COPY THIS PAGE for the student to return to the school. KEEP the complete document in the student's medical record.

2026-2027 SPORTS QUALIFYING PHYSICAL EXAMINATION MEDICAL ELIGIBILITY FORM

Minnesota State High School League

Student Name: _____ Birth Date: _____
Address: _____
Home Telephone: _____ - _____ - _____ Mobile Telephone _____ - _____ - _____
School: _____ Grade: _____

I certify that the above student has been medically evaluated and is deemed medically eligible to: (Check Only One Box)

☐ **(1) Participate in all school interscholastic activities without restrictions.**
☐ **(2) Participate in any activity not crossed out below.**

Sport Classification Based on Contact

Collision Contact Sports	Limited Contact Sports	Non-contact Sports
Basketball	Baseball	Badminton
Cheerleading	Field Events:	Bowling
Diving	❖ High Jump	Cross Country Running
Football	❖ Long Jump	Dance Team
Gymnastics	❖ Pole Vault	Field Events:
Ice Hockey	❖ Triple Jump	❖ Discus
Lacrosse	Floor Hockey	❖ Shot Put
Alpine Skiing	Nordic Skiing	Golf
Soccer	Softball	Swimming
Wrestling	Volleyball	Tennis
		Track

☐ **(3) Requires additional evaluation before a final recommendation can be made.**
Additional recommendations for the school or parents:
_____
_____

☐ **(4) Not medically eligible for:** ☐ **All Sports** ☐ **Specific**

Sports
Specify _____

Sport Classification Based on Intensity & Strenuousness

Increasing Static Component →	A. Low (<40% Max O_2)	B. Moderate (40-70% Max O_2)	C. High (>70% Max O_2)
III. High (>50% MVC)	Field Events: ❖ Discus ❖ Shot Put Gymnastics*†	Alpine Skiing*† Wrestling*	
II. Moderate (20-50% MVC)	Diving*†	Dance Team Football* Field Events: ❖ High Jump ❖ Long Jump ❖ Pole Vault*† ❖ Triple Jump Synchronized Swimming† Track — Sprints	Basketball* Ice Hockey* Lacrosse* Nordic Skiing — Freestyle Track — Middle Distance Swimming†
I. Low (<20% MVC)	Bowling Golf	Baseball* Cheerleading Floor Hockey Softball* Volleyball	Badminton Cross Country Running Nordic Skiing — Classical Soccer* Tennis Track — Long Distance

Increasing Dynamic Component →

Sport Classification Based on Intensity & Strenuousness: This classification is based on peak static and dynamic components achieved during competition. It should be noted, however, that higher values may be reached during training. The increasing dynamic component is defined in terms of the estimated percent of maximal oxygen uptake ($MaxO_2$) achieved and results in an increasing cardiac output. The increasing static component is related to the estimated percent of maximal voluntary contraction (MVC) reached and results in an increasing blood pressure load. The lowest total cardiovascular demands (cardiac output and blood pressure) are shown in lightest shading and the highest in darkest shading. The graduated shading in between depicts low moderate, moderate, and high moderate total cardiovascular demands. *Danger of bodily collision. †Increased risk if syncope occurs. Reprinted with permission from: Maron BJ, Zipes DP. 36th Bethesda Conference: eligibility recommendations for competitive athletes with cardiovascular abnormalities. *J Am Coll Cardiol.* 2005; 45(8):1317–1375.

