

RULE 13 - PHYSICAL EXAMS

- 13-1** Students are required to undergo a physical examination (9th and 11th grade) or complete an *Interim Questionnaire* (10th and 12th grade), and have it on file with the school prior to their first practice in any IHSAA sponsored sport, cheerleading, or dance activity. Forms are available online at idhsaa.org.
- 13-2** Physical exams must be taken and on file with the school prior to the first day of practice in the 9th and 11th grades. Any physical taken before May 1 of the 8th grade year will not be accepted.
- 13-3** Physicals are required in the 9th and 11th grade year. Students who have a physical in their 10th grade year must have another for the 11th grade. Students will not be required to take an additional physical examination during the 10th and 12th grades unless:
1. The physician recommends the student have an additional examination.
 2. The parents request an examination via the *Interim Questionnaire*.
 3. Affirmative answers on 1-10 of the *Interim Questionnaire* indicate a possible need for a repeat physical examination.
 4. A student transferred from another state or country but submitted a physical form that does not meet IHSAA participation standards.
- 13-4** Physical exams must be conducted by a licensed physician, physician's assistant or nurse practitioner.
- 13-5** The *Interim Questionnaire* must be completed by the parents/guardians of the athlete during the 10th and 12th grade years. The form must be on file in the administrator's office prior to the first day of practice.
- 13-5-1** It is the principal's responsibility to consult with the physician regarding any answers to questions on the *Interim Questionnaire* that may indicate a possible need for a repeat physical examination.