

To be eligible to participate in sports at York High School, a sports physical is required to be done before the first day of practice. The sports physical may be done any time after May 1st. You will need to return the physical form and the parent consent form to your school's office prior to the first day of practice. You will then be cleared to participate in your selected sport. Your name will be placed on a shared document notifying your coach that you have done all the required paperwork.

The most current summary of the major NSAA eligibility rules are available at <https://nsaahome.org/nsaaforms/pdf/elgposter.pdf>

Please complete all forms and assure each page has a signature as indicated.

