o Ankle Bracing
- o Cooler Run
- o Gatorade Chug
- o Backboard Carry (1 student placed on board and strapped down)
- o Stool Scoot
- o Ice Bag and Wrap
- o AED setup
- o Portable Table Setup

Event Breakdown (maybe have a rubric/video link):

§ Ankle Taped: Pre-wrap, 3 Anchors (2 top 1 bottom), Closed Basket-weave (3 Long-Stirrups, 3 Short-Stirrups, 2 Heel locks, 1 figure-8, cover up. (or whatever the guidelines are for the taping competition)

§ Wrist Taped: pre-Wrap, 2 anchors, 1 bracelet, 3 “pinky to pinky”, 1 bracelet, coverup

§ Ankle Spat: Power-flex to cover entire shoe with no holes

§ Medical Kit Supple Grab: Index card with 5 items listed need to be pulled from the kit and shown to the judge

§ Anatomy Dot Placement: 5 anatomical structures are given on an index card; students place the dots given on the proper structure

§ Vacuum Splint/Sam-Splint: Students are given a body part to splint with the vacuum splint (must place the pump in the correct position and give 20 pumps). Sam splint students are given a limb to splint using the sam-splint and ace wrap.

§ Ace Wrapping: Students will be given instructions to either wrap a shoulder, hip flexor, or groin using a 6” double ace wrap. (students will have to go the proper way to move on; ex. Groin internal pull, hip flexor external pull)

§ Crutch Fitting: Students will properly fit crutches and crutch back to tag the next participate (student must use crutches properly with only one foot touching the floor and both hands holding the crutches under their armpits at all times).

§ Ankle Brace Lacing: Students will lace up an ankle brace completely and attach stirrup straps correctly.

§ Cooler Run: Students will run and grab their designated cooler, and two students will bring it back to their table (both students have to keep their hand on the handles at all times; they have to cross the line together).

§ Gatorade Chug: Students will spin around an aparatise 10x's then run down to the table and chug a 20oz Gatorade, then spin 10x's after that, and run back.

§ BackBoard Carry: Students will backboard a team member with straps, and carry them back to the starting area.

§ Stool Scoot: Students will run, retrieve a stool and scoot back to the starting line.

§ Ice Bag & Flexi-wrap: Students will make an ice bag and wrap the bag onto their teammates knee; both students race back to starting line (ice bag must stay secure if it falls out of the wrap the team must redo the flexi-wrap).

§ AED Setup: Students must retrieve their AED simulator and place pads on the dummy and then simulate 1 full cycle of CPR correctly.

§ Portable Table Setup: Students set up a portable treatment table; race back tag another teammate that breaks down the table and zips it up correctly in the bag.

TSATA STUDENT ATHLETIC TRAINER STATE CHAMPIONSHIP

TSATA STUDENT ATHLETIC TRAINER CHAMPIONSHIP SCORING BREAKDOWN

Scores will be tabulated as stated below for the skills competition, ankle taping, and the quiz bowl:

First Place	50 points
Second Place	45 points
Third Place	40 points
Fourth Place	35 points
Fifth Place	30 points
Sixth Place	25 points
Seventh Place	20 points
Eighth Place	15 points

Final scores will be tabulated by committee designees. The highest combined score for the three events will be crowned champion. There will not be a separate champion for ankle taping.

TSATA SKILLS COMPETITION

The TSATA Skills Competition will consist of five skills. Skill rubrics except for anatomical landmarks are presented in the appendix of this document.