I have examined the student named on this form and completed the Sports Qualifying Physical Exam as required by the Minnesota State High School League. The athlete does not have apparent clinical contraindications to practice and participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Provider Signature _____ Date of Exam _____
Print Provider Name: _____
Office/Clinic Name _____ Address: _____
City, State, Zip Code _____
Office Telephone: _____ - _____ - _____ E-Mail Address: _____

IMMUNIZATIONS [Tdap; meningococcal (MCV4, 2 doses); HPV (3 doses); MMR (2 doses); hep B (3 doses); hep A (2 doses); varicella (2 doses or history of disease); polio (3-4 doses); influenza (annual); COVID-19 (2 doses, 1 dose)]

☐ Up to date (see attached school documentation) ☐ Not reviewed at this visit

IMMUNIZATIONS GIVEN TODAY: _____

EMERGENCY INFORMATION

Allergies _____
Other Information _____
Emergency Contact: _____ Relationship _____
Telephone: (Home) _____ - _____ - _____ (Work) _____ - _____ - _____ (Cell) _____ - _____ - _____
Personal Medical Provider _____ Office Telephone _____ - _____ - _____

This form is valid for 3 calendar years from above date with a normal Annual Health Questionnaire.
FOR SCHOOL ADMINISTRATION USE: ☐ [Year 2 Normal] ☐ [Year 3 Normal]

Reference: Preparticipation Physical Evaluation (5th Edition): AAFP, AAP, ACSM, AMSSM, AOSSM, AOASM; 2019.

DAIM FOOS NTSUAM XYUAS LUB CEV YAV TAG LOS RAU QHOV TSIM NYOG UA KIS LAS XYOO 2026-2027

Lub Xeev Minnesota Pab Pawg Uas Sib Koom Ua Kis Las Hauv Lub Tsev Kawm Ntawv Qib Siab (State High School League)

Tus kws kho mob uas kuaj tus me nyuam yuav tsum tau muab phab ntawv 2-6 ntawm tsab ntawv no KHAWS CIA.

Cim Tseg: Sau kom tiav thiab kos npe rau hauv daim foos no (nrog rau koj niam thiab txiv yog tias hluas dua 18 xyoo) ua ntej txog koj qhov kev teem caij.

Lub npe: _____ Hnub yug: _____
Hnub Tim ntawm Kev Xeem: _____ (Cov)Kis Las: _____
Qhov hais tias yog tub/txij neej los sis ntxhais/poj niam thaum yug los - Ntxhais, Tub, los sis ib qhov txawv ntawm lub cev (khij voj voos rau ib qho) Koj hais tias koj yog ntxhais los sis tub? (Ntxhais, Tub, Tsis Yog Ntxhais los sis Tub Li, los sis yog yam dab tsi)
Poj niam los txiv neej txij thaum yug los (Poj Niam, Txiv Neej los sis poj niam txiv neej tib si): _____ Paub tias koj yog poj niam los txiv neej? (Poj Niam, Txiv Neej, los sis lwm yam): _____
Puas yog koj muaj kab mob COVID-19? YOG / TSIS YOG Puas yog koj twb txhaj tshuaj tiv thaiv kab mob COVID-19 lawm? YOG / TSIS YOG 1,2, los sis 3 koob lawm? (kos voj voom) 1 2 3
Kev kho mob yav dhau los thiab tam sim no: _____
Puas yog yav tag los koj tau phais mob los lawm? Yog tias yog, sau cov npe phais mob yav tag.
_____
Sau cov npe tshuaj kho mob thiab cov tshuaj noj tam sim no: tshuaj muaj ntawv yuav, tshuaj tsis siv ntawv yuav thiab cov tshuaj ntsuab los sis tshuaj noj pab txhawb dag zog.
_____
Puas yog yav tag los koj muaj qhov fab tshuaj los sis khoom noj? Yog tias yog, thov sau cov npe uas koj muaj qhov fab (xws li, tshuaj kho mob, cov paj ntoo, khoom noj, cov kab ntsaum tom).
_____

Lus Nug Txog Kev Noj Qab Haus Huv Ntawm Neeg Mob Daim 4 (PHQ-4)
Nyob rau 2 vij dhau los, koj muaj kev meem txom los ntawm cov teeb meem txuas mus no heev npaum li cas?
(Kos voj voom rau qhov lus teb.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥3, evaluate.)

