

## **HOW TO COMPLETE YOUR MEDICAL CORRECTLY**

It is important that you follow these instructions to avoid any additional trips back to the doctor's office.

**First:** Complete the entire top portion of the form. Be sure your parents sign and date the form. It must be an **ORIGINAL** Form (faxes or copies are not accepted).

**Second:** In the CLINICIAN'S RECOMMENDATION section, Part (1) **DO NOT** draw a line through any sport, leave this section alone. Make sure entire medical history and physical exam section is completed. Part (2) Be sure the doctor signs, dates, includes the address and telephone #, stamps the form and registry #.

## **HOW TO COMPLETE YOUR PARENTAL CORRECTLY**

**First:** Complete the entire top portion of the form, including OSIS and Official Class (prefect).

**Second:** **Make sure your parent initials each of the 13 statements.** At the bottom of the form, Emergency contact numbers **MUST** be two different phone numbers. Next, your parents **PRINT** their name, **SIGN** their name and the date.

## **PSAL ELIGIBILITY GUIDELINES**

- A) 90% Attendance
- B) 5+1 rule: Must pass 5 credit bearing courses + physical education.

For additional details: <http://www.psal.org/articles/article-detail.aspx?21581>