TSATA QUIZ BOWL COMPETITION

- EACH TEAM WILL CONSIST OF SIX PARTICIPANTS. FIVE OF THE SIX PARTICIPANTS WILL HAVE A BUZZER. ALL PARTICIPANTS WILL BE SEATED AT THE TABLE AND HAVE AN OPPORTUNITY TO DISCUSS THE QUESTION. THE CAPTAIN WILL STATE THE ANSWER.
- Quiz Bowl style format with a Moderator asking the questions, a scorer keeping track of points and resetting the buzzers, and an independent observer (Professional AT) in the room as well.
- Questions will be Short Answer
- Students will “buzz in” when they think they know the answer to a question.
 - Once the question has been asked, the first team to “buzz in” has a chance to answer.
- The Scorer will hold the buzzers until the entire question is read. Teams will not be allowed to buzz in before completion of the question.
- The time limit to answer the question is 10 seconds.
- The Team may deliberate for the full 10 seconds before answering the question.
- If the team answers incorrectly, the opposing team will have the opportunity to answer the question. They may choose to have the entire question read to them again before they attempt to answer. They will then have 10 seconds to answer after the question has been read.
 - Points are only awarded for correct answers.
 - The first Team to five (5) points in the Preliminary and Semi-Final Rounds wins
 - The first Team to six (6) points in the Championship Match wins

Protests:

- Each Team Captain may protest a question/answer by raising his/her hand.
- This protest must happen **BEFORE** the next question is read. Once the next question is read, we cannot go back to the previous question.
- The ruling will be made before the competition resumes.
- All protests will be ruled on by the Moderator with the collaboration of an independent observer which will be a professional Athletic Trainer in the room. Once a decision has been reached, the competition will continue and points awarded. **ALL DECISIONS WILL BE FINAL.**

Policy on Electronic Devices/Cell Phones:

- The use of electronic devices to include any phones or smart watches is strictly prohibited during the competition. Any violation of this rule will result in disqualification of the team from the round, and therefore, disqualification from the competition for the team.

Supervising Athletic Trainers:

- The School Athletic Trainers will not be in the room during the competition in order to maintain the integrity of the competition or any future competitions.

TSATA High School Student Athletic Training Championship

State Championship Host Guidelines

Venue(s)

Gym/Arena to host opening and closing events along with the Sunday Olympic Competition

Two Gyms or one that can be split to host the concurrent skills competition on Monday

May also be used as a holding space for Quiz Bowl rounds

Auditorium may also be used for opening and closing events

Classrooms - minimum of 4 for Quiz Bowl Bracket Rounds

Consider having additional rooms for teams to sit or study in

Space to serve meals. This can be a lobby, gym, classroom, or whatever area is available.

Consider with a full slate of teams and sponsors capacity of 300+ may be needed.

Command Room for meetings with volunteers and Staff Athletic Trainers

Registration Area for Sunday and Monday check-in

Technology

Audio Visual equipment should be available in the space designated for opening, closing, and Olympics. As long as buzzer system is used for Quiz Bowl rounds, AV is not needed in those rooms.

Make sure to have phone number of AV personnel that are on call.

Parking

Make sure that parking is identified for busses and personal vehicles, etc.

Meals

Availability to coordinate lunch on Monday. Can be pizza, boxed meals, etc. This also includes water and soda. TSATA pays for this.

Hotels

Block enough rooms at local hotels to accommodate those that may be traveling. 30 rooms to start. May need to add pending on location of event.

Ability to arrange housing for volunteers as needed.

Local Volunteers

This can be program students, faculty, and clinical staff. Important as they know the campus and local area.

Equipment

Splint Bags

Knee/Ankle/Hip/Shoulder Models for Anatomical Landmarks

Backboards

Taping Tables

Tables for Skills Competition - coordinate with Secondary School Chair

Tables to serve lunch on Monday

APPENDICES

APPENDIX A

TSATA Ankle Taping Guidelines and Rules

Directions: Students will be timed for taping 1 ankle in the closed basket weave method. Pre-wrap and tape will be provided.

Time will start once student lays first strip of white tape. Pre-wrap is not counted towards student's time. Time will end once student completes last strip and removes hands from the ankle. Scoring is as follows for # of strips.