Kos Voj Voom Rau Tus Nab Npawb 1 Qhov Lus Teb. ntawm cov lus nug uas teb tias tsis paub. Kos voj voom Y rau Qhov YOG los sis N rau Qhov TSIS YOG

COV LUS NUG RAWS NCUA DAV
1. Puas yog koj muaj kev hnyav siab uas koj xav sib tham nrog koj tus kws pab kho mob? ..... YOG / TSIS YOG
2. Puas yog tus kws pab kho mob tau tsis kam lees los sis txwv koj qhov kev mus koom nyob rau hauv cov kis las rau tej lub laj thawj?..... ..... YOG / TSIS YOG
3. Puas yog koj muaj teeb meem txog tshuaj kho mob yam tsis tu ncua los sis cov mob sai los no? ..... YOG / TSIS YOG

COV LUS NUG TXOG KEV NOJ QAB HAUS HUV FAB SIAB NTSWS TXOG KOJ[a]
4. Puas yog koj twb ua tau lawm los sis ua yuav luag tau ncua sij hawm los sis tom qab kev tawm dag zog? ..... YOG / TSIS YOG
5. Puas yog koj tsis xis nyob, mob, nruj, los sis ceev koj hauv siab nyob rau ncua sij hawm tawm dag zog? ..... YOG / TSIS YOG
6. Puas yog koj lub plawv dhia, koj lub siab dhia tsis xwm yeem, los sis dhia ceev dhau (dhia tsis xwm yeem) ncua sij hawm tawm dag zog? .....YOG / TSIS YOG
7. Puas yog koj tus kws pab kho mob tau qhia koj tias koj muaj teeb meem txog lub plawv? ..... YOG / TSIS YOG
8. Puas yog koj tus kws pab kho mob thov kuaj koj lub plawv? Piv txwv, kev kuaj xyuas hluav taws xob khiav hauv lub plawv (electrocardiography, ECG) los sis kev tsom saib hauv plawv. ..... YOG / TSIS YOG
9. Puas yog koj hnov tau tias taub hau sib los sis txog siav tshaj li koj cov phooj ywg ncua sij hawm tawm dag zog?..... YOG / TSIS YOG
10. Puas yog koj twb tau tsaus muag dua lawm? ..... YOG / TSIS YOG

COV LUS NUG TXOG KEV NOJ QAB HAUS HUV FAB SIAB NTSWS TXOG KOJ TSEV NEEG[a]
11. Puas yog tsev neeg los sis tus txheeb ze tau tag sim neej vim cov teeb meem txog plawv los sis tag sim neej tam sim yam uas tsis paub txog los sis piav qhia tsis tau ua ntej muaj hnub nyoog li 35 xyoo (Suav nrog rau poob dej los sis ua tsheb sib tsoo yam xav tsis txog)? ..... YOG / TSIS YOG
12. Puas yog tej tug neeg hauv koj tsev neeg muaj teeb meem plawv raws caj ces xws li kab mob plawv nqawm (hypertrophic cardiomyopathy, HCM), Kab mob Marfan, kab mob leeg plawv muaj roj (arrhythmogenic right ventricular cardiomyopathy, ARVC) kab mob QT ntev (long QT syndrome, LQTS), kab mob QT luv (short QT syndrome, SQTS) kab mob Brugada, los sis kab mob plaws dhia tsis xwm yeem (catecholaminergic polymorphic ventricular tachycardia, CPVT)? ..... YOG / TSIS YOG
13. Puas yog tej tug neeg hauv koj tsev neeg muaj lub plawv hlau los sis muaj lub tshuab pab plawv dhia cog rau hauv lub plawv ua ntej muaj 35 xyoo? ..... YOG / TSIS YOG

