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.

2026-2027 FOOMKA TAARIIKHDA JIRKA EE UQALMITAANKA CIYAARAHA (Z02.5)

Horyaalka Dugsiga Sare ee Gobolka Minnesota

Bogagga 2-6 ee dukumiintigan waa inuu fayl KU HAYAA dhakhtarka sameynaya baaritaanka jirka.

Fiiro Gaar ah: Buuxi oo saxiix foomkan (iyadoo ay waalidiintaada kula joogaan haddii aad kayar tahay 18 sano) kahor ballantaada.

Magaca: _____ Taariikhda dhalashada: _____
Taariikhda baaritaanka: _____ Ciyaarta(ciyaaraha): _____
Jinsiga laguu asteeyey waqtigi dhalashada - Dhedig, Lab, ama labeeb (goobo geli) Sidee u aqoonsan tahay jinsigaaga? (Dhedig, Lab, jinsi-laawe, ama jinsi kale)
Ma qaadatay tallaalada COVID-19/hargabka/RSV? HAA / MAYA
Xaaladaha caafimaad ee hore iyo kuwa hadda jira: _____
Weligaa ma lagugu sameeyey qalliin? Haddii ay haa tahay, qor dhammaan qalliimadi hore.
_____
Qor daawooyinka iyo kaalmaatiyada ee hadda la qaato: daawooyinka dhakhtar uu qoray, kuwa la iska soo iibsaday, iyo daawo-dhireedka ama daawada kaalmaatiyada nafaqada.
_____
Ma leedahay wax xasaasiyad alarji ah? Haddii ay tahay haa, fadlan qor dhammaan xasaasiyadahaaga (sida, daawooyinka, manka, cuntada, qaniinyada cayayaanka).
_____

Su'aalo Weydiinta Caafimaadka Bukaanka Nooca 4-aad (PHQ-4)
Labadi toddobaad ee lasoo dhaafay, ilaa intee in la'eg ayey ku dhibeen mid kasta oo kamid ah dhibaatooyinka soo socda? (Goobo geli jawaabta.)

	Maya haba yaraatee	Dhowr maalmood	In ka badan kala bar maalmaha	Ku dhawaad maalin kasta
Dareemidda walwal, walaac, ama walbahaar	0	1	2	3
Aan awoodin inuu joojiyo ama xakameeyo welwelka	0	1	2	3
Xiiso ama ku raaxeysi yar marka wax la sameynayo	0	1	2	3
Dareemidda niyad-jab, murugo ama rajo-la'aan	0	1	2	3

(Haddii isugeynta jawaabaha aad kabixisay su'aalaha 1 & 2 ama 3 & 4 ay la'eg yihiin ama ka badan yihiin ≥3, is-baar.)

Goobo geli Y wixi Haa ah, N wixi Maya ah, ama lambarka su'aasha haddii aadan garanaynin jawaabta.

SU'AALAHA GUUD
1.Ma qabtaa wax walaacyo ah ee aad jeclaan lahayd inaad kala hadasho dhakhtarkaaga? .....Y / N
2. Weli dhakhtar makaa reebay ama makuu diiday inaad kaqeybgasho ciyaaraha sabab kasta oo ay noqotaba? .....Y / N
3. Ma qabtaa wax arrimo caafimaad ah oo socdo ama jirro dhawaan ah? ..... HAA / MAYA

SU'AALAHA CAAFIMAADKA WADNAHA EE KUSAABSAN ADIGA[a]
4. Waligaa ma suuxday ama suuxi gaartay inti lagu jiray ama kadib jimicsiga? .....Y / N
5. Waligaa ma dareentay culeys, xanuun, ciriiri, ama cadaadis saaran xabadkaaga inti lagu jiray jimicsiga? .....Y / N
6. Wadnahaagu waligiis xoog ma u garaacmay, ruxay xabadkaaga ama bood-booday (garaac aan joogto ahayn) inti lagu jiray jimicsiga? .....Y / N
7. Waligaa dhakhtar ma kuu sheegay inaad qabto xanuuno wadnaha ah? .....Y / N
8. Waligaa dhakhtar ma kaa codsaday in wadnahaaga baaritaan lagu sameeyo? Tusaale ahaan, tijaabada qaabka socodka korontada (ECG) ama dhawaqa ee wadnaha. .....Y / N
9. Ma dareentaa xoogaa fudeyd madaxa ah ama neefsasho gaagaaban marka loo eego asxaabtaada inta lagu jiro jimicsiga? .....Y / N
10. Weligaa ma kugu dhacay qallal? ..... HAA / MAYA