Apply smooth single layer of pre-wrap to the ankle	1 0
Using non-elastic tape, applied two anchor strips at a slight angle around the distal lower leg, just inferior to the gastrocnemius belly and an anchor strip around the midfoot, proximal to the fifth metatarsal head	1 0
Started the first stirrup on the medial lower leg anchor and proceeded down over the posterior medial malleolus, across the plantar surface of the foot and continued up and over the posterior lateral malleolus, finishing on the lateral lower leg anchor, avoiding placing the stirrup over the distal end of the fifth metatarsal	1 0
Began the first horseshoe strip on anchor of the medial aspect of the midfoot, continued around the distal Achilles tendon, across the distal lateral malleolus, and finished on the anchor of the lateral midfoot, proximal to the fifth metatarsal head	1 0
Started the second stirrup on the medial lower leg anchor by overlapping the first by ½ of the tape width, continued down over the medial malleolus, across the plantar foot, up and over the lateral malleolus, and finished on the anchor of the lateral lower leg.	1 0
Began the second horseshoe on the medial rearfoot and overlapped the first by ½ of the tape width.	1 0
Applied the third stirrup, beginning on the medial lower leg anchor, overlapping the second and covered the anterior medial and lateral malleoli	1 0

Starting on the medial rearfoot, applied the third horseshoe, overlapping the second.	1	0
Completed a medial heel lock or reverse heel lock. <i>Heel lock must not be continuous.</i>	1	0
Completed a lateral heel lock or reverse heel lock. <i>Heel lock must not be continuous.</i>	1	0
Applied Figure 8 starting at navicular tubercle crossing the plantar surface and both malleoli ending at the navicular tubercle.	1	0
Applied leg cover strips. <i>Cover strips should not be continuous.</i>	1	0
Applied foot cover strips.	1	0

Quality Scoring:

50% Overlap 1 2 3 4 5

Neatness 1 2 3 4 5

No gaps 1 2 3 4 5

Time:_____

Subtract 1 point for each 10 seconds past 2 minutes.

Final Score:_____

APPENDIX B

Splinting Gradesheet - Team/SAT: _____

- _____ Check distal circulation
- _____ Form splint around injured area immobilizing one joint above and below
- _____ If using SAM splint secure with ace wrap
- _____ If using vacuum splint remove air with pump to appropriate rigidity.
- _____ Check for distal circulation and athlete comfort
- _____ Total - Each step is worth 2 points each - _____/10

APPENDIX C

ACE Wrap Gradesheet

Ankle 4"/3" Wrap

- _____ Place ankle in neutral position
- _____ Apply the wrap distal to proximal
- _____ Apply the wrap at an angle superior to the toes medial to lateral
- _____ Proceed over the heel
- _____ Apply medial and lateral heel locks
- _____ Apply figure 8
- _____ Spiral to area inferior to the belly of the gastrocnemius
- _____ Use 50% overlap
- _____ Secure wrap with clips or Powerflex
- _____ Check for distal circulation and athlete comfort
- _____ Total - Each step is worth 1 point - _____/10

Knee 6" Wrap

- _____ Place knee in a neutral position - use heel lift
- _____ Use 6" wrap
- _____ Begin distal to the knee by one hand length
- _____ Spiral using 50% overlap
- _____ Do not leave gaps
- _____ Cover patella and end one hand length above patella
- _____ Avoid wrinkles
- _____ Secure wrap with clips or Powerflex
- _____ Check for distal circulation and athlete comfort
- _____ Wrap provides compression without excessive tension
- _____ **Total - Each step is worth 1 point - _____/10**

Hip Spica 6"/4" Double Length

- _____ Place hip in neutral position with internal rotation - use heel lift
- _____ Place wrap at oblique angle and start spiral proceeding around both iliac crests crossing the hip flexor making an "X"
- _____ Apply wrap to position hip into internal rotation
- _____ Repeat steps 2-3 times depending on length of wrap
- _____ Do not leave gaps
- _____ End with spiral around the thigh
- _____ Avoid wrinkles
- _____ Secure wrap with clips or Powerflex
- _____ Check for distal circulation and athlete comfort
- _____ Wrap limits hip flexion and abduction
- _____ **Total - Each step is worth 1 point - _____/10**

