

VIRGINIA HIGH SCHOOL LEAGUE, INC.  
1642 State Farm Blvd., Charlottesville, Va. 22911

# Athletic Participation/Parental Consent/Physical Examination Form

Separate examination 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** Male \_\_\_\_\_  
Year \_\_\_\_\_ (To be filled in and signed by the student) Female \_\_\_\_\_  
Name \_\_\_\_\_ Student I.D # \_\_\_\_\_

(Last) (First) (Middle Initial)

Home Address \_\_\_\_\_

City/Zip Code \_\_\_\_\_

Home Address of Parents \_\_\_\_\_

City/Zip Code \_\_\_\_\_

Date of Birth \_\_\_\_\_ Place of Birth \_\_\_\_\_

This is my \_\_\_\_\_ semester in \_\_\_\_\_ High School, and my \_\_\_\_\_ semester since first entering the ninth grade. Last semester I attended \_\_\_\_\_ School and passed \_\_\_\_\_ credit subjects, and I am taking \_\_\_\_\_ credit subjects this semester. I have read the condensed individual eligibility rules of the Virginia High School League that appear below and believe I am eligible to represent my present high school in athletics.

### INDIVIDUAL ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic athletic contest, you--

- must be a regular bona fide student in good standing of the school you represent.
- must be enrolled in the last four years of high school. (Eighth-grade students may be eligible for junior varsity.)
- must have enrolled not later than the fifteenth day of the current semester.
- for the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. (Check with your principal for equivalent requirements). **May not repeat courses for eligibility purposes for which credit has been previously awarded.**
- for the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester. (Check with your principal for equivalent requirements.)
- must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with your principal for exceptions.)
- must not have reached your nineteenth birthday on or before the first day of August of the current school year.
- must not, after entering the ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters. [This rule also applies to a student who becomes "ungraded" for failure to earn a Literacy Passport. For this student, the eight consecutive semesters shall be counted continuously beginning with his/her first semester in the ninth grade or the first semester in which he/she becomes classified as "ungraded," whichever comes first.]
- must have submitted to your principal before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parental Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found to be physically fit for athletic competition and that your parents consent to your participation.
- must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. (Check with your principal for clarification in regard to cheerleading.)

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 your League, district 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 principal for interpretations and exceptions provided under League rules.** Meeting the intent and spirit of League 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 high school or VHSL athletic program, publication or video.

**LOCAL SCHOOL DIVISIONS AND VHSL DISTRICTS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.**

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Providing false information will result in ineligibility for one year.**

## PART II -- MEDICAL HISTORY

This form must be completed by parent or guardian prior to the physical examination and should be taken with the physical examination form for review by the physician during the examination.

YES	NO		
		1.	Have you ever had any of the following? <span style="float: right;">Please explain any YES answers</span>
___	___		heart murmur _____
___	___		high blood pressure _____
___	___		other heart problems _____
___	___		broken bones _____
___	___		weak joints-ankles, knees _____
___	___		concussion _____
___	___		operation _____
___	___		seizures or epilepsy _____
___	___	2.	Have you ever fainted or passed out? _____
___	___	3.	Have you ever been knocked out? _____
___	___	4.	Have you ever been hospitalized? _____
___	___	5.	Have you ever had to stop running after ¼ to ½ miles for chest pain or shortness of breath? _____
___	___	6.	A. Have you ever had significant allergies to:
___	___		bee stings? - On medication – yes__ no__ _____
___	___		foods _____
___	___		medicine _____
___	___		others _____
___	___		B. Do you have prescription for use of::
___	___		Adrenaline _____
___	___		Inhalers _____
___	___		Other allergy medicine _____
___	___		C. Do you have asthma? _____
___	___	7.	Do you take any medicine regularly? _____
___	___	8.	Have you had any illnesses lasting a week or more such as mononucleosis, etc.? _____
___	___	9.	Have you had any blood disorders, including sickle cell trait, anemia, etc.? _____
___	___	10.	Has any family member had a heart attack, heart problems or sudden death before the age of 50? _____
___	___	11.	Do you wear contact lenses, eyeglasses or dental appliance? _____
___	___	12.	Do you have any missing or non-functioning organs such as testes, eye, kidney, etc.? _____
___	___	13.	Menstrual History: Have you begun menses yet? _____
___	___	14.	Do you have any other significant health problems? _____
___	___	15.	Hepatitis B Immunization Series? _____
___	___	16.	DATE OF LAST TETNUS IMMUNIZATION? _____

