

## RULE 13 - PHYSICAL EXAMS

- 13-1** Students are required to undergo a physical examination and have it, along with an *Interim Questionnaire*, on file with the school prior to their first practice in any IHSAA sponsored sport, cheerleading, or dance activity. The *Idaho Health Examination & Consent Form* and *Interim Questionnaire* are available online at [idhsaa.org](http://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 9<sup>th</sup> and 11<sup>th</sup> grade year. Students who have a physical in their 10<sup>th</sup> grade year must have another for the 11<sup>th</sup> 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 in 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 has transferred to Idaho from another state.
- 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 each year of participation by the parents/guardians of the athlete. 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.