Shoulder Spica 6”/4” Double Length

_____ Place hand of arm to be wrapped on hip and other arm straight out

_____ Secure the wrap around the upper arm

_____ Apply wrap to position shoulder into internal rotation

_____ Once wrap is secured on upper arm, pull the wrap from the posterior aspect of the shoulder around the anterior chest

_____ Continue wrapping under the opposite arm across the back of the shoulder

_____ Loop the wrap around the upper arm

_____ Repeat pattern with “X” over anterior joint line - approximate 50% overlap

_____ End with spiral on upper arm without gaps

_____ Secure with clips or Powerflex

_____ Check for distal circulation and athlete comfort

_____ Total - Each step is worth 1 point - _____/10

APPENDIX D



Adapted from the American Red Cross “Hands Only” CPR Checklist for the TSATA.

(Each check is worth ½ point.)

- _____ 1. Check the scene, then check the person.
- _____ 2. Tap on the shoulder and shout, “Are you okay?” and quickly look for breathing.
- _____ 3. CALL 9-1-1 if no response.
- _____ 4. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS.
- _____ 5. Use gloves to provide care.
- _____ 6. Place heel of one hand on the center of the chest.
- _____ 7. Place the heel of the of the other hand on top of the first hand, lacing your fingers together.
- _____ 8. Keep your arms straight, position your shoulders directly over your hands.
- _____ 9. Push hard, push fast compressing the chest at least 2 inches.
- _____ 10. Compress at least 100 times per minute counting out loud
- _____ 11. Let the chest rise completely before pushing down again.
- _____ 12. Continue chest compressions without stopping until:
 - You see obvious signs of life
 - Another trained responder arrives
 - EMS personnel arrives and takes over
 - You are too exhausted to continue
 - An AED is ready to use
 - The scene becomes unsafe

AED IS READY:

- _____ 13. Turn on AED
- _____ 14. Wipe chest dry.
- _____ 15. Attach the pads
- _____ 16. Plug in connector, if necessary
- _____ 17. Make sure no one is touching the individual
- _____ 18. Push the “Analyze” button, if necessary
- _____ 19. If shock is advised, push the “Shock” button
- _____ 20. Perform compressions and follow AED prompts

APPENDIX E

Quiz Bowl Study Guide

- Off-the-Field Injury Evaluation (Anatomical Direction/Movement, HOPS/SOAP Notes, bilateral comparison)
- Distinguish between acute and chronic Injuries
- Musculoskeletal Trauma mechanisms of injuries
- Differentiate between various types of sports injuries (Dislocation, Sprain, Strain, Contusion, etc.)
- Most common mechanisms for Ankle and Knee injuries
- Distinguish between Concentric, Eccentric, Isometric movements
- 5 signs of inflammation
- Describe the signs of bacterial infection of the skin

- On-the-Field Acute Care and Emergency Procedure (EAP, CPR, first aid, Primary Survey, Secondary Survey, Crutch Fitting)
- Underlying causes for; Tachycardia; Bradycardia; Weak pulse; Thready Pulse; Hypertension; Hypotension; Unequal pupils; pupil dilation; pupil constriction
- Define shock and list the four common conditions that may lead to shock:
- Identify types of Fractures
- Environmental Considerations (Heat Cramps; Heat Exhaustion; Heat Stroke; Hypothermia; Frost nip, Frost Bite; Lightning safety)
- Ischemia, Hyponatremia, Anaphylaxis, Asthma
- Diabetic conditions (Diabetic Ketoacidosis, Hypoglycemia, Hyperglycemia)
- Symptoms of internal bleeding
- Measurable Skin Condition- Warm/moist; Hot/Dry; Cool; Cold/clammy (what are some causes of these)
- Different ways to measure body temperature vs. Most accurate way to measure core temperature
- Measuring Respiration- What is normal, increased, decreased
- Underlying causes for: Tachycardia; Bradycardia; Weak pulse; Thready Pulse; Hypertension; Hypotension; Unequal pupils; pupil dilation; pupil constriction
- Second Impact syndrome
- Mechanisms of cervical spine injury
- Sudden death in athletics