Parent/Guardian Signature: \_\_\_\_\_

**PART III -- PHYSICAL EXAMINATION**

(To be completed and signed by examining physician)

NAME: \_\_\_\_\_ SCHOOL \_\_\_\_\_

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

\*Tanner Stage or Maturation Index \_\_\_\_\_ BP \_\_\_\_\_

\*Percent Body Fat \_\_\_\_\_ \*Pulse (rest) \_\_\_\_\_

(Exercise) \_\_\_\_\_

(Recovery) \_\_\_\_\_

\*Vision: Corrected (L) \_\_\_\_\_ (R) \_\_\_\_\_ Both \_\_\_\_\_

Uncorrected (L) \_\_\_\_\_ (R) \_\_\_\_\_ Both \_\_\_\_\_

\*Audiogram: \_\_\_\_\_ Cervical spine/neck \_\_\_\_\_

Back \_\_\_\_\_

Eyes \_\_\_\_\_ Shoulders \_\_\_\_\_

Ears \_\_\_\_\_ Arm/elbow/wrist/hand \_\_\_\_\_

Nose \_\_\_\_\_ Knees/hips \_\_\_\_\_

Throat \_\_\_\_\_ Ankles/feet \_\_\_\_\_

Teeth \_\_\_\_\_

Skin \_\_\_\_\_

Lab:

Lymphatic \_\_\_\_\_ \*Urine \_\_\_\_\_

Lungs \_\_\_\_\_ \*Hemoglobin or HCT \_\_\_\_\_

Heart \_\_\_\_\_ and/or Fe Stores \_\_\_\_\_

Abdomen \_\_\_\_\_

Genitalia/hernia \_\_\_\_\_

Peripheral pulses \_\_\_\_\_ **\*WHEN MEDICALLY INDICATED**

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

- \_\_\_\_\_ Full Participation      \_\_\_\_\_ Limited Participation
- \_\_\_\_\_ No Participation        \_\_\_\_\_ Needs Additional Evaluation

If not full participation give reasons & recommendations: \_\_\_\_\_

Any recommendations or concerns on such items as:

- a. Weight loss or gain or restrictions of weight loss: \_\_\_\_\_
- b. Slow and careful monitoring of conditioning because of being overweight or show an abnormal exercise testing: \_\_\_\_\_
- c. Other \_\_\_\_\_

Physician Signature \_\_\_\_\_, M.D.\* Date \_\_\_\_\_

**\*Doctor of Medicine, Doctor of Osteopathy or Licensed Nurse Practitioner**

Physician Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City/Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_

PART IV -- ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT

(To be completed and signed 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, swimming/diving, tennis, track, volleyball, wrestling, other (identify sports). \_\_\_\_\_

I have reviewed and understand 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 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 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 participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or 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 VHSL athletic program, publication or video.

PART V - EMERGENCY PERMISSION FORM

(To be completed and signed by parent/guardian)

STUDENT'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_ AGE \_\_\_\_\_

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. \_\_\_\_\_

Has student been prescribed an inhaler or epipen? \_\_\_\_\_

Is student presently taking medication? \_\_\_\_\_ If so, what type? \_\_\_\_\_

Does student wear contact lenses? \_\_\_\_\_ Please list date of last 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 injection and/or anesthesia and/or surgery for the person named above.

Daytime phone number (where to reach you in emergency) \_\_\_\_\_

Evening time phone number (where to reach you in emergency) \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

Relationship to student

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

I certify all the above information is correct \_\_\_\_\_