



Virginia Chapter

Incorporated in Virginia

American Academy of Pediatrics

Sports Physicals Update

VHSL changed their policy due to a new law: sports physical forms will only need to be signed every 14 months moving forward. *There is no longer a "sign after May 1st" requirement.* Their new medical eligibility form is required after 7/1/25 and is available on VHSL's site. See the FAQs below for answers to common questions to date.

We hope that this new law will result in more children receiving a preparticipation sports exam in their medical home, ideally at the time of the WCC. **National AAP encourages that the PPE is incorporated into the well visit for every child.** Children who play travel sports or engage in free play are also at risk for activity-related medical events (e.g., sudden cardiac arrest, concussions) similar to those who play school-sponsored sports.

If PPE forms can be done at the WCC, it will help ensure that the date the medical eligibility form is signed equals the date of sports physical exam, further prompting the athlete to return for another exam within 14 months.

NOTE: The law requires that families only turn in the "AAP medical eligibility form" to the school, not the history and examination portion (pages 4-6).

- This means providers must write pertinent health information on the bottom of the medical eligibility form. The athletic trainers/team physicians will not have access to the history or physical examination pages. Examples of essential information are (not inclusive) "history of asthma, sickle cell (trait or disease), POTS, diabetes, seizures, cardiac conditions, heat stroke, concussion, solitary kidney, etc.) and need for emergency medications ("See LAMP-allergy plan/Asthma Action Plan on file").

Q: What if a physical was done before July 1, 2025, on the old 24-25 VHSL form?

A: The sports physical is still valid for 14 months from the date it was signed. No need to redo existing paperwork on the new medical eligibility form. For instance, a sports

physical done and signed on 4/23/25 is good through 6/23/26 – covering the full 2025–26 sports year.

Q: Do we need to switch to the new medical eligibility form immediately?

A: This is encouraged but only *required* for sports physicals signed **on or after July 1, 2025**.

Q: Do I have to do a sports PPE at every WCC?

A: Yes, especially if the child might play sports. It ensures they're always cleared and within the 14-month window.

Q: What's the expiration rule for the new medical eligibility form?

A: 14 months from the date signed. If that lands on an invalid date (e.g., Sept 31), use the last valid day of that month.

Q: Can this medical eligibility form be used for all public school athletes?

A: Only high schools are regulated by VHSL. Middle schools have to use the AAP PPE form, but could have different pages 1-2 which do not involve the physician.

Q: What if a public school refuses to accept the new medical eligibility form?

A: Kindly educate them that it is now **required by law**.

Q: Are private schools included?

A: Not yet, but feel free to advocate for them to adopt the same medical eligibility form for consistency (some are choosing to do this).

Q: What if a family only speaks Spanish?

A: Use the [Spanish PPE History form](#) to gather the history. VHSL will not be providing a translation.

Q: As a provider, I do a lot of the tasks on the AAP PPE forms (history/PE pages) already. If the family doesn't have to submit all the pages to the school, do I have to fill out pages 4-6?

A: If ALL of the questions in the history portion of the AAP PPE form and ALL of the physical exam form were not done completely it could put a provider at risk for not following the standard of care for a PPE. There is some overlap with standard WCC practice, but if 100% of the information is not included in the WCC documentation, this could be a problem. *It is best practice for the physician to complete the sports physical*

examination form. Many practices are incorporating the AAP PPE into the EMR which could help.

In addition, families may request a copy of the AAP PPE forms for their records (at the time of the visit or at a later date) or to turn into the school by their choosing. The history form is only completed by the parent and athlete. This is the same process as the previous versions of the form –but now, the medical eligibility section is separated into its own page.

Q: Where else can I find the AAP PPE and medical eligibility form?

A: The new physical form is now posted on the VHSL website in 6 different locations:

- Forms => Physicals
- Parents & Students => VHSL Physical Form
- About VHSL => Sports Medicine (SMAC)
- About VHSL => VHSL Physical Examination Form (PPE)
- Bottom of Home Page Under Sports Medicine: Physical Examination Form
- VHSL Quick Resources: Sports Medicine => [Physical Examination Form](#)