



ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION FORM

Separate signed form is required for each school year **MAY 1** of the current year through **JUNE 30** of the succeeding year.

For school year _____

PART I- ATHLETIC PARTICIPATION

(To be filled in and signed by the student)

Male _____
Female _____

PRINT CLEARLY

Name _____ Student ID# _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

INDIVIDUAL VISAA ELIGIBILITY RULES

A student who does not satisfy the rules set forth in this Article V is NOT allowed to participate in any regular season competition between VISAA member schools or any VISAA championship event (defined as a VISAA Event).

- **Academic Requirement:** The student must be a regular bona fide student in good standing of the school that they represents and must be enrolled and in attendance at the VISAA school that they represents at least 30 days prior to the date of the commencement of the VISAA championship in which they proposes to participate to be eligible for such VISAA championship. For the purposes hereof, the term "regular bona fide student" shall mean a full-time student taking an average of four (4) hours of classroom instruction per day or at least five (5) academic classes per semester/grade reporting period and is working toward graduation requirements at the school they represents. For the purposes hereof, the term "school" shall mean a private, preparatory, parochial or other nonpublic school that is accredited by the accrediting agency approved by the VCPE and that does not derive its financial support from state or local taxes.
- **Age Requirement:** The student shall not have reached the age of 19 on or before August 1 of the school year in which they wishes to compete.
- **Grade Level Requirement:** Students in grades 8-12 are eligible for VISAA Events. Students below the 8th grade level are ineligible for VISAA Events.
- **Conference Requirement:** Any student or school team ruled ineligible by a VISAA recognized conference is considered ineligible for VISAA Events. A conference's determination of eligibility under its rules is not appealable to the Appeals Committee of the Executive Committee or the Executive Committee.
- **Senior Status Requirement:** Attending academic classes while classified as a senior at any school marks the student's last year of eligibility for VISAA Events. A student who has been classified as a senior at any school, who then transfers to another VISAA member school, is eligible for VISAA Events during that transfer year only. The student may not gain additional eligibility thereafter. Post-graduates are ineligible for VISAA Events.
- **Non-Conference School Participation:** Schools not participating in a VISAA approved conference may apply to participate in VISAA championship events if they participate in at least 50% of their athletic contests with VISAA member schools. Non-conference schools must comply with all VISAA tournament dates and times and VISAA eligibility requirements.
- **Multisport Participation:** In order for a student to participate in more than one school sport in a season, the student must be a regular member of both teams participating in practice for both sports and participating in at least two scheduled contests for both teams during the regular season.
- **Gender:** If a school maintains separate teams in the same sport for girls and boys during the school year, regardless of sports season, girls may not compete on boys' teams, and boys may not compete on the girls' teams. If a school maintains only a boys' team in a sport, girls may compete on the boys' team. Notwithstanding the foregoing, if the Executive Committee determines the boys' opportunities for participation in athletics have been limited in the past, boys may not participate on a girls' team, unless the sport involved is a contact sport.

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by you Conference and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your administration for interpretations and exceptions provided under VISAA rules.** Meeting the intent and spirit of VISAA standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any school or VISAA athletic program, publication or video.

→Student Signature: _____ Date: _____

PROVIDING FALSE INFORMATION WILL RESULT IN INELIGIBILITY FOR ONE YEAR.



The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

PART II- MEDICAL HISTORY (Explain "YES" answers below)

This form must be complete and signed, prior to the physical examination, for review by examining practitioner.

Explain "YES" answers below with number of the question. Circle questions you don't know the answers to.

