

## April 2025 VHSL Sports Physical Form

Here are some Frequently Asked Questions (FAQ):

Q: On July 1, 2025, if a student has a physical the health care professional has signed within the last 14 months, does the student-athlete need to get a new physical?

A: On July 1, 2025, a student's most recent physical is good for 14 months from the date on which it was signed by the health care official on page 3.

Q: If the valid physical was given prior to July 1, 2025, and is on the "old" form, does the student-athlete need to get a physical using the new form?

A: No. The physical completed on the "old form" is valid for 14 months from the date the health care official signed the form was signed on page 3.

**Note:** If the expiration date on the form falls on a date that does not exist (September 31 or February 29, 30, or 31), the expiration date defaults to the last day of that month (September 30 or February 28).