

17.11.0 PHYSICAL EXAMINATION - Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination.

17.11.1 Results of the exam shall indicate:

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- B. Documentation of satisfactory examination of the cardiopulmonary system.
- C. Documentation of satisfactory sport-specific orthopedic screening examination.
- D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

17.11.2 Those licensed to perform physical examinations include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

17.11.3 The school in which this student is enrolled must have on file a statement (or prepared form) from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.

17.11.4 To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a written release from a physician licensed to perform physical examinations as listed in 17.11.2 and/or a dentist as applicable.

17.11.5 The physical examination shall be valid for twenty-four (24) consecutive months to the date unless otherwise limited by local school district policy or when the physician indicates the physical is only good for less than twenty-four (24) consecutive months.

17.11.6 For each subsequent twenty-four month period the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.

Q & A	<i>A family friend is a Doctor of Chiropractics and has agreed to provide athletic physical exams for our family. Will this physical exam be accepted for interscholastic participation?</i> <i>NO, only those licensed to perform physical examinations are able to provide physical exams for athletic participation. Those licensed to perform physical examinations include MD, Doctor of Osteopathy DO, Certified Registered Nurse (ARNP), Physicians Assistant (PR), and naturopathic physicians.</i>
Q & A	<i>I had a physical exam in April for spring sports. For how long is my physical good?</i> <i>Physical exams are good for 24 months.</i>
Q & A	<i>I was injured for the early part of the basketball season, but have finally been cleared by a chiropractor to resume athletic participation. Is the medical release from a chiropractor acceptable?</i> <i>NO, the written release to resume participation must come from a physician licensed to perform physical examinations as outlined in WIAA rule 17.11.0</i>
Q & A	<i>Can a student get a waiver of the Physical Exam requirement for religious reasons?</i> <i>NO, the physical exam requirement is a health and safety requirement for all students who choose to participate in athletics at a member school. (17.11.0)</i>

17.12.0 PRACTICE REGULATIONS - School sponsorship or promotion of practice and/or participation in a given sport contest must be restricted to the WIAA designated season for that sport. Several practice regulations that apply to all sports during the school year are as follows.

17.12.1 PRACTICE DEFINITION – Practice is defined as a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and must be conducted under the supervision of the school coach. Participation in physical education classes does not constitute a practice.

Q & A	<i>One of our volleyball players will be on vacation with her family the day that volleyball practice starts. Since her dad is a club coach, could he run her through practice drills so she can count those days toward meeting the minimum pre-contest practice requirements?</i> <i>NO. Only the practices run by authorized school coaches may count toward meeting the minimum practice requirements.</i>
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