SU'AALAHA CAAFIMAADKA WADNAHA EE KUSAABSAN QOYSKAAGA[a]
11. Qof katirsan qoyska ama qaraabo kula ah ma u dhintay xanuun xagga wadnaha ah ama ma u dhintay si kadis ah oo aan la fileynin ama aanan la sharraxin kahor da'da 35 sano
(oo ay ku jiraan ku qarqashada biyo ama shil gaari oo aan la sharraxin)? ..... HAA / MAYA
12. Ma jiraa qof qoyskaaga ka mid ah oo qaba dhibaatada hidde-sidaha wadnaha sida xannuunka murqaha wadnaha adeyga noqda (HCM), Cillada la iska dhaxlo ee Isbaddalka kuyimaada Sameyska Jirka, cillada xirmashada qeybta midig ee wadnaha (ARVC), xanuunka qabatinka dheer (LQTS), xanuunka qabatinka gaaban (SQTS), Xanuunka Wadna Garaaca ee aadka u daran, ama xanuunka khalkhalka wadnaha (CPVT)? .....Y / N
13. Ma jiraa qof qoyskaaga kamid ah oo lagu xiray qalabka macmalka ee soo saara garaaca wadnaha, ama qalabka macmalka ah ee la socda garaaca wadnaha kahor da'da 35 sano? ..... HAA / MAYA

SU'AALAHA KUSAABSAN LAFAHA IYO KALA-GOYSYADA
14. Waligaa ma kugu dhacay jabitaan uu keenay culeys saarmay ama dhaawac soo gaaray lafaha, murqaha, murqaha iskuhaya xubnaha jirka, kala-goysyada, ama seedaha oo sababay inuu ku dhaafo tababar ama ciyaar? .....Y / N
15. Ma qabtaa dhaawac kaa soo gaaray lafaha, murqaha, seedaha ama kala-goysyada oo ku dhibaayo? ..... HAA / MAYA

SU'AALAHA CAAFIMAADKA
16. Ma qufacdaa,feeraha maku shanqaraan, ama neefsashada makugu culustahay inta lagu jiro ama kadib jimicsiga? .....Y / N
17. Ma kaa maqan tahay kelli, il, xaniin, beeryaradaada, ama xubin kale? ..... HAA / MAYA
18. Xanuun maka dareentaa gumaarka ama xaniinyaha ama barar xanuun badan ama sheello agagaarka gumaarka? .....Y / N
19. Ma qabtaa wax finan soo noqnoqday ah, ama finan kaasoo baxa oo hadana iska baaba'a, ay kamid yihiin cudurka cadhada, ama caabuqa daawada u adkeysta (MRSA)? .....Y / N
20. Ma kugu dhacay miyir dabool ama dhaawac madaxa ah oo kugu keenay jah wareer, madax-xanuun daba dheeraaday, ama dhibaatooyinka xusuusta? .....Y / N
21. Waligaa ma yeelatay kabuubyo, jirririco, tabar darri gacmahaaga ama lugahaaga, ama inaadan awoodin inaad dhaq-dhaqaajiso gacmahaaga ama lugahaaga kadib marka ay wax kugu dheceen ama aad kuftay? .....Y / N
22. Weligaa ma ku xanuunsatay adigoo ku jimicsanaya kulaylka? .....Y / N
23. Adiga ama qof qoyskaaga ka mid ah ma qabaa cillada ama cudurka khalkhalka unugyada dhiiga cas? ..... Y / N
24. Waligaa ma yeelatay ama wax dhibaatooyin ah maka qabtaa indhahaaga ama aragaaga? .....Y / N
25. Maka walwashaa miisaankaaga? .....Y / N
26. Ma isku dayeysaa ama qof makugula taliyey inaad kordhiso ama aad dhinto miisaanka? .....Y / N
27. Ma waxaad tahay qof ay u go'an tahay inuu qaato cunto gaar ah ama ma iska ilaalisaa noocyo cuntooyin ama kooxo cuntooyin oo gaar ah? ..Y / N
28. Weligaa ma kugu dhacday cunto-cunis xumo? ..... HAA / MAYA

SU'AALAHA KUSAABSAN CAADADA DHIIGA
29. Waligaa makugu dhacay dhiiga caadada dumarka? .....Y / N
30. Meeqa sano ayaad jirtay markii kuugu horreysay ee uu kugu dhacay dhiiga caadada? _____

31. Goorma ayuu ahaa dhiigi caadada ee kuugu dambeeyey? _____
32. Meeqa jeer ayuu kugu dhacay dhiiga caadada 12-ki bilood ee lasoo dhaafay? _____

Xusuusin: _____

_____

Halkan waxaan ku caddeynayaa in, ilaa inta garashadeyda ah, jawaabaha aan ka bixiyey su'aalaha kujira foomkan ay yihiin kuwo dhammeystiran oo sax ah.

Saxiixa ciyaartoyga: _____ Saxiixa waalidka ama qofka masuulka ka ah:

_____

Taariikhda: ___/_____/_____