COV LUS NUG TXOG POB TXHA THIAB POB QIB TXHA
14. Puas yog koj muaj kev ntxov siab txog pob txha dam los sis raug mob rau pob txha, leeg, pob txha sib txuas, qib txha, los sis leeg pob txha uas tsim ua rau koj plam kev xyaum los sis kev ua nkees? ..... YOG / TSIS YOG
15. Puas yog koj raug mob pob txha, leeg, pob txha sib txuas, los sis qib txha uas ua rau koj meem txom? ..... YOG / TSIS YOG

COV LUS NUG FAB KEV KHO MOB
16. Puas yog koj hnoos, ua pa nyuaj, los sis muaj qhov sib txawv ntawm kev ua pa thaum ncua sij hawm los sis tom qab tawm dag zog? .....YOG / TSIS YOG
17. Puas yog koj tsis muaj ib lub raum, ib lub qhov muag, ib lub noob qes, (txiv neej), koj tus po, los sis lwm yam nqaij nruab nrog cev? .....YOG / TSIS YOG
18. Puas yog koj muaj mob ncej puab los sis noob qes los sis mob o los sis mob hnyuv hlauv nyob rau ntawm cheeb tsam ncej puab? .... YOG / TSIS YOG

19. Puas yog koj rov tshwm sim ua pob rau ntawm tawv nqaij los sis cov pob uas twb zoo lawm los rov muaj dua, suav nrog rau cov pob ua hlwv los sis cov pob uas kis tau los ntawm lwm qhov chaw los (methicillin-resistant Staphylococcus aureus, MRSA)? ..... YOG / TSIS YOG
20. Puas yog koj mob tsoo taub hau los sis raug mob taub hau uas tshwm sim los ntawm kev xav ntau yam sib chab sib chaws, mob tau hau ntev, los sis cov teeb meem txog kev nco? ..... YOG / TSIS YOG
21. Puas yog koj tes taw loog, caus yaum tes taw, koj sab npab los sis sab ceg tsis muaj zog, los sis tsis tuaj yeem txav tau koj sab npab los sis sab ceg tom qab tsoo los sis poob? ..... YOG / TSIS YOG
22. Puas yog koj tau mob thaum uas tawm dag zog nyob rau ntawm qhov uas tshav kub? ..... YOG / TSIS YOG
23. Puas yog koj los sis ib tus neeg nyob hauv koj tsev neeg muaj kab mob ntshav liab (sickle cell trait or disease)? ..... YOG / TSIS YOG
24. Puas yog koj twb muaj lawm los sis puas yog koj muaj teeb meem txog koj lub qhov muag los sis qhov kev ntsia pom? ..... YOG / TSIS YOG
25. Puas yog koj txhawj txog koj qhov hnyav? ..... YOG / TSIS YOG
26. Puas yog koj tab tom sim los sis muaj qee leej neeg qhia tias koj qhov hnyav nce ntxiv los sis nqis? ..... YOG / TSIS YOG
27. Puas yog koj noj cov khoom noj tshwj xeeb los sis puas yog koj zam qee hom khoom noj los sis cov pawg khoom noj? ..... YOG / TSIS YOG
28. Puas yog koj tau muaj mob los ntawm kev noj khoom noj lawm? ..... YOG / TSIS YOG

LUS NUG TXOG KEV COJ KHAUB NCAWS

29. Puas yog koj twb coj khaub ncaws lawm? ..... YOG / TSIS YOG
30. Koj coj khaub ncaws thawj zaug yog thaum koj muaj tsawg xyoo? _____
31. Koj qhov coj khaub ncaws zaum kawg nkaus no yog thaum twg? _____
32. Koj coj khaub ncaws pes tsawg zaus nyob rau 12 lub hlis dhau los? _____

Cim tseg:_____

_____

Kuv thov qhia tias, raws li kuv qhov kev paub uas zoo tshaj plaws, kuv cov lus teb rau cov lus nug nyob rau ntawm daim foos no yog tiav thiab raug.

Kos npe tus neeg ua kis las: _____Kos npe niam txiv los sis tus saib xyuas:_____
Hnub tim: ___/_____/_____