GENERAL MEDICAL HISTORY		YES	NO	MEDICAL QUESTIONS CONTINUED		YES	NO		
1. Do you have any concerns that you would like to discuss with your provider?	☐	☐	24. Have you had mononucleosis (mono) within the last month?	☐	☐				
2. Has a provider ever denied or restricted your participation in sports for any reason?	☐	☐	25. Are you missing a kidney, eye, testicle, spleen or other internal organ?	☐	☐				
3. Do you have any ongoing medical conditions? If so, please identify: ☐ Asthma ☐ Anemia ☐ Diabetes ☐ Infections ☐ Other: _____	☐	☐	26. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?	☐	☐				
4. Are you currently taking any medications or supplements on a daily basis?	☐	☐	27. Have you ever become ill while exercising in the heat?	☐	☐				
5. Do you have allergies to any medications?	☐	☐	28. When exercising in the heat, do you have severe muscle cramps?	☐	☐				
6. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?	☐	☐	29. Do you have headaches with exercise?	☐	☐				
7. Have you ever spent the night in the hospital? If yes, why? _____	☐	☐	30. Have you ever had numbness, tingling or weakness in your arms or legs or been unable to move your arms or legs AFTER being hit or falling?	☐	☐				
8. Have you ever had surgery?	☐	☐	31. Do you or does someone in your family have sickle cell trait or disease?	☐	☐				
HEART HEALTH QUESTIONS ABOUT YOU			32. Have you had any other blood disorders?	☐	☐				
9. Have you ever passed out or nearly passed out DURING or AFTER exercise?	☐	☐	33. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?	☐	☐				
10. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	☐	☐	34. Have you had or do you have any problems with your eyes or vision?	☐	☐				
11. Does your heart race, flutter in your chest or skip beats (irregular beats) during exercise?	☐	☐	35. Do you wear glasses or contacts?	☐	☐				
12. Has a doctor ever ordered a test for your heart? For example, electrocardiography or echocardiography.	☐	☐	36. Do you wear protective eyewear like goggles or a face shield?	☐	☐				
13. Has a doctor ever told you that you have any heart problems, including: ☐ High blood pressure ☐ A heart murmur ☐ High cholesterol ☐ A heart infection ☐ Kawasaki Disease ☐ Other _____	☐	☐	37. Do you worry about your weight?	☐	☐				
			38. Are you trying to or has anyone recommended that you gain or lose weight?	☐	☐				
			39. Do you limit or carefully control what you eat?	☐	☐				
			40. Have you ever had an eating disorder?	☐	☐				
			41. Are you on a special diet or do you avoid certain types of foods or food groups?	☐	☐				
			42. Allergies to food or stinging insects?	☐	☐				
			43. Have you ever had a COVID-19 diagnosis? Date: _____	☐	☐				
			44. What is the date of your last Tdap or Td (tetanus) immunization? (circle type) Date: _____						
14. Do you get light-headed or feel shorter of breath than your friends during exercise?	☐	☐	FEMALES ONLY		YES	NO			
15. Have you ever had a seizure?	☐	☐	45. Have you ever had a menstrual period?	☐	☐				
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			46. Age when you had your first menstrual period: _____						
16. Does anyone in your family have a heart problem?	☐	☐	47. Number of periods in the last 12 months: _____						
17. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?	☐	☐	48. When was your most recent menstrual period? _____						
18. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?	☐	☐	EXPLAIN "YES" ANSWERS BELOW						
			#	>>					
			#	>>					
			#	>>					
			#	>>					
19. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	☐	☐	#	>>					
BONE AND JOINT QUESTIONS			#	>>					
20. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?	☐	☐	#	>>					
21. Do you currently have a bone, muscle or joint injury that bothers you?	☐	☐	List medications and nutritional supplements you are currently taking here:						
MEDICAL QUESTIONS								YES	NO
22. Do you cough, wheeze or have difficulty breathing during or after exercise?	☐	☐							
23. Do you have asthma or use asthma medicine (inhaler, nebulizer)?	☐	☐							

→ Parent/Guardian Signature: _____ Date: _____ → Athlete's Signature: _____

**PART III- PHYSICAL EXAMINATION**

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30 of the current school year)**

NAME _____ DATE OF BIRTH _____ SCHOOL _____

Height	Weight	☐ Male	☐ Female
BP /	Resting pulse	Vision R 20/ L 20/	Corrected ☐ Yes ☐ No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance (Marfan stigmata: kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse, and aortic insufficiency)		
Eyes/ears/nose/throat (Pupils equal, hearing)		
Lymph nodes		
Heart (Murmurs: auscultation standing, supine, +/- Valsalva)		
Pulses		
Lungs		
Abdomen		
Skin (Herpes simplex virus, lesions suggestive of MRSA or tinea corporis)		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional (i.e. Double leg squat, single leg squat, box drop or step drop test)		
Emergency medications required on-site: ☐ Inhaler ☐ Epinephrine ☐ Glucagon ☐ Other:		
COMMENTS:		

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics:

☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION

☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATION FOR FURTHER EVALUATION OR TREATMENT OF:

☐ MEDICALLY ELIGIBLE ONLY FOR THE FOLLOWING SPORTS: _____

Reason: _____

☐ NOT MEDICALLY ELIGIBLE PENDING FURTHER EVALUATION OF: _____

☐ NOT MEDICALLY ELIGIBLE FOR ANY SPORTS

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II- Medical History.

→ PRACTITIONER SIGNATURE: _____ (MD, DO, NP or PA)+ DATE**: _____

EXAMINER'S NAME AND DEGREE (PRINT): _____ PHONE NUMBER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

+Only signature of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-1 (3) Physical Examination Rule/Transfer Student (10-90)- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League form #2, the student is in compliance with physical examination requirements.

**PART IV- ACKNOWLEDGEMENTS OF RISK AND INSURANCE STATEMENT**

(To be completed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are NOT crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swim/dive, tennis, track, volleyball, wrestling, other (identify sports): _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with: Name of medical insurance company: _____

Policy number: _____ Name of policy holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participation in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) of health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally, I give my consent and approval for the above named student's picture and name to be printed in any high school or VISAA athletic program, publication or video.

PART V- EMERGENCY PERMISSION FORM*

(To be completed and signed by the parent/guardian)

STUDENT'S NAME: _____ GRADE: _____ AGE: _____ DOB: _____

HIGH SCHOOL: _____ CITY: _____

Please list any significant health problems that might be significant to a physician evaluating your child **in case of an emergency**:

PLEASE LIST ANY ALLERGIES TO MEDICATIONS, ETC: _____

IS THE STUDENT CURRENTLY PRESCRIBED AN INHALER OR EPI-PEN? _____ LIST THE EMERGENCY MEDICATION: _____

IS THE STUDENT PRESENTLY TAKING ANY OTHER MEDICATION? _____ IF SO, WHAT? _____

DOES THE STUDENT WEAR CONTACT LENSES? _____ DATE OF LAST Tdap OR Td (TETANUS) SHOT: _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order the injection and/or anesthesia and/or surgery for the person named above.

DAYTIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

EVENING TIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

CELL PHONE NUMBER: _____

→ **SIGNATURE OF PARENT/GUARDIAN:** _____ **DATE:** _____

RELATIONSHIP TO STUDENT: _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment in needed.

→ **I CERTIFY ALL OF THE ABOVE INFORMATION IS CORRECT:** _____

Parent/Guardian signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.