

General Information for Athletics

The Virginia High School League (VHSL) governs athletics for the state of Virginia. The VHSL makes the rules and regulations for all member schools regarding all athletic competitions. The VHSL requires that each student-athlete:

- (1) must have passed at least five (5) credit subjects in the immediately preceding year for Fall participation, or in the immediately preceding semester for Winter or Spring participation,
- (2) must currently be a full-time student, enrolled in at least five (5) credit courses,
- (3) has a completed Athletic Participation/Parental Consent/ Physical Examination form signed by parent/guardian, student and physician. The physical exam must be performed on or after May 1 for the upcoming school year, and will be valid through June 30 of that year,
- (4) must not have reached the age of 19 on or before the first day of August of the current school year,
- (5) is ineligible if he/she has attended more than eight consecutive semesters in high school,
- (6) who provides false information on the VHSL physical form will become ineligible for up to one year.

8th Grade Participation – In Arlington, eighth graders may play on a high school sub-varsity team if their middle school does not offer that sport, specifically – Crew, Cross Country, Field Hockey, Football, Volleyball, Baseball, Softball, and Lacrosse.

Requirements for Participation in H.S. Athletics – prior to try-outs for a sport, the following completed forms must be submitted to the Student Activities Office. Forms may be submitted in person, by U.S. Mail, or by email to yhsphysicals@apsva.us. Incomplete forms may delay participation.

1. **VHSL Physical Form** – to participate in athletics, students must have a current Virginia High School League (VHSL) *Athletic Participation/Parental Consent/Physical Examination Form* on file in the Student Activities Office. The physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30th of the current school year. Only the most current revision (February 2017) is acceptable.
2. **APS Participation Agreement** – Every student-athlete and parent/guardian must read and sign the *APS Co-Curricular Participation Agreement*. Submit this form along with the Physical Form.
3. **Student Accident Insurance** – No student may participate in any high school athletic activity without evidence of medical insurance coverage. Optional Student Accident Insurance is available for the school year with a one-time premium payment. Specific Football coverage and dental coverage is also available. Students may enroll by phone Toll-free at 888-574-6288 or online at www.k-12studentinsurance.com. Attach a receipt to your VSHL Physical form.